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Clodagh O'Sullivan with her dog Ruby, enjoying the sunshine and the beautiful cherry blossoms at Killarney House & Gardens. Picture Marie Carroll-O'Sullivan 087 391 4808



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EDITOR'S NOTE

As we head into week 5 of restrictions, we as a nation can be proud that we are helping to #flattenthecurve. While these are difficult times, the supports available to everyone, both personally and in their business are numerous and in this week's Killarney Outlook we cover aspects of both,

from help from the Local Enterprise Office, guidelines to keeping fit at home and offers from businesses who are working during these challenging times.

We ask you to please follow government guidelines during this time and remember that everything

we are doing will help to keep us safe.
#staysafe
#staypositive
#flattenthecurve

Aisling Crosbie,
Editor 086 0400958



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

SHANNAN'S TALENT comes to the fore during Covid-19

Shannan Howe



A Faha native who is currently living in Vancouver has turned a hobby into a business during COVID-19.

Shannan Howe moved to Canada in February and while the country is in lockdown, she decided to paint to pass away the time.

"I've always been good at and loved art so I just started painting to keep me sane ... once I showed some people my pieces I was so encouraged to set up a page and sell some pieces ! Art is amazing

.. it's so soothing and rewarding.

Shannan is the eldest daughter of Amanda and Aidan Howe and has three sisters and a brother all whom she misses.

"My whole family are very art orientated you'll always find one of us doodling somewhere! Hopefully I can go somewhere from here and keep on doing what I love", Shannen added.

You can see Shannan's artwork on her facebook page SsketchyArts



HOTELIERS CALL FOR URGENT SUPPORTS TO SAVE KERRY TOURISM AND ITS 15,700 JOBS



Bernadette Randles

Hotel and guesthouse owners in Kerry and across the country are calling on Paschal Donohue TD, Minister for Finance, and the Government to introduce a series of urgent measures that are required to mitigate the impact of Covid-19 on the economy, including the tourism and hospitality industry. Over the past few weeks, the industry has been decimated with over 85% of hotels closed nationally and the majority of the 260,000 employees laid off or on short-time. Bernadette Randles, Chair of the Kerry branch of the Irish Hotels Federation stated that hoteliers appreciated that the country is experiencing the greatest health crisis in living

memory and that significant resources are being committed to address the overriding issue of public health. However, she warned: "every day's delay in implementing the measures, results in greater risks to our tourism and hospitality industry.

Ms Randles noted the willingness of hotels to play their part in providing assistance to essential services where required by the HSE and other Government departments. She said that mitigating the impact of Covid-19 must go hand in hand with ensuring that Irish people have a viable economy to return to in the coming months. "The health and

wellbeing of all citizens is intertwined with the economy, and people will need livelihoods after the crisis is over. Tourism supports 11% of total employment nationally. It is important to note that 70% of these jobs are outside of Dublin which highlights its vital role in spreading employment opportunities and prosperity across the entire country. Here in Kerry tourism supported 15,700 jobs and generated €592m in local revenues before this crisis," she said.

Kerry hoteliers are calling for a range of measures including:

1. Local Authority rates and water charges: to be waived for a minimum period of 12 months.
2. Cash flow & finance: measures to assist with cash flow for businesses facing short term problems, including interest free loans and a minimum 12-month deferment on Senior debt (both Capital and Interest).
3. Taxation: tourism VAT rates to be reduced to zero for a minimum of 12 months and until the industry has recovered, then restored to 9% on a permanent basis. Employer's PRSI to be reduced to 0.5% for a minimum of 12 months and until the industry has recovered.
4. Government grants: business interruption grants to help businesses survive and reopen.
5. Seasonal employees: Supports for seasonal workers in tourism who do not currently qualify for Covid-19 related payments.

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Early Morning At Muckcross Lake. Photograph: Peter O'Toole.



A number of individuals are not adhering to the Government's Covid-19 guideline and are using the park for boating, kayaking and fishing. The Department of Culture Heritage and the

BOATING & FISHING RESTRICTIONS AT KILLARNEY NATIONAL PARK

Gaeltacht has continued to keep National Parks and Nature Reserves accessible as a physical and mental health space where local pedestrians can exercise, get some fresh air, experience and connect with nature whilst adhering to physical distancing protocols within 2km of their homes. While there has been full compliance by all of the commercial boat operators, the rowing clubs and the resident angling clubs in relation to the current restrictions, and they are to be commended for their assistance in restricting their movements at this particular time when most needed. However, there have been a number of

incidents over the last week where both An Garda Síochána and National Parks and Wildlife Service staff have had to devote valuable time and resources to dealing with a small number of individuals who have failed to adhere to the current restrictions.

As a result of these isolated incidents, the Department of Culture, Heritage and the Gaeltacht, as owners of the Lakes of Killarney, would like to make it very clear that all access to the Lakes of Killarney, be it for boating, kayaking or fishing, is currently restricted. While acknowledging that fishing and boating are valuable pastimes, they are not an essential journey and do not fall under the category of brief physical exercise. Any further breaches will continue to be referred to An Garda Síochána.

Please play your part in halting the spread of Covid-19 and stay at home.

CHARITY CYCLE CANCELLED DUE TO COVID-19

The annual Ring of Kerry Charity Cycle is the latest event to be cancelled due to COVID-19.

In a statement from the chairperson of the charity, Bridget McGuire said that after much deliberation by the Committee and due to the uncertainties surrounding Covid-19, it has been decided that for the first time in its 37 years, The Ring of Kerry Charity Cycle 2020 is cancelled.

"This decision was not taken lightly, and our chosen charities were at the fore of our decisions, along with the health and safety of all participants and volunteers", she said.

However, she added that The Ring of Kerry Charity Cycle 2021 will go ahead on Saturday 3rd of July 2021.

"It is a difficult time for many of the chosen charities and indeed most charities across Ireland which is why we remain committed to our charity partners. All the chosen charities have been informed of this year's cancellation and will remain the chosen charities for the 2021 event.

The Ring of Kerry Charity Cycle will be emailing all registered participants and providing them with a choice of what to do with their current registration. Recognising the difficult circumstances that cyclists, charities and our volunteers find themselves in at this challenging time, all registrants will be offered 3 choices:

1. Defer your registration to the cycle on Saturday 3rd July 2021.

2. Donate your 2020 registration monies to your chosen charity.

3. Refund of your €100 registration fee and associated merchandise / donation.

All registrants must submit their preference through www.ringofkerrycycle.ie on or before Sunday 31st May 2020 and their preference will be processed before the end of July 2020. Should they choose not to respond, their

registration and associated merchandise and donation (if any) will be automatically carried over to the 2021 event.

The main beneficiary charities for 2020 and 2021 are:

- Ard Chúram Day Care Centre, Listowel – A daycare service that operates from Monday to Saturday and caters for older people in a purpose-built centre in Greenville, Listowel.
- Banna Rescue – A voluntary inshore and land rescue unit covering one of the busiest and best beaches in the country.
- Breakthrough Cancer Research – An Irish medical research charity focused on raising vital funds for cancer supports and services.
- Cúnamh Iveragh – A respite home for adults with special needs in South Kerry.
- Down Syndrome Ireland (Kerry branch) – Helping people with Down Syndrome to make their own futures as bright and independent as possible by providing them with education, support and friendship every step of the way.
- St Francis Special School – Providing educational programmes in Beaufort for students with moderate/severe/profound general disabilities.

We are immensely proud that over the course of our 37-year history, the Ring of Kerry Charity Cycle has raised almost €17 million for more than 160 charities.

In more recent years, over €1 million has been raised per annum, and having to defer

this year's cycle has deeply saddened us considering these funds are very much needed at this time.

With our cyclists' help, we're looking forward to boosting our fundraising efforts for the 2021 event, so that we can continue to generously support our nominated charities, especially after these trying times surrounding Covid-19. The Ring of Kerry Charity Cycle Committee look forward to welcoming all participants to Kerry for the 2021 event on Saturday 3rd of July 2021 and we want to thank all current registrants, volunteers and charities for their ongoing support. We will be issuing further notifications in due course as to when registrations will open for 2021.

For more information visit www.ringofkerrycycle.ie or follow The Ring of Kerry Charity Cycle on Facebook or Instagram @RingofKerryCharityCycle or Twitter @ringofkerrycycle #ROKCC2021



Cyclists at Coomiskta, Taking part in the 33rd Annual Ring of Kerry Charity Cycle. Photo: Valerie O'Sullivan

UPDATE Coronavirus COVID-19



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In line with the latest public health guidelines issued Friday 27th March we continue to operate behind closed doors. Some of our team are working from home and our team in the office are continuing our safety measures including physical distancing. All documents, cover, claims, payments and queries can be concluded efficiently over the phone/email.

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Lily of Killarney 2020 cancelled

The 47th Lily of Killarney has been cancelled due to Covid-19.

The event which is run each year by the Spa GAA Club Ladies committee was due to be launched in late February, however this week a decision was made to cancel the event for 2020.

Killarney Outlook are the media sponsors of the event which was sponsored by Killarney Credit Union.

Speaking to the Killarney Outlook this week, Chairperson Marie O'Keeffe, thanked everyone for their support to date.

"We took the decision to cancel the Lily of Killarney for 2020 and now we can all look ahead to the Lily 2021", she said.

As a result, the 2019 Lily of Killarney Shauna Goggin will retain the title until 2021.



'TOGETHER APART' BRINGS US ALL CLOSER DURING LOCKDOWN

Killarney singer/songwriter Grace Foley has released a beautiful new song which truly is a sign of our times.

The song has received amazing feedback over the last few weeks and even caught the attention of Virgin Media's Muireann O Connell who shared it on her social media and also Daithi O Se who said it sounds like it should be in the soundtrack for a movie!

Speaking to Killarney Outlook this week, Grace said "I was in my own little bubble the day they announced that all the schools and colleges were closing. I was shooting music videos around Killarney. I stood by a lake in the freezing cold for 3 hours, had a final visit to the Little Dylan Recording Studio and walked the empty streets of Killarney with only the deer for company. It was already surreal.

"Two days later I found myself wondering how I could express my own feelings on this unprecedented situation. I was listing off different songs I could sing when it hit me, why don't I write my own song! Dressed in my

finest PJ's I sat at the piano and I had basically written the whole thing in less than an hour", Grace said.

"I contacted my friend Dave McCune at Ventry Recording Studio in Balbriggan to see if he could create a backing for the song. I recorded my album 'Unleashed' with Dave and we co-wrote 'Close The Door' in aid of the Simon Communities of Ireland, so I was used to working with him.

"Following a few attempts, I sent the final recording to Dave who created the most beautiful track.

Family and friends came on board and sent photos which became part of the video for the song.

Following its release on March 30th, on Grace's Youtube Channel 'Grace Foley Singer' it has now reached almost 5.5k views!

Grace will continue to perform the song every Friday evening at 7pm on her face her my Instagram account 'gracefoleysinger', something all of us will look forward to.

For further information visit www.gracefoley.ie



DALY'S SUPERVALU SELLS EUROMILLIONS WINNING TICKET

A Killarney player has scooped €500,000 in the EuroMillions this week and the National Lottery are appealing for people in the Kingdom to check their tickets as Kerry gets its third EuroMillions Plus win of the year. The winning ticket was sold at Daly's Supervalu, Park Road, Killarney.

Speaking on selling the winning ticket, store owner of Daly's Supervalu, John Daly said: "We are almost 35 years in business here in Killarney and this is the first time we've had a major National Lottery prize winning ticket sold here so it's great to get off the mark! It's a fantastic bit of news for one of our customers and I hope it is one of our regulars. Most of

our trade comes from the local community – we do get a lot of tourist trade too but not this year – so whoever the €500,000 winner is we wish them the very best of luck. Myself and all the staff at Daly's Supervalu will be spreading the word and encouraging all our shoppers to check their tickets."

The winning EuroMillions Plus numbers for last night's draw were: 01, 09, 42, 46 and 50. The winning Quick Pick ticket was sold yesterday, Tuesday 14th April. There was no winner of the €59,184,725 EuroMillions jackpot, which rolls to an estimated €65 million for this Friday's draw.



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Support for impacted businesses welcomed

A major expansion of supports for business impacted by COVID-19 has been welcomed by the Kerry County Council Local Enterprise

The measures will include an expansion of the Trading Online Voucher Scheme and a reduction in the interest rate for Microfinance Ireland loans.

Among the provisions is the expansion of the €2,500 Trading Online Voucher Scheme through Local Enterprise Offices, for businesses employing up to 10 people. An additional €3.3m is being provided to the scheme bringing the total available nationally to €5.6m. Local businesses in Kerry that previously benefitted from the Trading Online Voucher Scheme can apply for a second voucher of up to €2,500, with co-funding of 10%. The voucher can be used to help add payment or booking systems to websites, along with subscriptions to low-cost online retailing platform solutions.

A substantial reduction in interest rates on Microfinance Ireland loans was also announced, bringing the rate down to 4.5%, where applications are made through Local Enterprise Office Kerry. COVID-19 Business Loans of up to €50,000 are available from Microfinance Ireland with no repayments and no interest charged in the first six months, for eligible businesses that

employ less than 10 people.

Head of the Kerry Local Enterprise Office, Tomás Hayes said: 'The measures will help to meet the varying needs of Irish enterprise and they are very specifically targeted by size, sector and need. The impact of COVID-19 presents unprecedented difficulties for businesses. Kerry Local Enterprise is available to advise and support local businesses during the months ahead.'

'For many local businesses, the options for trading are very limited as a result of COVID-19. However, there are a lot of opportunities in online selling and by accessing this Trading Online Voucher scheme, small businesses can develop a sustainable strategy for increasing sales,' he said.

'If your business needs access to finance, applying for microfinance loans through Local Enterprise Office Kerry will secure the lowest available rate and you will get valuable assistance in the application process and free one-to-one mentoring along the way,' said Tomás.

Meanwhile, Local Enterprise Offices have also moved the majority of training programmes, workshops and networking online, making them as accessible as possible for those working remotely. These relate to supporting online



Tomás Hayes

trading activity and business presentation through digital marketing.

More details about small business supports available through Local Enterprise Office Kerry can be found at LocalEnterprise.ie/Kerry by emailing leo@kerrycoco.ie or telephoning 066 7183522.

A guide to Local Enterprise Office supports can be found at LocalEnterprise.ie/Response, along with details of Enterprise Ireland supports.

WEBINAR FOR KERRY RETAIL SECTOR ON NEW FUNDING FOR DIGITAL CAPACITY ENHANCEMENTS ENTERPRISE IRELAND ANNOUNCES CALL FOR FUNDING FOR THE RETAIL SECTOR

Kerry County Council's Local Enterprise Office is encouraging the retail sector in Kerry to participate in an Enterprise Ireland webinar on Friday which will help support retail companies to enhance their digital capability.

Enterprise Ireland has announced a call for funding for the retail sector

to support retail companies to enhance their digital capability.

The Department of Business, Enterprise and Innovation has proposed this scheme in response to the Covid-19 crisis. This is a competitive fund which will be administered by Enterprise Ireland with a total fund size of €2million.

Applicants must be an Irish-owned retail enterprise that had 10 or more employees on or before 29 February 2020, have a retail outlet and have an existing online presence. The Covid-19 Online Retail Scheme is complimentary to the Online Trading Voucher provided by Local Enterprise Offices for companies with less than 10 employees.

The maximum grant available is €40,000. Successful applicants will be awarded funding to support a maximum of 80% of the project costs. The minimum grant amount payable is €10,000.



Costs which successful companies will be eligible to claim for include salary costs and consultancy fees to develop a digital strategy, enhance the company's website or to provide training.

The final date for companies to submit an application is 3.00 pm on Wednesday 20th May 2020. Full

details of application process and eligibility rules will be published on the EI website shortly:

<https://enterprise-ireland.com/en/funding-supports/online-retail/online-retail-scheme/online-retail-scheme.html>

To fully appraise companies of the application process and the key issues to be addressed in an application, Enterprise Ireland is hosting a Webinar this Friday, 17 April at 11.00 a.m. The Webinar will be for no more than 45 minutes and Kerry County Council encourages all interested parties to participate.

Link:

<https://attendee.gotowebinar.com/register/8504048846458333451>.

Any queries should be directed to retail@enterprise-ireland.com

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Killarney shines a light

Photos: Valerie O'Sullivan

Killarney lights the way with 3,000 bulb display

In a remarkable display of community solidarity, the Kerry tourist town of Killarney responded to the national Shine Your Light campaign in spectacular fashion by lighting 3,000 sparkling bulbs on a giant 110ft tree at 9 o'clock on Saturday night.

Healthcare frontline staff, including a local doctor, Gardaí, Order of Malta and Civil Defence volunteers and firefighters, joined senior local authority officials and political and business leaders in a moving show of cross-community co-operation and, in doing so, they sent out a message of encouragement and goodwill to everybody.

The giant 100-year-old Californian Redwood tree, which is adjacent to a Famine era graveyard, is located on the grounds of the landmark St Mary's Cathedral.

It was previously lit at Christmas in a joint initiative between the Killarney Chamber of Tourism and Commerce and the priests of the parish.

A number of public buildings in Kerry were illuminated in response to the national Shine Your Light request to honour all the sick, those who have lost their lives, frontline staff and healthcare workers during the Covid-19 pandemic. Mayor of Killarney, Cllr Michael Gleeson, remarked: "Easter is the season of light and hope. Never in recent years have those virtues been as important as now".

"In our own restricted daily lives, and in our communications with others, we need to be a messenger personifying a better tomorrow.

"When we shine our lights we tell our friends and neighbours that, together, we will overcome the present challenge and that there are brighter and better days ahead," the mayor said.

Killarney Chamber of Tourism and Commerce President, Paul Sherry, said lighting the landmark tree was a demonstration of the great spirit of togetherness that exists in the town and it sends out a message that even in very dark days, people can take hope that the light is never far away.

"Life won't get back to normal straight away but, when it does, we will be ready. Killarney will recover from the Covid-19 disaster but it will take time. In the meantime, we must stick together secure in the knowledge that the good days will return" said Mr Sherry.

#ShineYourLight... The Landmark 'Tree of Light' shines brightly on the grounds of St Mary's Cathedral, Killarney as part of Ireland's major cultural and heritage sites is prompting the nation to unite as one and Shine a Light at 9pm on Easter Saturday evening, in a gesture of hope and solidarity during the Covid-19 pandemic. Healthcare Frontline Staff and volunteers joined in the uplifting ceremony.



#ShineYourLight... Clara Kate Doyle from Killarney, uses the oil lamps in Muckross House, Killarney National Park, as part of Ireland's major cultural and heritage sites



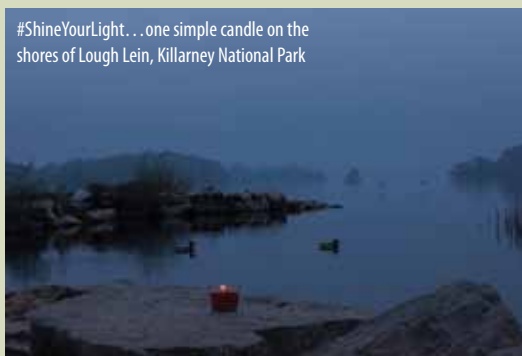
#ShineYourLight... Muckross House, Killarney National Park, using oil lamps to light the house, which was built in 1843



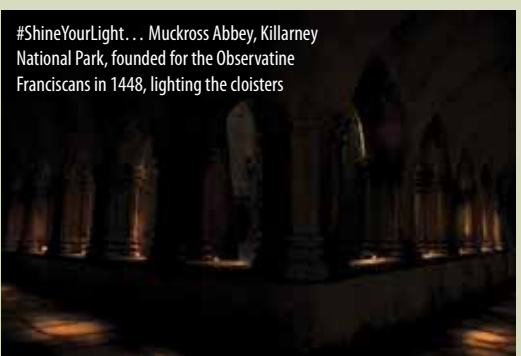
#ShineYourLight... Peter Murphy and his Son Darragh, aged 3, at Muckross Abbey, Killarney National Park, founded for the Observatine Franciscans in 1448



#ShineYourLight... one simple candle on the shores of Lough Lein, Killarney National Park



#ShineYourLight... Muckross Abbey, Killarney National Park, founded for the Observatine Franciscans in 1448, lighting the cloisters



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By Dermot Cronin,
Financial Advisor

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EXAMS POSTPONED AND CANCELLED - BUT WAS IT THE RIGHT DECISION?

A week after The Leaving Cert exams were postponed until late July or August and the Junior Cert will be replaced by school-based exams early in the next school year, Killarney Outlook followed up with Karis Koschan 6th Year student at Saint Brigid's Secondary School for her views on the news.

I'd be lying if I said I wasn't hesitant to write this follow up piece on my thoughts and feelings as a Leaving Certificate student during this pandemic. Minister McHugh's announcement of the postponement of State Examinations to now begin in the last week of July or early August has caused a battle of opinions between people of all ages. I would like to firstly remind you that I am not speaking on behalf of the 61,000 Leaving Certificate students who were also meant to sit their final exams in June, I can only voice my own opinion on this predicament. However, it has been challenging for Leaving Certs to express any sort of stress or anxiety around the changes to our State Exams without receiving backlash online from those who aren't due to sit their exams. I am well aware that there are more serious issues following Covid-19, there is not one student that would put the Leaving Certificate above our country's health but regardless of this, are we not entitled to be upset and frustrated with the outcome? I have seen comments

online telling Leaving Certs to "Stop complaining, people are dying", "sure you have more time to study now" and "you are at an advantage to other years" nothing about this pandemic has put any of us at an advantage and some certainly are suffering more than others, therefore comments such as "At least all Leaving Certs are in the same boat" are false and far from the reality. Even if my Wi-Fi is temperamental, I am lucky to have access to a good laptop and a quiet study space, however we must think of those who aren't as fortunate. What about the students in crowded conditions working from mobile phones with parents who are still required to work so they must look after their younger siblings? What about those students without access to Wi-Fi or those in need of extra learning support that can no longer receive it? Do they not deserve the same chance as the rest of us? School was where everyone had equal opportunities to succeed, everyone was given the same chances to follow whatever path they wanted to take in life. Covid-19 has taken that path away from some of us and the decision to continue with the State exams while students try to cope with not only the stress of the Leaving Cert but the emotional burden of friends and family members lost as a result of this virus is outrageous. This also has a knock-on effect on colleges, as first year students will now start courses in October due to the delay

of exams. Students will no longer be able to work as many hours as planned or even work at all with the weight of the Leaving Certificate still hanging over them all summer. How can we be expected to give our full attention to a piece of paper in a hall that is full of Covid-19 regulations and friends we haven't seen in months. This is extremely difficult for Leaving Certificates all over Ireland and despite only 19% of students in the ISSU survey supporting the decision for exams to be deferred to late July early August our opinions were completely dismissed. The Department of Education and Skills would rather ensure we have the "traditional" Leaving Certificate than predicated results, however, it is fair to say that there is nothing traditional about the circumstances that the Leaving Certs of 2020 are facing, so no, we are not just being "dramatic".



Karis Koschan



Rosie Healy

Rosie Healy, a teacher at St. Brigid's Secondary School in Killarney looks at the decision to postpone the Leaving Cert and cancel the Junior Cert

Little did I think on March 12th when Leo Varadkar announced the closure of all schools that it would

last till May 5th at the earliest, and quite probably, much, much longer than that into the future. I find it hard to see the resumption of normal classroom teaching at all in the current school year with the ban on mass gatherings and the social distancing measures that are becoming part of the norm now. As I mentioned in my piece a few weeks ago, teachers are desperately trying to be all things to all students in the current climate – teachers, councillors, motivators, technical experts.....the list is endless. Obviously, our students wellbeing and education is our priority and so everything we do is driven by that goal.

However, with the cancellation of the Junior Cert exams and the postponement of the Leaving Cert exams till late July/ August, I don't think due consideration was given to the wellbeing of our Exam students by the Department of Education. I'm sure we can all think back to our own Leaving Cert and the huge levels of stress and anxiety that we all felt in the lead up to these hugely important exams that were going to 'dictate our life's course and career path'. Would you get all the course revised, would you revise the right sections, would you know which questions to choose, which question did the teacher think was going to come up this

year? All these questions filled all our minds and consumed us at some stage in the weeks leading up to that 'Exam' your whole world revolved around. And these were in 'normal' times where students were carefully directed by teachers, had a routine school day that could be banked upon and who more importantly had the support of their peers who they could rely on to dispel most fears and offer motivational quotes of comfort to say that they were all felling the same. Unfortunately our Leaving Cert students of 2020 have been robbed of these certainties and necessities as they try to prepare for this all important exam and rite of passage for all teenagers entering adulthood. Since March 12th not only have they had to try and learn remotely, being bombarded with every app, revision course, online resource, and countless emails and directions from each of their 7 teachers, they've also had to do it alone and without the support of their friends. They've had to take self-motivated learning to an all new level as now no teacher was looking over their shoulder or they couldn't see for themselves if or how other students were working or engaging with these many new learning platforms. But the re-assurance of getting back to school, to normality at the end of the Easter holidays was the one focal point holding everything together. However, now not only is it unlikely that these students will sit in a classroom together with their classmates again, but they must maintain a focus and drive not up to June 3rd but for the entire summer up to July 29th.

Judging from the students I've heard from, this is the worst possible news as many fear being able to maintain focus and direction for this never-ending timeframe and I genuinely fear for the many students who are living in cramped conditions with many family members all vying for the laptop! Where trying to find peace and quiet to study is a tall order and where stress, and anxiety have room to consume the mind as there is no one or no teacher

or peer to dispel those fears that can creep up on anyone under huge levels of pressure. I would have much preferred for the exams to go ahead as normal on June 3rd, if at all possible and let the students complete it and be done with it. Otherwise I would have been in favour of a predictive grading system as I feel it's not fair to impose such levels of stress unduly on these young adults who're already stressed enough about Covid 19 and the health and wellbeing of their loved ones. Postponing it is only kicking the can down the road, delaying the inevitable and in doing so heaping lorry loads of stress on the poor students involved. Teachers are more than willing to stay engaged with their students for however long but not meeting them till 2 weeks before is just too late. We really would need to meet them before that to finish off whatever needs finishing and then allowing them the time to process and prepare in their own time, without the clock ticking over their shoulders. These young adults and their mental wellbeing deserve more of us and I feel they have been let down by the decision taken by the powers that be. As for the Junior Certs, they are in complete limbo! State Exams are cancelled but they will still have to sit exams in September set and corrected by the school and as far as I'm aware these won't be certified! I dread trying to keep these students motivated over the coming weeks!

All I can advise students is to hang in there. Keep doing your best to study – 'steady wins the race'. The exams are not the 'be all and end all'. Do your best. The exams will come and go and all will work out. There's a path and a road for everyone and Covid 19 won't dictate that for you! Always stay focused on the positive - your health, your family and a bright future that lies ahead when Covid 19 is just a distant memory.



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with any concerns at this time
where we all need to work
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*Working with you,
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Joe McHugh, Minister for Education announces the postponement of the Leaving Cert and the cancellation of the Junior Cert



By Billy Ryle

It was somewhat symbolic that on Good Friday, long suffering State exam candidates were provided with as much certainty about the exams as these unprecedented times allow. The decisions taken by Education Minister Joe McHugh were based on advice from the National Public Health Emergency Team. Schools are to remain closed until further notice. As the restrictive measures have been extended to Tuesday, 5th May, schools will not reopen before that date.

The most significant announcement by Minister McHugh was the postponement of the Leaving Cert exam from June until late July or early August. Details of the new Leaving Cert timetable will be released by the State Examinations Commission (SEC) in June when the status of the coronavirus pandemic is clearer. Final arrangements, scheduling and related safety measures will be shaped by public health advice.

So about 60,000 Leaving Cert candidates have had their exam postponed by about seven weeks from 3rd June. No firm dates were provided in the current circumstances and candidates will still be mainly housebound. Students – those from disadvantaged backgrounds, in particular – will need a lot of support in view of the stress and anxiety being suffered by this year's candidates. Likewise, third level and further education colleges must be very generous in their allocation of college places.

At Leaving Cert level the practical exams timetabled for May have been postponed and will be rescheduled for late July or early August. The deadline for submitting Leaving Cert practical and project work has been deferred

to an undecided date later in the summer.

The postponement of the Leaving Cert will give candidates more time to prepare for the exam and provides them with a degree of certainty about the future. It does mean however that Leaving Cert candidates are faced with an inordinately long and stressful academic year stretching into mid-August or possibly beyond. As was widely anticipated, the traditional Junior Certificate exam has been cancelled and will be replaced by school-based assessments and in-house school exams in the next academic year. Discussions about the logistics of holding a school based Junior Cert exam will be teased out by the Department of Education, The SEC, School Management Associations and the Teacher Unions. All parties are cognisant of the unusual circumstances and will bring a lot of goodwill and flexibility to the discussions.

The Minister is very keen for Leaving Cert candidates to have some class contact with their teachers before the exams begin. If the country has been restored to some kind of normality, candidates may get the benefit of a few weeks in school in May. It's also likely that teachers will be requested to be available for class teaching during the first fortnight in July. The Leaving Cert timetable for June is now null and void. The new changes may also affect the Central Applications Office (CAO) timeline. Already the third level colleges have indicated that they will be flexible and will work with the new Leaving Cert schedule. It remains to be seen if the CAO will alter the application dates, particular the online change of mind facility, which is due to close on 1st July. The published dates for the various rounds of college offers may have to be revised to tie in with the

rescheduled Leaving Cert timetable. First year college entrants will have a much later start in the next academic year. That is the least of their concerns in the context of the disruption caused to their studies by the Covid-19 virus.

CHECKLIST

- ✓ The Leaving Cert exam has been postponed
- ✓ The Junior Cert exam has been cancelled
- ✓ Schools will remain closed until further notice
- ✓ Leaving Cert practical exams timetabled for May have been postponed
- ✓ The deadline for submitting Leaving Cert practical/project work has been deferred
- ✓ The postponement of the Leaving Cert provides candidates with a degree of certainty
- ✓ The Leaving Cert timetable for June is now null and void
- ✓ Candidates will get some class teaching time before the Leaving Cert begins
- ✓ The new exam dates may affect the Central Applications Office (CAO) timeline
- ✓ The dates for the rounds of college offers may have to be revised
- ✓ Exam candidates deserve support and goodwill because of the uncertainty
- ✓ Exam candidates are under a great deal of stress and anxiety
- ✓ Exam candidates' schedule has been totally disrupted by the Coronavirus
- ✓ Colleges must be generous with the offers of college places next year

Billy Ryle is a Career Guidance Counsellor and Educational Commentator
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Tel: 0879808979

STUDENT LIFE DURING COVID – 19

Joseph Healy, a journalist student at Kerry College of Further Education did his Work Experience with the Killarney Outlook. In this week's magazine, he tells us about life as a student during Covid-19

At the best of times student life can be a stressful endeavour but during these unprecedented events it makes it that little bit harder. Being a student myself I realise the difficulties faced by students across Ireland as uncertainties over exams and the rush to complete assignments become all the more real.

With me living the bones of an hour away from my college, which is Kerry College for Further Education, it already made the day stressful with having to travel to and from the college. Coursework is hard but I expected that as it is a massive step up from the comforts of Secondary School. Never would I have ever imagined that a situation like this would

ever arise in my lifetime. One of the biggest struggles of my self-isolation is the lack of social interactions I had with the friends and people in the college. I don't see myself as an outgoing person and tend to keep to myself but I do crave for the time where I can meet up again with my friends and make up for lost time. Of course I have assignments to keep me occupied and with them some of my final assignments they are of huge importance. My proposed exams have been changed to assignments where we will be given a week to complete these assignments. I think this was a smart choice as it shows the college put the health of the students as a priority and found a way for them to improve their final grade.

The most important thing for me during this period is to go outside. Go to your back garden if you live in an estate or walk through the fields

if you live on a farm or rural

area and clear the mind and use that time to think and distance yourself from constant news feeds. Aside from doing school work, I message my friends almost daily checking in on how they are and more or less to stay in contact. During these hard times the already stressful life of a student has been ramped up and the unpredictability of the future leaves many students in limbo about their junior and leaving certificate exams but also students like me who are completing one year courses and have to face choosing a course for September. The overriding message is to stay at home and to comply to the government regulations in relation to social distancing and washing your hands.



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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

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Government of Ireland

How Covid-19 is affecting the population of Ireland

The National Public Health Emergency Team's modelling data has revealed that Ireland's effort to date has greatly reduced the transmission of the virus:

- the growth rate has reduced from 33% daily in the early weeks of this outbreak, to 9% this week
- the number of people, on average, that someone with COVID 19 is likely to infect was high at the beginning of the outbreak at 4.5. We now see this 'R' (reproduction) number reduced very significantly.

Dr. Cillian De Gascun, Chair of NPHE's Expert Advisory Group said: "Having come through a challenging few weeks, we have significantly strengthened testing capacity and will continue to do so over the coming week, to put us in a very strong position to identify and suppress the virus." They released the following statistics on Tuesday April 14th.

Age range affected

Age Group	Number	% of Total
<1	22	0.2
1 - 4	34	0.3
5 - 14	81	0.8
15 - 24	674	6.5
25 - 34	1805	17.4
35 - 44	1927	18.6
45 - 54	1983	19.1
55 - 64	1522	14.7
65+	2316	22.3
Unknown	21	0.2

*All statistics measured at midnight on Sunday 12 April.

Hospitalised cases by age group

Age range	Number of cases	Percentage of total
<5	12	0.6
5 - 14	5	0.3
15 - 24	43	2.3
25 - 34	127	6.7
35 - 44	154	8.1
45 - 54	278	14.6
55 - 64	293	15.4
65+	989	52
Unknown	2	0.1

*All statistics measured at midnight on Sunday 12 April.

How COVID-19 is spreading

Community transmission	66%
Close contact with confirmed case	27%
Travel Abroad	7%

*All statistics measured at midnight on Sunday 12 April.

Cases by county

Carlow	44	0.4%
Cavan	245	2.4%
Clare	106	1%
Cork	780	7.5%
Donegal	264	2.5%
Dublin	5438	52.4%
Galway	220	2.1%
Kerry	219	2.1%
Kildare	443	4.3%
Kilkenny	144	1.4%
Laois	101	1%
Leitrim	36	0.3%
Limerick	265	2.6%
Longford	58	0.6%
Louth	208	2%
Mayo	198	1.9%
Meath	342	3.3%
Monaghan	123	1.2%
Offaly	144	1.4%
Roscommon	48	0.5%
Sligo	52	0.5%
Tipperary	219	2.1%
Waterford	81	0.8%
Westmeath	234	2.3%
Wexford	56	0.5%
Wicklow	317	3.1%

*All statistics measured at midnight on Sunday 12 April.

≤ means 'less than or equal to'.



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KILLARNEY OUTLOOK - Keeping everyone fit at home

Emir Coffey who owns and runs Muckcross Pilates & Barre classes is this week passing her skills to enable everyone, including the elderly, to keep fit.

"One of my most popular classes is my chair based Pilates class where we do our exercises seated on the chair or standing using it for support. While the exercises are good for everyone, especially those working at desks, my main focus is for the over 70s who really need to keep moving and I would like to get word out to them that the videos are there.

With the current lockdown it is important for everyone's physical and mental wellbeing that they are exercising. For those of you that are 'cocooned' at home you are probably missing your daily routines. Below I have set out 4 exercises that you can do from the comfort of your chair. For all 4 exercises, sit up nice and tall towards the front of your seat. Start off with a few breaths, breathing in through the nose and out through the mouth. Engage your core muscles by gently pulling your belly button in and up.



1) Warm up with knee raises. Hold your hands out in front of you at a height that is comfortable. As if you were marching, lift one knee up to touch your hand, lower it back down. Then lift the other knee up and lower it down. Keep alternating one leg to the other. Do as many repetitions as is comfortable for you, start small and build them up over time, aiming for 1 minute.



2) An important group of muscles to keep strong are those in the thighs and we are able to work them from a seated position. Using two paper plates, if you don't have them you can use two dish cloths. Place a plate/cloth under each foot. (The plates/cloths will need to be able to slide on the floor). Sit tall, hands on your hips and slide one foot forward and the other foot back. Once you get comfortable with this movement you can add in the arms. So as the leg comes forward, you bring the same arm forward. Keep it up, sliding the legs forward and back. The movement resembles power walking. After a bit you should feel a nice burn in the front of your thighs. Again start small and build up the length of time you can keep up the movement.



3) We also need to keep our arms strong. If you don't have hand weights you can use a 500ml bottle of water or a tin of beans as an alternative. To do a bicep curl start by sitting tall, shoulders relaxed with a weight in each hand. Keeping the elbows by your side, forearms extending straight out with the palms facing up. Bring the weights all the way up to your shoulders by bending the elbows. Return the arms back to the starting position. Repeat.



4) The seated hamstring stretch where you are stretching out the muscles on the back of the thigh. Sitting tall towards the front of the seat, straighten one leg out in front and point the toes towards you. Keeping your back straight, hinge forward until you feel a pull on the back of the outstretched leg. The lower you lean forward the tougher the stretch, so if you want to make it easier just sit up taller. Hold the stretch for 30 to 40 seconds. Repeat on the other leg.

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

Warmup:
Arm swings

Knee to elbow twist
Jog on spot
Jog and punch
Heal kickbacks

Follow these resistance exercises with cardio fillers in between to help increase fitness levels
Squat & 3x pulses 12 reps

Cardio jog on spot 30secs
Lunge to side leg lift 12 reps each side
Cardio squat jacks 30secs
Push up to shoulder tap 12 reps
Cardio jump side to side with arms over head 30secs

Pulsing tricep press back 30reps
Cardio bridge kicks 30secs

Repeat 3-4 sets & stretch

Find the full workout on YouTube channel B Well Fitness Club & subscribe for free to get updates on all our new content. For beginners or Active seniors we already have workouts posted up on the YouTube Channel for you so check it out.



Squats



Push up to shoulder tap



Lunge to side leg lift



Tricep press



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



Declutter your Skincare

Clutter will weigh you down and hold you back in life

Decide

What you need to use up?
What is out of date?
What you could donate?

Shelf life of opened products:

Mascara/Liquid liner - 3 months
Skincare - 6 to 12 months look for a tiny symbol on the product to let you know its shelf life.
Liquid foundation - 1 year
Hair/Body products - 2 years
Powder based makeup, eyeshadow, lipstick & lip gloss - 3 years
Eye & lip pencils - 5 years
Mineral Makeup - No shelf life.
Of course, this is only a guide!
And anything extremely old or with an unpleasant odour needs to be binned.

Tips

- Be ruthless & don't feel guilty, we all have friends, mothers or nieces that would love that foundation you paid €50 for but it's too dark or the perfume that is too strong, just let it go!
- Free samples need to be used or passed on if not for you.
- Make a positive start to your day by having your dresser clean and orderly.
- Line up your daily skincare products

in order and at eye level for easy access.
- Line up your daily skincare products in order and at eye level for easy access.

Storage ideas

- Your daily makeup bag should be spacious and easy to clean.
- This should have a permanent resting place close to where you can use it.
- Special occasion make-up can be stored inside drawers to prevent it taking up space and collecting dust.
- Store items like foundation, concealers and powders together using drawer dividers
- Eyeshadow palettes can be displayed in a file organizer.
- Upcycle nice tins or jars for lipsticks and eye/lip pencils.
- Use a Brush Roll for brushes.
- Acrylic organisers with adhesive can be used on the back of doors for extra storage.
- Store nail polishes in a large jar, shoebox or on a picture ledge.

If you have any sealed products these can be donated to Adapt Kerry Women's Refuge or women's homeless shelters.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

Embrace hope and New beginnings

As lockdown continues across the world, signs of new life, hope and possibility are also emerging. When I look outside my window, I see the sweet pink blossoms on the trees, the new fresh green shoots of Spring and the emergence of new life and new beginnings everywhere. Despite the global pandemic, nature continues to bring us signs of a new emergence with new possibilities everywhere we look. And so too it is with us.

Where and what you give your attention and focus to at this time matters hugely. You can focus on the dark days or you can

be grateful for the light. You can worry over what might happen or you can be grateful for where you are and bless the moment. In a world of uncertainty, you can choose to embrace the unknown and surrender to endless possibilities. Who knows what good will come from this crisis? Who knows where we will all be in six months from now? What really matters is how we respond to what is happening and above all we keep looking for those beautiful new signs of life and hope.

Much love to you all

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



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**TIPS TO HELP
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CHANGE IS A CHOICE! (PART 2)

1. Identify times when you were most proud. Use examples from life and work
Why were you proud?
Did other people share your pride?
What other factors contributed to your feeling of pride?
2. Identify the times when you were most fulfilled and satisfied, use both life and work.
What needs or desires were fulfilled.
How and why did the experience give your life meaning
What other factors contributed to your feelings of fulfillment?
3. With all the above exercise complete sit back and have a read and let it take you into a positive space and mindset. Surround yourself with this positive experience.
4. Now take these feelings and let's adapt them to your current situation. There were times in your life before and will be again where you experienced positivity and happiness. You did come against many obstacles, barriers and changes throughout your life and you came out fighting through them, just like the experiences listed above. You will do the same in this current situation. For now, all you can do is listen to the advice, obey the guidelines, keep positive that each day will make a difference, and unbeknown to you, you are changing with the times. This for now is our new "normal". It is the same for everyone you are close to, so embrace, reach out and adapt by using other mediums of contact and communication.
5. Reach out to a friend or loved one you haven't had time to speak with in months or even years
6. Touch in with friends on group chats and share jokes and positive language.
7. Tune into social media and filter out the negative news and chitter chatter and only allow positive news into your space.

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MY TOP FIVE SPORTING MEMORIES

Padraig Harnett looks at his top five sporting moments.

Padraig Harnett, is a Member of the FAI National Council and Women's National Committee as well as Chair of the KSBGL and contributor to local sports media.

An Unforgettable Trip: Iran v Republic of Ireland 2001:

As a lifelong soccer supporter I have followed the Boys in Green all over the world since my first away game in Euro 88 on the famous day we beat England 1-0.

There have been some memorable trips and on many Kerry and Killarney are well represented, including one to Estoina that some of your reader will remember but the stories are not for publication!!

There is no doubt that Iran in November 2001 was the most memorable for many reasons. We had won 2-0 in the first leg in Lansdowne Road (Ian Harte and Robbie Keane) and with around 300 Irish fans made the trip east full of confidence.

It was a dry trip -well the hotels were dry on the first night but like Irish fans everywhere we did manage to source beer on the second night. But it could only be drank in our hotel rooms and not in the lobbies!!

The days leading up to the game were great with a wonderful buzz in Tehran but that all changed on the day of the game. They became fanatical and were in the Azadi Stadium well before we were bussed in and that was two hours before kick-off.

While Ireland lost that game to a late late goal we had done enough to qualify for the 2002 World Cup finals. Let's just say the home supporters were not happy and the road to the airport was covered in broken glass.

We all know what happened in Japan and South Korea but that trip to Iran for the play-off second leg is one that will never be forgotten.

Worst memories: As an aside the worst memories of my time following my country were the game v England in the old Lansdowne Road that was marred by the riots and the away game in Bursa in Turkey in 1999.

Local victories are often the best:

Being involved in soccer at an administrative level has meant I have witnessed some great Kerry soccer moments. From Killarney Celtic's



winning the Munster Youths Cup and the seniors taking the inaugural Champions Trophy back to Tralee Dynamos winning the FAI Youths Cup in the 97-98 season. And while it hurt for us Celtic people the joy for Killarney Athletic when winning the KDL Denny Premier trophy at the end of the 2016/2017 season made it a memorable day – for them.

However two local memories are make it onto my top 5 list. The winning by the Kerry Schoolboys team of the prestigious Kennedy Cup in 2015 is a day that all those present and involved in any way with the League will ever forget. The winning penalty in the semi-final was scored by an injured David Dineen while the only goal of the final defeat of the mighty DDSL (Dublin) was scored by Dylan Murphy.

The other moment is much more recent and it was the winning penalty in last season's FAI Senior Cup final scored for Shamrock Rovers by Tralee native Gary O'Neill. To have seen Gary progress from a schoolboy player to doing this in the Aviva Stadium was a very proud moment.

Gleneagle denied at the death in one of Kerry greatest basketball games:

When one looks back on sporting memories – something we are all doing more of at the moment – it is not always the victories that come to mind. For year Killarney and more recently Tralee have in their various guises being topping the Irish basketball scene.

Of course it was in Killarney that the late and much missed Paudie O'Connor first introduced American players to the game in 1979. This was something that began a period that led to some of the halcyon days of basketball in the country. However it was the loss to Doncaster in the St Brendan's Gym that is remembered achingly by all basketball fans. The attendances of around 800 plus were normal those years with the team under the Gleneagle banner dominating Irish basketball.

And after winning the double the gym was packed for the Federation Cup game that looked like being another amazing night for the club. However a harsh call on the buzzer – to put it mildly – gave the visitors two free throws to snatch the win.

The starting 5 that night courtesy of Basketball Ireland records were Paudie O'Connor, Tim Regan, Tony Andre, Arnold Veasley and Andy Houlihan.

Armstrong rides into Killarney but is eclipsed by Mark Cavendish:

The 2009 Tour of Ireland had some of the



Lance Armstrong

biggest names in the sport in the peloton and Stage 2 saw the riders start in Clonmel and finish on the Port Road in Killarney. This was one of my first big jobs for Radio Kerry Sport and it was certainly and eventful stage.

The stage saw a breakaway by Dennis Van Winden of Rabobank and Mark Cassidy of the An Post Sean Kelly team and these two were over 14 minutes ahead. The Danish rider pulled clear and I had the privilege of following Cassidy down the decent of Musheramore (Ballydaly to Rathmore) at close quarters in the Press Car. His hit speeds of over 75 km an hour in one of the most amazing sporting feats I have ever seen.

But it wasn't enough and the duo were caught with 20km to go and in a bunch finish in from of the Old Mon Mark Cavendish took the stage victory from Micheal Van Staeyen (Belgium) and Austrian Saxo Bank rider Stuart O'Grady.

Lance Armstrong who was the huge draw tried to push the pace with his Astana team early in the stage but the weather conditions meant they didn't make the break and he ended in the bunch in 47th and went straight to his team's big RV and gave no media interviews.

Duggan deadly on the Gap:

In doing this look back I stuck to moments I have witnessed live and rallying is another hugely popular sport that I have the privilege of covering. Kerry is blessed with top class drivers, navigators and stages and has from the Circuit of Ireland to the present day Rally of the Lakes and Killarney Historic Rally continues to be the area where everyone wants to compete.

From a huge group of talented competitors I want to pick out Rob Duggan who for the last few years has been uncatchable over the Gap of Dunloe stage. This is one of the most iconic in the world and Duggan flies up here faster than anyone thrilling rally fans from far and wide.



Damien McCarthy Assoc. CIPD 086 - 1936752

REMOTE WORKING: AN EMPLOYER GUIDE

Due to Covid-19 many companies around the country have moved to encourage some or all of their employees to work remotely.

Remote working, flexible working or home working?

With the Covid-19 impact and costs of office space ever spiralling and the requirement for some staff to travel as part of their role, non-office based working represents a cost effective model for many employers. Working from home can also make economic sense for employees, particularly those with families, as savings can be achieved through reduced commuting times, travel and childcare costs.

However, as with most changes in work culture - risks can arise. From a legal perspective, the key risks of retaining a remote workforce fall into the following five categories:

Health and Safety,
Working Hours,
Data Protection,
Confidentiality
Monitoring employees

A Clear thought out policy should be developed containing all and more of the above.

Feedback in respect of remote or home working is generally positive, however proper care must be taken in relation to the above matters from a legal perspective. Employers should also reserve the right to amend a home working policy and oblige home workers to attend at the office on request. Employers should also be aware that if an employee works from home for an extended period that the right to work from home could become an implied term of their contract through custom and practice.

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

| HR Consultancy | Payroll outsourcing | Employment Contracts
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Gardening

with Killarney Outlook

by John O'Sullivan

Summer Flowering Bulbs

There is a large selection of Summer Flowering Bulbs, but one of my favourites has to be Dahlia's with its large selection of colours and different types of flowers. From now until around the end of May is a good time to plant Dahlia tubers.

Sometimes in cold Winters it is a good idea to dig up the tubers and store them indoors, but usually they survive in the ground in our climate.

When planting Dahlia tubers in the ground, plant them roughly twice the depth of the size of the tuber.

Most Dahlia's can grow between 3 and 5 feet so remember when you are planting give them plenty of space and they can also be grown in large containers.

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

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National Phone Service:
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9am - 5 pm Monday to Friday

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

Information & advice is available on;

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

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www.citizensinformation.ie

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LEGION GAA CLUB

DAMIEN LYNE RIP

It is with the deepest regret and sadness that we learned of the untimely passing of Damien. Our thoughts and prayers are with his parents Denis and Geraldine, his brother Jonathan and sister Denise, girlfriend Tara and to all the extended Lyne family at this very difficult time. Damien was a very accomplished player and represented the club at every level, he played a pivotal role in our u21 county club championship victory in 2012. Damien will be sadly missed by his many friends and teammates throughout the club and beyond. Sincere and heartfelt thanks to everyone who united on Monday showing solidarity in challenging times for Damien's final journey. Ar dheis Dé go raibh a hanam dílis.

DEEPEST SYMPATHIES

Killarney Legion club offers its deepest sympathies to the O'Leary & Mannix Families and all in the Kilcummin Club on the very sad passing of Derry O'Leary.

MILLTOWN/CASTLEMAINE NEWS

SYMPATHY:

Sincere condolences to Paul and Cora O'Carroll and their little girls Lucia & Esme on the untimely passing of Cora's father, Seamus O'Connor.

Cómhbhórn ó chroí freisin to Cora's family, mother Elizabeth, her brothers Stephen and Eoin and her sister Louise. We also extend our sympathy to Seamus's partner Eileen and his extended family and friends. Tá tú inár gcuid smaointe agus paidreacha.

Ar dheis Dé go raibh a anam uasal

LEANBH NUA-COMHGHAIRDEAS:

Congratulations to our senior team trainer, Paul Fitzmaurice and his wife Deirdre on the birth of their baby daughter Éabha.

Such fantastic news! We wish you many happy fun times together!

'STAR IN THE SITTING ROOM' in Association with Milltown/Castlemaire GAA.

We hope that you are all managing to keep safe and comfortable in your homes and we send our best wishes to every household in our area and beyond. To those who are working so very hard and helping to keep us safe and well through these difficult times...thank you so much. A huge maith thú to everyone for doing their part. On Easter Sunday night last, our big fundraiser 'Taking the Mic' was due to happen. So our club decided that there is no better time than right now to launch our 'Star in the Sitting Room' competition. We hope this will lift the spirits and get everybody singing, performing and expressing their talents for our fellow club members.

So how do you enter? The competition is open to all club members young and old. Simply record a short video of your chosen talent. It must be at least 30 secs long and may not exceed 2 mins. Send your recording via what's app to Deirdre, Danny or Dara on our PRO team (Please PM our FB page for contact details). We will then post the clip on our Facebook Page for our club members to see.



1997 East Kerry Team that won the Co Championship:

Front L-R Dan Favier (EKB Treasurer), John Kelly RIP (Selector), Denis Moynihan, Timmy Moynihan, Sean Counihan (Trainer), John Crowley (Captain), Pat Sweeney (EKB Chairman), Charlie McCarthy, Seamus Moynihan, Andy O'Sullivan (EKB Treasurer) and Dermot Mahony (Selector).

Middle L-R Paud O'Donoghue, Stephen Flynn, Kenneth O'Keefe, Donal Daly, Ger Cremin, Declan O'Keefe, Tony Murphy, Owen Doherty, Michael D Cahill, Tom O'Sullivan and Jerh O'Sullivan.

Back L-R Jerry Murphy, Sean Moynihan, Michael O'Donoghue, Niall Mangan, Con O'Connor, Anthony Morris, Mossie Cronin, Tom O'Sullivan and Sean Óg O'Leary

For our readers who may not be on social media or into performing... may-be you could put a little few lines of a poem together or write a short story. Equally, a few quiz questions on club history, past players etc...would be very interesting and welcome.

What can you win? Every entry will be put into a hat and drawn at random to determine the winners. The prizes include a club top, a Kerry Jersey and 3 prizes of a club Beanie Hat. Entries must be appropriate and must not contain any bad language. Please make contact with Deirdre, Danny or Dara if you have any questions at all. Please be sure to get involved and have some fun! We wish you all the very best of luck.

DR. CROKES

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. Many more will follow in the coming days, On Saturday last we posted another online concert on our social media platforms which again 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. Hopefully on Friday coming following the remote special congress we will have some inclination as to when activities may resume. 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 overdue and may be paid before. to Registrar Frances O'Sullivan. Membership can also be renewed on line visit drcrokes.com/news. Follow the links below to renew membership.

https://clubforce.com/mobile-app/https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=5899#Anchor.

We urge all members to download the Club Force app. as this will be our only way to communicate going forward.

GAELTACHT SCHOLARSHIP Each GAA club in East Kerry will be allotted one Gaeltacht scholarship, if any Gaeltacht programmes are operated this year. If Dr Crokes club members are interested, please apply by email to secretary.drcrokes.kerry@gaa.com, stating the name of the child for whom the scholarship is being applied. If more than one application is received, a draw will be made for final allocation of the scholarship.

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.

GREMLINS in last weeks notes in vote of sympathy the names of Galvin grandchildren who wore the Black and Amber Rebecca, Shane & Donal were inadvertently omitted. Apologies.

SYMPATHY to Legion GAA and the Lyne family on the death of Damien and to Kilcummin GAA and the O'Leary family on the death of Derry, to Helen O'Neill wife of our Secretary Matt on the death of her brother in law Billy Moynihan.



Photo from the Dr. Crokes Archive is a Minor team from the 80's

Back Row Left to Right: John O'Shea, Michael Hurley, Alan O'Meara, Karl O'Donoghue, J.P. O'Sullivan, Padraig Griffin, Dermot Griffin, Dessie Clarke RIP, Geoffrey O'Donoghue, Tim O'Leary, John Daly, Greg O'Donoghue. Front Row Left to Right: Patrick O'Sullivan, Denis O'Leary, Joe Maye, Kenneth Buckley, Simon Clifford, Bryan O'Donoghue, Diarmuid Kelleher, Micheal O'Sullivan

KEEL

CONDOLENCES: Keel GAA club would like to extend sincere condolences to Liz, Stephen and all the O' Connor family of the Anvil Bar on the untimely death of Seamus. Seamus and the O' Connor family have always been a good and loyal supporter of our club over the years and this we thank them for. We also extend our sympathy to Seamus's partner Eileen. Our thoughts and prayers are with them at this difficult time. Ar dheis Dé go raibh a hanam dílis.

KEEL/CASTLEMAINE EMERGENCY DELIVERY SERVICE: Keel Castlemaine Emergency Delivery is a volunteer collection/delivery service

operating 7 days a week for prescriptions/groceries/fuel or other essentials. Please ring 066-7174066 between 1pm and 4pm for assistance. We would like to say a big thank you to all our members who have volunteered to help the Keel/Castlemaine Emergency Delivery Service. If you need help with any non-medical needs please ring 066-7174066.

CLUB FACILITIES: Keel GAA club would like to take this opportunity to thank everybody for their co-operation and patience in adhering to

the restrictions imposed by the Government to help combat Covid-19. We know that these restrictions are impacting on people but like all of you, we know that these restrictions will be lifted at some point and we will once again enjoy our games and walks at Keel GAA. The next few weeks are crucial so we ask you to comply with these restrictions, stay at home, wash your hands regularly and keep your distance.



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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

Real Heroes of Today

Everyone is acknowledging the real heroes on the front-line right now in a world where perspective has robbed celebrity of its sheen. The doctors, nurses, and all the healthcare workers who are labouring tirelessly (at great risk, far greater than most of us, as the figures unfortunately prove) deserve every bit of praise that they get. More importantly, I hope that the respect and gratitude that they have hard-earned remains long after life returns to the abnormal 'normality' where people look up at vacuous celebrities and down on far too many hard-working people whose efforts go unappreciated. That would count for even more than the 'Shine a light' campaign, which while unquestionably lovely, made the country feel proud of solidarity. That was a great thing and the response is a wonderful and timely reminder that we can be proud of ourselves as well as them – but it does need to be stressed that you can actually do something far more positive and important for front-line staff right now – stay away from them and everybody else. Real solidarity is isolation right now

It's worth pointing out that a lot of 'celebrity' culture isn't any kind of real reflection of the actual people concerned. There is a huge selection of both commercial and social media that manufactures fame, deliberately imposing a false importance on people. 'Clickbait' is not journalism and never will be, but it's cheap, easy, and sensationalist. In short, it works. Successful actors, singers, tv hosts, fashion designers and models, and of course sports people are built up as paragons of virtue....and then ruthlessly exposed and humiliated for having the same feet of clay as I and every other human being on this planet. It's worth noting how fame places a huge and intolerable burden on perfectly normal people and leads far too often to unhappy lives for these people. I particularly loathe 'reality tv', which doesn't reflect reality in the slightest. Famous people are expected to always be beautiful, always be strong, always be a paragon of virtue. Everybody I know can occasionally say something silly or inappropriate (I myself could give lessons in that art!), can slip on a metaphorical banana, can get things wrong.

Granted, there are some fairly desperate and sad attempts by celebrities to stay relevant at this time. Celebrities putting up selfies of themselves in isolation without.... pause....any make-up on! Oh, the horror,

the shock! Celebrities doing work-outs – on their own! The likes of Ellen Degeneres has commented on the difficulties of social isolation – in her vast, sprawling mansion. It's a little bit tougher where I live, ma'am, but I have a strong support network and I'm not whinging, because I know how lucky I am. Try it some time.

Actually, some celebrities are stepping up to the plate, and a lot of them might surprise you. Celebrities who have given donations to charities and to support people whose livelihoods are in jeopardy include U2 (€10m for PPE in Ireland), George and Amal Clooney (\$1m), Angelie Jolie (\$1m to No Kid Hungry), Rihanna (\$5m), Ryan Reynolds and Blake Lively (\$1m), Pink (\$1m), Bruno Mars (\$1m)....two big standouts are the Bill and Melinda Gates Foundation (\$105m – the private donations were only revealed after a journalist's specific request) and Taylor Swift (amount unknown, but a huge number of out-of-work Americans have posted thanks for \$3000 payments by the singer) and Ariana Grande (who has made individual payments to staff laid off and donations to several charities).

Look, it's a bit easier to be generous when you are rich – Jesus called it right in regard to the widow's mite – but these donations are as much about the heart as the wallet, and these people are stepping up to the plate. I'll be remembering in future that these are real people with real feelings as well as mere 'celebrities' – it won't mean anything from their perspective, but it has enhanced mine. Sports stars like Roger Federer (€1m in Swiss francs) is one of many sports heroes who has stepped up recently in response to events admirably. The communal influence and support network of the GAA in particular has been astonishing, but these are a few headliners that you may have missed and are worth taking note of at this time.

Sports Heroes

Conor McGregor. Let's be honest here, every time that I see the name Conor McGregor's name in the headlines, I think "Oh jaysus, exactly how has he shamed us this time?" The rags-to-riches Dubliner got well-used and abused long ago. So no, I've never been a fan or admirer of McGregor. And I am genuinely and rapidly re-thinking that. McGregor recently announced that eight houses he has paid for (as a private investor) are now ready for homeless families to move

into. He has donated €1m for PPE for frontline staff in Dublin hospitals. He has used social media platforms to encourage his fans to follow social distancing guidelines and called for airports to be at least monitored with restrictions if not closed down. He has recently donated €10,000 to Spa teenager Ian O'Connell (himself a beacon and light and hope in his community) for the ICU in Kerry General. Yes, one of the celebrities I least admired or respected has stepped up to the plate big time. My kudos and apologies to the man.

Jordan Henderson. I was always impressed by his attitude, his eagerness to learn, his respect for both fans and peers. But I also thought him very, very limited in skill or ability to read a game. Frankly, when I saw him first play for Liverpool in 2011, I thought that this was very much a poor man's version of Man United's Bryan Robson – who I have always thought had more passion and work-rate than actual ability to influence a game, anyway. When the talk went out even then about him being a potential captain, I thought "Sure, he can be captain. Of a mid-table team whose aspirations outweigh their ability". I was wrong (don't feel bad for me; I'm well used to it). Henderson has grown as a player and become an understated but vital cog in a very impressively synchronised Liverpool team. Henderson doesn't do the heroics and will rarely make you gasp in amazement – but he gets the job done.

He has done a lot more than his job when it comes to the fight against Covid19. Henderson has spearheaded a campaign that involves a huge number of Premiership players from a myriad of clubs donating 30% of their salaries directly to the NHS. Players Together includes Henderson (who set it up) Harry Kane, Harry Maguire, Fernandinho, Virgil Van Dyke, Marcus Rashford, David Luiz, Granit Xhaka, Hector Bellerin, Alex Lacazette, Trevequet, Jay Rodriguez, Conor Wickham, Fabian Delph, Kasper Schmeichel, Jamie Vardy, James Milner, David Silva, Kevin de Bruyne, Leroy Sané, Tim Krul....

One of names mentioned is John Egan, Cork-born son of a Kerry hero and as class an act as his father. Egan is one of those singled out by new Ireland manager Stephen Kenny as one who has been overlooked a bit in the past. I completely agree, and not because of his Kerry connections. Egan is real quality and silky smooth in control of the ball.

James McClean His political beliefs are

none of my business or interest. McClean has attracted negative headlines in Britain for his refusal to wear a poppy. Nor will I. Ever. When there is a meaningful gesture of remembrance for all the victims of that awful war, I will support it. By the way, I'll never wear an Easter Lily either. But McClean posting a picture on twitter of him home-schooling his children while wearing a balaclava was not a political statement of any kind. It was an utter disgrace and an insult to the families of all the lives lost in 'paramilitary' i.e. terrorist campaigns in Northern Ireland on all sides. Thankfully, other people on all sides, including proud nationalists, have been quick to call out that nonsense for what it was. McClean let himself and everything he represents down very badly there.

But again, one appallingly stupid gesture is not the full measure of the man. James McClean, along with team-mate Joe Allen, have kept the Donna Luois Children's Hospice in Stoke going with charitable donations. The Hospice gets less than 9%

of necessary funding from the Government and, with donations falling off dramatically as a result of coronavirus, was rapidly running out of the funds needed for sick children – until the intervention of McClean and Allen. McClean, by the way, has a long history of quietly making charitable donations as anonymously as he can. Did McClean make a fool of himself on one occasion? Yes, absolutely. Is McClean one of the good guys overall? Most definitely.

Jose Mourinho Yeah, this guy hasn't exactly covered himself in glory. The fact that Tottenham Hotspur were training instead of self-isolating is absolutely appalling. If the FA had any real guts, Spurs would and should be facing very serious sanctions for deliberating and wilfully breaching social distancing guidelines (the FA don't have any guts, so don't worry about it). I've never really liked Mourinho since his abuse of referee Anders Frisk, and his willingness to throw players and staff (including medical) under the bus is disgusting (Davy Fitzgerald,

despite his many good works for charity and undeniable passion, and Ger Loughnane, with his eagerness to deliberately and usually unfairly provoke hostility, always strike me as in the same mould).

Now, I'm not suggesting for one minute that it excuses his actions, but Mourinho does have another side to his character. He isn't a cartoon villain. Mourinho worked alongside Age UK and Love Your DoorStep in London to prepare food parcels and other items for delivery to vulnerable members of the community. Like I say, there's more credit than debit in his column for me (which, of course, he shouldn't care about; I am at least as flawed, if not much more so, than any of these people), but he is a better person than snap judgements or cheaply sensationalist headlines.

Who knows? Maybe we all are.

A true gentleman....

This week, well known Killarney resident Ralph O'Connell passed away. Victor Mulcahy Historian and Archivist of Killarney Golf & Fishing Club pays tribute to this true gentleman.

On behalf of Killarney Golf & Fishing Club, Club President Marguerita Mulcahy, Lady Captain Anne Looney and Men's Captain Harry O'Neill together with the Ladies Committee, Men's Committee, The Management Council and all of the Club Members and Staff send their sincere condolences to Ralph's wife Hazel, his daughters, Nicola and Philippa, sons-in-law Tom Murray and Darren Knight and his Grandchildren on the sad passing of our beloved and esteemed former Club President and Captain Ralph O'Connell.

Ralph became a Member of our Club in the mid-late 1970's when he arrived in Killarney as the Kerry representative of Messrs John Player and Sons. Ralph quickly became a Men's Club Committee Member. In 1997 Ralph rose to the position of Captain of our Club, and local Member Seanie Brosnan won Ralph's Captain's Prize that year.

Ralph was elected President of our Club for the years of 2003 & 2004 and the winners of Ralph's President's Prizes were Paul O'Connor and Michael Stack respectively. Ralph was a tremendous supporter of our club's teams, both ladies and mens, equally and his enthusiasm and warm smile that greeted players both on and off the course was infectious and was so very much appreciated by all.

Ralph was a lifelong Member and long-time Officer of Old Belvedere Rugby Club in Dublin, and indeed he held a very high position in the IRFU also for many years, his real passion was

Irish Rugby and many a conversation and debate he and I had about Ireland's chances in a forthcoming match or even a Season for that matter. Ralph was also a Rugby match referee for many years.

In the 1980's Ralph was a founder Member of The Ross Golfing Society, where he served as long time Secretary of the Club.

Ralph was also a driving force behind our Golf Club's involvement and participation in The Dr. Billy O'Sullivan Trophy Competition and Teams, again for many years,

Ralph will be fondly and sadly missed by us all at Killarney Golf & Fishing Club, and unfortunately due to the present Covid-19 Pandemic The Club are prevented from giving Ralph his well deserved Guard of Honour at his Removal and Funeral, we hope to give Ralph this Honour at his Remembrance Mass when it will be possible, and for everyone to get the opportunity to celebrate the Life and Times of the late Ralph O'Connell.

May he Rest In Peace.

Victor Mulcahy



Ralph O'Connell RIP

RATHMORE | GNEEVEGUILLA NEWS

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

CONGRATULATIONS

Congratulations to Rathmore company Sapphire Signs who have begun making shields, which could be used by front line health care workers during the Covid 19

RATHMORE / GNEEVEGUILLA / KNOCKNAGREE

COVID-19 COMMUNITY SUPPORT GROUP

A group has been formed in Rathmore parish which consists of many local community organisations and businesses including members from Rathmore community council, Rathmore & Gneeveguilla GAA, Rathmore social Action Group, Fr. Pat O'Donnell, Rathmore St Vincent de Paul, Sliabh Luachra Veterinary Centre, Reens pharmacy, An Garda Síochána -Sgt Paul Lynch- Rathmore post office, Contact us on a dedicated Free phone 1800 929 003, Don't be afraid to call, we're here to help those who are in genuine need, Contact details; Bernie Reen 087-2020143; Brian Kelly 087-2536808, Eilish Coakley 086-1038112, Niall Kelleher 087-6694194, Mike Dilworth 087-6723882, pat Barry 086-7925715

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

THE RATHMORE SOCIAL ACTION GROUP will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time.

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

SYMPATHY: To Siobhan Sheehan & family, Tureenacahill, on the death of her father John Burke, Milltown who passed on Thursday. 2nd April. To Helen Moynihan, Kathleen McNery & Gerard Ring on the death of their aunt Mary Fleming, Mountinfant who passed on Sunday. 5th April. To Tom O'Connor & family on the death of his mother Rita O'Connor (nee Sheehan), Rathmore Townland, who passed on Monday. 6th April. To Ted O'Connor & Noreen Duggan & their families on the death of their mother Kathleen O'Connor (nee Cremin) Mousrour who passed on Wed. 8th April. Seamus O'Connor of Kitty O'Sé's Killarney & Kinsale and Kilcummin Martin Nolan

Ballydesmond, & Rathmore, Derry (Jeremiah) O'Leary Flesk Bridge House, Muckcross Road, Killarney and formerly of Inch, Kilcummin, Killarney, May John, Mary, Rita & Kathleen & Seamus Martin Derry May they all rest in peace Join us from St. Joseph's Church Rathmore for daily Mass through our Parish Television Streaming Service 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 7.00pm
Saturday 7.00pm.
Sunday 11.00am

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

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

THE RATHMORE SOCIAL ACTION GROUP will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time.

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

ALONE is providing a telephone support line, 7 days a week from 8am – 8pm, for all older people and their families to contact if they would like any advice, reassurance or additional support: 0818 222 024. This support line is also open to extremely medically vulnerable people.

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

SYMPATHY

Sympathy is extended to the family of the late Derry O'Leary, Killarney and formerly Inch. May he rest in peace.

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.

MASS AT HOME - KINDLY SPREAD THE WORD:

The Killarney Parish Radio and the Webcam on www.killarneyparish.com

Radio Kerry on Sunday morning during the Horizons religious programme at 9am (Mass will be at 9.30am).

RTE Mass is now being broadcast on the 'News Now' channel 21 on Saorview - that's on weekdays at 10.30am. On Sunday mornings tv

RTE 1 11am they have either Mass or Christian worship prayer.

EWTN Catholic religious station for broadcast Masses and prayers.

Radio Maria Ireland Saorview channel 210 - a lovely station of Mass, Rosary, prayers and conversations on religious topics.

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.

KILCUMMIN LOOKING GOOD would like to assure all our parishioners that our thoughts and prayers are with you all during these difficult times. We would urge everyone to look out for each other and to avail of this time to help clean up and tidy around their own areas. Bags and litter pickers are available from Tony O'Connor 087 6258641 if required. We would also ask people who bring their dogs out for a walk to clean up after them and to respect other road / footpath users with children, buggy etc. Take care everyone

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

THANK YOU

Thank you to all workers on the front lines – to everyone in the healthcare and hygiene sectors, to everyone in retail and food services, to everyone in the transport industries and to everyone in the postal and delivery services. Everyone else is asked to please stay home for these few weeks and help flatten the curve and stop the spread of the disease.

VOLUNTEERS AVAILABLE FOR ANYONE THAT NEEDS HELP AT THIS TIME

Spa GAA are part of the Community Volunteer programme and as well as the Kerry Volunteers helpline, we have a list of club members in different areas that have offered to be available if called upon during these few weeks. If anyone needs help with shopping, deliveries etc please contact either the Kerry Community Volunteers (tel 1800 807 009 / text 50555 / email covidsupport@kerrycoco.ie) OR to contact the club directly: Club Secretary (0876332773), Michael (0858213027), Conor (0872565142) or Deirdre (0851216359).

ALL GAA ACTIVITY STILL SUSPENDED

A meeting is due to take place in Croke Park this week to look at the options for the 2020 GAA Championships, and in the meantime all Clubs grounds and facilities remain closed completely until further notice. Players, Members and the General Public are not allowed use of Club Grounds or Facilities for any activity including training or recreational while these restrictions are in place.

SPA HOME SKILLS CHALLENGE

Well done to everyone who took part in the Spa Home Skills Challenge! Please send on your training videos before this Weds April 15th and all participants will be in with a chance to win a Spa GAA training top or a €50 voucher. *Only videos submitted by parents/guardians will be accepted* Video entries can be submitted via WhatsApp to (087) 6298525 or via email to spacoistenanog@yahoo.com. Any queries contact Coiste na nÓg Chairperson, Seamus Moynihan, on (087) 6298525

SPA ARCHIVES

Thank you to everyone who is sending in photos, programmes etc of Spa over the years! 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, from team photos through the decades to trips to America in the 70s and the official opening of the Spa pitch in 1979! If you have any old photos, newspaper clippings, programmes etc, please send them on. Send to 0851216359 (text or what's app), email pro.spa.kerry@gaa.ie or private message



Spa GAA annual social at the Castle Heights Hotel in 1985

Front L-R: Fr Michael O'Donoghue, Dan Kennedy, Mike McAuliffe, Joey McAuliffe, Hannah Moynihan, Paul O'Donoghue, Mike Cahill, Donal Doherty, Philip Spillane, Sean Kelly (Vice-Chair of the Kerry Co Board) and Bernie O'Riordan
Back L-R: Dave Herlihy, Ger Galvin, John Cahill, Denis Cronin, Louis McAuliffe, Anthony McAuliffe, Mike Dennehy, Sean Cronin, James Cahill, John O'Leary, Any Regan, Denis Casey, John Kelly, Tim Regan, Mossie Cronin, Pat Casey, Pat Cronin, Dermot Cronin, Gerard Morris, Gene Cronin and Pat Kelliher.



1994 East Kerry O'Sullivan Cup Champions

Front L-R: John Fleming, Ger Cronin, James Cahill, Michael O'Leary, Tadhg Kelly, Conor Gleeson, Aidan Moynihan and Garrett Doolan.

Back L-R: Pat Corcoran (RIP), Mike Kennedy, John Doyle (RIP), Kieran Dennehy, Donal Cronin, John Kelly -Chairman of the East Kerry Board (RIP), Ger Galvin (Honorary Secretary of the East Kerry Board), Dan Kennedy, Seamus O'Donoghue (Sponsor), Mossie Cronin, Mike McAuliffe (Captain), Anthony Morris. Sean Moynihan, Philip Coffey and Peter O'Sullivan

our Spa social media pages (facebook, twitter and instagram). Visit spagaa.com for the details.

SYMPATHY

Condolences to the O'Connor family on the passing of Seamus O'Connor RIP. Condolences to the Lyne & O'Keeffe families and to Legion GAA Club on the passing on Damien Lyne RIP. Sympathies also to the O'Leary family and to Kilcummin GAA Club on the passing of Derry O'Leary RIP.

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.

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.

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 last

Good Friday we wish to let everyone know that the course is closed to play until Tuesday May 5th at the earliest pending further updates in the meantime. The Committee are monitoring the situation on an ongoing basis.

MEMBERSHIP: Anyone interested in enquiring

OUTLOOK GOLF

about membership is asked to contact registrar Margaret B Looney on 087 9265747 for further information. We will be examining issues surrounding same once the restrictions are in someway lifted.

KILLARNEY CELTIC

LOOKING BACK

2005/06 PREMIER DIVISION WINNERS

Following a move to the Munster Senior League and subsequent return to the KDL Celtic went from 1997 without a League title but that all changed in the summer of 2006 when Celtic returned to the top of Kerry soccer.

Celtic and local rivals Athletic qualified for the League final which was played on a Friday evening in Mounthawk Park. Celtic were quickly to the fore and took the lead in the 31st min when Peter McCarthy found the net from a John Doyle free kick. Stephen Hayes doubled the lead to leave Celtic 2 up at the break. Athletic pulled a goal back and shortly afterwards Celtic were reduced to 10 men but the Celtic defence held out to bring the league title back to Celtic. The team followed up by again beating Athletic a few weeks later in the Greyhound Bar Cup Final to clinch the league and cup double.

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

If anyone in our community is self isolating and requires help with deliveries of groceries, fuel, medication etc, Killarney Celtic has people willing to help. All will be done in strict confidence. Please private message our Facebook page or contact Mary on 086 6485809.

Killarney Celtic would like to offer our sincere condolences to the Lyne family following the recent sad passing of Damien.



FAI EXTENDS CESSATION OF FOOTBALL UNDER ITS JURISDICTION TO MAY 5TH

The Football Association of Ireland has announced an extension to the cessation order for all football under its jurisdiction until May 5th inclusive, following directives from Government and the Department of Health.

The decision to extend the deadline for the return to football has been taken in light of the COVID-19 pandemic and in the best interests of our players, coaches, volunteers, supporters and staff. This decision will continue to be monitored on an ongoing basis.

The FAI is in communication with the Department of Health and UEFA on COVID-19 and will continue to follow all government guidelines. The Association advises all members, volunteers and stakeholders to respect the HSE guidelines on social distancing during this pandemic. We also appeal to everyone involved with Irish football to stay at

home over the Easter weekend.

The Association remains committed to a June return for the SSE Airtricity League and Women's National League. Regular meetings are ongoing with representatives from the National League Executive Committee and the Professional Footballer's Association of Ireland to help our clubs and players through this difficult time.

FAI Medical Director Dr. Alan Byrne has again advised the FAI that in the current exceptional circumstances, clubs should not engage in collective training during the cessation period for all football activity under the FAI's jurisdiction.

This recommendation is based on the government's desire to avoid the spread of COVID-19 and Dr. Byrne strongly advises against clubs training during this cessation period which runs until May 5th inclusive.

OUTLOOK SPORTS

MUCKROSS ROWING CLUB

COVID-19

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

ROWING IRELAND UPDATES

Rowing Ireland's Working Group on COVID-19

continues to provide weekly updates on the RI website. The regatta season for 2020 remains suspended. The Irish Championships Regatta has been postponed from July to 12-13 September and will be limited to Championship grades only. It is hoped that a revised regatta season may resume before then, to include a new Grand Youth & Masters Regatta which would feature the non-Championship grades of Masters, J16, J15 and J14.

INTERNATIONAL ROWING

The international regatta season has been

dramatically curtailed. Cancelled events which will not take place in 2020 include the Rowing World Cup series, World Championships at all grades, Olympic and Paralympic regattas, World Masters Regatta, World Coastal Championships and Beach Sprint Finals, Coupe de la Jeunesse and Home Internationals. Decisions are awaited on the European Rowing Championships and European Masters Regatta.

MUCKROSS LOTTERY

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



#KeepYourDistance
#StaySafe #StayPositive



Goodbyes hurt the most when the story was not finished

Killarney bids farewell too soon to Damien Lyne

Enda Walshe, Killarney Legion GAA pays tribute to Damien Lyne

In these surreal times it must be very hard for any family to bury someone without the comfort of consoling words and stories over the course of the funeral. Churches can be eerie at the best of times so it's very difficult for what limited family members are able to attend in these times of social distancing. The one comfort they can find is tributes paid online and on social media by friends and neighbours alike.

In this sad week I found myself trawling over tributes to the late Damien Lyne and 2 very common threads ran through them. One was how he was such a competitor on the field and two was how friendly and sociable he was off it. Even in his brief time in Vietnam it looked as if he had made acquaintances with every Irish person who was there. This, of course, was made possible through the vehicle of the GAA.

Damien family, as you may or may not be aware, is steeped in the National games where the Lynes of Cleeney are thoroughbred blood in Kerry GAA. It was inevitable Damien would end up in Direen, following in the footsteps of his brother, sister, father, uncle, aunts, cousins, grandparents and many more. He played with the club at all grades and also donned the famed St Brendan's College jersey to great effect. He held his own at centre back in a Sem team including future Kerry players Kieran Murphy, Micheal Burns, Tony Brosnan and Conor Keane. Upon completing the Leaving Cert he moved onto UCC but without fail came down

from Cork on numerous midweek nights to line out with the club. He was always good to his word even if he may have been a little bit last minute in his arrival.

While the top level of the GAA is geared towards winning it was probably another ethos of the Association that Damien embraced more than most, the social side. Through it, he forged strong friendships and his dedication to the club was borne out of his commitment to his friends. And dressing rooms can sometimes be the scene of fire, venom and fist pumping inspirational team talks. But trust Damien to come out with a quip or a one liner to completely break the ice and send people into convulsions of side splitting laughter.

He was a key part of the club's team that won the U21 County Club Championship in 2012 and with the club enjoying a fruitful few years at junior level in the following years Damien again was in the centre of the action.

He enjoyed travelling, and brother Jonathan in his excellent eulogy, remarked he had seen more of the world than most could ever imagine. His lust for travel sometimes meant Damien would take a "summer off" from Legion but inevitably he ended up playing gaelic football in his new destination, most recently with the Saigon Gaels. But fear not, come the following January, he would be back in training again with the lads in Direen.

It will be a source of great solace for his family to hear and see all the warm tributes paid by



everyone that knew him.

And the greatest compliment you could Damien was that there always seemed to be room for one more friend.

Slán Abhaile!

In an emotions post on Social Media, Damien's club in Vietnam posted the following

Yesterday, we learnt that Saigon Gaels sadly lost one of our own. Damien Lyne passed away in his beloved home county of Kerry.

Saigon Gaels send our deepest condolences to his family, friends, and Tara. Having only left Saigon recently and with immediate plans to return once the COVID - 19 lockdowns were over, we never for a second felt that we wouldn't see Damien wear the green and white of the Gaels again. As a club we are in shock and we are heartbroken. Damien was beloved by all the Gaels, not just as a fierce competitor and an extremely talented footballer but as a friend. We will miss Damien's presence around the club, at training, social events, tournaments, everything. We lost a friend and we will never forget him. At the moment we cannot mourn the passing of Damien together, but as a club we can remember Damien and keep him in our hearts.

Our thoughts at this tragic time are with his family and friends, our friend Tara, and everyone at Killarney Legions GAA club.

Damien, you are forever a Saigon Gael and you will never be forgotten. Ar dheis Dé go raibh a anam



It is with the deepest regret and sadness that we learned of the untimely passing of Damien Lyne RIP. Our thoughts and prayers are with his parents Denis and Geraldine, his brother Jonathan and sister Denise and to all the extended Lyne family at this very difficult time. Damien was a very accomplished player and represented the club at every level, he played a pivotal role in our u21 county club championship victory in 2012. Damien will be sadly missed by his many friends and teammates throughout the club. Ar dheis Dé go raibh a hanam dílis.



ED 17, 2020



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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.healysrae@oireachtas.ie | johnnyhealysrae@gmail.com | maurahealysrae@gmail.com

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

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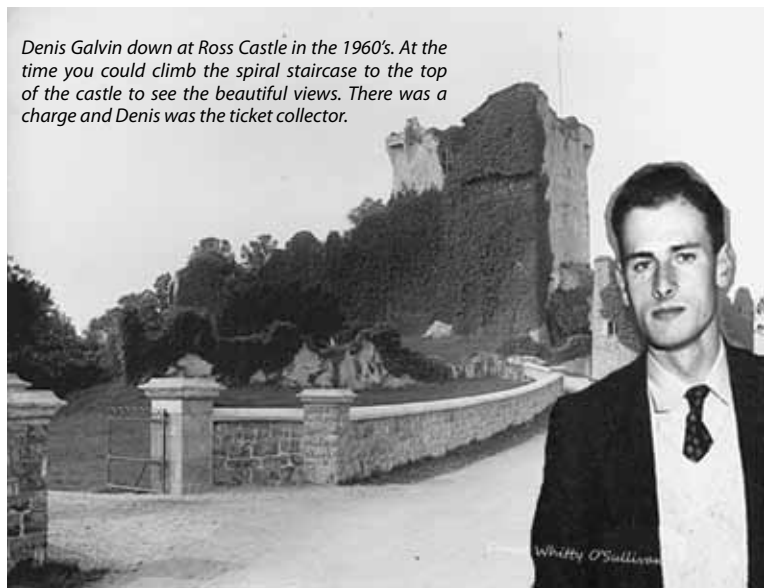
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MOMENTS IN TIME

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



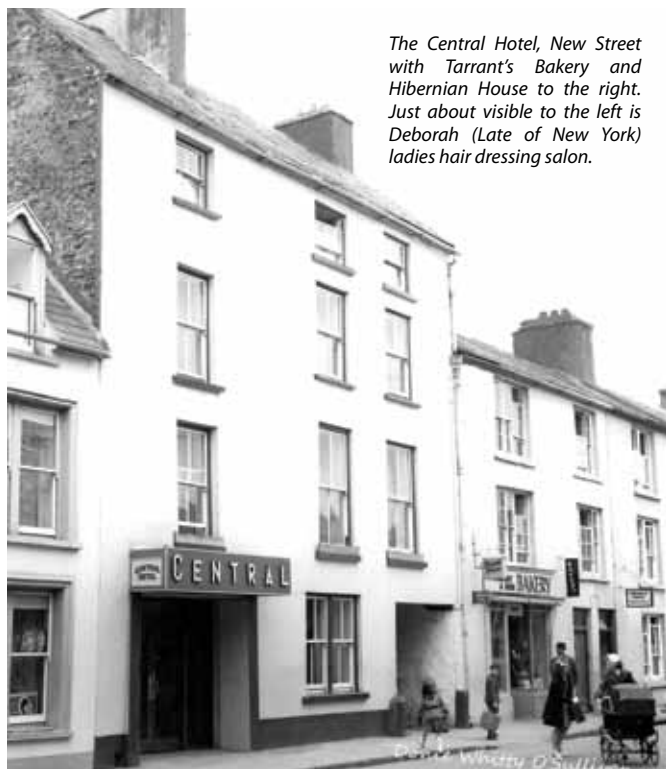
Popular Jarvey back in the day, Christy Brosnan.



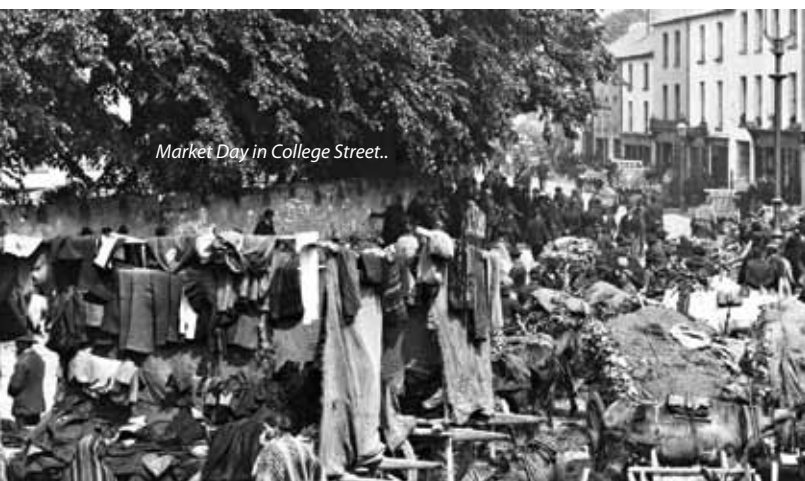
Denis Galvin down at Ross Castle in the 1960's. At the time you could climb the spiral staircase to the top of the castle to see the beautiful views. There was a charge and Denis was the ticket collector.



M.D O'Shea's Furniture Store and Sawmill, New Street, now entrance to Tesco Shopping Arcade.



The Central Hotel, New Street with Tarrant's Bakery and Hibernian House to the right. Just about visible to the left is Deborah (Late of New York) ladies hair dressing salon.



Market Day in College Street..



College Street in times gorie by.

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Emotional Intelligence (EI) refers to the way in which we manage, perceive, understand and control emotions and relationships – both our own and others. Research has shown that EI is very important in our life – and for many people it is more important for success than general intelligence (IQ). Four different factors have been identified in EI and these include:

1. The ability to perceive emotions.....In order to understand emotions, we have to first perceive them accurately. This might mean understanding non-verbal cues such as body language and/or facial expressions.
 2. Reasoning with emotions..... Emotions help us to prioritise what we pay attention to and what we respond to.
 3. Understanding emotions..... If someone is expressing emotion, we must interpret what it might mean – emotions can have a wide variety of meaning.
 4. Managing emotions..... Being able to manage our emotions, regulate our emotions and respond to the emotions of others effectively is the key to EI.
- In order to recognise an emotion 'as it happens' for us, it is important to develop self-awareness. This involves tuning into our feelings, recognising what they are and the effect they have on us. Self-regulation is also important in helping us to better understand, empathise and negotiate with other people. The ability to recognise how other people feel is important for success. Being able to read other's signals and respond appropriately is key. The better we are at discerning the feelings behind another person's behaviour, the more skilled we become at communicating with them.

The good news is that EI can be learned and developed. Strategies to work on our EI include:

- Observe: How do you react to others.....Do you rush in to judge before you know all the facts? Do you stereotype people? Take a closer look at how you are interacting with people and try putting yourself in their shoes.
- Put the focus on others..... Give others a chance to shine without worrying about getting attention for your accomplishments.
- Examine how you respond to stress.....Do you get upset, blame others or get angry when in difficult situations. The ability to stay calm and in control when things go wrong is key to success.
- Take responsibility If you make a mistake, apologise.
- Know how your actions will affect others.

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A Word of Victory

Welcome back dear reader we have often quoted this Scripture but I think we need to study it again "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, for in Yahweh, the LORD is everlasting strength" (Isaiah 26:3). Perfect peace results from keeping our minds, heart and emotions fixed upon God, the Rock of Ages. God speaks symbolically here of Himself as a mighty Rock and Him being our foundation so that no matter what our circumstances, the Rock holds us in place by His Shalom (complete peace), in well being and stability - health and happiness. Right now we are not seeing much stability. People are not themselves. This virus has caused many to react to others with suspicion and aggressiveness because they are afraid of the threatened danger. People who might once have chatted easily to each other are tormented and stressed and have no peace. If you are fearful friend there is hope for you to come out of this strong and protected. Recently we have studied the protection that the blood of Jesus gives us as we abide in His Presence under the shelter of His wings (see our website wordofvictory.net for teachings and podcasts). Last week we learned that even though you may be isolated, you are not alone. Jesus is knocking at the door of your heart and He is waiting for you to open it so that He can come in and have REAL relationship with you (Revelation 3:14-22). In Matthew 11:28 Jesus promises that He will remove every yoke or burden from your shoulders and give you His light and peace instead, as you walk with Him. In Isaiah chapter 10:27 God speaks again of a yoke, likening it to the destruction the enemy caused His people. But He promises that He will remove that yoke by the power of His anointing. As you grow in your relationship with God through His Word, what happens is that like a little newborn calf who fattens on his mother's milk, you will be strengthened with God's power, and whatever yoke the enemy tied up or burdened your life with will be broken off by the anointing of the Holy Spirit in you. Friend, whether it is anxiety about yourself or your family, or dread of the future – know this, God wants to remove it from your life by His love and power and give you His Peace (Acts 10:38).

See more at wordofvictory.net

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From Darkness into Light...In an Empty St Mary's Cathedral Killarney, Bishop of Kerry Ray Browne, Blesses the Paschal Candle at the Easter Saturday night Vigil, assisted by Fr Kieran O'Brien, (Adm) left, Mark Moriarty, Student Priest, Fr Jim Lenihan, Fr Niall Howard and Fr Nicholas Flynn. PHOTO: VALERIE O'SULLIVAN

PRAYER TO THE BLESSED VIRGIN

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother (Make request). O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received.

11TH & 25TH ANNIVERSARY

IN LOVING MEMORY OF

JOHN R & SIOBHAN (JOAN) O'DONOGHUE



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

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

ALWAYS REMEMBERED BY
YOUR LOVING FAMILY.

1ST ANNIVERSARY

IN LOVING MEMORY OF

CARMELLA SHEEHY



LINN DUBH, AGHADOE,
KILLARNEY
WHO PASSED AWAY ON THE
24TH APRIL 2019

GONE FROM US

*Gone from us that lovely smile,
The cheerful pleasant ways,
The heart that won so many friends,
In all those happy days.*

*A life made beautiful by kindly deeds,
A helping hand for others needs,
To a beautiful life, Comes an early end,
You died as you lived, Everyones friend.
Ní imithe uainn ach romhainn.*

EDDIE XXXX

MOTHER

*We can have only one mother,
You were patient, loving and kind,
No other friend in all the world will be the
same as.*

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

DAIRE, TRIONA EAMONN
XXXXX

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

CARMELLA SHEEHY



On Carmella's first anniversary, Eddie, Daire, Triona and Eamonn wish to acknowledge the many expressions of sympathy and gestures of kindness shown to us following the sad loss of our wonderful wife and mother, our beloved Carmella. Our heartfelt thanks to our families, extended family, friends, neighbours and colleagues who visited our home in large numbers, attended the rosary, removal, mass and cremation and who supported us in so many ways during our sad journey. We are grateful for the huge volume of masses offered for Carmella, letters of sympathy and for the charitable donations made to The Suaimhneas Centre, Kerry Hospice Tralee. We wish to thank sincerely Dr. Donal Coffey, Dr Fiona Coffey, Dr Tadhg Curran, Nurse Anne O'Brien and all the staff at Ross Medical Centre who cared for and supported Carmella so professionally over a number of years. To Anthony O'Sullivan and staff of O' Sullivan's Pharmacy New St. for their kindness and generosity to the family. To Dr. Seamus O'Reilly and his team at the Oncology department at Cork University Hospital for their wonderful work and care, the staff at Dunmanway Day Ward and staff of wards GA and GB for their love and support at a difficult time. Thanks to Juliann Crowley of the chaplaincy team in CUH for her constant comforting words. To Doctor Patricia Sheehan and the wonderful staff of The Suaimhneas Centre, Kerry University Hospital Tralee for their love and professional care of Carmella, which ensured that her final weeks were comfortable and peaceful. A special word of thanks to Pat & Norma Talbot and family, Pat Quille for facilitating car parking so that Carmella's wishes to be at home were realised. 'Thanks to the many members of Fossa G.A.A. who stewarded and managed traffic flow so well. Thank you to the members of The Kerry branch of Institute of Guidance Counsellors and to Carmella's colleagues at Killarney Community College for the dignified guard of honour they provided before and after the funeral mass. A special mention for Carmella's colleagues at Killarney Community College for all the love, support and understanding throughout Carmella's cancer journey. We wish to thank sincerely Fr. Kevin Sullivan for a beautiful celebration of Carmella's life and for his on-going support for us during difficult times. Thanks to our parish priest Fr. Tom Looney and all the priests who assisted in the celebration of the Eucharist which was also enhanced by the beautiful singing and music provided by the Trant family. To family and friends who accompanied us to the cremation ceremony and to neighbours from Dublin Hill and members of the Presentation Brothers who awaited our arrival in Cork. We are grateful to Michael, Mary O'Shea undertakers for all the advice, sensitivity and professionalism shown to us throughout the funeral and in organising the fulfilment of Carmella's final wishes. At such a sad time it is impossible to thank everyone individually, accept these words as an expression of our deepest gratitude to all who shared in our profound sadness. Mass will be offered for all your intentions.

Carmella's anniversary mass will be celebrated on Friday April 24th in Fossa church at 7.30 pm.

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.

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