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## EDITOR'S NOTE

A

In a week where we have seen the biggest change to our way of life imaginable, we are bringing you a magazine which we hope is full of positivity and up to date information. We have advice from government agencies, practical tips to keep the children busy and

help from the experts for students who are studying at home. We look back at St. Patrick's Day parades from the past, show you ways to keep active and give you tips on how to work from home. For now we need to come together as a nation by staying apart.

*"This is the calm before the storm. Before the surge. And when it comes – and it will come – never will so many ask so much of so few."* Taoiseach Leo Varadkar

Aisling Crosbie,  
Editor | 086 0400958



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

# LEAVING AND JUNIOR CERT ORAL AND PRACTICAL EXAMS CANCELLED

**With schools definitely closed next week as part of social distancing measures implemented to restrict the spread of Covid-19, it was announced yesterday that the Leaving Cert and Junior Cycle orals and practical exams are being cancelled – but students will be awarded full marks for them.**

However, no decision has been made yet about the written exams in June according to Education Minister Joe McHugh. The school-based orals and practicals were due to take place over a two week period, starting next Monday.

Yesterday's announcement means that all students who were due to take part in orals and practicals in the following subjects will be given full marks for this part of the exam:

➤Oral tests in Leaving Certificate Irish, French, German, Spanish, Italian, Russian and Japanese.

➤Practical performance tests in Leaving Certificate Music.

➤Practical performance tests in Junior Certificate Music and Home Economics.

However, the second phase of practical exams remain as originally scheduled from Monday April 27 to Friday May 8. No changes were announced for the written exams in the Leaving Certificate Vocational Programme (LCVP) scheduled for Wednesday May 6, a range of oral

and practical tests in the Leaving Certificate Applied (LCA) programme, along with the first examination in Leaving Certificate Computer Science on Wednesday 27 May, or the final written examinations starting on June 3.

Some 126,000 students are due to take the State examinations with 65,190 entered for the Junior Cycle examinations and 61,053 students due to sit the Leaving Cert. On St. Brigid's secondary school facebook page, Principal Roisin Moore said that whilst this is very disappointing news for all our students and teachers who have worked so diligently on the oral component of the exams it is helpful to have received this information in advance of March 29th. She also took the opportunity to commend the students who to date have been interacting so positively with their teachers through Microsoft Office 365. Keep up the good work - the school is very quiet without you all, she added.



## IT WILL BE WORTH IT ALL By Nicky Barry

*This never happened during famine days, or the civil war,  
And we survived World War II, without closing a bar.  
Even with the Spanish Flu, we never had a drought,  
And it was the same again, with the Foot and Mouth.*

*When the government banned smoking, we thought it was the end,  
Of pub life as we knew it, for we could not pretend,  
That nothing at all had changed, in our social life,  
For this was revolutionary, and somehow wasn't right.*

*But it is now sixteen years, since the ashtrays were removed,  
And pub life has carried on, and some would even say improved.*

*Now in 2020, comes this damned Covid - 19,  
And the pubs are closed down, in the interests of hygiene.  
To think that Paddy's Day this year, was a very dry occasion,  
Is tantamount to treason, and a loss of reputation.*

*We are the world's best drinkers, as everybody knows,  
We drink black porter avidly, and flock to bars in droves.  
We never thought he'd do it, but Leo boldly pulled the plug,*

*For a fortnight at least, to rid us of this bug.  
Pint men will rant and rave, about his noble call,  
But if Coruna is defeated, it will be worth it all!*



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# IKA ORGAN DONOR AWARENESS WEEK POSTPONED AS CONCERNS OVER COVID-19 RISE

**The Irish Kidney Association has taken the decision not to proceed with Organ Donor Awareness Week 2020 (28th March – 4th April) in response to the outbreak of Coronavirus Covid-19.**

The Irish Kidney Association anticipates that as its cohort of more than 5000 transplanted and dialysis patients are in the higher risk of mortality from Covid-19 than the general public. New protocols for dialysis and transplant patients will become apparent as priorities are altered by events.

Mark Murphy, Chief Executive of the Irish Kidney Association (IKA) said, "we have postponed the national Organ Donor Awareness Week campaign and asked our volunteer collectors to stand down. We may run the campaign later in the year, but this is simply the wrong time to ask the public to consider organ donation. We will put fundraising online and concentrate on showing the public the work of the IKA as well as providing specific advice on Covid-19 on our website [ika.ie](https://ika.ie)"

"Our overall priority is to keep our patients and carers as safe as possible. The situation around the management of our cohort of patients within our healthcare system in these unprecedented times is uncertain. Patients should be prepared for changes to their normal routines as alterations on how their treatment and transport is managed. These decisions may be personally difficult to accept."

"Dialysis away from a patient's regular treatment centre – either for holidays or work reasons – has been halted. Dialysis patient holidays abroad are also stopped. Foreign dialysis visitors to our country will not be accommodated for treatment in our dialysis centres. Many dialysis centres across Europe are cancelling foreign visitors anyway."

The public are encouraged to support the work of the Irish Kidney Association and can Freetext KIDNEY to 50300 to donate €4. They can also donate through the Irish Kidney Association's website <https://ika.ie/make-a-contribution/>

Please SUPPORT the work of the Irish Kidney Association

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Text costs €4. Irish Kidney Association will receive a minimum of €3.60. Service Provider: LIKED-MARTY. Helpline: 076 6803278.



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**'OUR OVERALL PRIORITY IS TO KEEP OUR PATIENTS AS SAFE AS POSSIBLE'...**

## USEFUL INFORMATION

### *The HSE have developed an information pack*

on how to protect yourself and others from coronavirus. Anyone with symptoms of coronavirus who has been in close contact with a confirmed case in the last 14 days should isolate themselves from other people - this means going into a different, well-ventilated room alone, with a phone; phone their GP, or emergency department.

GPs Out of Hours services are not in a position to order testing for patients with normal cold and flu-like symptoms. HSELive is an information line and similarly not in a position to order testing for members of the public. The public is asked to reserve 112/999 for medical emergencies at all times.

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) in Ireland. The support line will be open seven days a week, 8am-8pm, by calling 0818 222 024

### USEFUL PHONE NUMBERS

- HSE Helpline: 1850-24-1850
- Medical Emergency: 112 or 999
- University Hospital Kerry: 066-7184000
- Bon Secours Hospital, Tralee: 066-71498
- SouthDoc: 1850-335-999
- Killarney Garda Station: 064-6631222
- Samaritans: 066-7122566 Text: 087-260-90-90
- Pieta House: 1800-247-247
- Carers' Association: 066-7121399
- Women's Aid: 1800-341-900



NUI Panel - Seanad Éireann

*Laura*  
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# NATHAN'S FAMILY APPEAL FOR SUPPORT FOR PIETA AS WALK IS POSTPONED



**The family behind Nathan's Walk are calling on people to continue to support The Darkness Into Light Walk which has been postponed due to COVID-19 from May 9 until autumn 2020 (date TBC).**

Marie and Denis Carroll, who lost their son Nathan to suicide have raised thousands over the years for Pieta House.

"In these uncertain times, the decision was taken to postpone the walk", Marie told the Killarney Outlook.

"However, she added, that people can still make a donation on [www.pieta.ie/donate](http://www.pieta.ie/donate) or call (01) 541 4746.

Darkness Into Light is the charity's flagship fundraising event each year, involving tens of thousands of supporters in Ireland and around the globe symbolically walking 5km from darkness into light.

"Pieta are calling for continued support from the public to ensure the charity can continue to fund the counselling services which it provides free of charge to those at risk of suicide", Marie said.

"Over 250,000 people were expected to come together in the pre-dawn hours of May 9 in almost 20 countries worldwide, but, given the evolving situation in relation to COVID-19 and mass gatherings, the charity has taken the decision to postpone the event until the autumn", she added.

The postponement of Darkness Into Light leaves Pieta with a very significant funding gap. Pieta provides free counselling to those who are engaging in self-harm or have suicidal thoughts and provides free bereavement services to those who have been touched by suicide. The charity relies on the generous support of those who walk each year at Darkness Into Light in order to provide this important national mental health service free of charge, and the event also supports 17 like-minded charities in Northern Ireland.

For more information or to make a donation, visit [www.pieta.ie/donate](http://www.pieta.ie/donate) or call (01) 541 4746.



Denis & Marie O'Carroll, organisers of the annual Pieta House Darkness into Light Walk fondly known as Nathan's Walk. PICTURE: MARIE CARROLL O'SULLIVAN

## A NEW SPIN ON SOCIAL SPIN

Social spin has taken on a whole new meaning in Faha as the owners of Faha Court Bar & Restaurant are now using the car to assist anyone who needs help picking up shopping, prescriptions and general errands.

The service will also be used by the Listry Community Council for their Meals on Wheels Service and is being coordinated by Tony Darmody who works tirelessly as a volunteer in all aspects of life in Faha. The car will be based at Listry Community Centre and driven by younger members

of the community. To date 10 volunteers have put their names forward. If there is anyone in the community who wishes to avail of the Meals on Wheels Service or indeed needs any help please contact Tony on 087-2563883

Pictured is Tony Darmody.



## GOT A STORY TO TELL


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# COVID-19: STATEMENT FROM KERRY COUNTY COUNCIL

During the current public health emergency, Kerry County Council wishes to reassure the public that it is fully committed to providing an ongoing service to its citizens and customers.

To abide by HSE guidelines and advice in relation to the coronavirus and to ensure full compliance with social distancing requirements in, for example, queuing areas in public offices, Kerry County Council is asking members of the public to contact its services and staff by telephone and email.

The council has a list of contact numbers and email addresses for each of its services and area offices on its website <http://www.kerrycoco.ie/contact-us/> and its main contact number at County Buildings is 066 7183500.

Additional staff are being provided to answer phone-calls and email queries. Payments can be facilitated over the phone and on the council's website, <http://www.kerrycoco.ie/online-payments/>



Should you need to meet with a staff member, you are asked to telephone in advance to arrange an appointment. Staff are available in all council offices to assist with queries.

The measures are being put in place to ensure that the national guidelines and advice in relation to COVID-19 are implemented for the benefit of members of the public as well as council staff.

The council is asking members of the public for its cooperation at this time and encourages everyone to abide by the advice being provided by the HSE and the National Public Health Emergency Team.

Updates and information will continue to be provided on the council's website and social media platforms.

## COVID 19 AND CHURCH OF IRELAND SERVICES

The Church of Ireland Diocese of Limerick & Killaloe has issued guidance to its clergy that all Services on Sundays or special occasions (other than funerals and weddings) should be cancelled with immediate effect. Please check the local church's website or noticeboard to see if there is any change to this general recommendation.

We note our sister Church in the Roman Catholic Dioceses of Kerry, Limerick and Killaloe have also taken the same necessary steps to assist in combatting the spread of the COVID 19 contagion.

The Bishop of Limerick & Killaloe, the Rt Revd Kenneth Kearon, has sent advice to the Church of Ireland clergy here in Co Kerry to cancel all Sunday services and any special services eg on St Patrick's Day. This will be reviewed in time for Holy Week.

The strong urge of faithful members to attend church, even though they are in vulnerable groups, is the primary reason for this decision. Along with our Roman Catholic colleagues we feel that making arrangements for some and different arrangements for others would be complicated and counterproductive. Our aim is first and foremost to facilitate

people's ability to fulfil the expectations placed upon them by the advice issued by the State. A higher proportion of older people and therefore of those at risk from the disease would be affected by keeping our services going. Trying at the same time to facilitate people's attempts to comply with the Social Distancing advice would prove very difficult.

Notwithstanding that it is a very hard decision to make—to cease offering public acts of worship to the faithful—it is, nonetheless, a crucial and necessary part of our practical, pastoral and spiritual care of the people, to make this decision. In this time of Lent, when we are called upon to fast, we are reminded by the Prophet Isaiah (ch48) that fasting is not only about giving up something, but doing so in order to benefit those in need; and the need here is to help those who are vulnerable to maintain their health. May God bless all who take up this sacrifice and honour them at Eastertide, the time of resurrection and hope.



## COVID-19 Pandemic Unemployment Payment

This payment is available to employees and self-employed people who are unemployed or who have their hours of work reduced during the COVID-19 (Coronavirus) pandemic. This includes people who have been put on part-time or casual work.

The payment has a simple one-page application form and will be paid for a period of 6 weeks at a flat rate payment of €203 per week for jobseekers. It is designed to quickly deliver a social welfare payment to the unemployed and provide income security during the pandemic. Individuals applying for the payment will be required to apply for the normal jobseeker's payments within this 6-week period. Once this normal jobseeker claim is subsequently received, the department will process these claims and make payments at that time. This will involve backdating increased payments for certain customers. Members of the public are asked to please assist us by applying for income support from the department, such as the full Jobseeker's Payment, through their online channel [mywelfare.ie](http://mywelfare.ie).

### How to qualify

Both employees and self-employed people can apply for the new COVID-19 Pandemic Unemployment Payment.

**You can apply for the payment if you:**

are aged between 18 and 66 years AND you have lost employment due to the COVID-19 (Coronavirus) pandemic. This includes people who have been put on part-time or casual work.

Students who have lost employment can also apply.

### Rate of payment

The COVID-19 Pandemic Unemployment Payment is paid at a flat rate of €203 per week for 6 weeks. It is equivalent to the jobseeker payment rate.

If you are getting another social welfare payment, like Working Family Payment, and you have lost your employment, it can be paid in addition to this.

For more information go to [www.gov.ie](http://www.gov.ie)

## Letter to the Editor...

A Chara,

For the first time ever since 1997 I will not be holding my weekly clinics across the county due to safety concerns for the people attending. I always have a very large crowds at these clinics and I'm complying with HSE guidelines by postponing them until further notice. My office is fully functioning and contactable on the below numbers

**064 6685782, 0879464425, 087 2461678**

Always remember you can reply on me if you need any help during this current situation

Yours Sincerely,  
**Michael Healy-Rae T.D.**



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# KEEP ACTIVE

**S**oak up fresh air & beautiful walks at Muckross Gardens & Killarney National Park this weekend! Countless studies have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a moment. Through our current situation of social isolation & schools closed we depend on the great outdoors more.

*explore nature...*



*family adventure...*



*get out walking...*



The Cathaoirleach of Kerry County Council, Cllr. Niall Kelleher, visited the IDA Office in Chicago on Thursday as part of his itinerary in the United States. He briefed the IDA senior management team for the Mid West USA on recent developments in Kerry including the new RDI Hub in Killorglin, Kerry Technology Park in Tralee, Killarney Technology Innovation Centre in Killarney, AgriTech Centre of Excellence and the digital hubs in Dingle and Sneem. Copies of Kerry County Council's new Invest in Kerry brochure were circulated. Owing to the cancellation of St Patrick's Day Parades and other events in the US, the Cathaoirleach returned from the US ahead of schedule.

## MASSES FOR THE WEEK AHEAD

### *Following guidance from Bishop Ray*

Masses will be offered in St Mary's Cathedral being broadcast on the Parish Radio and the Parish webcam ([www.killarneyparish.com](http://www.killarneyparish.com)). These will be celebrated behind closed doors, Mass times at the usual times in Cathedral only (it will not be possible for people to attend in person).

Masses will not be offered until further notice in the Church of the Resurrection, Muckross Church or the Franciscan Friary (Please note that the Priests of the Parish and the Friars will offer Mass privately for your intentions)

**FOR THE WEEK AHEAD:** There will NOT be Exposition of the Blessed Sacrament, any parish gatherings, meetings, bingo etc. Churches will be open during the day for prayer.







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# RTÉ to Air Daily Mass and Minority Faith Messages during the Covid-19 Emergency

In response to Covid-19-related restrictions on public gatherings, RTÉ will start, from Thursday 19th March, to air Mass every weekday at 10.30am from St Eunan's and St Columba's Cathedral, Letterkenny, on RTÉ News Now.

The broadcasts will continue at least until 29th March, when current public health measures will be reviewed by the Government.

Mass will be followed each day by a short religious message from representatives of Ireland's other faith communities and Christian denominations.

RTÉ's Head of Religious Content, Roger Childs, commented: "We are aware that, either through self-isolation or Government restrictions, many people are unable to come together to worship at precisely the time when they feel most in need of community, comfort, encouragement and prayer. Facilitated by the web-streaming service churchservices.tv, the Bishop of Raphoe, Dr Alan McGuckian, and Cathedral Administrator, Monsignor Kevin Gillespie, have kindly agreed to celebrate a Mass every weekday morning, which RTÉ is very happy to share with viewers, as part of our commitment to public service during the current emergency. We want people of all faiths to know that RTÉ is with them in spirit."

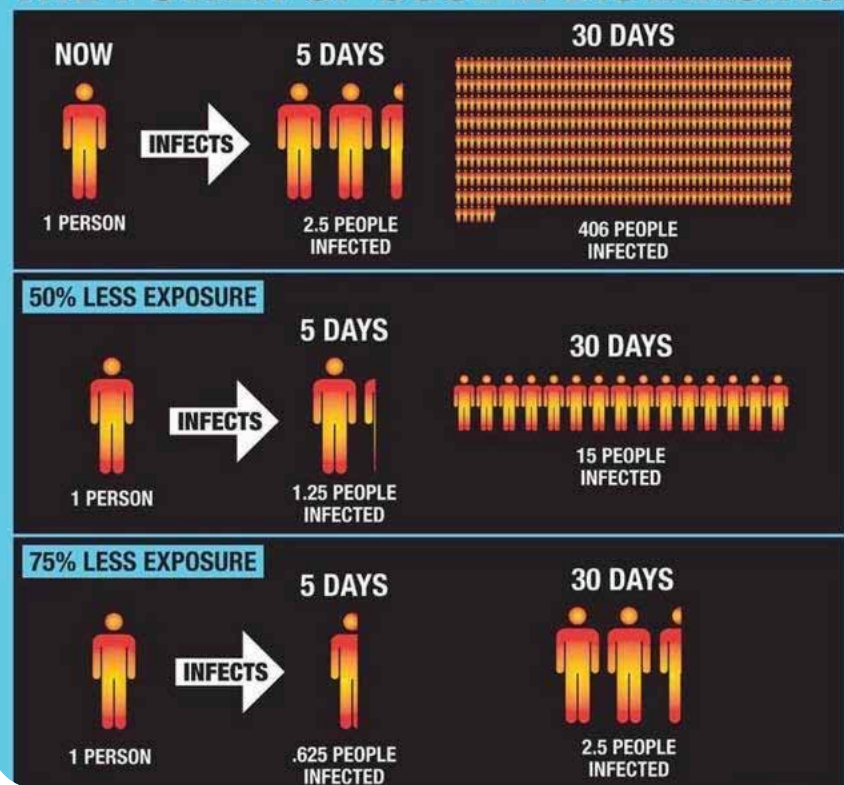
Because so many churches have taken the decision to cease public worship during the current crisis, to minimise social contact and contagion, Bishop Alan McGuckian has promised that priests in his diocese will continue to celebrate Mass for a virtual congregation.

RTÉ will also continue to broadcast a diverse range of Christian worship every Sunday at 11am, on RTÉ One Television, RTÉ Radio 1 Extra/LW252 and, in Irish, on RTÉ Raidió Na Gaeltachta.

The national broadcaster will also mark the Jewish festival of Passover with a short programme on RTÉ One at 5.35pm on Sunday 5th April and, on Saturday 11th April, will celebrate the Sikh festival of Vaisakhi, again at 5.35pm on RTÉ One.

RTÉ News Now can be accessed on Saorview (channel 21), Sky (521), Virgin Media (200), Eir (517) as well as via the RTÉ Player, the RTÉ News Now app and via RTÉ.ie/news. This content will also be available on the RTÉ Player, both live and on catch-up.

## THE POWER OF SOCIAL DISTANCING



## Revenue changes date for payment of Local Property Tax (LPT) to 21 May

This week Revenue issued key guidance to property owners who are due to pay Local Property Tax (LPT) on 21 March 2020.

For property owners who opted to pay their LPT for 2020 by Annual Debit Instruction or Single Debit Authority payment, the deduction date will change from 21 March 2020 to 21 May 2020.

Property owners who have opted to make a payment by Annual Debit Instruction or Single Debit Authority do not need to advise Revenue or take any action. The payment date will be changed automatically to 21 May 2020.



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

# EIGHT WAYS TO KEEP ACTIVE AND HEALTHY AT HOME

**The arrival of Covid-19 has brought us to a serious time, whether for health care workers on the front lines, small businesses struggling to stay afloat, or for parents balancing working from home with looking after children without their normal outlet of playing with friends.** There's no doubt that with school closures and the step-up in social distancing, families are facing a challenging time ahead.

It would be understandable to resort to endless screen-time and treats to keep children happy, particularly while you're juggling roles as a parent and working from home or trying to deal with other difficulties the new situation has brought. Here are some helpful tips from Safefood for some daily wins to help keep you, and the kids, that little bit healthier and hopefully, happier, in the weeks ahead.

Handwashing is the best way to protect you and your family from illness. We have all been learning about what good handwashing habits are and it's important to keep these up. You can find practical, how-to videos for younger and older children on [www.safefood.eu](http://www.safefood.eu) where you'll also find 'Rufus the Handwashing Hero' – he's great for teaching your little ones all about handwashing.

Try to get out in the fresh air as often as possible. The key advice is to stay in your family unit; children shouldn't play with other children

but there is nothing at the moment to stop you getting out as a family for a walk. Just stick to the latest advice on social distancing.

Try to limit screen-time if possible; this would include all devices with a screen such as TVs, computers, smart phones, laptops, tablets and game consoles. We know screen-time isn't easy to keep a lid on at the moment but try to set certain times for screens and agree these with the kids. For children under two, try to avoid screen time completely. For those aged between two and five, try to keep screen time to one hour each day. And for children over five, agree clear limits and a good guide is no more than two hours each day. As many children have been given online homework to complete, that should be considered as separate screen time. It could be very easy to fall into a habit of unhealthy snacking while you're all at home. We have loads of ideas for making easy, healthy snacks that the kids could help out with – just visit [www.makeastart.ie](http://www.makeastart.ie) for lots of healthy snack ideas.

These unusual times present an opportunity to teach children a bit more about food. If you can, try to do a few cooking or baking projects while they are off. Get younger kids involved in food prep and mixing foods, setting and clearing the table. Consider putting older kids in charge of making dinner if you are trying to work from home. You can also try our simple,

family-friendly recipes by visiting SafefoodTV on YouTube. As well as making food together, reading recipes and understanding quantities can also help kids with their numeracy and literacy skills while school is off.

When you're stuck for activities, especially if it's raining outside, you could try our active play ideas, and bring back old-school retro games for your family. Check out some great play ideas for inside, or out, by visiting our START hub at [www.makeastart.ie](http://www.makeastart.ie) – you'll find them under 'Pause for Play'. And if you are playing outside, remember to stick to the latest advice on social distancing.

While weather dependent, if you have access to a garden you could roll up your sleeves as a family get the garden back in shape after winter. You could even sow seeds for herbs and vegetables if you have any, introducing them to the idea of growing their own food. If you don't have a garden, you can do this in pots on a window ledge.

Last but not least, try to keep the children's normal routine around sleep. This will help their mental and physical health during these strange and testing times. You can find advice on getting good night's sleep on our [www.makeastart.ie](http://www.makeastart.ie) webpage

**For more information on being healthy and active as a family, you can visit [www.safefood.eu](http://www.safefood.eu) and [www.makeastart.ie](http://www.makeastart.ie)**



Social distancing at Dooks Beach.... PICTURE MARIE CARROLL O'SULLIVAN



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## GROW YOUR BUSINESS HERE - WITH US!

This week the Killarney Outlook looks at Ventilator Manufacturing, Kelly's Londis and Lorge Chocolatier.

**O**ne of the most important medical devices in the fight against the Corona Virus is a ventilator and Ireland is leading the field in manufacturing them with over half of the ventilators used in acute hospitals around the globe made in the country.

Galway based company Medtronic is one of the biggest manufacturers.

"Our manufacturing is up and running and we are working with our suppliers to minimize disruption, increase our manufacturing capacity, and to deliver the products that are in greatest need", a spokesperson for the company told the Killarney Outlook.

"Ventilator demand has increased dramatically in light of COVID-19 and Medtronic has deployed as many ventilators as possible to as many points in the world as possible.



"We are prioritizing high risk, high need areas for ventilator allocation on a weekly basis for distribution through our supply chain. This is a dynamic event and we will continue to

monitor the situation and provide updates to our employees, customers and investors as the situation warrants", the spokesperson added.

The company's mission is very clear "To contribute to human welfare by application of biomedical engineering in the research, design, manufacture, and sale of instruments or appliances that alleviate pain, restore health, and extend life.

With roots in Ireland since 1981, the company now employs more than 4,000 people across five sites in Galway, Dublin and Athlone

The company is a global leader in medical technology, services and solutions, Medtronic improves the lives and health of millions of people each year.

## SUCCESS FOR CHOCOLATIER IN COUNTY ENTERPRISE AWARDS

The winner of this years Kerry County Enterprise Award 2020 is a Kenmare chocolate maker. Benoit Lorge, Lorge Chocolatier took the top prize of €2,500 and will now represent Local Enterprise Office Kerry at the 22nd National Enterprise Awards in the Mansion House in Dublin in May.

Lorge manufactures hand-made chocolates and confectionery, operates a chocolate and pastry cookery school and runs adult, children and family chocolate workshop activities. The awards were held at County Buildings, Tralee on Thursday last.

Another winner on the day was Emily Brick, Athena Analytics who won an award worth €1,000 as a finalist in the competition.

Athena Analytics is based in Tralee and offers a suite of analytics tools for the education sector. Lorge Chocolatier will now be competing against 30 other finalists from every local authority area for a share of the €40,000 prize fund as national judging gets underway in April. Categories this year include 'Best Export Business', 'Future Focus' and 'Innovation', in addition to eight regional awards.

The Kerry County Enterprise Awards took place as part of a very successful Local Enterprise Week programme of events. There were over 300 events taking place across the country, run by the 31 Local Enterprise Offices from March 2nd to 6th.



## Seamus elected to National Council

Seamus Kelly, owner and operator of Kelly's Londis Milltown has been elected to the National Council of Londis Retailers (NCLR) until 2022.

The NCLR is made up of 8 Londis retailers who are representative of our mixture of urban and rural retailers from around the country and who play a key role in the success and development of the Londis brand in Ireland. The members serve for two years and as part of their role, council members help develop Londis Ireland's overall plan by regularly meeting with management of BWG Foods, owners and operators of the Londis brand in Ireland.

"I am honoured to have been elected to the National Council of Londis Retailers. Our term in office is ensuring all Londis retailers' voices are heard and to make sure their feedback and insights are communicated to BWG management to drive the overall Londis brand throughout the year. Together we can make Londis stronger than ever", Seamus said.



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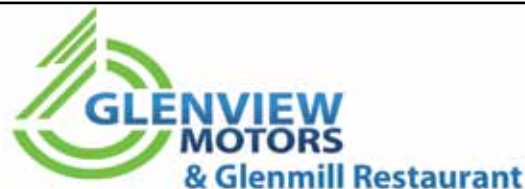
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# Working At Home Presents New Challenges But Students Have The Resources To Meet Them Headlong



By Billy Ryle

**In normal times, young people look forward to school holidays so that they can enjoy the freedom from the discipline of class work and the homework.**

But for the immediate future, the times in which we live are abnormal, uncertain and very challenging as the country grapples with the challenges of the Coronavirus pandemic. In the interests of public safety, schools and colleges all over the country have been ordered to remain closed until Monday 30th March and students have been requested to maintain a study schedule at home. As the virus increases in intensity it seems highly unlikely that schools will reopen before Easter, at the earliest. It's not beyond the bounds of possibility that the current academic year may end before schools can resume normal service. Its not a major issue for non-exam classes as appropriate adjustments will be made for them when they return to school. As long as they follow the directives given via their schools' online platforms, video conferencing, social media, text and phone communications, etc., they will stay up to date without too much difficulty. The situation is more pressing for those due to take State Exams in the current academic year. It's imperative for exam students to believe that the public exams will be held this year. It may be necessary to make some alterations to timetables and schedules, but public exams will take place unless the country is forced into long term lockdown. All students, particularly those sitting the Junior Cert and Leaving Cert exams in 2020, must activate a contingency study and time management plan immediately.

Commit to a number of hours study each day. Adjust the timetable below in accordance with any online contact that your school has setup for its own students.

- Begin early when your mind is fresh and alert.
  - Do a 9am/11am (2hr) session followed by an 11.30/1.30pm (2hr) session.
  - Break until 3pm for lunch and some relaxation – active leisure if the weather permits.
  - A third session follows from 3pm to 4.30pm (1.5hr) and then 5pm to 6.30pm (1.5hr).
  - The next hour and a half is for dinner and relaxation.
  - Exam candidates should then consider a final study session from 8pm to 10pm (2hr).
- If homework isn't being directly prescribed by your school, prioritise the revision you need to do. A good system is to follow the subject timetable for the next day's classes at school. This approach gives you variety each day and an equal distribution of time to all your subjects. Work ahead on new course material when your revision has been brought up to-date. You might not understand everything you read but, at least, you're breaking new ground. For 2020 exam students, it's all about doing past exam papers from now on. This is your best way to prepare for the official State Exam and it's the type of active learning that will make you more skilled and more knowledgeable to answer the official exam paper. Study on your own in a room where you have peace and quiet. A table and a hardback chair adequate heating and lighting are basic requirements this time of year. Don't be distracted by texts, phone calls or

music while studying. Organise your books and materials before you begin each study session to avoid having to leave the room. Stay positive and be confident in your ability to work away on your own. Keep a good thought about yourself, be success orientated and enjoy some exercise to burn off any tension. The present difficulties caused by the Covid-19 virus will be overcome, hopefully sooner rather than later. No student will be disadvantaged by the State Examinations Commission (SEC) as a result of the current disruption and uncertainty. The SEC is fair-minded, flexible and always has the best interests of candidates at heart. Put your mind at ease about that and make the days at home as productive as possible for yourself.

## Checklist

- ✓ Maintain a regular daily & weekly routine
- ✓ Wash/shower & dress when you get up to maintain a sense of urgency
- ✓ Adjust your daily study timetable based on your school's online platform
- ✓ Enjoy your meals and your relaxation periods
- ✓ Get a good night's sleep – early to bed and early to rise!
- ✓ Keep in touch with your friends via social media
- ✓ Build active leisure into your routine
- ✓ Stay safe & well
- ✓ Remember all students are in the same situation
- ✓ No student will be disadvantaged by the current schools closure
- ✓ The SEC has your best interests at heart

## Cleas Act returns to TG4 this Sunday

First school on the new show will be *Scoil Naomh Eoin Báiste in Lios Póil*.

Eoghan Ó Loideáin joins Eibhlín Ní Chonghaile as they meet students from across the country as they undertake a new Cleas Act musical challenge.

As part of a new intergenerational challenge the kids along with a local community group will come together to sing a current or past pop hit live in studio as Gaeilge.

The first episode of the series sees Scoil Naomh Eoin Báiste in Lios Póil, Kerry join forces with their local GAA club- Liospol GAA and come together as they learn a massive pop hit by George Ezra and sing shot gun live in the Cleas Act series. Tune in to TG4 on Sunday 22nd March at 8.30pm to watch them.



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# Kerry Branch of Guidance Counsellors

## urges students to draw on their inner strength and to reach out to others

**N**o one in their wildest imagination could have foreseen at the beginning of this school year that we would be in the current situation of shut-down across the entire country due to the Coronavirus.

For young and old in all communities this is an uncertain and anxious time. Thousands of students and adult learners across Kerry and beyond are used to constant and consistent social interaction with peers and teachers/tutors in schools, colleges of further education and training, adult education centres, Youthreach and Third Level Colleges. Such interaction brings structure, guidance, reassurance, support and continuity. The current necessary social distancing poses huge challenges to students and adults and the Kerry Branch of Guidance Counsellors wants to acknowledge the extra stress that this is causing in your lives. This is particularly the case for those of you who are facing exams and those of you who are dealing with personal difficulties in your daily lives. It is important to remember that you may feel isolated but you are not alone. Educators have sprung into action to ensure that your teaching and learning can continue on online platforms. We urge you all to dig deep and to draw on your inner strength and resilience to stay focused and well during this trying time. It is equally important to reach out to others on a daily basis and stay connected with those you trust and if necessary, trained professionals.

### Exam Students

As well as the tips outlined above it is important to remember that even though there is a lot of speculation about what will happen with the



Junior & Leaving Certificate Examinations and college exams, we only focus on the confirmed changes announced by the Minister for Education in relation to practicals and orals. Be rest assured that the State Exams Commission and other examining bodies will base any decisions they have to make on ensuring the mental and physical health of students as a top priority.

- Use this time of uncertainty as critical revision time - each evening plan what you want to revise the following day – the subjects and topics
- Email school & adult education staff on work emails with any questions.
- Use websites that are useful for exam students such as [www.examinations.ie](http://www.examinations.ie) and [www.studyflix.ie](http://www.studyflix.ie) to look at past papers, marking schemes and sample answers.

The current crisis is unprecedented and a cause of distress. Try to remember that while the country acts to control the spread of the virus

all we can do as individuals is to do our very best to care for ourselves. The current situation may be out of our control but how we deal with is very much within it. Try to remain positive by doing the things that help to make you feel better, albeit in a different way. Remember that the current crisis will pass in time and the future is bright for all of you. This will test you personally and academically but you as part of the Class of 2020 will survive it with a new-found resilience.

### Comment on the Ministers announcement regarding orals and practicals

*"We welcome the certainty that the announcement brings in what is a very uncertain time for our students. The decision to cancel orals and practicals is unprecedented but it has been taken with the best interest of students in mind in the extraordinary circumstances that we find ourselves in. For students who have worked hard preparing for these aspects of the exams, remember that they assist you hugely in learning for and dealing with the content of the written paper in each exam.*

*The Minister has stated that the Department of Education and Science are working on the basis that the written exams will go ahead so we urge students to focus their attention on preparing in earnest for them."*

**Niamh Dwyer PRO on behalf of Kerry Branch of the Institute of Guidance Counsellors**

## Working from home with kids – Coping with the pressure



As more of us turn to self-isolation, the burden of work and home schooling is becoming a scary reality. Killarney Outlook looks at some coping strategies to help home workers cope with what might be the most challenging period of life so far. Working from home is tough. Home schooling is very tough. So, if you must combine the two for a long period of time, how are you going to cope?

- Lower your expectations of what you will achieve with work
- Simplify your day into a set routine
- Don't try and achieve too much
- Pause and try and appreciate moments with your kids

**Here are 10 tips on how to survive:**

### START EARLY AT THE SAME TIME EACH DAY:

Routine is important for good sleep and mental health, for both you and your kids. School starts at a set time, so make sure you are ready and stick to the timetable.

**GET DRESSED PROPERLY LIKE TEACHER AND STUDENT:** Getting showered and dressed is important to divide sleep and school.

**CREATE SPACES FOR DIFFERENT ACTIVITIES:** You might set up a teaching room (kitchen), quiet room (spare bedroom) and a play area (living room)

**STRUCTURE YOUR DAY LIKE A SCHOOL DAY:** Teaching time, activity time, play time and lunch time – just like their normal school routine

**MAKE A PLAN WITH YOUR KIDS:** At the start of the day ask them what they want to do (within reason) so they feel involved

**TURN OFF YOUR PHONE:** How are your kids meant to feel involved if you are checking emails?

**SET ASIDE BREAKS FOR TV, IPAD AND EXERCISE:** Use these times to schedule work emails or calls

**TAKE EXERCISE:** Depending on where you live, if you have a garden or not – try and get some fresh air, this also allows you some headspace

**FINISH AT A SET TIME, BEDTIME AT A SET TIME:** By getting a routine drilled in early on, you can try and get the kids to sleep at a sensible time, thereby giving yourself some space to work if you need to.



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## BUT WHAT IS EMOTIONAL EATING?

*Continued...*

### EMOTIONAL HUNGER VS PHYSICAL HUNGER

- Emotional hunger comes on suddenly
- Physical hunger comes on gradually
- Emotional hunger feels like it needs to be satisfied instantly
- Physical hunger can wait
- Emotional hunger craves specific comfort foods
- Physical hunger is open to options—lots of things sound good
- Emotional hunger isn't satisfied with a full stomach.
- Physical hunger stops when you're full
- Emotional eating triggers feelings of guilt, powerlessness, and shame
- Eating to satisfy physical hunger doesn't make you feel bad about yourself.

### Top tips to help curb emotional eating

- **PAUSE** when craving hit and check in with yourself. Even start keeping a emotional eating food diary. Ask yourself what is the problem or urge connected to? What emotion has triggered this feeling. How could you feel with it better?
- **TAKE 5** Stop and think before you grab the food. Can you do without it? Can you wait another while?

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

## Coping with the Corona Virus!

We are living in some very challenging times right now. The impact of the Corona Virus is not just on our physical health but on our mental health also. I know that many people feel very fearful about what is happening right now and I wanted to share some coping techniques and strategies to help everyone get through this period of time as well as possible. For the next few weeks I will be sharing some tips to help you stay well mentally, emotionally and physically.

### Stay in the present moment!

Whenever we face challenges where life is uncertain, the mind tends to spin outwards in worry or anxiety. The constant talk of the Corona Virus is everywhere which reinforces the feelings of fear. One of the greatest

things you can do is to stay in the present moment. Instead of thinking about what might happen, focus on what IS happening right now instead. Take a deep breath and look around you. Are you okay right now? Are you safe right now? Whenever you feel any anxiety bring yourself back to this moment and ask yourself the above questions. This helps the mind to come back to the present and helps to stop fearful thoughts.

*Stay safe everyone, be well and know that this too will pass!*

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



*Astrid Longhurst*

Life & Body Confidence Coach

T: 066 9766374

E: [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)

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Due to the current COVID-19 crisis and recent escalation in cases nationwide, we have decided to **close the practice until further notice in the interest of the safety of all our patients and staff.**

Hope you all stay healthy and safe. **Once the crisis has passed, we will resume normal practice attending to all our clients.**

Thank you for your understanding. If you have any queries or questions at this time, please email us on [info@galvinphysiotherapy.ie](mailto:info@galvinphysiotherapy.ie)



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# Killarney Outlook looks back at past St. Patrick's Day celebrations

PICTURES: MARIE CARROLL O'SULLIVAN









# Moments in Time

LOOKS BACK AT **ST. PATRICK'S DAY** IN KILLARNEY



John (Killer) O'Callaghan & Dex the Wonder Dog, participating in the St. Patrick's Day parade from days gone by. They are accompanied by the Bridget and Catherine Moloney.



Killarney Knights of Malta parade up High Street on St. Patrick's Day during the 1950's.



The Mon Boys on the march (St. Patrick's Day Parade)



Sean O'Donoghue, affectionately known as the Gentleman Farmer making his way up High Street in the St. Patrick's Day parade.



Happy St. Patrick's Day from the Men in Black.  
Ned Barry, Patie (Plucks) Healy and  
Paddy (Whitty) O'Sullivan. Enjoying their pint of  
Guinness in The Laurels (1970)

PHOTOGRAPHS:  
DONIE WHITTY  
O'SULLIVAN







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*A Chara,*

## I am asking for your #1 vote in the Seanad NUI election

I want to be an active Senator in the community who is not based up in Dublin all the time and I will stand up for Munster in the Seanad and hold regular public meetings so that people can have their say on the issues that matter to them.

We have been promised Seanad reform over and over again and nothing has been done. I will push for voting rights to be extended for the Seanad. I have the track record and the vision to make a big impact in the Seanad. I don't see the Seanad as a consolation prize, I see it as a forum to effect real change and to amplify the voices of minorities.

Education is a priority of mine and I will ensure that I am active as a Senator in calling for increased funding for all colleges. The cost of rent for students and for all people is astronomical and as a renter myself I fully support a rent freeze. Students and their families have it hard enough as Ireland now has the highest college fees in Europe. If we are to maintain quality and access, we need to ensure that the sector is funded properly and that students are supported. If I am elected to the Seanad, I will introduce legislation to effectively deal with hate crime in Ireland. It is shocking that Ireland lags behind other European countries in not having proper hate crime laws in place. In recent months, we have seen a rise in hate crime attacks on LGBT people, women and migrant communities in Ireland. In particular, the current law does not effectively deal with the issue of online hate crime which is unfortunately on the rise.

Other priorities of mine include: universal free contraception, collective bargaining legislation for workers, investment in public housing, investment in childcare and climate action and fair pay for public sector workers.

Originally from Gaeltacht Múscraí, Co: Cork, it was during my UCC days when I became political. I came out as gay when I was in college and this politicised me and I knew then I was not going to stay quiet about the inequalities in our society.

I narrowly missed out on a seat in the last NUI Seanad elections in 2016, placing fifth out of 30 candidates. Aged 33 I am one of the youngest candidates in the Seanad NUI election. During the campaign to repeal the Eighth Amendment, I served as national Head of Mobilisation for Together for Yes. I am a former President of the Union of Students in Ireland (2014/2015) – I was the first woman to fill that role in 20 years. In the lead up to the marriage equality referendum, I led the student campaign that registered 30,000 new voters.

I am passionate about change and equality and I want to bring my experience to the Seanad. I am asking all NUI voters to consider giving me your number one voter or highest preference. Please make sure to post your ballots by free post before March 30th.

Further information is available at [www.lauraharmon.ie](http://www.lauraharmon.ie) or on Twitter, @Harmonica26 #HarmonForSeanad





# Deenagh Woodland Trail

Killarney Looking Good



**COLOUR  
ME IN!**

keep the kids busy

## FOSSA NEWS

Written by: Shane Kelly

### CLUB NOTICE: TO ALL MEMBERS:

Fossa GAA are suspending all activities, as stated to include all games, training and team gatherings at all ages and all grades, gates will be shut. Stay well and see ye in a couple of weeks.

### LOTTO:

Date 15th March 2020 Numbers Drawn 12,2,21,26  
5 \* €40 WINNERS  
EILEEN CUNNINGHAM;  
SEAN CONNOLLY, C/O KAYNES BAR; CATHRIONA

MORIARTY, C/O NUGGET; NORMA MYERS, CURRAGH AGHADOE;  
SHANE Cronin Aghadoe.  
(No lotto for at least next 2 weeks) thanks for all the support.

## GLENFLESK NEWS

Written by: Seamus Healy

### MESSAGE FROM UACHTARÁN CLG JOHN HORAN

We are all hugely proud of the significant role that the GAA plays in Irish society and the positive impact made at Club, school and County level through our promotion of our native games.

However, with that role comes responsibility and never has this been more evident than in recent days, and the decision taken to suspend all GAA activity, matches and training at Club, school and County level across all grades and codes until March 29 inclusive.

### CLUB LOTTO

No winner of Glenflesk Lotto which took place Monday 9/3/20 in The Corner Bar.

Jackpot €4,800. Numbers :

17,19,24,27

Consolation Prizes

1) Noel Holland, c/o Mike O'Shea

2) Mike O'Shea

(Sellers'

Prize ). 3) Diane O'Leary , Knockdurath,(Yearly Ticket)

4) Denis Dineen , Cromane. (Yearly Ticket).

Next draw will take place in The Kerry Way on 23/3/20.

Jackpot will be

€5,000

Thank you to all who support our Lotto and those who help to keep it going.

### GLENFLESK PARISH MASS

Please note that all Sunday and weekday Masses in Glenflesk Parish are cancelled until further notice.

The link below provides details of Churches in the Diocese that have webcams.

<https://www.mcnmedia.tv/search...>

The Rathmore Parish Streaming Service Mass Schedule which can be accessed using the link is as follows:

Saturday 14th - 7.00pm

Sunday 15th - 11.00am

Monday 16th - 7.00pm

St Patricks Day - 11.00am

Wednesday 18th - 7.00pm

Thursday 19th - 10.00am

Friday 20th - 7.00pm

### DATE FOR THE DIARY, GLENFLESK GAA CLUB

DATE FOR THE DIARY Glenflesk GAA Club host FREE safeTALK Workshop April 2020

Glenflesk GAA Club is hosting a FREE safeTALK Workshop, on Tuesday 28th April 2020 starting at 7pm sharp.

The online link for booking a place on the SafeTALK Workshop is:

<https://bookwhen.com/suicideprevention-trainingkerry>. Application forms also available from chair.hwc.kerry@gaa.ie

Details re the SafeTALK are also on the booking system.

If you need assistance with registering please contact Áine Ní Shuilleabháin

Runaí - Ph: 087-3381 843

Jimmy Mulligan

Chairperson - Ph: 087-698 7700

Kerry GAA Health & Wellbeing Committee



Kerry Pharmacy Technicians Graduate at The Irish Pharmacy Unions Pharmacy Technicians Graduation 2020 which took place at the Mansion House, Dublin.

Pictured L-R: Jennifer Kennelly, Brodericks Pharmacy, Listowel; Elma Houlihan, Mulvihill Pharmacy, Killorglin; Daragh Connolly, President of the Irish Pharmacy Union; Shauna Lynch, Haven Pharmacy Shanahans, Castleisland; Ciara Sheridan, McSharrys Pharmacy, Athenry



# RATHMORE | GNEEVEGUILLA NEWS

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

## SHARE THE BUCKET

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 13/3/2020. The jackpot was €192...and our winner was Anne Cronin

## CONGRATS ANNE

Guaranteed winner every week, go to our Facebook page to find out how and where you can play.

REMEMBER if YOU are not in you can't win <https://www.facebook.com/gneeveguilla/> Draw takes place every Friday eve @9pm on Facebook live.

## SLIABH LUACHRA CYCLING CLUB NOTES

The racing scene for both juveniles and adults kicked off last weekend with the Lacey Cup in Tralee and the Ras Maigheo for the underage taking place in Mayo. SLCC had six riders in the Lacey Cup – John R O'Sullivan, Richard Cleverly, Donie Kelleher, Denis Lynch, Denis O'Connor and Ben Murphy. The race featuring two major climbs Gleann na Gealt and Sliabh Mish was held in very difficult weather on Sunday last.

Denis Lynch made the initial 8 man break on the first climb which was eventually reeled back on the descent into Annascaul. A further break of 12 riders got away near Inch in the middle of the hailstone shower, unfortunately no SLCC rider made this break which stayed away to the finish in Tralee. Denis Lynch, Denis O Connor and Ben Murphy made it home in the second group with the remaining SLCC riders making it home safely in what was a very difficult days work. Well done to Tralee Manor West BC for a well organised event.

The juveniles made the trip to Mayo for the two

day, three stage event, featuring a road race on Saturday morning and a TT in the afternoon with a second road race on the Sunday morning. Weather conditions were tough for the full weekend. The Saturday road race was based out of Louisburgh GAA as was the TT in the afternoon which was cut short by half given the now biblical conditions. The Sunday races rolled out of Westport and Murrisk, at the foot of Croagh Patrick. Sean P Fleming and Nicholas Buckley competed in the Under 12 race with Aidan Morley and Ciaran Finnegan competing at Under 16. Amy Fleming finished 3rd in the girls Under 16 with Kate Murphy 2nd in the girls U14. Well done to everyone who travelled and braved the weather, and well done to Westport Covey Wheelers for running a well organised event in such difficult conditions.

Best of luck to Amy and Kate who are part of a Munster Cycling Academy Team travelling to Southport, Liverpool for round one of the Dolan racing Series next weekend. Thanks to the Munster Cycling Academy for this fantastic opportunity. Training for new juvenile members continues with beginners always welcome to our Saturday morning sessions. Please contact the Club via Facebook for further information.

## SPLIT THE POT RATHMORE COMMUNITY COUNCIL

### POSTPONED

Due to the ongoing concerns about the Corana Virus and in the health and safety of all our patrons and helpers, we have taken the decision to suspend our Split the Pot until further notice. Any current tickets sold will be entered into the next draw and we'll keep you posted on when that will be.

We want to thank everyone who has supported us to date. We'll be back very soon to SPLIT THE POT again soon.

## RATHMORE RAVENS BASKETBALL CLUB, SLIABH LUACHRA CYCLING CLUB

last winner

Split the Pot Winner Noreen Lucey, Bounard.

This week's Prize €218

## RATHMORE GAA LOTTO NOTICE

Due to extraordinary circumstances and the impact of Coronavirus on our ability to sell tickets we have taken the decision to suspend our lotto until the 29th of March when we can review the situation. All tickets purchased this week and in the interim period will be entered in the next available draw. We apologise for any inconvenience this may cause and we are grateful for your continued support. The welfare of our members and lotto groups is paramount Rathmore GAA Lotto Committee.

## GNEEVEGUILLA COMMUNITY DEVELOPMENT & BASKETBALL

Share the Bucket on Friday evening 13/3/2020. The Jackpot was €1-92 .and our winner was Ann Cronin Congrats AnnGuaranteed winner every week, go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win.

<https://www.facebook.com/gneeveguilla/> Draw takes place every Friday eve @ 9pm on Facebook live.

**DEEPEST SYMPATHIES** to the family of the late Neily O'Leary, Toorbona Rathmore and Holland May he rest in peace

## 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 Thursday.

# SPA GAA

Written by: Deirdre O'Sullivan-Darcy

## ALL GAA ACTIVITY SUSPENDED

Under the new guidelines, ALL GAA activity from juvenile to adult (training, matches, meetings etc) is POSTPONED until further review on March 29th. This is in the interest of health and safety of all players, supporters, members and the community. Please follow all HSE advice and guidelines and respect social distancing and best hygiene practices.

## SPA GAA CLUB REGISTRATION

Registration is ongoing and will remain open until the March 31st deadline through spagaa.com. All players, officers, coaches etc MUST be registered club members to take part in club activities in 2020.

## LOTTO RESULTS 09/03/2020

Numbers drawn: 12, 13, 16, 23. No winner and €50 Lucky Dips going to Patrick O'Donoghue,

Nora Dennehy, Ryan Kelliher and the Kerry Stars. Next draw will take place in Spa clubhouse on March 16th and jackpot is now €5,300. Play online on spagaa.com

## ITEMS FOR NOTES

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



Paul Treyvaud and his family have been entertaining thousands around the world this week - Cooking with Treyvauds on facebook has been a hugely entertaining activity that includes all the family.



As the Lake Hotel closed its doors for the coming weeks they donated all of their kitchen stock to Adapt Woman's Refuge. It was all delivered by Chef Noel Enright. The team at the hotel were delighted to help such a worthy cause.

## KILCUMMIN NEWS

Written by: John Moriarty

**SYMPATHY**

Sympathy is extended to the families of Mary O'Rourke, Rathanane and Tady O'Donoghue, Knockinane West who died recently. May they rest in peace.

**I.C.A.**

Due to the Corona Virus all I.C.A. meetings have been cancelled until further notice.

**KILCUMMIN COMHALTAS**

A big well done to all our members who participated in Sult na nÓg Competition last weekend. All of our members did the branch proud. This would not be possible without the dedicated trainers and parents who support our members.

**KILCUMMIN N.S. OPEN DAY**

The Kilcummin N.S. Open Day for prospective Junior Infant pupils will be held in the school on

Thursday, 2nd April 2020, from 2.15pm-4pm, subject to the school being open. Parents and pupils are invited to attend. If you know of any child who intends starting school in September 2020, please advise them to contact Kilcummin National School (064-6643163). Enrolment application forms are now available. Tá fáilte roimh chách!

**COOLICK N.S. ENROLMENT**

Coolick N.S. is now enrolling for September 2020. Enrolment forms will be available when the school reopens.

**KILCUMMIN GAA**

Kilcummin GAA have postponed its club Lotto for the present and closed the Klub bar in line with national directives to limit the spread of Covid 19. The walking track will remain open but all club activities are suspended

until further notice. We ask our members to be mindful of neighbours and vulnerable adults who may be isolated and experiencing difficulties in this challenging time.

**MASTERGEEHA FC LOTTO**

There was no winner of the Lotto on Friday 13th March 2020. Numbers drawn were 15, 22, 23, 25. Consolation prizes went to the following: €50 Allan & Valerie Moynihan, Loreto Road, Killarney. €50 Jackie O'Mahony c/o Noreen, Sarah, Ciara & Sinead Nagle, Masterggeha. €50 John O'Sullivan, 108 Pinewood, In the interest of health and safety of its members and supporters, Masterggeha FC has decided to immediately cancel its Lotto Draw until further notice. Thanks for your support.

## OUTLOOK GOLF

**BEAUFORT GOLF CLUB  
GENT'S BRANCH**

14th/15th March - Round 3 Spring League (11 hole Stableford - yellow tees) Sponsored by Cahillane Butchers.

1st Sean Coffey (30) 26 pts  
2nd Michael Barry (10) 25 pts  
3rd Denis P Galvin (8) 23 pts

**FIXTURES**

22nd March - President's and Captains Drive in - Meet at clubhouse at 10am (Confirmation later in the week if this is going ahead).

28th/29th March Round 4 Spring League - Sponsored by Cahillane Butchers.

**ROSS GC, GENTS CLUB****RESULTS**

On March 15th we held a 12 hole single stableford competition.

The winners were:-

1...Ken Grieve 27 pts  
2...Alius Brazietis. 26pts  
3...Tomas Kelliher 24 pts.  
4...Rolanadas Bendikas 24pts  
5...John Cushkelly 24 pts  
6...Sean Walsh 23pts

**FIXTURES**

March 21st & 22nd:- We will hold the first round of the M D O'Shea Spring League with a single stableford competition kindly sponsored by the Torc Hotel.

The time sheet is now available in the clubhouse. Sympathy :- We offer our sympathy to the family of the late Connie Brosnan R.I.P. on his recent death. Connie had the honour of scoring the first

ever hole-in-one in the Ross GC shortly after it opened 25 years ago.

**KILLARNEY GOLF CLUB - MENS****COVID 19**

In light of the current serious threat to public health from COVID 19 virus,

A decision has been taken by Captain Harry O' Neill and the Men's committee, to cancel all men's competitions until further notice.

In these difficult and challenging times we hope that all our member's and families will be safe and well for the foreseeable future.

**RESULTS FROM THE CHOIR  
FUNDRAISER TEAM OF FOUR.**

1st. Niall O' Mara (6), Michael O' Doherty (15), Liam Murphy (15), Sean D Moynihan (6) - 78 pts  
2nd. Donal Dennehy (12), Cathal White (12), Ger Hogan (5), Derek O' Keefe (9) - 73 pts  
3rd. Jason McCarthy (9), John Herlihy (6), Joe Hartnett (12), John Breenan (9) - 72 pts

Please note all Mens' Club competitions are postponed until further notice.

**KILLARNEY GOLF CLUB****LADIES****RESULTS**

Sunday 15th March

The following are the results from the ladies stableford competition played on Mahony's Point Sunday 15th March sponsored by Safeguard Security.

1st Alicia Burke (6) 41pts

2nd Noreen O'Callaghan (14) 39 pts  
3rd Breeda Duggan (26) 39pts  
4th Julie Leonard (22) 37pts  
5th Ailish Mulcahy (8) 37pts  
42played

Due to the efforts to stop the spread of Covid-19 there will not be any more ladies competitions until further notice. Members are encouraged to play the 12 hole reentry and to play their Spring League matches.

**DEERPARK PITCH & PUTT  
CLUB NOTES****DRAW RESULTS**

Sunday (Three Person Team, 2 Scores Count each Hole) - Three Person Team, 2 Scores Each Hole: Nett: Sean Kelly, Noel Moynihan & Sean O'Brien 79 1/3, Gross: John McGrath, Sean Ashe & Noel Moynihan 93.

**ST PATRICKS DAY**

Fourball Betterball: First Nett: Sean Kelly & Sean Ashe 38, Gross: John McGrath & Noel Moynihan 43, Second Nett: Ger Casey & Declan Kelly 40 ½  
Going Forward: The club will continue to host Sunday draws @ 9.15am & 11am for the time being as long as the public health guidelines stay the way they are in relation to outdoor gatherings. Please make note of Pitch & Putt Ireland guidelines advising against handling other players clubs and no handshake after the finish of games.

**MONDAY NIGHT CARDS**

Please note that in order to prevent the spread of Covid-19 we will not be hosting these evenings in the clubhouse for the time being.

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**For more information :**

**Contact Des O'Connor on 087 - 6593427 or Cindy on 087 1210959**

**Free Phone: 1800 71 40 40**





## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

### NO SPORT. WHAT?

There's no sport on locally at the moment. Or in Ireland. Or pretty much anywhere else right now, for that matter. That's absolutely proper, of course. For that matter, I really was one of those who thinks that Cheltenham should have been cancelled. I refuse to join in with the chorus of hindsighted disapproval of those who attended, though – a British government that was looking at the economics rather than the health risks actively encouraged it and I didn't hear any of our own saying no. But as for the Olympic Boxing Qualifiers, including a Chinese team who through no fault of their own were in a very high risk category, that were taking place in London long after everything else was cancelled – that was beyond preposterous. Boris Johnson's approach to the health situation was simply been disgraceful. Seriously, lad, even Donald Trump copped on before you did. And there is a sentence I never thought I would use.

Soccer

As I write, huddled here in my log cabin over the flickering light of my last remaining candle and scratching on parchment with my quill (sorry, started channelling Charles Dickens there for no particular reason) the IOC and FIFA are discussing whether the Olympics or the Soccer World Cup should go ahead. You will have heard the decision by now. Personally, I don't think they should, but even a brief glance at the history of either organisation wouldn't give anybody confidence.

No-one's pretending that sport is at the top of anyone's list at the moment, but it's no harm talking about the more mundane things in life too at a time like this. The dilemma for sports bodies is how to finish the current playing season and roll over to another one in a reasonable and fair fashion.

Should Liverpool be awarded the Premiership? I'm not a Liverpool fan (Spurs, so of course I am quite happy to blot this year's Premiership from the memory) but they were most certainly going to win it. But where it gets extremely complicated is promotion and relegation. Do you freeze the table as it stands? I have heard the idea of two teams being promoted next year but nobody relegated, creating a 22 team Premiership. Stupid idea; the fixtures list is already way too cramped. Precedents are few and far between for replaying postponed or abandoned games en masse, but one such precedent is one of my all-time favourite sports stories.

### THE POOLS PANEL

Fado, fado, as all good stories begin....actually it was the winter of 1962/63 in England. And it was freezing hard enough to freeze the balls of a brass monkey (the highly respectable phrase

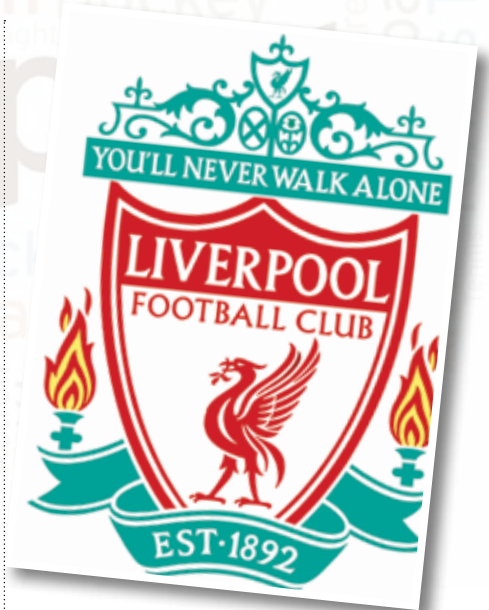
concerns cannonballs on a ship, which were stored in a cradle called a 'brass monkey'. In cold weather, the balls would expand and fall off). Obviously, this affected a lot of things, but a big priority for English people was soccer. The third round of the FA Cup, involving 22 games, was due to be played. At that time it was a more prestigious competition than the league – not least because of it was the only domestic game played at Wembley or televised. Wembley did host another sporting code at times – the GAA started renting it for an annual tournament in 1958. Down had actually beaten Kerry there early in 1960, not that most Kerry supporters heeded the warning. A few months later Down's Kevin Mussen became the first captain to bring the Sam Maguire into the Six Counties. Ah well....one of the many that got away from us. But I digress...

Those 22 games in the FA Cup took an awful long time to get played. 66 days, involving (take a deep breath) 261 postponements, with some games re-fixed over 10 times. In Scotland, the up tie between Stranraer and Airdrie was re-fixed a grand total of 33 times! Burnley had the bright idea of renting their pitch as an ice-skating rink at the time. Norwich, desperate to get a game played, actually hired flamethrowers to thaw out the pitch – the ice simply melted and then froze over again almost immediately.

Now, you would think that at that stage the games would simply be abandoned. But the Football Pools was a big business. It's popular with bookies nowadays, but back then Vernons, Zetters, and Littlewoods were making fortunes from the soccer pools (do people realise that the pools is exactly what the Mafia called the 'numbers racket'?) and they had already taken the money. They needed results of the games. And so, the Pools Panel was born.

A hand-picked committee of highly estimable gentlemen (sport in general would consider itself paternalistic at the time, it was actually highly misogynistic – but I digress again) would meet. They would carefully discuss and dissect the teams and, effectively, declare the most likely result. And the bookies would pay out on that.

Now, they were highly knowledgeable and highly respectable. Retired England internationals Tommy Lawton, Ted Drake, the great Tom Finney (he used to supplement his £14 earnings at Preston by working part-time for the club as a plumber and Bill Shankly said of him that "Tom Finney could wear an overcoat and carpet slippers and he'd still be the best player on the field."). The Scottish international George Young. World Cup referee Arthur Ellis (he refereed the 1954 game between Brazil and Hungary that became known as the Battle of Berne; it was genuinely outright filthy). The gloriously named John Theodore Cuthbert-Moore Brabazon, Baron of Tara. He was the first



man to pilot a heavier-than-air machine in Britain and once brought a piglet in a basket in his plane – to prove that pigs can fly.

That a bunch of lads, however qualified, could simply sit down and imagine how a game would have gone and that become the official result sounds like madness to me. In actual fact, their results were almost too perfect, in that the favourites won virtually every game – the actual beauty of sport is the sheer unpredictability. The Pools Panel would have had Kerry beating Clare in 1992 and Kerry beating Waterford in 1957. Real life, let alone real sport, doesn't sit so easily within the calculated odds and would be much poorer if it did. But the strangest thing of all is that people loved it. The Pools kept going, the competitions were finished. Everton won the League, Matt Busby's Manchester United won the FA Cup. The Pools Panel actually stayed in existence until 1997, although it was an anachronism long before it was put to bed. I don't think for one second that appointing a committee, that favoured time-waster of hesitant bureaucracies, would be possible in this world of instant communication and social media self-importance. But if any sports body wants to try it, I have just one request....can I be on the panel? I would love it!

Liverpool's situation has been garnering the most sports attention, quite understandably. They are so far ahead of all their competitors and it has been so long since they have won the League that there is a pathos to their plight – even an Everton acquaintance of mine expressed some sympathy. But they aren't the only ones affected.



**GAA**

Will the National Leagues be finished? I honestly think that it's unlikely, and that next year's League should start with the same four divisions. The idea of a Tier Two competition, where teams play for the Tailteann Cup rather than the Sam Maguire, is not a bad idea in itself (there are too many mismatches in the Championship anyway and the gap between rich and poor has been hugely increasing over the past decade. Meanwhile the fixtures list is completely clogged up. If Sam Maguire and Tailteann Cup games could be run simultaneously it would open up a few windows in the calendar.

The club championships in Kerry obviously have to be postponed. That could, hopefully, go into the summer (I also expect more players to stay around for the summer – there will be less work available in England or the US and much stronger travel restrictions), leaving a later start and shorter breaks between games in the All Ireland Championship. It is being strongly mooted that this year's Championships in both football and hurling should be played off in the old knock-out format. I've always preferred that format for championship anyway – there's more drama and it gives underdogs the chance to take a big bite. This year that format would certainly give a little bit more room to

manoeuvre.

It's very early to be making any decisions on the County Championship, but I'd be looking at a one-off knock-out format for this year in that as well.

Tralee CBS (U19 boys), St. Brendans (U16.5 boys) and Coláiste an Sceilge (U19 B girls) are all awaiting semi-finals or finals of the post-primary football competitions. Those are surely going out past the exams at this stage (we are all just hoping that circumstances will have progressed enough for exams to take place) and, unfortunately, may very well just have to fall by the wayside.



St. Brendans (U16.5 boys) are awaiting semi-finals or finals of the post-primary football competitions.

## Killarney Comhaltas News



Please note that during the present Coronavirus situation, Killarney Comhaltas music classes in St. Brendan's College with Nicky and Anne McAuliffe will be cancelled for now.

**Set dancing classes** with Anne Mangan in the Torc Hotel on Monday evenings are also cancelled for the moment. Watch these notes for updated news.

**Congratulations** to Killarney Comhaltas competitors who took part in the Sult na nÓg competitions.

The following were successful:

Full set, mixed, under 9: Cill Airne, Spa and Cill Airne, Abbeycross. Full set, ladies, under 9: Cill Airne, Spa

**County Board meeting:** The next meeting of Kerry Co. Board of Comhaltas will take place in the Dúchas Centre at the I.T., North Campus

in Tralee. Collection permits and posters for the County Fleadh will be distributed at this meeting.

Please note that Thursday, April 30th is the absolute last day for becoming a member of Comhaltas for this year (2019/2020).



*Social Distancing... St Patrick makes his presence felt in Killarney, as the Coronavirus COVID-19 has caused unprecedented measures in the world and especially on St Patrick's Day in Ireland, forcing the cancellation of all parades and social activities. PHOTO:*

**VALERIE O'SULLIVAN**





## KEEL GAA NEWS

### HELP

We are aware that there are vulnerable members in our community. In the coming weeks we also may have people who may have to self-isolate for health reasons.

Also, there are people on the frontline in our community that are working extremely hard right now. If anyone needs help or knows anyone that needs help whether it's popping to the shop or pharmacy please send us a message on Facebook, Twitter, email pro.keel.kerry@gaa.ie or call 0879607177.

It is understandable that people are afraid of leaving their homes right now however, we do not want anyone to feel isolated. Please don't be afraid to ask for help, everyone needs a hand sometimes. A few people have also contacted our Facebook page to offer help to those who need it which shows the community spirit we have in Keel.

### THE ANVIL BAR

The Anvil bar are also providing takeaway meals from 5-8pm weekdays and 1-5 weekends. Free delivery available if necessary. Call 0669767137 to order.

**200 TOUCHES:** We have set a challenge to keep up the skills of all our players while all other action is suspended. All you need is a ball and a wall. The challenges consists of 200 touches: Solo 20 left foot 20 right foot, pick-up 20 left foot 20 right foot, first pass 20 left hand 20 right hand, punt kick 20 left foot 20 right foot, body catch 20, high catch 20.

### HEALTHY CLUBS INITIATIVE

The GAA Healthy Clubs Step Challenge has been postponed until the 20th of April.

### CLUB GEAR

The new Keel GAA jerseys are now available for purchase on the O'Neills website.

### LOTTO

There was no winner of the jackpot €4400 on Monday 9th March. The numbers drawn were 6,11,14,23. €50 winner, Aidan Clifford Killorglin, €25 winners, Kennedy-Foley Grandchildren Shanahill, Tim Nolan Shanahill, N Walsh, Jim Doona Killorglin.

## BALLYHAR-FIRIES GAA

### COVID-19

Firies GAA are here to help if anybody in our community is self isolating, vulnerable or needs assistance, please feel free to contact us in confidence. Anyone who is available to help or provide support such as running an errand or doing a bit of grocery shopping etc, please let us know in confidence.

### 2020 MEMBERSHIP

2020 membership can now be renewed online. Follow the links on our social media accounts or search for Firies GAA via the "Find My Club" Button on [www.clubforce.com](http://www.clubforce.com) or download the clubforce app. Alternatively, you can make contact with Club Secretary

Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/Mentor or Member and they will be able to give you further details. All players must be registered before playing or training. Closing date for membership is March 31st,

### LOTTO

No's Drawn 9, 14, 21 & 22

No Winner

€30 Winners were

Bridie Grady Firies

Mike o Leary Acres

Maria Broderick Boulicullane

Tom & Cora Kelliher Roxboro

Ray Hctor, Firies

The draw for next week's Jackpot of €2,800.

Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

## EAST KERRY GAA NEWS

by Michael O'Mahony

### COVID 19

Following announcement by the Government and GAA all recent East Kerry Board fixtures are postponed until further notice due to COVID-19.

### EAST KERRY GAA

committees wish to offer our deepest sympathies to Sheila Kelly & family, Coolcaslagh Spa, Killarney, on the recent loss of Joan Huber, (née Kelly) & Family Reno, Nevada.

Also, Deepest Sympathies to the family of the late Timmy Sheehan we were saddened and shocked at the news of the passing of Timmy Sheehan. Our deepest sympathy is offered to his family, his club Austin stack and to his Radio Kerry Colleagues. & to the family of Connie Brosnan Ross Road, Killarney and late of Port Road, Killarney, & his club Dr Crokes

May they all rest in peace.

### CONGRATULATIONS

to Kerry U21 Capt Paul O'shea & all players from East region & management on their win over Cork in Munster Final.

## DR. CROKES NOTES

### ACTIVITIES

across all spheres of the Club is suspended in accordance with the guidelines issued by the GAA following Government directives on the Public Health issues. Lets all hope we can resume after this date but in the meantime we ask all members and supporters to stay safe and follow the guidelines.

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

### MEMBERSHIP

is now due and must be paid before March 31st. to Registrar Frances O'Sullivan. Membership can also be renewed on line visit [drcrokes.com/news](http://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](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.

### SCÓR

Scoláireachtaí Daoine Fasta | Adult Scholarships 2020

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

### PROGRESSIVE 31

is now finished for the season albeit 2 weeks early due to the corona virus regulations. Fr. Paddy wishes to thank all the players who participated and the wonderful volunteers for their cooperation and is looking forward to seeing you all in October.

### BINGO

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

### LOTTO

the jackpot of €5,300 was not won numbers drawn were 2,11,12,27. 2 patrons matched 3 numbers and received €200. Billy Cunningham Middleton, Mairead & Ena Coughlan 79 Pinewood

LOTTO is suspended for next few weeks and we will review on March 29th,

### SYMPATHY

to Frank & David Shaw and the extended Shaw family on the death of Mary mother of Frank and grandmother of David, to the McMahon family on the recent death of Paul.

## LEGION GAA NOTES

### COVID- 19 WE ARE HERE TO HELP

if anybody in our community is self isolating, vulnerable or needs help, please feel free to contact us. Look after each other, Be safe & Stay indoors.

### JUVENILE ACADEMY

The Saturday Academy \*CANCELLED\*.

The GAA & LGFA has decided to suspend all activity until March 29th.

This is to include all games, training and team gatherings at all ages and all grades.

### CONGRATS

Massive Congratulations to Senior player Jameson O'Sullivan and Bridie Keneally on their recent engagement.



# PADDY O'KEEFFE HOST OPEN DAY

Situated in Gattabawn, Gneeveguilla, Paddy O'Keeffe issued an open invitation to their Open Day on Friday March 6th last. On the day many of the store's major suppliers were on site with hundreds of special offers across a whole range of products.

Among those exhibiting on the day were Auctus Milk Replacer, Philmac, Draper Tool, Snickers Workwear &

Jefferson Professional Tools and Equipment. There were Fencing Supplies & Grassland Herbicides Advisor on hand on the day and plenty of offers for the hundreds who attended.

The one stop shop stocks DIY, builders providers, agri products, toys and is a supermarket.





## MUCKCROSS ROWING CLUB

### COVID-19

On Thursday, March 12 the club's committee met to consider the club's response to the COVID-19 pandemic. In line with government and HSE advice relating to social distancing, the club has suspended all club activity including indoor and outdoor group training until March 29. This will be reviewed and updated as required in advance of this date to plan for April and beyond. A full statement is available on the club Facebook page. Maintaining exercise and personal fitness remains important. Coaches have been in contact with members regarding recommendations for training at home and also individual outdoor exercise such as running, observing strict social distancing. We encourage all our members to take every care and follow the latest government and HSE advice during **THESE UNPRECEDENTED TIMES.**

### EVENTS

It is likely that all rowing events will now be cancelled for the next month at least due to COVID-19. St. Michael's HOR, Sligo HOR, Neptune Regatta and Commercial Regatta have all been cancelled. Rowing Ireland is due to provide further advice by this weekend regarding upcoming events.

### MUCKCROSS LOTTERY

The Muckcross Lottery was suspended prior to last Saturday's draw. No lottery draw will be held until further notice.

## KERRY MOTOR CLUB

### CIRCUIT OF KERRY RALLY POSTPONED.

Kerry Motor Club in line with guidelines issued by Government agencies and the HSE have

taken the decision to postpone this year's Circuit of Kerry Stages Rally due to the global outbreak of COVID-19.

Our priority is the health and wellbeing of all competitors, their families and our local community.

We would like to thank all the competitors who entered to date, our main sponsor The Rose Hotel, our associated sponsors, Volunteers and all the residents along our route for your support and patience during the last few months.

Although the rally was scheduled for April 5th which is currently beyond the restriction date we feel that consideration has to be given to the timeline and amount of preparation required by competitors therefore this is the only option.

We wish to advise that Kerry Motor Club have already been in discussion with Motorsport Ireland who have fully supported this decision and will.

## CRUSADERS BRIDGE CLUB

### RESULTS

#### 26/2/2020

- 1st. Therese O'Donoghue & Mary Shanahan.
- 2nd. Gary Leahy & Joan Culloty.
- 3rd. Bridie Brosnan & Mary O'Connor.

#### 4/3/2020

- 1st. Mary Shanahan & Eileen Twomey.
- 2nd. Anne Looney & Joan Linehan.
- 3rd. Gary Leahy & Joan Culloty.

#### 11/3/2020

- 1st. Mary Shanahan & Eileen Twomey.
  - 2nd. Evelyn O'Leary & Eithne Tarrant.
  - 3rd. Joan Moore & Eileen Murphy.
- There will be no bridge for the forcible future due to the Corona Virus.

## GNEEVEGUILLA ATHLETIC CLUB

### LOTTO

No winner of our lotto draw 13/02/2020, numbers drawn were 4, 24, 25 & 25. Sellers prize winner Tom Joe O' Donoghue, €50 Y/t prize winner Mike Browne Castlegregory, €50 to Aoife Vaughan Scartaglen, €40 each to Patrick O'Donoghue Upr Coom, Mikey Dennehy Couterough & Sean O' Sullivan c/o Mgt Hayes. Bonus not won numbers drawn were 7, 15, 16 & 21. LOTTO IS CALLED OFF UNTIL FURTHER NOTICE.

Kerry Indoor Sports: Held on 8th March, results Relay Teams winners U9 boys: James Brosnan, Gavin Fitzgerald, Karl Thompson, Donnacha Sheehan; U11 Girls : Laura Cremin, Avene Vaughan, Rosin Hourigan, Katlyn McAuliffe; U12 Girls: Emma Dineen, Daisy Cremin, Aoife O' Donovan & Megan O' Reilly; U12 Boys; Emmett O' Connor, James Fitzgerald, Daniel McSweeney, Neil Thompson & Evan Moynihan.

Individual winners: U10 Boys Ethan Real 3rd in LJ, Speed Bounce & Sprint; U12 Boys Emmett O' Connor 1st in LJ & sprint, Daniel McSweeney 3rd in shot; U9 Boys Karl Thompson 3rd speed bounce, James Brosnan 3rd in sprint; U11 boys Lashraus O' Dwyer 2nd in sprint. U11 Girls: Avene Vaughan 1st in speed bounce, 1st in sprint & 1st in long jump, Roisin Hourigan 3rd in sprint & 3rd in long jump; U12 girls Daisy Cremin 1st in long jump & 3rd in sprint; U9 girls Noirin O' Riordan 1st in long jump. Overall the club were placed 2nd, just behind St Brendan's club. Well done everyone.

# POST OFFICES TO REMAIN OPEN AND ADAPT MEASURES FOR SAFE USAGE

Postmasters have assured the public that in the current Covid-19 pandemic Post Offices are remaining open as an essential service to local communities – and measures have been agreed with An Post to prioritise public safety. The Irish Postmasters' Union General Secretary Ned O'Hara said: "Social distancing will require Postmasters to limit the number of customers in the premises at any one time.

"The IPU also understands that the Department of Social Protection is working with An Post and will shortly announce new service arrangements to support social distancing.

"Hand sanitisers are being installed in all Post Offices as they become available and health and safety notices on social distancing are being placed in queuing areas.

"Opening hours are being extended and adjusted to suit local requirements and this is being kept under review.

## Optometrists to keep essential services available

Optometrists today advised the public to telephone their eye-care provider for information, or advice on services – many of which will remain available.

The Association of Optometrists Ireland re-assured patients that many of their needs could continue to be met without unwanted contact – and patients should ring their Optometrist in advance for information.

For example, if people were to lose or break their glasses their Optometrist can prepare new glasses for safe collection, observing social distancing, without the

patient needing to attend at the practice. Similarly people can call for contact lens supplies which can be prepared for collection without close contact.

In circumstances where people have immediate eye-care concerns, people can ring their Optometrist for guidance.

In cases of emergencies Optometrists will be available to examine patients, while carefully following guidelines on sterilisation, and use of masks and gloves to prioritise patient safety.

Patients who need eye drops or prescriptions should phone their GP.





## KERRY SCHOOLBOY/GIRL SOCCER

## BEFORE THE SHUTDOWN:

## WORLD OF TILES 13'S DIVISION 1

Tralee Dynamos 1-6 Camp Juniors

13's Girls Division 1

Killarney Celtic Green 7-0 MEK Galaxy

Tom Hayes 14's Shield ¼ Final

Ballyhar Dynamos 1-4 Killorglin

Tucker Kelly 16's Cup

Listowel Celtic 2-6 Killorglin

Tucker Kelly 16's Shield

Killorglin B 0-2 MEK Galaxy

## REPORTS

There were a small number of games played in mid-week and just beat the shutdown. The League is evaluating the situation on a daily basis as to when we can return which is of now after March 29th. Clubs will be kept in the loop when any updates are decided on.

## CAMP JUNIORS UP JOINT TOP IN 13'S DIVISION 1:

Camp Juniors win away at Tralee Dynamos on Monday night sees them move up to joint leaders in the World of Tiles Division 1. Three teams are now level on 18 points with Dingle Bay Rovers having played 7 games with Camp Juniors and Iveragh United having both played 8 games from an 11 game season.

The goals in the latest win by Camp Juniors came from Darragh Murphy who hit a hat trick in a player of the match performance, Dylan Harrington, Robert Keane and David Moore.

Celtic Green top Girls 13's Division 1

Killarney Celtic Green have extended their lead at the top of the Girls 13's Division 1 and are now 9 points clear of their nearest challengers Castleisland. However the Celtic girls have played two more games.

In this win over MEK Galaxy, who are 6th, Emma Daly had a great night hitting 4 goals and these were added to by goals from Jessica Leggate, Caoimhe O'Sullivan and Kate Forde.

## KILLORGLIN THROUGH IN THE 14'S SHIELD

The Tom Hayes 14's Shield has reached the quarter final stage and in this Killorglin were 4-1 winners away to Ballyhar Dynamos at Murt Scott Park. Patryck Radny and Kuba Ciesla both hit two each with Radny again having an outstanding



Pictured Killarney Celtic players Abbie Finnan, Eve Culhane, Emma O'Brien and Casey Mulry who played for Kerry recently.

game. Killorglin now join The Park in the Tom Hayes 14's semi-finals with the other two quarter finals still to be played.

## KILLORGLIN ALSO THROUGH IN 16'S CUP:

Killorglin have progressed to the next round of the Tucker Kelly 16's Cup with a 6-2 win away at Listowel Celtic. Player of the Match Dara O'Grady hit a hat trick with John Burke getting 2 and Ryan Diggin the other one. Ajay Behan got both goals for Listowel Celtic.

## MEK PROGRESS IN THE 16'S SHIELD:

MEK Galaxy won away at Killorglin B to progress in the Tucker Kelly 16's Shield. The goals came from, Fionan Griffin and Hugh O'Malley. Brendan Casey was the player of the match for MEK with Noah Falvey leading the way for Killorglin B.

## KILLARNEY CELTIC

## ACTIVITY CANCELLED

Due to the Corona virus all activity at Killarney Celtic is suspended until further notice.

## HELP AVAILABLE

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

## LOOKING BACK

Back in 1989 Killarney Celtic became the 1st Kerry club to reach the final of the Munster Junior Cup when the final was played in Fossa on Sunday May 7th 1989. This final was also the 1st time that the Munster Junior Cup Final was played in Kerry.

In the last 32 game Celtic traveled to Ballingarry where after a 0-0 draw Celtic went through 4-3 on penalties. The next round saw a home game vs Mungret who hit the front before John Lyne levelled matters. In extra time Mungret again hit the front but goals from Mark Hocht and Tom O'Shea saw Celtic progress. Next up was a home tie with Prospect with Celtic gaining the day after Tom O'Shea crossed for Tony Looney to score the only goal of the game. The semi final vs Temple Utd which was played in Fossa was the highlight of the campaign. Celtic hit the front from Tom O'Shea. Temple equalised before Tom O'Shea struck again and finally Sean Cronin netted to seal a historic win in the annals of Kerry soccer. The final vs Ballincollig saw Celtic hit the front when Mark Hocht found Mike Cahill who netted from close range. However Ballincollig hit back with 2 goals to end a glorious run for Killarney Celtic.



Killarney Celtic U15 Girls Result

Killarney Celtic 3-1 Listowel Celtic

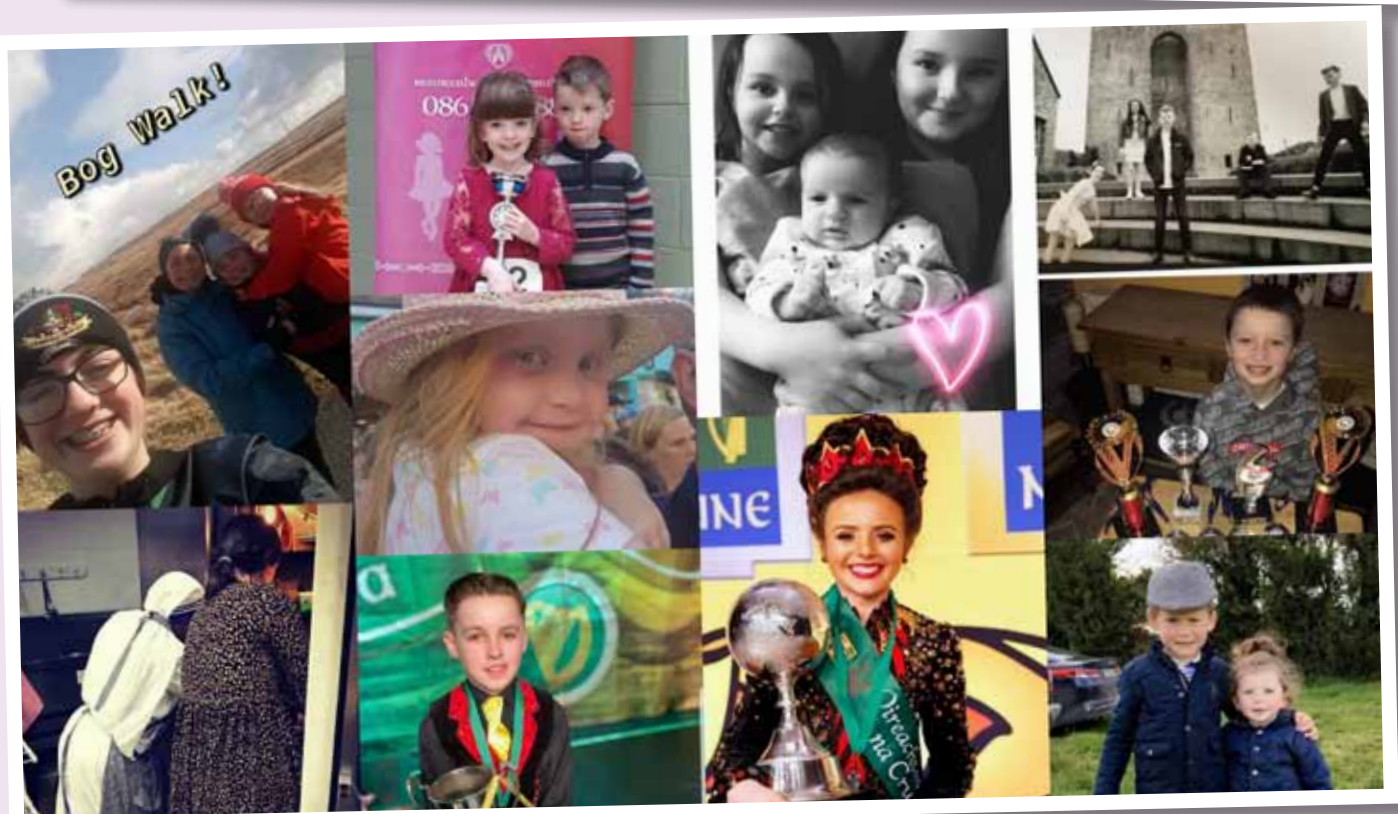
## Goal Scorers:

Tina Murphy  
Aideen O'Brien (2)

Well done girls & management



'ALONE WE CAN DO LITTLE THINGS BUT TOGETHER WE CAN DO SO MUCH... HELEN KELLER.



This week Killarney Outlook photographer Marie Carroll O'Sullivan held a competition on her facebook page "The Little Memory Gallery". She simply asked people to post a feel good photo that makes you smile. The response was overwhelming and the photos with the most "likes" are published above. However, we couldn't resist selecting a few more that made us smile here at Killarney Outlook.



# Keeping them busy!

School closures and social distancing due to the current world health pandemic mean parents will be spending a lot more time indoors with their children over the coming weeks. Trying to keep kids entertained at home while limiting their exposure to iPads, tablets and mobile phones can be a tough balancing act.

Head to the kitchen and bake something tasty! Kitchen tasks will give them the opportunity to count, measure and weigh, as well as the end result being something they'll be very proud of! Aldi has a range of easy recipes that all of the family can join in and help to make (and eat) – so let's get started!

## Oaty Banana Bread Buns

Serves: 16 people  
Prep Time: 20 minutes  
Cooking Time: 25 minutes



### Ingredients:

100g Butter (at room temperature)  
40g Golden Caster Sugar  
3 Eggs  
½ tsp Vanilla Extract (2.5g)  
240g Self-Raising Flour  
2 tsp Baking Powder (10g)  
4 Ripe or over-ripe Bananas  
90g Porridge Oats

### Method:

Preheat the oven to 180C/350F/Gas mark 4. Line a bun tin with 16 paper cases. Put the butter and sugar in a bowl and beat well. The easiest way to do this is with a hand-held electric beater but a wooden spoon and some elbow grease also works. The mixture should become a little lighter in colour. Add two of the eggs along with the vanilla extract and half of the flour and beat well to combine. Add the remaining egg and the rest of the flour with the baking powder. Mix until everything is just combined – overbeating will make the buns less light, so easy does it. Peel the bananas and mash the flesh in a bowl, then carefully fold into the bun mixture with the oats. Using two large spoons, divide the mixture among the paper cases. Place in the oven and bake for 22-25 minutes until cooked through. To test, insert a skewer or toothpick into the centre of a bun and it should come out clean. The buns will also smell cooked and be springy to the touch. Remove the buns from the oven and after 5 minutes transfer them to a wire or grill rack and leave to cool completely before serving. These buns will keep in an airtight container for up to 3 days or can be frozen in freezer bags for up to 1 month and defrosted as needed.

## Choc Bloc Biscuit Cake

Cooking Time: 10 mins



### Ingredients:

300g pack chocolate  
100g Pure Irish Creamery Butter  
2 tbsp Manuka Honey (regular honey will also work)  
250g Broken Biscuits – Digestive/Rich Tea  
75g Maltesers  
75g Sultanas (optional)  
50g Mini Marshmallows

### Method:

Line a 20cm (8") square baking tin with a double layer of cling film. Put the choc bloc, butter and honey in a heatproof bowl and place over a small saucepan of simmering water (do not allow the water to touch the base of the bowl). Stir occasionally until melted. Stir in the biscuits, Maltesers and sultanas. Use the back of a spoon to press the mixture and press lightly into the top. Cover and refrigerate until set. To serve, turn out of the tin, remove cling film and cut the cake into small square. Enjoy!



## Unicorn Cheesecake

Serves: 8 people  
Prep time: 150 minutes



### Ingredients:

225g Digestive Biscuits  
85g Unsalted Butter (melted)  
700g Soft Cream Cheese  
350g Double Cream  
150g Icing Sugar  
½ Lemon (juiced)  
1 tsp Vanilla Extract  
Pink, Red, Blue, Yellow and Green Food Colouring

### To Decorate:

150g Ready to Roll Icing  
Pink Food Colouring  
200ml Double Cream (whipped)  
50ml Dark Chocolate (melted)  
Plus any extra pastel coloured sweets for decoration (white chocolate buttons, bon bons, liquorice allsorts)

### Equipment:

21cm Loose-Bottomed Tin  
1 Cocktail Stick (trimmed)

### Method:

Place the digestive biscuits in a food processor and blitz into crumbs. Pour the melted butter over the biscuit crumbs and combine. Press the crumbs into the base of the tin and leave to chill while you make the filling. Use an electric mixer to beat the cream cheese and icing sugar for a couple of minutes until smooth, light and fluffy. Add the cream, lemon juice and vanilla extract into the cream cheese and whisk until fully combined and thickened. Pour the mix between 5 bowls and use the food colouring to dye the mixture pale/pastel shades of pink, purple (blue and red), blue and green and yellow. Pour the pink layer on top of the biscuit base and place in the freezer for 10-15 minutes to set long enough to add the next layer. Follow this process with the purple, blue, green and yellow layers. When the final (yellow) layer is in place leave to set in the freezer for 30 minutes – 1 hour (we don't want to freeze the cheesecake, just set it). While the cheesecake sets, take 75g of the ready roll icing and add a drop of pink food colouring, then knead until an even colour is achieved. Roll out a little of the white and pink icing, cut out two white triangles and two smaller pink triangles and the stick these together using a pastry brush and water to make the ears. With the remaining icing, roll each into two strips then wrap them around the cocktail stick to create a two-tone unicorn horn. Use the melted dark chocolate to pipe eyes and eyelashes and leave to cool. To decorate, pipe the whipped cream on top of the cheesecake and round one side to create the mane. Place the ears and horn onto the cake, and then decorate with the sweets. Finally, place the eyes on the front and serve chilled.





### Natural Solutions for an Itchy Dog (Part 2)

As well as washing your dog which we dealt with in a previous issue - brushing your dog regularly helps to prevent pollen, mold spores, and other allergens from the environment from getting trapped in their fur. Brushing these particles out two or three times a week is recommended for healthy coats. Moreover, brushing them consistently will help you identify bug bites and determine if there are any lingering fleas or ticks on their bodies.

If your dog is still itchy after you've cleaned and brushed them, you can try using some simple sprays and oils from pretty common household ingredients. Boil some chamomile tea and then let it chill in your refrigerator. You can also add some aloe or eucalyptus if you'd like. Once the solution has cooled off, pour it into a spray bottle and mist your dog, focusing on the areas most affected. You don't even need to rise them off. In fact, eucalyptus is a natural flea repellent. Some people also add a little lemon juice to their solutions to make an even stronger bug repellent. Most agree that coconut oil is incredible as a topical (and ingestible) treatment. You can mix it in their food, and its antifungal and antihistamine properties will help over the long term. Or you can rub the oil directly into their coats to sooth itching and treat their dry skin. Either way, coconut oil is a great option, and it's perfectly safe if they try to lick it off.

### CANADA'S FIRST 'DEMENTIA VILLAGE'

In British Columbia there is a memory care community, which is simply called The Village and hosts cottages, businesses, and shared living spaces for up to 78 patients living with dementia and Alzheimer's disease where residents wake up when they want, eat when they want, and choose their own activities as opposed to the more restricting schedules typical of elderly care facilities.

Eloy Jespersen the mastermind behind the Village and vice president of special projects at Verve Senior Living in Langley (a municipality in the Metro Vancouver Regional District) says that he wants dementia patients to feel the same amount of independence as their able-bodied counterparts: "We believe that it's really important for people to be connected to nature and life

and the outdoors." The Village now gives them a controlled space in which to live their lives, free of the stressful feeling of always "running into a locked door".

Instead they are free to roam throughout the gardens, restaurants, and facilities of The Village as the 7.5-acre community is protected by an 8-foot fence around the perimeter of the property. Residents are also required to wear "wellness bracelets" which uses Bluetooth technology to keep track of their locations.

The initiative draws inspiration from Hogeweyk, a similarly-designed community in the Netherlands which was declared the world's first village for dementia patients and the Green House Project in the US. The compound features everything from supermarkets and stores to restaurants and gardens.

The Village is supported by 72 staff that help make the lives of their 76 residents as comfortable as possible. Residents are split amongst six homes where they live "family-style" with 11 other "villagers", and a household manager. Additional support is provided by a team of nurses and Enriched Learning Facilitators. Each home is comprised of shared spaces such as a living room, library, and dining room as well as private bedrooms and en suite bathrooms for each resident. In the Oakwood Community Centre residents can chat with each other by the fireplace or enjoy a freshly baked sweet with visitors in the café.

Though housing rates for The Village presently range between Canadian \$7,300 (€4935 approx) to \$8,300 (€5612 approx) per month, its management hopes that it will eventually spur the government to help fund its operations and make its care model more affordable to the Canadian public.

### ON THIS DATE - March 20th

1919 - The first ever lion used by MGM (Metro-Goldwyn-Mayer) in their opening sequence before a film begins was born at Dublin Zoo and served as the mascot for the film company from 1924 to 1928. He was also the only lion that has appeared in the films that doesn't roar, as films were silent in those days.

1956 - Tunisia gained independence from France.

1964 - Irish poet, short story writer, novelist and playwright Brendan Behan died on this day in 1964 aged 41.

1965 - Butch Moore of the Capitol Showband was Ireland's first Eurovision entry and placed sixth.

1969 - John Lennon of the Beatles Pop Group married Yoko Ono at the British Consulate Office in the British Overseas Territory of Gibraltar.

1993 - Ireland beat England 17-3 in the final game of the Five Nations Championships. The only try of the game was scored by Mick Galwey from Currow. France were the ultimate winners of the championship.

2001 - Thousands of second level students across the country took to the picket lines to protest the nationwide strike by teachers.

2003 - Hundreds of anti-war protesters gather outside the Leinster House in Dublin to protest the use of Shannon Airport by the US military.

2006 - A team of doctors at the University of Dundee led by Irish Professor Irwin McLean, identify the gene responsible for the skin condition, eczema.

2016 - After years of Cold War tension, President Barack Obama became the first US president to visit Cuba since 1928.

### THE SCOTTISH GOVERNMENT HAS BLOCKED A GOLF COURSE ON A PROTECTED COASTLINE

On every continent, wildlife habitats of all kinds are threatened with development and construction, but perhaps none stand at greater risk than coastline ecosystems like estuaries, salt marshes, and coastal wetlands. In Scotland one of the last remaining dune ecosystems of its kind in the entire country was just saved from an attempt to turn the unique sandy shore into a golf course. The wetlands area known as Coul Links is a Ramsar site recognized by UNESCO, and part of the Dornoch Firth and Loch Fleet Special Protection Area.

After four years of campaigning by citizens and wildlife groups to preserve the coastline, home to over 1,200 species of plants and animals, some unique to Europe, Scottish ministers made their decision on February 21st, refusing to allow the development to proceed.

This decision demonstrates that individuals can make a real difference by taking the time to stand up for nature," commented Scotland's Wildlife Trust's Chief Executive Jo Pike.

### DID YOU KNOW?

There are now 4.4m fewer child deaths per year than in 2000, according to charity Save The Children's Global Childhood Report 2019. The research found that children born today have a better chance than at any time in history of growing up healthy, educated and protected. There are now 115 million fewer children out of school than at the turn of the century, and 94 million fewer child labourers.

Figures from the World Health Organization (WHO) also reveal that child-killing diseases have significantly declined since 2000. Measles, for example, declined 86% and there was also an 82% decrease in the incidence of tetanus.

(Part 2) in case Part 1 wasn't published last week:



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## REMOTE WORKING: AN EMPLOYER GUIDE

In the past week, as concerns over Covid-19 have mounted and authorities encouraged "social distancing" to prevent possible transmission, many companies around the country have moved to encourage some or all of their employees to work remotely.

The technology to do this – such as Zoom, Skype, Facetime, Slack, Stream, Hangouts – is easily available, and generally free, at least for the basic features that are all most of us require.

### REMOTE WORKING, FLEXIBLE WORKING OR HOMEWORKING?

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.

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Most gardens have a shady spot, a north facing wall, under a tree or in the shadow of the house.  
There is a huge range of plants to suit shaded areas including broad-leaved foliage plants, to spring flowers and ever green flowering shrubs. Ferns are probably the first plant you would think of when it comes to shade – you can choose from a wide range of ferns from dwarf, medium or large. Ferns look very natural when planted under a tree or beside a wall. Most ferns will die back for the winter so if you want all year round foliage you will need to plant something evergreen near the ferns i.e. something low growing like the Viburnum Davidii which is a great plant when planted in groups of three. Another good evergreen plant for the shade is the Heuchera which comes in lovely shades including dark to light purple and green to light green.  
There is also a wide range of flowering plants for shade. A good example is an Astilbe, an Astilbe has a good range of flower colours and foliage to choose from. An Astilbe has a good range of flower colours and foliage to choose from. Sometimes when an area is shaded, the ground can be quite dry – even in the winter time. A good plant for this would be a plant called Vinca Minor which is an evergreen flowering ground cover plant. But remember to water until established.  
*Next week I will focus on Grasses and Bamboos*  
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## Guidelines for the DIOCESE OF KERRY

• Regarding Masses (daily and weekend) and other liturgies in the context of the Covid-19 pandemic: no public Masses with a congregation will be celebrated until further notice.

• Churches will be open each day for private prayer. In attending church people are asked to follow all guidelines, including hand –washing before coming to church and on return home, keeping their distance from any person they meet, and also minimising their touching of hard surfaces.

• Adoration groups have asked for some guidance. Any who wish to spend a period in prayer can do so from any seat in the church with their focus on the tabernacle. Exposition is not to take place as it would draw people to sit in the seats immediately in front of the monstrance and thus increase the risk of the virus being contacted.

The continuance of ringing the church bell at 11am on Sunday morning is recommended. Any who hear it will be reminded that we are never alone, Christ is with us, our strength and guide. At 11am each Sunday it is a call to us all to pause and spend a few minutes with God in prayer, uniting with all in our diocese. Many have remarked that doing this is a positive experience.

Last weekend was a difficult weekend for us all, - the initial adjustment mental and physical to 'social distancing'. Now people are adjusting well and feel more at ease. We realise that we must give full cooperation to our government and the HSE. So many people have shown great personal qualities and great wisdom. There are so many examples of the 'good neighbour' and it does all our hearts good. I have in mind all the people putting the word out in their community, by phone or on-line, that they are available to help anyone in need. Also many people have expressed their appreciation of their parish for prayer and for Masses. Many have joined in the Mass on-line or via parish radio. Now there is 10.30am daily Mass on the RTE News Now channel.

People have mentioned that saying the Rosary (or one decade) each evening has new meaning for them. A decade is just one Our Father, ten Hail Marys and a Glory be to the Father. It is a simple way of spending two minutes turned to God.

Pray for example the mystery 'the Carrying of the Cross' pondering that Christ knows what it is to suffer; or the Mystery of 'the Descent of the Holy Spirit', Christ is at work in our lives through the Holy Spirit; or the mystery of 'the Assumption', Mary in heaven reassures us of what God's love and care in Jesus Christ and His offer of eternal life.

Time each day for prayer can give inner calm amid these very unsettling days.

**When we pray:** we unite in Christ with all who pray in our parish

• we reflect on Christian HOPE, "we can cope with what each day brings because God is our strength"

• calling to mind how difficult many in our communities are finding these days, we pray that we might all be there for each other at this time.

**Words of Jesus Christ for us all at this time:**

"Come to me, all you who labour and are overburdened, and I will give you rest." Mt 11:28

*Bishop Ray Browne. 19th March 2020  
Feast of St Joseph, Protector of families.*

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**NEW BEGINNINGS MINISTRIES  
KILLARNEY**

**087 7068533 email: newbeginningskillarney@gmail.com**

**MEETING EVERY SUNDAY  
AT 12 NOON  
AT THE MEETING ROOM IN  
KILLARNEY COURT HOTEL, TRALEE ROAD.**

*Please Prayer*  
 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, to come into my heart.  
 I make you the lord of my life. In Jesus's name I pray. Amen

Facebook on New Beginnings Killarney





# Citizens Information

## Know Your Rights:

### Question

*I have run my own company for several years, but things have become very difficult lately. I've always understood that being self-employed meant that I didn't qualify for unemployment benefits but I heard that there have been changes lately. Will I qualify for social welfare if my business goes bust?*

### Answer

You may qualify for the new Jobseeker's Benefit (Self-Employed) (JBSE), if you are no longer self-employed.

To qualify for JBSE, you must have lost your self-employment involuntarily and not because of a temporary shutdown or seasonal closure. However, you do not have to cancel your registration for taxes with Revenue to qualify.

You must also be:

- Aged between 18 and 66
- Unemployed – you can work as an employee for up to 3 days per week and still be considered unemployed
- Capable of work – if you have an illness or injury, you may qualify for a different social welfare payment and should talk to your GP and local Citizens Information Centre or INTREO office.
- Genuinely seeking full-time work

**You must also satisfy the social insurance (PRSI) contributions conditions. You need:**

- At least 156 weeks of Class S contributions or at least 104 weeks of paid Class A or H PRSI since first starting work
- 52 weeks of Class S contributions paid in the governing contribution year. This is the second-last complete tax year before the year in which your claim is made. So, for claims made in 2020, the governing contribution year is 2018.

If you do not qualify for JBSE, you may get Jobseeker's Allowance. If you have 260 or more Class S PRSI contributions, you can get JBSE for up to 9 months. If you have fewer than 260 Class S PRSI contributions, you can get JBSE for up to 6 months. If you are over 65, you may continue to be paid until your 66th birthday, even if your claim is due to end before that date.

The maximum rate for JBSE in 2020 is €203. You may be entitled to an increase for your spouse or partner, and children.

You should apply as soon as you are no longer self-employed. To apply, you fill out a UP1 application form and bring it to your local Intreo Centre or local Social Welfare Branch Office.

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.



## HEALING FROM BETRAYAL

This week we examine how to heal when trust is broken, or when betrayal happens. There are examples throughout history and in every religious script of serious betrayals, and many great pieces of literature contain betrayal as the main story. This occurs between individuals, e.g. Jesus and Judas; between countries, too many to mention and between religions e.g. Hindu and Muslim. So we all have a clear picture of what happens when betrayal occurs but how do we recover or heal from betrayal. For most of us this is not so easy to do, especially if it has happened in our lives more than once, or if the same situation or person keeps hurting us.

Everyone is different, so any guidelines for how to heal or forgive when betrayal has happened must fit for you, there is no one size fits all. Research in restorative justice, which means what justice helps the person wronged heal, and the person who has done wrong learn and accept the consequences in the most constructive way, has shown that some key steps or issues must be addressed. These steps are quite helpful to think of in terms of healing in relationships as well.

- The person who has betrayed or broken trust must acknowledge her behaviour has caused hurt or pain directly to the hurt person
- The hurt or wronged person must face this person that hurt him and say what the effect of those actions has had on him
- Sorry is a good start, but not enough, the person has to actively say what he is going to work on to do things differently in the future, and where or what help she will seek to ensure that this does not keep happening
- The person who betrayed or hurt has to ask the person what will help to make it better as well, and accept whatever the wronged person asks for, within reason of course.

Now all of this sounds quite ideal, if not a bit confusing, but these are steps to start not end with. Good communication is the key, and a hurtful situation can be the opportunity to change a pattern.

Often the person who caused the hurt is no longer in our life, and then a way to begin the healing process is to imagine or actually write that person a letter, telling him or her all the pain it caused, then imagine or actually write a letter to yourself from that person asking for forgiveness.

By forgiving others we start to heal ourselves.

"To err is human, to forgive divine"

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

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





## NO MASS GATHERINGS

At St Mary's Cathedral, Killarney, masses were celebrated behind closed doors to assist and control the spread of Coronavirus - COVID-19 on Sunday. Regular and visiting congregations were encouraged to tune in through the Parish Radio and Parish Webcam. Celebrating the Mass was Former Bishop of Kerry, Dr. Bill Murphy, concelebrated by Fr Niall Howard assisted by Cathedral Sacristan for over 50 years Tadhg Fleming. PHOTO: VALERIE O'SULLIVAN

### A Word of Victory

Welcome back dear reader last week we looked at the death that Jesus suffered because of His love for us. But God raised Him from the dead and He is alive! He defeated death for us because we were powerless to save ourselves. Friend, in this coronavirus-crisis know this – the King of all kings is alive and on the Throne! Take your attention off the virus and instead ‘...look unto Jesus...Who endured the cross for the joy that was set before Him...now He is seated at the place of honour beside God’s throne’ (Hebrews 12:2). Fear of coronavirus needs to be ‘de-crowned’ and replaced by knowledge of the Crowned-One Who lives forever (Revelation 4:9-11; Revelation 19:11-16). God has warned us for so long – the way people have turned from His Word would only lead to disaster. And now we are seeing this destruction unfold hour by hour. God sent Jesus His Son, not to judge the world, but that the world through Him might be saved (John 3:16-17). “He sent His Word and healed them, and delivered them from their destructions” (Psalm 107:20). When people turn from God they come out from under His covering and protection, going under the covering of the demonic (Deuteronomy 30:15-18). People ask ‘why does God allow bad things to happen?’ Friend the evil that you witness in the world does not come from God – it comes from Satan (John 10:10). This is why Jesus came. He laid down His Divinity and was born as one of us, yet He never sinned. He defeated the devil and His demons and took back from them the authority and dominion Adam and Eve handed over when they rebelled against God (Acts 10:38; 1st John 3:8). Each one of us did the same thing – we all sinned and disobeyed God, and our connection with Him was broken. Jesus came to pay the price for our sins and reconnect us to God. He is the ONLY Way to the Father of Life (John 14:6). God promises that when we repent of our sins, and humble ourselves before Him (acknowledging Jesus as Lord and Saviour), He brings restoration and healing (Luke 4:38-41). “If My people who are called by My name will humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven...will forgive their sin and heal their land (2 Chronicles 7:14). Friend, we need to humbly repent and cry to God through Jesus because healing and deliverance comes only through Him.

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

**E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com) - T: 064-6622950 - [wordofvictory.net](http://wordofvictory.net)**

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

ED 12

## ST ROCH PATRON SAINT OF SICKNESS & DISEASES

O Blessed St Roch, Patron of the sick, have pity on those who lie upon a bed of suffering. Your power was so great when you were in this world, that by the sign of the Cross, many were healed of their diseases.

Now that you are in heaven, your power is no less. Offer to God our sighs and tears and obtain for us the physical and spiritual health we seek: Through Jesus Christ our Lord. Amen.

St Roch, Pray for us, that we may be relieved from all diseases of body and soul. (Repeat 3 times) Lord Jesus, may thy will be done.  
Say: Our Father... Hail Mary... Glory be...  
... St Roch, Pray for Us ...

X

## BARRADUFF MEMORIAL WORKS

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## 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. MM

## PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

## NOVENA TO ST. CLARE

### IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena.

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen  
Your request will be granted no matter how impossible it may seem.

X



# ROSS MEDICAL PRACTICE

## KILLARNEY



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Singer

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