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EDITOR'S NOTE

The response to our Charity Fundraiser for the Kerry Cancer Support Group in next week's Killarney Outlook has been so positive and we thank you for that. In this week's magazine we speak to two service users of the Health Link Bus who share their experience with us and we also share

Killarney student, Holly Power's inspirational story. We meet some more cocooners, including some of the children who are missing school and their friends and we look back at some old images of Killarney. We hope you are all keeping safe and adhering to government guidelines

this week as restrictions are being eased and remember to stay safe, protect each other and hold firm.

Aisling Crosbie,
Editor 086 0400958



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

*'Cancer can be the loneliest place in the world....
but the bus changed that'...*

KILLARNEY OUTLOOK CHARITY FUNDRAISER

In a week when Kerry Hotelier John Brennan praised the work of the Kerry Cancer Support Group on the Late Late Show, Killarney Outlook are delighted to support this amazing charity in our magazine next week.

We are all aware that charities are one of the casualties of COVID-19 as many if not all of their fundraising activities have been postponed or cancelled.

In next week's Killarney Outlook, we are donating the proceeds of all of our advertising to the Kerry Cancer Support Group which provides many services but primarily they operate the Kerry Cork Health Link Bus which brings patients from Kerry and West Cork to Cork University Hospital, Mercy University Hospital, Bon Secours Hospital and The Cork Clinic for cancer treatment free of charge five days a week.

In this week's Killarney Outlook, we speak to two people who used the services of the Kerry Cancer Support Group and who cannot praise it enough.

Tracy Sheehan from Fossa was 41 when she was diagnosed with breast cancer in the summer of 2013. Along with the shock, fear and anguish that goes with a cancer diagnosis, Tracy had to travel to CUH every day for radiation therapy.

"Driving wasn't an option to me and 'Our Bus' saved me", Tracy told the Killarney Outlook.

"I was the youngest person in our group of heroes. We were all sick and scared so we vowed to mind each other when the bad days came. And they did. But the craic we had on the good days would rival kids on a school tour. There were songs sung, boxes of chocolates scoffed to beat the band, we told really bad jokes, we had wig talks, tips for 'bating the heat' and sometimes we just sat and held each other's hands in silence. We talked about our loved ones and our dreams for the future. When you go through cancer, it's the loneliest place in the world. Our Bus changed that. We felt connected, our own little gang waging an inner war. We are



Tracy Sheehan.



Sheila Carroll.

still friends to this day and always will be. Not all of us are still here. But they are forever in my heart. They made my journey easier and the love I feel remains as strong as ever. Thank you to all of you who help keep the bus on the road. It's

life changing. And for that I am forever grateful to you all", Tracy said.

Due to COVID-19 the Kerry Cancer Support Group has had to increase their services to allow for social distancing on the bus. They have many volunteer drivers from Killarney and around the county who are always available to help and they ensure that there are masks gloves and sanitiser in all their vehicles and their drivers are temperature checked before each journey and the vehicles are cleansed before during and after each trip.

Another user of the bus is Graphic Designer Sheila Carroll.

Sheila was also diagnosed with breast cancer in 2013 and used the service of the Health Link Bus. "The health link bus made such a great difference during my treatment in 2013. At a time when life can be overwhelming you didn't need to worry about transport to your daily treatments in Cork. You were made feel comfortable from the off. The driver was so kind and welcoming. Little connections were made with fellow patients, we could share our experiences or you could take a nap as the bus was so comfortable. I thank the Kerry Cancer Support Group and I wish them continued success in the essential service they provide which is only possible through charitable donations", Sheila told the Killarney Outlook.

Another service user, Nicky Barry, who regularly pens poetry for the Killarney Outlook will share his journey on the Health Link Bus with us through poetry next week.

If you would like to get involved and help this charity you can do so by placing an advert in the 29th May issue. All the advertising revenue will go directly to Kerry Cancer Support Group.

A quarter page will cost €20, a half page will cost €40 and a full page will cost €80 plus VAT. We urge you to support this worthy charity during these unprecedented times.

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HOLLY TELLS HER STORY OF POSITIVITY AND GOOD NEWS

In the week where **Holly Power**, a student, at St. Brigid's Presentation Secondary School, won the 'Comórtais Óige' competition and secured 1st place in the senior students category, she shares her inspiring story following her cancer diagnosis with the readers of the **Killarney Outlook**.

Ientered the 'Comórtais Óige' competition as part of Seachtain na Gaeilge, mainly because my Irish teacher Ms. Healy Rae persuaded me to! The category I chose was to write a blog.

The piece could be based on any subject. After a lot of thought, I decided to write something original which was a light hearted twist on my own personal story. Reflecting on the journey of my cancer diagnosis, and having to repeat Transition Year. My piece gave an incite into my journey 'as Gaeilge' and I included a bit of craic throughout! It wouldn't be me otherwise!

Last year I was a regular 16 year old girl in transition year. I enjoyed the year full of opportunities and new experiences. The summer had come and I was enjoying the time off playing football with my local club Dr. Crokes and had just finished the season with the Kerry u16 ladies. I had been sick on and off since January and had many numerous trips to the doctor with swollen glands in my neck, but it wasn't anything too serious or so I thought. It was only when I discovered I had another swollen gland under my right arm that things seemed a bit more serious than expected. I didn't worry too much when I was sent to Cork for a biopsy, which came back clear. It was a matter of 3/4 weeks of waiting for results of the surgery I underwent to remove the lymphnodes from underneath my arm. It was a long process and a wait which felt like forever. It was a fabulous Wednesday evening, I was below at the pitch watching my team train. I was due to get the results of my lymph node removal that Friday, but my mom received a phone call from the hospital saying I had to be in Cork Thursday morning first thing. Positivity was probably my best friend at this point a trait I definitely get from my Grandad - one of the most positive people I know and I feel like it was a good thing to an extent, at the same time I had convinced myself I was going to be fine. However, when I got to the hospital that morning the wait was over. I had been diagnosed with Hodgkins Lymphoma. When I heard the words my initial reaction was



tears. I was shocked, confused and had so many questions I just wanted answered. What did it mean? What was going to happen to me? I think the words 'Cancer' can scare anybody both young or old. It's something that touches many families. I didn't have long to process the whole situation. It was a matter of hours before I had been sent to Cork University Hospital where I met with my oncology team. Who were amazing and I cannot thank enough! All my friends back home were out enjoying Ladies day at the races. I was seeing pictures of everybody all dressed up and enjoying themselves. I sat in the waiting room wondering how will my friends and family react when I tell them? Why did this have to happen to me? I was faced with all the facts that day in the room. I would be undergoing chemotherapy, losing my hair and my life was going to change just for the time being. That day I got to go and visit the unit where I would be receiving my Chemotherapy. It

wasn't the best experience ,somewhere I never expected to be. I left Cork that day, with so many thoughts and emotions. I felt confused and like it wasn't real, almost as if someone would tell me that it wasn't true. But it was and I had to take time to understand that, everything happens for a reason. Don't get me wrong it was the most difficult thing I have ever had to process in my life. I had the best support network I could ask for and they were always there for me. From the second, I told everyone they supported everything I went through. My summer plans ended before they had even started. I began my first of 12 rounds of Chemotherapy in August. September had come and there were days I could barely leave the bed, so school would have been a struggle. I was due to be going into 5th year, but that was on hold for the time being. I would always have said that I enjoyed school and I loved seeing my friends everyday. It was a big change being at home and having to keep myself company. At the start, people might think it's a novelty not having to go to school, a few months off sure what more would you want! I wasn't long getting sick of it! My friends would come to visit me a lot and I was always in contact with them. As the time went on, I was missing out on more things than I expected. I had to choose a different mind set which helped to make myself feel better. I used to go and watch my Football team play their matches and support them from the sideline whenever I could. My life changed in ways that I couldn't control. However, I could control how I dealt with the changes. Looking and feeling different inside never changed anyone's opinion of me, whenever I was with my friends it was just like before no difference. I kept a positive attitude and was determined to get to the end of my journey. After what felt like forever , I received my last chemotherapy in January. I was looking forward to returning to school and slowly get my life back to a new normal. I have always enjoyed Irish in school and thanks to my two Irish teachers over the past two years Ms Collins and Ms Healy Rae. My standard of Irish has greatly improved. So I took the opportunity to enter this competition and express my personal story through my love of Irish.

Sunset cycle... a family out enjoying the evening sunset at Ross Castle, Killarney National Park. PHOTO: VALERIE O'SULLIVAN



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KERRY'S POLITICIANS NEED TO ACT NOW

The Kerry Tourism Industry Federation (KTIF) is calling on Kerry's politicians to set aside their differences and mobilise behind their county as the Kingdom braces itself for the economic fallout from Covid-19.

According to an assessment commissioned by Kerry County Council and compiled by economist James Dorgan, the economy in Kerry is set to suffer losses of up to €1 billion in 2020 due to the impact of Covid-19 and a large percentage of this deficit will be due to the decline in tourism.

"This report makes for very grim reading, but we need to be realistic about the serious challenges facing our county," says Pat O'Leary, Kerry Tourism Industry Federation Chairperson. "It spells out, in no uncertain terms, that our tourism industry needs help now if we are to save people's incomes and livelihoods."

Before the Covid-19 pandemic, it is estimated that 1 in 5 jobs in Kerry were dependent on tourism, in fact Kerry is much more dependent on tourism than any other county in Ireland. According to the assessment, tourism and



related industries will see a drop of more than 70% in income this year which is the equivalent of nearly 10% of total estimated Kerry household incomes. The recent survey shows a direct hit to the tourism sector in Kerry of some half a billion Euro in 2020.

The assessment cites the lack of certainty around international travel regulations, the implications of social distancing and hygiene protocols on tourism operators, the seasonal nature of the industry and the precautionary reluctance of the domestic market as the major

contributory factors.

"We (KTIF) have already presented our public representatives with a number of measures which, if implemented, would help the tourism industry navigate its way through this crisis. We need our politicians to act on these measures now."

KTIF's programme of measures were identified after extensive consultation with Kerry tourism practitioners and engagement with Kerry County Council and other public bodies, and include immediate and long-term actions.

"This is a time for innovative solutions with a view to recovering the current situation and progressing a series of measures for the future of the Industry in the county. In particular immediate and ambitious financial intervention by Government is urgently required at this time. We look forward to, and have no doubt that with all parties working as a unified team that, the tourism industry in the county will recover and return to its pre Covid-19 position as the leader in the sector in the country," concludes O'Leary

Appointment of Pat O'Leary good news for Kerry

Killarney Chamber of Tourism and Commerce is greatly encouraged by the setting up of a Tourism Recovery Task Force by the Government and, in particular, the appointment of Chamber member Pat O'Leary, to the group.

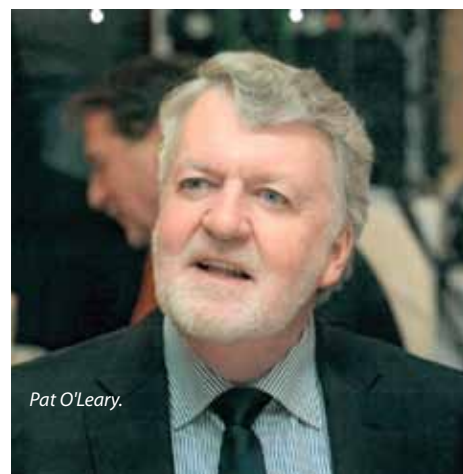
Pat, the retired Managing Director of Liebherr Container Cranes, was recently appointed Chairperson of the Kerry Tourism Industry Federation and he is a very strong and influential voice to represent the county.

Killarney Chamber of Tourism and Commerce President, Paul Sherry, said: "Given Pat's great experience and long track record of success in industry, I have absolutely no doubt that he will seamlessly settle into his new role, which will greatly benefit tourism, business and every

aspect of the economic life of Kerry,"

The new Tourism Recovery Task Force has been charged with the responsibility of identifying measures required to enable Irish tourism to recover from the devastating effects of Covid-19 and how it can adapt and recover in the changed environment.

"In the aftermath of the last recession, tourism created 90,000 new jobs and with the right supports, the industry has a very important role to play going forward. Pat O'Leary can play a major role in that recovery and Killarney Chamber wishes the task force members every success with the important body of work that awaits them," Paul Sherry added.



Pat O'Leary.



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CATHEDRAL REOPENS FOR PERSONAL PRAYER



St. Mary's Cathedral opened this week, on Wednesday for parishioners to have some personal prayer time, however the church still cannot have congregations for mass for some time yet.

A statement from St. Mary's Cathedral stated that "We are delighted that Bishop Ray has announced that we can reopen Churches for

personal prayer, but we still need to be prudent and exercise caution and good hygiene practices. We are only opening the Cathedral at the moment so as to avail of the size of the Cathedral to help with distancing and also that we can manage cleaning etc there first. It will be open daily from 11am to 5.30pm. At the main entrance, the inner doors will be open

so that people can enter and leave without touching door handles. There will have regular cleaning and have sanitiser dispensers in place. As people are doing for visiting other places, so also it is encouraged to wash your hands before leaving home and on return, using gloves or mask if you wish, being aware to touch as few surfaces as possible, allowing at least 2metres distance to others, being patient with others walking the aisles and not to congregate at candle shrines etc.

While the Cathedral will be closed during Mass time, it can be accessed on the parish radio and on the webcam via www.killarneyparish.com, praying for God's protection for us, for our loved ones, and for our society in these positive steps to increase movement.

"Visiting a church reminds all of us: that Christ is ever present in our midst; that the Mass continues to be celebrated in our parishes on behalf of and for us all; that we are strengthened by having time to turn to God each day in prayer", Bishop Ray Browne said.

Continue to observe 100% all Public Health restrictions and guidance. If your local community does not seem to have had people who contracted the virus, give thanks to God, and don't become complacent", he added.

Cruinniú na nÓg goes online

Cruinniú na nÓg, Ireland's national day of free creativity for children and young people, in association with Kerry County Council are doing things differently and everything needed for a fantastic day of creativity is available online.

"We are delighted to be working with wonderful artists, who are fully committed to their art forms and to sharing it with young people," says Kate Kennelly, Arts Officer with Kerry County Council. "These are very different circumstances to last year, and how we thought it would be this year. But children and young people need an outlet for their creativity, perhaps now more than ever, and online events make that possible."

A number of art forms are represented in the Cruinniú na nÓg programme – dance, poetry, film and visual arts.

Dance

For DisDance, Catherine Young will curate a series of fun upbeat on-line dance workshops in the run up to the day. Via online Zoom workshops on Tues June 2nd and 9th, young people will learn a piece of choreography created from a variety of different dance styles and finally through a series of improvisation techniques will be encouraged to work towards making their very own dance piece. This will be an energetic fusion of contemporary dance, hip hop and African dance styles led by Jade O'Connor.

Poetry



Máire Holmes is leading a creative project called Present Day Poetry – Kerry. She intends to have a poetry collection available to read online by the 13th June 2020. Budding poets, from the very young up to the age of eighteen are invited to write a poem and send it to arts@kerrycoco.ie.

kerrycoco.ie. Poets have a choice of three themes: MAKING: DOING: CREATING. The poem can be as long or as short as you want and the closing date for submission is June 1st.

Film

Mieke Vanmechelen is running a Young Filmmakers Programme. With the permission of a parent or guardian send an email including your name, age and up to three sentences on an idea you have for a two minute film. This can be very simple, it can be funny, about a real event or an imaginary one. Following the selection process we will contact you to let you know if you have been selected to participate. Get in touch with Mieke at info@miekevanmechelen.com

Visual Art

Me and the Moon will host an online workshop where children and young people will have the opportunity to make their own sketchbooks at home using basic materials. Sketchbooks can be a tool in understanding and expressing feelings relating to current events, or just as a tool in escapism. Different binding techniques, as well as ways of personalising each sketchbook to make it unique, will be explored. This will be a learning experience and hopefully the workshop will inspire young people to continue the practice of keeping a sketchbook for years to come.

For more details on all the above events, please email arts@kerrycoco.ie or call 066 7183541.

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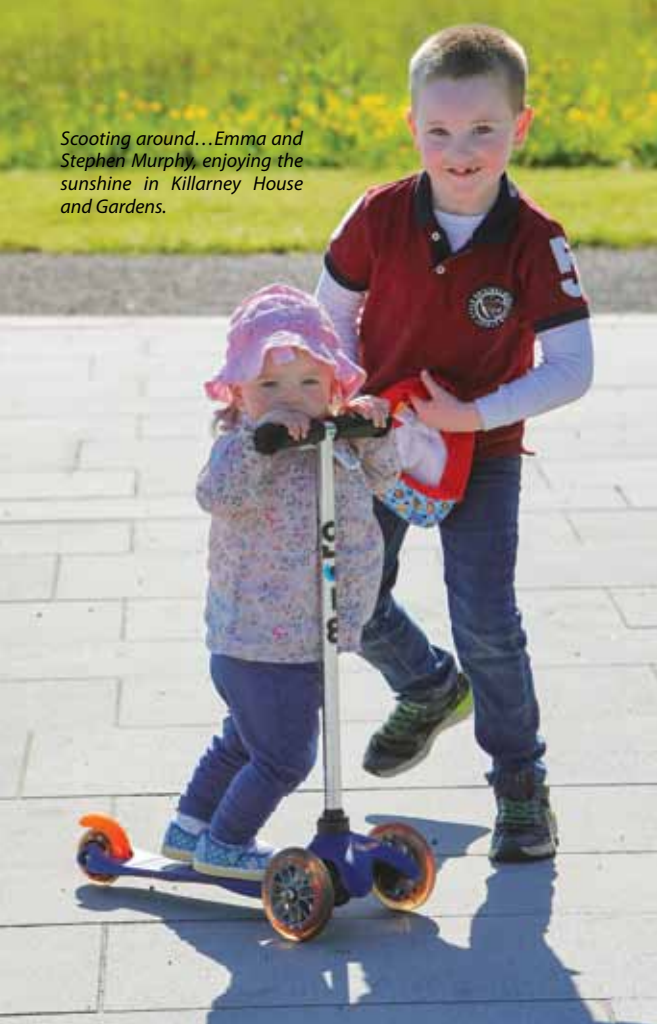
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Scooting around...Emma and Stephen Murphy, enjoying the sunshine in Killarney House and Gardens.



Ingrid Gavcova with her daughter Jenna and little puppy Sally, enjoying the summer sunshine this week in Killarney House and Gardens.



Nessa Brosnan, enjoying a spin in Killarney House and Gardens.



MAKING THE MOST OF LIFE IN KILLARNEY IN THE SUNSHINE

Photographer **Valerie O'Sullivan**

Out with Dad..Danny Brosnan and his Daughter Emily taking a break in Killarney House and Gardens.



The Cocooning Crooners..Mike (Tracks) Leahy and Junior Finnegan, taking their daily walk in Killarney House and Gardens.



ABS-solutely fantastic... Karlo Sboljar, keeping up his exercise plan in Killarney House and Gardens.



Maud and Leo Hickey, enjoying the summer sunshine together in Killarney House and Gardens.



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WHY PRINCE HARRY NEVER MADE IT TO THE ROSE OF TRALEE ...

Stories sharing glimpses of Kerry are part of a series of posts on www.storiedkerry.com every Tuesday and Thursday.

Some amazing stories including O'Donoghue flooded the Killarney valley, Castleisland is a land-locked island, the Pilgrimage to The City in May, The last train left Killorglin at 10.45 p.m. on Friday January 30 1960 and Why Harry never made it to the Rose of Tralee are available for all to enjoy.

These are some of the Kerry stories published over the past month on the new Storied Kerry web site www.storiedkerry.com, and on the Storied Kerry Facebook page. Another Kerry story is published every Tuesday and Thursday. Stories in turn based on Kerry legends, our landscape, flora, fauna, archaeology, history, folklore and our contemporary story.

The stories come in rotation from the eight Kerry districts – Caherciveen, Castleisland, Dingle/An Daingean, Kenmare, Killarney, Killorglin, Listowel and Tralee. Possible contributors are contacted by Storied Kerry's district directors – listed on the web site contact page.

The news on Kerry story, published in the storiedkerry.com diary page in the past weeks, covered a wide range. Tourism based on story developed by Batt Burns of Sneem over the past 25 years. The delayed launch of the Bonane dugout boat. A cuckoo orchestra performing at the foot of Mangerton. The recent difficulties highlight how lucky we are to live in Kerry.

The web site has a page on the annual Storied Kerry conference. Delegates from



all parts of Kerry have for the past two years been entertained with Kerry story and informed on further ways we can become aware of the story. Details of the 2020 conference will be published on the site over the summer. The storiedkerry.com web site initiative is aimed at encouraging every Kerry person – by birth or inclination – to write, record or photograph stories on their part of Kerry. To get involved or submit a story contact the districts through the website's contact page. This is an initiative of Storied Kerry/Ciarrai Scealach a group of volunteers, all involved in Kerry story, who believe that a greater awareness of our story will bond us more closely to our own place and in this way enrich and enhance our lives – socially, culturally and economically.

The web site is developed in conjunction with the Institute of Technology in Tralee. It is

designed by founding technical editor Phillip Doyle, Dept of Creative Media & Information Technology, IT Tralee.

"We have spent the last three years working towards this site," chairperson of Storied Kerry Frank Lewis says the plan was to launch next September, "but then it was felt people had time at the moment and it was a unique opportunity to be distracted and engaged by our story and its potential. The enthusiasm for the site has shown this was right."

Ciarrai Scealach was started to help existing and new independent Kerry story initiatives. Storiedkerry.com tells that these have included:

- stimulating Kerry communities, commercial concerns and public bodies to look at developing their own 'story-house' with its library of local story, on-going collection and research, performance and training.
 - Fexco digitising the 250,000 pages of Kerry material in the National Folklore Collection.
 - * Piloting story initiatives in primary, second and third level schools.
 - * Encouraging 'story-rooms' and continuing storytelling in libraries.
 - * Encouraging churches to tell the Christian story of their hinterland
 - * The extensive collection of Kerry nuns stories.
- As well as working as a catalyst Storied Kerry also aims to inform and train, to explore access to funding and to get Kerry story the status it deserves. A key ambition is to get Kerry story UNESCO World Heritage status.

HELPING YOU TO FIGHT COVID-19

KILLARNEY PRINTING WORKS STOCK LARGE RANGE OF PRODUCTS



Killarney Printing Works, Ballyspillane Industrial Estate, in the current climate, have converted their stationery shop to a Covid19 supplies shop open now as restrictions begin to ease L-R Peter Gleeson & Tom Barry. PICTURE MARIE CARROLL-O'SULLIVAN

Killarney Printing Works are now supplying a range of COVID-19 signs and products at their premises at Tiernaboul Industrial Estate.

The onset of COVID-19 prompted owners Tom Barry and Peter Gleeson to produce this new range of products to help in the fight against the virus.

From face masks to gloves, high-vis vests to posters, they also supply floor signs, screens, PPE face shields, pavement stands, sanitisers and dispensers, with one of their popular products being the mouth protection snood.

If you would like any more information on the products available at Killarney Printing Works, contact Sandra on 064-6631891 or email sandra@killarneyprinting.ie



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STAY LOCAL, STAY APART & STAY SAFE IN THE OUTDOORS

Golf Clubs in Killarney including Killarney Golf & Fishing Club, Castlerosse Golf Club and the Ross Golf Club welcomed members who lived within 5k of the course this week as Phase 1 of the Government's Roadmap for the reopening of Society and Business began on Monday last.

Agencies and organisations involved in the delivery and promotion of outdoor amenities have welcomed the recognition of the importance of the outdoor recreation, which plays an important role in supporting the physical and mental wellbeing of society and people are encouraged to enjoy the outdoors while adhering to Government protocols and public health guidelines.

One significant change in Phase 1 means that from May 18th, people can exercise using outdoor public amenities - either on their own or in a group of no more than 4 people - where social distancing can be maintained and where there is no contact with other people. As part of a phased reintroduction of opportunities to be active in the outdoors, and recognising the over-riding principles of the Government's Roadmap, a nationwide approach to participating in outdoor recreation has been adopted.

Agencies and organisations are advising members of the public to:

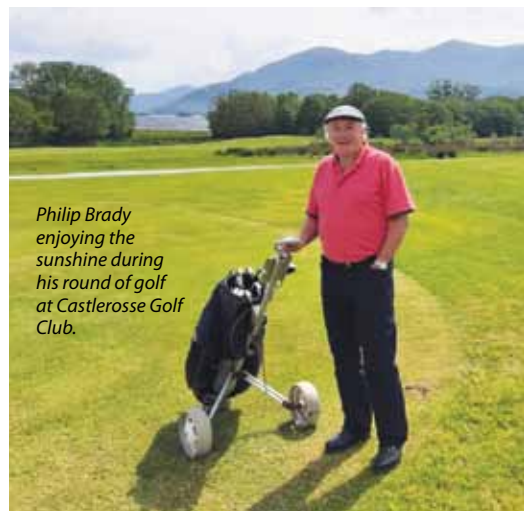
Follow Government protocols and public health guidelines, Stay local and within a 5km radius of your home for exercise. Exercise with members of your household or a maximum of 3 people from outside your household. Observe physical distancing by keeping at least 2 metres apart. Park legally and responsibly if driving to outdoor amenities. Keep dogs on a lead at all times. Respect the natural environment and dispose of waste properly. The outdoors is a valuable amenity for all members of society to enjoy. People are encouraged to take personal responsibility and adhere to the spirit of the guidance so that the outdoors remains accessible to all for the duration of restrictions.



Some of the staff members at Killarney Golf & Fishing Club, happy to be back at work L-R Sharon Healy, Mike O'Keeffe, Patrick Fleming & Eugene Higgins. **PICTURE: MARIE CARROLL-O'SULLIVAN**



L-R Ruairí Coughlan, Shane O'Sullivan & Senator Paul Coughlan pictured at Killarney Golf & Fishing Club where Covid19 restrictions were lifted on the first phase where golfers were 'back on course'. **PICTURE: MARIE CARROLL-O'SULLIVAN**



Philip Brady enjoying the sunshine during his round of golf at Castlerosse Golf Club.



Stephanie Lane takes her shot at the Castlerosse Golf Club with Lady Captain Una Moroney in the background.



Stanley Wade first off at The Ross GC on Monday morning.



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Liebherr Container Cranes invites applications for its Engineering Scholarship Programme 2020

Applications now invited from Leaving Certificate and 1st year engineering students Tuition fees paid, summer work, college placements and graduate role.

Closing date for applications: 3rd July
Liebherr Container Cranes are pleased to invite applications for their Engineering Scholarship Programme for 2020. Due to the recent uncertainty around this year's Leaving Certificate, the deadline for the Liebherr Engineering Scholarship Programme has been pushed out until July 3rd.

Scholarship recipients will have their college fees paid for the duration of their course and will have the additional benefits of being able to complete work experience during summer vacations and college placements throughout the course terms. The Liebherr Engineering Scholarship Programme provides a unique opportunity for Leaving Certificate and 1st year college students to gain a 3rd level qualification, in an engineering course of their choice, from the following engineering disciplines; electrical, mechanical, structural, automation or mechatronics.

Speaking about the programme in more detail,

Liebherr's Managing Director – Engineering Mr Charlie McCarthy explained.

"Even now in these uncertain times, development of our products continues apace and with this in mind, we are looking for the best and brightest future engineers to join us as part of the Liebherr Engineering Scholarship Programme.

We offer fully paid tuition, industrial placement, guaranteed summer work, and the chance to work with our engineers on the development of state-of-the-art container cranes. Today, our cranes feature automation, remote control, self-diagnostics and condition monitoring. We develop all of these technologies in house and the next few years will see additional development of these, along with further development on remote connectivity, digital twinning, blockchain technologies, and so much more.

At Liebherr, we give prospective engineers the opportunity to put their college learnings into practice and this is fundamental to their development and education."

Interested candidates should apply by email to gradrecruit.lcc@liebherr.com. Applicants

should include a CV detailing Leaving Certificate/Junior Certificate/college projects and/or results and a cover letter explaining why they have chosen engineering as a career path. In the case of leaving certificate applicants, a copy of their completed CAO form showing their choice of engineering course should be included.

Speaking about the importance of engineering, Dee Kehoe, director with Engineers Ireland said. "As a small island nation, we are dependent on the quality and quantity of our STEM graduates. An engineering qualification offers a chance to do extremely rewarding work, enhance people's lives and explore almost limitless career opportunities. It is well paid and offers mobility and role diversity. The need for engineers to think creatively is greater now than ever before. If you like to question, explore, invent, discover, and create, then engineering could be the ideal profession for you. The Engineering Scholarship programme at Liebherr Container Cranes is a great opportunity to become an engineer with the support and encouragement of a global company, but at a local level."

THE CUTTING EDGE...

David Clifford announced as Brand Ambassador

With over 40 years in business, Seamus Weldon's is a family run business and groundcare supplier of John Deere residential and commercial equipment. The company pride themselves on offering outstanding levels of customers service to their loyal client base and this week they are delighted to welcome their neighbour David Clifford, Captain of the Kerry football team as their brand ambassador

"From covering every blade of grass in croke park wearing the green & gold of Kerry to cutting his own lawn in fossa in the same colours of John Deere we are delighted to welcome our neighbour David Clifford on board as Brand ambassador", Padraig Weldon told the Killarney Outlook.

"we have always been very proud of our local roots and association with Fossa Gaa and are delighted to welcome David on board and we are positive that this will be a partnership that will reflect the work ethos, reliability and quality of both parties involved", he said.

Seamus Weldon's have some amazing offers available at the moment (see advert on page 34). Their product line can fill the needs of both homeowners, contractors or golf courses and the company always delivers quality products, excellent services and affordable prices.

Weldon's are open for sales, service and call outs and can be contacted on 064-6632328.



David clifford pictured with Padraig Weldon.

SATURDAY | 13 June 2020 | KERRY

#CruinniuToCreate



FREE online creative events and workshops for children & young people



www.kerrycoco.ie/arts/events-festivals/
<https://cruinniu.creativeireland.gov.ie/>



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 Tel. 066 719 3541 | Email: arts@kerrycoco.ie

creativeireland.gov.ie



POETRY Present Day Poetry - Kerry with Máire Holmes. Young poets have a choice of three themes: MAKING : DOING : CREATING. The poem can be as long or as short as you want. Send it to arts@kerrycoco.ie with Cruinniu Poem in the subject line. Closing date for submission is 1st June 2020.

DANCE DisDance: Catherine Young will curate a series of fun upbeat on-line dance workshops in the run up to the day. Via online Zoom workshops on Tues June 2nd and 9th, this will be an energetic fusion of contemporary dance, hip hop and African dance styles led by Jade O'Connor. Pre-register your interest to arts@kerrycoco.ie with Zoom Dance Registration in the subject line.

VISUAL ART Me and the Moon will host an online workshop where children and young people will have the opportunity to make their own sketchbooks at home using basic materials. Explore different binding techniques, as well as ways of personalising each sketchbook to make it unique. Contact info@meandthemoon for more details.

FILM Young Filmmakers Programme with Mieke Vanmechelen. With the permission of a parent or guardian send an email including your name, age and up to three sentences on an idea you have for a two minute film. Following the selection process, we will contact you to let you know if you have been selected to participate. Register your interest at info@miekevanmechelen.com. Closing date 20th May 2020.

SINGING Tralee Vocal Academy are looking for as many voices as possible to raise the roof in Kerry for this year's 'Cruinniu na nÓg' celebration. Sign up today and you will be sent song lyrics and link to a playlist to practice before the singalong event. For more information email traeevocalacademy@gmail.com. Summer singalong - Disney theme 12-1.00pm; Pop theme 2.00-3.00pm (Zoom entry 20 mins before time).



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MARIE MEETS FRED AND KATHLEEN

Covid19 Week9 - "Cocooning"



Fred and Kathleen Kenny who are cocooning due to COVID-19 pictured at their home with their dog Sam. PICTURE: MARIE CARROLL O'SULLIVAN

It was really special for me to visit the Kenny's today as their daughter June is my neighbour. I was informed on my arrival that The Killarney Outlook was Fred's favourite read so we were off to a good start with the interview. Kathleen told me they are finding it very quiet but they are very grateful for the neighbours around them in Pinewood. Kathleen couldn't thank Daly's Super Valu enough and wanted to mention Nicola Breen on orders & Margaret Cahill on deliveries. Kathleen added "All of the staff are a credit to the Daly family. Ever before the Coronavirus Daly's Super Valu would have a staff member go around with me and help me with my shopping". Kathleen really misses her grandchildren calling on Sundays but is especially

proud of Sarah Kenny, her granddaughter, who is working on the front line, at St James Hospital in Dublin. "She's a fantastic girl and we miss her lots". Fred wanted to give a big shout out to all his buddies in Rockmount Day Centre in Kilgarvin. He is missing the Sports the most. Kathleen, in turn, is willing the sports to return so she doesn't have to watch Judge Judy & Tipping Point for a second longer. The Kenny's are married 52 years in July and Fred will be 80 in September so they're looking forward to the easing of restrictions so they can celebrate with their family and friends in their beautiful garden..... Thanks for having me Fred & Kathleen and their gorgeous dog Sam. Ye made my day!!

PUCK FAIR 2020 IS CANCELLED

Puck Fair 2020, which was due to take place on August 10th through 12th, has been cancelled.

In a statement from it's chairman Declan Falvey, he said "We have been monitoring the situation since the onset of the virus and as the health, wellbeing and safety of our visitors, volunteers and residents is paramount, and to comply with government legislation and guidelines, we have made the difficult decision to cancel all Puck Fair events this year.

"We would like to thank the public in advance, for their ongoing support and cooperation in complying with Government legislation and the World Health Organization's Health and Safety Guidelines. We look forward to bringing Puck Fair back to Killorglin in 2021", he said.



OPW announces **closure** of **Skellig Michael** site for the 2020 season

The Office of Public Works (OPW) has announced that the Skellig Michael World Heritage Property will not open to visitors in 2020 because of Covid-19 concerns. Opening of the Island heritage site had been scheduled to take place on 15th May but this will not now happen. In light of the continuing restrictions governing the reopening of tourism locations, which is generally to begin in Phase 1 after May 18th, the OPW, in liaison with the Department

of Culture, Heritage and the Gaeltacht, have concluded that it was not feasible to maintain visitor and staff safety at Skellig and that the Island must remain closed to visitors this summer. OPW intend to carry out a maintenance inspection next week when key National Monuments technical staff will travel to the Island for the first time this year.



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New Ready Meal Range - available daily and
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*"During these challenging times, we are open for business
and ready to help in any way we can"*



ALL OUT BEEF AND LAMB IS SOURCED LOCALLY

Beef: Timmy and Nelius Hickey, Aunaskirtane, Rathmore. **Lamb:** Tadhg O'Keeffe, Banteer.

GROW YOUR BUSINESS HERE - WITH US!

Council publishes independent assessment of impact of covid-19 pandemic on Kerry economy

Anticipated €1bn impact on Kerry incomes in 2020 Research and data will inform recovery policies and initiatives All sectors working with Council on economic recovery

Kerry County Council has published a comprehensive assessment of the anticipated economic impact of the COVID-19 pandemic on County Kerry. The analysis, compiled by an independent economist, James Dorgan, and with input from Kerry Tourism Industry Federation, IT Tralee, Kerry Chambers Network and the wider business sector in the county, identifies the challenges posed by the current public health emergency and will inform local actions and policies to achieve economic recovery locally in the months and years ahead. Drawing on a wide range of economic, demographic and employment research, 'The Economic Impact of COVID-19 on the Economy of County Kerry' finds that the current crisis is having, and will continue to have, significant economic consequences in Kerry, particularly given its exposure in the tourism sector. Drawing on existing and new research, the report finds that the impact will equate to a loss to the Kerry

economy of €1billion in income in 2020, with approximately 40% of that loss of income being borne by the tourism industry. Other elements of the research include:

Tourism and related industries will see a €400m (drop of 70% in income) impact this year, the equivalent of nearly 10% of total estimated Kerry household incomes

Kerry has the highest relative dependence on tourism income per capita by county

Of the estimated 69,000 people in the labour force in Kerry, the largest employment cohort is in the retail and wholesale trade followed by hotels and restaurants 93% of active enterprises in Kerry are micro-enterprises and employ less than 10 people

36% of 'at work' residents in Kerry were in receipt of the Government Pandemic Unemployment Payment in the middle of May 2020. When added to the numbers on the Wage Subsidy Scheme and the Live Register, this equates to two-thirds of 'at work' residents in the county

An assessment of the likely impact in sectors including agriculture, retail, manufacturing and construction based on national and local projections

The research has been supplemented by surveys of



businesses undertaken by Kerry County Council and the Kerry Tourism Industry Federation recently to gauge the expected impact across many economic sectors. Among the findings were that half of businesses in the county are anticipating a decline of between 50% and 75% in their incomes over the next twelve months.

The Cathaoirleach of Kerry County Council, Cllr Niall Kelleher, said the report is a critical piece of research which will inform initiatives which will support the reopening of the economy locally.

'There is no doubting the economic impact of COVID-19 in Kerry but it is vital that we quantify that in this way. The figures are stark and indicate the challenge we all face to restore economic activity in the county but having this data will help us to target supports, investment and promotional initiatives to where they are needed most,' he said.

Chief Executive of Kerry County Council, Moira Murrell said the report is being considered closely by council management and elected members. It will also shape the continuing discussion of a new Business Leaders and

Interests Group in the county and Kerry County Council's own Economic Recovery Team and will guide a series of actions and initiatives which will be rolled over the coming weeks and months.

'This research will be made available to all sectors in the economy to help guide their approaches. A new group including business leaders and local agencies has already begun the discussion on the initiatives which will be taken in the coming weeks and months to deal with the impact of the crisis on local businesses as well as leading out on the marketing and promotion of the county as normal economic activity resumes,' she said.

'We have already activated a series of practical supports for businesses in the county through the Local Enterprise Office and our Economic Development Unit. There is also important work being done in the tourism sector and other industries which complements that. This research which we are publishing today will inform efforts to reopen the Kerry economy into the future,' said Ms Murrell.

Revenue issue warning regarding fraudulent messages

This week the Revenue Commissioners have become aware of fraudulent emails and SMS (text messages) purporting to come from Revenue. Some of these seek personal information (name, address, date of birth) from taxpayers and/or seek credit card, debit card or bank account details in connection with a tax or wage subsidy refund.

These emails and text messages did not issue from Revenue.

The Revenue Commissioners never send emails or text messages requiring customers to send personal information via email, text or pop-up windows.

Anyone who receives an email or text message purporting to be from Revenue and suspects

it to be fraudulent or a scam should simply delete it. Anyone who is actually awaiting a tax or wage subsidy refund should contact their Revenue Office to check its status.

Anyone who provided personal information in response to these fraudulent emails or text messages should contact their bank or credit card company immediately.

KERRY COMPANY MANUFACTURES MOISTURISING HAND SANITISER

The outbreak of COVID-19 has affected each and every one of us and our way of life.

As the challenges change daily, a mid Kerry based company has decided to manufacture a fast-acting, fast-drying, moisturising hand sanitizer gel containing 70% ethanol (manufactured in Ireland to ISO 9002 quality standards & conforms to R.E.A.C.H & CLP regulations)

Greenway Health & Hygiene is based in Farranfore recognised that although there are many sanitizers on the market currently, the majority of sanitizers come in liquid form which can be very severe on the hands with regular use. Their gel is specially manufactured to eradicate that problem as it contains a built-in hand moisturizer. which will leave hands feeling much softer and fresher.

"We have found a huge demand from businesses who are opening immediately to schools preparing to re-open", Liam Brosnan, who owns the company, told the Killarney Outlook.

"We can offer a broad range of packages and we can find solutions for the small builder or salon to large business or hospitality, we are creating innovative solutions for the different challenges facing our businesses", he said.

"We understand that each type of business is different and in conjunction with business owners have created solutions to ensure



covid19 compliance, including my own local church is an example of that, where Fr.Buckley contacted me to see how he could safely reopen the doors of Currow church", Liam added. Greenway Health & Hygiene is aware of the difficulties posed in purchasing Hand Sanitizers,

BUSINESS OUTLOOK

GROW YOUR BUSINESS HERE - WITH US!



particularly in large sizes.

Their sanitizers come in a refillable 400ml size & 5ltr size and the company can guarantee a constant supply from their onsite plant,

"We will be launching a new range of products to help all businesses open their doors and we hope to offer innovative affordable solutions to all businesses from private customer to commercial to industrial and local authorities right across the county", Liam said.

"We have been delighted with the support of the Kerry public and would like to thank everyone for their support", he added.

For more information: www.greenwayhealthandhygiene.ie and on our social media or call our sales team on 087 453 3771

Kerry enterprises urged to apply to Restart Grant for Small Business - Griffin

Minister of State for Tourism and Sport, Brendan Griffin TD has urged small and micro businesses across Kerry to apply for the new €250m Restart Grant, which will give direct grant aid to help them with the costs associated with reopening and reemploying workers following COVID-19 closures.

Minister Griffin said: "The Grant will be available to businesses with a turnover of less than €5m and employing 50 people or less, which were closed or impacted by at least a 25% reduction in turnover out to 30th June 2020.

"It is a contribution towards the cost of re-opening or keeping a business operational and re-connecting with employees and customers.

"The grants will be equivalent to the rates bill of the business in 2019, with a minimum payment of €2,000 and a maximum payment of €10,000." Minister Griffin continued: "I am acutely aware of the difficulties facing small businesses in Kerry during these challenging times.

"The Restart Grant is designed to help these

businesses get back on their feet. The grant can be used to defray ongoing fixed costs, for replenishing stock and for measures needed to ensure employee and customer safety.

"Small businesses, whether it be the local hairdresser, café or clothes shop, are absolutely vital to the social fabric of our towns and villages throughout Kerry.

"In response to the very significant economic challenges posed by Covid-19, the Government has moved swiftly to introduce a range of measures to support enterprises of all sizes.

"These measures have included supports for wage costs, liquidity supports and the deferral or waiver of payments.

"The Restart Grant will further help to support activity and employment across Kerry," Minister Griffin said.

Minister for Business, Enterprise and Innovation, Heather Humphreys, said: "These businesses have made huge sacrifices to protect their employees and customers during COVID-19

and we want to help them get back up and running so that they can return to viability and contribute to the national economic recovery.

"These are small grants but they can make a big difference in terms of giving businesses an extra helping hand to open their doors again." Applications for the Restart Grant can be made online to Kerry County Council from Friday 22nd May. Processing of applications and payment of the Restart Grant will depend on the initial surge of applications but, as far as is feasible, will be prioritised according to scheduled re-opening dates in the national Roadmap.

This direct grant support is part of the wider €12bn package of supports for firms of all sizes, which includes grants, low-cost loans, write-off of commercial rates and deferred tax liabilities, all of which will help to improve cashflow amongst our SMEs.

Breastfeeding Kerry

Breastmilk is the best food for your baby, and contains all the nutrients required for your baby's growth. It is full of antibodies, anti bacterial and anti virals that protect your baby from infections and diseases.

Breastmilk will protect your baby from common childhood illness and infection, And lowers the incidence of childhood allergens and food allergies. There is lower incidence of colic in breastfed babies. It tastes better, and is readily available, no equipment required.

Breastfed babies have lower risk of cardiovascular disease and diabetes later in life.

MOMS HAVE BENEFITS ALSO

- Bonding time with your baby
- Quicker weight loss post birth- you will burn up to 500 calories a day.
- Breastfeeding lowers your risk of breast and ovarian cancer and lower incidence of postnatal depression.
- It is eco friendly, no waste, and very cost effective – it is free!
- The World Health Organisation recommends exclusive breastfeeding for first 6 months, but every feed makes a difference.
- The most common question I am asked, 'How do I know my baby is getting enough milk?'

- Your baby is feeding 8-12 times over 24 hours.
- Breastfeeding is comfortable and pain free
- Your breasts will feel softer and less full after feeds
- 6-8 wet nappies a day
- Your baby's weight is increasing weekly.
- Breastfeeding is a natural way to feed your baby but it is a learned skill, and takes time to get right.

3 KEYS TO SUCCESS

Be prepared - Attending a breastfeeding preparation class. You will learn all you need to know on how to breastfeed successfully. My Classes are now available online. You can watch it in the comfort of your own home with your partner. You will receive my booklet prior to watching the class. A good time to take a class is from 30 weeks onwards.

SKIN TO SKIN CONTACT – After your baby arrives skin to skin contact is so important for bonding, regulating your baby's temperature and breathing and to initiate breastfeeding.

Help- Seek help early if you are experiencing any problems, soreness, difficulty latching your baby on, or feel your baby is not feeding. Ask your midwife for assistance.



If you are home then your public health nurse, GP practice or local Lactation Consultant. We are state registered breastfeeding specialists who support, help and advice Moms breastfeeding. Home visits are restricted presently due to covid-19, but I am available for phone and video consultations.

Dads have a role aswell- to nurture Mom.

I am a Practice Nurse in Ross Medical Practice, and International Board Certified Lactation Consultant, having years of experience working with Moms, partners and babies. I also facilitate classes at Scotia Clinic. I am a Mom of 3 lively children.

Gift vouchers available for online class / and Consultations. Fees reimbursable from private health care plans.

NEW ONLINE DIRECTORY OF BUSINESSES WHICH ARE OPEN OR REOPENING IN KERRY

With many businesses reopening or preparing to reopen as part of the phased easing of COVID-19 restrictions, Kerry County Council is inviting businesses in the county to register for a new online directory of shops, trades and services which are currently open and operating across Kerry. The directory will include an online map allowing people to identify shops and businesses which are open and operating in their area and those that are either physically open or have an online service or delivery offering.

Kerry County Council's Interagency Business Advisory Team is leading out on the initiative as a practical support for businesses in Kerry by offering an additional way to communicate with customers through the council's website and social media platforms.

'This is another initiative being taken by Kerry

County Council and our partners as we begin the phased reopening of the local economy under the Government Roadmap for easing the COVID-19 restrictions,' said the Cathaoirleach of Kerry County Council, Cllr Niall Kelleher.

'The Council has identified a number of practical supports for businesses and enterprises in Kerry. We have launched a new freephone helpline for business who are looking for advice and support, the Local Enterprise Office is offering a range of training and financial supports, and we are now inviting businesses to register for this online directory of businesses which are open or reopening,' said Cllr Kelleher.

Director of Economic and Community Development, Mike Scannell said: 'The first stage is to have businesses register using a simple online form with their opening arrangements and other basic information and

I would encourage businesses to register with us as soon as possible.

'The information provided by shops, business and service providers will be quickly collated into an easily navigable online map and an online directory on the Council's website and will be supported by social media and other campaigns to provide the public with information on businesses which are opening and reopening over the coming weeks,' he said. The form for businesses to register is now available on the Kerry County Council website at <https://www.kerrycoco.ie/kerry-open-for-business-initiative/>

#KerryOpenForBusiness



#Staysafe #protecteachother #holdfirm

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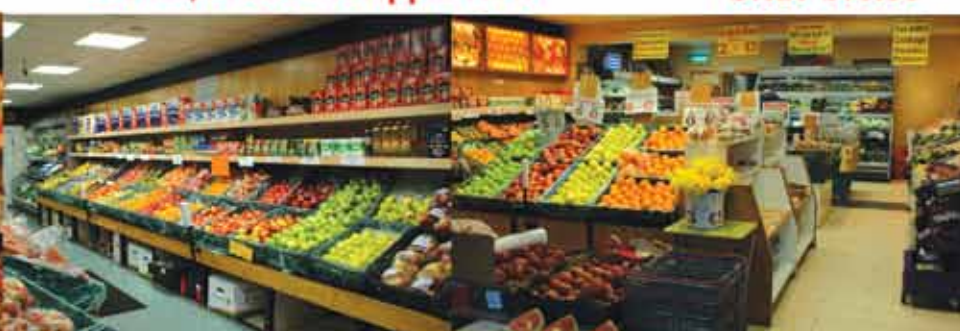
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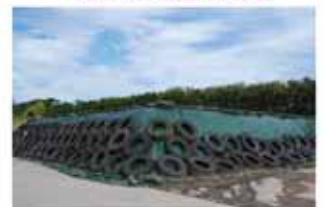
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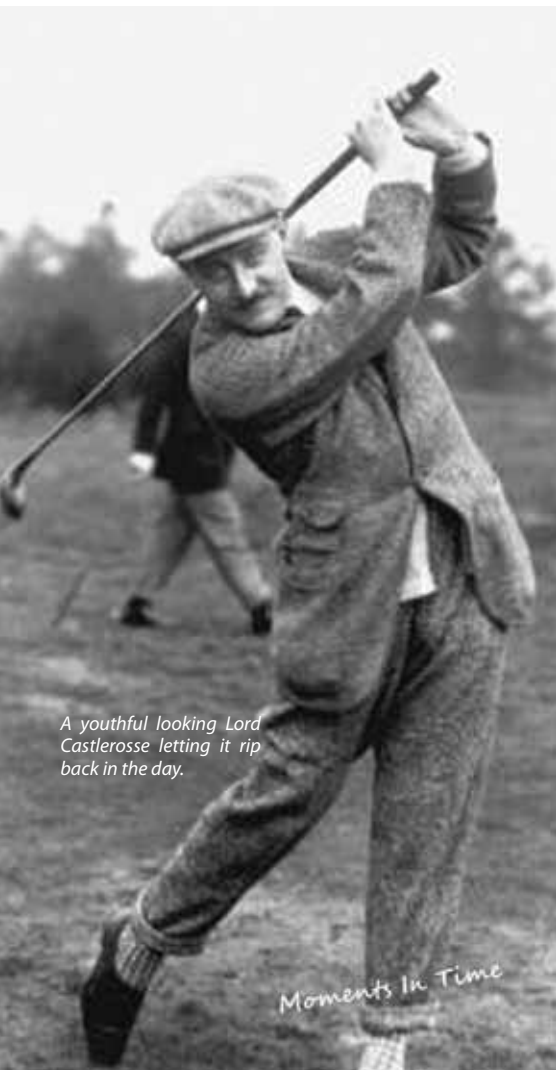


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MOMENTS IN TIME

This week some shops including hardware stores reopened and keen golfers got a chance to get a round in - In this week's Killarney Outlook **Donie Whitty O'Sullivan** shares his Moments In Time photos with this theme in mind



A youthful looking Lord Castlerosse letting it rip back in the day.

Moments In Time



Mamie Cronin of Marian Terrace leads the way on the opening of the first Dunne's Stores in Killarney back in 1973. It caused a lot of excitement back in the day in High Street. Few familiar faces in picture and just look at the assistant manager on the left crouched down, trying to control the door and avoiding the stampede. This could set the precedent for other establishments on opening day after the lockdown.

Moments In Time



Market Cross Traders.

Moments In Time



T.J Lyne Hardware Shop was situated where Allcare Pharmacy is today in New Street.

Moments In Time



Irish Volunteers marching down New Street, in 1914.

Moments In Time

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YOU'RE ONE OF A KIND... OUR KIDS HAVE BEEN AMAZING DURING COVID-19

This week **Killarney Outlook** photographer **Marie Carroll O'Sullivan** met some of these kids within her 5k



A wonderfully explosive half an hour chatting to the Twomeys. The view at their home is exceptional but this spot is where 'the absolute craic' was. Meet Adam (right) (8), Ryan (left) (10) & Mia (centre) (12). I began chatting Adam, he was bursting to tell me about his Nana Betty who "has me spoiled with home made goodies through the window everyday". Adam is loving spending time out with his family but missing Ms Counihan, his friends and most especially sports. He is really hoping he doesn't get a 'split class' next year coz he's missing Harry, Luke & James enough as it is. Ryan is a gas man altogether. He writes to Pres Michael D on occasion who in turn writes back, so he is currently prepping a letter re the Covid19 situation. He does miss all forms of sports but catches up with his friends Cormac, Sean & Ryan (eile) on Zoom at the weekends. Ryan wanted to give a big shout out to his Nana Vera & Granda Michael (aka Baldy) Dolan. Laughter erupted and I later was told "Granda Baldy" shaved his head for lockdown! Ryan is missing the interaction and competitiveness of sports. Both boys are really enjoying the Legion challenges at home. Ryan biggest accomplishment during 'lockdown' is painting the entire decking with his Dad (Marcus) except for having to endure "Joe Duffy 015 815 715 Wash Your Hands" whilst doing it.

Mia is delighted to have time to cycle her bike more and loves baking but always did. Mia was in 6th class at the Mercy NS so no confirmation or graduation for Mia this year. She also told me 3 generations of Dolans (Mia, Mum Aoife & Nana Vera) were to travel to the US to visit relatives but that has been postponed. What a girl, she told me all this with a beaming smile on her face. Mia wanted to say a big Hi to her cousin Rachel in Mangerton and all her cousins in Dublin, Galway, Waterford, Killarney and the newest addition Conor in Sydney.



Happy Birthday Eileen Daly and hello Dara (5 on 23/5) & Fionn (3 in July). These boys are just fabulous (you too Sean). The boys shorts and hats were for their holidays to Lanzarote but they now have to wait until the Coronavirus is gone "and that's when my birthday party will be too, when the Coronavirus is gone" said Dara. Fionn was the most chatty of the two and told me how they ride their pony 'Chase' and see their donkey 'He Haw' everyday and they give them apple & carrots for treats. Both boys are enjoying growing potatoes & lettuce in their vegetable patch and loving being home with Mom & Dad but Dara really misses Maggie's Montessori (I can personally vouch for this too - top class Maggie). Dara & Fionn are missing all their cousins most especially their new cousin Eamon in Limerick and Ava in Killarney who was suppose to have her confirmation earlier this year.



I visited Hegarty's back garden. So delighted to see these children again. I've been photographing them since Clodagh was born. Clodagh told me she's now 7 and is delighted that the lockdown is not affecting the fairies. This week lost a bottom right tooth (€2) and a bottom left tooth (€5). Clodagh (left) said that even though she fell off her bike this week, cycling is her favourite thing next to chatting to her friends on 'Hangouts'. The only bad thing she could think of was that she misses her friends especially Anna. Clodagh said even though Mommy (Christine) is a teacher, she also misses her teacher Charlene Brosnan who is the best teacher ever... after her Mom!

Cian (9) really impressed me. He goes to the farm most days with his Dad (Sean) and checks the fields daily 'all by himself' to see if any of the sheep are lambing. He is missing his friends lots, Jack, Eanna & Conor. Cian is a great boy and loves being in charge of minding baby sister Tess when Mom does Irish Dancing Zoom classes with Clodagh online, with Hegarty School of Dancing, for a full hour between 11am-12noon.

John (6) makes me laugh. He is full of stories. He climbs with Cian, on top of the oil tank daily, for a social distancing chat, over the back wall to his next door neighbours Charlie & Daniel. John loves cycling to the boathouse area in Muckross with his family. He loves beating his 'daily distance' at 'the stone challenge'. I also witnessed a very impressive front flip on the trampoline by John. Both Cian & John are excellent front flippers! John loves to train daily in his Dad's outdoor back garden gym. They use a floor ladder, run between cones and lots of press ups. John says he beats his Dad every time. Both Cian & John love doing the Killarney Legion GAA Club challenges at home too. John had nothing bad to say about lock down only he misses his teacher Miss Dennehy and his friends Dara, Sean & Alex. Mom Christine said that Tess is the biggest winne on lockdown as she is enjoying having fun with her big brothers and sister all day every day. All of the children adore Tess but they said if they could wish for one thing it would be to have all their cousins around for a party!! Always a pleasure to see these four! Thanks for having me drop by. Oh.... and for those of you that know Christine well, she made a lock down necessity purchase of a fancy coffee machine... worth mentioning for when you do get to drop by!!



Meet L-R Aidan(5), Daniel(7), Abbie(11) & Milo(1)

I hadn't seen these three amigos in quite a while. They were in great form, sure how could they be anything else sitting outside Rina's Sweet Shop!!!! Abbie is really enjoying baking in her Mom's new ovens (that's not a double oven, that's two double ovens side by side) in their new kitchen (its fab!). "The boys end up stealing the treats so I just bake some more". Abbie adores her dog Milo and has thought him lots of new tricks in lockdown. I could see that, for a big 1 year old puppy dog he was most obedient. Aidan told me the best thing about lockdown is the trampoline and his Dad (Darragh) can jump the highest but his Mom (Catriona) is not so good at it at all (like most other 'Moms' I'm sure Aidan). Daniel is enjoying perfecting his soccer skills with Aidan every day. All three children are missing their friends from school and all their cousins in Killarney Mayo & Galway. Homework isn't so bad for Daniel & Abbie (Abbie wanted to say Hi to Ms Long) but Aidan told me he "gets far too much" to which Abbie replied "what can you expect when the school principal is your teacher". Lets hope Principal Gillian sees this Aidan, you'd never know you might get a 'homework pass' for a change. And off they went all smiles into Rina's Sweet Shop.

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LOOK WHO'S OPEN!

This week we welcomed **Phase 1** of the roadmap for the reopening of society and business. Many businesses in Killarney were allowed open their doors to the public again and in this week's **Killarney Outlook** we look at those who are now open and serving their customers following Government guidelines or who are available through their social media or by telephone



Mike's Takeaway and Courtney's on Plunkett Street.

Fossa

Foley's Spar

New Street

Kennelly's Pharmacy

O'Sullivan's Pharmacy

Dunnes Stores

Healy's Shop

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An Post

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High Street

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Plunkett Street

Mike's Take Away

Courtneys Bar for take away

Innisfallen Shopping Mall

Tim Jones Butchers

Beech Road

Genting Thai

Horan's Health Store

O'Connor's Newsagents

Tesco

Killarney Credit Union

Leaders Computers

Park Road

Circle K

Hegarty's Spar

Park Road Pharmacy

Plan It PC

Zin Garden Take Away

Daly's Supervalu

Trants Pharmacy



Kayne's, Muckcross Road.

Mr. Price

Arbutus Drive

Horan's Health Shop

Horan's Fruit & Veg

Quinlan's Fish Shop

Tim Jones Butchers

Aldi

Deerpark Shopping Park

Tesco

Dealz

Boots

Marks & Spencers

Argos

Woodlands Industrial Estate

Kerry Agri

Kerry Tool Hire

The Reeks

Centra

Kennellys Pharmacy

Mahers Butchers

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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

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

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

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

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

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

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

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On Top of the World - a distant wave from taxi driver David O'Sullivan as he gets things done at his home in Ballinamanagh. PICTURE MARIE CARROLL-O'SULLIVAN



Alanna Loughnane, celebrates her 18th Birthday in lockdown but just look at that cake her Mom Elaine made?! PICTURE MARIE CARROLL-O'SULLIVAN

DIY PROJECT OF THE WEEK

Dean and Rocco Sheehan from Fossa are putting lockdown to good use at the family guest house, The 19th Green on Saturday last. The boys decided to build a fire pit at their home, and it turned out to be a great success Mum Freda and dad John and their family are delighted with the result - well done lads!



"Delivery" Popular Hairdresser Sean Taaffe, pictured at Fair Hill Post Office, tipping away with essential supplies for his clients which his is missing lots. PICTURE MARIE CARROLL-O'SULLIVAN

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LEARNER DRIVERS LEFT IN LIMBO!

- Norma Foley TD

Rural drivers severely disadvantaged

Fianna Fáil TD, Norma Foley, says the Transport Minister needs to outline the government's plan for dealing with the backlog of provisional licences and driving tests, which is continuing to build up during the Coronavirus restrictions.

Deputy Foley said "Learner drivers here in Kerry, particularly in rural areas, are very frustrated with the current situation. Some younger drivers had hoped to get their provisional licence at the beginning of the summer so that they could help out on local and family farms. Without their licences they're unable to drive tractors or other farm machinery.

"Another cohort of learner drivers may have been dependent on older relatives to act as

their qualified driver, but with some parents having to cocoon, these drivers have been left in the lurch. They're worried about how long the will have to wait before they can get their test and get back in their cars again. Access to a car is hugely important in a rural county like Kerry.

"Driving tests were suspended when the government implemented the COVID-19 restrictions back in March, so people with learner permits have been unable to sit their tests for around 8 weeks now. Despite the suspension of the tests, applications are still being processed, which will inevitably lead to bigger backlogs once they resume again.

"The average waiting time for a driving test before the COVID restrictions was 4 weeks, and with new applications being submitted over



the past two months, learner drivers could be waiting months once the tests resume.

"Young people have already been asked to make considerable sacrifices to fight the spread of COVID-19, and many are facing into considerable uncertainty in terms of school, work and other aspects of their life. I believe the Department needs to begin examining options to alleviate the backlog of provisional licence and driver test applications," concluded Deputy Foley.

CLLR. CALLS FOR BIODEGRADABLE BALLOONS

This week Cllr. Michael Gleeson received a reply to a Notice of Motion he proposed at the October 2019 monthly meeting of Kerry County Council.

He proposed: "As non-biodegradable Balloons are a major cause of damage to Wildlife on land and in water that this Council calls on the Government to insist all Balloons sold in Ireland are biodegradable".

The following reply has been just received from Mr. Richard Bruton T.D., Minister for Communications & Climate Action.

"The delay in replying is regretted. The position is that in June 2019, the EU Commission published Directive (EU) 2019/904 on the reduction of the impact of certain plastic products on the environment. This Directive is often referred to as the Single Use Plastics Directive. It obliges all EU Member States, including

Ireland, to reduce the amount of single use items used in their territory. The Directive makes no differentiation between biodegradable, compostable or plastic balloons. Under the Directive Member States are obliged to introduce an Extended Producer Responsibility scheme for balloons by 2024".

Councillor Gleeson stated that he is very disappointed with the reply from the Minister as 2024 is much too far into the future. The amount of environmental damage and degradation that will occur in the interim will most likely be considerable. He asks that the Irish Government would insist on an earlier date for the introduction of the Directive and that the manufacture of plastic balloons would cease and be replaced with biodegradable product.

NEW MOTHERS DISCRIMINATED AGAINST

- Norma Foley TD

(Wage Subsidy Scheme Fails To Include Women Returning From Maternity Leave) Norma Foley TD says urgent changes are needed to ensure that new mothers who are finishing up their maternity leave can apply for the Temporary Wage Subsidy Scheme.

Many women returning to work have been told that they can't apply for the scheme as they were not on the payroll in the months before it was introduced. The scheme requires workers to have valid payslips from January and February in order to process their application.

Deputy Foley explained, "Returning to work after having a baby can be difficult at the best of times, but in the midst of a global pandemic and concerns about the future of their job, the current situation has made this transition even more challenging. What's worse is the fact that that many of these women have been told that they don't qualify for the Temporary Wage Subsidy Scheme. This is nothing short of discrimination and wholly unacceptable treatment of women".



"This is an extremely stressful time for households right across Kerry, but this situation seems particularly cruel. My party has already raised the issue with the Minister for Finance and the Minister for Employment Affairs & Social Protection but nothing has been done to-date. This is simply not acceptable and must be addressed as a matter of priority" she concluded.

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

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KEEPING EVERYONE FIT AT HOME

..... WITH KILLARNEY OUTLOOK

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

comfortable, exercises should not be painful. I have added in some hand exercises this week, an area we often forget to exercise. You can do one hand at a time or the two together. For some exercises I am using a soft ball but a small cushion can be used as an alternative. For all 4 exercises, sit up nice and tall with the shoulders relaxed, making sure that you are sitting

forward in the seat and not sitting all the way back into it. Start off with a few breaths, breathing in through the nose and out through the mouth. Engage your core muscles by gently pulling your belly button in and up. Remember, only do what feels comfortable, these exercises should not be painful.



1) Hand clenches
Make a tight clench with your fists. Then open out the hands spreading the fingers as wide as you can. Repeat 8 to 10 times, or as many as you feel able to do.



2) Forming circles with fingers
Like in the previous exercise, spread the fingers out wide. Then touch the thumb and the baby finger together to form a circle. Then spread the fingers wide again. Then touch the thumb and the ring finger together to form a circle. Spread the fingers wide. Repeat with the middle finger and the index finger. Reverse the direction, starting with the index finger work back down to the baby finger. Repeat the full exercise 2 to 3 times or as many as you feel able.



3) Ball compressions
Sitting tall, hold the ball/cushion between the palms close to the chest. Keeping the shoulders relaxed but keep the elbows high. Inhale to prepare and as you exhale squeeze the ball, holding for a count of 4. Inhale and relax. Repeat 8 to 10 times, or as many as you feel able to do.



4) Seated cycling
Like in the previous exercise sit nice and tall holding the ball between the palms in front of the chest. Gently squeezing the ball, engage the core muscles and hover the two feet off of the ground. Then pretend the you are cycling a bike and circle the legs in a forward motion for 6 to 8 rotations, then reverse the direction pedalling backwards for 6 to 8 rotations. Relax and lower the feet. Make sure to keep breathing throughout. If you feel able, repeat the exercise.

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

Repeat each of these exercises back to back for 4sets with only 1 mins recovery between each set
Exercise 1: Jab combos- 30secs
Exercise 2: wall sits - 30secs
Exercise 3: slow mountain climber singles into donkey kick 20secs each side

Exercise 4: combo matrix Press up x 4, 4x knees in slow, 4 legs out, 4 heel taps - 1mins

Video will be uploaded Friday morning to compliment these exercises.



Exercise 1:
Jab combos - 30secs



Exercise 2:
wall sits - 30secs



Exercise 3: slow mountain climber singles into donkey kick 20secs each side



Exercise 4: combo matrix Press up x 4, 4x knees in slow, 4 legs out, 4 heel taps - 1mins



#Staysafe #protecteachother #holdfirm





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



FEED YOUR FACE...

AU NATURAL

At this stage, your monthly salon facial will be well overdue. I recommend clients to apply a mask twice a week at home for skin maintenance during the pandemic. Online sales of retail masks have soared worldwide and DIY home masking is back in vogue!

Have fun making your own face masks with simple, natural (organic if possible) ingredients from your kitchen.

The 2 most powerful ingredients

1. Oatmeal (pre-soaked in water) a powerful antioxidant, which helps in healing wounds and skin conditions like acne, rosacea and atopic dermatitis. It reduces inflammation, soothes sensitive skin, reduces irritation, lightens skin and boosts the production of elastin reducing the appearance of fine lines and wrinkles.

2. Honey A natural antiseptic to heal skin. It unclogs and tightens pores, fades scars and pigmentation. Is antibacterial, anti-inflammatory, hydrating and regulates the skins Ph. Oatmeal and honey can be used together or separately, combined with any of the following ingredients.

Avocado is made up of around 60% oil. It nourishes damaged, dry and chapped skin.

It nurtures skins elasticity and stimulates collagen metabolism helping to reduce wrinkles.

Natural Yogurt contains lactic acid an AHA to naturally exfoliate and rejuvenate skin. Probiotics help soothe inflammation and prevent breakouts.

Cacao powder is rich in antioxidants, stimulates blood circulation, improves collagen, elastin and reduces redness and blemishes.

Coconut oil penetrates deep into skin to moisturise dry aging skin. Also, anti-bacterial but can clog pores if not removed thoroughly.

Egg white or Lemons have astringent properties to shrink and tighten pores.

To Apply the mask

Combine all ingredients.

Apply the mask avoiding the eye area.

Leave the on for 15 to 20 minutes.

Rinse with warm water.

Apply serum, eye cream and moisturiser afterwards.

A relaxing treat for you & your skin

Noreen Mangan

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Come home to YOU!

When life feels challenging or uncertain, it is easy to find ourselves getting distracted by all the "noise" out there! This can be everything from listening to the news, worrying about friends and family, thinking negative thoughts or watching endless TV programmes that do nothing to uplift us. The key is to come back "home" to you. This means that you begin to create an inner world of safety, peace, love, gratitude and joy. When we feel safe and grounded on the inside, we are less affected by our outer environment.

Three top coaching tips to come home to you

1. Every single day as soon as you wake up give thanks that you are here. Say thank you

to your body for seeing you safely through the night, to your bed for supporting you and to the day ahead for all of the goodness that it will bring you.

2. Check in with yourself three times a day (at least!) Every so often, stop what you are doing and ask yourself how you are. Check in to what you need and what you are feeling.

3. Spend at least two minutes in complete silence and stillness. Just stop. Close your eyes. Put your hand on your heart and become aware of your breathing. This is a marvelous way to really help calm the nervous system.

"Home is where you hear love within the stillness." — Raquel Franco

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MOTIVATION

B Wells Top tips to help you get Motivated

- Recognise first what you want to be motivated to do? Is it Diet, Exercise or something else entirely. Specify and write it down.
 - Start breaking from your current routine and new comfort zone, and make the changes to help you move forward to what you set out above to be motivated for.
 - Be ready to accept change as we need to change to make things happen. Change can be viewed as a negative thing but it is quiet often a positive experience, so be ready for change and embrace it.
 - Put a plan of action in place. Write it down under your "Motivation Goal" set out above. List the steps you need to take to achieve what you are looking to be motivated for. Eg Plan out your weekly shop, plan out your weekly meals, set yourself weekly exercise goals, plan out your workouts etc.
 - Ask a friend to help motivated you and you help motivate them too. Buddy up exercise plans can work wonders with friends or small groups. Now with the guidelines of small groups of 4 exercising together outdoors, you may decide to get out walking together, couch to 5k, or join an outdoor small group with B Well. (check out our app B Well fitness for booking)
 - Turn on some music you like with a positive upbeat tempo, this often gets us in the mood to exercise as it lifts our spirits. I often pop on my headphones when I feel like a lift to go running and it works every time.
- Think of a time in your life when you felt motivated and in control and write about it and reflect upon that time as this will get you back into that frequency of thinking and set you back in a positive mindset. As you will realise I have been there before so it is possible to get there again.

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

CAO Applicants have until 1st July to avail of the “Change of Mind” facility



By Billy Ryle

If we were living in normal times, the state exams would be just a fortnight away. Not this year however, as the state exams have been scuppered by the Coronavirus pandemic. But there is still an important task to be undertaken by those who hope to progress to third level education in September. Applicants to the Central Applications Office (CAO) should now turn their attention to the “Change of Mind” facility which affords them an opportunity to register a change of course choices online by 5.15pm on Wednesday, 1st July. Now that they don’t have exams to worry about, CAO applicants have the advantage of some extra time for career research. Use the next six weeks well and wisely to make sure that you submit the course choices that you really favour for third level study.

Not all applications to CAO avail of the change of mind facility as many of them are happy with the course choices they submitted by 1st February. On the other hand, you might have done further course research or you might have changed your mind about your earlier choices. Whatever your reason for submitting a change of mind form, make sure you know exactly what you are applying for. Don’t list any courses which you haven’t researched. Don’t apply for any course

that you won’t accept. Never apply for a course in which you have no interest just because your friends are applying for it.

If you decide to submit a change of mind form, work on your choices before going online. Don’t tinker with your original list while online as it’s easy to make a mistake. Start from scratch and prepare a new list of courses. Then open your CAO account via the “My Application” facility. Click on “Add Level 8 Course Choices” and/or “Add Level 7/6 Course Choices.” Then use the “New Courses” list to enter your new course choices. Every choice is important so fill up all ten choices in each category.

Check the minimum and special requirements for each course you intend putting on the change of mind form. Don’t list any course which has been cancelled, but you may include any new courses which were announced after the 2020 CAO Handbook was published. All of this information is easily accessible on the CAO website, www.cao.ie. The two course categories – Level 8 (Honours Bachelor Degrees) and Level 7/6 (Ordinary Bachelor Degrees/Higher Certificates) are totally separate for the purpose of submitting a change of mind form. You may change one category and leave the second category unchanged or you may

change both. On the other hand, you may decide to stick with the choices you submitted by 1st February last.

If you make changes to your course choices online, an acknowledgement will be sent to your email address. Check that your courses have been updated by using the “My Application” facility. You may change your course choices free of charge as often as you wish up to the closing date. The final change of mind form that you submit is the one that will count for your CAO offers later in the year, so check online by 5.15pm on 1st July to make sure that all is in order.

After the 1st July you can make no further changes to your CAO application form. So, avail of the remaining weeks to give some serious thought to your course choices. With the state exams off the agenda, you can give your undivided attention to submitting a “change of mind” form that truly contains your course interests. It will be time well spent if you achieve your course of choice when the college offers are issued later in the year.

Billy Ryle is a Career Guidance Counsellor and Educational Commentator

Email: rylebilly@gmail.com

Tel: 0879808979

Message for Post-Primary Students from President Michael D. Higgins

Today it is my wish to send a message of support, encouragement and thanks to all the secondary school students across our island of Ireland. As you are only too well aware, the past months have been testing times for all of our people. You, with them, have had to deal with the many losses and challenges experienced as a consequence of COVID-19, and you also have had to carry an additional burden of uncertainty due to your circumstances in education. To any of you who have lost relatives and loved ones, may I offer my deepest sympathies. To others among you, worried about a friend or relative who is sick or vulnerable, or whose work places them at risk, we must all continue to give our support and solidarity, in whatever way we can.

Many of you may be from homes that are facing financial insecurity, with all the anxiety for you and your loved ones that such uncertainty brings. It is important to know that you are not alone. Thousands of families across the country are sharing your experience, and, as President of Ireland, I stand with you, and them, at this time. Lives and expectations have been turned upside down. The plans and hopes that were held at the start of this year have had to be revisited, perhaps adjusted. For you, exams, sporting events, trips to the Gaeltacht, visits to relatives, holidays, being with your friends, budding romances even – these

important and enriching social experiences that usually shape a young person’s character – have been paused, put on hold, as we await the advice as to what is asked of us for the months to come. I thank you for your solidarity and patience, as it has been expressed and as to how it will endure. What you must know is that all your actions over the past two months, all the restrictions you have endured, have helped to keep us all safe. You and your families have all played your part. Without doubt, your actions have saved lives. For that I thank you, but I also ask again that you stick with it, as we will all be asked to do more in the weeks and months ahead.

The past two months have helped us to recognise the value of the solidarity of those who have been supporting us through these difficult times. I am certain your teachers and parents have sought to make this time less difficult for you. It has been difficult for them too, so do continue to be patient and kind and give them the support that they deserve. You can be proud that you have all played your part in helping to curtail the spread of the Coronavirus by staying indoors, practising social distancing, maintaining hand hygiene and respiratory etiquette. Thank you for being so responsible. Your actions have helped save the lives of many. As President of Ireland, I value my relationship with young people like you. Rarely

do I come away from such encounters without feeling entirely hopeful and positive for the future. I am encouraged by the energy, creativity and enthusiasm, and humour too, that you bring to so many areas of endeavour, and your fearless and resolute attitude in pushing for positive change in our society – transforming what needs to change as we seek to build a participatory republic of equality in every way. I have witnessed this in those of you participating in the Gaisce awards, those who took part in the youth-led climate demonstrations, and all of you who are making such positive contributions to your communities as active, inter-connected, young citizens. Molaim sibh. I ask that you hold on to this ambition for Ireland and for the world as you set out on your life adventures. Commit to playing your part in the creation of a world that removes the obstacles standing between so many of its people and their full participation. May I wish you all well. Enjoy what you can make of the summer. Read, play, spend time outdoors and enjoy your time with those around you.

However, stay safe and continue to keep others safe. The crisis will pass, and out of this dark time will emerge a brighter period ahead for all of us to enjoy. Mile buíochas as bhur n-iarrachtaí, bhur foighde is bhur idéileacas is gach beannacht do’n todchái.

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A NAME TO REMEMBER....

David Shanahan wins GEORGIA TECH SCHOLARSHIP

By: Jimmy O'Sullivan Darcy

A Kerryman goes to Australia to learn how to play American football....it sounds like the start of a bizarre joke, but that's the actual reality for Castleisland's David Shanahan, and it paid off in spades last week as it was announced that he has received a full scholarship from Georgia Tech. Kerry has had plenty of lads drawn to the oval ball – the Doyle brothers, Moss Keane, and Mick Galway kicked ball in the same fields that David did as a child before going on to become some of Ireland's greatest rugby players. David himself played with Castleisland/Abbeyfeale and had a knack for scoring tries.

Australian Rules Football isn't unknown in these parts, either. Jackie Lyne and Mick O'Dwyer both brought Kerry teams to Australia and plenty of Kerry men have played in the Compromise Rules. Sean Wight, Tadhg Kennelly, Tommy Walsh, Pdraig Lucey, Mark O'Connor, more recently Deividas Uosis and Stefan Okunbor liked that game so much they stayed down under playing it. David was always involved in sport. He was an outstanding footballer on an outstanding Castleisland District team. In 2014 they played Mid Kerry in the County Final. It was and is quite simply the best game of football that I have ever seen – and yes, you can throw in any All Ireland Final that you like into the mix; this was better. Two fit, hungry, incredibly skillful teams who gave it absolutely everything. In the end Castleisland won it by a single point, 2-14 to 3-9. That team had Richard Cotter and Seamus Scanlon on the sideline. The Horan twins, Shay Walsh, Luke Brosnan, Sean O'Connell in midfield, Danny Hickey and Brosna's Paul Walsh up front.... serious talent allied to serious application. It was Castleisland's first county title at Coiste na nÓg. Two years later the two sides met again, this time in the U16 County Final. And it was another great battle, with David again in the thick of things at centre back. Castleisland were again victorious, with Eddie Horan scoring 2-3 out of their 4-4 total.

By 2017 he played midfield in a North Kerry Minor Final and his obvious talent was attracting attention outside his own parish. David was part of an age group that looked like missing out on minor grade when it was changed from U18 to U17 in 2017 (despite our own phenomenal success at the grade, I'd prefer to see that decision reversed). There were two Kerry minor teams that year, a U17 and U18 team, both of them managed by current Kerry senior manager Peter Keane. The U18s won the All Ireland, but the U17s came a cropper at semi-final stage in Ennis against Roscommon; it was just one of those days where Kerry just could not click into gear. Gaelic football and rugby are natural



sports in Castleisland. American football....not so much. David's father Jack says that he had the grá for it early on, though. David's older brother Robert loved the game and introduced it his younger brother. By the time that David was 10, the pair were staying up late to watch the Superbowl. "David loved the atmosphere, the razzmatazz, the whole thing. He was a bit later discovering the colleges football and he loved that straightaway as well, he wanted to make it. I suppose his lightbulb moment, in a sense, came when he realised that there was an obvious pattern of Australian guys kicking college ball." "After watching for a while I started to notice that a lot the punters and kickers were Australian. They were really the only international guys that were getting scholarships to play football at these big colleges.

"I got the notion that I could be a punter. I was just kicking the balls as hard as I could without any emphasis on technique. After a while, I started to research more about it and how the professional guys did it. I started to improve a lot once I started doing that. I used to film myself kicking and then break it down to see how I compared to guys that were in the NFL. The key when kicking an American football is to get it to spin a certain way, it's called a spiral. If you get the ball to spiral properly it goes a lot higher and farther than it would if you just kick it like a Gaelic football. To get it to spiral you have to drop the balls really flat and try and kick the 'sweet spot' of the ball, which is around the middle of it."

Donie O'Sullivan, Kerry's All Ireland winning captain in 1970 and first All Star in 1971, was a noted kicker and was invited to punt for St. Johns College in Queens, New York, while studying there. They soon realised how serious he was about the art – he stood out so much in a game against the New York Jets that they offered him a professional contract to play alongside Joe Namath. Darragh O'Neill, son of Cork footballer Colm and nephew of Maurice Fitzgerald, played for the Colorado Buffaloes.



The Ray Guy Award (William 'Ray' Guy is a Hall of Famer and the benchmark for punters) is given to the best 'punter' (i.e. kicker) in colleges football. Six of the last seven came through Prokick in Melbourne, a professional academy run by two former NFL players. So David put a video clip of his kicking and emailed it to them. Natural talent is one thing. Dedication to training and improvement is another. But the intelligence to see and the nerve and ambition to send that email....look, at that age I was hardly mature enough to be let into town on my own. John Smith and Nathan Chapman were obviously impressed as well. John Smith rang David the following day and flew over from Manchester to have a look at this kid from Castleisland. At 18 years of age David flew halfway across world to Melbourne to fulfill his dream. "It was obviously a big decision to make, moving across the world on my own at 18, leaving home for the first time. But it was something I just really wanted to do and it just felt right. While my parents thought I was mad, they were extremely supportive and I definitely could not have done any of it without them. I moved to Melbourne at the end of last August and I absolutely loved it. I lived in a house with five other guys doing Prokick. We trained every day, in the gym and on the field so we were always really busy. It was an unbelievable experience. I really enjoyed every bit of it." He made good use of his time. College football is huge in America and the big universities are always keeping an eye out for talent. Prokick have a reputation backed up by a record of unearthing talent. Georgia Tech, the 'Yellow Jackets', are one of the big dogs – they play in the ACC Football Conference against the likes of Duke, Virginia, Miami, Pittsburgh. They were due to play Notre Dame, the 'Fighting Irish' next November. A scholarship to Georgia Tech is big time football. They look for the best and make them better.

David Shanahan. Remember the name; you'll be hearing it again.



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KEEL GAA CLUB

SKILLS CHALLENGE: Our seniors have been creating skills challenges for our underage. You can keep up with all the challenges and participants entries on our Facebook and Twitter pages. Our third challenge for the underage of Keel GAA is from Aaron Murphy. All age groups have one week to complete the challenge. The coaches have decided any child who enters at least 3 videos over the 6 weeks will receive a small prize. Well done to all the boys and girls who showed excellent skills in the solo challenge. Big thanks to Thomas Ladden for the week 2 challenge. If you wish to take part, take a look at the details on social media or ask one of your coaches.

FYBOUGH NS: If you would like to purchase a copy of 'Down Memory Lane' a collection of memories from local characters compiled by the pupils of 3rd-6th classes, please email the school fyboughns1964@gmail.com or place your order in Benson's Quikpick by Wed, 27th May.

KEEL/CASTLEMAINE DELIVERY SERVICE: We would like to say a big thank you to all our members who have volunteered to help the Keel/Castlemaine Emergency Delivery Service. If you need help with any non-medical needs please ring 066-7174066

LEGION GAA CLUB

SENIOR LADIES

On May 30th, Killarney Legion Senior Ladies and management will be running 250km collectively in aid of Kerry Hospice Foundation. Each player or coach has set themselves an individual target which collectively totals to 250km. We hope to raise awareness as well as funds for Kerry Hospice Foundation which includes the Palliative Care Unit in University Hospital Kerry as well as Specialist Palliative Community Care Service. We hope any funds raised will allow Kerry Specialist Palliative Care Service to continue the valuable work that they do. We would kindly appreciate any donations to this page no matter how big or small. We would like to thank you in advance for your generosity and look forward to completing this challenge.

COVID 19

We would like to thank all our volunteers working every week in conjunction with Kerry Gaa for collecting medicines, fixing doorbells & boilers and the shopping. Ye are doing a fantastic job in difficult times for a lot of people who really appreciate the help. Well done.

GET WELL SOON

Killarney Legion would like to extend its good wishes to a very junior member of the club Charlie Mae who underwent surgery recently in Crumlin. You are in all our thoughts Lara, Shane & Family.

HAPPY BIRTHDAY

A stalwart member of our club hit a milestone at the weekend, Pat Healy. Happy Birthday Pat from everyone at the Legion Club.



The Bowlers from Glenflesk are looking forward to be back on their native Glenflesk pitch when restrictions lift and GAA resumes.

MILLTOWN/CASTLEMAINE NEWS

FUNDRAISING FOR PIETA HOUSE:

MÍLE BUÍOCHAS

WHAT AN AMAZING WEEKEND!

Thank you to our club and community for helping us raise awareness and much needed funds, to help Pieta House carry out such vital and fantastic work.

As at 1 pm on Monday last, we have raised an incredible €3,538-that is €2,538 over our initial target. 274 people walked/ran over a distance of 1,425.5 KMS. That is the equivalent of walking from our community to Paris, France!!! Incredible! It was a world wide effort with people from the four corners of Ireland along with past players/members residing around the world in London, Dubai, Boston, Sydney and Canada to name but a few.

On behalf of Milltown/Castlemaine GAA Club- to everyone that walked, ran, donated or cheered people on along the way, thank you sincerely for your support, your efforts, your generosity and good will. The donation page will remain open until midweek when Pieta House will close it. Please feel free to visit the link on our FB page to donate until this time.

Thank you to all the families that sent in photos/videos of their activities and their canine friends! Danny McClure from our PRO team did a super job uploading them to our FB page over the weekend which brought many smiles to our faces and uplifted our spirits. Maith thú Danny.

COMHGHAIRDEAS:

The stork was busy last week delivering a baby girl to our two club members Lorraine O' Sullivan and Liam Burke. We hope your little girl will bring you lots of joy and happiness and not too many sleepless nights!!

BACK TO WORK

We wish all those who have returned to the work force every good wish as they adjust to work mid Covid. We particularly commend all those who went the extra mile ensuring necessary services were maintained over the

past 8 weeks. We wish business owners every success as they strive to recover from the losses incurred during lock down. As the song goes 'We're all in this together', so let's support all the small local businesses

COLLEGE STUDENTS

We think of all those doing exams at present and in the coming weeks. May you be rewarded for your hard work and resilience in what has been very challenging times for you and your tutors/lecturers.

FIELD DEVELOPMENT:

We are delighted to report good news of progress in relation to our Field Development. Allman Bros. who did such a fine job on phase 1- namely our training ground has been awarded the contract for phase 2. Its fleet of machinery has arrived on site to remove all the topsoil before the draining process begins. Dramatic changes will be seen over the next 3-4 weeks with goalposts, railings, scoreboard and lights removed to make way for the realignment and laying of the new pitch. Follow the progress on the Club website and FB Page over the next few weeks.

EAST KERRY GAA NEWS

By Michael O'Mahony

EAST KERRY GAA BOARD WISHES

Deepest Sympathy to families & friends of following Deaths

Bernadette Casey Firies

Tommy Foley Tralee

Pauline O'Shea Tralee

Michael J Cotter Knocknaqoshel may they all rest in peace

DR. CROKES

COVID 19 our pitches are in pristine conditioning mainly due to the complete lack of activity. we are now entering our 10th week without a ball been kicked our sliotar pucked. The Club Executive wish again to remind all



Spa U21 team, winners of the 1991 East Kerry U21 Championship Front L-R Peter Wickham, Tadhg Kelly, Martin O'Riordan, Pat Corcoran RIP, Francis O'Doherty, Philip Coffey, Anthony Morris, John Doyle RIP, Garret Doolan, Johnny Brosnan Back L-R Ger Cronin, Micheál O'Sullivan, Jeremy Kenny, Donal Cronin, Tadhg Kelly, Aidan Moynihan, Sean Moynihan, Louis McAuliffe, Maurice Coffey, Peter O'Sullivan, Sean Lynch, Colm Healy, Tony Kelliher.



Committee that ran the Spa Rambling Houses between 2011-2013
L-R: Sheila McCarthy, Mary Culloty, Ann Mangan, Ray O'Sullivan, Cathy O'Sullivan, Mary Kenneally and Eileen Aherne.

players the Players Injury Fund is currently suspended and you are not covered during the present Pandemic.

Our weekly Lotto & Bingo are currently suspended and are under regular review will be resumed when current restrictions are lifted. In the meantime stay safe and follow the guidelines

ON LINE COACHING is one of the initiatives that has been introduced in the last few weeks and has being warmly welcomed.

We would like to thank Eoin Brosnan, Daithi Casey, Pat & Gavin O'Shea, Amanda Brosnan, Fionn Fitzgerald and Kate Stack Tony Brosnan, Johnny Buckley, John & Michael Lenihan Rheanne O'Shea, Oisín O'Connor, Daniel Healy and Kevin Landers we thank Brendan McMahon Miceal & Sinead Burns and Stephen Brosnan for participating.

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

<https://clubforce.com/mobile-app/>

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

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

BIRTHDAY GREETINGS to Eoin Brosnan who celebrated a major milestone last week.

SPA GAA CLUB NEWS

PHASE 1 EASING OF RESTRICTIONS

This week Ireland begins Phase 1 easing of restrictions. The advice remains very much to continue to stay home and limit movement to essential travel only, and people are also being advised to wear face coverings or face masks in public spaces. A number of businesses have reopened (Hardware, DIY, repair shops etc) as well as healthcare businesses (opticians, dentists etc) and construction and outdoor work has recommenced. The 5km exercise limit is still in place during Phase 1, and some outdoor sports like golf and tennis can go ahead with 2-4 people. A maximum of 4 people from different households can also meet outdoors. Phase 2 is scheduled to begin on

June 8th and at all times the situation is being monitored so the easing of restrictions can be altered or reversed depending on how the virus continues to spread.

ALL GAA ACTIVITY STILL SUSPENDED

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

SYMPATHY

Sympathy is extended to the Dennehy family, Kilbrean, on the passing of Neil Dennehy RIP. Sympathy also to the O'Leary families, Lissivigeen, and the Murphy family, Park Road, on the death of Joe Murphy RIP, formerly of Araglen Rest, Park Rd, who has died in Australia.

SPA LOTTO

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

VOLUNTEERS AVAILABLE FOR

ANYONE THAT NEEDS HELP AT THIS TIME

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

SPA ARCHIVES

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

STAY UP TO DATE ON OUR SPA NEWS

Keep up to date with all our Spa news and all our archive footage being added to the website by visiting www.spagaa.com and click the subscribe link at the bottom of the page

ITEMS FOR NOTES

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

CASTLEMAINE NEWS

Written by Dara O'Connor

NOTES NOTICE

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

CONGRATULATIONS

Well done to Alfie Giles who was last week selected as one of the 'Top 20 Players Since 2000' to have played in the Kerry District Soccer League by The Kerryman newspaper Soccer Correspondent, Mr. Mike Rice of Asdee. A great achievement when one considers the amount of talented players across the county in that period and the almost 50 clubs in existence these days.

SUPPORT LOCAL

Just a reminder to all that many small businesses across a number of trades/professions continue to operate in the Keel/Castlemaine/Milltown area during the current Covid-19 pandemic so we would ask you all to support these where possible. From butchers to pharmacies to shops to restaurants/take-away outlets, post offices, garden centres, construction workers,

sewing shops and essential repair providers there are a multitude of people still continuing to offer services locally. Lets support them!

PIETA HOUSE 'DARKNESS INTO LIGHT': €3700 RAISED!

Milltown/Castlemaine GAA Club took part in a 'Darkness into Light' Walk/Run fundraiser in aid of Pieta House (Suicide and Self-Harm Prevention Charity) over a 48 hour period last weekend from Friday, May 15th - Sunday, May 17th. This was organised and ran by the PRO team of Deirdre O'Sullivan, Danny McClure and Dara O'Connor and with the help of almost 300 walkers/runners, raised a terrific sum of €3700 for the charity with people of all ages, including families and individuals from the Milltown and Castlemaine catchment area, either at home, up the country or abroad getting involved and traversing almost 1500km.

MAINE VALLEY FAMILY CENTRE - ONLINE FAMILY DISCUSSION GROUP

Are you interested in sharing your lockdown experiences with other families on Zoom? Anna Breen would like to invite families to contact her if interested in joining a virtual

online discussion group when families can chat and share ideas and resources with one another.

You might also need more specific assistance and just want to chat, that is okay too just reach out and she will be there.

For more information you can email annafsw.mainevalley@gmail.com or text/phone Anna on 087 2694169 and Anna will make contact with you. Everyone welcome.

CASTLEMAINE COMMUNITY CENTRE

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

KILCUMMIN NEWS

Written by: John Moriarty

OPENING OUR LADY OF LOURDES CHURCH KILCUMMIN

We are delighted that Bishop Ray has announced that we can reopen Churches for personal prayer from Wed May 20th (but we will not have congregations for Mass for some time yet sadly). But we still need to be prudent and exercise caution and good hygiene practices. We will have regular cleaning and have sanitiser dispensers in place. As people are doing for visiting other places, so also it is encouraged to wash your hands before leaving home and on return, using gloves or mask if you wish, being aware to touch as few surfaces as possible, allowing at least 2 metres distance to others, being patient with others walking the aisles and not to congregate at candle shrines etc. While sadly we still do not have public Masses, please join with everyone in the pastoral area for Masses at the Cathedral on the webcam via www.killarneyparish.com, praying for God's protection for us, for our loved ones,

and for our society in these positive steps to increase movement.

KILCUMMIN N.S. JUNIOR INFANTS ENROLMENT 2020/2021

If you know of any child who intends to start Kilcummin National School in September 2020, please advise them to contact Kilcummin National School by email at kill43163@gmail.com. Enrolment application forms are now available. Book lists and other relevant information will be forwarded by email, due to the government directed school closure. We look forward to hearing from you. Keep well and safe.

PARISH NEWSLETTER

The weekly Parish Newsletter will continue to be made available at the local Post Office and Church Porch every Friday and online at www.kilcumminparish.com. Items for inclusion can be dropped into the Rural Dev. Office before Friday 10am or emailed to info@kilcumminparish.com also items for the local

publications can also be submitted in the same way.

COVID-19 HELPLINE

A special helpline which is free and confidential, is available in Kerry to help people accessing non-emergency and non-medical services. The COVID-19 Kerry Community Response Forum includes over a dozen agencies and organisations including Kerry County Council, Gardaí, and GAA. This freephone number 1800 807 009 will be available 8am to 8pm seven days a week. A text line is also available, people can text SUPPORT followed by their NAME to 50555. Requests can also be e-mailed to covidsupport@kerrycoco.ie. The helpline, which is manned by trained volunteers, is focussed primarily on ensuring that vulnerable members of the community or those living alone can access deliveries of essential items like groceries, medicine and fuel.



Brothers Brendan and Niall Keogh, enjoying a walk along the Queen's Drive, Muckross, Killarney.
PHOTO: VALERIE O'SULLIVAN



A friendly face in Killarney Post Office... Anne Clifford, taking her daily walk in Killarney Demense this week.
PHOTO: VALERIE O'SULLIVAN

FOSSA NEWS

Written by: Shane Kelly

SKILLS

A big thanks to Katie and Colm Talbot for their skills video they did last week it was very well received.

QUIZ

QUIZ NIGHT!!!

Our third and final quiz will take place next Sunday 25th at 8pm.

CONDOLENCES

The club would like to pass on our condolences to the Casey family Of Furies on the passing of Bernadette.

LISTRY NEWS

Written by: Anne Sugrue O'Brien

DEEPEST SYMPATHY

Listry GAA would like to send Deepest Sympathy to the O'Sullivan Family, neighbours and friends Rockfield West, Faha on the recent death of Pat O Sullivan RIP.

LISTRY GAA 48-HOUR RELAY WALK/RUN:

Listry GAA Senior Team and wider community is organising a 48 hour relay run/walk in aid of two greatly causes Kerry Hospice Foundation and Kerry Cancer Support Group. This relay will commence Friday 29th May at 19.30 by our senior team and will commence throughout the night into the early morning. This relay will continue until Sunday 31st May. Contact Anthony Kennedy (087)9319515 with your chosen time for either Saturday evening/night or Sunday. We ask that you, be it alone, together with an isolation partner, friend, significant other to come and join us to support these vital resources. If you wish to donate: <http://www.gofundme.com/f/listry-gaa-48hr-relay-run>. We are delighted with the response do far and

support shown.

O'DONOGHUE CUP 50TH ANNIVERSARY

To marking the 50th anniversary the club has appointed Paul Kennedy to coordinate events surrounding Listry winning O'Donoghue Cup in 1970. Paul has set up a seperate email address for content as follows : listry1970@gmail.com. Any ideas etc would be appreciated. Paul's contact number is 087 2242196. Also anybody who would like to help in any way please let us know as we will be setting up a committee shortly to arrange. Many thanks and keep safe.

ALL GAA ACTIVITY STILL SUSPENDED:

While the country is still under restrictions of movement and activity, the club grounds and facilities will remain closed completely until further notice from GAA headquarters.

SOCIAL SPIN

As Faha Court Bar & Restaurant is closed until further notice, we are conscious of those in our community that may need help during this time. Social Spin however is still in operation

to assist anyone that may need help in picking up shopping, prescriptions etc. If you know of anyone that needs a hand you might please let them know they can call us on the Social Spin number 087 7191231 or call Sean on 087 2425848 and our Social Spin volunteers will assist if at all possible. Many thanks from Sean, Aoife & the Social Spin Volunteers

LISTRY COMMUNITY COUNCIL

Listry Community Council delivers Meals On Wheels on Monday, Wednesday and Friday each week throughout our parish. We will be happy to extend this service to new people on request. Volunteer drivers would be welcome as many existing drivers are in the high risk category. Please contact Anthony Clifford 087 2215059 or Tony Darmody 087 2563883.

HOME DELIVERY

O'Sullivan's Shop Beaufort Bridge are offering a home delivery service to anyone in need during the Covid 19 crisis. Phone no 064 6644397

OUTLOOK GOLF

DEERPARK PITCH & PUTT CLUB NEWS

RE-OPENING: We are delighted to be back open to our members as of last Monday. We are operating a booking system through Aidan O'Donoghue for all members to arrange tee-times to play. Members can play from 3.30pm-8pm (weekdays) and 12pm-6pm (weekends) initially. We will adjust matters as we move through the various phases laid out by the government and public health authorities for re-opening the

country. Further information on times available for play is available through Aidan at 086 3364705. A reminder that the toilets are the only area of the clubhouse playing members are entitled to have access to for the moment.

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



L-R Daniel Glavin, Matt Lacey & Donal Cronin back on course at Killarney Golf & Fishing Club as Covid19 restrictions ease.
PICTURE MARIE CARROLL-O'SULLIVAN



Kevin and Conor Hughes, out for a spin at Ross Castle, Killarney National Park. PHOTO: VALERIE O'SULLIVAN



On Yer Bike... Denis, Niamh and Tom Cronin, cycling in the Demense, Killarney National Park. PHOTO: VALERIE O'SULLIVAN

RATHMORE | GNEEVEGUILLA NEWS

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

FUNDS APPROVED

Following last week's Killarney Municipal Meeting last week the following schemes were approved and money has been allocated to carry out works in 2020. The fundings has been welcomed by Cllr Maura Healy Rae & Danny Healy Rae TD and Cllr Niall Kelleher Mayor of Kerry

Restoration improvements programme 2020
Road Description
Rathmore To Rathbeg. €84,000.
Kilquane-Lisnagrave . €80,000.
Restoration Maintenance Programme 220.
Clydagh €46,800.
N72 to Shrone Beg cross €91,788.
Kilquane - Lisnagrave €44,550.
Old Road (Dr Donnells Road Shinnagh Rathmore €18,000.
Annaghilly More cross via Lisbabe €62,789.
Shrone school- Dooarrigbeg cross €20,300.
Drainage Programme 2020.
Kilquane- Lisnagrave €3,300.
N72 to Shrone Beg cross €6,800.
Annaghillymore cross via Lisbabe €3,600.
Old Road (Dr.McDonnells road, shinnagh Rathmore €1,600.
Shrone cross via Rathbeg Townland €4,600.
Rathbeg 5th cross Awnaskirtan cross €5,000.
Rathbeg west cross €4,400.
Behenagh Townland €3,300.
Bounard cross €7,461.
Roads project to be funded from 2020 community involvement scheme Grant
Shronebeg Rathmore €12,500.

RATHMORE PARISH RE-OPENING OF OUR 4 CHURCHES FOR PRIVATE PRAYER AND VISITS FROM 11-6PM.DAILY

The safest way to visit a church at the moment is: "Walk around, stand and pray, don't sit down and touch nothing." We are delighted to announce that all churches in the parish are opening for private visits. Please observe and strictly adhere to the following guidelines which will be posted on signage to each church:

- Please practice strict social distancing at all times, on Church Grounds and within the Church.
- Please follow the instructions regarding entry to and exit from the Church.
- Use hand sanitisers on entering and exiting the Church.
- As far as possible do not touch surfaces.
- Follow the arrows which indicate movement flow within the church.
- Be understanding and polite when offered guidance on safety issues.

THANK YOU: we wish to sincerely thank and am very grateful to parishioners who have responded so generously to the Parish finances at this very vulnerable time for all. Let us continue to look out for one another and find ways to be the loving embrace of God to our neighbours. We are all in this together but apart. Stay safe – Stay well and Stay in touch. Fr. Pat (086)8351732

CARE OF OUR CEMETERIES: Given the limited numbers who are allowed to attend funerals, it was never more important to keep our graveyards in the best possible condition. For the most part, it is volunteers who do this work, and we ask you for your support as well.

1. If you do some cleaning in your family plot, please please please take any rubbish or debris home with you.
 2. If you go for a walk in the cemeteries or visit the family plot – and you see any bit of rubbish or debris please pick it up and take it home with you.
 3. Particularly in Rathmore cemetery, we are trying to keep the grass mown frequently. If you would be willing to adopt a little piece of the cemetery, we would be very appreciative. - To volunteer please contact the Parish Office (064)7761669 or Fr. Pat (086)8351732 Thank You
- SYMPATHY:** To Mairead Cronin, Patrick & Denis Linehan, on the death of their aunt Christina Foley (nee Linehan), Essex, England & Mountcain, whose funeral will take place in the U.K. To John O'Connor, Tureenareha, on the death of his niece Catherine Hourigan, Newmarket, who passed on Friday 8th May they all rest in peace.

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

St. Vincent DePaul is launching an urgent appeal to help those still trapped by poverty during this difficult time. You can donate to the National SVP appeal online - svp.ie Telephone - 0818176176 or Post – Blue envelopes will be in Irish newspapers on this Saturday. You can choose to direct your donation to our local conference which is ST. JOSEPHS CONFERENCE RATHMORE or you can donate directly to our accounts in AIB Millstreet IBAN: IE69AIBK93615406950116 Or Rathmore Credit Union IBAN: IE30RDRN99106300120280 All donations will be greatly appreciated and will be used in our local area which includes Rathmore – Shrone – Gneeveguilla – Knocknagree – Ballydesmond.

THE RATHMORE SOCIAL ACTION GROUP

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

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

RATHMORE/GNEEVEGUILLA/KNOCKNAGREE COVID-19 COMMUNITY SUPPORT GROUP

A group has been formed in Rathmoreparish which consists of many local community organisations and businesses including members from Rathmore community council, Rathmore & Gneeveguilla GAA, Rathmore social Action Group, Fr. Pat O'Donnell, Rathmore St Vincent de paul, sliaibh Luachra Veterinary Centre, Reens pharmacy, An Garda Siochana-Sgt Paul Lynch-Rathmore post office, Contact us on a dedicated Free phone 1800 929 003, Dont be afraid to call, we're here to help those who are in genuine need, Contact details; Bernie Reen 087-2020143; Brian Kelly 087-2536808, Eilish Coakley 086-1038112, Niall Kelleher 087-6694194, Mike Dilworth 087-6723882,

pat Barry 086-7925715

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

ILLEGAL DUMPING: All illegal dumping on our roadsides and countryside should be reported to Kerry Co. Council on 066 716 2000. Freephone: 1800 326 228. You can also download the app "See it Say it" to your mobile phone and report any illegal dumping there and then. Your help to curb this unsocial activity will be greatly appreciated.

HELPFUL CONTACT NUMBERS:

Jigsaw Kerry: (Young Peoples Health in Mind) Contact 066-7186785 Email: kerry@jigsaw.ie
Pieta House: Contact 01 6010000 or www.pieta.ie
COVID-19 Support Line for Older People: ALONE has launched a national support line and additional supports for older people who have concerns relating to COVID-19. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

AWARE: (DEPRESSION SUPPORT)

HELPLINE ON 1890 303 302

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

BUSINESS OPEN IN RATHMORE PARISH

Rathmore
McCarthy's Londis,
O'Keeffe's foodstore filling station,
Reens pharmacy,
Christy's Take away
McCarthy's Butchers,
Rathmore District Credit Union,
BLAZE PIZZA & GRILL,
Hickeys centra & filling station,
Kerry Agri Store Rathmore,
Rathmore Post Office,
Linda's restaurant take away only,
O'Keeffe's Hardware & O'Keeffe's Oils
Guerins Foodstore filling station Ballydaly cross,
Gneeveguilla, McCarthy's Quick pick, Gortabawn
Paddy O'Keeffe's store, knocknagree
King plaza Take way, if you would like to be included Contact me and I will include you business in next week's issue.

JOIN US FROM ST. JOSEPH'S CHURCH RATHMORE FOR DAILY MASS THROUGH OUR PARISH

Television Streaming Service
Streamed Mass Schedule Rathmore www.mcnmedia.tv for further information contact www.Rathmoreparish.ie

NOTES

if you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087--6676817. before 6pm Sunday,

DOMESTIC SKIP OFFER

**Need to do a clear out or declutter?
Then why not order a skip or Skip Bag!**

We won't be beaten on price!



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ON NUMBER BELOW**

www.kwd.ie

1850 37 37 37

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1850 37 37 37

*Where available



Proud facilitators of the

**KWD
County
Clean-Up**



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

KILLARNEY'S SPORTING YEAR-1951

This was the year that Minister Noel Browne tried to introduce the Mother and Child Scheme and ended up being forced to resign under pressure from an affronted catholic church, especially the tyrannical (albeit sincerely devout) Archbishop John Charles McQuaid, who was arguably more powerful at the time than taoiseach John A. Costelloe – moral welfare was his business, not the Governments. It was a different age – Dr. Browne's challenge to their authority would not be the last.

One of the greatest boxing matches of all time took place this year – 'Raging Bull' Jake LaMotta had no answer to the panache of Sugar Ray Robinson.

Superglue, power steering, and videotapes were all invented this year. So was the first commercial computer

FOOTBALL

The 1951 County Football Championship was a bit convoluted. The format was similar to the current club championship structure, with teams playing off in a league system before advancing to knock-out stages. Remember, the calendar was less packed than now in the absence of a County League (Dr. Jim Brosnan brought that in as County Chairman in 1971, but twenty years earlier he was a Kerry footballer alongside his brother Mick, both of them sons of the great Con Brosnan of Moyvane.

'Killarney' had one team in 1951, and reached the 1950 County Final, but lost to Castleisland. One of Castleisland's best players on the day, the hugely popular Kerry Junior Paddy Batt Shanahan, won the 1949 County Final...with Killarney! It was a common enough in those times for players to switch clubs along with work or residency changes. Fitzgeralds' keeper Donal Marcus O'Neill was originally from Farranfore but soon joined Killarney Legion before moving to Cahirsiveen this year – he would win three County Championships with South Kerry and play for Kerry (he famously refused to play in 1957 when Kerry were sensationally beaten by Waterford. Until his sad recent passing, you could meet himself and Junior Murphy at any game in Con Keating Park, great company and good judges the pair of them always.

In 1951 Killarney was an amalgamation powered mainly by Legion players. Dick Fitzgerald was a combined team with Dr. Crokes and what we now call Eoghan Ruiadh (Kilcummin, Glenflesk, Rathmore, and Gneeveguilla). But Rathmore felt that the name Dick Fitzgeralds was too identifiable with Dr. Crokes. Newly elected East Kerry Chairman Fr. James Galvin of Glenflesk Parish (he would soon be transferred

to Moyvane and eventually end up in Fossa) tried to resolve the dispute. Frankly, there was merit and stupidity on both sides of the argument. Rathmore, who had a good team at that time, entered the championship on their own – a bad early blow for the Dick Fitzgeralds. Rathmore failed to get out of the group stage. Killarney won their first two games, walloping Mid Kerry and winning a hard battle against St. Marys. The second round game on the same day between Mid Kerry and Shannon Rangers saw the opening of JP O'Sullivan Park in Killorglin. Killarney had great players in the Lynes of Cleeney (Denny, Jackie, and sharpshooter Teddy all played) and Paddy O'Connor of Deenagh Rangers (Kilcummin parish had two teams at the time, Wolfe Tones and Deenagh Rangers). However, a quarter-final against Rahillys, and especially the young midfielder named John Dowling who was soon to make his championship debut for Kerry, proved a step too far.

Dick Fitzgeralds beat Listowel comfortably enough but gave a walkover to John Mitchells. That meant that it came down to the final group game, and Fitzgeralds won a cracker against Kenmare by 1-8 to 1-6. Iveragh (the old South Kerry) were a tough proposition in the quarter-final, but the Killarney outfit prevailed by 1-7 to 0-3 thanks to a kicking exhibition by Tadghie Lyne. Shannon Rangers took Dick Fitzgeralds to a replay. Fittingly, on the 21st anniversary of the great man and first East Kerry Chairman's passing, the team named after him made him give their best display and won easily by 4-8 to 0-5.

Dingle came through the other side, beating Rahillys in the semi-final. Dingle were something of a superpower in the forties, Fr. Jackie McKenna's school leagues were a big factor. Paddy Bawn Brosnan and his brother Tim ('Timaleen Deas'), Bill Casey (a nephew of Paddy Casey and an uncle of Brian Mullins, two great Dublin footballers in different eras), Tom Ashe, Mick Murphy (he would soon join Kerins O'Rahillys and play for Kerry), Tom Long (Paidí Ó Sé's first cousin was a great player, but very young in 1951, he would transfer to Dr. Crokes when he arrived as a teacher in Fossa) and Bill Dillon were all well-known, and with good reason.

The final was a fitting one for the times. That is to say, it was more about strength than skill. The Kerryman expressed it as mildly as they could "It was a keenly contested game, at times over-vigorous, and if the referee had sent a couple of players to the sideline, nobody could have blamed him." Scores were hard to come by. Dick Fitzgeralds led by 0-4 to 0-1 at half-time and ended up winning by 1-7 to 0-3.

Dick Fitzgeralds: Donal Marcus O'Neill, Denis Will Fleming, Donie Murphy (the Kerry player had marked Kevin Heffernan as a minor in 1946 and would later be a great mentor in Mayo), Andrew Larkin, Miah Larkin, Teddy O'Connor (Captain), Paddy Tangney, Michael O'Leary, Billy Will Fleming, Donal Prendeville, Pa Joe Teahan, Connie Riordan, Dan Kavanagh, Tadghie Lyne (the best sharpshooter of the era), and Gerald Teahan. Donie Sheahan came on in the forwards and played well – the Killarney pharmacist would later coach East Kerry to three County titles and advise Mick O'Dwyer as a Kerry selector.

Dick Fitzgeralds also won the County Minor Championship, with Michael 'Coiny' O'Connor (future Chairman of the Munster Council and principal of Anabla NS) scoring a cracking goal to turn the tide against Austin Stacks. . Notable names on that team include Sean O'Shea the Kerry hurler, Paddy 'Bomber' O'Shea, Pa Joe Cronin the future hurler, Fr. Paddy O'Donoghue, John Cahill from Headford, and Michael O'Callaghan and John O'Leary (the future TD) from Kilcummin.

Kerry beat Cork in the Munster Final by 1-6 to 0-4 thanks to a last minute goal by Dermot Hanafin and heroic defending by Paddy Bawn Brosnan. Mayo, with big Eamonn Mongan and John McAndrew in midfield and the likes of Sean Flanagan, Padraig Carney, and Peter Solan, were hot favourites for the semi-final. Henry Kenny, one of the best players in the country, was a newly elected TD who was celebrating the recent birth of his son Enda.

Kerry held them to a 1-5 apiece draw the first time out. In fact Kerry should have won that, having led by four points as injury time started, only for Tom Langan to poach a goal and they snatched an equaliser. Kerry lost out in the replay by 2-5 to 1-5, Sean and Mick Flanagan goaling for Kerry and Pat Godley for Kerry. That Kerry team included Donie Murphy, Jackie Lyne, and Gerald O'Sullivan of Legion, Micksie Palmer who had previously played with Legion (he was a Kenmare man) and John Joe Sheehan of Fries. Tim Healy of Dr. Crokes came on as a sub and Tommy Cooper of Legion was also on the bench. Mayo went on to win the All Ireland – if you had told me at the time that it would be their last All Ireland win, I'd have laughed (also, I'd have been very surprised, considering that I wasn't even born).

Kerry beat Cork to win their seventh Munster title in a row, but lost to eventual champions Armagh after a replay in the All Ireland semi-final. Laois native Ben Campion had been assiduously promoting hurling in Killarney. It was working; Killarney won the County Minor Final



Dsick Fitzgeralds, Kerry Co. Champions 1951. Back from left: Andrew Larekin, Billy Gleming, Dan Kavanagh, Donie Murphy, Denis Fleming, Pa Joe Teahan, Michael O'Learey, Gerald Teahan, Front: Connir Riordan, Paddy Tagney, Teddy O'CVonnor, Dan O'Neill, Miah Larkin, Tadhg Lyne and Donal Prendiville. Photo courtesy of Moments In Time.



1953 Sean Kelly John Joe Sheahan Donie Murphy Tadhg Lyne (Dr. Crokes photo archive)

this year. Johnny Culloty would wear a Kerry jersey for the first time as a result, lining out as goalkeeper with the Kerry minors – he was just 14 years of age when he was called in for trials. Killarney's seniors caused absolute sensation in this year's County Championship, beating red-hot favourites Lixnaw by 4-5 to 4-1, to qualify for the County Final. Crotta had hammered Killarney by 3-3 to 0-1 in their very first game but this was a different Killarney. Crotta led by 2-2 to 1-1 at half-time and Killarney couldn't reel them in, but Killarney was on Kerry's hurling map.

Killarney: Paddy Griffin, Batt Horgan, Martin Cleary, Michael Murphy, Denis O'Brien, Jim Dunne, Maurice Galvin, Seán Sheehan, Barry O'Connor, Tadhg Lyne, Jackie Lyne, Jim Tonin, Murt O'Shea, Ben Campion, Joe Boyd.

That same November, a 39 year old Cork hurler who had made his inter-county debut in 1937 as a minor at the opening of the Fitzgerald Stadium scored 6-4 against Wexford in a National League game.

1951 was a momentous year for Killarney basketball. Local historians recall that the very first game of basketball took place in November of that year, in the old Killarney Town Hall, featuring the likes of Eamon O'Donoghue, Ben Campion, young Michael Looney, and Paddy Culligan.

The Sem won the Dunloe Cup and the O'Sullivan Cup. Coláiste Iosagáin won the Corn Uí Mhuirí – the Hogan Cup competition was in abeyance at the time. Tomas Murphy of Camp, one of the famous brothers, was one of their best players.

OUTLOOK SPORTS

MUCKCROSS ROWING CLUB

RETURN TO ROWING

In advance of this week's move to Phase 1 of the government's Roadmap for Reopening Business and Society, the club's committee and coaches have been working on plans for a gradual and safe return to some limited rowing activities, in consultation with the relevant bodies and aligned with Rowing Ireland's Protocol for a Return to Rowing. Since Monday, Phase 1 of the roadmap provides for open outdoor sport and fitness activities to restart where social distancing can be maintained, with no contact and where such activities are practiced individually or in very small groups of up to four people. For rowing, this

provides for individual members living within 5km to row in single sculls (boats for one person), in groups of three sculls with a coach also present. Rowers from the same household may also row in a double or pair (two-person boat), with the continued requirement that any rowing group is limited to four people in total. Limited land-based training outdoors, such as running, may also resume in groups of four. By this weekend, we hope to have finalised all arrangements necessary to restart club activity on this basis. With such limited numbers allowed and adopting staggered training times, we appreciate the patience and co-operation of all members.



Damon Murphy, age 5, Killarney practicing Gymnastics outside with his Dad - Danny from Flares Gymnastics.



Pictured above Killarney Celtic U11 team at the 2019 Barnardos tournament held at Celtic Park.



Pictured above Killarney Celtic U10 Team at the 2019 Barnardos tournament held at Celtic Park.

KILLARNEY CELTIC

COVID-19

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

encourage all our members to follow the guidelines laid down by the government.

If anyone in our community is self isolating and requires help with deliveries of groceries, fuel,

medication etc, Killarney Celtic has people willing to help. All will be done in strict confidence. Please private message our Facebook page or contact Mary on 086 6485809. Looking Back

KERRY CLUB MKL GAELS TAKE ON 1 MILLION SOLOS FOR CHILDLINE

The members, family members, friends and fans of Mid-Kerry ladies gaelic football club MKL Gaels are putting their best foot forward on this sporting summer with a difference by kicking into action to help raise vital funds for ISPC Childline on Sunday, May 31st.

The players and community around MKL Gaels will highlight what can be achieved together – even when we are apart – by playing their way to one million solos for Childline.

Their mission is to have people all over the world donating solos on the day, so that children and young people in Ireland do not have to face challenges solo – but instead always have the support of Childline.

The club is calling on anyone who would like to have fun while raising funds to join them. All ages and abilities are very welcome to take part by performing 50 solos and posting a video of their challenge on social media using the hashtag #1MillionSolos. Everyone is asked to support Childline by donating what they can at <https://www.justgiving.com/fundraising/1millionsolos>.

Formed 21 years ago in 1999, the MKL Gaels club comprises of ladies and girls from Milltown-Castlemaine, Keel and Listry. While they cannot play together at present, the members are determined to use the sport they love to support Ireland's national listening



MKL Gaels Senior Team Captain Ailís Murphy (Front), pictured with Senior Kerry Ladies Gaelic Footballer and MKL Gaels player Ciara Murphy

service for children and young people. The service has experienced an increase in contacts since restrictions, including the closure of schools, came into place in March. ISPC Childline provides a free, confidential and non-judgmental listening service to children and young people up to the age of 18

across Ireland who can contact the service to talk about any issue on their mind. The service can be contacted at any time of the day or night by calling 1800 66 66 66, chatting online at Childline.ie or texting to 50101.

MKL Gaels Chairperson Keith McGuigan said: "Summers are meant for long evenings playing outdoors with friends and our sport of gaelic football is a great facilitator of this. Unfortunately it hasn't been possible yet this summer – meaning many children feel isolated, lonely and bored. We have done our best to engage with our girls through their parents via social media with drills, games and competitions – but nothing lives up to the real thing, that feeling of being part of a team.

"MKL Gaels are very excited about the #1MillionSolos challenge for this very reason. We will do it as a team (hopefully a very large team) and win, lose, or draw, we will know that we did our best, increased awareness of Childline and raised some much needed funds for a great cause in the process."

To find out more, including how you can take part in the #1MillionSolos challenge or support MKL Gaels' fundraising endeavours for Childline, see <https://www.justgiving.com/fundraising/1millionsolos>.



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COVID-19 FAQ'S: EMPLOYMENT, WAGE SUBSIDY SCHEME AND RETURN TO WORK

1. Can a new employee be placed on the Wage subsidy scheme, if they were previously on another employer's payroll earlier in the year? NO
2. Can seasonal workers be placed on the employers wage subsidy scheme? NO
3. When an existing employee returns to work can the employer keep them on the wage subsidy scheme? Yes
4. Can an employer change the terms and conditions of an employment contract such as hours, start times, rate of pay? Yes, but the employee must agree to this.
5. If a business does not reopen, what is the alternative for employees? Redundancy
6. Is an employer responsible for paying employees when they are off work sick? No, this depends on what is in the employment contract under sick pay conditions.
7. What if there is no employment contract? Get one now as it is illegal to not have provided one.
8. Can an employer refuse annual leave requests? Yes, high annual leave requests may be an issue in late summer this year. Employers need a clear & consistent annual leave policy that is transparent.
9. Can an employee simply refuse to return to work because they feel it is unsafe to do so? No, once the employer is adhering to the return to work protocols and all answers on the return to work form are No.
10. Are employees who were temporarily laid off entitled to bank holidays during that time? Yes, for the first 13 weeks on the lay off.

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

Information & advice is available on;

- COVID-19 Measures • Health
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Olive Murphy and her Son Adam McCarthy, enjoying the sunshine in Killarney House and Gardens. Photo:Valerie O'Sullivan

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Help children feel they are loved and belong: From the start babies need to know that babies need to know that someone or some people really care and will always be there for them. When children learn to belong in this way it gives them the ability to make attachments, trust others and be able to form relationships with other people in their life.

Support your child's self-esteem: Children need to feel good about themselves. They learn self-esteem from birth, even before they know who they are. They learn it because someone is there for them and comes when they cry, comforts them and responds to their needs. In childhood and adolescence children need to know that they are loved because of who they are. They need to feel they have a place in the family – and that they will be missed if they are away and that they have a part in what needs to be done, such as family chores. They need you to spend time with them, support their interests, show you care – with actions and words and show you are interested in what they have to say – even when you don't agree.

Build your child's self control: Children need to develop a sense of being able to manage things for themselves as they grow up. They can start learning this from babyhood. There are lots of ways that you can teach them this kind of confidence. Attend to your baby's needs and respond to his cries and little noises. Allow your toddler to explore (safely) and to say 'no' (within reasonable limits). Show delight in what your child is learning and help him/her to learn to do things for himself instead of you always having the answers. Give your child choices and then be prepared to let him/her have his choice. Ask your child's opinion about things that are to do with him/her (help your child to feel that they have some say). Start to teach him/her to solve his own problems by thinking about what they could do. Give approval and encouragement for trying new things and for getting something right, even if your child doesn't get it all right at first. Give children lots of time to do what they are good at. It is tempting to keep them practicing what they aren't so good at but they also need time to succeed.

Give them opportunities to learn new skills: Provide encouragement to attempt difficult tasks, and respond positively to your child's mistakes. This teaches your child how to handle challenges better next time. As children get older give them responsibility for doing things for themselves, such as work out how to spend pocket money, prepare a meal, shop for themselves (within reason). Be prepared for them not to do it the way you would – and for them to make mistakes. Children should see mistakes as a basis for learning – too much protection from disappointment and failure may not give children the chance to learn how to deal with their mistakes or difficult situations. Protect your child from adult problems: If you're having troubles with your child's other parent, make an effort to keep your child out of what is adults' business. Help your child to see it is not her fault (children often believe it is). Your child also needs to know that whatever happens somebody will be there for her/him. Grandparents can also be a great support when you are feeling very stressed.

Find outside support for your child: Children often do better when life gets difficult if they have some support from people apart from their parents. This person or people could be a grandparent, relative, family friend or counsellor. As children get older their own close friends can provide some of this support. Get support for yourself. Sometimes things go wrong between parents and children for all sorts of reasons. It is important to try to get help whatever your child's age. This may mean you need to get support from a professional who has special skills in this area.

Have family rituals to celebrate events and daily routines: Family routines and rituals are essential to family life and can offer stability in times of stress or when families are in trouble.

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

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

A Word of Victory

Welcome back dear reader "... whoever believes on Him shall never be put to shame" (Romans 10:11). Proverbs says 'the fear of man is a snare, but whoever trusts in the Lord shall be kept safe and secure' (Proverbs 29:25). The translation here means 'shall be set on high'. This evokes a picture of one being placed far out of reach from the pain of wanting to please others in order to feel accepted, valuable and loved. When a person puts God first in their life by making Jesus Lord, they come in under His covering of protection and security where He places His hedge around that one to keep them safe and in peace (Psalm 139:5). The apostle John wrote... "God is Love, and he who abides in love abides in God...there is no fear in love; but perfect love casts out fear because fear involves torment" (1 John 4:15-18). There is only one place where we can find true acceptance and 'perfect love', and that is in the love that God the Father has for each and every one of us. Many people who have suffered rejection, abuse or loss in the past carry painful memories deep inside which almost 'lock them in' and stunt them emotionally. If the rejection or wounds were caused during childhood, then, every time something happens later in life they react to those circumstances as a child would - never having been able to grow up emotionally due to that un-resolved pain. This brings them to a place of instability in their emotions, or complete denial of those emotions. It can also force them to become 'people pleasers' in order to gain the approval and affirmation of others. Here is a deadly trap because not everyone will like or agree with us, and some 'friends' motives can be ungodly. This is a painful and frightening thing to accept when a person has struggled emotionally because we all like to be affirmed, loved and appreciated. But there is a 'Friend who sticks closer than a brother' (Proverbs 18:24) - His name is Jesus - God's Son, who gave His sinless life to pay our ransom note, so that we could be redeemed from every work of darkness. He endured betrayal, condemnation, mocking, rejection, shame and humiliation; He was grieved by those He loved and then crucified without mercy so that whoever would believe and trust in Him could be set free and be made whole (Isaiah 53:3-5). Ask Jesus to be your Lord today and receive God's Perfect Love!

See more at wordofvictory.net

@WOVKillarney

E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

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

Gardening
with Killarney Outlook
by John O'Sullivan

Summer Flowering Shrubs

From now until late autumn there is a large range of flowering shrubs in all different sizes and from evergreen to deciduous for you to choose from. Some can have a short flowering time and others can flower right through the summer.

Remembering when choosing your flowering shrubs that you find out the flowering period as this can determine the position that you are going to plant your shrub.

A good example of a deciduous flowering shrub that will flower for a long period over the summer is a shrub called Potentilla. It comes in a good range of colours also, including white, yellow, orange and red. It is a medium to small sized shrub and if you have a small space, Potentilla Red Ace is quite a compact one and would be suitable.

As with most flowering shrubs, the flowers will go off as the season goes on so remember to dead-head every few weeks.

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

IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
FRANK JONES



KILLARNEY, CO KERRY
WHO DIED MAY 4TH, 2018

*Without your kind and gentle smile
And sweet familiar face
A treasured life is missing
And the World a sadder place.*

FROM YOUR
LOVING FAMILY

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:
killarneyoutlook@outlookmags.com
and the verse and photo you
would like to include.

*Please include a contact name,
address and telephone number.*

1/3 COLUMN €5
inc vat. (45x86mm)

payment to be made via credit card.

Outlook
MAGAZINES

12TH ANNIVERSARY

IN LOVING MEMORY OF

PJ CRONIN



LATE OF BALLYHAR, KILLARNEY
WHO DIED
ON MAY 25TH 2008

*We never part from those we love
No distance can divide us
With memories dear
And love sincere
You will always walk beside us*

ALWAYS REMEMBERED
BY YOUR SON BRENDAN,
DAUGHTER IN-LAW NOREEN
AND GRANDCHILDREN
CLAIRE, ADRIAN AND KEVIN.

19TH & 30TH ANNIVERSARY

IN LOVING MEMORY OF OUR
DEAR PARENTS

**KATIE & PATRICK
WALSH**



LATE OF FAUGH MUCKCROSS
KILLARNEY
WHO DIED ON 28TH MAY 2001
AND 25TH MAY 1990

*No matter how life changes,
No matter what we do
A special place within our hearts
Is always there for you.
You never wished for sadness
You never cared for fuss
Just to be remembered
And loved by all of us.*

SADLY MISSED BY CATHLEEN,
TIM AND FAMILY, MARGARET,
PODGE AND THE GIRLS
MUCKCROSS AND EXTENDED
FAMILY.

**Special Anniversary
Mass at a later date.**

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

**SEÁN F. G.
O BRIEN**



ST. THERESA, ST. ANNE'S ROAD,
KILLARNEY. WHO DIED ON
21ST MAY 2019

As we remember Seán on this his first
anniversary, his wife Maura and family wish
to express our sincere thanks to all who
sympathised with us on our sad loss.

We thank all those who attended the
Rosary, Removal, Requiem mass and Burial.
We are very grateful for all the mass cards,
floral tributes and letters of sympathy.

We appreciate all those who travelled long
distances to be with us, also all the local
people, relatives and friends who attended.
To the staff of Tralee General and the Health
Centre Killarney who cared for Seán our
heartfelt thanks.

To Fr. Kieran O'Brien Administrator, Fr. Paddy
O'Donoghue and Fr. Micheál O'Dochartaigh
for their beautiful concelebrated mass and
words of consolation, our sincere thanks.

To the O'Shea Funeral Directors, Tim,
Mike and Mary. Many thanks for their
professional help.

MISSED AND
MOURNED EVERY DAY.

*"Go thuga leaba dó i measc na Naomh"
Rest in Peace Seán.*

BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,
MARBLE HEADSTONES
SANDBLASTING
OLD STONES CLEANED
AND RE-LETTERED

TOM MURPHY PROPRIETOR
BARRADUFF, KILLARNEY
TEL: 064 7754021/064 7754262
MOB: 087 2598664



KILLARNEY OUTLOOK CHARITY FUNDRAISER

In Aid of the **Kerry Cancer Support Group**

**NEXT WEEK
FRIDAY MAY 29TH**

All **Advertising Revenue** from the
Killarney Outlook on May 29th
WILL BE DONATED
TO THIS FANTASTIC CHARITY!

To be part of this fundraiser place an advert with us:

Quarter Page: €20
Half Page: €40
Full Page: €80 + vat

*By doing this YOU ARE DONATING DIRECTLY
to the Kerry Cancer Support Group!*



For more information contact

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