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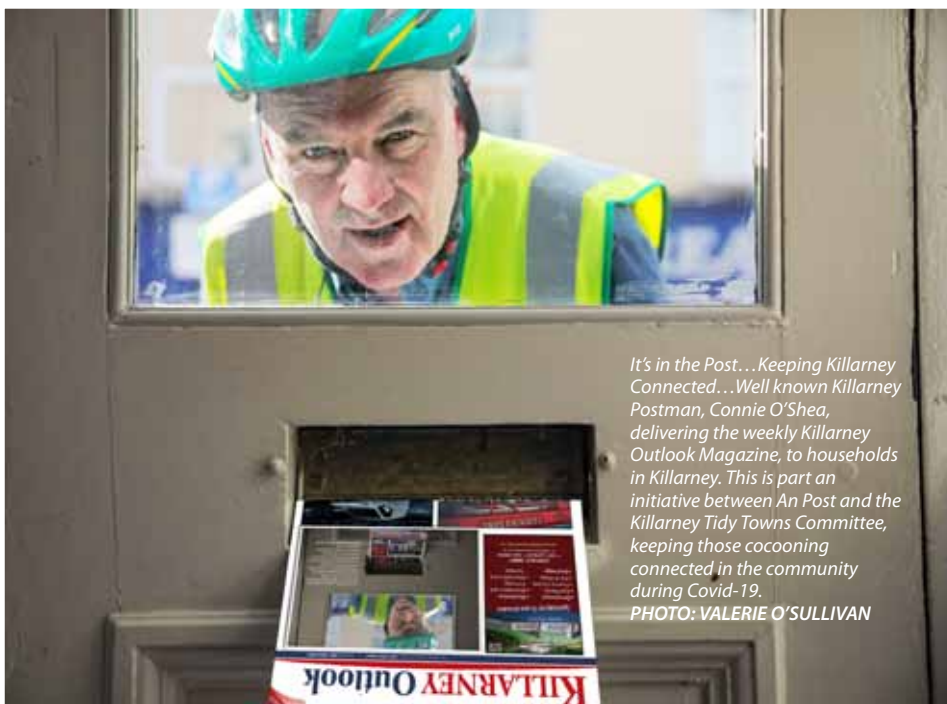


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It's in the Post... Keeping Killarney Connected... Well known Killarney Postman, Connie O'Shea, delivering the weekly Killarney Outlook Magazine, to households in Killarney. This is part an initiative between An Post and the Killarney Tidy Towns Committee, keeping those cocooning connected in the community during Covid-19.

PHOTO: VALERIE O'SULLIVAN



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EDITOR'S NOTE

In the midst of Covid-19 and all that the country and indeed the world are going through, we are keeping things positive in our magazine again this week. We thank An Post who are delivering our magazine to those cocooning, we thank the frontline workers who are keeping our fridges

stocked, our medicines up to date and our treat that is a take away. We thank our advertisers who have stayed with us and who are availing of our new rates to keep businesses going, we thank our contributors who help us fill the magazine every week and finally we thank you, our readers,

the heart of our magazine. #staysafe #stayhome #flattenthecurve

Keep safe everybody #flattenthecurve

Aisling Crosbie,
Editor 086 0400958



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

KILLARNEY OUTLOOK DELIVERED TO THOSE COCOONING

Hot off the press...

Out first every Friday.... Killarney Outlook is now being delivered to those cocooning due to Covid-19.

With the help of An Post, copies of the magazine are being delivered in Killarney and surrounding areas. It means that those who are observing government guidelines are able to enjoy the Killarney Outlook on the day it is published. "We were absolutely delighted that this service was available to us by An Post" Aisling Crosbie, Editor of the Killarney Outlook said. "we are very grateful to the volunteers in the Killarney Tidy Towns Committee who worked behind the scenes to ensure that this fantastic service



Killarney postman John Healy, together with many other local postmen, delivers the Killarney Outlook to readers cocooning during the pandemic, Chris & Christie O'Brien. PICTURE MARIE CARROLL-O'SULLIVAN

was organised" she added. During the current pandemic, the front line workers in An Post are going above and beyond the call of duty by supporting those in need during Covid-19. Postmen and postwomen throughout Killarney are calling to the front doors of

older and vulnerable customers on their delivery routes, particularly those who are living alone in rural areas, they are not only delivering post but they are taking post putting into circulation free of charge.

A statement from An Post said "In staying apart, we're coming together but we know that it's hard. That's why we're doing what we can to keep local communities connected. From opening local post offices to checking in on vulnerable people, delivering newspapers and so much more in between, we're doing our little bit to make it easier for you to stay connected".

"GO AWAY HOME AND BE GOOD"

Nell's wise message as she celebrates 99

A Headford native who is a resident in St. Columbanus Nursing Home celebrated her 99th birthday this week.

Nell O'Mahony (nee Moynihan) spent her married life in Mountrodger with her husband Denis O'Mahony and they were soon joined by their 5 children, Paudie, Mossie, Jim and twins Christy and Noreen. Nell has 17 grandchildren and 5 great grandchildren, Ella, Callum, Nathan, Clodagh and James. Always a lover of chats with her neighbours and visits from her family, Nell is a sister of the late John, Dan and Michael Moynihan Labour TD.

An avid Kerry Supporter, Nell is looking forward to the return of GAA games which she loves to listen to on the radio and she is also looking forward to seeing Sam returning to Kerry shortly. "Nell has resided at St Columbanus Nursing Home for nearly 4 years where she is very well looked after by the excellent staff there and the family look forward to visiting her again in the home when it is safe to do so", her granddaughter Elaine told the Killarney Outlook.

Nell was asked on her birthday had she any advice to give her family and she replied to 'Go away home and be good'



A window of opportunity on Nell's 99th Birthday. Great grandchildren Ella, Nathan, Callum Foley with their Mum Elaine sing Happy Birthday to Nell O'Mahony for her 99th Birthday, pictured with her carer assistant Helena Joy, at St Columbanus's on Tuesday afternoon. (Missing from the photo baby Clodagh Foley). PICTURE MARIE CARROLL-O'SULLIVAN

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QUICK RESPONSE TO MILL ROAD DUMPING SITE

Residents of Mill Road in Killarney were shocked this week to learn that there was a massive dumping site on their road.

One of the residents was tipped off by a walker and was dismayed to find the area strewn with household rubbish. The scenic wooded area, close to the Old Mill, from which the road gets its name is situated along the banks of the River Flesk.

"It was mostly food and packaging and was previously in black bin bags, but these had been ripped open by wild foxes and rats", and it was obviously going on for a while as there were tonnes of rubbish", the resident told the Killarney Outlook.

Following posts on social media, which got a huge reaction from the people of Killarney, local and national media outlets covered the story and shortly after the Council were informed, officials were on the scene.

"The response of Kerry County Council after the discovery of a huge illegal dumping site on Mill Road was fantastic", the resident added. "On the morning they were informed, the Environment Officer was there along with the Litter Warden and they went through part of the site to see if they could find anything to connect the illegal dumping to the culprits", they added.



On seeing the images of the dumping, Mayor of Killarney, Michael Gleeson said "If a picture is worth a thousand words then this one tells very forcefully of thugs who have absolutely no respect for residents, the environment or Killarney's priceless tourist industry. It is only someone with a criminal mentality that could commit such a despicable act of vandalism. Those dreadful people. I presume, expect overworked Council persons to come and perform the filthy

job of cleaning the place. There are so many wonderful people involved in keeping Killarney and its environs looking superb for local and visitor, this gross act is an insult to them and to all decent people. Every effort must be made to identify the few with this terrible mentality and we must be brave enough to ensure that they are brought to justice. We who live in a place of such un-rivalled beauty deserve to have our special place treated with respect.

NO DECISION YET ON 4TH JULY FESTIVAL



Mr America, entertaining the crowds, in the Killarney 4th July Annual Parade and Celebrations last year. PHOTO: VALERIE O'SULLIVAN

No definitive decision has yet been made on whether this year's 4th July Festival will proceed in Killarney or what exact format the Independence Day celebrations might take in the town that has a long and mutually beneficial relationship with the American people.

An exciting and colourful celebration was being planned for the big day – which falls perfectly on a Saturday this year – but the organising committee will now go back to the drawing board following the Government's decision to prohibit mass gatherings of over 5,000 people, until September 1st, due to the Covid-19 crisis.

The decision means that all major outdoor events will have to be cancelled or rearranged and that will impact on the traditional format of the 4th July Festival which sees thousands of people lining the streets to watch and join in the spectacular Independence Day carnival parade.

Killarney Chamber of Tourism and

Commerce will now consider if other aspects of the festival can proceed as more intimate events, including an open air cinema in the national park, flag-raising national anthem ceremonies and a spectacular fireworks display which have all been an integral part of the annual 4th July celebration which was initiated in 2013.

"At the moment, nothing has been decided but we will be meeting very shortly to discuss the matter," Chamber President, Paul Sherry, said.

"We will, of course, be guided by best practice advice from the Government and the health authorities and public health and safety will obviously be the main priority," he said.

Mr Sherry acknowledged that, given the new restrictions on the number of people that gather outdoors, it is extremely unlikely that the festival parade could go ahead in its usual format, but other options will be looked at.

UPDATE Coronavirus COVID-19



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DALY'S HAVE THE *MIDAS TOUCH*

Staff at Daly's Supervalu are celebrating selling the €9.7 million winning ticket in The National Lottery. Saturday's Lotto jackpot worth over €9.7 million was sold at the Park Road store and was the second big National Lottery win in the space of a number of days. On Tuesday (14th April), another lucky Killarney player scooped a €500,000 EuroMillions Plus top prize with a ticket that they bought at Daly's Supervalu in the town.

Speaking after receiving his second phone call from the National Lottery in the space of a matter of days, John Daly who owns the Supervalu business in Killarney with his dad Jimmy, his uncle Billy and his cousin Derek, said: "Honestly, I am still in a state of shock and disbelief! Lottery wins are like buses – you wait over 30 years for one and then two come along at once! It really is a magical story for everybody in the community here in Killarney. It's the bit of good news that we all need right now and we're absolutely chuffed to bits for these two winners, particularly the winners of the €9.7 million, whoever they may be. With travel restrictions currently in place, it means that we don't have any tourists in the town which makes it extra special to know that one of our loyal local customers may have won this prize," he said.

"We heard the news on Monday morning that a store in Killarney had sold the lucky Lotto ticket but having sold a big prize so recently, there was no way we'd even consider that it



Chloe O'Connell, Daly's Super Valu, flat out issuing lottery tickets to customers, after the store's recent winnings of €9,772,175 last Saturday & €500,000 on the Tuesday previous. PICTURE: MARIE CARROLL-O'SULLIVAN

could have been us again! It has been a tough number of weeks for everybody involved in the shop and all of our staff have just been amazing, implementing the systems in-store to ensure the safety of our customers. This win will give us all an incredible boost and we'll organise a proper celebration to celebrate the win when all of these restrictions have been lifted," he added.

The winning numbers for last Saturday's €9,772,175 Lotto jackpot were: 04, 09, 15, 27, 29, 34 and bonus number is 17.

A National Lottery spokesperson confirmed

that it is still waiting to hear from Kerry's biggest ever Lotto winner. "There is still no word from last Saturday's lucky Lotto winner so we are again appealing to anybody who may have purchased a ticket in Daly's Supervalu to check their tickets carefully to see if they are the winners of this €9.7 million prize. If you are the lucky winner, please sign the back of the ticket and contact our prize claims team on 1800 666 222 or email claims@lottery.ie, and we will make arrangements for you to collect your prize when it is safe to do so", the spokesman said.

"HAPPY 94TH BIRTHDAY DONIE"

By: Donie Whitty O'Sullivan

Popular Killarney Pharmacist, Donie Sheehan MPSI celebrated his 94th birthday this week.

Donie shares a birthday with Queen Elizabeth, who celebrated her 94th birthday on the same day. A native of Listowel, this now Knighted Killarney man opened up his family run pharmacy business with his late wife Carmel at 34 Main Street in 1953.

Donie must have prescribed medicines to at least six generations of Killarney people (how can we forget his magic cough bottle). Donie was always available 24/7 to look after people's health care needs, a South Doc before his time.

His love for Gaelic Football and Horse Racing knows no boundaries.

Dr Crokes Football Club is very close to his heart, where he serves as Patron. He is also a former Crokes player (won a County Championship with Dick Fitzgeralds in 1951) and served as trainer, officer, and selector. He also served as selector for Kerry football teams in all grades and his proudest moment came in 1975, when Kerry won the All-Ireland, which brought Gaelic Football to a new and higher level. He also trained East Kerry in 1971 to win the All-Ireland Club Football Championship. He was also a member of the East Kerry & Kerry County



Donie Sheehan is pictured with his fellow Dr Croke clubman and one of his favourite Kerry players of all time Colm "Gooch" Cooper. PICTURE: DONIE WHITTY O'SULLIVAN

Boards and Fitzgerald Stadium Committees. Without doubt Gaelic Football is his life blood. Just like Queen Elizabeth, as a horse owner Donie has had a lot of success down the years,

where his interest and knowledge of horses and the sport of horse racing is greatly respected. Happy Birthday Donie!



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HOTELIERS CHAMPION WORLD EARTH DAY

Despite the doors remaining closed during the Covid19 lockdown, The Killarney Park and sister hotel, The Ross, who are well known for their continued efforts to create an environmentally friendly base for those choosing to stay in the spectacular location of Killarney have once again brought the message of sustainability to the forefront for World Earth Day, which was on Wednesday, 22nd April 2022.

Owned and run by the Treacy family, they have once again brought the message of sustainability to the forefront for World Earth Day, 22nd April 2020.

The #HugATreeNotMe initiative is a combined effort by siblings Ciara and Marcus Treacy. These third-generation hoteliers have an unrivaled passion for eco-awareness and environmental sustainability and are relentless in their efforts to drive the message of environmental preservation.

The Killarney Park and The Ross have teamed up with another eco-friendly force, HomeTree Ireland. As soon as the hotels are open and trading, they have pledged to plant a tree for each tree-hugging social media picture which carries the tag @killarneypark (Instagram) @TheKillarneyPark (Facebook) or @TheRossKillarney. The hotels have turned to social media to spread the message #hugatreenotme and are confident that their tree planting targets will be easily achieved with the help of their enthusiastic social media followers.

"It's fun, it's different and it will hopefully get people thinking about our environment on World Earth Day. We may not be able to hug each other right now... but we can still hug a tree!" joked Ciara Treacy, who manages The Ross.

#HugATreeNotMe

Marcus Treacy, Operations Manager, The Killarney Park with his wife Anne.

COLM AND KIERAN DO IT FOR DAN

Kerry legends, Colm Cooper and Kieran Donaghy have rowed in behind the "do it for Dan" campaign by auctioning a collection of their own GAA gear in aid of the little battler from Ballybrittas in Co. Laois.

Dan is the son of two football greats, Niall and Aisling Donohoe and was diagnosed a rare life-threatening disease called Spinal Muscular Atrophy (SMA) Type 1 and Scoliosis.

The disease has a life expectancy of 18-24 months however a groundbreaking treatment, Zolgensma, is available in the US but at a cost of 2.1 million dollars for a once-off infusion. The treatment can substantially improve quality of life, and survival rates of this horrific disease.

The couple appeared on RTÉ 6 One news on Wednesday evening and their campaign has raised almost €1.5million.

Colm auctioned his boots and a signed Jersey and it is believed that the auction and donations raised over €20 with some people contacting Colm directly while Kieran Donaghy raised almost €34,000 from 2,500 donors on his go fund me page for Dan.





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Community Spirit brings businesses together on High Street

The tight-knit community on High Street have come together to support and thank front line workers for everything they are doing during Covid-19.

Anto Cronin, whose family run T. Cronin's Butchers on High Street and whose wife Grainne runs Who's 4 Shoes across the road with her sister Maria, decided to get some flags made with messages of support.

"I just thought it would be nice for all the businesses there together who have all recently renovated their place to let the Frontline staff know how much we appreciate them", Anto told the Killarney Outlook.

Robertinos, Cronins and O Connors are all third or fourth generation businesses and also have a great relationship with each other down through the years! We are like one big family on High Street. Obviously Murphy Brown are great new neighbours who have fitted in brilliantly. It's great that everyone is willing to show this support for the frontline!", Anto added.

PICTURES: ANTO CRONIN AND MARIE CARROLL O'SULLIVAN



MESSAGES OF HOPE FROM KILLARNEY BUSINESSES

A new trend of Covid-19 is the very welcome messages of hope from Killarney Businesses which are displayed on the windows of their now closed premises.

Three new additions this week are The Killarney Park Hotel, The Ross Hotel and The Laurels.

While The Killarney Park leads with the statement **"Together We Will Rise Again", Stay Safe, Stay Home, Stay Strong**, The Ross promises that **"One day this will be over. And we will be grateful for life in ways we never felt possible before..... especially cocktails"**.

The Laurels has two very positive quotes on their windows.... the first one quoting John Lennon: **"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one"**.

While the second one quotes Roy T. Bennett - **"Never lose hope. Storms make people stronger and never last forever."**



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New York City in Lockdown

Niamh tells us of life in the city that never sleeps

A former pupil of Lissivigeen National School and St. Brigid's Secondary School in Killarney, **Niamh Cagney** is living and working in New York City as a Segment Producer at MSNBC, the American cable television channel that provides NBC News coverage as well as its own reporting and political commentary on current events. Niamh is the eldest daughter of Ellen and John Cagney and sister to Orla, Colm and Aine.

In this week's Killarney Outlook, Niamh tells us about life in New York during Lockdown.

When coronavirus first arrived in the US, it was reported in Washington state; which was scary but also on the other side of the country for me: a 42-hour drive to be exact. I, along with everyone else, knew the second it hit New York it was going to explode. When the first few cases started popping up in the city things changed very quickly.

On March 1st a New York lady was confirmed with the virus, two weeks later all schools and nonessential businesses were shut down and cases were nearing one thousand.

As cases climbed in the city, I was riding the subway into Manhattan every morning and entering the 30 Rock building; a building thousands of employees walk through every day and thousands of visitors share the hallways doing studio tours.

I was concerned when it was in the city, but once it hit 30 Rock things became very real. As a producer I work on-set alongside the anchors who broadcast out of New York; the concept of working from home wasn't even a notion



in my mind until people started getting sick in my office. Within days, makeshift studios had been built in our anchors' homes, and over 90% of our network's employees were working remotely. I made my way to the building one last time to grab some equipment, opting for an Uber to avoid the subway; cutting through a deserted Times Square that morning was the eeriest and most surreal experience I've had since moving here three years ago.

Since officially going into lockdown, I typically leave my Brooklyn apartment each day for a walk around the block and once a week for groceries. On a good morning I line up for about 40 minutes to gain entry to the bigger food

shop in my neighborhood, standing with up to a hundred others along the social distancing tape outside. As of last week, everyone in New York state is required to wear a face mask when out in public; if you're not wearing one, you best believe you'll get glares or snarky comments from strangers on the street; it's a far cry from Killarney here.

It's terrifying to see cases in New York move towards the quarter million mark and can be easy to get lost in the numbers and lose sight of the people behind the statistics; It's a blessing and a curse working in the news industry during a time like this. On the one hand, it's proving more and more difficult to switch off now that the days are blending into each other and my bedroom has transformed into my office; but on the other hand, I get to tell the stories of those who are battling this virus or have lost their loved ones, while getting the latest and most accurate updates for the public onto the airwaves.

If this pandemic has taught me anything, it's how lucky I am to have the family and friends that I have. When you live away from home, that feeling of helplessness creeps in from time to time; but it's nothing a Facetime chat can't ease.

In all honesty, I'd give my right arm to be able to hop into a car and drive ANYWHERE right now; or be able to go for a walk through Muckross; but I know that day will come again soon. While some states are starting to re-open, New York has just passed the case peak. How long is the descent? No one knows, which is why social distancing is more important than ever before.



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#StaySafe #StayPositive

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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?

Many pensions can be accessed 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 for the rest of your life that is purchased with the money left after your tax free lump sum.

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

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

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

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Is it time to reimagine Home?

By **Niall Healy MCIAT MCABE** Director of Killarney-based award winning architectural practice, **healycornelius design Ltd.**

Have you noticed, in the past number of weeks, how your home completely transformed to become the school, the office, the gym or even, via a Zoom chat with friends on a Friday night over drinks, the pub?

We are all currently experiencing an enforced change of lifestyle. It has been necessary to reimagine the domestic interior to accommodate the ever-expanding set of facilities needed for our lives at the moment. 'Homework' has become 'home schooling' and 'working from home' simply 'working' with each requiring a reimagined space within our home. Had the pandemic we are now experiencing occurred 30 years ago the possibilities that our homes now offer would have been constrained by the limits of connectivity at the time.

Over 10 years ago we had an office in the city. At that time, we were being challenged by the impact of the financial crisis. To find a way forward, I was reading various pieces on business development, and one line resonated, it was, 'work is what you do not where you go'. With this in mind, I remember looking at an unused and unloved space at the end of our garden and decided we would build an office at home. For over 10 years this is largely my place of work when not in our office in Killarney which we since established in 2015. What we have discovered over the years is the office at the end of the garden has, from time to time, become the spare guest room, the gym and the occasional karaoke club with friends on a Sunday afternoon.

With the current lockdown many companies are placing the resilience and flexibility that technology offers into sharp focus. The benefits of a flexible approach to work will, without doubt, allow a different lifestyle to emerge. As we move back to a 'normal' life it will be interesting to observe how attitudes towards home and work will shift. The benefits of removing the commute to the office will allow more time with family and domestic life. Think of the reduction in our carbon footprint alone, if we collectively reduced commuting miles by 20% or 40% by working from home one or two days per week.

As the lockdown experience has required us to reimagine Home, perhaps we can learn some lessons, and appreciate that 'less is more'. Equally, finding the balance between Work and Recreation is also especially important to maintain a balanced life. Carving out a space as a sanctuary, a space for mindful quiet reflection and exercise is also an important aspect to create a quality of life that enhances physical and mental wellbeing. Perhaps, in reflection of our current experience of this very unusual time, we can reimagine how our Home can serve us in a more holistic way.

Would you like to start a conversation to discuss how your home can evolve? We are offering a free half-hour design consultancy session via Zoom or Skype to begin a conversation to help develop your ideas. You will find our offer via our Website, Facebook or LinkedIn page, simply search for healycornelius design.

<https://www.facebook.com/165599806880103/videos/218167706080340/>



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This is the crucial time to contact us when you see this kind of activity. This is the stage where the bees are actively seeking a new roofed home and scout bees are desperately seeking new shelter for their colony. Swarm season is soon beginning & we will take your unwanted bees. By calling us to remove your bees you will be helping to relocate honeybees to a safe place.

Honeybees pollinate 1/3 of the foods we eat yet they are struggling in modern society due to diseases, pests, loss of habitat and pesticides.

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Whizz Kids

restore tech for those cocooning

Three young boys from Rathmore are becoming heroes of the pandemic by restoring donated iPads, tablets and smart phones for use by residents in nursing home and for those cocooning due to Covid-19.

Alex, Neil and Karl Thompson, along with their mum Una Moynihan and dad Garrett are behind the initiative which is gaining momentum.

"I am a speech and language therapist and will admit to being a bit obsessed with communication, Una told the Killarney Outlook, however, this is independent of my own job, and has been driven by the boys.

"They've needed tech to connect safely with their friends and family and now want to make sure that others who may not be able to access iPads and tablets don't miss out. By using technology, families and loved ones can communicate and support each in the safest way possible. Being able to watch mass online, connect with family, and get reassurance when needed is vital", she added.

"While we have received donations of used tablets to date, we need to raise money for the purchase of more:

- Tablets
- Wi-fi access (e.g. mi-fi & mobile credit)
- tablet cases
- stands for tablets
- headphones with microphones.

With this in mind the family have set up a "gofundme" page where people can make donations. www.gofundme.com/f/



Alex, Neil and Karl Thompson, along with their mum Una Moynihan and dad Garrett are behind the initiative.

kerry-covid19-tablet-campaign. To date they have raised almost €1,400.

"Alex, Neil and Karl have gotten great results with abandoned tablets. They can do so much more with more. Our communities need this", Una said.

So if you have a tablet / iPad / smart phone that you no longer use, the boys will check them to make sure they have functioning cameras and microphones, power supplies. Then they restore them and put on appropriate video call apps on them. They then print out easy to follow instructions to help and put me

on the phone to help if anyone needs a hand setting it up. "The response across the county has been phenomenal. The boys would like to thank the staff at Vodafone Killarney (Kerry Phone Centre) for their help in sourcing SIM cards, and mobile WiFi devices to help people stay connected", Una added. Drop Off Points: Rathmore: Hickey's Centra Killarney: Sheahan's Centra, Muckcross Road Scartaglen: CircleK. People can also contact the family through facebook and they will arrange collection in Listowel, Castleisland, Dingle and Tralee.

University Hospital Kerry says #THANK YOU #WE HEAR YOU



A video message from almost 40 members of frontline staff and management in University Hospital Kerry has received over 2,000 likes on facebook this week.

The video message thanks the people of Kerry for their continued support during the Covid-19 pandemic. The video, which is available to view on the hospital's social media, was recorded on the front lawns of

UHK and features the hospital team with the simple message of 'We Hear You'. Fearghal Grimes, General Manager of University Hospital Kerry said "Staff and Management at UHK wanted to say thank you to the people and businesses of Kerry, near and far, who have been incredibly supportive and generous over the past number of weeks".

"We wanted also to extend our heartfelt thanks to Kerry residents across the county for staying home – we know it takes mammoth effort especially during this beautiful weather. We are urging you to continue to do this so that here at the hospital, we have sufficient capacity to give every patient the level of resource they need to recover. Your amazing efforts to date have undoubtedly meant that a lower than expected number of people have presented at the hospital with Covid-19 symptoms. We ask that you continue to observe HSE guidelines concerning social distancing and self-isolation. "Our own team in UHK have been incredible during this crisis, making significant sacrifices to be at the frontline day in day out".

"While we are facing significant challenges and testing times in the Health Service, it is incredibly uplifting to know that the people of Kerry are there to support us. Whether it is a donation of PPE or provisions for the team, or even a simple postcard with a message of support, it means so much to us and helps us get through the day."

"We have been overwhelmed with the kind gifts and messages of support from the community, and we wanted to just say Thank You, We Hear You".

#THANKYOU #WEHEARYOU



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KEEPING EVERYONE FIT AT HOME

Emir Coffey who owns and runs **Muckcross Pilates & Barre classes** is this week passing her skills to enable everyone, including the elderly, to keep fit. Below she has 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 Muckcross Pilates & Barre. Stay active, healthy and safe but only do what feels comfortable, exercises should not be painful. For all 4 exercises, sit up nice and tall towards the front of your seat. Start off

..... **WITH KILLARNEY OUTLOOK**

with a few breaths, breathing in through the nose and out through the mouth. Engage your core muscles by gently pulling your belly button in and up.



1) Sit to stand. If your chair has arms you can use these for assistance, or you can also push your hands into your legs but try to use your leg muscles and not your arms to lift your body. Start by sitting up nice and tall in the chair, making sure that you are sitting forward in the seat and not sitting all the way back into it. Inhale to prepare and as you exhale lean forward, push your hands into your legs and slowly come up to a standing position. Stand up nice and tall. Make sure the chair is touching the backs of your legs. Inhale and as you exhale lean slightly forward by hinging at the hips and return to a seated position. Repeat 8 to 10 times, or as many as you feel able to do.



2) Seated rows help to work the upper back and chest muscles. If you don't have hand weights you can use a 500ml bottle of water or a tin of beans as an alternative. Sitting tall, feet flat on the ground, shoulders relaxed with a weight in each hand. Hold the arms straight out in front with the knuckles pointing to the ceiling. Draw the elbows back, squeezing the shoulder blades together. Return to the start and repeat 8 to 10 times, or as many as you feel able to do.



3) Seated leg hovers. If you have a soft ball or a cushion, place this between the knees. Sit tall with the feet flat on the ground, shoulders relaxed with the arms down by your side and the palms facing inwards. Engage the core muscles by pulling the belly button in and up. To start squeeze the ball with the inner thighs and lift the heels off the ground, keeping the toes on the ground. If you want to proceed hover one foot and inch or two off the ground and then hover the second foot off the ground. Hold for 5 seconds and lower the feet back onto the ground. Ensure to keep the core engaged, the back straight and remember keep breathing throughout and avoid holding your breath. Repeat 8 to 10 times, or as many as you feel able to do.



4) Seated thoracic rotation stretch. Sit nice and tall, feet flat on the floor and shoulders are back and down. Place your two hands on the same hip and then rotate around to look over the shoulder on the same side until you feel a stretch in your upper back. Hold for 5 seconds. Return to the centre and repeat the exercise on the other side.

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

Warmup 1mins on each exercise

2x sets

- Shoulder shrug and tippy toe lift
- Squat to press
- Back lunges
- Jog on spot with knees up

Main section:

4x exercises for 1mins 4x sets

- Squat to back lunges
- Push up and arm reach up rotation
- 4x point box jumps
- 2x frog jumps and 2x squat thrusts on floor

Cool down

- Calf stretch
- Quad stretch
- Shoulder & hamstrings
- And breath work

Video will be uploaded Friday morning to compliment these exercises.



Squat to back lunges



Push up and arm reach up rotation



4x point box jumps



2x frog jumps and 2x squat thrusts on floor



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



TLC FOR YOUR FEET...

Get your soles summer ready

Cracked heels are a common complaint, especially among women.

DIY Foot Treatment

1. Soak feet in warm water for 20 minutes with: Epsom salt OR Vinegar to exfoliate, soften callused skin, detoxify, and relax tired muscles.

Baking Soda OR Lemon juice may also be used with caution (not on sensitive or cut skin). Essential oils like tea tree, peppermint & lemon enhance the aroma and wellbeing.

2. Exfoliate A bit of hard work is needed at this stage. Using a pumice stone or foot brush, gently buff off dead skin. Homemade foot scrubs can be made by mixing, 1) Oatmeal & Milk or 2) Salt or Sugar mixed with coconut or almond oils and honey.

3. Lock in Moisture

Apply a foot Balm containing urea, such as Boots Cracked Heel Balm or Emusifying Ointment (available in all

pharmacies). These will penetrate the gaps between cracks and make skin smooth, soft, and flexible. A layer of Vaseline can be applied over this to seal in moisture and reduce water loss in the skin. Wearing 100 percent cotton socks to bed after this will keep the moisture in while allowing the heel skin to breathe.

Repeat this routine for a few days in a row for baby soft heels!

Razors and scissors should be avoided on heels at home. People with diabetes or neuropathy should not exfoliate and should visit a podiatrist. Spray bandages can be used to cover cracked skin while waiting. This will provide a protective layer over cracks, helping to heal skin and reduce pain.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

How to feel safe when nothing feels safe!

These are the strangest times we are living in. Never before have we experienced the kind of behaviours and actions that we have been putting into practice over the last month. When things suddenly change in our lives it can make us feel unsafe. Nothing feels familiar or certain any more. Many of the things we have taken for granted have been stripped away, like being able to see our loved ones, give the people we love big hugs, celebrate occasions and even say our last goodbyes. However, feeling safe is a skill that can be learned.

3 Top coaching tips to feeling safe.

1. Recognise that everything is always changing and that we cannot hold on to

anything permanently in our lives. The only certain thing about change is change itself.

2. Connect with all of the things that you love in whatever way you can. This may mean phoning a loved one, joining a community support group online. Perhaps it means you have more time to read, sew, paint or bake. All of these activities can help promote the feeling of safety.

3. Know that you are not alone. Everyone globally is also going through these big changes and just recognizing this can help us to feel supported and not alone at this time.

Stay well and wonderful everyone!

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CHANGE IS A CHOICE!

Part three...

1. Tune into social media and filter out the negative news and chitter chatter and only allow positive news into your space.
2. Share, like, embrace and invite positive groups, people and chats into your social media circles.
3. Use this time to change your education status and study a course that has always interested you but you had no time to do.
4. This is a time to get fit, get healthy. Follow our free classes online or any of the content that is now been shared worldwide for free on social media and other platforms. Fitness and nutrition advice has never been more accessible to access and primarily for free so drink it up and take it all in.
5. Spend time getting to know your kitchen and embracing cooking from fresh, everyone loves eating so get to love cooking that food you love to eat so much. You will save yourself a fortune cooking from scratch so you can save your money for that shopping spree you can treat yourself to when this is all over!!! Smoking body, healthy glow, and fab clothes.... That is something to look forward to isn't it?
6. Time is one thing we have been given loads of right now and it was the one thing none of us had any of before. So I ask you to embrace it. Enjoy it and use it productively, positively, so we can all move on from this experience like butterflies out of a cocoon and spread our wings into a new world.

*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*

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COVID-19 /CORONAVIRUS Kerry Community Response Forum

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



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Tim Jones Butchers, taking the necessary precautions to keep his staff and customers safe at their Deerpark premises L-R Customers Ryan Shanahan with his Dad David doing contactless tap payment with Evan Jones, Tim Jones (Proprietor), Aaron Jones & Ray Dunlea.
PICTURES: MARIE CARROLL-O'SULLIVAN



L-R General Manager James Gilligan & Evan Cronin, working hard at Four Star Pizza during the pandemic to bring delicious delights to your door step daily

KILLARNEY OUTLOOK SAYS

Thank You

They are keeping our fridges stocked, making sure we have our medication and health products and are giving us a treat with a takeaway...Meet those on the frontline who are also heroes of the pandemic



A safe system newly installed at Care Plus Pharmacy on Park Road as Nicola Brennan serves customer Donal Hartnett through a microphoned hatch system keeping both employee & customer safe during the pandemic Covid 19.



Flying the Irish flag showing support our front line workers and making their customers aware of the government guidelines when shopping, during the pandemic, at T. Cronin & Sons Butchers - Denis Cronin (right) with his son Tom (left).



Working together to serve the community during the pandemic L-R Derry Nagle & Mike Horan.



DELIVERY!! The Tan Yard at the Killarney Plaza are now open for phone order delivery. Team Spirit, as a chef from each of the O'Donoghue Ring Hotels will alternate to bring great food to your door on request. L-R Chef Liam O'Connor (Killarney Avenue Hotel) & Pat McGrath (Operations Manager at Killarney Plaza Hotel).



Back in Buisness! John Paul O'Callaghan and his sister Marian reopen up shop for business as usual at Fair Hill Car Park.



Taking to shaving his head like many others, a smile from Tommy Kelly at Hegarty's Supermarket as he and his colleagues continue to serve the public during the pandemic.



Popular butcher Tom O'Connor busy at work at Hegarty's Supermarket during the Covid19 Pandemic.

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EAST KERRY GAA NEWS

By Michael O'Mahony

VOTES OF SYMPATHY

East Kerry GAA Board wishes their Deepest Sympathy to families & friends of following Deaths

Thomas Wallace Ardfert
 Connie Brosnan Killarney
 Seamus O'Connor Kilcummin
 Damian Lyne Killarney
 Derry O'leary Kilcummin
 Ann Galvin Killarney
 Con O'Connor Currow
 Michael Murphy Rathmore
 Noelle O'Sullivan Killarney
 Billy Moynihan Killarney
 May They All Rest In Peace

DR. CROKES GAA CLUB NEWS

COVID 19 Has everything still at a standstill due to the ongoing pandemic our playing fields, gym, and clubhouse are closed and will be until the sanctions are lifted. Hopefully in the not too distant future. When the ok comes from the powers that be action will resume albeit in a structured order. Thank you to all for complying with the regulations during these difficult times. Special credit must go to our communications committee for their endeavours in putting videos and photos from our archives on social media to help our members to reminisce during the present crisis. There has been a tremendous reaction to this initiative from near and far. many more will follow in the coming days, Many projects for our physical, mental and social health and well being, juvenile fun games, etc have been initiated by the GAA all maybe viewed on our website www.drcrokes.com.

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

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

MEMBERSHIP is now overdue and may be paid before. to Registrar Frances O'Sullivan. Membership can also be renewed on line visit drcrokes.com/news. Follow the links below to renew membership.

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

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

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



U16 Co Champions 1974 Front L-R: Martin O'Sullivan, Mike O'Leary, James Cahill, Patsy Casey, Joe O'Sullivan, Donal Cronin, Dan O'Sullivan, Kevin Sullivan, Willie Cahill and Kevin Cronin Back L-R: Andy Regan, Martin Kissane, Sean Cronin, Pat Cronin, Adrian Ryan, John Cahill, Billy Tangney, Ger Barry, Neil Doherty and Eoin O'Riordan.



1997 East Kerry Junior League and Junior Championship winners: Front L-R: Bernie O'Riordan (trainer), Mike Kennedy, James O'Donoghue, Michael O'Doherty, Seamus Clifford (captain), Aidan Cronin RIP, Francis O'Doherty, Paul Russell, Brendan O'Sullivan Darcy, Kieran O'Sullivan Darcy, Donal Cronin and Paul Casey. Back L-R: Pdraig Kearney (selector), Andy O'Sullivan (selector), Shane Wickham, Denis Cronin, Kieran Dennehy, Sean Casey, Kevin Healy, Pat Corcoran RIP, Brian O'Sullivan Darcy, Patrick Cronin, Donal Kelly, Peter Wickham, Frank Hickey, Michael O'Leary, James Cahill, Rob Cremin and John O'Sullivan (selector).

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

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

SYMPATHY to the family of David Leen, brother of Tony Leen Sports Editor Irish Examiner.

MILLTOWN CASTLEMAINE GAA CLUB

SYMPATHY

Sincere condolences to our clubman man Willie Hanafin, on the death of his brother John Joe. Cómhbháron ó chroí freisin to John Joe's brother Patrick and sisters Mary, Kathleen, Julie and Liz. Tá tú inár gcuid smaointe agus paidreacha.

'STAR IN THE SITTING ROOM'

in Association with Milltown/Castlemaine GAA.

We have had a wonderful response to our 'Star in the Sitting Room' competition so far. Our entries have certainly raised the spirits of our members.

Have you sent in your entry yet? If not, then now is the time to do it! The competition is open to all club members- young and old. Simply record a short video of your chosen talent- press ups, hula hoop swirling, singing, dancing, playing music, magic, card tricks- the list is endless. What-ever your talent is.. we want you to share it with us. It must be at least 30 secs long and may not exceed 2 mins. Send your recording via what's app to Deirdre, Danny or Dara on our PRO team (Please PM our FB page for contact details). We will then post the clip on our Facebook Page for our club members to see. Every entry will be put into a hat and drawn at random to determine the winners. The prizes include a club top, a Kerry Jersey and 3 prizes of a club Beanie Hat. Entries must be appropriate and must not contain any bad language. Please make contact with Deirdre, Danny or Dara if you have any questions at all. Please be sure to get involved and have some fun! We wish you all the very best of luck. Mile buíochas to all who have contributed so far!

CASTLEMAINE NEWS

Written by Dara O'Connor

NOTICE

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

A WORD OF THANKS

The Community of Castlemaine extends a sincere thank you to all workers on the front lines during the current Covid-19 pandemic. To everyone in the healthcare, transport, fuel, retail, food, postal, hygiene and emergency/delivery services and any other areas that are keeping our community and our county served in these unprecedented times you are the heroes.

Everyone else is asked to please obey the current restrictions which are in place until Tuesday May 5th and help flatten the curve further to stop the spread of this disease. Remember: The virus doesn't move, people move it. If we stop moving, the virus stops moving.

SYMPATHIES & PRAYERS

The Community of Castlemaine wishes to offer its condolences and sympathies to all those mourning the loss of recently bereaved family members due to either Covid-19 or non Covid-19 related deaths in the locality and in the surrounding areas over the past number of days and weeks. These are without doubt very challenging times and our thoughts and prayers are with everyone affected. We also ask everyone to keep in mind those who may be ill at this moment in time locally and to light a candle or say a prayer every night so that they make a full recovery.

COVID-19 SUPPORT AVAILABLE FOR OLDER PEOPLE

The charity ALONE has launched a national support line and additional supports for

older people who have concerns or are facing difficulties relating to the outbreak of the Coronavirus.

The support line is open Monday - Friday (8am - 8pm) by calling 0818 222 024.

KEEL CASTLEMAINE EMERGENCY DELIVERY SERVICE

066 7174066 (no text messages)

Keel/Castlemaine Community volunteers working with local businesses are very much aware that the recommended restrictions on movement as a result of the coronavirus pandemic may cause problems for some members of our community in the coming weeks. In order to minimise problems, we as a group of volunteers are putting in place a collection service for prescriptions from Milltown pharmacies and a delivery service for local businesses and drop them to your house. This service will be manned from 1PM to 4PM, 7 days a week.

If you need to use this service, we ask that you telephone your prescription through to your pharmacy by 1PM and pay for it by card if possible as our volunteers will not under any circumstances ask for or accept cash. If you then telephone 066 7174066 (no text messages) and speak to our coordinator we will do our best to collect the prescription and deliver them to your house by the next day or sooner. The same will apply for food/fuel delivery as needed. It would be of great help if you could have your eircode to hand.

Note that this is a free/confidential service and at all times our team of volunteers will respect people's privacy and when delivering we will keep a safe distance to minimise the possibility of spreading the virus. Also note our volunteers will never ask you for nor accept cash.

We believe that as a community, working together and supporting each other, we can

help to relieve one worry from our friends and neighbors and get back to our normal daily lives as soon as possible.

We would be grateful if you shared and communicated this post so it reaches those that may need help, especially those not on social media. If anyone wishes to volunteer please contact Ger on 087 6761740.

CASTLEMAINE & KEEL TEXT ALERT NOTICE - NEW APP CALLED 'CAIRDE'... (PLEASE READ & SPREAD THE WORD)

Our local Garda Declan Kelly has asked me to instruct the current subscribers to the Garda Text Alert system who own a smartphone to download a NEW App called CAIRDE.

Download and follow the simple log in instructions and current subscribers will receive the local Garda text alert messages directly through the CAIRDE app.

If you have any queries Garda Kelly can be contacted or text messaged on 087-1334817 or at declan.kelly@garda.ie

It is the intention of local Gardaí to get as many of the current subscribers signed up to the CAIRDE app as possible.

FAMILY SUPPORT WORKER AVAILABLE

Anna Breen from the Family Support Centre in Castlemaine wishes to let people know that she is available for a friendly chat, family support or can be contacted for more specific information for families who need support at this time within the local Mid Kerry community. Anna can be contacted through the following means: Phone: 0873694169

E-mail: annacd.mainevalley@gmail.com

Anna can also be contacted by Zoom if community members wish to avail of face to face contact.

DEERPARK PITCH & PUTT CLUB NEWS**COURSE CLOSED**

At the request of Pitch & Putt Ireland after the announcement of the government's new public health measures last Good Friday we wish to let everyone know that the course is closed to play until Tuesday May 5th at the earliest pending further updates in the meantime. The Committee are monitoring the situation on an ongoing basis.

COUNTY BOARD

Please note that the County Board have informed us that they are not taking entries at the moment for the County Strokeplay due for Sunday May 9th as the situation remains unclear as to when some of the present restrictions might be lifted.

MEMBERSHIP

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

OUTLOOK GOLF



Social Distancing at Killarney Golf & Fishing Club - Picture by Roman Gallagher.

RATHMORE | GNEEVEGUILLA NEWS

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

WELL DONE

A CARING Rathmore family has devised a wonderful initiative to ensure nursing home residents can keep in touch with the outside world during the Covid-19 restrictions.

Garrett Thompson, his wife Una Moynihan, and children Alex, Neil and Karl, are collecting, formatting, modifying and distributing tablets, smartphones and laptops to nursing homes for the benefit of residents and to help them keep in contact with loved ones. They can also be distributed to elderly people who are cocooning at home. They have set up a Facebook page Kerry Covid 19 Tablets to encourage people to donate old devices they are no longer using and they have already delivered a number to devices to care homes.

They have also established a GoFundMe page to raise money to buy additional new equipment with over €700 already donated. Funding is required to purchase tablets, wi-fi access mobile credit, tablet cases, stands for tablets and headphones with microphones.

"It would be great if the people could help with this worthwhile cause in any way they can,"

"By using technology, families and loved ones can communicate and support each other in the safest way possible. Being able to watch Mass online, connect with family and get reassurance

when needed is vital".

For anyone who has technology they wish to donate, Hickey's Centra in Rathmore and Circle K in Scartaglin will accept them and they will be collected for distribution.

RATHMORE/GNEEVEGUILLA/ KNOCKNAGREE COVID-19 COMMUNITY SUPPORT GROUP

A group has been formed in Rathmore parish which consists of many local community organisations and businesses including members from Rathmore community council, Rathmore & Gneeveguilla GAA, Rathmore social Action Group, Fr. Pat O'Donnell, Rathmore St Vincent de Paul, Sliabh Luachra Veterinary

Saturday 7.00pm Sunday 11.00am
Monday 7.00pm Tuesday 7.00pm
Wednesday 7.00pm Thursday 7.00pm
Friday 7.00pm Saturday 7.00pm
Sunday 11.00am

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

IN THESE CHALLENGING AND ISOLATING TIMES FOR ANYONE WHO NEEDS HELP, SUPPORT

OR EVEN A CHAT – CALL ST. VINCENT DE PAUL RATHMORE BRANCH ON 087 3462332

O'Connor Freight/Courier services are offering a free collection service for those who are self isolating or unable to make it to the shop/pharmacy & require essential items/medications collected & delivered to their homes in the local Rathmore/Killarney areas. Please call/message us in confidence on 087 2582282 / 086 8653688.

NOTES

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

AGE ACTION IRELAND GRANT HARDSHIP GRANT FOR ELDERLY PEOPLE COCOONING

Important info for elderly people

This is a small grant of €500 for older people "cocooning" or those providing care to them.

It's designed to help those suffering from isolation, to provide upgrades of phones, TV or appliance upgrade or other forms of help during Covid. Please ensure that you clearly outline the need for which you are applying, how the grant will alleviate hardship and what it will be used for and details of the costs (up to a maximum of €500). <https://www.ageaction.ie/file/2020-covid-19-hardship-fund-form-final7docx>

KILCUMMIN NEWS

Written by: John Moriarty

SYMPATHY

Kilcummin Rural Dev. would like to extend their sincere sympathy to their chairperson, Catherine Murray and the O'Leary and Mannix families on the sad passing of her late brother Derry O'Leary, Killarney and formerly Inch. May he rest in peace.

KILCUMMIN LOOKING GOOD

Kilcummin Looking Good would like to thank all those who collected bags and gloves and went out to clean up and tidy around their own two kilometres area last weekend. Bags and litter pickers are available from Tony O'Connor 087 6258641 if required. We would also ask people who bring their dogs out for a walk to clean up after them and to respect other road / footpath users with children, buggy etc. Take care everyone

NEWSLETTER

The weekly parish newsletter will continue to

be made available at the local Post Office every Friday. 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.

TRÓCAIRE

Now that Lent is over, you can forward your contribution to www.trocaire.org, or to Trocaire, St Patrick's College, Maynooth, Co. Kildare, or keep the box and contribution until the current restrictions cease and you can return it to the Church.

KILCUMMIN GAA

Kilcummin GAA would like to remind fellow parishioners that if they themselves or someone they know need help or support during the current crisis you can contact the following helpline. 1800807009. or text support followed by your name and address to

50555. Kilcummin GAA club have a number of volunteers willing to respond to your need. We are here to help you STAY SAFE. Also we would like to extend our gratitude to all those who are working so hard to keep us safe and keep our country going.

KILCUMMIN COMMUNITY ALERT

Kilcummin Community Alert are available to help the people of our community in these uncertain times. For people who are vulnerable or who may have to self isolate in our community, who may need groceries, prescriptions or fuel collected we are here to help. You can contact us in confidence at 0876270677. We are also asking people to check in on their elderly neighbours and be there for them. Any volunteers wishing to help out please contact 0876270677. Ní neart go cur le le chéile.

Sinead O'Leary, uses her time creatively to send a message to the many walkers, cyclists & motorists on Rookery Road, just outside her home.

PICTURE: MARIE
CARROLL-O'SULLIVAN



SPA GAA

Written by: Deirdre O'Sullivan-Darcy

AGE ACTION AND IRISH RED CROSS COVID-19 HARDSHIP FUND- HELPING OLDER PEOPLE

Age Action has launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to respond to the needs of older people experiencing additional hardship as a result of the COVID-19 health crisis. They have made available a one-off grant, up to a maximum of €500, per person/household affected. The grant is for older people in need of assistance, family members supporting an older person and carers of older people, social workers and local voluntary organisations or community groups providing direct assistance to individuals within this target group. This can include small household maintenance, repairs and safety improvements; food and basic provisions and associated delivery costs; small appliances (fridge, freezer, washing machine, TV, cooker, etc.); digital technology equipment such as smart phones or tablets; increased energy costs or telephone bills; additional home or personal security costs; travel costs for essential reasons (medical appointments, etc.). There is an online form available on www.ageaction.ie or contact: hardship2020@redcross.ie or Irish Red Cross (01 6424600) or Age Action (01 475 6989). The closing date for applications is 31st August 2020.

VOLUNTEERS AVAILABLE FOR ANYONE THAT NEEDS HELP AT THIS TIME

Spa GAA are part of the Community Volunteer

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

LILY OF KILLARNEY CANCELLED

The annual Lily of Killarney, organised by the Spa Ladies Committee, has been cancelled due to the ongoing situation with Covid-19. This year's event was due to take place in June, but the committee have confirmed that this year's event will not go ahead, and they look forward to welcoming everyone back in 2021.

ALL GAA ACTIVITY STILL SUSPENDED

A reminder to everyone that all Clubs grounds and facilities remain closed completely until further notice. Players, Members and the General Public are not allowed use of Club Grounds or Facilities for any activity including training or recreational while these restrictions are in place.

SPA ARCHIVES

A huge 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.

SYMPATHY

Sympathy is extended to the O'Donoghue family, Tiernaboul, on the passing of Kathy O'Donoghue RIP. Condolences to Brendan Aherne and family on the passing of his mother Kitty Aherne RIP, Fermoy.

CLUB REGISTRATION REMAINS OPEN ONLINE

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

SPA LOTTO

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

ITEMS FOR NOTES

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

Live Lounge At the Tatler Jack

will entertain you this weekend

At the start of the lockdown the Tatler Jack in Killarney posted a live set with musician Ray Kennedy live on their Facebook page and it was an instant hit and the feedback was brilliant.

Manager of the popular Killarney hostelry, David Looney decided to continue with the project.

"It was something to do for myself while out of work but also to entertain the people in their homes", David told the Killarney Outlook. "Musicians from all over are interested as they are obviously out of work and delighted to be doing something", he added.

"We have sets from Luton in England and Cambodia lined up for the coming weeks, but this Friday we have one of Killarney's favourite entertainers Kieran Healy, who leads one of the country's best wedding bands, Truly Diverse. On Saturday Simon Hall From Huddersfield in England will be performing at 9pm. Simon is normally entertaining the Algarve this time of year but is in limbo at his home in Luton. After visiting The Tatler Jack last Christmas, Simon is back playing on Saturday night with his live set.



Kieran Healy will be going solo this Friday for your entertainment.



Simon Hall From Huddersfield in England will be performing at 9pm.



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

GAA GIVE POWER TO MANAGEMENT COMMITTEE

The GAA has always prided itself on being an openly transparent, democratic, and amateur organisation. I'm always reminded of Voltaire's great quote about the Holy Roman Empire "neither holy nor Roman, nor an empire...."). One can't help remembering the Bertie Bowl (would you believe that our former Taoiseach recently suggested that debacle should be revived if some-one "had the guts to do it"? That wouldn't be guts, you strange anatomist, that would be brass neck and stupidity – take a look at how your Children's Hospital project worked out). Or the attempted circumventing of planning rules in regard to Garth Brooks concerts and the disgraceful attempts to blame it on everybody else? Or the TV deal that was counter to the democratic wishes of the vast majority of GAA members, but was presented as a fait accompli? Or....look, there's a long list, and it doesn't make pretty reading.

So it's understandable if people's ears prick up when word goes out of a Special Congress last Friday to decide on GAA competitions will be run for this year. I suspect shenanigans, so I paid attention.

Only it looks like common sense has applied at an administrative level (that's an almost unique sentence in the realms of human endeavour).. Central Council has transferred full authority to its Management Committee for a 12 week period, with possible extensions, to decide when, how and if GAA competitions will be run this year. That's it, that's their full power. They can't instigate major building projects (Pairc Uí Caoimh is just the tip of that appalling iceberg). They can't make structural changes. They are authorised to take any interim measures to get games played with the safety of players and supporters as the main priority.

Ancient Greece and Rome had authority under civil law to vote in a tyrant to take drastic action – Pompey was famously given three years to rid the Mediterranean of pirates, but succeeded in three months (fair trials and right to silence and such trivialities did not apply).

Wisely, no binding decisions on what kind of championships would apply. The few sports who have suggested start dates for such things have been making fools of themselves. This is a situation where man can propose but covid will dispose, and it's not a sentient entity that can be reasoned with (that's not its only similarity to Donald Trump, but I digress....)

This isn't a revolution and this isn't a coup (either prospect could be hugely entertaining; I have no axe to grind here either way). This is both necessary and pro-active. The GAA's Management Committee includes Uachtaráin John Horan, former Uachtaráin Aogáin Ó Fearghaill, five



Provincial hairs (including Liam Lenihan of Munster), Fíztúres Review Committee Chairman Eddie O'Sullivan and Rules Advisory Chairman Liam Keane.

PLAYING BEHIND CLOSED DOORS

No, no, and a thousand times no. There have been several quietly mooted suggestions that various sports could maybe return in a small way. Not in front of crowds, you understand, not at all. That would put people at risk. We would never do that. That would be terrible.

But maybe....just behind closed doors. Just on TV. With social distancing, and barrels of handwash and mouthwash and three-in-one shampoo and everything.

Not because of the money. We don't want money. We hate money, actually, positively loathe the stuff. No, it's the players. They don't understand what's going on. They are restless in their homes/stalls, watching re-runs of 'The Only Way is Essex' and 'Glenroe'. It's cruel. No, it's not about money. We'll give some to charity, even. We're cool. Just one or two games behind closed doors, just to amuse people because we are humanitarians. Revenue generation is vital for any sport, including ostensibly amateur ones. That's a real thing. But human lives are more important, and that's a much realer thing. Human interaction is dangerous and comes with a genuine risk of lethality right now. That's not an exaggeration in any way, for those of you who have just returned from Mars and are unaware of recent events here on jolly old Earth. This is a pandemic.

No-one, including people infected, can know it right now until the symptoms start showing. So most people have it for more than ten days and can (will) infect people they interact with. Nobody does it intentionally. Do you want to be sharing a dressing room with that person? Or marking them? Or having a loved one do it? Pop quiz – you tackle an opponent and they coughs on you. A. Fun or B. Frightening? Did you have to think long about the answer?

'Behind closed doors' activity is extremely dangerous for people. And there is absolutely no justification for it, none, apart from money. So the next time you see some-one flying that hopeful little kite about 'playing behind closed doors', I

respectfully suggest that you take another look at the person holding it. They are chancing their arm a little with that nonsense. They are also chancing some-one's life.



NEWCASTLE TAKEOVER

Newcastle used to be a huge club in England. Alan Shearer is their most famous son but they are giants in the game. Albeit fallen giants. Owner Mike Ashley has been a disaster from start to the impending finish of his ownership. The club's supporters, who live under the strange illusion that they are far richer and more talented than they actually are (any Irish supporters who think poor Stephen Kenny actually has much young talent available should recognise the symptoms), are absolutely thrilled with the news of an impending takeover by a Saudi consortium (Britain's Reuben brothers and Amanda Staveley will take 10% each). Good old Mohammed Bin Salman! He'll be a cool owner.

All they have to do is pass the FA's Fitness For Ownership test, which won't be a problem.

The only fitness for ownership that matters in soccer is having enough money (in many cases, using the club itself as leverage). Being directly implicated in the brutal murder of Kamal Khashoggi? "Pshaw!", I say scornfully. Widespread condemnation for their role in over 100,000 dead in Yemen. "Tish and pish!", I snort. Dissenters jailed and executed without trial? Come on, haven't we all done that on the occasional Monday morning?

After all, aren't some women even allowed to drive a car in Saudi Arabia now? Some of them can even make personal decisions – without, and mark this, without a male guardian telling them what to do! Yes, lucky for Newcastle that they have gotten rid of that dodgy dealer Mike Ashley and gotten in an upstanding Saudi prince instead. That'll work out fine, if you can hold your nose long enough.

ATP TRIFECTA

Federer, Djokovic, and Nadal are the big guns in the Tennis Pro circuit. They have come up with a great idea as regards helping out the pro game, and most interestingly it's not charitable contributions (at which they have done brilliantly as well). It's that the top 100 singles players and the top 20 doubles players contribute from winnings from this year's tournaments (i.e. the Australian Open, but hopefully more later on) according to their rankings and the money distributed among the lower ranked players according to their rankings. Simple but ingenious. I think it could and should be applied to all sports.

The usual thing is that the most successful teams or players get the most money, and that makes sense at first glance. It's how Reagan and Thatcher



tried to run their economies, the 'trickle-down' effect. By the time Bush and Blair were doing it, nobody was pretending that it wasn't making the rich richer and the poor poorer.

I really hope that the ATP try this in a measured and meaningful way, and I hope that it works, and

I hope that all sports, long after the current travails, consider this as a future model of development. It would cost the big winners small percentages but have massive impact at the roots of most professional sports.



SOUNESS V POGBA

The ongoing spat between Graeme Souness and Paul Pogba has provided a lot of sports news in recent times (in the absence of any actual sport – in normal times this nonsense would only get the attention of click-baiters). Pogba was the most expensive transfer in the world and one of the least rewarding for Manchester United. He was agitating through his agent for a move until world circumstances changed. It's very unlikely that



clubs will be paying the exorbitant transfer sums of yesteryear, certainly not with his recent record, so Pogba is now making calf eyes at Manchester United.

Graeme Souness was the best midfielder in England in the early 80s, and among the best in the world. He has also been a surprisingly decent pundit in general, and he was excellent on RTE. But he has been struggling for relevance a bit in the past year and Pogba in particular has been

a continual target. I've criticised Pogba's play myself, but Souness has been over the top in my opinion. In a recent interview, Pogba stated that he isn't sure who Graeme Souness is, but that he is entitled to his opinion. Cue shock and horror. Souness responded (at Jamie Carragher's pot-stirring prompts) by challenging Pogba to lay out his medals. For the record, Souness has 13 big ones (3 European Cups), Pogba has 11 (and the World Cup is trumps in this game).

How could this arrogant lad with his dab antics on social media not know who Graeme Souness is? This whippersnapper who grew up in France two years after Souness retired? Who plied most of his trade in Italy? Punditry nowadays is about name recognition (hello, Joe Brolly, Eamonn Dunphy) rather than ability. A lot of younger supporters knew who Paul Pogba is but didn't know much about the gruff Scot with the Magnum P.I. moustache (probably don't remember much about Magnum, either. Good, it was rubbish tv). Now they know who Souness is, and that gives him a relevance that makes him a valuable pundit. All it has cost him is personal pride.

"WE WILL COME BACK STRONGER THAN EVER"

TIDY TOWNS COMMITTEE PROMISE FOR 2021

This week, organisers of the Annual Tidy Towns Competition have announced that the competition will not go ahead in 2020 as planned. The competition was due to be launched towards the end of March but was deferred due to Covid-19. Minister for Rural and Community Development, Michael Ring said it is not possible at this time for communities to work on Tidy Towns projects.

On their facebook page this week, Killarney Tidy Towns committee announced the news.

"The Tidy Towns is cancelled for this year but on thinking about it Tidy Towns is never NOT

happening. In Killarney our work goes on albeit on a different scale. We are full of ideas for when we are once again allowed gather. Our town is full of beautifully decorated windows posted on F.B. such positive thoughts. Our Mayor has continued to inspire us with lovely nuggets of history and poetry. Our photographers professional and amateur are wonderful in keeping our spirits high with such fantastic photos. There is a camaraderie in our beautiful town that is a joy. Hard times! Yes! But we will come back stronger than ever. Stay Safe, Stay Strong.



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

Back in 2011 Killarney Celtic Youths created history by winning the Munster Youths Cup Final which was played in Mounthawk Park against Waterford Bohemians. The squad also reached the final of the FAI Youths Cup but went down to Cork City in Turners Cross.

Celtic path to the final was as follows.

Win vs Everton (Cork) 8-1

Win vs Rathkeale 4-0,

Win vs Killmallock 2-1,

Win vs Avenue Utd 5-2.

The basis for this great win was laid down in the 1st half when Celtic blitzed Bohs. Celtic opened the scoring when Brendan Falvey found Robert Watson whose initial header was saved but Watson headed home the rebound. On 26 mins Chris Davies looped a magnificent header to the net following a David O Sullivan free kick. Brendan Falvey hit the upright before Chris Davies blasted home from a Peter Gunda pass. Bohs pulled 1 back before



half time with a Thomas Whitty peno and just after the break Bohs hit the crossbar. Celtic responded in the 74th min when Chris Davies netted from a Brendan Falvey cross and Chris Davies completed the scoring in injury time to seal a famous win.

OUTLOOK SPORTS

MUCKROSS ROWING CLUB

COVID-19

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

ROWING IRELAND UPDATES

Rowing Ireland's Working Group on COVID-19 continues to provide weekly updates on the RI website. The regatta season for 2020 remains suspended. The Irish Championships Regatta

has been postponed from July to 12-13 September and will be limited to Championship grades only. It is hoped that a revised regatta season may resume before then, to include a new Grand Youth & Masters Regatta which would feature the non-Championship grades of Masters, J16, J15 and J14.

INTERNATIONAL ROWING

The international regatta season has been dramatically curtailed. Cancelled events which will not take place in 2020 include the Rowing World Cup series, World Championships at all grades, Olympic and Paralympic regattas, World Masters Regatta, World Coastal Championships

and Beach Sprint Finals, Coupe de la Jeunesse and Home Internationals. The European Rowing Championships are provisionally postponed from June to September or October and similarly the European Masters Regatta is to move from July to October.

MUCKROSS LOTTERY

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



Killarney Regatta 1987, held on Sunday 12th July '87. Pictured is the winning Muckross RC Minor Sixes crew. Fossa RC were second and Flesk Valley RC third. From left to right: Mike Doody (bow), Kieran Griffin (2), Philip Coffey (3), Sean Coffey (4), Martin O'Leary (5), Roger Harty (stroke), Ulick Daly (cox).



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Digital and social media giants must help fund and sustain local media in Ireland - Kelleher

Fianna Fáil MEP Billy Kelleher has said that social media platforms and other digital publishers must either voluntarily dip into their pockets, or be required by the State, to support local media and journalism.

"The Covid 19 crisis has really hit our local newspapers and radio stations. Many across the country have stopped printing as their print advertising has simply dried up and they can't afford to print every week," added the Renew Europe MEP.

"Yet, the level of digital advertising taking place across the internet has never been

greater. In addition, more and more of us are now turning to sites such as Facebook and Twitter to get our news.

"While there are great benefits to these instantaneous and global news updates, they do not go through the same rigorous, and expensive, fact checking that takes place in newsrooms across the country and cannot replace deep investigative journalism or the importance of truly local reporting.

"In recent days, the Australian government has introduced a new mandatory code for digital giants that will require them to share revenue with struggling newspapers and radio stations.

"The importance of quality journalism has never been more evident. Yet, unfortunately, it is getting harder and harder to sustain it based on traditional newspaper sales. Of course, digital subscriptions can help, but it is nowhere near what is needed to keep our local newspapers and radio stations operating.

"Obviously, I would prefer to see the digital and social media companies voluntarily coming up with their own proposals to help their traditional media colleagues, but if they don't, the next Irish government must develop mandatory requirements.

"I have written to my party's Finance and Communications Spokespersons, Michael McGrath and Jack Chambers to request that this issue is raised while negotiating the next Programme for Government. My colleague, former Communications Spokesperson Timmy Dooley has already laid down much of the groundwork on this policy in a policy paper published in early 2019.

"Independent journalism has never been needed as much as it is today. Independent journalism costs money, and here's a way of levelling the playing field and mitigating the distortion created by the rise of digital media," concluded Kelleher.

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

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Due to the high volume of applications, the closing date for this fund has now been brought forward to Friday April 24th.

I will continue working to help with any issue or problem people may have, either day to day problems or anything new related to these uncertain times.

EMAIL CONTACTS
danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com

Gardening
with Killarney Outlook
by John O'Sullivan

Focus on Hydrangeas

Hydrangeas are a very popular garden shrub with delicate heads of flowers that come in shades of white, pink or blue and they flower from late Spring to Autumn. The mophead and lace cap Hydrangeas are well known for the ability to change colour in different soils. Hydrangeas thrive in moist but well drained soil, in the cool, semi shady part of the garden. Try to avoid dry sunny situations and east facing areas. Feeding your Hydrangeas once in late Winter or early Spring is probably enough for the year as too much feeding will only encourage too much soft leafy growth and this will lead to the Hydrangeas not developing a lot of flower buds. Pruning your Hydrangeas is usually done in late Winter or early Spring, although the climbing Hydrangeas should be pruned after flowering in Summer.

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

Citizens Information

Know Your Rights:

Question

I booked and paid for a package holiday in January. I have just learned that the hotel has been quarantined due to coronavirus. I'm hoping the travel agent will find another hotel, but what will happen to my booking if the holiday is cancelled? Or what happens if they do find a new hotel but I decide to not to travel?

Answer

This is an anxious time for people travelling overseas. You should monitor and follow the advice of the Department of Foreign Affairs and Trade (DFA). You can do this using the DFA's Travelwise app or you can phone DFA's dedicated phone line on (01) 613 1733 for the latest travel advice.

Check with your travel agent that your holiday is a 'package holiday'. A traditional package holiday (also called a pre-arranged travel package) is advertised and sold as a whole and must last for more than 24 hours or include an overnight stay. It also must be made up of at least 2 of the following:

- Transport • Accommodation • Car rental • Other tourist services – for example, tours, excursions, guides or tickets for concerts or theme parks

If you want to cancel

Under the EU Directive on Package Travel and Linked Travel Arrangements, you have the right to cancel your booking for free, before the start of the holiday, in the event of unavoidable and extraordinary circumstances. This includes disease or serious conditions at the destination. If DFA advises against travelling because of the coronavirus, you can cancel your package holiday and get a full refund.

If the travel agent has to cancel the package

Even if DFA has not restricted travel to your destination, you still have rights if your travel agent cancels or makes a significant change to your package holiday. For example, changing your hotel from the one you originally booked with the package would be a significant change that alters a term of the contract. The travel agent can cancel a package holiday because of factors beyond their control but you are still entitled to:

- A replacement holiday of equivalent or superior quality
- A lower grade holiday, with a reimbursement of the difference in price
- A full refund within 14 days

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

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

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



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HOW TO DEAL WITH REDUNDANCIES
An employer having to make someone redundant is a difficult situation. However, if an employer follows the correct procedures, they will get the correct result.

To make a position redundant, it's not enough to be able to satisfy yourself the role is redundant. Three key areas will be considered:

1. If there was a genuine reason for redundancy
2. Was there a fair selection process
3. Was a fair consultation process carried out

What's a genuine reason for redundancy?
Section 7(2)(a) of the Redundancy Payments Acts outlines five grounds where a redundancy can be deemed as genuine.

1. The employer has ceased or intends to cease to carry on the business.
2. Requirements of the business for the employee to carry out work of a particular kind has ceased or diminished.
3. The employer decides to carry out the business with fewer or no employees.
4. The employer decides work being done is to be done in a different manner, for which the employee is not qualified or trained to do.
5. The employer decides that the work being done is to be done by a person who is capable of doing other work for which the employee is not sufficiently qualified to do.

Where your reasons for redundancy fall under one (or more) of the above five it is important to follow through with a redundancy procedure. This ensures fair procedure and reduces the risk of unfair selection and any potential unfair dismissal claims.

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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*Here is what **Justin O'Hanlon** from the Racing Post had to say....
Killarney: Ireland's most picturesque track*

You can easily call Killarney one of the world's most picturesque tracks, ideally suited to a relaxed evening of summer racing and there are few nicer places to be when the weather is right. Killarney hosts summer festivals in mid-May, mid-July, and inherited a third festival in August after the closure of Tralee racecourse in 2007. Nestled close to the nearby lakes and mountains means Killarney can have its own micro-climate, but when the summer sun shines, the mountain and lake backdrop is spectacular and there is certainly no place that can offer such scenery in Ireland or Britain. In the shadow of the lakes and mountains of South Kerry, Killarney is one of the world's most picturesque tracks. In the shadow of the lakes and mountains of South Kerry, Killarney is one of the world's most picturesque tracks.

Patrick McCann

It is family friendly and draws large crowds for its summer festivals, and in addition is just a short to medium walk from the tourist hotspot which is Killarney town, with its myriad of hostels and eating houses. To make a day of it, or even a few days of it, Killarney is a hard place to match.



Teaching Your Child Emotional Intelligence

Emotional intelligence can be a key to success in life and the ability to developing good relationships. Therefore EI is a very important skills for parents to teach their children. When parents have it themselves, their child will automatically learn EI. Parents with EI will naturally attune to their child and understand what their child is feeling. This in turn helps the child to learn how to read and respond to his own feelings and those of others in a healthy way.

However parents who struggle with EI themselves may lack the necessary skills to teach their child. This can set up a cycle of low EI within a family across the generations. When we ignore a child's feelings, don't notice when they are upset or anxious or tell them that their feelings are irrelevant, we are teaching them to ignore their own feelings. The child therefore grows up to believe that feelings are irrelevant. As adults they can struggle with emotions and in their relationships.

The following are ways in which parents can enhance their Child's Emotional Intelligence.

- Know your child's true nature: Pay attention to see what your child likes, dislikes, gets angry about, is afraid or struggles with. Communicate these observations to your child in a non-judgemental way. This helps your child to begin to see themselves through your eyes – and they can feel how well you know them. Your child will see themselves reflected in your eyes, thus helping them to know who they are. This can boost their confidence and make them resilient to life's challenges.

- Connect emotionally to your Child: Make an effort to empathise with your child and feel what they are feeling. Your child will feel an instant bond with you when you feel their emotion. This in turn helps your child to learn how to be empathic with others and to form healthy relationships. When your child sees you trying to understand their feelings or feel their feelings, they receive a powerful message.

- Respond non judgementally. When you child is emotional do not judge their feelings as right or wrong – Instead look beyond the feelings to the source of this emotion. Help them to name and manage the emotion rather than judging it. This will help your child to develop a healthy relationship with their own emotions. It also teaches them to regulate and manage their emotions.

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

A Word of Victory

Welcome back dear reader last week we saw how God wants to remove every burden from your life by His love and power and give you His Peace. Calvary was a place of exchange. There Jesus, the Son of God Who never sinned, gave His perfect life in exchange for your sin and my sins so that we could be reconnected and brought back to Father God as if we had never sinned (1st Peter 2:22-24). This is called the free gift of Righteousness and it is God's plan for those who repent and call upon the name of His Son Jesus for Salvation (Romans 10:8-17). Peter explained in Acts chapter ten that God has no favourites, and Salvation is available to all those who accept Jesus as Lord. Then he goes on... 'how God anointed Jesus of Nazareth with the Holy Spirit and with power... Who went about doing good, healing all who were oppressed by the devil for God was with Him' (Acts 10:38). Where did the anointing on Jesus and the power with which He healed all those who came to Him come from? It came from His time alone with God. "Jesus often withdrew to the wilderness for prayer" (Luke 5:16). If Jesus needed to be recharged in God's Presence we certainly cannot live without spending time alone with Him. This crisis is very lonely and frightening for many people. The future is unknown according to the 'opinions' of many (Proverbs 19:21). We are drowning in information, yet none of them knows anything for sure (1st Corinthians 2:5). One thing is unchanged though and that is God's Word! "People are like grass; their beauty is like a flower in the field. The grass withers and the flower fades. But the Word of the Lord remains forever" (1st Peter 1:24-25). Listen friend – whether you are in dire straits financially, sick, fearful or depressed now is the time to call upon the Lord Jesus and get serious. The world has no answers, and given a chance will eat you up for dinner, because it's a place of dog eat dog. One minute they are for you, the next they will tear you apart depending on what's trending. But God remains unchanged. "He prepares a table before me in the presence of my enemies." (Psalm 23:5) God has blessings laid out for you friend so come and eat! (Isaiah 55:1-13) It won't cost you anything but your time and let's face it – we have plenty of that right now!

See more at wordofvictory.net



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.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

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

Amen.

Say this prayer for three days. Publication of prayer and favour will be granted.

X

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

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

Amen.

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CONFIRMATIONS AND FIRST COMMUNIONS 2020, AND FAMILY LIFE

A message from **Bishop Ray Browne**, April 2020

Due to the continued closure of the schools and the major restrictions on people gathering together in one place, all Confirmation and First Communion ceremonies are postponed. When the government announces details of these situations being reversed there will be consultations between the school community, the parents and each parish with a view to setting new dates for these ceremonies. Every Easter blessing on all the children and their families.

Over the past 5 weeks the focus has been on our hospitals and health services, on so many other public and essential services, and the situation of the over70's being shielded in their homes. What of the family homes where there are children and teenagers? Tensions arise from being confined to home for so long; not being able to meet friends; not having their usual activities and hobbies, sporting, musical and cultural, available; to finding solutions to accommodate parents going to work or working from home.

Besides contact with children of my nieces and nephews, my glimpse of family life is through the Sacrament of Confirmation. When the schools closed, one third of the Confirmations ceremonies had already taken place. At each Confirmation I see so many beautiful moments: twins or cousins being confirmed; the warmth and closeness between a candidate and a baby sister, or an older brother already in third level; a granny so proud of her grandchild. Such beautiful family relationships! What wonderful moments are happening in homes these weeks as children and parents spend so much time together? What fun, what growing as individuals, and at times what rows! It may not be easy, it still is very special. So much that will be recalled fondly in years to come.

The pandemic impacts on all homes hugely and I am going to highlight three particular situations. It is no exaggeration to say that the Leaving Cert is the most intense exam you ever do. Think of the pressure and stress from before Easter right through to the last exam in mid-June. All the more pressure and stress this year when, because of the Covid-19 virus the exam is put off until an indefinite date in July / August.

All our hearts go out to the Leaving Cert class of

2020. God bless you all. God help you keep calm. It is vital is that you take care of each other, keep in touch with each other (without actually meeting), journey together and be there for each other. At different times each will have their bad day or week, or their moment of panic. Together you can cope with the journey ahead. The students know that their teachers will guide them through the three months ahead. The day will come in October or November when the vast majority will happily start a third level course, just as the class of 2019 did last Autumn.

The other two groups are the Confirmation and First Communion classes. For those in sixth class, Confirmation is part of final term in Primary School, and in a way a marking of the end of childhood. The candidates are so full of life and so positive about the future. Confirmation proclaims the unique God-given goodness of each of them and the unique path in life ahead of each. They all would have so enjoyed every day of the final term just beginning. First Communion is different. The children are full of innocence and fun, fond of their teacher and delighting in their families. They are full of wonder at creation. They are full of love of family, school and everybody, and of God who is Creator and Lord of all. The image of the white First Communion dress captures it perfectly. First Communion tells them that God is love, that love is the secret of happiness, and that love is what really matters.

Communion and Confirmation are highpoints for children, their families and extended families, and for their schools and communities. Dates were set back in September. New dates will be set, plans will be made, and in due course all will enjoy these wonderful occasions.

Meanwhile may children enjoy the wonder of extended home life. Being unable to meet their friends, may they appreciate how friends really matter to us all. And remember what Pope Francis said is the secret to a happy home: "The ability to say please, thank you and ... I am sorry".

St Joseph, Protector of the Holy Family, watch over all families everywhere.

Our Lady, help of the sick, pray for us.

+ Ray Browne Diocese of Kerry 21st April 2020.

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

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

Amen.

Say this prayer for three days. Publication of prayer and favour will be granted. Never known to fail.

E.C.

8TH ANNIVERSARY

IN LOVING MEMORY OF

STEVE KENNEDY



LAHARD, BEAUFORT
WHO PASSED AWAY ON
APRIL 24TH 2012

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

*You lived your life so generously
And always did your best
And now you're with the Angels
And its time for you to rest.*

*As peace surrounds you everywhere
In heavenly skies above
Here on earth you're deeply missed
And thought about with love.*

LOVED AND REMEMBERED
BY MARY, JACKIE KIERAN
AOIBHINN AND SARAH,
PAUL AND PAULA, KIERAN
LAURA AND NEILLIDH.

NOVENA TO THE SACRED HEART

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

Beautiful poem strikes a chord during Covid-10

A retired teacher from Wisconsin in the USA has penned a prose poem and it has struck a chord with everyone affected by Covid-19. In a bid to curb her own anxiety amid the news of the pandemic, Kitty O'Meara, from the city of Madison, in Wisconsin, turned to writing. The result, which she posted to her personal Facebook, has been widely read across the world offering hope that something good can come out of

this collective state of "together, apart."

"And the people stayed home" reads:

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to

think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

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

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