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## EDITOR'S NOTE

A

s the changes continue and the nation stays at home where possible, we at Killarney Outlook are doing our best to bring you a positive and informative magazine this week. We have up to date information on Covid-19, we have some fabulous photographs of all the mothers in our lives and we

hear how life has changed for so many students and teachers. In this unprecedented time I urge you to take notice of the strict guidelines, to stay indoors where possible, to only go out for essential shopping, to care for other and to exercise – but not in more than groups of four, and at all times

practicing social distancing - all of this will help to #flatten the curve #teamireland

Aisling Crosbie,  
Editor | 086 0400958



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

# JOE KEEPS THE SHOW GOING

## Now that's what I call show-biz



Killarney student Kieran Horgan accessing his online acting Tutorial at home. Kieran is preparing to play the role of Danny in Grease.

**B**eethoven once said, "Music can change the world." It is this quote that inspired Joe Burkett, Creative Director of Joe Burkett Theatre Company when his stage school ceased classes alongside the closure of all schools in Ireland.

Immediately after the government announcement, Joe set about sending challenges to his stage and dance students. Twice weekly challenges were sent to his students to help

keep their spirits up and the reaction has been amazing.

"The kids have all been fantastic and have taken to these challenges with great delight and energy. The first challenge I set my students was to record a review of the finale of Dancing with the Stars. The students did so well with this challenge. The videos were so funny. The critiques that the students gave the dancing stars could see them take a place on the judging panel; maybe even replacing Brian or Lorraine," joked Joe as he spoke with the Killarney Outlook about his positive view on the current public health crisis.

As well as encouraging creativity through the weekly challenges, Joe has also moved his classes online so that his theatre and dance students can continue their studies during this unprecedented period. "The students had been working towards their annual showcase, this year entitled – Now, That's What I Call Show Business," Joe explained, "I wanted that preparation to continue so the logic thing to do was to move the classes online. Currently, the team and I are recording theatre and dance tutorials for our students. The feedback has been so positive. The parents have been so supportive to us at this time and I would like to say a huge thank you to them. You guys are amazing. All the parents have helped their kids access the online tutorials and have been actively involved in promoting a sense of normality to their kid's weekly routine. On any normal week, the kids would attend stage and dance classes



and the parents are thrilled that this continues through the online classes."

Joe concluded by saying that he is hopeful that this crisis will pass and that his students, along with all stage and dance students will soon return to their classes and be back learning in a classroom environment. "Music is a language we are all fluent in, let's sing and be happy."

## MARIE SPREADS HAPPINESS WITH MOTHER'S DAY COMPETITION

From the littlest grandchildren to daughters, sons, mothers, grandmothers, great grandmothers not forgetting the godmothers too... Mother's Day 2020 was very different.

Killarney Outlook photographer Marie Carroll O'Sullivan decided

to hold a competition on her facebook page The Little Memory Gallery to honour all the special people in our lives. She asked people to post photos of

themselves with their Daughter, Mammy, Mum, Mom, Mother, Grandmother, Nanna, Granny, Godmother, Goddaughter on her facebook page and to say it went viral is an understatement. Marie then got onto her friends who have or work in popular businesses in Killarney and as usual they came up trumps. The winner, who will be announced on Facebook on Sunday will receive the following:

1. Wash & Blow Dry by the Lovely Triona at Ruby Tuesdays
2. A manicure with the fabulous Joey at Your Beautiful Self
3. Make Up with the talented Michelle at Vanity Case, Sean Taaffes

4. A jaunting cart ride to the Cahernane Hotel with Mark of Mark Tangney Jaunting Car Tours
5. Dinner for Two at the Cellar Bar of the Cahernane Hotel
6. A Brow Shape & Tint by the beautiful Josie at the Eyeporium Signature Brow Shape & Tint
7. And Marie will pop by to do a portrait too while the winner and her guest is glammed beyond belief!

This prize is for 2 persons (which will be picked randomly - not by likes loves or comments). As Marie says - "I know right?... haven't I the best friends?!"

See all the fabulous photographs on Pages 16 & 17.





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# Temporary COVID-19 Wage Subsidy Scheme

**This week the Government announced new measures to provide financial support to Irish workers affected by the Covid-19 crisis.** As part of these measures, Revenue will operate a Temporary Wage Subsidy Scheme. The scheme, enables employees, whose employers are affected by the pandemic, to receive significant supports directly from their employer. The scheme will run for 12 weeks from 26 March 2020. Draft legislation governing the scheme will be published shortly.

The operation of the Temporary Wage Subsidy Scheme will be available to employers who keep employees on the payroll throughout the COVID-19 pandemic, meaning employers can retain links with employees for when business picks up after the crisis. Additionally, the operation of the scheme will reduce the burden on the Department of Employment Affairs and Social Protection (DEASP) which is dealing with the other Covid-19 related payments.

Employers are encouraged to facilitate employees by operating the scheme, by retaining employees on their books and by making best efforts to maintain a significant, or 100% income, for the period of the scheme.

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

## Latest Guidance on Public Health Measures

The National Public Health Emergency Team (NPHE) has recommended that all non-essential retail outlets close to members of the public. All other retail outlets are to implement social distancing.

Cafés and restaurants are limited to takeaways and deliveries only. All sporting events are cancelled - including those behind closed doors.

All theatres, clubs, gyms, leisure centres and hair salons are to be shut.

Places of worship are to restrict numbers visiting and no unnecessary travel should take place in the country or overseas, now or during the Easter break.

The Taoiseach said people need to stay at home and only leave to:

**go to work**

**go to the shops for essential supplies**

**care for others**

**exercise**

## National COVID-19 Income Support Scheme

The government has announced a National COVID-19 Income Support Scheme.

This will provide financial support to Irish workers and companies affected by the crisis.

In summary:

A temporary wage subsidy of 70% of take home pay up to a maximum weekly tax free amount of €410 per week to help affected companies keep paying their employees. This is the equivalent of €500 per week before tax workers who have lost their jobs due to the crisis will receive an enhanced emergency

COVID-19 Pandemic Unemployment Payment of €350 per week (an increase from €203)

the COVID-19 illness payment will also be increased to €350 per week

the self-employed will be eligible for the COVID-19 Pandemic Unemployment Payment of €350 directly from the Department of Employment Affairs and Social Protection (rather than the Revenue scheme)

enhanced protections for people facing difficulties with their mortgages, rent or utility bills It follows from a range of supports already

in place to help business through the crisis.

The government is taking these extraordinary measures to help ordinary Irish citizens and families during this period of great economic and social stress. These measures will be costly – with an initial estimated cost of €3.7 billion over a twelve week period.

The government believes these costs are necessary to ensure social solidarity with workers and their families affected by the crisis.

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

## ESSENTIAL RETAIL OUTLETS

The following is an indicative list of what are considered essential retail outlets:

retail and wholesale sale of food, beverages and newspapers in non-specialised and specialised stores retail sale of household consumer products necessary to maintain the safety and sanitation of residences and businesses pharmacies/chemists and retailers providing pharmaceuticals, pharmaceutical or dispensing services opticians/optometrists retail sale of medical and orthopaedic goods in specialised stores fuel stations and heating fuel providers retailers involved in the repair of motor vehicles, motorcycles and bicycle repair and related facilities (for example, tyre sales and repairs) retail sale of essential items for the health and welfare of animals, including animal feed

and medicines, animal food, pet food and animal supplies including bedding laundries and drycleaners

banks, post offices and credit unions

retail sale of safety supply stores (for example, work clothes, Personal Protective Equipment) hardware stores, builders' merchants and stores that provide

hardware products necessary for home and business maintenance, sanitation and farm equipment, supplies and tools essential for gardening/farming/agriculture

retail sale of office products and services for individuals working from home and for businesses

retailers providing electrical, IT and phone sales, repair and maintenance services for home.

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

## Letter to the Editor...

A Chara,

I have been contacted by many Lorry and Bus Drivers who need to renew their drivers licences but are unable to get Doctor's appointments to complete their medical forms due to the current crisis.

I have contacted the RSA and the Minister for Transport to ask that in view of the current crisis, that an exemption can be given to waive the need to have a medical completed or the expiry date of existing licences could be extended during these uncertain times. The doctors are too busy to deal with these medical forms at the moment.

Yours Sincerely,  
**Danny Healy-Rae**





NUI Panel - Seanad Éireann

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# Normality has been turned on it's head...

*Rosie Healy, a teacher at St. Brigid's Secondary School in Killarney tells Killarney Outlook about how life has changed in the midst of Covid-19*

**I**n the craziest, most surreal week I have ever lived through, my mind turns to song lyrics to try and make sense of the whole scenario. Richard Thompson's 'Keep your distance' or 'Don't stand so close to me' by The Police or 'Turn turn' by The Birds that prophetically proclaim that there's 'A time you may embrace' and 'A time to refrain from embracing.' Who would have ever believed that, in the blink of an eye, these songs would become our reality. But sadly, since Thursday, March 12th, our sense of normality has been turned on it's head and sentiments like these, and terms like 'Social distancing' and 'self-isolation' have now become the norm.

Being a teacher in St Brigid's Secondary School, an air of disbelief mixed with fear and a nervous excitement filled the corridors as news broke of Taoiseach Leo Varadkar's decision to close all schools on Thursday, March 12th. As pupils cleared out their lockers in an attempt to take home all their books, we all struggled to make sense of the unfolding situation. I, for once, was lost for words when asked by uneasy Leaving Cert and Junior Cert Music students as to what was going to happen with their practical exams? We now know since Thursday last that those practical and oral exams have since been cancelled and many students, having worked and prepared for these, for so long, have been left feeling stunned and a little bereft.

Teaching, for me, is all about interaction. The energy and atmosphere of the classroom, and the rapport with the students, is key in imparting knowledge and information, but more importantly one's passion for a subject. However, since the closure of our schools, we as teachers have been catapulted into the world of online teaching. More than a slight sense of panic set in that first evening as social media lit up with a bombardment of apps, websites, resources, Microsoft Teams, Office 365, Zoom, Facetime, Twinkl...and they're only the one's I remember! But there was no time to think, or ponder, only dive right in! 'We're all in this together' from High School Musical is the mantra I kept hearing and teachers from all over the country have really pulled out all the stops in response. Since then, the laptop has replaced that student interaction which, I must say, I really miss. My days and nights are now filled with countless emails, online corrections and feedback from over 200 students that I teach. Assignments are returned at all hours of the day and night and one is constantly filled with a sense of duty to correct and return without delay so as not to cause undue stress for the students. There is no 'off button', as one is always thinking about how to set work that's feasible and relevant and that can be taught without being in the classroom with the students. There is no mute button on the phone, as it bings yet again with another returned assignment or query. Couple with this, words of encouragement and



Teacher Rosie Healy pictured with her family, husband Derry, daughters Eabha, Aileen, Muireann and son Gearoid.

consolation to students preparing for Leaving Cert exams who are desperately looking for assurance and guidance. I find myself constantly asking, could or should I be giving or doing more? Being out of one's comfort zone is an understatement! As well as being the music teacher in St Brigid's, I am also the mother of 3 teenage children and 1 child attending primary school. Our days now revolve around phones, laptops, chargers and emails. When I'm not setting and correcting work online myself, I'm like a broken record asking, 'Have you checked your emails?' 'Have you done all your homework?' 'Are you sure you've emailed that back to the teacher?' Then factor in a reminder to get in a bit of exercise or 'are you sure you're actually doing schoolwork on that gadget?' I've also had to resort to explaining topics I never remember even hearing about when I was in school myself and constantly questioning if I'm doing enough or if they're doing enough! On top of that is the reminder to keep washing those hands and explaining why they can't go to town or meet their friends, due to 'social distancing', and the nagging worry of 'Did I just hear somebody coughing...?'

We certainly are living in unprecedented times. I never thought I'd hear the day when any of my children would announce that they missed going to school but such an announcement was made in my house this evening!! The lack of social interaction

and the sense of uncertainty that this Coronavirus has brought has really rocked us all, young and old. At the moment, none of us know when schools may re-open, when State Exams will take place, if we have the Coronavirus, will we get the Coronavirus, what symptoms will we have, will we need hospital care? Nobody has the answers but we all have lots of questions. All I can say is that the most important thing about this horrible situation we find ourselves in is that we listen to the authorities, stay safe and remain kind. It's important that everyone works together in maintaining social distance, cough etiquette and washing hands. We all need to take responsibility for our actions and do our best for the common good in these uncertain times. We worry, of course, about our livelihoods and our children's welfare but people's lives are at risk from this invisible enemy and that is what really matters here. I am truly humbled by the sacrifices and risk to life and personal safety being taken by our healthcare workers who are on the frontline fighting this virus and I salute them. Life is precious and can't be replaced whereas everything else will return to normality eventually, sooner rather than later hopefully. In the meantime, as we get used to our new reality of living, learning and socialising online, let's remember to stay safe, be kind to ourselves, and to others, and as another iconic song lyric goes, 'Love will conquer all'.



**#KeepYourDistance**  
**#StaySafe #StayPositive**

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Through the keyhole with a zoom lens, Elyse Brosnan teaches her daughter Sofia the art of home baking. PICTURE: MARIE CARROLL O'SULLIVAN



A surprise on Ventry Beach for Madeline Griffin on her first Mothers Day with her Daughter Emily. Picture Stephen Cusack

St Brigids Presentation Secondary School Killarney were delighted this week to donate hand sanitizer and over 2000 disposable gloves to the Irish Red Cross last night. St. Brendan's College also donated boxes of gloves. Supplies of these items are currently sitting in schools all around the country and it is great to know that they can be put to good use. Well done to all the front line staff who are working so tirelessly and selflessly for the good of all of us. Ní heart go cur le chéile.

The kitchens at Ballyseedy Home & Gardens is filled with some of Kerry's top culinary chefs, producing food for those in need. 400 meals almost ready for delivery. Cyril Durand, Executive Head Chef at The Dromhall Hote, Kilalrney, Mark Murphy, IT Tralee Culinary lecturer, Noel Dennehy, Executive Head Chef at The Glenbeigh Hotel and TJ O'Connor, Head of Culinary Arts at ITT, al producing Meals on wheels for St. Vincent de Paul.

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Dingle Distillery are to produce up to 35,000 miniature bottles of hand sanitiser which will be offered firstly to local businesses in Dingle and Dingle peninsula as well as regular customers who have requested them. The distillery will ensure that local GPs will have hand sanitisers, and they hope to supply in bulk to the HSE in the coming weeks. The first batch will be available by the end of March and will be distributed in 100ml, 185ml and 250ml bottles.



Marie O'Connor after a serious illness celebrates Mothers Day with her daughter Siobhan and granddaughter Siún.



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# NEW ADVISORY GROUP TO COORDINATE COMMUNITY RESPONSE ON COVID-19 IN KERRY

*Ireland's National Action Plan on COVID-19 (Coronavirus) has tasked local authorities and other agencies to work closely with the Department of Community and Rural Development to coordinate the community and volunteering response to the current public health emergency.*

A new COVID-19 Kerry Community Response Advisory Group has been established to coordinate how volunteers are managed and targeted to ensure that vulnerable members of the community can avail of a trusted and coordinated support service over the coming weeks and months.

The COVID-19 Kerry Community Response Advisory Group includes representatives of the following organisations:

**Kerry County Council**  
**HSE**  
**An Garda Síochána**  
**Kerry Red Cross**  
**Kerry Civil Defence**  
**Kerry Volunteer Centre**  
**North East and West Kerry Development**  
**South Kerry Development Partnership**  
**IRD Duhallow**  
**Kerry GAA**  
**Kerry Public Participation Network**  
**Kerry Age Friendly Network**  
**Local Link Kerry**  
**Citizens Information Service**

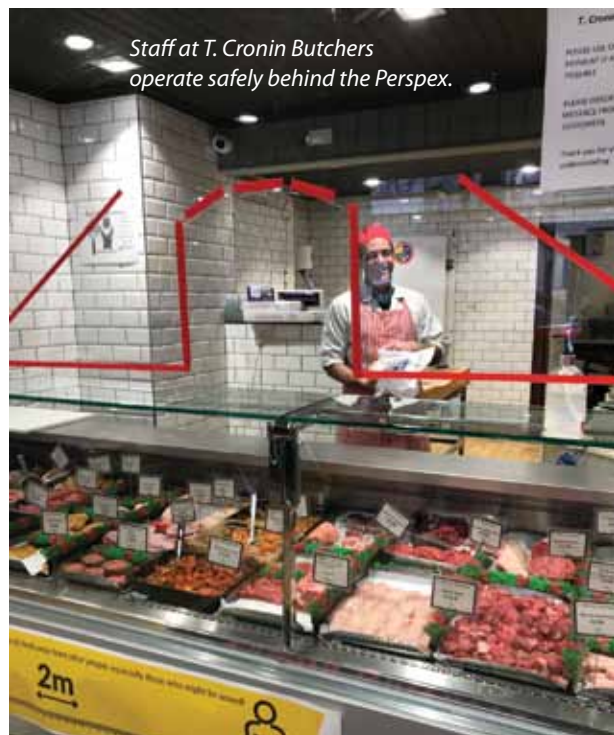
The new group's core aim is contributing to the community-wide effort to limit the spread of COVID-19.

The group wants to harness the energy and generosity of people who have come forward to offer support to people in the community who require assistance and advice. The aim is to ensure that a coordinated, safe and reliable volunteer support network is available to those in need and that people in need of that assistance know who to contact for advice. Its work will complement much of what is already taking place in communities across Kerry.

The Advisory Group is currently discussing how best to deliver a volunteer-based service to those in need of support at this time and will announce details of structures and arrangements in that regard early next week.

## TIPS ON COPING WITH COVID:

- Set a worry period each day for no more than 30 or 40 minutes and write down thoughts or actions you can take
- Practicing stress reduction techniques such as mindfulness meditations can help
- Limit your exposure to news stories or images
- Stay busy, both mentally and physically
- Talk to your family and friends and share your thoughts and feelings
- Keep a normal daily routine as much as possible such as sticking to your usual mealtimes and bedtimes
- Avoid excessive amounts of caffeine or alcohol as these will exacerbate disrupted sleep
- Getting exercise can help boost your mood and clear your head. A brief walk while social distancing is good



Staff at T. Cronin Butchers operate safely behind the Perspex.

## Are up for the "10 Steps for Nathan Challenge"

Killarney No Name Club are teaming up with Nathan's Walk - Darkness into Light to host A Virtual Walk for Walking for Nathan - Darkness into Light

"We were very sad to hear that the annual walk had been postponed until Autumn - This walk has been uniting this community for many years and is something that we here in the No Name Club look forward to every year", the club said on a statement on their facebook page

Since we can't physically come together as a community to do the walk on May 9th. We thought we could come together virtually instead!

Nathan's Walk is 5kilometres, that's 6250 steps!

If everyone walks 10 steps for Nathan, we can achieve our goal of 5 kilometres together by May 9th.

The objective is to take a video of yourself walking 10 steps and tag the Killarney No Name Club! It can be up the stairs, in the house, outside in nature or whatever creative way you can do the steps while still maintaining the important social distancing!

For every video of 10 steps that the Killarney No Name Club is tagged on, we will donate €2 euro to Nathan's Walk up to the goal of 5 kilometres! Nominate friends to join in! You can tag us on Facebook, Instagram, TikTok or Twitter! Use #10stepsfornathan #killarneynonameclub

As a community, we can come together by staying apart and achieve this goal of doing a virtual 5km for Nathan!

You can also show your support by signing up online for Nathan's Walk - Darkness in Light when it will now take place in Autumn!







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**Sherry FitzGerald**  
Coghlan

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**19 THE COURTYARD, FAIRHILL, KILLARNEY**  
Centrally located 2 bedroom apartment, walking distance to all town centre.  
Southernly views from livingroom and bedrooms. Comprises entrance hall, kitchen dining living area, 2 bedrooms with en suite to master bedroom and bathroom. Suitable as a first time buyer, retiree or holiday home.  
**Price Region: €180,000**  
BER C2




**NO. 30 ROSSDARA, LORETO ROAD, KILLARNEY**  
Exceptional 4 bedroom semi-detached residence, 145 sq. m. (1,570 sq. ft.) which has been extended and renovated, located off Muckross Road. The property which is in walk-in condition has a modern living room extension of 21.25 sq. m. (230 sq. ft.). Comprises entrance hall, guest toilet, kitchen/diningroom, sittingroom, sunroom/lounge extension, utility and 4 double bedrooms (master bedroom en suite) and bathroom.  
**Price Region: €348,000**  
BER D1



**MONEY MATTERS.....**

By Dermot Cronin,  
**Financial Advisor**



**WHY DO YOU NEED LIFE COVER?**  
**TO PROTECT YOUR FAMILY AND LOVED ONES**  
If your loved ones depend on your financial support for their livelihood, then life insurance is a must, because it replaces your income when you die. This is especially important for parents of young children or adults who would find it difficult to sustain their standard of living if they no longer had access to the income provide by their partner. You can also apply to add other benefits to your life cover including serious illness cover.

**TO PAY OFF YOUR MORTGAGE, DEBTS AND OTHER EXPENSES**  
In addition to providing income to cover everyday living expenses, your family needs insurance to cover any outstanding debts, like the mortgage, credit cards and other loans. You don't want your spouse, parents, children or other loved ones to be left with any extra financial burden in addition to the emotional burden they're already suffering.

**TO BRING PEACE OF MIND & LEAVE AN INHERITANCE**  
We can't know when we'll pass away. It could be today, tomorrow or 50 years from now, but it will happen eventually. No amount of money could ever replace a person. But more than anything, life insurance can help provide protection for the uncertainties in life. Even if you don't have any other assets to pass to your heirs, you can create an inheritance by buying a life insurance policy and naming them as beneficiaries. Without a doubt, having life insurance coverage will bring you and your family peace of mind. You should also consider income protection and serious illness cover when considering life cover.

**If you have any queries on the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com)**

  
**KILLARNEY HR & PAYROLL**

  
Damien McCarthy Assoc. CIPD 086 - 1936752  
[info@killarneyhrb.ie](mailto:info@killarneyhrb.ie) [www.killarneyhrb.ie](http://www.killarneyhrb.ie)

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# 7 days.... 2.1million views...

## Cooking with the Treyvauds goes world wide

**P**aul Treyvaud tells Killarney Outlook about how his facebook videos have gone viral On Sunday 15th March I announced that Treyvaud's was going to close. I did it by a Facebook live video which I got pretty emotional in as 2 minutes before that I had just told all our staff that we were going to do the right thing and close to protect their lives. I told them we would pay them their full wage somehow as I didn't want them worrying about that. To see all their faces would knock any one. That video has been watched almost 600k times! We were one of the first restaurants in town to do it and I had no doubt that it was the right thing to do. Me being me, I needed something to occupy my mind so I thought of doing cook along videos if anyone wanted a bit of help at home. I thought I might get maybe 30 - 40 people involved but what has happened in the last week has been nothing short of insane. We have reached over 2.1 million people in 7 days from all over the globe. Australia, Egypt, all over the States, mainland Europe and even Leitrim. It's a very simple format. My eldest son Sean, is the cameraman, Dylan is my sous chef and we just have a laugh cooking and interacting with everyone. We have been inundated with messages from so many people and pictures of families cooking and eating together. This might sound weird, but so many families have told me that this is the first time they have ever done this!! To see so many kids with special needs cooking



and frying away has been incredible. To hear so many people tell me they are, like so many, going through hell but our little bit of fun each cook along cheers them up no end is simply immense. I have tried to answer every single message and in fairness, I have a lot of time on my hands at the moment. Sometimes I am up to 4am answering peoples questions about how to cook the dish, but I love it. Dyls is the biggest star of the show and he's gaining a lot of admirers!! 2.1 million people in one week is a frightening number. It will tail off after a while as there is a facebook live video now from how cut your own hair (thankfully I don't watch those ones) to how to turn a nappy into a

facemask. I reckon people are so bored at home now and there are only so many repeat episodes of The Chase you can watch but just knowing we touched so many people when all this madness started will mean so much to me and the boys for the rest of our lives. I think the only person in the family not enjoying it is my wife. I don't think she's impressed with all these marriage proposals I'm getting from dodgy facebook accounts!! You can see all our fun of Cooking With The Treyvauds on my Paul Treyvaud Facebook page. It's totally free, it's great fun and we all get to eat together afterwards. Mums & Dads, Bring the grape juice.

## Life and times of a Leaving Cert Student during Covid-19

**Karis Koschan**, a sixth year student at St. Brigid's Secondary School in Killarney tells Killarney Outlook about studying for her exams in the midst of a pandemic

There is no denying that these last few weeks have been extremely challenging for everyone. Young and old, we have all made sacrifices in attempts to cope with the pandemic we are now facing. As a Leaving Certificate student, if you asked me a month ago what was my biggest worry, I would have probably said trying to learn all twenty of my Sraith Pictiurs in time for my Irish oral exam, however the world has changed at an alarming rate due to Covid-19 and now it just doesn't seem fair to see the Leaving Certificate as my greatest concern. Of course, as a focused student the Leaving Certificate will remain in my top priorities but as I watch the news and see the death rates rise to horrific numbers in Italy, the stress of school has been replaced with stress for the safety of my



family and friends all over the world. I am grateful for my teacher's efforts to keep us focused and on track with our courses through daily emails and online classes but I have found it undeniably difficult to stay motivated without the structure of my 9-4 school day and evening study, while constantly worrying for the safety of my anxious grandparents who are trapped inside their house,

too afraid to go out to purchase a carton of milk or a loaf of bread. It's also difficult to continue to put in your best effort when there is uncertainty that our exams will even go ahead. Everything is up in the air for us Leaving Certificate students and I believe we are at a disadvantage to past years as some of us feel we are working towards the unknown. There is comfort though in knowing that all of us Leaving Certs are in the same boat. Thanks to our Minister for Education and Skills Joe McHugh's decision to award us all full marks in our oral and practical exams, we are on a level playing field. There is of course fear surrounding the idea that our exams will be pushed out as students will miss out on opportunities to work during the summer holidays in order to save for their first year of college, however I think we can all agree that education and money will always come after our health.




**#KeepYourDistance**  
**#StaySafe #StayPositive**





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Set in the desirable and popular Aghadoe area this well located bungalow (1300 sq ft) is situated just 3 miles from the popular tourist town of Killarney and all amenities. The bungalow was constructed in 2005 and is the ideal first time buyer owner, occupier or retirement property set in a peaceful scenic setting.

**GUIDE PRICE: €285,000**

### LOOBRIDGE, RAILWAY STATION HOUSE, CLONKEEN, KILLARNEY, CO KERRY

This unique property is steeped in tradition, character and history and was the original Loo Bridge Railway Station House and was restored in 1921 and meticulously and beautifully refurbished and renovated by the present owners in 2005. The high ceilings, original tiles, sash windows, solid pine flooring and Belfast sink enhances the character and uniqueness of this fine property.

**GUIDE PRICE: €225,000**

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

## THROUGH THE KEYHOLE...

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

PROPERTY PARTNERS  
GALLIVAN



**Address: 6 Killaha Court, Countess Road, Killarney**

Two bedroom semi detached property (approx 700 ft<sup>2</sup>) which was recently renovated and is within two minutes walk of Killarney Town Centre. This property is located in a quiet mature development of 18 houses. On entering there is an open plan living room with kitchen. This is a comfortable space that features high quality cream tile flooring, this is a bright space with a high spec kitchen with cream shaker style doors. Upstairs accommodates two double bedrooms, both ensuite. The bathrooms are well finished with attractive tiling and high spec sanitary ware. Ideal first time buyer or investment property.

**Agent:** ● Property Partners Gallivan ● College Square to Killarney Business Centre, Upper High Street, Killarney, Co Kerry V93 K5CF  
● Tel: **064 6634177** **www.propertypartners.ie**

**Price Region: €200,000 BER PENDING**

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



A large collage of 20 photographs showing various people, mostly women and children, in different settings. The photos include portraits, group shots, and candid moments, representing the lives of the women in the study.



[illegible]



# NEW BEGININGS

## at Kennedy's Pet Farm

Mother Nature waits for no one and this week at Kennedy's Pet Farm, even though they haven't opened yet for the 2020 season, there was lots of work to do. The Kennedy family - Diarmuid, and his grand children Molly and Max were busy welcoming new lambs, goats and rabbits and all are looking forward to many more new arrivals at the farm.



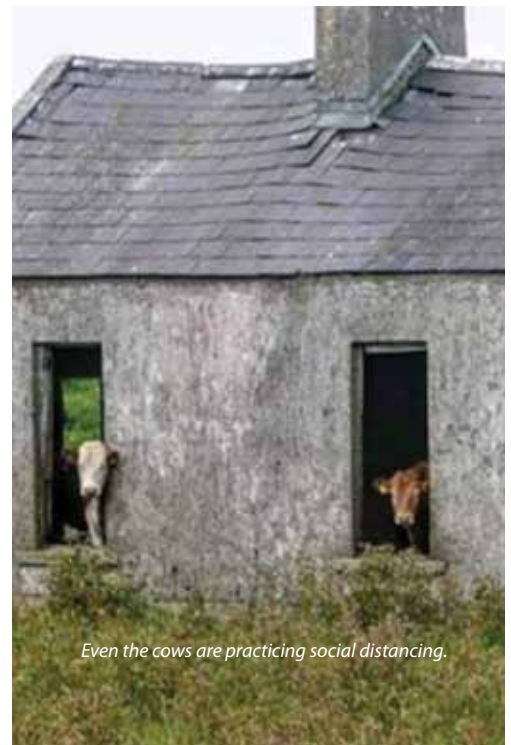
Killarney fisherman John o Callaghan caught a 21lb specimen salmon in the lower lake. Once in a lifetime catch!



### Tim Beeston Cleaning in Killarney is offering

Nurses, Gardaí, Doctors a free window clean. On his facebook page he has said ... "you amazing frontline people. **PRIVATE** message eircode & we'll clean your windows (outside only, obviously!) for **FREE!!** Only catch is you have live in Killarney area! When you get a day off at least you won't have that job to do!

#timetogive  
#keepitcleantim



Even the cows are practicing social distancing.

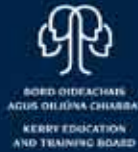


Employment | Progression | Apprenticeship



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of Further Education & Training



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**Listowel Campus** | 068 21023  
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## EMPLOYMENT



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### APPRENTICESHIP

- The qualification where you earn and learn.
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## NEW APPLICATIONS

For now, our scheduled course start dates are paused and future dates are to be confirmed. Despite this, we are still taking applications online at [www.kerrycollege.ie](http://www.kerrycollege.ie)

If you have any queries, contact our Admissions team at: [info@kerrycollege.ie](mailto:info@kerrycollege.ie)

## COVID-19 UPDATE

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

### EXISTING STUDENTS & APPRENTICES

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

**Clash Road/Denny Street Campus:** 066 712 1741 | [clashroad@kerrycollege.ie](mailto:clashroad@kerrycollege.ie)  
**Listowel Campus:** 068 21023 | [listowel@kerrycollege.ie](mailto:listowel@kerrycollege.ie)  
**Monavalley Campus:** 066 714 9600 | [monavalley@kerrycollege.ie](mailto:monavalley@kerrycollege.ie)

Keep up to date with Kerry College through our social media channels



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Courses are offered subject to demand. Limited places available on certain courses.



Riailtas na hÉireann  
Government of Ireland



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TIPS TO HELP  
YOU STAY MOTIVATED

**B WELL**  
FITNESS CLUB

## BUT WHAT IS EMOTIONAL EATING?

*Continued...*

### Top tips to help curb emotional eating

- Find alternative activities to coping with emotions rather than eating; go for a walk, start painting or knitting, phones friend that makes you feel good, meditate, exercise
- Learn to accept your feelings good and bad
- Start indulging and savouring food without over eating and learn to really enjoy and embrace tastes and start building a good relationship with food again and realising that it's not the enemy
- Practice mindful eating slowing everything down and appreciating smells, touch taste and even the cooking experience of the dish
- Make time for relaxation and breathing daily
- Get enough sleep
- Seek professional help or advice if you struggle with these issues on your own. Sometimes all you need is a kick start.

*We have an in house Coach that is training in coaching psychology if you struggle with any of these issues please contact us and you will be treated with the utmost desecration & confidence to take you to your goals. B Well Fitness Club the club that cares about the mind & body.*

**B WELL FITNESS CLUB: 087-7643449**  
[www.fitnesswithedele.com](http://www.fitnesswithedele.com)



*Cindy Walsh takes a look at all things beauty!*

With the vast majority of us in self isolation, and with hygiene at the fore front of all our minds, and rightly so, we are all looking around our homes and cars and meticulously practicing good hygiene. Being ever so careful to not touch our faces with our hands but what about our makeup brushes and sponges?? Our makeup bags or our hand bags? Shouldn't we all be turning our attention to these items also? The answer is yes of course!! Hydrogen peroxide is a great disinfectant to use and it's totally safe.

According to the centre for disease control, it is also effective at removing bacteria and viruses, just mix equal parts water and hydrogen peroxide to effectively disinfect your brushes. Use a mild shampoo to remove built up makeup and oil and then let them soak in the solution for 5 minutes to completely clean and disinfect your brushes. Always let your brushes dry flat after having removed any excess water with a soft cloth. While your brushes are drying it's a good idea to empty out your makeup bag and using a dettol wipe, clean the inside of your bag paying particular attention to the corners. At this point I usually scrutinise my makeup and chuck out any old items past their sell by date. Any excuse to buy some new bits . Hydrogen peroxide is available in all good pharmacies

*Cindy x*

## Stay calm and rise to the challenge!

As the impact of the Corona Virus continues to alter our lives in ways that none of us have ever lived through before, it is vital that we stay calm and rise to this challenge. Many people are feeling great fear at the moment and also sadness at not being able to be with their loved ones at this time. It is vital that we acknowledge these feelings and allow them to be expressed. However, what really matters now is our ability to stay in a good space, mentally, physically and emotionally.

cannot think clearly. One of the quickest ways to bring yourself into a calmer state of being is to change how you breathe. One really simple way to bring peace and clarity is to breathe in through your nose for 2 counts and exhale through your mouth for 4 counts. This helps to calm the nervous system so that you can think clearer. Doing this simple breathing exercise will also help to boost your immune system and elevate your mood.

**Stay well and wonderful everyone!**

**Breathe into calmness exercise**  
When we are in a state of panic or fear, we

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



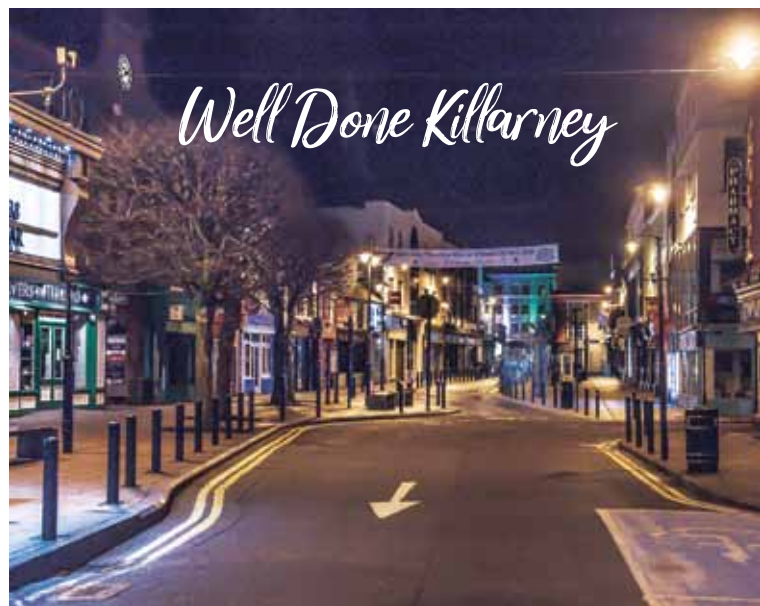
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Life & Body Confidence Coach

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



*Well Done Killarney*

*To stay together, we must stay apart. Killarney Town, not as we know it, but as it should be, just for now. PICTURE: MARIE CARROLL O'SULLIVAN*

**#lovekillarney**



## BEAUFORT NEWS

Written by Cliona Coffey

### LOTTO

The draw of 15th March will be held at the first available opportunity. Lotto draw of 29th March is postponed due to Covid\_19 virus.

Anybody with a 5,10 draw or yearly ticket will get credit when lotto resumes. Thank you for your continued support.

### COVID-19 ASSISTANCE

Due to Covid-19, some parishioners have to self isolate for various reasons or are afraid to go out.

The Club has a panel of volunteers if anyone needs help for these few weeks.

You can contact the organisers, Mary Jo at 086

3779702 if you need any assistance.

### GYM AND FIELD

The gym is presently closed and the fields will be closed for seeding and fertilising this week. The Club regret any inconvenience caused and hopefully everything will be back to normal in a short time.

## SPA GAA

Written by: Deirdre O'Sullivan-Darcy

### SENIOR CO LEAGUE

#### ALL GAA ACTIVITY SUSPENDED

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

### LOTTO RESULTS 16/03/2020

Numbers Drawn: 3, 4, 8, 11. No winner and €50 Lucky Dips going to Mag Cahill, Mary Moynihan, Grainne O'Sullivan and Timmy Butler. The Spa Lotto committee sends good wishes to all our sellers and players; we are grateful for your continued support and loyalty and hope we all stay healthy and well. The Lotto has been suspended for the foreseeable future. The expiry dates of annual tickets will be extended to compensate for weeks when Lotto is not held.

Ar scáth a chéile a mhaireann an saol.

### SPA GAA CLUB REGISTRATION

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

### ITEMS FOR NOTES

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

## LISTRY NEWS

Written by: Anne Sugrue O'Brien

### DEEPEST SYMPATHY

Listry Gaa would like to send deepest sympathy to The Doyle Family, Culleymore on the recent death of Jamie Doyle RIP.

Deepest sympathy to The Courtney Family, Doonkinane Faha on the recent death of Patricia Courtney RIP London/Faha.

### LOTTO RESULT

Results from Sunday 15th March.

Numbers Drawn: 1, 21, 22, 25

€100 Lisa O Shea Lissavane East.

€50 x 2: Emmett Kennedy, Ballymalis. Mike Courtney, Doonkinane.

€25 x 2: Mgt O Donoghue c/o Maura. Des Giles, Faha.

Draw Entrant; Liz Tangney, Clash Road.

Next Jackpot draw €3,500

Listry Community Council and Listry Gaa would like to inform that due to the recent Coronavirus we presently have postponed our weekly draw until further notice. Thank you for your continuous support.

**SOCIAL SPIN:** As Faha Court Bar & Restaurant is closed until further notice, we are conscious of those in our community that may need help during this time. Social Spin however is still in operation to assist anyone that may need help in picking up shopping, prescriptions etc. If you know of anyone that needs a hand you might please let them know they can call us on the Social Spin number 087 7191231 or call Sean on 087 2425848 and our Social Spin volunteers

will assist if at all possible. Many thanks from Sean, Aoife & the Social Spin Volunteers

### LISTRY COMMUNITY COUNCIL

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

### HOME DELIVERY

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

## KILCUMMIN NEWS

Written by: John Moriarty

### SYMPATHY

Sympathy is extended to the family of the late Paddy O'Sullivan, Lyreathough who died recently. May he rest in peace.

### COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand. Radio Maria Ireland is an Irish-run Catholic Talk-Radio Station. Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free – Listen via TV on Saorview - Channel 210 and Freeview - Channel 826; Download our FREE APP - "RADIO MARIA IRELAND", streaming on www.radiomaria.ie or

via PHONE – get live radio feed by telephoning +353 (0) 1 437 3277. Please join our growing faith family!

### MORNING AND AFTERSCHOOL CLUBS

If anyone is interested in taking over morning and afterschool Clubs (as a going concern) in Kilcummin Recreational Hall from September 2020 please contact Mags 087 2640741 a.s.ap.

### KILCUMMIN RURAL DEV. OFFICE CLOSED

The Kilcummin Rural Dev. Office will be closed to the public until further notice. We will still process the notes for the local press & newsletter, items can be emailed or dropped in the letter box as we will be working behind closed doors. Any query or request please contact John on 086-1579381.

### 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.

### THE KILCUMMIN N.S.

Open Day for prospective Junior Infant pupils is due to be held in the school on Thursday, 2nd April 2020, from 2.15pm-4pm, subject to the school being open. Parents and pupils are invited to attend. If you know of any child who intends starting school in September 2020, please advise them to contact Kilcummin National School by email at kill43163@eircom.net. Enrolment application forms are now available. Please watch out for updates on our Open Day.



## RATHMORE | GNEEVEGUILLA NEWS

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

**SHARE THE BUCKET**

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club. Due to the ongoing advice surrounding the Covid 19 we are suspending our weekly share the bucket draw till further notice, anyone that has played will be entered to the next draw.

**COVID-19 VIRUS**

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

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

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

**YOU CAN BE PART OF OUR DAILY A ND WEEKEND MASS FROM HOME**

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

Television Streaming Service

Streamed Mass Schedule for the coming week

Saturday 7.00pm

Sunday 11.00am

Monday 7.00pm

Tuesday 7.00pm

Wednesday 7.00pm

Thursday 7.00pm

Friday 7.00pm

Saturday 2m 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](http://www.mcnmedia.tv)

/television-streamed-mass-schedule-from-rathmore-church for further information

[www.Rathmore.parish.ie](http://www.Rathmore.parish.ie)

**RATHMORE POST OFFICE**

On FRIDAY'S it will open at 8AM

Open 8am - 5:30 PM

Pensioners only please from 8am - 12:30pm

Temporary agent forms available to allow others collect pension payments.

Only two People in the Post Office at any time on Fridays and one the rest of the week to allow for social distance. Double payments will be arranged

by An Post from this week.

Your assistance with the above is appreciated while we all work through this crisis.

**DEEPEST SYMPATHIES** to the family of the late Mikie Joe O'Regan, Meenagishaugh, Gneeveguilla, May he rest in peace.

**GUIDELINES FOR THE DIOCESE OF KERRY.**

Bishop Ray Browne has issued the updated Covid - 19 guidelines for the diocese of Kerry.

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

Churches will be open each day for private prayer. In attending church people are asked to follow all guidelines, including hand - washing before coming to church and on return home, keeping their distance from any person they meet, and also minimising their touching of hard surfaces. Adoration groups have asked for some guidance. Any who wish to spend a period in prayer can do so from any seat in the church with their focus on the tabernacle. Exposition is not to take place as it would draw people to sit in the seats immediately in front of the monstrance and thus increase the risk of the virus being contacted. Full Details: Tel: 064 7761597

**ST. VINCENT DE PAUL** Rathmore Branch  
LOCAL CONFIDENTIAL CONTACT: 087 3462332

**CHANGES TO SOCIAL WELFARE PAYMENT**

The Department of Employment and Social Protection have announced that social welfare payments will now be paid fortnightly instead of weekly.

The reason for this is to avoid less visits to Post Offices and to reduce infection risks.

These changes to payments will be made to customers who collect their payments at post offices and who are paid into a bank account.

The first "double" payment giving two weeks of entitlement will be made to State Pensioners and some social welfare schemes this week.

All other payments will move to fortnightly the following week (see below).

I understand payments will then continue fortnightly for the foreseeable future - there was no mention of this being a temporary measure at this stage.

People receiving the following payments will get paid for two weeks during the week .

Adoptive Benefit

Back to Education Allowance (not all)

Back To School Clothing and Footwear Allowance

Back to Work Allowance

Back To Work Enterprise Allowance

Blind Pension

Carers Allowance

Carer's Benefit

Death Benefit

Deserted Wife's Allowance

Deserted Wife's Benefit

Disability Allowance

Disablement Benefit

Employment Support Scheme

Guardians Payment (Contributory)

Guardians Payment (Non-Contributory)

Health and Safety Benefit

Illness Benefit

Incapacity Supplement

increase for Living on an Island

Invalidity Pension

Magdalen Commission Scheme

Maternity Benefit

Medical Care

Occupational Injury Benefit

Parent's Benefit

Partial Capacity Benefit

Paternity Benefit

State Pension Contributory

State Pension Non-Contributory

Wage Subsidy Scheme

Widow(er)s Pension Contributory

Widowed Parent Grant

Widowed Parent Grant Con

Widow's, Widower's or Surviving Civil Partner's Pension (Non Contributory)

Youth Employment Support Scheme

People receiving the following payments will get a normal payment in the week starting 23rd March and then will be paid for two weeks during the week beginning 30 March 2020

Back to Education Allowance (not all)

Back to Work Allowance

Back to Work Family Dividend

Supplementary Welfare

Creche Supplement

Diet Supplement

Daily Expenses Allowance

Farm Assist

Heat Supplement

Humanitarian Aid

Jobseeker's Allowance

Jobseeker's Benefit

Jobseeker's Benefit for the Self Employed

One Parent Family Payment

Part-time Job Incentive

Rent Supplement

Short Term Enterprise Allowance

Supplementary Welfare Allowance

Travel Supplement

Working Family Payment

**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.



**#KeepYourDistance**  
**#StaySafe #StayPositive**





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

As you know, we are currently in a very difficult period for the hospitality industry and would like to take this opportunity to send our best wishes to all the hotels, the management, staff and their families who have been affected by COVID-19 pandemic. This is an extremely challenging time causing unprecedented consequences for us all in the tourism industry but we will all come out on the other side. If there is any way, that the team of Killarney Golf & Fishing Club can support

you, please let us know. Let's stick together in these difficult times.

Stay well, The Golf Team At Killarney Golf & Fishing Club

**DEERPARK PITCH & PUTT CLUB NEWS****COVID-19 UPDATE**

The Committee are constantly monitoring the Covid-19 situation. In the meantime the following applies: (i) The course is ONLY OPEN TO MEMBERS at this time, no exceptions. (ii)

Flags & Rakes will be removed from the course until further notice. Bunkers out of play. (iii) U16 Members MUST be accompanied by an adult at all times. We ask all members to take heed of official advice around physical distancing and self-isolating if they experience symptoms.

**2020 MEMBERSHIP:** Can be paid on Saturday from 10am-10.30am and Sunday from 11am-11.30am. Rates same as 2019: Adult- €135, Juv/OAP: €80, Family: (2 Adults and 3 Children under age of 18) €240. Lasts until March 1st 2021.

**Killarney Comhaltas News**

As with most organisations in these troubled times, Killarney Comhaltas has been hit badly by the Coronavirus outbreak, with its activities seriously curtailed.

All classes, in both music and dancing, have been cancelled for the foreseeable future. It is difficult to know when these classes will resume but clearly nothing can be done until schools get the go-ahead to re-open.

**Our branch meeting** for the month of March has also been cancelled, as has the County Board meeting.

**The church gate collection** for the county Fleadh Cheoil will obviously also not be able to go ahead until masses resume with congregations,

and, indeed, the Fleadh Cheoil itself may have to be postponed. Meanwhile our young musicians find themselves at home with schools closed and are wondering what to do with themselves. We would ask you, firstly, to take very seriously the concept of Social Distancing. Do not go out meeting up with your friends - you are likely to pick up the virus and carry it home with you to your family, potentially causing serious illness and even death, especially if there are elderly people, or people with health issues in your home. Social Distancing combined with constant hand-washing will help enormously to control the spread of the virus.

This doesn't mean you are totally cut off from your friends. You have Skype, WhatsApp etc to keep in touch.

This "homestay" also gives you an ideal opportunity to practice your music, including going back over tunes you haven't played in a while. It's also a chance to listen to some music. If you go into the main Comhaltas website at [www.comhaltas.ie](http://www.comhaltas.ie) you will find, on the right hand side of the main page, a section called Comhaltas Live where well known musicians have been videoed playing some of their favourite tunes. If you click on Video Clip of the Day you will see a list of videos that you can watch, but even better, you can go to the bottom right-hand corner and find "Archive Categories" and top of the list is "Comhaltas Live" videos with hundreds of music videos. You can even select the videos that involve the instrument you want to watch. So, enjoy! And above all, stay safe.

## B-WELL FITNESS

## OFFER FREE

## ON-LINE

## WORKOUTS

**It's time to get in shape - Now more than ever - that's according to personal trainer Edele Daly who along with her husband Neilus Hayes own and run B Well Fitness Club Killarney at the Countess Shopping Centre, Park Road, Killarney.** Due to the outbreak of the COVID19 crisis in Ireland their studio has, like many other small businesses, had to close its doors to its members and the general public. That said the team at B Well are doing their level best to engage with both their members and anyone that's interested by posting workouts, videos on mindset motivation, nutrition advice and fun kids workouts via their Facebook, Instagram and YouTube pages.

Owners Edele and Neilus see it as helping the people of Killarney and further afield. "We have been incredibly lucky since we moved into our premises in Countess Shopping Centre almost a year ago with the support and business people have given us. We now are giving back, offering free content, advice or even just to be there for a chat if needed for anyone that might be struggling during this unprecedented crisis", Edele told the Killarney Outlook. "We want people to stay motivated in trying circumstances and we will do our very best to help people with that. All we ask people to do in return is interact with us on the different social media platforms, or send us photos of their workouts so that we can share, we are all in it together!", she added. All their social media posts use 3 hashtags **#bwellfitnessclubkillarney #initttogether #teamBWellFitness**

Just stick these at the end of your own post when copying a BWell workout and tag them @bwellfitnessclubkillarney and remember -

"It's time to get in shape - Now more than ever".



Keeping at a Social Distance to keep you fit at home. B Well Fitness Instructor Peter McCarthy demonstrates home work outs, recorded by colleague Stefan McMahon, McMahon Sports Therapy, onsite at BWell Fitness, to keep us all active at home. Follow B Well Fitness Club on all Social Media platforms for your FREE work outs at home.  
**PICTURE: MARIE CARROLL O'SULLIVAN**



Home video recording with Neilus & Edele of B Well Fitness to keep you active at home. Log onto Facebook or Instagram for your free home work out daily. and keep it local.  
**PICTURE: MARIE CARROLL O'SULLIVAN**





## JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



### LORENZO SANZ

Nowadays Real Madrid is one of the giants of world football. The derby with their Catalan rivals Barcelona is the biggest game in world football and the most watched. The history there is as much about cultural identity as sporting tribalism. Barcelona may be Spanish compatriots but in their heart of hearts, in that place where supporters live and few players can really grasp, Barcelona is Catalan and still resistant to the patriotic and unbenevolent dictatorship of Franco. Barcelona supporters identify themselves by their opposition to anything from the Spanish capital – they are the 'anti-madridistas'.

If one were to list the greatest teams of any era, the likes of Cruyff's Holland in the seventies, or Pele's Brazil, or in all fairness Ferguson's Man United in the nineties, the Real Madrid team of the 1950s would be right up near the top of that list. They won five European Cups on the trot and lost two finals. They had Gento on the left and Kopa on the right – Beckham and Ronaldo were dilettantes by comparison. Dominguez in goal. Santamaria at the back and Ruiz in the middle were the steel among the silky skill. Up front you had Alfredo di Stefano – a genuine candidate for discussion as the greatest player ever. Behind him, in what we would now call a number ten, was a player who may have been even better – Ferenc Puskas, the famous 'Galloping Major', had defected from communist Hungary to Spain. He was famous for the goals he scored – he almost single-handedly destroyed England badly in two games and wiped out the classic WM formation that had been de rigueur for two generations. The Puskas Award is given for the most aesthetic goal every year – Billie Simpson of Cliftonville Ladies and Northern Ireland was runner-up last year.

In 1995, those days were rapidly fading memories. Barcelona were the unquestioned kingpins, with the likes of Stoichkov, Laudrup, Guardiola, Puyol. Ronaldo (the real one), Romario, Koeman, Popescu....

Real Madrid had Iker Casillas, Georghe Hagi, Paco Llorente, and....some other guys who weren't great. They hadn't won a European Cup

in 32 years. Madridistas, like Kerry supporters, always assumed that the longed-for Septima, the seventh title, was just around the corner and were constantly disappointed. By 1995 they were deeply unhappy.

Enter lifelong support and Madrid native Lorenzo Sanz, who took over from the disgraced Ramon Mendoza as President (Sanz would himself leave in disgrace amid allegations of tax fraud that would prove to be true – as in this country, soccer administration and rank corruption are regular bedfellows).

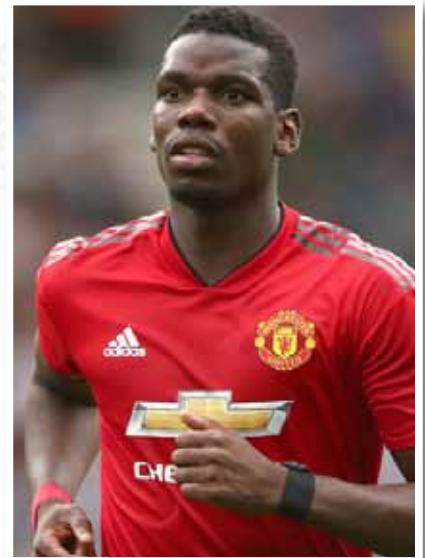
Sanz was a loud, boorish man in person – strangely, one of his few friends was Barcelona President Joan Gaspart. There was a lot to dislike about him, but he was good at what he did. Very good. He invested heavily in players, bringing in Italian legend Fabio Capello as manager (future England manager Capello was a follower of Cruyff's total football philosophy and a young Raul blossomed under the doctrine), Davor Suker, Clarence Seedorf, and Roberto Carlos, and finally Christian Karembeu, a real coup at the time. Redondo, Hierro, Lorenzo's son Fernando, and son-in-law Miguel Saldado were already on the team.

Just like that, Real Madrid were back on top of the Spanish League and in 1998, now managed by Juup Henyckes, Pedja Mijatovic scored the only goal as Real Madrid beat Juventus 1-0 to win their seventh European Cup. The Septima was home at last. Close on one million people danced on the streets of Madrid. In 2000 they won the Octava. Within two months Lorenzo Sanz was voted out in a coup managed by Florentino Perez. The Madridistas were not encouraged to remember him – eaten bread stays in the memory only as long as it stays in the stomach. Despite two failed bids to get back in, Sanz never really forgave Real Madrid.

They remembered him last week, though, as the news spread that he had become the latest victim of the coronavirus pandemic. Lorenzo Sanz may have been somewhat cold, callous, and unrepentant, but he was also the man who brought the Septima to Madrid, and they'll always remember that. May he rest in peace.

### PAUL POGBA

The Ancient Mariner, according to Coleridge, killed an albatross and so was cursed to forever wander the seas. It makes me wonder what happened to the sailors who cheerfully slaughtered the big, awkward, tasteless chickenish birds called dodos, who had literally never seen humans. When one of their number was killed, they would gather around and stand in helpless confusion as the



sailors killed them for sport. One was preserved, stuffed, and stored in the British Museum....until it was accidentally thrown out with the rubbish.

I reckon Paul Pogba must have killed dozens of albatrosses (albatris, perhaps? I don't know). It's the only explanation for how a player could go from being the most expensive player in the world to so useless you couldn't give him away with a bag of penny sweets. Pogba has been the worst purchase ever by Manchester United, who have had a few famous turkeys before him. I actually do feel sorry for Pogba. He has, by all accounts, a very good attitude and tries very hard. He is popular with the players, diligent, unselfish.... and stone useless as a controlling midfielder. He simply has never really been a midfielder, he is an attacker from deep. He was famously lethal for Juventus, racing in (usually from the left) and shooting home. Passing and tackling are not and have never been integral to his game. Asking him to play like Roy Keane or Bryan Robson is about as useful as asking for a dodo burger at a fast food outlet. Like Veron before him, he unbalanced Man United and they have actually played better without him – Solskjaer's team were actually hitting a streak of good form without the injured Pogba before games were interrupted.

It's easy to feel sorry for the much-maligned Pogba. Then again he gets paid £290,000 a week, so I don't feel all that sorry for him. By the way, it's nice of Seamus Coleman to donate £20,000 to front-line staff and a bunch of Irish players in the



Premiership to donate £25,000 to unemployed League of Ireland players (a big shout out to Bohemians – the Gypsies are the only club to announce that they will be honouring their employment contracts for as long as possible) – but the fact that the average salary in the Premiership is over a million sterling a year puts it in perspective.

Pogba has now said that he wants to stay at Man United for another year and has asked his agent Mino Raiola to stop making public criticisms of the team. You know he works for you, Paul, not the other way around? If you weren't okay with him saying it, he wouldn't have been saying it, and we all know that.

One more year? I can only think of what Oliver Cromwell, wag that he was, said to the Long Parliament "You have sat too long here for any good you have been doing. Depart, I say, and let us have done with you. In the name of God, go."

Or even more appropriately, the acerbic MP James Maxton as Ramsay McDonald started to make his resignation speech in a different Parliament - "Sit down, man. You are a bloody tragedy". Cromwell would have loved that one.

## BACK TO THE FIELDS

Are Liverpool Champions? It's the biggest sporting debate at the moment. And to those who would rush to tell me that sport is not important right now, I can only disrespectfully disagree. You are wrong – sport is a medium through which life can be celebrated. It is not an important thing in itself, but as a means of coming together and celebrating the infinite variety and wonder and sheer glorious pleasure of being alive, there are few better things than sport. That's more important right now than ever before.

The so near and yet so far story of the 1920 Premiership is a saga with plenty more chapters to be written. I don't understand why the FAI have pencilled in late June as the date for resuming their competitions – any and all such dates are totally arbitrary right now. It isn't up for



negotiation. Games will resume when its safe.

Nor do I understand why horse-racing continues at the moment. Well, of course I understand – money counts more than lives and online betting is highly lucrative, especially when people have time weighing on their hands. To horse-racing authorities everywhere, I say "stay classy, guys".

At the moment, the IOC (who traditionally were as corrupt as FIFA, and that's saying something. Pat Hickey actually wanted John Delaney to succeed him, just as Blatter wanted and got Gianni Infantino to succeed him) are debating whether or not to postpone the Tokyo Olympics. Wow. Here's a clue; yes, of course you should. It must be the most obvious decision since Adam wondered if he should ask Eve out.

Should soccer games go ahead behind closed doors? No, of course not. Players are as vulnerable as anybody else and anyone who thinks that soccer is a non-contact sport would probably think the same about romance. At least, I hope so – such people are wading in the shallow end of the gene pool.

Should the League be declared finished and the title awarded to Liverpool? I have no objection – but you also need to tell me who is promoted and relegated and who qualifies for Europe. Or should

the European competitions and the European Championship and the World Cup simply be abandoned. Yes, of course, but that would cost money so we all know that won't happen.

The European Championships will be squashed into a convoluted 2021 that will be a glut of over-hyped games played off at a pace that will see a huge increase in injuries and lowered standards for exhausted players. Liverpool will win the League, probably later this year, and get back onto that perch that a certain red-nosed Scotsman knocked them off. There will be another spate of jokes about Stephen Gerrard never winning the league (the world can have quite enough of them), each one more tasteless than the least.

Jamie Carragher will gleefully claim all the credit in his weird scouse/cockney accent. Roy Keane will glower and criticise something or other – great player, truly awful pundit. Gary Neville will congratulate them and make a joke about Stephen Gerrard (I rate Neville highly, but Sky prefer caricature to character). Chris Kamara will have no clue what's happening, he's like a loveable but dim teddy bear.

It'll be business as usual, in other words.

## AS FOR THE GAA CHAMPIONSHIP?

The GAA have actually been brilliant in this crisis. They have opened the likes of Croke Park and Pairc ui Caoimh, they have countless volunteers (respectfully, don't bother putting up that offer on facebook. Actually pick up the phone and talk to people. You already know the people most likely to need help in your area and even if they don't need any errands, a phone call will do both you and them good). As I say, the GAA have been incredible and deserve every bit of credit that they get. They genuinely have proven that they embody a national identity and culture in much more than sporting terms. But The Sunday game.....oh, ye gods, The Sunday Game. Thankfully, Joe Brolly is gone (highly intelligent, highly articulate, way too eager to prove it with faux outrage and spurious arguments and anything, absolutely anything to attract attention). Colm O'Rourke and Pat Spillane are not just experienced players, they are astute and serious analysts but simply focus far too much on trivial details and go



on far, far too long about referees (a bad habit that too many Kerry supporters are willing to indulge in too). Ciaran Whelan, much to my surprise, is actually a very good analyst who can observe and comfortably explain underlying strategies. He may be a little technical for some people, but I want that kind of knowledge. That's what I want from an analyst, not entertainment. I get that from the likes of Tommy Tiernan or the late and always great Dermot Morgan, not The Sunday Game. Matches are going to be coming thick and heavy once they do commence, and I'm not sure about

RTE's ability to handle it. My biggest fear about it is that clubs will get shafted as the GAA focusses on inter-county games for revenue recovery. The GAA schedule is already far too packed. The District Championships, John Kerins U20 League, Corn Ui Mhuiri, and Sigerson Cup were pretty much run off in tandem last January and it was just ridiculous to see what as expected of talented young players. That's going to get worse, not better.

Games will return sooner rather than later. There is simply too much money invested. The big clubs and the big teams will survive. But people are taking a big economic hit right now and fewer people will have the money to go to the more expensive games, a lot of smaller clubs will be gone, and people will have less inclination or means (most airlines are as flightless as the unfortunate dodos ever were right now) to travel. But they will be back, and I will be back with them, as enthusiastic as any hurler that ever stood on a ditch.



## KILLARNEY CELTIC

### CORONA VIRUS

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

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.

Well done to all who have sent in video clips for the Skills Competition. Congrats to Lucy O Sullivan U15 Girls and David Cronin U9s who were our 1st prize winners. Please see our Facebook page for details.

### LOOKING BACK 1983 K.O. CUP FINAL

Killarney Celtic captured their 2nd Kerry Cup when they defeated Tralee Dynamos 4-1 after extra time in a game played in the Demesne in Killarney.

Celtic arrived to this Cup Final having also reached the semi final of the Munster Junior Cup. Dynamos were going for the league and



cup double.

Celtic took the lead in the 14th min when Ray Hocht fired home after Dynamos had given away possession and Celtic held this lead all the way until injury time when Gordon Kerins equalised to send the game to extra time.

Celtic hit the front again when Ray Hocht scored from the penalty spot after Tom O Shea was brought down in the box. Further goals from Seanie Kelliher and Tom O Shea sealed the win for Celtic.

## OUTLOOK SPORTS

## MUCKROSS ROWING CLUB

### COVID-19

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

### COMMUNITY SUPPORT

Club members are available to help in Muckross and the wider community. For those who may need assistance with shopping, running errands, help in the home or technology etc, we are here to help. Please contact Sean Daly (Chairman) on 087 231 6053 or pass on this number to anyone who may require assistance. All contact will be managed discretely. Any assistance we can provide will adhere to latest recommendations regarding social distancing and hygiene recommendations.

### ROWING IRELAND UPDATES

A Working Group has been formed by Rowing Ireland to co-ordinate the governing body's ongoing response to COVID-19 at a national level. Weekly updates will be posted on the Rowing Ireland website. All regattas scheduled for April, along with the AGM of Rowing Ireland and Fixtures Meeting for 2021, originally scheduled for this weekend, have been cancelled.

### MUCKROSS LOTTERY

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

### MUCKROSS ROWING CLUB LIKE PAGE

HERE TO HELP - COMMUNITY SUPPORT (COVID-19)

We want to let everyone in our local community know that members of Muckross Rowing Club are available to help during the time ahead, wherever we can. Whether it is shopping, running an errand, collecting a prescription, delivering a message, driving, help with items

at home, maybe queries on technology ... if you need any assistance or know somebody who may require support, please let us know.

We are fortunate to have lots of skills available within the club and both adult and younger members volunteering to help.

IF YOU NEED ASSISTANCE OR KNOW SOMEBODY WHO MAY REQUIRE SUPPORT, PLEASE CONTACT (OR PASS ON THIS NUMBER): SEAN DALY (CHAIRMAN) 087 2316053

All contacts will be handled discretely. Any assistance we can provide will adhere to the latest social distancing and hygiene recommendations.

### PAST MEMBERS

We are aware there are also many past members who may wish to volunteer, though we may not have your latest contact details. If you are available and would like to help with volunteering, please also contact Sean at the number above.



## OUTLOOK GAA

## DR. CROKES NOTES

### ACTIVITIES

currently at a standstill 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. a very special thanks to John C O'Shea for his expertise in collating this project.

### JUVENILES 200 TOUCHES DAILY

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

### MEMBERSHIP

is now due and must be paid before March 31st. to Registrar Frances O'Sullivan. Membership can also be renewed on line visit [drcrokes.com/news](http://drcrokes.com/news). Follow the links below to renew membership. <https://clubforce.com/mobile-app/> [https://member.clubforce.com/memberships\\_cart\\_m.asp?LL\\_ID=734&intMF\\_ID=5899#Anchor](https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=5899#Anchor).

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

### SCÓR SCOLÁIREACHTAÍ DAOINE FASTA | ADULT SCHOLARSHIPS 2020

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

**BINGO** at St. Marys Parish Hall on Sundays is





postponed for the foreseeable future and will resume when the current guidelines are lifted..

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

## BALLYHAR-FIRIES GAA

### COVID-19

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

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

Aherns Pharmacy, Farranfore (066 – 9764110), Bridies Shop, Firies (066 – 9763000), Hendersons Shop, Firies (066 – 9763090), Moriarty's Shop, Farranfore (066 – 9764808), Sheehans Shop, Farranfore (066 – 9764252)

### 2020 MEMBERSHIP

2020 membership can now be renewed online. Follow the links on our social media accounts or search for Firies GAA via the "Find My Club" Button on [www.clubforce.com](http://www.clubforce.com) or download the clubforce app. Alternatively, you can make contact with Club Secretary Kevin Cronin, Peter Costello, Paudie O'Sullivan Hurling or Fiona Walsh or any club officer/ Mentor or Member and they will be able to give you further details. All players must be registered before playing or training. Closing date for membership is March 31st

### LOTTO

Firies GAA weekly lotto has been postponed until further notice. All tickets purchased will be included in the first draw upon resumption. Many thanks for your continued support and understanding at this time.

## MILLTOWN CASTLEMAINE GAA

### MOTHERS DAY

We hope all the mummies in our community had a Happy Mothers Day.

We especially commend all those working on the front line during this current Covid 19 pandemic.... your dedication and commitment is admirable and appreciated so much. When this medical crisis passes, we hope you will get a chance to be pampered. In the meantime... Let's all play our part." Ní neart go cur le chéile"

### VOLUNTEERS

During these trying times Milltown Castlemaine GAA would ask its members to remain vigilant regarding the needs of our most vulnerable in the community namely the elderly, sick or disabled and those living alone. There maybe those who are isolated due to their location or just in need of a helping hand .We offer our support as a club in assisting in any way, those individuals or groups providing services already and might be finding their resources stretched in the current circumstances. Our club has also set up a group of volunteers who will deliver items like medication, groceries, fuel etc. to your door if needed and in strictest confidence. To avail of this service, please contact Podge 086/8398669, Mike 087/2615443 or Emmett 087/2205330.

### HSE

The GAA has been asked by the HSE to follow all of their guidelines and recommendations in respect of the COVID-19 outbreak.

As part of this policy, all clubs have been instructed

**FIRIES G.A.A.**  
Covid-19 Community Delivery Service:  
For elderly, vulnerable, sick or self-isolating  
in our community.

If you need a delivery service from any of the following businesses, please  
Phone your order to the business.  
Phone our helpline 087-2998231 (no text messages please)  
Please have your Eircode to hand

|  |   |
|--|---|
| Aherns Pharmacy, Farranfore<br>066 - 9764110 | Bridies Shop, Firies<br>066 - 9763000                             |
| Henderson's Shop, Firies<br>066 - 9763090    | Moriarty's Shop, Farranfore<br>066 - 9764808                      |
| Sheehans Shop, Farranfore<br>066 - 9764252   | Ní neart go cur le chéile<br>Helpline: 087-2998231 (Kevin Cronin) |

that anyone with queries regarding COVID-19 should contact the HSE directly. A detailed HSE website with recommendations can be found at: <https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

The purpose of this approach is to ensure that there is one version of official communication rather than multiple statements and possible conflicting advice for members of the public.

### CLOSURE OF FACILITIES AT THE PADDY BURKE MEMORIAL PARK

Following a directive from Croke Park, Milltown Castlemaine GAA has CLOSED its pitch and facilities- until further notice. UNFORTUNATELY, it has been brought to the attention of the Club Executive that some people are choosing to ignore the directive from Croke Park by accessing the pitch to play ball etc. This shows a blatant disregard for the health of others, puts the lives of our most vulnerable at risk as well as disrespecting those on the frontline in the fight against Covid 19. I would again appeal to everyone to adhere to the measures taken in the best interest of everyone.

### A MESSAGE FROM FOLEY'S SPAR -COISTE NA NÓG SPONSOR OF MILLTOWN / CASTLEMAINE GAA CLUB

Norman Foley's Spar in Milltown and Fossa have been quietly delivering groceries in our community with the past two weeks. They will try and extend this service over the next few weeks and if you know someone who may need their assistance, please contact the store and they will try to deliver to you. In order for this to continue to work, please only call if you need our help and can't visit stores yourself. These are the contact numbers: Milltown (066-9765607) Fossa (064-6633907)

### 106 FM - PARISH RADIO

#### A message from the Bishop of Kerry-Bishop

**Ray Browne:** Regarding Masses (daily and weekend) and other liturgies in the context of the Covid-19 pandemic: NO public Masses with a congregation will be celebrated until further notice. Churches will be open each day for private prayer. In attending church people are asked to follow all guidelines, including hand – washing before coming to church and on return home, keeping their distance from any person they meet, and also minimising their touching of

hard surfaces. These guidelines will endure until the Government indicate they are no longer necessary. Also many people have expressed their appreciation of their parish for prayer and for Masses. Many have joined in the Mass on-line or via parish radio (which is 106 FM for our community.) There is also a 10.30am daily Mass on the RTE News Now channel. RTÉ News Now can be accessed on Saorview (channel 21), Sky (521), Virgin Media (200), Eir (517) as well as via the RTÉ Player, the RTÉ News Now app and via [RTÉ.ie/news](http://RTÉ.ie/news). This content will also be available on the RTÉ Player, both live and on catch-up. In the coming weeks members of our community may find certain aspects of life difficult.

### MILLTOWN/CASTLEMAINE GAA FUNDRAISING LOTTO:

Please note due to unforeseen circumstances surrounding the outbreak of the Covid19, the fortnightly Fundraising Lotto Jackpot Draw, has been postponed. A new draw date will be confirmed shortly. At this draw, all tickets purchased, along with annual tickets, will be included.

### PROGRESSIVE 31

In the interest of the health and well-being of our patrons, Milltown Castlemaine GAA have taken the decision to postpone the Tuesday night's Progressive 31 Card drive until further notice. We will update you going forward and hopefully see you all again in the not too distant future. In the meantime -stay safe and well.

### PLEASE NOTE: 'TABLE FOR THADY' QUIZ POSTPONEMENT:

Unfortunately, our Table for Thady Quiz night had to be postponed and it will now take place at a later date which will be confirmed here in the weeks ahead. We still encourage those of you that can to support Thady's treatment costs fundraiser online at the following link: <http://www.ifundraise.ie/TableForThady>. The response has been terrific so far and all the support from the wider community and beyond is heartening.





*To my fellow athletes, teammates, and competitors. The mission remains the same. What we CAN control during all this chaos with the virus is our attitude and response, and the way in which we react towards the Olympic and Paralympic Games being postponed until 2021. Continue to stay motivated and determined. We're all in this together! "100% or Nothing"*

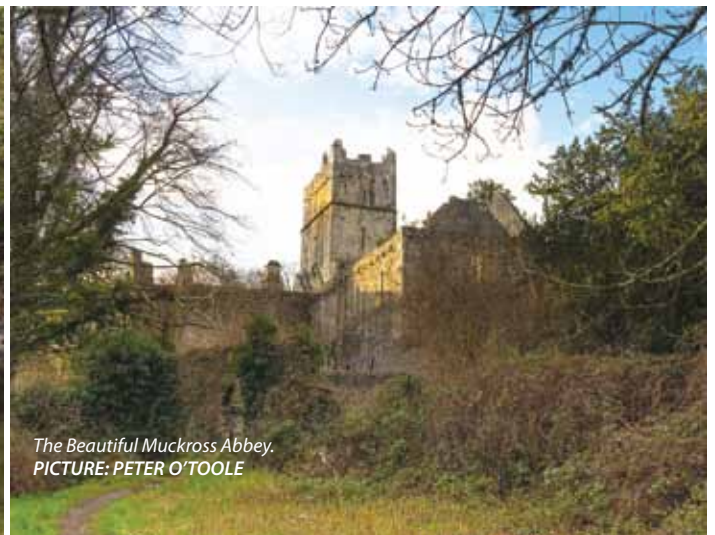
#manonamission #raisingthebar  
#menonamission

**Jordan Lee, Athlete**

## KILLARNEY - OUR BEAUTIFUL TOWN IN THE PARK



*The Old Weir Bridge at the Meeting of the Waters.*  
PICTURE: PETER O'TOOLE



*The Beautiful Muckross Abbey.*  
PICTURE: PETER O'TOOLE



*Torc Shore at Sunset.*  
PICTURE: PETER O'TOOLE

*We are so lucky in Killarney to have the amazing National Park for us all to enjoy -  
Just remember social distancing when you are out and about and not more than 4 people together.*



# Citizens Information

## CITIZENS INFORMATION ARE OPEN FOR PHONE & E-MAIL QUERIES

T: Killarney

**0761 07 7820**

E: killarney@citinfo.ie

10-4pm

Tuesday to Thursday

T: Tralee

**0761 07 7860**

E: traalee@citinfo.ie

10-4pm

Monday to Friday

T: Caherciveen

**0761 07 7780**

E: caherciveen@citinfo.ie

10-1.30 & 2.30-4pm

Tuesday to Thursday

T: Kenmare

**0761 07 7810**

E: kenmare@citinfo.ie

10-4pm

Monday, Tuesday  
& Thursday  
10 – 1pm Wednesday

**We regret that Killorglin, Listowel and Dingle are closed for now.**

INFORMATION & ADVICE IS AVAILABLE ON:

*COVID-19 Measures*

*Health*

*Income Supports*

*Social Welfare*

*Education*

*Employment*

*Housing*

*Family Matters*

*Many other topics*

*Free, Impartial and Confidential Service.*

For up to date information:

[www.citizensinformation.ie](http://www.citizensinformation.ie) | [www.gov.ie](http://www.gov.ie) | [www.hse.ie](http://www.hse.ie)



**DROP IN**  
Local Centres



**CALL**  
**0761 07 4000**  
Mon to Fri, 9am to 8pm



**LOG ON**  
[www.citizensinformation.ie](http://www.citizensinformation.ie)



### MY CLINICS ARE **CANCELLED** UNTIL FURTHER NOTICE!

I am available on the phone as usual on my

**Mobile 087 2316055**

along with Eileen: 087 9975419,

Maura: 087 7816432, Johnny: 087 2354793

and my Office: 064 6685315

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

EMAIL CONTACTS

[danny.healyrae@oireachtas.ie](mailto:danny.healyrae@oireachtas.ie) | [johnnyhealyrae@gmail.com](mailto:johnnyhealyrae@gmail.com) | [maurahealyrae@gmail.com](mailto:maurahealyrae@gmail.com)

## NEW BEGINNINGS MINISTRIES KILLARNEY

**087 7068533** email: [newbeginningskillarney@gmail.com](mailto:newbeginningskillarney@gmail.com)

### MEETINGS SUSPENDED DUE TO GOVERNMENT GUIDELINES RE COVER-19

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

Facebook on New Beginnings Killarney 

An Ghníomhaireacht um  
Léinn agus an Teaghlach  
Child and Family Agency

**TÚSLA**



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*You can make  
a difference!*

**Can you provide a room, an evening meal  
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**If Interested please contact :**

**The Supported Accommodation Coordinator**

**T: 064 6636030**



Ed 17, 2020



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Ed13 2020

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Ballyhar, Killarney

Ed 07 2020

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Ed 26 2020

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Ed25 2020

**John O'Mahony**

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Ed 28 - 2020

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Ed 20 2020

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OG

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E- info@envirodrain.ie  
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Ed 10 - 2020

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Ed 02 2021



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Ed 21 2020



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Ed 14, 2020

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All internally glazed.  
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- Anxiety
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- Addictions

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To find out more please contact Lorraine on **087 6739588**

Ed 13 2020

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**SUPPLIED & FITTED**  
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Ed 13 2020

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Ed 04, 2021

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Regular grass cutting only  
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ED 51, 2020

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Hotels, Bars, Guest Houses, Private House.  
FREE Quotations  
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ED 35 2020

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ED 37 2020

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ED 13 2020

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Ed 35 2020

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Carried out in Killarney and Surrounding Areas  
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ED 43, 2020

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ED 14 2020

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**Gardening**  
with Killarney Outlook  
by John O'Sullivan  
**PLANTING A COLOURFUL FLOWER BOWL**  
When planting a colourful flower bowl, choose your bowl from either terra cotta or plastic but make sure to get a saucer underneath when purchasing. Then put some gravel around the base surrounding the hole and add compost mixed with slow release fertilizer.  
Fill your bowl to about one inch from the top as this will make it easier when watering afterwards. When choosing the plants start with the centre piece. An ideal plant for this would be an evergreen grass. This is an ideal plant as when you are finished with the bowl, the evergreen grass can be planted outdoors.  
There are a huge range of plants with colour to fill around the centre piece. Some of the most popular to choose from are trailing variegated ivys, heathers in flower, primroses, polyanthus, forget-me-nots and you will also still be able to get some potted daffodils and tulips.  
When finished planting, make sure to water the plants well, and if you decide to keep the flower bowl indoors make sure that the saucer is underneath. Keep the finished bowl in as much light as possible and this will flower well into the time for Summer bedding. As certain flowers go off before others, don't be afraid to remove them as this will keep your bowl looking good for longer.  
**JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.**

Gaelic Performance has opened up the link below for some games and drills that might be of use to club coaches etc. "I've taken all memberships off [Gaelicfootballdrills.com](http://Gaelicfootballdrills.com) forever.  
So if you find yourself with some spare time on your hands over the next few weeks, perhaps it might be an opportunity add to your own ideas".

**Pat O Shea/Pádraig Ó Se**  
Munster GAA Games Manager  
There are 376 Drills and Games for you to look through.





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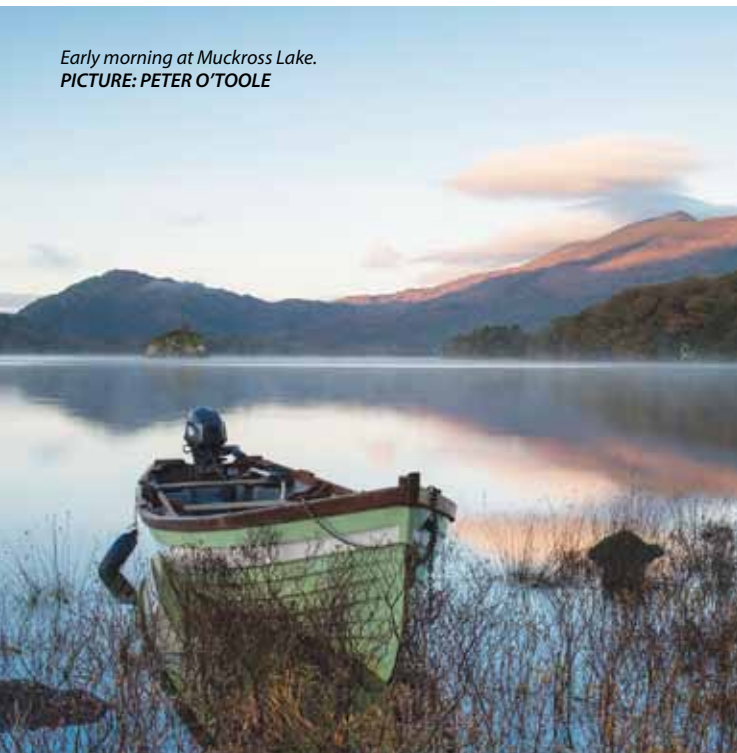
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ALL 4 X 4S FOR BREAKING  
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Early morning at Muckross Lake.  
PICTURE: PETER O'TOOLE



#### FOR SALE CLASSIFIEDS

OG

**FOR SALE**

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Neatly split. only €150.

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ED 14

**FOR SALE**

30 X bags of turf only €100 delivered

30 X bags of timber only €100 delivered

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#### AVAILABLE CLASSIFIEDS

ED 15

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**CONTACT: 087 3294385**

ED 14

**DRIVEWAYS**

Tarmacadam, driveways, roadways and yards. Concrete, stone chips, kerbs, all groundwork and plant hire.

**CONTACT DENIS LYNCH: 086 3584956**

#### MOTOR CLASSIFIEDS

ED 13

**FOR SALE**

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5 dr hatchback - 1.4 Petrol - 165 K Mls - just fully serviced. NCT until mid July 2020- Taxed until the 1st April 2020- 4 brand new tyres fitted recently- sky blue in colour - has a hitch fitted - very economical- with 2 keys - Perfect Car - €700 Ono

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ED 13

**FOR SALE**

**09 FORD FOCUS SALON** - Metallic Black - DSL - 1.8 Tdci - Low Tax Model - In Mint Condition inside and out - NCT until the of January 2021 - Alloys - Good Tyres - Air Conditioning - Parking Sensors - Window Visors - Both Belts have been recently changed- Car is Serviced - 260 Klms - 2 Keys :: €2300 Ono

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**#lovekillarney**





## EARTH HOUR IS THIS SATURDAY

Starting as a symbolic lights out event in Sydney in 2007, on Saturday March 29th 2008, 35 countries and over 370 cities switched off lights during Earth Hour for the first time. Now millions of people, businesses and landmarks set aside an hour to switch off their lights and support the Earth Hour movement.

The Earth Hour 2020 theme will focus on "Climate Action" and sustainable development.

Please switch off all your unnecessary electric lights and electrical gadgets in solidarity with global efforts to secure nature and our planet on this Saturday March 28th from 8:30pm until 9:30pm and be part of the generation who are choosing to fight for our world.

## SUMMER TIME BEGINS THIS WEEKEND

Remember to reset your watches, alarms, timers etc by putting the time forward by one hour before you go to bed this Saturday night. Sunrise and sunset will be about one hour later on Sunday, March 29th than the day before, resulting in more daylight in the evening and if the weather is dry be sure to take a walk in the fresh air but please remember to keep a distance of 2 metres (6.5 feet) between yourself and others whilst outdoors as well as inside.

## HANDY HINTS

\*Alleviate discomfort when plucking your eyebrows by smoothing baby teething gel over the area to numb the pain.

\*Removing Band Aids is easier if you soak a cotton ball in baby oil and rub it over the tape.

\*Prevent celery from wilting by wrapping it in foil before putting it in the refrigerator.

\*To remove Chewing gum in children's hair - Dab with a cloth soaked with eucalyptus oil.

\*For an instant face-lift, beat an egg white and apply it to your skin. Leave on for about 10 minutes and rinse off. Your skin will be tighter and appear firmer.

## A FEW POSITIVE UPDATES ON THE COVID-19 OUTBREAKS FROM AROUND THE WORLD

\*Please know, even if you have to self-isolate due to the virus, you do not have to go through this

on your own. If you are older, the charity Alone have set up a COVID-19 helpline from 8am-8pm seven days a week on 0818 222 024. Call the HSE Information Line, on 1850 24 1850 – if you are concerned about the welfare or safety of an adult or want to get help, call this number (Monday to Friday 8am-8pm or Saturday and Sunday 8am to 5pm)

\*US Researchers have delivered the First COVID-19 Vaccine to volunteers in experimental test programme.

\* Australian researchers are testing two drugs as potential 'Cures' for the Virus.

\* As the outbreak is finally brought under control in China, parks and tourist attractions are slowly beginning to reopen to the public under careful moderation.

\* Amidst national shortages of hand sanitizers, alcohol distilleries in Atlanta, Portland, rural Georgia, and North Carolina have begun using their facilities to make their own sanitation products to Give Away for Free.

\* Dutch and Canadian researchers are reporting additional breakthrough research on treating the Virus.

\*Supermacs and probably many more Takeaways and Restaurants throughout the Country are offering meals to emergency services staff such as ambulance crews, firefighters, Gardaí and other workers for free in all of their restaurants.

## ON THIS DATE - March 27th

1836 - 1st Mormon temple dedicated (Kirtland, Ohio).

1839 - Birth of John Ballance in County Antrim. He moved to Birmingham and married before emigrating to New Zealand. There, he had a successful career as a journalist and set up his own newspaper. He became involved in politics and was elected as Prime Minister in 1891. He had the respect of both the native Maoris, and the European settlers and was instrumental in giving women the vote in 1893, making New Zealand the first country in the world to do so.

1855 - Canadian inventor Abraham Gesner received US patents for his innovation called kerosene, a cleaner lamp fuel for indoor and street lighting which mostly eliminated the use of whale oil from sperm whales.

1860 - New York inventor M L Byrn patented

the "covered gimlet screw with a 'T' handle" (corkscrew)

1866 - US President Andrew Johnson vetoed the civil rights bill that later became the 14th amendment.

1869 - Typhoid Mary, (Born Mary Brown in Cookstown, County Tyrone in 1869, she emigrated to the US in 1884 and worked as a cook) she became the first healthy carrier of disease ever identified in the United States, was put in quarantine, where she remained for the rest of her life. She died on November 11th 1938.

1881 - Rioting in Basingstoke, Hampshire in south central England, in protest against the daily promotion of rigid Temperance by the Salvation Army.

1912 - The first of 3,000 Japanese cherry blossom trees were planted in Washington, D.C. — a gift from the Mayor of Tokyo, Yukio Ozaki.

1914 - 1st successful non-direct blood transfusion is performed by Dr. Albert Hustin in Brussels

1918 - Martin Sheridan, a five-time gold medallist who represented the USA, died the day before his 37th birthday. Born in Bohola, Co Mayo he moved to America at a young age. In total, he won five gold medals in three successive Olympics, in the Discus Throw, the Greek Discus and the Shot Put. He also won three silvers and a bronze in the Standing Jump and the Stone Throw. He belonged to a group of athletes nicknamed the "Irish Whales", a group of Irish, Irish-American and Irish-Canadian athletes who dominated weight-throwing events in the first two decades of the 20th century.

## APPLE AND PEAR CORES TURNED INTO CHEMICAL-FREE SWEETENER

A Dutch company named Fooditive, is turning pear and apple cores, as well as bruised and discarded fruit from producers and suppliers into a chemical-free, calorie-free, sugar substitute.

Artificial sweeteners like sucralose and aspartame, though legal for use in food and beverages for decades, are now not only emerging as a potential genotoxin (a poisonous substance which damages DNA), but also as an environmental pollutant since it is not entirely absorbed by our bodies and can travel all the way through our water treatment systems and back into groundwater sources. Refined cane sugar has its own problems, playing a role in the global skyrocketing rates of diabetes and obesity since the 1950s. Sweeteners and syrups made from corn have much the same effect on our bodies. Dutch food scientist Moayad Abushokhedim uses a natural fermentation process to extract fructose from third-rate fruits collected from suppliers and turns it into a calorie-free sweetener that contributes to Rotterdam's goal of a circular economy by 2030. There is a detailed ingredients list on the company's website and he plans to make Fooditive Sweeteners available in powder, liquid, and syrup forms. Fooditive also has a solution for artificial preservatives, creating natural ones from carrot waste, and also counters harmful emulsifiers with potato extracts; however there is no information yet on how to purchase any of the above Fooditive products.





## A Word of Victory

Welcome back dear reader, "if My people who are called by My name will humble themselves and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven, I will forgive their sin and heal their land. My eyes will be open and my ears attentive to every prayer made in this place" (2 Chronicles 7:14-15). Prayer is the only thing that can stop this Corona virus friend (Psalm 91). Medical professionals have no answer for it, and are themselves terrified. Scientists are frantically working on cures, but it's too late for those who have died. Precautions are in place to prevent it spreading and this will curb the devastation, but there is only ONE answer to the spread of the virus - it is the blood that Jesus Christ our Passover Lamb shed for us. Read the account of the first Passover celebration - the night before Moses led God's people the Israelites out of slavery from Egypt by God's mighty hand. Each family followed God's instructions taking an unblemished lamb as a sacrifice and putting the blood of that lamb over their doorposts. When the angel of death came into the land that night the firstborn (the false gods that were worshipped there) were killed in every household, but in the houses of God's people who had the blood over the doors - all were safe (Exodus 12:23). This prophetically foreshadowed the coming of God's Passover Lamb - His Son Jesus. There is no need for any further sacrifices since Jesus died on the Cross because His sacrifice was for all mankind for all time (Read Hebrews chapter 10). Many sincere people are praying in earnest to God for protection and for an end to the virus. But often believers are frustrated and struggle with doubt that God even exists, because they don't see answers to their prayers. This is because they are not following the Words of Jesus when He taught us how to pray (Matthew 6:5-18; Mark 11:22-25; John 14:13). Let's pray aloud - Father God in Heaven I worship Your Holy Name. I thank You for sending Your Son Jesus to die for my sins to save me. Lord Jesus, You are my Passover Lamb Whom God raised from the dead. I repent of my sins, and I ask You to come into my life as my Saviour and Lord. I plead Your Precious blood over myself and my household, and thank You for healing and protecting us, in Jesus name I pray, Amen.

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

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

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### 3RD ANNIVERSARY

IN LOVING MEMORY OF  
A DEAR MOTHER AND  
A TREASURED GRANDMOTHER

**BRIDGET  
(BRIDIE) BURKE**



LATE OF KNOCKNAGOWNA,  
FAHA, KILLARNEY.  
WHO DIED ON 30TH  
MARCH 2017

*Time takes away the edge of grief but  
memory turns back every leaf gone  
from our lives one so dear but in our  
hearts forever near.*

REMEMBERED WITH LOVE  
AND DEEPLY MISSED BY  
YOUR DAUGHTER MARIA,  
PADDY, AMELIA, JAMES  
AND CHARLOTTE.

**Anniversary Mass for Bridie Burke**  
will be held at The Church of the  
Resurrection, Park Road, Killarney  
on Saturday 18th April at 9.30am.

## USEFUL INFORMATION

### The HSE have developed an information pack

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

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

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus) in Ireland. The support line will be open seven days a week, 8am-8pm, by calling 0818 222 024.

### USEFUL PHONE NUMBERS

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



**#KeepYourDistance**  
**#StaySafe #StayPositive**

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