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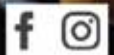
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EDITOR'S NOTE

We are thrilled at the Killarney Outlook this week with the amazing response to our Charity Fundraiser. We are all living in the "new normal" at the moment and with so many businesses closed or operating on a reduced capacity, our advertisers,

old and new came through for the Kerry Cancer Support Group. Every cent raised this week through our advertising will go directly to the charity which supplies such a vital service to cancer sufferers.

Thank you - we are touched beyond words.

Aisling Crosbie
Editor 086 0400958



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

'WE MAKE A LIVING BY WHAT WE GET - WE MAKE A LIFE BY WHAT WE GIVE'

KILLARNEY OUTLOOK **CHARITY FUNDRAISER**

Thank You



We make a living by what we get - we make a life by what we give and this week at Killarney Outlook, we cannot thank you enough for the amazing response to our charity fundraiser.

From large companies to start up businesses, from families to community groups, the support for the Kerry Cancer Support Group has been phenomenal.

When we decided to do a charity fundraiser during the COVID-19 pandemic, we choose the Kerry Cancer Support Group, because it is a charity that touches the hearts of so many people and all the proceeds of this week's advertising in the Killarney Outlook will go directly to the service.

The group provides a vital service bringing patients from Kerry and West Cork to Cork

University Hospital, Mercy University Hospital, Bon Secours Hospital and The Cork Clinic for cancer treatment free of charge five days a week. COVID-19 has affected everyone and charities are one of the big casualties of this current pandemic as so many of them had their fundraisers postponed or cancelled.

Speaking to the Killarney Outlook, Breda Dyland, from the Kerry Cancer Support Group/ Kerry Cork Health Link told us that is continuing to provide its transport service to people affected by cancer in the region to hospitals in Kerry, Cork and Limerick.

Due to government guidelines, the group has had to implement social distancing on their service and reduce capacity, because of this they can no longer offer the option of having a family member or friend travel with the

patient. Services have now been increased and there are two vehicles travelling daily, driven by volunteer drivers from around the county.

This weekend also sees a local GAA Club running their own fundraiser for the Kerry Cancer Support Group and the Kerry Hospice. Listry GAA Club are hosting a 48 hour relay when club members and those living in the area will undertake a 5k/10k walk, jog or run over the weekend.

Next week, our regular columnist B-Well Fitness Studio are giving their clients the option of donating to the Kerry Cancer Support Group during their free live fitness classes.

Again our heartfelt thank you to all the advertiser who choose to be part of our Charity Fundraiser.

Go raibh mile maith agat.

The Bus - BY Nicky Barry

People look on bus rides, as trips to be enjoyed,
Like Del Boy's trip to Margate, with all the Peckham boys.

They ferry folk from A to B, in comfort and in style,
Through many towns and villages, and rolling countryside.

But there's one trip I know so well, as I took it daily,
For eight whole weeks I travelled, up to Cork from Kerry.

I was picked up in Killarney, at ten past nine each day,
To join with fellow sufferers, on the Kerry pilgrims' way,

To destination CUH, for a treatment course,

To challenge vicious cancer cells, and root them out at source.

We all had some form of cancer,
and the journey gave us hope,

For it was the Kerry Cork Health bus,
helping us to cope.

The drivers all were hearty, as if to the seaside bound,
Spreading words of kindness, and good cheer all around.

This service is a Godsend, to all those afflicted,
With the curse called cancer, that crept into their systems.

Good people got the notion, when they heard of all the folk,
Driving solo up from Kerry, for therapy and hope.

Breda and her heroes, are Samaritans on wheels,

Up there with all those frontline folk, serving peoples' needs.

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SEM BOYS WIN YOUNG ENVIRONMENTALIST AWARDS

Self-Sustainable Sem from St. Brendan's College in Killarney has won the Senior Climate Change category for their efforts in creating awareness of climate issues by hosting initiatives like plastic free days in school and organising park clean ups. The Global Gang from Castleisland Community College and Good Reason To Eat in Season from Sneem National School were also highly commended at the awards.

Now in their 21st year, the Young Environmentalist Awards hosted by ECO-UNESCO recognises the efforts made by young people aged 10 to 18 years old across Ireland who have worked towards improving the environment. ECO-UNESCO, Ireland's Environmental Education and Youth Organisation has seen over 50,000 young people involved in the Young Environmentalist Awards since 1999.

Evan, Alex and Dylan Nealon from Tralee have won the overall super junior category at the national Young Environmentalist Awards for the second year in a row. Winners were announced on Thursday 21st May. A record-breaking 500 applications were received this year.

Due to Covid-19, the announcements were



Students and teachers from St. Brendan's who won the Senior Climate Change Category in the Young Environmentalist Awards..

made online in place of an event which is usually hosted in Dublin each year. Mary Robinson, former President of Ireland made an address while RTE Radio Presenter, Tara Stewart announced the winning projects. To celebrate

the occasion while young people are at home, ECO-UNESCO organised a week-long set of events including workshops and webinars from key experts. The theme of ECO Week is Food, Fitness, Fashion and your Future.

Niamh wins the Orla Benson Award as Karis take the Ceist Prize



Karis Koschan received the Ceist award at the 6th year Graduation last Friday night. Karis is pictured with her Year Head, Ms. Miriam Malone.



Niamh Coffey, winner of the Orla Benson Awards

Niamh Coffey, 6th Year student at St. Brigid's Presentation School in Killarney has been awarded this year's Orla Benson Award this week.

Orla Benson was a pupil in St. Brigid's Secondary School, Killarney from 1985 to 1990. After leaving school Orla continued her studies until 1995. In September 1995 Orla was tragically killed in Boston.

At the request of Orla's parents an award is made each year to a Leaving Certificate student.

The winner of this year's CEIST award was Karis Koschan. The CEIST Award is a special award given to the student who is deemed to best embody the CEIST Charter values which are, Promoting Spiritual and Human Development, Achieving Quality in Teaching and Learning, Showing Respect for Every Person, Creating Community and Being Just and Responsible. Last Friday night, 79 6th year students at the school graduated. A mass was held in St. Mary's Cathedral at 7.00pm and streamed for all students, parents, teachers and the wider community to celebrate this special occasion. This was followed afterwards with an online awards ceremony. "A special congratulations to Karis Koschan recipient of the CEIST award and to Niamh Coffey on receiving the Orla Benson Memorial award" Principal Roisin Moore said.

"Niamh had a surprise visit to her front door from Ms Daly who presented her with the award live on Teams. The 6th year students also read the letters they wrote to themselves on their first day in St. Brigid's, Our 6th years really got into the spirit of the event by putting on their uniforms and participating with their parents at home", she added.

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MASSIVE WAVE OF SUPPORT

For The Green Wave



Staff at CUH received The Green Wave Coffees.



UHK Palliative Care Unit.

over the past 8 weeks whilst on shift during the crisis. The initiative aimed to help support local coffee shops too by enlisting them to make and deliver the coffees to the frontline.

"We set out 9 weeks ago to recognise those working on the frontline, their hardwork and their sacrifice; and to show our gratitude and care for them. We did that together with more than 800 donors. I want to thank each and every person who donated for stepping up and showing these wonderful people that what they are doing is being recognised and we that we are all grateful", Kelly Crichton, Founder of the Green Wave told the Killarney Outlook.

"We had so much great help and support setting up this initiative, I want to thank all the suppliers, designers, artists, companies and others who helped us achieve this.

"There are so many wonderful charities out there who are struggling so it is our time to step back. We hope the spirit of this initiative will live on in the kind gestures we can continue to show to those who are working on the frontline."

More information on those involved can be found in our final update on our Gofundme page - <https://www.gofundme.com/f/the-green-wave> The team at Elite Event Management have started another new project, Box of Smiles, which sees local small businesses' products including in a location-themed gift box with the aim of helping support them through the crisis. For more information visit <http://www.boxofsmiles.ie> For more information or photographs please contact Kelly Crichton on kelly@eliteevents.ie or 0872026679.

With a fundraising target of €500, The Green Wave, an initiative set up to support frontline staff during the Covid-19 outbreak, has to date exceeded raised over €18,000. The Green Wave was set up by the team at Elite Event Management in Killarney to help show frontline staff an outpouring of gratitude and support from the public to bolster their resilience. The initiative saw nearly 9000 coffees delivered to hospitals and other frontlines locations across the country, in Dublin, Cork, Limerick, Louth, Kerry and Wexford. Staff in hospitals, care homes, fire stations and Garda Stations received these hot drinks

Patients being forgotten as hospital waiting lists soar - Foley

Fianna Fáil TD Norma Foley says patients in Kerry are being forgotten as waiting lists at University Hospital Kerry have increased significantly since the start of the Coronavirus pandemic. She's calling for the cancellation of the HSE contract with private hospitals, and for the money to be used to treat patients via the National Treatment Purchase Fund. The latest in-patient waiting list figures published by the NTPF reveals a 76.1% jump in the number of people waiting for appointments at University Hospital Kerry since the pandemic began.

In February there were 297 people on the in-patient and day case waiting lists at UHK. In April this number rose to 523 – an increase of

226 in just two months.

Deputy Foley said, "Nationally, an additional 20,000 people are on in-patient lists since the pandemic began and the total number- 86,343 - is the highest ever recorded.

"At the beginning of this pandemic our hospital network was rightly prepared for a major surge in COVID-19 cases. Procedures were cancelled, diagnostics postponed, and people urged to stay away unless absolutely necessary.

"Thankfully our hospitals were not overwhelmed and now is the time to get them operational again. Everyday healthcare needs have not gone away just because there is a pandemic. The longer a patient is left waiting for an essential procedure, the higher

the possibility that their prognosis could deteriorate. That's before even considering that they may be in unnecessary pain or discomfort. "If the current contract between the HSE and the private hospitals was cancelled, it would release €115m a month back into the system. People with heart complications, possible cancer referrals and those with deteriorating eyesight don't have time on their side. As it currently stands, that money is paying for empty beds, shut doctors' rooms, dark operating theatres and unused diagnostic equipment. It really is the worst of both worlds. "We can't allow the lists to keep rising and we need to urgently step up our response to get the lists down again," she concluded.



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KILLARNEY COMPANY ENSURES THAT KERRY KEEPS SMILING

A Killarney company has launched an innovative new product to keep small businesses in Kerry smiling during these difficult times.

Elite Event Management, the team behind Ring of Beara Cycle Kenmare, Quest Killarney, Quest Kenmare and Run Killarney are producing exciting gift boxes full of produce and crafts sourced in Kerry, packaged together beautifully and ready to order and ship to anywhere in the world.

The Kerry based company are usually organising sports events across the country but due to covid-19 restrictions their business has been stopped in its tracks. Owner Oliver Kirwan said "Our business went from thriving and optimistic to free fall, seemingly overnight. Our normal work takes place in the world of sport events such as the Ring of Beara Cycle Kenmare, Quest Kenmare, Quest Killarney and Run Killarney. We brought our team together and came upon the idea of 'Box of Smiles'. It gives us great satisfaction that we can now work on a project that helps our own company survive through this crisis but also help other small businesses in Killarney and Kenmare such as Killarney Chocolate, Felicia Thomas Artist, Suchness Jewellery, Baborsbeans Coffee, Norman McCloskey Photography, Kenmare Soap amongst others. Each box is filled with high quality products sourced from local small businesses including coffee roasters and bakers, creatives and artisans, tea connoisseurs



and candle creators. Box of Smiles is also a wonderful way for people to keep in touch with Irish creativity in their locality, gift a loved one or express gratitude to an employee."

Box of Smiles have 7 gift boxes available to purchase online including Keep Kenmare Smiling, Keep Killarney Smiling, Keep West Cork Smiling, Keep Cork City Smiling, Keep Dublin Smiling, Keep Galway smiling and Keep Ireland smiling. Every box purchased will help small local businesses throughout the country maintain a revenue stream in the challenging environment they have abruptly found

themselves in.

It is also an uncertain time for organisations and their employees with possible indefinite remote working and changes in routine and structure. Box of Smiles are also available as branded employee care packages and are a meaningful way of maintaining links between employers and their teams whilst showing appreciation for their resolve and dedication. For further information please visit www.boxofsmiles.ie or email annette@eliteevents.ie or call 0646635512.

Monica raises almost €8000 for the Hospice

Retired Director of Nursing at the HSE Monica Sheehan has raised almost €8,000 for the Kerry Hospice. Monica achieved this by setting up a fundraising page and walking 20,000 steps a day for the month of May.

In the present climate many charities have had to cancel fundraising events and some will find it difficult to meet their funding requirements for the foreseeable future. Monica has been involved with Kerry Hospice and Palliative Care Services since 1991.

"The Palliative Care Services in Kerry deliver a quality caring and compassionate service of very high standard to families and patients. It is essential that the Kerry Hospice funding is maintained during Covid 19 pandemic. I urge people to give what they can. Thanks very much for the support we have received already" Monica told the Killarney Outlook.



The people of Kerry have always been fantastic supporters of Kerry Hospice.

Since it was founded in 1990 they have donated in the region of €12 million to the foundation. They can be very proud of the fact that their donations have supported the funding of the fantastic palliative care services we now have in this county including: the "Suaimhneas" Day Care Centre and 15 bed inpatient unit located at UHK as well as supporting the Home Care nursing teams. Your ongoing support is greatly appreciated by Kerry Hospice. Monica has decided to keep the fundraising open for a little while longer so there is still time to donate.

<https://give.everydayhero.com/ie/monica-sheehan-does-620-000-in-may>

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THIS WEEK'S BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEK'S LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.

KERRY WELCOMES A NEW UNIVERSITY

An Taoiseach Leo Varadkar TD, Minister for Education and Skills Joe McHugh TD and Minister of State for Higher Education Mary Mitchell O'Connor have announced that the consortium of Cork Institute of Technology (CIT) and Institute of Technology Tralee (ITT) is set to become a Technological University. Munster Technological University (MTU) will be officially established in January 2021 and will be Ireland's newest Technological University. Kerry County Council has also warmly welcomed the announcement of the merger of the Institute of Technology Tralee and Cork Institute of Technology to form the new Munster Technological University.

Cathaoirleach, Cllr Niall Kelleher said the announcement was an enormous boost for County Kerry and provided new and exciting opportunities for education, research, business and economic development in the county. President of IT Tralee, Dr Brendan O'Donnell, in welcoming the announcement, signalled MTU's ability to become a strong driver of economic growth for the region:

"We are delighted to receive confirmation that we will formally establish MTU in 2021. This is a time of unprecedented challenge for the region, Ireland and the world. MTU will play a leadership role in the strategic development of the South-West region as we work towards national and global recovery. The availability of a skilled professional workforce is essential to



President of the ITT, Dr. Brendan O'Donnell and the President of CIT Dr. Barry O'Connor at the Institute of Technology, Tralee conferring of Awards. PICTURE DOMINIC WALSH

the creation of Irish companies and in attracting new companies to locate in Ireland. As a new university, MTU will develop and enhance curricula and research opportunities through stakeholder engagement ensuring that the changing demands of regional enterprise, the professions, and the community are realised."

'The conferring of university status on the new Munster Technological University will greatly enhance Kerry's reputation for top-class education facilities and will greatly assist Kerry in attracting high-level research and investment in many areas.

Chief Executive, Moira Murrell congratulated the existing colleges on the work they have done over many years to achieve the new status.

'This is wonderful news for Kerry and will provide a wider economic boost to the county at what is a very challenging time. This decision is an endorsement of the tremendous effort of the staff and management of IT Tralee and Cork IT over many years to bring this project to fruition.

'Kerry County Council has had a long-standing and very productive relationship with IT Tralee, and I look forward to continuing that collaboration and engagement with the management of the new university in the years ahead.'

2020 Clár Programme will help rural communities in Kerry to respond to COVID-19 - Griffin


Minister for State for Tourism and Sport, Brendan Griffin TD is encouraging local groups in Kerry to apply for the Government's 2020 Clár Programme, which has a total fund of €5 million and is designed to help rural communities respond to the challenge of COVID-19. Minister Griffin said, "The Clár Programme can be used for small scale infrastructural projects in rural communities where there has been significant levels of population decline. This year it has been tailored to help such communities to respond to COVID-19. "The details of the 2020 CLÁR programme were announced this week by the Minister for Rural & Community Development Michael Ring TD, and I encourage local community groups in Kerry to apply. All the details they will need, including the application forms, are available at <https://www.gov.ie/en/policy-information/91ba52-clar/> Minister Griffin continued, "Since Fine Gael reopened the Clár Programme in 2016, it has supported over 1,400 projects nationally with funding of almost €33 million. It has been a significant support to communities in some of the remotest parts of Kerry. "CLÁR is one element of a €30 million package of co-ordinated and complementary supports that is being launched by the Minister this week as part of his Department's Rural

Development Investment Programme. The other elements of the programme to be opened later this week will be the Town and Village Renewal Scheme and the Outdoor Recreation Infrastructure Scheme. The Rural Development Investment Programme is funded under Project Ireland 2040. "It's great to see the Clár Programme being adapted this year to help rural communities respond to new challenges as a result of COVID-19. "For example, the Schools and Community Safety Measure, which funds items such as pedestrian crossings and footpaths to provide safe access to schools, has been broadened to allow additional investments to adapt areas around schools and community facilities to help meet new public health requirements arising from COVID-19.

"Funding will be provided under a new measure for community recreational areas where friends and families can socialise outdoors in safe, accessible, community spaces while respecting public health guidelines. This measure will include support for items such as picnic benches/tables, outdoor covered seating or BBQ areas, public lighting, bicycle stands, bandstand/ stage areas, etc. These recreational areas will be particularly important for community social interaction in the coming months, in line with

the Government's Roadmap for Reopening Society and Business. "Community organisations providing meals on wheels and other community services will also be supported to purchase kitchen or food delivery equipment. "I was also pleased to hear Minister Ring confirm that we will separately continue to fund vehicles for those vital voluntary organisations that provide free transport for people with mobility issues and for those attending cancer treatments."

Minister Ring added, "I have introduced a standard grant rate of up to 90% of the total cost of projects across all of the CLÁR Measures this year. This should ensure that the requirement on communities or Local Authorities to source match funding is kept to a minimum. "With the introduction of these new Measures, my Department will play its part in helping rural communities adapt their local spaces and support their interactions with one another in a safe but inclusive way. I will be announcing further complementary supports in the coming days under the Town and Village Renewal Scheme and the Outdoor Recreation Infrastructure Scheme as part of my Department's Rural Development Investment Programme".





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If you are out and about enjoying the pleasures of Killarney National Park and you go off the beaten track, be careful where you walk.

This is the time of year when deer calves are born. They are often well camouflaged in the cover of the vegetation and remain close to their mother.

May and June are an important time in the wildlife calendar as the next generation of wild deer are born, with the first of new-born calves seen in Killarney over the past two weeks.

Of the three deer species found in Ireland, new-born Red and Sika deer, known as a calf, and Fallow deer young known as a fawn. It is important to remember that new-born deer generally do not follow their mother for the first two weeks after birth. While the mother is away feeding the young are left lying in cover to protect them from predators.

The Irish Deer Commission are asking the general-public, if they come across a young deer alone to remember they are not abandoned and should not be touched or attempt to rescue. The

mother will be nearby feeding and will only return once you move away.

With many wildlife species, including deer, using silage fields as cover for new-born against predators, here are some useful tips for farmers and contractors to reduce mortality of new born deer and other wildlife during the silage cutting season.

Cutting height: the higher the cut, the lower will be the losses suffered by crouching animals and nesting birds

Mowing direction: mowing the field from the center outwards gives fully-grown wild animals the opportunity to escape

Mowing date: late cuts-from mid-July on-wards-reduce the losses to wildlife during the nesting and rearing period

Mowing strategy: mowing of partial areas, leaving edge strips not mown

Mowing frequency: a longer interval between first and second cuttings reduces the mortality rate, especially for ground-nesting birds

Mowing technology: cutter-bar mowers cause less harm to wild animals than rotary mowers.

JACQUI TO TAKE A VIRTUAL DIP

A cancer survivor from Killarney is to take part in Aoibhinn's Pink Tie virtual dip on June 6th and hopes to break a current Guinness World Record for the second time.

Jacqui Tangney from Listry took part in the event in 2014 which currently holds the record but due to COVID-19 the event has now gone online and the charity are inviting those taking part to take a photograph of yourself on the morning of 6th June, in their togs and in water, in a paddling pool, in the garden, on the deck, in your bath and then between 2pm and 3pm upload it to their page.

The photos will be counted and if they achieve a certain amount -they will set a new world record.

Anyone interested in donating to Jacqui's attempt can do so on her facebook page and all donations will go towards the charity that looks after children with cancer.

Aoibheann's Pink Tie help and offer practical support to the families of children diagnosed with cancer and who are attending St John's Oncology Ward in Our Lady's Children's Hospital. Focused on children attending the only treatment center for childhood cancer in Ireland, we will support the complete family unit, of parents and siblings, who may not understand what is happening to their Brother or Sister.



ROSS CASTLE WORKS

Michael Healy-Rae would like to thank the NPW in advance for agreeing to removing the silt/dirt build up which has been obstructing the boats that tie up at Ross Castle

The local boatmen are very important in our locality and I was very glad to represent them in their request to have their tie up facility dredged as it has been hindering them a lot particularly over the last year

When the works will be completed it will be a great improvement and I thank all involved in this matter



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Mary T Lynch with her Daughter Caoimhe, enjoying their time in Killarney House and Gardens this week.



Power Power... Mossie and Deirdre Cremin, of Woodlawn Park, Killarney, were busy planting flowers for 'the green' presented by Killarney Tidy Towns.

HOLD FIRM.... WE ARE SLOWLY COMING BACK TO LIFE

VALERIE O'SULLIVAN CAPTURES LIFE IN KILLARNEY DURING PHASE ONE OF THE LIFTING OF GOVERNMENT RESTRICTIONS



Patrick Clifford, with Ruairi Coghlan and trusted helper 'Dre' delighted to be back at work this week.



Donie O'Meara, ready for a mornings fishing at Killarney Golf and Fishing Club this week.



Keeping their distance... Michelle O'Grady, Anna Clifford and Ciara Randles, enjoying a chat in Killarney House and Gardens.



Kevin Leahy, Proprietor Black Sheep Hostel, New Street Killarney, with the help of his trusted dogs, Bob and Lou.



Sean Hickey and his Daughter Maud out for a walk in Killarney House and Gardens.



Elaine Burke with her Daughter Katie, and pooch Abbey, enjoying the May sunshine this week.



Paul and Helen with their Son Sean Whittall enjoying their time in Killarney House and Gardens.



Siún O'Connell, Sarah Lyne, Megan Lenihan, Muireann Ring and Amy Myers, in Killarney House and Gardens.



Eliza Sahiti, left and Elaine Parker catching up and keeping their distance in Killarney House and Gardens.



Well known Killarney man Teddy Counihan, off to meet his friends for a daily chat in Killarney House and Gardens.



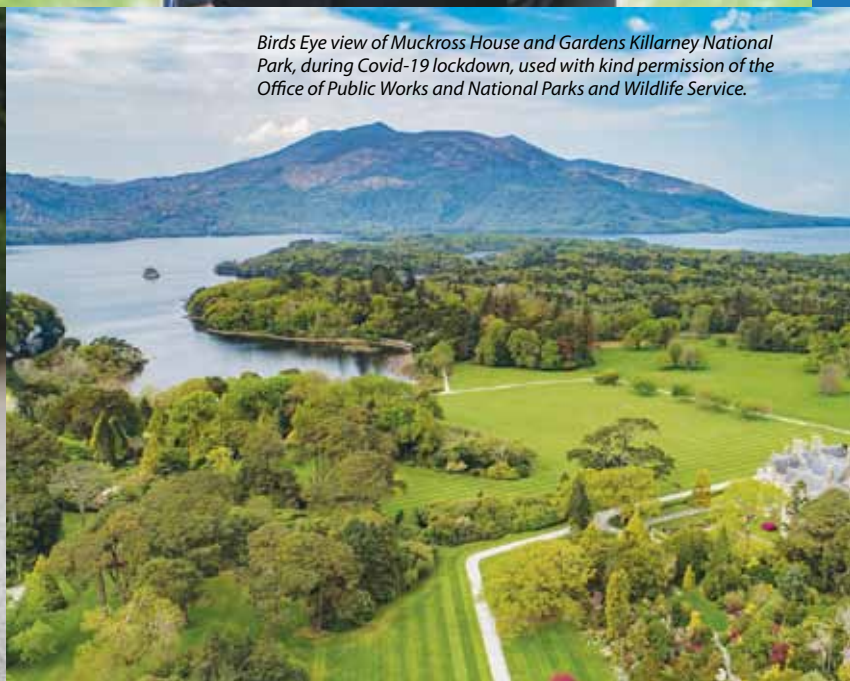
Caitriona Kelly with her husband Bernard Sweeney and boys Benjamin (4) and George (6 months) in Killarney House and Gardens this week.



Enda Walsh with his Wife Breda and Daughter Amy, enjoying a stroll in Killarney House and Gardens.



Kay O'Sullivan, left and Maureen Somers, out and about in Killarney House and Gardens.



Birds Eye view of Muckross House and Gardens Killarney National Park, during Covid-19 lockdown, used with kind permission of the Office of Public Works and National Parks and Wildlife Service.

HEGARTY SCHOOL OF DANCING KEEP THEIR STUDENTS BUSY

To keep the students engaged and in touch with each other during the pandemic, Maureen Hegarty of the Hegarty School of Dancing set up a challenge every week, with the focus being on dancing or fitness.

"The idea is that at the end of the week, we do a collage of all the photos & videos and we send it into our what's app group or social media pages. The students love it, especially when we award extra points for getting the rest of the family involved!! We love it as we are getting to see our students", Maureen told the Killarney Outlook.

"The first challenge we did was a photo challenge, take your photo in your favourite dancing pose and send it onto me. I asked Ciara Sexton, former lead of Riverdance, to

judge it so we could choose a winner. This was not an easy task, every single photo was unreal and we were really amazed by the effort put in by all those who entered", Maureen said.

"We also had an exercise challenge going for two weeks, I would send a challenge each day and the students had to send me videos of them completing the challenge.

The challenge set for this week is a dancing video challenge and we look forward to seeing what we have at the end of the week.

"This has been a great way to keep us all in contact with each other, the students are missing the classes and missing all their friends and we are really missing all our students. This has bridged that gap and we have had great fun while we are at it", Maureen said.

The last few months have been difficult for everyone, the Irish dancing world, like everything else came to a complete standstill. Classes stopped, children that had qualified for the 50th anniversary of the World Championships, missed their opportunity to dance as the event was cancelled. We don't know when we will get back to classes, like schools, we are hoping in September. Setting challenges, zoom meet ups, sending videos, sending messages is our way of keeping in touch, until we can go back to work and the students can go back to classes.



Tara Roarty and her dad Patrick exercise challenge of the week champions.



Doireann Foley photos of the week comp.



Rèidin Ní laoiithe (hardest worker).



Helena plawiok (photo of the week competition)



Aoibhe o donoghue photo of the week comp



Maria Blennerhassett.



Aoife Delaney challenge of the week champion last week.



Laura buckley (photos of the week comp)

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Killarney Town, Spring Growth, Killarney Municipal District. PHOTO: VALERIE O'SULLIVAN

TidyTowns groups in Kerry can still use funding despite no competition in 2020 - Griffin

Killarney Looking Good Committee are among 39 Tidy Towns groups in Kerry to receive funding.

According to Minister of State for Tourism and Sport, Brendan Griffin TD, TidyTowns groups in Kerry can still use funding allocated to them despite the cancellation of this year's competition.

Last September, Minister for Rural and Community Development, Michael Ring allocated €1.4m to groups nationwide to assist them in their preparations for this year's SuperValu TidyTowns competition.

Since cancelled because of Covid-19, any unspent funds can still be used by the community groups.

Minister Griffin said: "I welcome the announcement that 39 TidyTowns groups in Kerry will not lose out on funding of €52,000 which was earmarked for them by my colleague Minister Ring to help them prepare for this year's competition.

"Any groups that have already spent the funds they received should retain their records of expenditure in the normal way.

"I also want to assure those groups which have not yet spent the funding they received, they can continue to use it over the next few months to assist with activities they might undertake as the COVID-19 restrictions are eased, or in preparing for the 2021 competition."

"For decades, the SuperValu TidyTowns

competition has brought people of all ages in Kerry together to work collectively outdoors to make the environment in which they live and work a better place.

"Due to the current restrictions in place as a result of the Covid-19 pandemic, it would not have been feasible or safe for TidyTowns groups in Kerry to continue their great tradition of work in the normal way.

"However, I very much hope that once the restrictions on gatherings are eased, and where possible within the public health guidelines, they can resume their work in making towns and villages in Kerry more attractive and welcoming.

464 Kerry people respond to Govt call for community volunteers during COVID-19 crisis

Since the call for people to sign up to support the community response to COVID 19 in Kerry went out in March, 464 people from the area have registered to volunteer through the I-VOL app. Minister of State for Tourism and Sport, Brendan Griffin TD has commended the fantastic support of local volunteers in response to the COVID-19 crisis.

"Volunteers in Kerry have been directly linked by the local Volunteer Centre(s) to local organisations responding to COVID-19, conducting a wide range of very important work - from delivering food and medicines

to older people who are self-isolating, to volunteering in COVID test centres", Minister Griffin said. "There are also many more volunteers on the ground, helping out family, friends and neighbours.

"I would like to express my heartfelt appreciation for the invaluable work being carried out by volunteers in Kerry during the Covid-19 emergency.

"The response to the COVID crisis shows once again what a fantastic resource we have in our volunteers and the wonderful community spirit that prevails here in Kerry even during

these challenging times."

Minister Griffin continued: "We have always depended greatly on the cohort of volunteers that give so generously of their time and energy year in year out. "Unfortunately, many of our volunteers are older people who have been confined to their homes as a result of the COVID 19 crisis.

"Back in March as the crisis was emerging, we called on people to help meet the significant needs at community level and the response has been magnificent", he said.



KEEL TAKE ON HEALTHY CLUB STEPS CHALLENGE

Over the past few weeks members of Keel GAA Club have been out walking within 2km and 5km of their homes. Keel GAA has been chosen to be a healthy club this year and are taking part in the MyLife GAA Healthy Club Steps Challenge. To celebrate the importance of staying active during this time the MyLife GAA Healthy Clubs Steps Challenge will officially begin on the 3rd June with a chance

for a club in each province to win a €2,500 O'Neill's voucher. The participants must be over 18. This is a great opportunity for the club to be in with the chance of winning a €2,500 O'Neill's voucher for the club so the club are looking for their members to get involved. To be part of the challenge all members must taking part must 1. Download the MyLife app from the App store or Google

Play store 2. Once registered tap on the social tab in the MyLife app 3. Select challenges 4. Select the challenge for your province 5. Tap on join & select your club. Please see Keel GAA Club social media pages for more information.





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Hi Karie,
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Tracey & Joseph Keogh xx



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- ♥ AED Muckcross Road, Killarney
- ♥ AED Park Road, Killarney
- ♥ AED Muckcross Road, Kilarney
- ♥ AED Upper Park Road, Killarney
- ♥ AED Cork Road/ Lissivigeen
- ♥ AED Fossa
- ♥ AED Woodlawn Road, Killarney
- ♥ AED Beech Road, Killarney
- ♥ AED Parish Hall, Killarney
- ♥ AED College Street, Killarney
- ♥ AED Ballycasheen Road, Killarney

TEMPORARY LOCATIONS ARE

- ♥ AED Ilona Louise (Ballycasheen Rd)
- ♥ AED Kingfisher Lodge (Lewis Road)

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URGENT APPEAL TO RETURN TRÓCAIRE BOXES

Trócaire has launched an urgent appeal for supporters in Kerry to return donations from their Trócaire boxes online or over the phone, warning that a 60% decline in donations to its Lenten Appeal has put many of its life-saving programmes at risk.

The charity's biggest fundraising campaign has been severely affected by the Covid-19 pandemic, with supporters unable to return their Trócaire boxes due to ongoing restrictions. Trócaire's Lenten Appeal raised €178,546.91 last year in Co. Kerry through the Diocese of Kerry. Two-thirds of this money comes from Trócaire boxes distributed through parishes and schools. Travel and social restrictions – including the closure of parishes and schools – means most boxes have not been returned this year.

Trócaire today warned that unless donations from the boxes are returned, it is facing a massive funding crisis that will impact directly on the 3 million people who rely on its work overseas. In addition to its vital ongoing programmes, Trócaire is also responding to the Covid-19 crisis. The virus is present in all 20 countries where Trócaire provides support. The charity is responding



Checking temperatures for fever symptoms to prevent the spread of COVID-19. Habiba Mohamed, one of Trócaire's health workers, checks the temperature of Mohamed Abdi Ali at Luuq hospital, in the Gedo region of Somalia. Photo: Trócaire.

by providing support in all regions, including 11 countries in Africa where over 100,000 Coronavirus cases have been confirmed.

Trócaire's response includes providing soap, water and hand-washing stations, supporting quarantine facilities and funding expert medical care.

How to return your Trócaire box donation
Simply count or estimate what is in your box

and donate now in one of these four easy ways: Online at trocaire.org

Over the phone at 1850 408 408 (ROI) or 0800 912 1200 (NI) By post to Trócaire, Freepost, Maynooth, Co. Kildare (ROI) or Trócaire, 50 King Street, Belfast, BT1 6AD (NI) Check with your local parish if it is possible to arrange a safe drop-off.



Photos: Courtesy of John CO'Shea

We are so lucky in Killarney to have our wonderful National Park on our doorstep and for those who live within 5k of this amazing amenity they can have the pleasure of enjoying it during Government restrictions due to COVID-19.

Unfortunately not everyone has respect for Killarney National Park and this week images of a damaged Bricin Bridge appeared on social media. Bricin Bridge is one of the most famous landmarks in the National Park and thousands of people enjoy the view from it as they walk or cycle from Muckross to Dinis.



CITIZENSHIP CEREMONIES CANCELLED

The Department of Justice has announced that citizenship ceremonies scheduled to take place at the INEC Arena in Killarney in July have been postponed due to Covid-19 restrictions.

Officials are now working to find an alternative means of conducting the ceremonies while fully complying with public health guidelines. The last citizenship ceremonies, held in early March, saw 5,000 people from 135 countries welcomed as Irish citizens.

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A Message to Our Leaving Certs Students

On behalf of the staff and the Board of Management at St. Brendan's College, I write to express our best wishes to the 115 students in our 6th year class of 2020.

Over the past six years you have shared with us your talents and abilities. You have achieved in the classrooms, on the stage and on the playing fields. You have represented your school, your families and yourselves with good grace and good humour at all times.

You have built strong relationships with each other and with your teachers, relationships that will serve you well in the years ahead. Now as you begin the next phase of your lives, we also remember those who were unable to finish the journey with you.

Through your engagement with your teachers you have learned new skills and explored new talents and indeed prepared well for your futures. Through your involvement in the extracurricular life of the school, you have unearthed hidden abilities and brought great pride to St. Brendan's. In your fundraising and charitable acts, you have shown great kindness to others and a willingness to give.

As a year group, you always showed that you could deal with adversity with dignity and good nature - and over the years we have watched your true characters take shape in the face of such tests.

The events of the past eight weeks were not how we imagined the final term of your life at St. Brendan's. But as always, you have shown your qualities as young men in making the best of the situation, always adapting and growing from experience.

We will watch your future progression with pride. We look forward to inviting you to your formal graduation in the school Chapel in the near future.

With every best wish

The Staff at St. Brendan's

St. Brendan's College Leaving Cert Class of 2020 pictured with their Principal Sean Coffey
Picture: Michelle Cooper Galvin ©



Good News Zone



Jimmy O'Callaghan of O'Callaghan's coaches celebrated his 80th birthday at home this week.

ALL GRASS WILL BE CUT

- Mayor Michael Gleeson

"In recent weeks many residents have been in contact with my colleagues and I regarding the urgent need for grass cutting in their private housing estates. There is a particular urgency this year as schools are closed due to Covid 19 and children need space in which to safely play", Killarney Mayor Michael Gleeson told the Killarney Outlook. We have all been in contact with Council management and are happy to have been informed that the necessary work is to commence next week. As Mayor I wish to record my thanks to the Council for their prompt response to our requests and I hope that all residents of all ages will have a healthy and happy summer."



Messages of hope at the Tatler Jack pub and the Park Place apartments this week.

A Killarney couple whose wedding was postponed due to COVID-19 were surprised by family and friends at a drive by "beep". John O'Donoghue, son of Noelle and Kay O'Donoghue and Philippa O'Leary, daughter of Rita and Phil O'Leary were due to tie the knot on May 16th at The Brehon Hotel, but due to COVID-19 restrictions they postponed their nuptials until March 26th 2021. The couple were thrilled that what would have been their special day was marked by family and friends at the car park of the Torc Hotel in Killarney.



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Killarney Community

A letter to The Graduating Class of 2020

I could not be prouder of the Graduating Class of 2020- as well as their teachers, college staff, and most of all parents and family who have guided you along the way.

Graduating is a big accomplishment under any circumstances, but it is all the more so in these times that we find ourselves in. There is disappointment in missing your live graduation, where we would tell you how grown up you look, how well you would speak during the event, the music that would inspire our hearts, the photographs that your parents would cherish long after the night.

You have done the College proud.

Every Year at this time when we start to plan and to organise for the Graduation ceremony, teachers often comment on how quick the Leaving Certificate year had been, in fact how quick the last five or six years have been in the College. While we celebrate the Graduating Class of 2020, it is also bittersweet. Parents rarely let go of their children. Instead children let go of them. They grow up, they go to college, they move out. One day, dear parents, you are holding on tight to their little hand, with what seems like an eternity stretching out before you.

But growing up happens in a heartbeat, and there is joy in being a parent because on Graduation nights we pause and we appreciate what is happening. Once they walked in the doors of Killarney Community College. Their uniform was probably too large, and a little itchy, their bags were heavy, and the school seemed enormous. But now they have walked out those same doors, they are taller and more confident, their uniform probably barely fits, their bags are worn and tattered, and the school seems a smaller place.

Students, you have walked down these corridors, you have memorised every corner and every hallway, the canteen, the classrooms, your friends desk, the lockers, the year that ended abruptly.

The day has arrived and you have left for the last time.

No more Monday morning roll calls, no more teachers telling you to 'get to class' or 'take off that hoodie' or 'what time do you call this?', no more canteen lunches, chats with your classmates, no more thanking God that it is finally Friday!

On occasions such as this I often remember my own early days as a teacher in Dublin. I was supervising a class of leaving certificate students just like yourselves. There was much talk about CAO forms and points and what the future would bring. As the students chatted I could tell clearly that the 'in' profession at the time was to be an air-steward. And as they chatted, yes some said they wanted to be a nurse, or a doctor, or an engineer, as you would expect. Most, however, were talking about being an air-steward. There was great excitement and great talk about what that would be like. Eventually when almost every student had spoken, I turned to the last, somewhat quite student, who really had not said a lot. When I asked her what she wanted to be, she lifted her head and thoughtfully looked at me, and she said 'I'm going to fly the plane'.

It has been over 20 years since I had that coincidental conversation with a student who probably has forgotten the encounter, but to this day when I see a plane overhead, I smile and think of her flying that plane.

You will miss Killarney Community College, but what you will take are the memories you have made along the way, the friendships, the ups and the downs, and what you have learnt. With time will come experience to each and every one of you, and however uncertain you may be about the rest of the world, at least about the foundations you have received in Killarney Community College you can be sure.

So to our Killarney Community College Class of 2020, I say to you, you will have many career paths, you will have many choices ahead, but when it comes time, raise your head above everyone else and fly that plane. May you become whomever it is you want to be, hope to be, and can be.



PRINCIPAL
STELLA LOUGHNANE

y College



CLASS OF 2020

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Killarney Community College would like to acknowledge and thank the unbelievable dedication and effort on the part of all our students, parents, faculty members and auxiliary staff during these strange and unprecedented times.

Our teachers and students have engaged in remote learning for the last ten weeks via Microsoft teams in order to proceed with their curriculums and excel in their subjects. We have ran a very successful virtual sports day while our care team have constantly been in touch with the parents and students who have found this process difficult and daunting. We have endeavoured to continue to look after the educational, physical and wellbeing needs of everyone connected with the college. Never has the word community been so important in our lives.

Without everyone's help, the transition from the class room to home would not have been possible.

Once again we would sincerely like to thank everyone for playing their part. Continue to stay safe and we look forward to seeing you in September.



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DAVID WINS SUPREME ACHIEVEMENT AWARD

A Killarney athlete has won the Supreme Achievement Award at CIT Sports Awards 2020,

Race walker David Kenny won the award for his outstanding achievements in Athletics.

The Mechanical Engineer Student from Killarney is the son of Mary and Noel Kenny from Ballyhar and is a member of Farranfore/ Maine Valley

David smashed records throughout the year and in the process put himself as a firm favourite to qualify to represent Ireland in next year's Olympic Games in Tokyo.

David came 1st in the Irish Universities Athletics Association 2km race walk. Defending his title from last year making him the first CIT student to achieve such an accolade.

David also smashed the long standing National Colleges record in the process.

David is now the National Indoor Track 5km champion having beaten multiple Olympians in the process. In the weeks after he received this title, David became the National 20km Race walking Champion. All of the races carry important qualifying points for next year's Olympic Games in Tokyo and he is now a firm favourite to qualify to represent Ireland.



National Champion
David Kenny of Farranfore
Maine Valley AC, Kerry,
following the Irish Life
Health National 20k
Walks Championships
at St Anne's Park in
Raheny, Dublin. **PHOTO**
BY RAMSEY CARDY/
SPORTSFILE

Listry GAA club run for "The Bus"

Club to host 48 hour walk/run this weekend



Pictured outside the grounds of Listry GAA club, observing social distancing are from left: Anthony Clifford, Joe Clifford, Anthony Kennedy (organiser) Roan Culloty-Kennedy, Jerome Kennedy, Derry Ahearn and Ronan Buckley.

Normally used to running around GAA pitches, Listry GAA Club have announced that they are hosting a club, community and family 48 hour/ run on the June Bank Holiday to raise funds for two worthy causes which is close to the hearts of many in the community.

Commencing on Friday evening and running right through until Sunday evening, the are

hoping to raise funds via a gofundme page for the Kerry Cancer Support Group and the Kerry Hospice Foundation.

"Cancer and sickness has darkened the door of our club and parish a lot lately so these are worthy causes close to our hearts", organiser Anthony Kennedy told the Killarney Outlook.

"We have invited our Seniors take part in the

first 24 hours and invited the wider community, juveniles, supporters etc to do the second day and time slots have been filling up fast. 5km is the suggested distance but people can do more or less, whatever suits", he added. The club has also set up a gofundme page and this has proved very popular with donations from all across the world coming in.

"We will hold a draw for €100 sports direct voucher for all registered participants courtesy of sportsdirect.com", Anthony added.

Anyone who would like to take part in this fundraiser can contact Anthony Kennedy on 087-9319515 to book a slot and join in the fun.

"We would ask that all participants take a photo or video of themselves and families taking part, tag listry GAA in their posts and share the fun in this great fundraising initiative for two very worthy causes.

Please see the link below for the gofundme page. <https://www.gofundme.com/f/listry-gaa-48hr-relay-run>

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LOOK WHO'S OPEN!

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



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By Dermot Cronin,
Financial Advisor



SHOULD YOU BE CONSIDERING SWITCHING YOUR MORTGAGE

Yes, because some of the Irish mortgage lenders have much lower mortgage interest rates compared to others. There has been a lot of discussion recently in the media recently as regards mortgage switching this is because there can be a very substantial difference in interest rates and monthly repayments between lenders. For example on a mortgage of €200,000 over 30 years based on a property value of €300,000 and comparing current fixed interest rates one lenders 2 year fixed rate is as slow as 2.30% (3.50% APR) which costs €770 per month whereas another lenders 2 year fixed rate is as high as 3.30% (APR 3.96%) monthly repayment €876 per month. The monthly repayment for the lender with the higher rate is a staggering €106 per month more expensive. Over the term of the mortgage you could pay €38,160 (approx) more in interest, this figure will change depending on interest rate changes in the future. Of course you would need to qualify for the mortgage with the new lender and also there are many other considerations and information you need to know before proceeding further. Most lenders will also cover the cost of paying the legal fees for switching your mortgage. An experienced mortgage broker should be able to discuss your options with you in plain simple english and answer any queries you may have.

If you have any other queries regarding the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or dermotcroninifa@gmail.com

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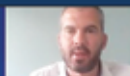


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BUSINESS REOPENING

and adhering to the Return to Work Protocol. We have designed an **INDUCTION VIDEO** which is a necessity for any business to induct employees to work safely and serve the public safely.



Covid-19 return to work induction

Damien McCarthy Assoc. CIPD

E info@killarneyhrb.ie W: www.killarneyhrb.ie

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The induction video saves on time, cost and face to face contact for employers when they are returning staff to the workplace.

It also ensures that the employee is professionally inducted on Covid-19 workplace protocol and is backed up with all the necessary advice and guidance on the return to work form, Covid-19 Response plan, worker representative checklists, control measures, dealing with a suspected case and cleaning & disinfection checklists as approved by the Health & Safety Authority, who will be carrying out compliance inspections.

This provides safety, compliance and peace of mind; for employers, their staff and customers and in turn helps protect the business, the economy, jobs and the health of the general public. We continue to support our clients with employment law support and payroll management & wage subsidy scheme support throughout this time. Damien McCarthy is also a mentor through the Business continuity voucher scheme with the Kerry Local Enterprise office.

To help reassure your staff and the public, contact us today. We look forward to hearing from you.



Damien McCarthy Assoc. CIPD 086 - 1936752



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



SMOOTH JUICY LIPS..

Dry, chapped and cracked lips are a common complaint but can be prevented. Lips lose moisture very quickly as they have less sebaceous glands, than the face and body.

3 main causes are 1. DEHYDRATION

When you are dehydrated, your body pulls water from other parts of the body, mainly the intestines, this can cause constipation and dryness of skin and lips. Try to consume 6-8 glasses of water daily. Consume high quality fats like fish oils and coconut oil or a supplement to moisturise the intestines and boost hydration.

2. WEATHER

The sun can cause lips to burn and blister and cold dry winds can really dry out the lips. Use a protective lip treatment all year round with spf in summer and emollient to build a barrier in winter.

3. INTERNAL IMBALANCE OR MEDICATION

Low stomach acid can lead to heartburn after eating resulting in excessive saliva while you sleep and dry lips in the morning. When your lips are dry, the natural reaction is to lick your lips creating a cycle as Saliva makes them drier. To reduce heartburn & boost stomach acid you could try lemon water or apple cider vinegar 10 minutes before eating. Mindful eating allows your stomach to release acids to aid digestion, while you think about and smell your food before eating.

Lip Scrub

1 teaspoon brown sugar

1 teaspoon honey

1-2 drops lavender essential oil

Mix into a paste and massage into lips for 2-3 minutes. Remove with lukewarm water.

Apply lip balm/ cream

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

*When you feel that life is too tough
to handle remember these 10 things...*

1. Instead of fighting the situation, ask yourself what you can learn from this.
2. Accept the situation and also all your feelings about it. Allow yourself to express your emotions without judging them or making them wrong.
3. When you don't know what to do, take the next step that feels right.
4. Build your support system. This maybe joining an online group, phoning a friend, talking to approachable family members or doing a coaching session.
5. Count your blessings.
6. Stay in the present moment. Refuse to jump into the "What if's!"
7. Laugh! Watch a Comedy on TV or a film that always makes you laugh!
8. Refuse to compare your life or yourself with others. Everyone has challenges, everyone has losses, everyone has their own journey.
9. Trust yourself and your path. Keep faith in you, life and others
10. You are not alone. As human beings we are all just works in progress. Reach out, connect, share. Each one of us has cried, experienced anger, loss, frustration and fear. We have also found the courage to get up again, smile, open our arms wide and share the love in our hearts.

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THE HUNGER SCALES

Not tapping into how hungry we actually are, or on the opposite end of the scales how full we are, are causing massive problems with weight gain and obesity in today's society. The fast paced lives we once led are still following and haunting us even now days when most of us have more time to slow down. So a little tool we are giving you this week is to start slowing down and tapping into this Hunger scales. You will be surprised at how much weight you will actually lose with this simple easy to follow tool. All you have to do is slow down and listen to your body!

If you have lost touch with how physical hunger and fullness actually feel then this Hunger Scale can help you tune in back to your body and help you decide whether your desire to eat comes from real hunger or other reasons.

Use the Hunger Scales to determine the best times to start eating and stop eating throughout the day.

HOW TO USE THE HUNGER SCALE - Part 1

1. Ask yourself, "Am I really physically hungry?"

Use the Hunger Level Scale to follow to determine your level of hunger.

2. Rate your hunger before you eat.

If your hunger is a '3' on the scale then start eating. If you think you are on the scale of '4' wait half an hour and assess again. Stop eating when you reach '6'.

3. Think about any other reasons you may want to eat.

If you rate yourself 6 or above on the hunger scale, think about other reasons that may be triggering you to eat. These could be:

• Boredom • Habit • Places/Situations • People • Emotions

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

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LET'S SALUTE THE COURAGEOUS LEAVING CERT CLASS OF 2020

By Billy Ryle



School's out on this Friday for second level students. At least, it would be if they had been at school. Needless to say, schools have remained in lockdown since 13th March and every effort to reopen them fell foul of the Coronavirus pandemic. There was considerable optimism that students would be back in class after the Easter holidays. When that didn't happen, the talk was of a fortnight's schooling before the summer holidays. That fell by the wayside when the 3rd June starting date for the Leaving Cert exam was put back to a date in late July or early August. Exam candidates were informed that they would definitely be brought into school for two weeks of tuition beforehand. Eventually, Minister Joe McHugh bowed to the inevitable and conceded that the Leaving Cert would not go ahead this summer. Instead, candidates will be awarded calculated grades in August. The long and the short of it is that the 2020 Leaving Cert exam cohort never returned to school after the initial closure in March.

So, let's all give three cheers for the 2020 Leaving Cert Class. This very courageous cohort of young people most certainly deserves our admiration and commendation. They have been through the mill emotionally and mentally during the last few months. They have suffered the distress of uncertainty and indecision. They have ploughed a lonely furrow, cocooned in a bubble of virtual reality during spring, the season of growth and vitality. They have endured more turmoil than any Leaving Cert Class that went before.

With the academic year formally ending on

Friday, there will be no rite of passage for these young people. There will be no closure as they complete their second level education. There will be no opportunity to say goodbye as the schools remain closed. There will be no annual sports day nor Mass of farewell before moving on. There will be no real graduation evening to attend with their proud parents. There will be no celebration afterwards downtown with their friends once their parents have been safely dispatched home. There will be no hugging, laughter nor tears to mark a significant watershed. There will be no selfies for the scrapbook, no autographs for the yearbook. It remains for us, the general public to salute these young people, who are the leaders of tomorrow. It is up to us to say bon voyage to them as they sail into a new adventure in a society that has changed irrevocably because of an unseen enemy. Covid-19 has left a trail of destruction in its path and subjected them to adversity and loss at a far too young age. It is up to us to reassure these students that normality will be restored to all our lives sooner rather than later. The world is still their oyster though it may not taste very appetising in these abnormal times.

This cohort of resolute and resourceful young people deserves our very best wishes for their dreams and aspirations. They deserve to experience the sheer joy of success when their calculated grades are published on results day. They deserve their ambitions of college places, apprenticeships, traineeships and employment opportunities to be fulfilled. I, for one, am cheering them on all the way.

CHECKLIST

- ✓ You have until 5.15pm on 1st July to avail of the CAO "Change of Mind" facility
- ✓ Not all applications to CAO avail of the change of mind facility
- ✓ After the 1st July you can make no further changes to your CAO application form
- ✓ Closing date for priority processing of SUSI applications by new applicants is 9th July
- ✓ Because of COVID-19 income uncertainty, all students should apply for a SUSI grant
- ✓ PLC courses are an attractive alternative to higher education
- ✓ PLC courses provide a link between 2nd and 3rd level education
- ✓ PLC courses lead directly to employment in many cases
- ✓ PLC courses lead to awards at Level 5 (Certificate) and Level 6 (Advanced Certificate) from Quality and Qualifications Ireland (QQI)
- ✓ Unlike the CAO, there isn't a centralised application system for PLC courses
- ✓ PLC colleges are still accepting applications for 2020 entry

Billy Ryle is a Career Guidance Counsellor and Educational Commentator Email: rylebilly@gmail.com Tel: 0879808979

IT TRALEE OFFER FREE WORKSHOPS

From June 2nd, over a three week period ITT will deliver a series of webinars to those in the hospitality sector who may have temporarily lost their jobs and need to upskill or reskill. These workshops will also include career planning sessions.

This short taster course will benefit food and beverage hospitality professionals

To upskill their knowledge in Food and Beverage costing terminology. Allow them to identify the factors that contribute to the successful management, control and security of their inventory within their establishment.

To be able to cost their menu items effectively



using standard recipes and taking into consideration the profit they are looking to

achieve within that selling price. To be able to identify items that are selling well and achieving a profit within their establishment through menu engineering.

Anyone interested should register to attend and links to workshops will be provided in the confirmation email sent immediately upon registration. You will have the choice to attend all of the workshops or pick and choose the topic you would like to join.

Those interested can get more information and register to attend at www.ittralee.ie/hctworkshops



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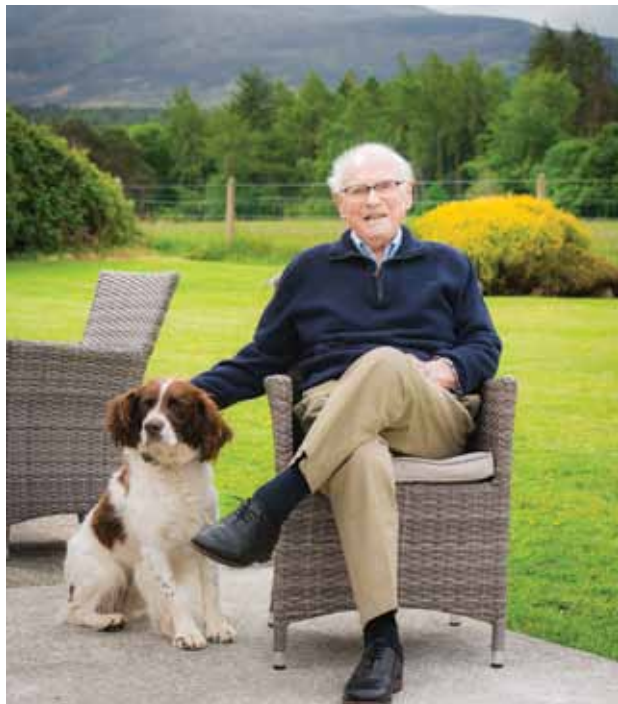
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FROM ONE OF KILLARNEY'S YOUNGEST CITIZENS TO ITS OLDEST...

This week **Killarney Outlook** photographer **Marie Carroll O'Sullivan** continues her visits within her 5k



I was so excited to visit the home of Centenarian Mr Michael J O'Connor this week, 106 years young turning 107 in October, born in 1913. Here he is with his dog Fitzie.

Of course the very first question I was bursting to ask Mr O'Connor was "What is your secret to such long and healthy life"? Mr O'Connor replied "Enjoy your life and do everything in moderation". Wise words. He then followed on to say he enjoys a whiskey in milk each evening. I asked "Is there a particular whiskey you enjoy the most Mr O'Connor". His son in law Joe replied "Crested Ten" to which Mr. O'Connor disagreed sternly "Red Breast Whiskey Marie, that's the one". Top shelf for a top man and very well deserved Mr. O'Connor.

Mr. O'Connor was a motorist for 76 years of his 106 and has never had an accident, a claim or even a parking ticket. His first car was a Model T Ford in 1930 and Mr. O'Connor went from there to travelling in similar style sometime later as a guest on the 'First Flight' of the Concord.

Mr O'Connor worked for Shannon Air Radio as 'Officer in Charge'. I asked him if there was any time in his life that was particularly fulfilling and memorable to him? Standing at the back porch I could see from his display of World War 2 medals, a medal from the pope, framed certificates and photographs with the president etc this provoked my question with great anticipation. I literally hung on his every word.

Mr. O'Connor recalled being a radio officer at

sea in 1937, at a mere 24 years of age, on a First Class Cruise Liner. The ship was headed for the West Indies and arrived in Trinidad on Christmas Eve where Mr O'Connor enjoyed a Champagne Christmas dinner. He said he was walking through the Restaurant and the thought struck him that day 'by God O'Connor, it's a far cry you've come from turning turf in Glencar'.

Michael J O'Connor moved to Killarney on 2nd Feb 1980 to retire. He had always loved Killarney and had a holiday home here throughout his life.

I had actually forgotten I was there to chat about Covid19. Such a wonderfully fascinating gentleman. Mr. O'Connor is grateful for his wonderful family around him and has no great concerns for Covid19 as he is cocooning regardless. Mr. O'Connor said "I am 106, very comfortable and very happy".

I've been smiling for most of the day. What an absolute honour to chat to Mr. O'Connor. He has given me a whole new outlook on life. His mind for dates and details was mind blowing.

I said I would have loved to hug Mr O'Connor goodbye and he replied "another time". Another time for sure. There's a book if not two in you Mr. O'Connor.

Thank you Centenarian Mr Michael J O'Connor for having me to your beautiful back garden in Muckross and allowing me your time.

"Birthday Wishes Holly"

"Do you have the Covid Marie"? Birthday girl Holly asked. "Thankfully I don't Holly". "Great can I touch you then"? she said. Mum Lisa jumped in "The Gardaí will be here soon so show Marie how many metres must we stay apart"?... "Two metres Mom". Good girl Holly.

Holly is turning 5 today and was diagnosed with Sensory processing disorder as a baby and just last February she was diagnosed with Autism.

I have photographed Holly (& her sister Ella) lots in her little five years and she never stops giving, you just have to work fast. Today, Holly's day was made when Garda Majella Lynch (left) & Garda Michelle Reddy (right) visited her home in Fossa, as her dream is to be a Garda when she grows up. Community spirit at its best. She lit up like a firework when she saw the car coming up the driveway.

Lockdown is tough for Lisa, Mom of two, big sister Ella (6) & Holly (5) but I have never met a more positive person than Lisa always putting the bright side out. Holly told me she is missing her friends Ava, & Lauren and her SNA Rachel at Fossa Pre School. The family have a dog called Chase which Lisa says is their 'saving grace' as he needs to be walked daily, "so Chase and the "fine weather gets us all out in the air". The girls are enjoying zoom chats with their Nana Dunja all the way from Dingle and they are having great fun making their Mom join the popular 'Tick Tock' craze. They also can be found chatting over the gate to their neighbours Alva, Lauren, Derbhla & Beibhin on any given day.

Thanks for having me girls and thanks to An Garda Síochána for making a little girls day on her fifth birthday in lockdown.



I popped by to visit the ladies of The Fáilte Hotel & their neighbour Ita Looney of Sebastian House.

I was missing the buzz of the town in general this week and events such as the Killarney Races. Then these two glamour queens came to mind, (I snap regularly at the races) so I contacted the beautiful Valerie (centre) to see if I could organise a drive by snap in lieu.

Ita Looney (right) told me that this would have been her 50th Golden Jubilee attending 'Ladies Day at the Races'. This year more so than ever she was looking forward as she would have had a family wedding prior to the races so "preparing a month in advance wouldn't have been an issue in 2020".

Eileen O'Callaghan (left) was like myself missing the Killarney buzz. Eileen said that people had asked her was she 'well rested'? and she followed by saying "Marie, I'm not well rested, I'm worried, it's the fear of the unknown and how we will manage to comply with the new regulations". Eileen continued "But we are not alone though. We are very united in business in Killarney and if we get through the winter then please God next year will be a bumper year for our town".

I asked the girls how have they been filling their days in lockdown? Ita has "never read so much" and Eileen has been busy putting the finishing touches to their newly decorated bedrooms. Eileen is thankful to her daughters-in-law Valerie, Carol, Carla & Cathy for helping her with necessities and Ita said she would be lost without her daughter Mary Charlotte tending to her every need. Paudie O'Callaghan was present but bowed out of the photo "I'll leave it to the ladies Marie, just like ladies day" so I went ahead and asked Valerie to put on the tea.

Paudie added "tell you what Marie, let's do this photo again a year to the day 23/5/2021 and we can see how much things have changed". Challenge accepted Paudie!... although I hope it's less than a year before I have the privilege of sitting on a high stool at The Fáilte again! "Yes and I'll have double the money saved up for the races outfit" Ita laughed. "And won't we appreciate it all the more next year" Eileen replied. We surely will Eileen. Thank you so much for having me Eileen, Valerie & Ita.... and Paudie too. I'll stay for the tea the next time!



Changing it up a bit this week visiting my favourite people, the little ones and a brand new handsome little person arrived over the 'lock down' period. Welcome baby Arlo Walsh who arrived on 7th April at CUH, son to Orlaith Sheahan & Paul Walsh.

Twins L-R Ava & Abi were full of chats which I was thrilled with. "Remember you took our picture at Easter (2018 - great memories by them) with the bunnies in the park"..... I absolutely love when the children remember me. There is no better feeling!

We had a great chat in the sunshine. When I asked the twins what they were missing the most during the Coronavirus Abi said "visiting Juliette Sheahan's and we love Garry, Christina, Claire & Sinead who live there too". Ava said "I miss going to McDonalds especially when it's so close" but they both said they were the very happy with the arrival of their baby brother and thankful for playing together "all day every day". The twins are going to be 7 years old on 13th in July and they "can't wait to get the instruments for our rock band 'The Heart Swift Band' for our birthdays". Abi said she will be the drummer (poor Mom) and Ava is on the electric guitar & lead vocals "We're going to be a rock band"! They included their friend Jayden Quilligan in the band but they weren't sure yet what he would be doing exactly. As I was leaving I thanked the girls and said I couldn't wait for the concert. Ava whispered to her Mom to get the correct address and told me to tell you all "When the Coronavirus is over there will be a concert in Friary Downs for everyone"! Now isn't that something to look forward to.....

Thank you for having me beautiful girls Ava & Abi and your gorgeous brand new baby brother Arlo.



"Birthday Boy"

One of Super Valu's most popular team just turned 30 recently. Happiest of Birthday wishes Denis McCarthy, who was supposed to be on a bus around the ring of Kerry to celebrate, with his many friends this weekend, but it was not to be. Instead, essential worker Denis has chosen to work but his friends could not let the day pass without marking his birthday. A social distancing cheer awaited Denis when he finished work at 2pm and he said he is "looking forward to getting a take away from Genting Thai Restaurant this evening and celebrating with his family". Denis added "when it's all over we will have a great few nights on the town, taking in plenty of Espresso Martini's at J.M. Reidy's". I asked Denis had he tried Reidy's Espresso Martini kit (yum) which is on sale at Sheahan's Centra Muckross Road?... We both agreed that it would be 'the perfect' birthday gift from friends!



Week 11 - Covid 19 - "Twinning is Winning"

I had the pleasure of meeting twins (L-R) Cara & Ali Lyne at Killarney House & Gardens. They were absolutely flying on the roller blades they got in the post only last week.

The girls have been keeping themselves very busy during lock down. They don't mind too much and are getting on with things. Cara said "I just love having more family time especially with our pets too" - 2 dogs Belle & Cassie, Budgie Joe & Cat Jet. Ali is creative so Art, Fashion Design, Creative Animation is what she's enjoying most. Both girls are enjoying the sunshine 'because it means outdoors & ice cream!' I hear you girls, I'm a devil for the magnums. Being twins the girls are well used to being photographed.

Cara & Ali have the best manners and are so sociable. They told me they "miss their Nana's so much" -

Nana Kate & Nana Phil. Nana Phil Lyne is local to Killarney and "She always comes to events such as grandparents day at school, but this year she couldn't make it, so Grandad Bill came instead. Of course we got photographed and ended up in the paper, and poor Nana is the one that always attends these things" they laughed.

The girls said they also "miss their cousins lots and sleepovers at the weekends but they keep in contact on FaceTime but it's not the same as hugs".

They twin girls are absolutely "loving their new roller blades". They really are super cool. The girls Dad Niall, followed by saying "Yes and I'm enjoying the chats with John Harmon & Aidan O'Donoghue who call two or three times a week"! For those who don't know the lovely John & Aidan, they work for GLS Couriers!!! Thanks for the chats Cara & Ali



"Birthday Wishes"

A call came through to visit Jerry O'Grady at his home in beautiful Muckross for his 70th Birthday. This new 5K has given me and my lens a new lease of life. So lovely to see Jerry & Marie in great form today. I was lucky to catch him as he takes a 2 hour walk each morning. What a gorgeous area to be "locked down" in. "There have been no fights as of yet, we are getting on grand" said Jerry. "I don't go walking with Marie though, we have different ideas about going for a walk". I'm with Marie, nothing like a good Killinascully power walk!!!

We agreed that the 'fine weather' was making lock down more bearable and Jerry & Marie have had great success in clearing out the garden. Jerry said his home was 35 years old, I was intrigued as it was clearly forward thinking by their architect. The rear of the house is right angled, maximising sunlight from morning till evening. Jerry said "The house is 35 years old and was designed by the late Joe O'Shea who gave them drawings on the back of an envelope showing internal windows carrying the light throughout the home. I just love the natural flow of light & equally love Dermot Bannon, can you tell?!"

Jerry wanted to thank his daughter Aisling for helping them with their shopping and is looking forward to celebrating his 'naughtie' birthday with a cake cutting gathering over the weekend. Before I left, Jerry said he is most looking forward to "getting hold of Derick McMahon the first chance he gets"! Ah Jerry, it's only because he loves you both that he asked me to pop by. Pleasure was mine entirely. Have a wonderful 70th Birthday Jerry O'Grady

KEEL GAA CLUB

SKILLS CHALLENGE

Our seniors have been creating skills challenges for our underage. You can keep up with all the challenges and participants entries on our Facebook and Twitter pages. Our 4th challenge for the underage of Keel GAA is from Gavin Evans. All age groups have one week to complete the challenge. The coaches have decided any child who enters at least 3 videos over the 6 weeks will receive a small prize. Well done to all the boys and girls who have shown excellent skills over the past few weeks. Big thanks to Aaron Murphy for the week 3 challenge. If you wish to take part, take a look at the details on social media or ask one of your coaches.

HEALTHY CLUB STEPS CHALLENGE

Over the past few weeks many of our members have been out walking within 2km and 5km of their homes. Keel GAA has been chosen to be a healthy club this year so we are taking part in the MyLife GAA Healthy Club Steps Challenge. To celebrate the importance of staying active during this time the MyLife GAA Healthy Clubs Steps Challenge will officially begin on the 3rd June with a chance for a club in each province to win a €2,500 O'Neill's voucher. The participants must be over 18. This is a great opportunity for us to be in with the chance of winning a €2,500 O'Neill's voucher for the club so we would love for as many of our members to get involved as possible. For us to be part of the challenge all members must taking part must 1. Download the MyLife app from the App store or Google Play store 2. Once registered tap on the social tab in the MyLife app 3. Select challenges 4. Select the challenge for your province 5. Tap on join & select your club. Please see our social media pages for more information.

LADIES FOOTBALL

MKL Gaels (Milltown/Castlemaine, Keel and Listry) will be tackling the #1MillionSolos challenge in a day on Sunday the 31st of May for Childline. Many of our members and senior panel will be taking part in the challenge. Best of luck to all involved. If you would like to get involved visit the MKL Gaels social media pages for more details.

FYBOUGH NS:

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

KEEL/CASTLEMAINE DELIVERY SERVICE:

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

DR CROKES

COVID 19 our pitches are in pristine conditioning mainly due to the complete lack of activity. we are now entering our 11th week without a ball been kicked our slotar pucked.

The Club Executive wish again to remind all players the Players Injury Fund is currently



URBAN LEAGUE WINNERS 1996

Front L-R: Seamus Clifford, James Cahill, Michael O'Leary (captain), Aidan Cronin RIP, Donal Cronin, Donal O'Doherty and Sean Casey, Back L-R: John O'Sullivan (selector), Philip Coffey, Brendan Doolan, Denis Cronin, Brian O'Sullivan Darcy, Jeremy Kenny, Frank Hickey, Pat Corcoran RIP, John Fleming, Donal Kelly, Sean O'Sullivan and John O'Leary (club secretary)



Spa Senior Team 1983

Front L-R: Conor Kelliher, Seanie Kelliher, Michael McAuliffe, Mossy Cronin, Denis Cremin, Connie Doolan and Arthur Cronin Back L-R: Pat Cronin, William Herlihy, Pat Vasey, Kevin O'Connor, Tim Regan, Dave Herlihy, John Cahill and James Cahill

suspended and you are not covered during the present Pandemic.

Our weekly Lotto & Bingo are currently suspended and are under regular review will be resumed when current restrictions are lifted.

The communications committee continue to post a host of articles on the website and our Social Media platforms.

In the meantime stay safe and follow the guidelines

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

<https://clubforce.com/mobile-app/>
https://member.clubforce.com/memberships_cart_m.asp?LL_ID=734&intMF_ID=5899#Anchor. We urge all members to download the Club Force app. as this will be our only way to communicate going

WEEKLY LOTTO we are currently working and hope to be in a position in the coming weeks of re-starting the weekly lotto. Initially it will be online. We wish to assure patrons with yearly tickets and online purchases that their subscriptions will be credited and carried forward.

HAPPY RETIREMENT to our Vice President Canon Tom Looney who recently announced his retirement from the priesthood.

SYMPATHY to the family of Mossie Spillane Tralee. Mossie was a well known steward at Austin Stack Park & Fitzgerald Stadium and greeted everyone with a warm welcome. Go raibh de ar a anam dilis.

EAST KERRY GAA

SYMPATHY

The East Kerry GAA Board extends its deepest sympathy on the death of our colleague and friend Mossie Spillane, Tralee & Scartaglen.

We would like to extend our heartfelt condolences to his family during these troubled times. Mosie was steward in both Austin Stack Park & Fitzgerald Stadium for many years and was very helpful to East Kerry teams on entering pitch at Austin stack he be sadly missed A guard of honour was held at Austin Stack Park with social distance on Saturday last as the funeral past by and all his GAA friends said farewell.

Sympathy is also extended to families & friend of Brendan Tangney Listry & Michael Horan Scartaglen and Frank Barry Castleisland May they all rest in peace.



SPA GAA CLUB NOTES

GARY VAUGHAN - IT TRALEE FRESHER PLAYER OF THE YEAR

Congrats to Spa player Gary Vaughan who was named last week as the IT Tralee 'Fresher Footballer of the Year', Gary was with the Tralee IT team that won the All Ireland Fresher League in Dec 2019.

ALL GAA ACTIVITY STILL SUSPENDED

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

SPA LOTTO

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

VOLUNTEERS AVAILABLE FOR ANYONE

THAT NEEDS HELP AT THIS TIME

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

KERRY GAA STORE ART COMPETITION

The Kerry GAA Store are holding an Art Competition for all Kerry GAA Fans with a super prize for the winner - a choice of one of the four official Kerry jerseys. Follow the details on the Kerry GAA Store Facebook page. To be in with a chance to win, draw a picture of your favourite Kerry player wearing one of the four new jerseys (see pictures on the facebook page) and send the entry through Kerry GAA Store Facebook Messenger or email to kerrygaastore@gmail.com. Winner will be announced on Sunday

May 31st. Get the pencils & paint out and drawing. Wishing our young and not so young supporters the best of luck!

SPA ARCHIVES

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

STAY UP TO DATE ON OUR SPA NEWS

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

ITEMS FOR NOTES

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

OUTLOOK SPORTS

MUCKCROSS ROWING CLUB

RETURN TO ROWING

During Phase 1 of the government's roadmap, rowing activities are limited to single sculling (or double/pair rowing by rowers from the same household). Training groups are limited to four people and members must reside within 5km of the club. This limit will be extended to 20km from Phase 2, which is due to commence on Monday, June 8 subject to a government announcement on Friday next, June 5. Coaches remain in contact with members regarding the club's return to rowing activities which will continue to be gradual and in line with Rowing Ireland's Protocol for Return to Rowing.

CARLOW RC VIRTUAL REGATTA

This weekend, club members would ordinarily be getting ready for a trip to Carlow for the town's annual regatta. With all regatta events cancelled until at least 20 July, Carlow RC is

instead hosting a virtual regatta this Saturday, May 30. Competitors will submit their fastest times for either indoor rowing machine over 1km, running over 2km or cycling over 5km. Best of luck to all our members taking on the challenge! There will be individual and team prizes for categories including Junior 14, Junior 16, Junior 18, Senior and Masters.

ROWING IRELAND VIRTUAL REGATTA

Over the May Bank Holiday weekend, Rowing Ireland hosted a virtual regatta which challenged rowers to clock up the most kilometres individually and for their clubs over three days, using an indoor rowing machine at home or cycling/running within the 2km limit. The provincial breakdown of results has since been released and Muckcross RC had eight rowers feature in the top three of their categories in Munster. Junior 14 Women: Evie Fahy 2nd. Junior 15 Women: Cara O'Sullivan 2nd, Amy Doyle

3rd. Junior 16 Women: Lynne Fahy 3rd. Junior 17 Women: Caoimhe O'Sullivan 2nd, Rebecca Doyle 3rd. Junior 18 Women: Eimear Doyle 3rd place. Under 21 Women: Niamh Coffey: 1st. Well done to all.

ORLA BENSON AWARD

Congratulation to Muckcross rower Niamh Coffey, who received the St. Brigid's Secondary School Orla Benson Award as part of the online graduation ceremony held for Sixth Year students of the school on Friday last, 22 May. The award and bursary have been presented annually by the Benson family since 1997, in memory of Orla Benson who died tragically in 1995. The award recognises exceptional dedication to school spirit. Orla, who was a native of Muckcross and a former student of St. Brigid's, is fondly remembered in the local community and by all those who knew her.

Family Carers Kerry Launch Counselling Service

Family Carers Ireland, Cork/Kerry Resource Centre is pleased to announce a new free online counselling service available to family carers funded through the Dormant Account Fund administered by Pobal. Launched today the service was set up in recognition that family carers often live with higher levels of anxiety, depression and stress than the general population.

A recent study* reveals that 48% of carers are diagnosed with mental ill health and 68% of carers felt that their health had suffered as a result of their role as a family carer. This pressure on family carers is amplified in the



current Pandemic as fear for their vulnerable loved ones is much greater.

There are 11,892 family carers in Kerry. Through their caring role and sacrifice family carers

save the State €10 billion each year by caring for their loved one at home and thereby significantly easing pressure on the health care service – this has never been more important than during the current Pandemic.

Those wishing to access this service can do so through one of the 22 Family Carer Resource Centres nationwide or via the National Freephone Careline 1800 24 07 24.

CASTLEMAINE NEWS

Written by Dara O'Connor

NOTES NOTICE

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

M.K.L GAELS 1 MILLION SOLOS CHALLENGE

MKL Gaels is a ladies gaelic football club in Mid Kerry providing the girls and ladies from Milltown-Castlemaine, Keel and Listry with the opportunity to play gaelic football since 1999. On 31st May "We're tackling a Solo Challenge for Childline so Children don't have to tackle their Challenges Solo."

1 Million Solos in 1 Day (#1millionsolos) is a lofty target, but the thoughts of helping such a good cause will make it more achievable.

We are encouraging you to donate solos to build awareness of the cause, by posting a video or photo of yourself on social media with #1millionsolos, and also to donate what you can to Childline via <https://www.justgiving.com/fundraising/1millionsolos>

Have you 5 mins to spare for ISPC Childline?

How many solos can you do in 5 mins?

5/5/5 - (Solo for 5 mins, Donate €5 and tag 5 people to do likewise)

Follow us on to stay up to date

<https://www.facebook.com/MKLGaels>

<https://twitter.com/MKLGaelsLGFA>

SECONDARY SCHOOL GRADUATION

Congratulations

The community of Castlemaine would like to send their congratulations to those who, in normal circumstances would have been Graduating from Secondary School lately with a church ceremony to mark it but due to Covid-19 have had to Graduate through Virtual Ceremonies which has no doubt been an unusual scenario, as it is something that certainly hasn't occurred in quite a long time, if ever. Nevertheless it is still a great achievement and a special occasion that can't be taken away from the students concerned and we hope that whatever the future may bring for the 2020 graduates that everyone goes on to achieve their dreams, wherever that may take you.

MAINE VALLEY FAMILY CENTRE -

ONLINE FAMILY DISCUSSION GROUP

Are you interested in sharing your lockdown experiences with other families on Zoom?

Anna Breen would like to invite families to contact her if interested in joining a virtual online discussion group when families can

chat and share ideas and resources with one another.

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

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

CASTLEMAINE COMMUNITY CENTRE

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

KILCUMMIN NEWS

Written by: John Moriarty

SYMPATHY

Sympathy is extended to the family of the late

BOG WALK

A major clean-up of the Bog Walk by staff from the Kilcummin Rural Dev. took place during the week. As a result we would appeal to all who use the facility to be mindful of our beautiful environment and to refrain from littering the area. A major problem are abandoned fertiliser bags and we would appreciate if any unused bags were picked up by the turf cutters and disposed of properly at the end of the turf cutting season. Our thanks to Kerry Co. Council's litter Warden for all their help in the disposal of the rubbish. Mile Buíochas.

HAPPY RETIREMENT

Best wishes to Canon Tom Looney on his planned retirement as PP of Fossa. Fr. Tom served the people of Kilcummin with great enthusiasm for eight years. As well as his spiritual duties Fr. Tom took a great interest in all cultural, sporting and social activities in the Parish and was always willing to lend his support to individuals and organisations. We wish Fr. Tom every good health and happiness for the future. Go mbeannai Dia Duit

SURVEY

North, East, West Kerry Dev. are inviting people aged 15-24 who are living in Kerry to participate in a short survey is for NEWKD. The Youth Employment Initiative Service want to find out about the impact the Covid - 19 crisis is having on your life and what we can do to help. This survey is completely anonymous & takes only 2 minutes to complete. Click on link below to access it! If you would like to be entered into



Neil McCarthy from the Kilcummin Rural Development CE Project displaying the huge amount of rubbish that was recently collected on the Bog walk in Kilcummin.

a competition to win €30 phone credit, like NEWkd YEI Service Youth Employment Service page & tag a friend. Thanks in advance for taking part.

MENTAL HEALTH IRELAND

There are some terrific resources on Mental Health Ireland website <https://www.mentalhealthireland.ie/get-support/covid19/#family-wellbeing>. Well worth checking out & sharing with family & friends

KILCUMMIN N.S. JUNIOR INFANTS

ENROLMENT 2020/2021

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

FOSSA NEWS

Written by: Shane Kelly

COVID-19:

It is more important now than ever that Fossa GAA members pull together and look out for the people in our community most affected. If anyone feels isolated or needs help, please do not hesitate to make contact.

Quiz: A huge thanks to Amy Moriarty, Chairman

Dermot and camerawomen Shelly Clifford for the quiz and entertainment on line last week it was a huge success, we had said it was our last one but watch this space.

CONDOLENCES:

Fossa Gaa would like to extend our deepest sympathies to the Tangney family on the

passing of Brendan Tangney. Brendan was part of our first U12 team in 1971 when Listry youths came to the aid of our fledgling club to get us up and running.

The club would also like to pass on our sympathy to the Spillane family on the death of Moss from Ballonagh Estate, Tralee.

OUTLOOK GOLF

DEERPARK PITCH & PUTT CLUB NEWS

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

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

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



The Great Outdoors... Mossie Foley, on the first hole on Killeen, members of Killarney Golf and Fishing Club, getting ready to start the day on the first day of phase One lifting of Covid-19 restrictions in Killarney on Monday. PHOTO: VALERIE O'SULLIVAN



"The Children"

Meet Lily (13) & Lucy (8) and their gorgeous doggie Buster(3).

Lucy was first up, to tell me how she's loving Trampoline Tutorials on YouTube in the sunshine (I didn't try any of these difficult routines). Mostly Lucy is missing her grandparents and her 3 friends Roisin, Leah & Sophie. Lucy said the most entertaining part of her lockdown is riding on the lawnmower with her Dad (Oliver) and passing by her sisters room and mistaking her for Donald Trump with all the make up!! There was a pause.... and then a burst out laughing. Lucy has missed her communion day and she will miss her birthday on 4th June so I asked if perhaps her friends would do a "drive by wave" but Lucy already had a plan in place (I didn't doubt her for a second).. Lucy will be 'driving by' her friends houses delivering party bags even if she isn't having a party. I wanted to hug her right there and then... how sweet.

Lily is loving life practising the application of make up. She said her room is "not as messy as usual" in lockdown and is enjoying making cookies (which Mom Patricia says 'has to stop' because she's eating them all). She also loves baking bread for Granda Skip. Lily recently had her birthday in lockdown but get this, the one and only Tadhg Fleming with his Dad Derry & Mum Maureen sent her a Happy Birthday video. She showed me. So cool!! Lily is in 6th Class, a class I really feel for during Covid19. No graduation, no confirmation and straight into Secondary school (all going well). Lily would love a memory book or her school shirt signed, something to have and hold.

Both girls are missing all their cousins but most especially twins Eve & Faye who are 5 months old and they have only met them once. The girls have the highest praise for Fr Niall Howard who sends the most entertaining videos "one time at Easter he sent the video holding a baby lamb and he puts the most beautiful music on his videos. We love them said Lucy". Over and Out at Ballinamanagh!!!! My absolute pleasure.



18 month old Holly Kelleher gazing at her Dad while farming in Rathmore



Ruairi Foley, ALDI, Killorglin and Gerard Moroney, Greenbelt and landowner John Lynch pictured with Irish Oak saplings at Muingaphuca, Killorglin, County Kerry as part of ALDI's '100,000 trees in Five years' planting project nationwide. PHOTO: DON MACMONAGLE

RATHMORE | GNEEVEGUILLA NEWS

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

RATHMORE PARISH

RE-OPENING OF OUR 4 CHURCHES FOR PRIVATE PRAYER AND VISITS FROM 11-6pm.Daily

The safest way to visit a church at the moment is: "Walk around, stand and pray, don't sit down and touch nothing."

We are delighted to announce that all churches in the parish are opening for private visits.

Please observe and strictly adhere to the following guidelines which will be posted on signage to each church:

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

THANK YOU: we wish to sincerely thank and am very grateful to parishioners who have responded so generously to the Parish finances at this very vulnerable time for all.

Let us continue to look out for one another and find ways to be the loving embrace of God to our neighbours.

We are all in this together but apart. Stay safe – Stay well and Stay in touch.

Fr. Pat (086)8351732

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

1. If you do some cleaning in your family plot, please please please take any rubbish or debris home with you.
2. If you go for a walk in the cemeteries or visit the family plot – and you see any bit of rubbish or debris please pick it up and take it home with you.
3. Particularly in Rathmore cemetery, we are trying to keep the grass mown frequently. If you would be willing to

adopt a little piece of the cemetery, we would be very appreciative. -

To volunteer please contact the Parish Office (064)7761669 or Fr. Pat (086)8351732 Thank You

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

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

All donations will be greatly appreciated and will be used in our local area which includes Rathmore – Shrone – Gneeveguilla – Knocknagree – Ballydesmond.

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

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

RATHMORE/GNEEVEGUILLA/ KNOCKNAGREE

COVID-19 COMMUNITY SUPPORT GROUP

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

Brian Kelly 087-2536808, Eilish Coakley 086-1038112,

Niall Kelleher 087-6694194, Mike Dilworth 087-6723882, Pat Barry 086-7925715

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

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

HELPFUL CONTACT NUMBERS:

Jigsaw Kerry: (Young Peoples Health in Mind) Contact 066-7186785 Email: kerry@jigsaw.ie
Pieta House: Contact 01 6010000 or www.pieta.ie

COVID-19 SUPPORT LINE FOR OLDER PEOPLE: ALONE has launched a national support line and additional supports for older people who have concerns relating to COVID-19. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

AWARE: (Depression Support) Helpline on 1890 303 302 Website at www.aware.ie

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

JOIN US from St. Joseph's Church Rathmore for daily Mass through our Parish Television Streaming Service Streamed Mass Schedule Rathmore www.mcnmedia.tv for further information contact www.Rathmoreparish.ie

NOTES

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

RATHMORE PARISH CEMETERY MASSES

postponed until further Notice

WIN A PRIVATE LUNCH/ DINNER WITH ROY KEANE

The final whistle will blow at midnight tonight (Friday 29 May) for Irish Guide Dogs for the Blind's fabulous competition to win a private lunch/ dinner with their Ambassador Roy Keane!

Two winners can each bring four friends to have lunch/dinner with Roy. Something for the lucky winners to look forward to when we can all be together again.

There is also a runner-up prize of a signed Roy Keane poster - most definitely a collector's item for any fan.

To enter, all you have to do is donate a minimum of €10 at www.guidedogs.ie. CLOSING DATE, MIDNIGHT, FRIDAY 29 MAY





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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

RIP MOSSIE



Mossie Spillane (photo courtesy of his friend Tom O'Donoghue).

What's the difference between an official, a player, a supporter, or a reporter? For Mossie Spillane, the always smiling figure in Austin Stack Park, there never was any. If you attended a game there, you have met Mossie and you were always the better for it. Mossie always had a friendly word and always did anything he could for people – and make no mistake, oppositions teams and supporters were treated just as well as Kerry ones. That was the mark and measure of the man. I especially liked meeting Mossie at juvenile and college games. I tend to arrive early to those – I enjoy the chat and banter beforehand at least as much as the actual games, to be truthful, and so did Mossie. Dermot Moynihan and Con Griffin in the Fitzgerald Stadium were always the same. All three had one thing in common – I spoke with all of them often, and asked each of them at different times if they would do an interview on the record about their experiences at the front lines of Kerry GAA. No, not a chance, was each smiling reply. As far as they were concerned, it was not about them, they were only small contributors. I respectfully disagree, both then and now, and I'm fairly sure that any of the greatest players would agree with me on that. The contributions of the likes of Mossie are the literal embodiment of the GAA. Sadly, Mossie has recently gone to join Dermot and Con and many more in a different viewing gallery, and I have no doubt that the famous lad who could turn water into wine at weddings will enjoy the conversations.

Although I never met either man, I knew who John Murphy and Pat Fenning were. John Murphy was there with Down in 1968 when they beat Kerry for the third time in a

decade, scoring a vital goal on the day, and he was a selector when they beat us on the way to their next All Ireland in 1991 and then 1994. Pat Fenning was a key part of the Offaly team of the early 1970s. They stopped Kerry winning three in a row in 1971 and he got the crucial goal in the 1972 All Ireland Final replay in 1972. I always think that great Offaly team has been unfairly overshadowed by the Kerry and Dublin teams that followed; Offaly were fantastic in their own right. May they rest in peace.

THE LAST DANCE – MICHAEL JORDAN

It's already the most watched ESPN/Netflix documentary of all time (over 6 million) – and ESPN do the best documentaries out there. It's the most popular tv show in the world right now, having replaced 'Tiger King'. Mind you, from the little, but already too much that I have heard about Tiger King, I would sooner watch a Donald Trump 'press conference' instead. I do not say that lightly.

'The Last Dance' is supposedly a documentary about the Chicago Bulls, centred around exclusive footage of their tumultuous and ultimately successful '96 and '97 season. In fact, it's the television footage from the time, not the exclusive stuff, that I enjoy most. I remember thinking that it was the most glamorous thing in the world at the time – it looks very dated now. It's not a documentary, not when the lead character is also one of the main producers. It's openly acknowledged that Michael Jordan had the final say on editing. Director Jason Hehir's denials are about as convincing as the aforementioned president. That's not even a biopic – that's a hagiography. But no harm in that; it still looks brilliant.

In the '80s Showtime dominated basketball, but it was a long way behind American football and baseball in US sports culture. It had the glamour of urbanisation (always basketball's biggest draw, it doesn't take much space or equipment) but the money was in suburbia and they were watching field sports.

Then came Michael. He had signed for the Bulls in 1984. Akeem Olajuwon was actually the first pick, and Sam Bowie was second. Jordan was third, Barkley was fifth, John Stockton was sixteenth. Jordan was a guard in an era when the game was always about centres (Abdul Jabbar, Ewing, Robinson, and later Shaq). The Last Dance doesn't discuss any of that, and is the poorer for it. The game today is focussed much more on speed and accuracy than big man plays. But by the end of the year, Michael Jordan was not just Rookie of the Year, he was a sensation.

Michael both epitomised and transcended his era. Magic Johnson and Larry Bird were the big names for his first few years. He met both on his way up, and both make very likeable

appearances in this, Bird especially. Thankfully, the trash talk is mostly absent. I know it's part of the game. But I'm old-fashioned and it irritates me. I don't care how much money Drake gives the Raptors – any team that lets celebrity eejits like that on the sideline is an embarrassment to the game.

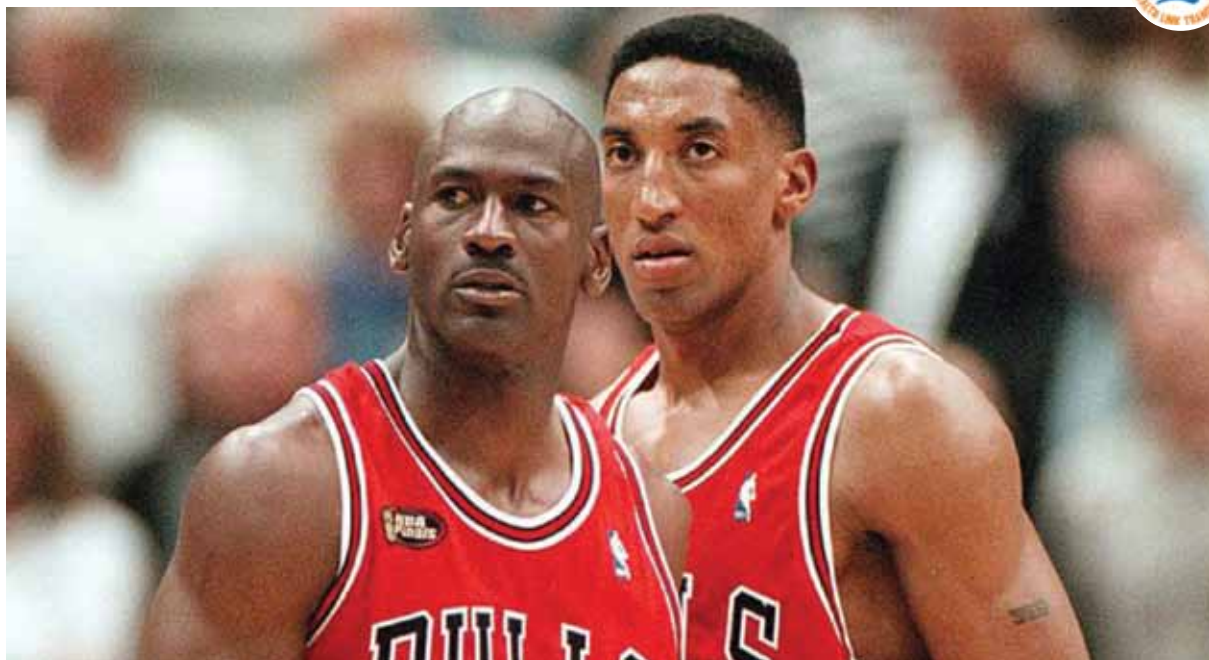
The Detroit Pistons, the 'Bad Boys' (the nickname was not ironic in any way), were led by Isaiah Thomas to titles in 1990 and 1991. Once the Bulls took over, they were virtually unstoppable. Coach Phil Jackson gave Jordan free reign, since he knew that Jordan would drive his team non-stop. Jordan genuinely lived and breathed the game. He actively looked out for disrespect as incentive, usually it existed only in his own imagination. His Hall of Fame acceptance speech was like something out of 'Fr. Ted'. He mercilessly bullied his own teammates but he was even worse on the opposition and he won six titles in 8 years. Frankly, a lot is being said at the moment comparing him to LeBron James. LeBron was a better outside shooter and way better at assists – Jordan was about as likely to pass a ball as Pat Spillane was in his heyday. Jordan was far from a team player. If you shared a dressing room with him, you'd hate every minute – except the medal presentations, and there would be plenty of them.

Yes, it sounds like a certain Corkman we know of – in fact, Jordan was worse than Roy. Or, arguably, better. That's not taking away from Phil Jackson, Scottie Pippen (who actually blossomed once he stopped being Michael's wing-man and started dominating in his own right, or the controversial Dennis Rodman. Rodman, who came from the 'bad boys', was great on court, completely unreliable off it. In fact, there's a serious documentary to be made about Rodman's insecurities and craving for the spotlight that look like a cry for help, but this isn't that documentary. Kukoc and Grant barely get a mention so far. Jerry Krause isn't treated as unfairly as is rumoured. He is praised for the things he got right, but blamed for everything that went wrong. It isn't as if Krause didn't have to work within a budget – money is almost never mentioned throughout, apart from Pippen's contract woes. Jordan's shoe deal with Nike that catapulted basketball into global consciousness barely gets a mention.

This is all about Michael. And, no matter what the ad slogan says, nobody could ever "be like Mike". Comparisons with LeBron James (and I like and admire him) are superfluous. LeBron was the best player of an era. Michael Jordan literally created one.

This doesn't look anything like the unvarnished truth. This is a fantastic romp through the era when the sport exploded while wearing blinkers. I'm halfway through and loving it. I'll admit that the chronology jumps annoy me, especially that first big jump from May

'95 to October '97, but I suppose the disclosures are timed for the dramatic effect. By the way, I have been also been binging through MasterChef Australia. "Jaysus, lad, that's no way to friccassee a lobster", I cry as I munch my sausage and ketchup sandwich. But that thing is no more honest than The Last Dance. How in heaven's name has Poh not been eliminated already? Is she blackmailing them or something? 'Cause it certainly can't be her cooking.



Michael Jordan and Scottie Pippen.



Johnny Buckley against Roscommon in 2006 (Dr. Crokes Photo Archive)

KERRY MINORS 2006

2006 was a special year for Kerry GAA for many reasons – most famously, the insertion of third or even fourth choice midfielder and basketball prodigy Kieran Donaghy into full forward. Jack O'Connor as manager has always been credited with the stroke of genius. In fact, Jack always says that it was Johnny Culloty's suggestion – a manager who can take on board ideas is often more effective than one who comes up with them. The Kerry minors didn't win the All Ireland – and something in Kerry that has always annoyed me is that teams that don't win the big canister tend to be quickly consigned to history. That was a great team – it just so happened that so were Mayo and Donegal, and Roscommon proved themselves a slightly better one in the last ten minutes of a replay. Paddy Curran and Jamie Doolan got the goals that saw them win a tough opener against Tipperary by 2-10 to 2-7. They beat Limerick well, 4-11 to 0-9, Paddy Curtin (2), Tommy Walsh, and Johnny Buckley with goals. Meanwhile, Tipperary had beaten Cork through the back door (Tipperary from 2006 to 2016 had great minor teams). Kerry had more lessons learnt along the way and their victory was more emphatic this time around. Mayo were a serious challenge in the quarter-final. Kevin McLoughlin was in defence and Tom Parsons was in midfield. Pearse Hanley in the forwards was their star name – he is an even bigger star now in Aussie Rules. A young Donal Vaughn sprang from the bench. But Kerry always had that little bit of an edge, especially with Moran and Walsh dominating midfield. Kerry led by 0-6 to 0-1 but Mayo rallied, only for Johnny

Buckley's goal to put them ahead by 1-7 to 0-4. Again Mayo rallied in the second half, but a neat finish by Eoin Kennedy after great work by Walsh and Moran saw Kerry win by 2-7 to 0-9.

Donegal in the semi-final. They had never played in an All Ireland Minor Final. And they would still have to wait until 2014 to do so (guess which county would be waiting?). Donegal had good footballers. Leo McCloone was centre back. Declan Walsh was in the corner behind him. Martin McIlhenny had a great game on the wing, scoring 1-2. The most famous of them all was the lad who had turned 17 just three weeks before. Michael Murphy would kick 0-3 and battle hard against Tommy Walsh. But to be honest, Kerry won midfield (Gary O'Driscoll and David Moran had switched) and I had no idea of the phenomenon that he would become. Kerry won convincingly by 2-13 to 1-10. Paddy Curran was unstoppable, with 1-6 racked up by the end.

Roscommon manager Fergal O'Donnell had been with his team from U14. They weathered an early storm and came right back at Kerry. By the three quarter mark they were in front before it was Kerry's turn to rally. Donie Shine with 0-6 and Conor Devaney with 0-5 were Roscommon's main men. Tommy Walsh was superb throughout for Kerry, while Paddy Curran had 0-4 in each half. In the end, David O'Gara pointed an equaliser and the sides had to go to a replay in Ennis.

So many supporters turned up that the game had to be delayed. When the action did begin, Roscommon were able to keep the ball away from Tommy Walsh, but Shane Enright was able to curb the dangerous Devaney. It was a fantastic game. Kerry actually played the better football, but their shooting was just that bit off-kilter. I felt that we would still have enough to get us past the finish line, but in fairness to Roscommon they hit a spurt in the last ten minutes. Fintan Cregg won some great ball and Donie Shine hit three points on the trot, and it was all over. 17 of that Roscommon squad would eventually play senior. As for Kerry.....well, a lot of the names on this list should be familiar.

Kerry: Tomás Mac an tSaoir (An Ghaeltacht), Bryan Russell (Spa), Michael Moloney (Dr. Crokes), Daithí Ó Sé (An Ghaeltacht), Shane Enright (Tarbert), Adrian Greaney (St. Pats), Bryan Costello (John Mitchels), Tommy Walsh (Kerins O'Rahillys), Garry O'Driscoll (Skellig Rangers), Paddy Curtin (Moyvane) RIP, Daniel O'Shea (Carrow), David Moran (Kerins O'Rahillys), Gary Sayers (Keel), Paddy Curran (Waterville), Eoin Kennedy (Asdee), Alan Kelly (Dr. Crokes), Jamie Doolan (Dr. Crokes), Stephen Browne (Castlegregory), Johnny Buckley (Dr. Crokes), Micheál Ó Sé (An Ghaeltacht), Liam O'Sullivan (St. Pats), Ricí Aghas (An Ghaeltacht), William Devane (Dingle), Adam O'Reilly (Spa)

Manager: John Kennedy Selectors Vince Cooper, Paddy Creagh, Brendan Donnelly, Liam Ó Rocháin

OUTLOOK SOCCER

KERRY SCHOOLBOY/GIRLS SOCCER

VITHIT KERRY SCHOOLBOYS GIRLS LEAGUE NOW CONCLUDED:

Following correspondence from the FAI stating that All Football Activity is suspended until July 20th at the earliest and games are not kicking off before August 28th and from the SFAI who have strongly recommended to all Leagues to end their present season the Management Committee of the Kerry SchoolBoys Girls League has decided that the 2019/2020 season is now concluded.

The SFAI has also announced that all their competitions – Skechers National and Regional Cups and Subway Inter Leagues will not be completed. And the Kennedy Cup has also been cancelled.

On the Regional Competitions in particular this is very disappointing as we had a number of clubs into the semi-finals. The League will ask the SFAI to look again at this decision once the Government's Return to Sport working group, including the FAI's Medical Expert Dr Alan Byrne, allows.

Thanks to the cooperation between the clubs and the League's Fixtures Secretary a number of Leagues have already been completed and the MC has now contacted all clubs regarding the final standings of the various Boys and Girls Divisions and the declaration of the winners and runners-up.

While this is not what anyone wanted to happen, in the current situation there is no other option. Clubs, coaches, players and parents need this certainty as they begin to plan for the next few months and some return to normality.

Many of our players have family members on the frontlines and we take this opportunity to thank all those for the work they have been doing and are continuing to do.



LOOKING BACK

Pictured above is the Killarney Celtic display for the 2019 FAI Club of the Year Award..

The Kerry Schoolboys Girls League season 2020-2021 will begin in the Autumn once permission is granted by our governing body and the protocols needed are put in place.

DEFERRED KSBGL AGM

The Kerry Schoolboys Girls League AGM, due to take place at the end of June, has been deferred due to Covid 19 restrictions.

The AGM will take place at the earlier possible opportunity with clubs to be notified 28 days in advance as per Rule.

KILLARNEY ATHLETIC

LEAGUES NOW COMPLETE.

While this is not the way we wanted the Season to end Health and Safety is paramount for all of our Players.

All of us at Killarney Athletic would sincerely like to thank all of our Managers and Coaches for their Tireless Work, Time and Dedication given to the Club and the Development of our Young Blues. Thanks also to the Parents for all the Baking, Cooking and helping out for NC's and Blitz's and for all the support every weekend Rain, Hail or Snow.

And Finally to all of our Players each and every one of you down to our Academy Blues you have worked hard and done Killarney Athletic proud Looking Forward to seeing you all Back in Woodlawn when we are allowed back by the FAI.

#STAY SAFE

KILLARNEY CELTIC

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

If anyone in our community 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.

LOTTO

The Celtic Lotto is suspended for the moment and therefore there will be a payment freeze for all those who support the lotto through yearly payments. Please contact Der on 086 378 7738 for more details.



Killarney Athletic U12 2019/20 Premier League Winners



Killarney Athletic U13 2019/20 Premier League Winners



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

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

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

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

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

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

Information & advice is available on;

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RESILIENCE

When we engage with strategies to enhance Mental Wellness resilience is talked about, but usually as an essential skill for healthy childhood development. This article examines the steps adults can take to boost resilience in middle age, which is often the time we need it most as midlife can bring all kinds of stressors including divorce, the death of a parent, career setbacks and retirement worries, yet many of us do not build the coping skills we need to meet these challenges. The good news is that some of the qualities of middle age — a better ability to regulate emotions, perspective gained from life experiences and concern for future generations — may give older people an advantage over the young when it comes to developing resilience. There are three core psychological attributes at the heart of resilience: strength, meaning/purpose, and pleasure. If your personal life is characterized by these traits, you have the core components needed to build resilience. You feel equipped to handle both daily life and those challenging moments when you have to dig deeper. You also believe that you're contributing to the world in a way that helps others, consistent with what seems most important to you. Whether you believe that you exist in a universe controlled by a clearly defined higher power, or participate in the human collective that transcends your personal identity, your source of meaning helps you manage high stress and trauma effectively. And finally, pleasure. It's about deeply enjoying that which enriches and satisfies you. Whether it be poetry or pottery, movies or theater, having experiences that bring you a deep sense of pleasure are essential. Strength, meaning and pleasure. These core attributes must be experienced on both an emotional and cognitive level. Resilience grows from both feelings and engagement in a thought life, bringing you strength, meaning and pleasure. Reading, thinking, working, praying, writing, conversing — these are just as important as emotional experiences that give you the feelings of strength, meaning and pleasure.

These are some ways to increase resilience:

Practice Optimism. Optimism is part genetic, part learned. So if you were born into a family of Eeyores, you can still find your inner Tigger. Optimism doesn't mean ignoring the reality of a dire situation. After a job loss, for instance, many people may feel defeated and think, "I'll never recover from this." An optimist would acknowledge the challenge in a more hopeful way, saying, "This is going to be difficult, but it's a chance to rethink my life goals and find work that truly makes me happy."

Rewrite Your Story. When recovering from a challenging situation, know that your life was forever changed, but reframing the situation, focusing on the opportunity the setback presented, so that you can rewrite what will be the outcome.

Don't Personalize It. We have a tendency to blame ourselves for life's setbacks and to ruminate about what we should have done differently. In the moment, a difficult situation feels as if it will never end. To bolster your resilience, remind yourself that even if you made a mistake, a number of factors most likely contributed to the problem and shift your focus to the next steps you should take.

Go Out of Your Comfort Zone. Resilience doesn't just come from negative experience. You can build your resilience by putting yourself in challenging situations and learn to cope a bit more each time.

Take Stress Breaks. Times of manageable stress present an opportunity to build your resilience. It's almost as if you need to invite stress into your life to practice how to manage it. Taking a walk break, spending five minutes to meditate or phoning a good friend are ways to give your mind and body a break from stress.

So, take a look around in your life, and keep working on strength, meaning and pleasure and building resilience!

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

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

A Word of Victory

Welcome back dear reader, here is another testimony from one of our congregation. "For many years I struggled emotionally with inferiority and absolute shame of myself. This was due to abuse that I endured as a child. When I got to know the Lord through Bible study I found that His Word read my heart like a book. Fear, bitterness, and resentment were exposed, and ever so gently God led me like the tender Father that He is to forgive those who had hurt me with their actions and their words. I learned that there is no distance in the Spirit where God dwells and those things that happened to me were as real to God as when they had occurred. He showed me how to go back to that time in prayer, and surface those buried emotions and deal with them — acknowledging the pain I had endured, and choosing to let it go by releasing toxic emotions out of my heart. Such peace and lightness came into my heart and mind as a result. Those emotions had burdened and weighed me down. They affected how I reacted to people and situations and turmoil. There is a Scripture in 1st Corinthians chapter 13:11 that says "when I was a child I spoke and thought and reasoned as a child. But when I grew up I put away childish things." Well, while I held onto the rejection, inferiority, shame and the hurts, I reacted to everything in the same way as a child would. Fear was a massive factor, especially the fear of man. I wanted to please people to make them like me and constantly thought about how not to hurt or offend others by doing or saying the wrong thing. This is an exhausting way to live but I didn't know how to escape or break the pattern. Mentally and emotionally I was under strain. I learnt to partner with God and allow Him to expose the painful places in me, and my life changed. The emotional stunting was replaced by God's peace and wisdom and I was able to 'grow up' emotionally, because even though I am a mature adult physically, my heart was grieved and hurt like a small child. But now, since I got to know God as my loving Father through Jesus His Son I am a different person. I face challenges like everyone — but now I have the assurance that God loves me and He is with me, and He will never leave me. Amen." (Psalm 55:22; Romans 8:31-39)

See more at wordofvictory.net

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

Gardening

with Killarney Outlook

by John O'Sullivan

Herbs...

Most herbs are very easy to grow. They can be grown in the garden in vegetable beds or raised beds or in containers like a window box on a window sill. There are a lot of different types of herbs, but the most commonly grown herbs for culinary use are the likes of basil and dill which are annuals and have to be sown every year, parsley and chervil which are biennials last for two years while herbs like fennel, mint, tarragon are perennials.

If you want to grow mint, make sure you plant it in a container and not in the ground as it is a very invasive herb.

Even if you are not using your herbs for culinary use, it is important to pick them regularly, otherwise they tend to go to seed very quickly.

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

IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
FRANK JONES



KILLARNEY, CO KERRY
WHO DIED MAY 4TH, 2018

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And sweet familiar face
A treasured life is missing
And the World a sadder place.*

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

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

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THE MIRACLE PRAYER

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

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

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

Amen.

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

H.C.

"ST ROCH" PRAYER TO AVERT CONTAGIOUS MALADIES

O' Most Merciful God who through an angel
promised "St Roch whoever would invoke his
name should be preserved from pestilence
& contagious diseases. Grant that through
his intercession we may be preserved from all
dangers both of soul & body. Through Christ
Our Lord Amen. "St Roch pray for us
B

2ND ANNIVERSARY

IN LOVING MEMORY OF

**MARY
McGILLICUDDY**
(NEE CASEY)



117 ARDSHANAVOOLY, PARK
ROAD, KILLARNEY,
WHO DIED ON THE 27TH
OF MAY 2018.

*A silent thought,
A gentle prayer,
For my special mother,
In God's care.*

LOVED AND REMEMBERED
BY YOUR SON SEAN.

2ND ANNIVERSARY

IN LOVING MEMORY OF

**MARY
McGILLICUDDY**
(NEE CASEY)



117 ARDSHANAVOOLY, PARK
ROAD, KILLARNEY,
WHO DIED ON THE 27TH
OF MAY 2018.

*I thought of you today,
but that is nothing new,
I thought about you yesterday
and the days before that too.
Your memory is a keepsake
from which I will never part
God has you in his arms,
I have you in my heart.*

LOVED AND REMEMBERED
EVERY DAY BY YOUR
DAUGHTER NOREEN.

GRATEFUL THANKS

Our Lady of the Sacred Heart, Divine Mercy
St Faustina, St Expedite, St Padre Pio,
Our Lady of Mount Carmel, Sacred Heart
of Jesus, Our Lady of Lourdes for Health
favours received. B

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