

BEGINNERS GUIDE TO SOCCER

By **Martin McCormack, S.D.B.**

Hello all you budding young soccer stars.

My name is Martin McCormack — probably most of you know me through the post-primary school.

During the next four or five months I hope to give some tips that will help you to become the soccer-star you've always wanted to be. I hope to deal with the aspects of the game I think will be of interest and use to you. For example, fitness for football, goalkeeping, attacking, defending, dribbling, tackling, heading etc.

This Month! Fitness and Ball-control

The first thing I'll deal with is Fitness. For most young people, and I put myself in here also—this is the toughest and often the most uninteresting aspect of the great game of soccer.

However we'll get over this problem O.K.; just have patience and endure it for a couple of months. It's well worth it in the end. Just imagine the thrill of running down along the touch-line and leaving a trail of defenders wondering what passed them. Then you see all your hard work coming out on the score-sheet. I can tell you from experience if you want to be really fit you must push yourself and train your body. A fit player enjoys his football. Once you have reached a certain level of fitness it's easier to maintain than you imagine—your body **remembers** the hard work. The first necessity is stamina. From this comes strength and endurance—often the difference between a team winning and losing. (Just look at your team in the town—all their hard training on Tuesday and Thursday nights is now paying off.)

Don't think you're the only one with fitness problems—all professional players dread the pre-season training. Hard work is the keyword. The more you do to get fit the better, the stronger and tougher player you will become.

Building up stamina means long running. Do you know most clubs have a cross-country run, e.g. Chelsea run theirs over Epsom race-course. I believe there are certain periods of a game where all-out effort is required. When it's possible to drive home a goal or when it's necessary to resist opponents' pressure. These periods are the first ten minutes of each half or the last ten minutes of each half. The final ten minutes depend on your endurance.

I'm now going to give you one possible way to get fit at the beginning of the season.

1. Begin with steady lapping of the pitch e.g. 6 laps.
2. Half laps at a slightly faster pace (8 times).
3. Sprints: Now sprints can be subdivided into the following:
 - (a) Sprint a lap of the 6 yard box and then jog.
 - (b) Sprint a lap of the 18 yard box and then jog.
 - (c) Sprint half a lap of the pitch and then jog.
 - (d) Sprint a full lap of the pitch and then jog.

If you haven't dropped at this stage jog back to the goal line and

- (a) Sprint to the 6 yard line and jog back.
- (b) Sprint to the 18 yard line and jog back to goal line.
- (c) Sprint to the half-way line and jog back to goal line.

From this I will go onto intensive training in next edition. Remember all the above exercises are not done the first day or week out. You build up slowly until you can fit them all in one training session.

I will now go onto deal with ball control and try to give you the basics. After that it's over to you. Ball control is not the ability to keep a ball on your toe for ten minutes. Nor is it being able to catch it on your neck and perform a circus act.

All those are lovely to watch but ask yourself this question. What opponent will give you the chance to show off? I certainly don't know any. I'm not saying you shouldn't practice these skills—go right ahead if they give you confidence in yourself (which you need to beat your opponents).

When I speak of ball control I mean (a) the ability to be able to master a pass or ball instantly and in every situation. A very tall order even for a professional. However, don't despair you'll get the ability with practice and patience. (b) To 'kill' the ball without letting it run away from you and without letting a defender get in a tackle. (c) Most important not to lose possession that your teammates have been trying to win for the side.

How many flashy young players attempting outrageous tricks with a ball can master the basics; for example, catching and controlling the ball on one's chest?

If you want to do wonderful tricks join the circus not a football club. Just imagine what would happen if you tried to catch the ball say on your neck and roll it down your back? Very simply, the defender would put you on your back and away with the ball.

If you want a good example of a man with brilliant control yet not a show-off watch Johnny Giles.

In basic control you need what is called 'touch'. You must be able to take the ball from any angle. Controlling it with your foot, knee, thigh, chest or head.

The big secret to success is learn to adjust your body, i.e., get into the right position to be able to take any pass, by withdrawing the surface of contact, for example, if you must trap the ball with your thigh relax your foot so the ball hits a smooth surface. This takes away the pace from the ball and allows you to distribute it or move away yourself on an attack.

Learn to make use of space available by either using your body to screen the ball (will be dealt with in another article under heading screening), and allow it to bounce away from your opponent, and force him to make a mistake, or by turning to face an opponent, which gives you a choice of going either right or left with the ball.

One of the best ways of practicing control is hitting shots at varying speed at a wall or any hard surface. Trap the ball and move off. Practice hitting the wall from different angles so you can learn to collect a ball at speed and different heights.

If you can get a partner it's better. Keep moving and hitting the ball at each other, at different heights and angles.

Once you receive the ball it must be yours; don't let it go to your opponent.

Until next month when I will deal with attack and defence. Train well and watch yourself acquire that skill.

Good luck.

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MAYNOOTH

NEWSLETTER

Published by Maynooth Community Council.

JANUARY/FEBRUARY 1976 No. 5

PRICE TEN PENCE.

Editorial

THE NEWSLETTER

You will probably have noticed that our 'Newsletter' was not on sale for the month of January. The failure of our magazine to make its appearance was due to an unfortunate sequence of events the result of which was a doubling in production costs compared to our October issue. We were unable to meet our deadline as we could not possibly have met the increased costs through sales or advertisements—in fact to continue in this way would have meant a loss of at least £50 per month and complete irresponsibility on our part on behalf of the community. In this issue we are attempting to give you a similar all-round standard and content but through a different means of production. We therefore ask you to overlook what we can call "teething" problems and hope you will continue to enjoy your local paper and give us the generous support which has been so apparent up to this.

We are still anxious to receive articles, stories, etc. for printing. Hand them in to any member of the Community Council.

—Editorial Committee.

FEDERATION OF IRISH BEEKEEPERS

An intensive course on beekeeping is being conducted at Maynooth College by kind permission, under the auspices of Cumann na Beacaire, Maynooth.

Lecturers on all aspects of the ancient craft are Peter O'Reilly, Fr. J. Gahan, and J. O'Brien. Course Director: Colm Kennedy.

APOLOGY

The Editorial Committee wish to apologise in respect of mistakes in an advertisement for O'Briens of Maynooth Shopping Centre which was inserted in our December issue. This matter was beyond our control and we regret any embarrassment and inconvenience caused as a result.

USEFUL LINES

The following local telephone numbers are for your information in case of need:-

Garda Siochana, Maynooth 286234
Garda Siochana, Naas - 7333
Fire Brigade & Ambulance - 286222
Rev. Fr. O'Higgins, P.P. - 286220
Archdeacon Fisher - 286233
Rev. Fr. Supple, C.C. - 286210

Cut out and keep in a convenient place.

KARE

The Co. Kildare Association of Parents and Friends of Handicapped Children, known as KARE, wish to sincerely thank all those who so generously contributed to their recent collection at the churches in Maynooth.

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DRIVERS MAKE MAYNOOTH A SAFER PLACE TO DRIVE

Community Council News

Although strictly not Community Council business, we feel we could not pass over two recent accomplishments. We must congratulate the Maynooth Development Association on the final achievement of the bus shelter, toilets, etc. on which work is now progressing in the Square. The Association strove for a very long time to reach this point and we are sure they are themselves pleased to see the work in progress. Also we must congratulate them on their continuing work on the swimming pool project and are very pleased to hear that the consultant's plans are now completed. May we hope that the Association will also have the pleasure of seeing this work starting soon.

However, back to our own Council news—At the recent Council Meeting among the items discussed were:

COMMUNAL T.V. MAST

We now understand that the necessary planning permission for the erection of the mast has been procured and work may proceed. The contractor is, we understand preparing the necessary contract to be signed by those wishing to get a connection to the mast, and these should be distributed shortly. Then these signed, work can commence.

OBSTRUCTION OF DRIVEWAYS

A note from Greenfield Residents' Association asked if the Council could do anything about the obstruction of the entrances to houses, especially in the Greenfield Drive area, by cars whose owners are attending football matches. These cars are parked in such a way as to completely obstruct the entrance gates to these houses for hours at a time. Although the Council had every sympathy in the matter, the Estate is still private property and the Council can only draw attention to the matter and trust that drivers will be more careful when parking in future.

CIRCULAR RE MAYNOOTH SURVEY

A circular received from Fr. Carey, Maynooth College, has been circulated to the various organisations in the village giving details of the recent meeting in Maynooth College. A further meeting will be arranged by Fr. Carey shortly.

CONSTITUTION AND RULES

The Constitution and Rules have been approved by the Council's legal adviser and will be adopted at the next meeting.

CO-OPTION OF NEW MEMBERS

As soon as the Constitution is approved, the vacant seats on the Council will be filled and some further members co-opted.

WINNER OF CAPTION PRIZE

The winner of our £1 prize to go with our picture in the December issue is: **Martin McCormack, S.D.B., Maynooth** with the caption: "A launching pad for the Space Age Priest."

Editorial comment: We hope that man knows where he's going!

ACKNOWLEDGMENTS

The Maynooth Conference of St. Vincent de Paul, which has been in existence now for almost five years, meets every Monday night at 8.30 p.m. in the Presentation Convent. Many deserving families have been helped throughout the years and the Conference wish to thank the people of Maynooth, Ladychapel and the surrounding areas for their generosity over the past years.

The Conference would be glad to hear from anyone who could supply radios or televisions for the lonely. Anyone who could help should contact any of the Conference members i.e., Rev. Brendan Supple, C.C., Spiritual Advisor, Messrs. Tom Corcoran, Paddy Dunne, Simon Emmett, Eugene O'Reilly and Vincent Murphy.

The Maynooth Old People's Committee wish to acknowledge with thanks the sum of £25 contributed by the Irish Farmers' Association to the Coal Fund, being the proceeds of a raffle at the Association's recent Dinner Dance.

The Irish Wheelchair Association acknowledge with thanks the sum of £31.18 from the recent Church gate collection.

The students of St. Patrick's College, Maynooth, thank the people of Maynooth for their generous support of the "Concern Christmas Fast" Collection, which realised over £260. (The National Collection to date amounts to £49,000.)

The Maynooth St. Vincent de Paul Conference acknowledge with thanks the sum of £4 received per Rev. Fr. O'Higgins, P.P., collected by Noreen Gilton, Mary Casey and Danny Casey from carol singing in the Cluain Aoibhinn—Newtown area.

MAYNOOTH VISTA

by Newcomer.

This month, let me settle a traffic problem!

You know what success I have had in that sphere so far. How I have succeeded in having our motorists refrain from driving on our footpaths and use the normal regulation entrance and exit between the Square and the Main Street. Yesterday I could count only fifteen cars parked on the footpaths and twice only in the course of the whole day did I encounter a near accident while driving from the Main Street to the Straffan Road! That, at least, you will admit is an achievement. Well! well!

But to the other project which might be considered by the powers that be. We have been promised an extension of the bus service to serve the Greenfield area. When? As soon as the problem of turning the bus has been resolved. The obvious question arises. Why turn the bus?

Here I hand the solution to C.I.E. on a plate. A solution that could save them manpower and vehicle utilisation and give an acceptable service, not only to Greenfield residents but to all who live between Maynooth and Celbridge and who are not at present served at all. Why not amalgamate the numbers 66 and 67 services and run them alternatively Dublin/Maynooth/Celbridge/Dublin and Dublin/Celbridge/Maynooth/Dublin? No turning of buses at either Celbridge or Maynooth and a better service to the whole area.

I know all the objections before you or C.I.E. could think them up. The roads are too narrow! If they are let the County Council widen them! The Kildare County Council owes Maynooth and Celbridge more than that. As far as that august body is concerned we are the cinderella of the County and they seemingly can think only in a straight line from Rathcoole to Monasterevin. Our swimming pool project gives credibility to that assumption. But they do know we are here—I give them that—the Rate Collector attends regularly at Maynooth and, presumably, at Celbridge.

That last was a nasty one. Perhaps I am being a little unkind. If I am, the Editor will probably toss this whole script in the waste basket and then he will have a problem—or will he? If he leaves a blank space where my few words generally appear you will know what has happened. On second thoughts—of course you won't.

Then again, he could always fill it with "A Prosperous New Year to all our Readers" surrounded with shamrocks.

And that same to you all!



Owen Byrne meeting the man himself at the Children's Christmas Party organised by Mrs Eileen Nolan of Old Greenfield.

Photo: Sean Tracey.

Photo: Sean Tracey.



L to R : Mrs Coughlan, Mrs Bennet and Mrs Kelly at the Old Folk's Christmas Party

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RAIL PARK RESIDENTS' ASSOCIATION

The Annual General Meeting of the Rail Park Residents' Association will be held in the Geraldine Hall on Monday, 9th February at 8.30 p.m. It is hoped for full attendance which should enable a constructive A.G.M. to be held.

The Association has continued to pursue the problem of the Park with the relevant authorities i.e. Kildare County Council and Messrs. Tully and Clinton T.D.s

To that end the Department of Local Government has communicated to the Association that the appeal by Forde & Co. for additional dwellings to be built at the entrance to the estate has been turned down. At present it is feared that a further application may be lodged by the Receiver of the Forde Co. for dwellings in the green amenity area and all residents are asked to contact the Committee if they have any definite proof of an application. In the interim a further letter has gone to Kildare County Council objecting to any likely application to build as the area is a green amenity area.

Concern has been expressed by some of the residents that cars being driven in the Park are not always using the correct exits and instead are driving through the pedestrian-way in the Crescent. An effort is being made by the Committee to have this stopped.

It has been noted that some parts of the outside walls of the estate appear to be in a dangerous state, so far as is possible, children should be kept away from them to avoid accident.

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THE ARCHBISHOP IN THE CUPBOARD

By Matthew O'Donnell

Silken Thomas read rapidly through the letter—and tensed at the vital phrase: “Kildare is presently cut shorter; as his issue presently should be.” The reference was to his father, Geroid Og Fitzgerald, hounded by his Irish enemies to a dungeon in the Tower. Thomas paled, thought for a long time, and came up with a decision: he would fight them; he would avenge his father’s murder and rid the country once for all of the Dublin clique that had pestered his family for generations.

It was a decision that sounded well and did him credit; but it was tragic. The letter that prompted it was a fraud. Purporting to come from London, it was very probably written by John Allen, Archbishop of Dublin, precisely to goad the Geraldine into a hasty rebellion. It was cleverly ‘lost’ so that a close friend of Silken Thomas would find it. The information it gave was false. Geroid Og was still alive and there were no plans for his execution.

But John Allen had played his hand well, and he had his brief reward when Silken Thomas marched into the Council Chamber in Dublin and slammed the Sword of State on the table; in fighting the King he preferred his own sword. Some of the Councillors tried to dissuade him. It was no use: Thomas strutted out, to the acclamation of his followers. John Allen smiled: it had all been so easy.

While Allen exulted he might have done better to ponder some recent history. For Silken Thomas came of a stock not greatly renowned for deference to recalcitrant Archbishops. Only thirty years before, his grandfather, during a disagreement with the Archbishop of Cashel, had had occasion to burn down His Grace’s Cathedral,—a liberty which occasioned his denouncement to King Henry VIII. At the subsequent trial he explained candidly: “Upon my troth I would never have done it but I thought the Archbishop was in it”—a sentiment which, the King agreed, did him credit.

Meanwhile Silken Thomas gathered an army and advanced on Dublin. The citizens agreed to let him bring his forces into the city to lay siege to the Castle. Then Allen made his first mistake—he retired into the Castle for safety. As the days dragged by he realised the grave danger of his position and determined to retire temporarily to England. And then he made his second mistake: he consulted Bartholomew Fitzgerald—a kinsman of Silken Thomas—on the plans for the escape. Fitzgerald arranged everything. At dusk on July 27th, 1534 the Archbishop made his way to the wharf at Dame’s Gate where a small ship awaited him. Bartholomew Fitzgerald took the rudder and guided them straight and true—on to the sands at Clontarf. At the ebb of the tide John Allen clambered out and with a small band of followers went to the house of Mr. Hollywood at Artane, a few miles to the north. Probably he hoped to lie low there for a while and then make another attempt. But he never had a chance. Later that evening Silken Thomas was told the hiding place and at first light next morning he rode in to Artane with a small posse of retainers. The house was surrounded and two men—John Teeling and Nicholas Wafer—were ordered to produce the Archbishop. They dragged him out “barefooted, bareheaded, clad only in his shirt.” John Allen was afraid: on his knees before his captor. “with a pitiful countenance and lamentable voice he besought him for the love of God not to remember former injuries but to weigh his present calamity: and what malice soever he bore his person yet to respect his calling and vocation, in that his enemy was a Christian and he among Christians an Archbishop”. Silken Thomas was moved. With his mind a whirl of conflicting emotions he wheeled his horse and rapped out the order “Beir uaim an bodach.” The expression was unfortunate. It might have been only a petulant insult—“Take away the clown”—or it might have been an order of execution—“Away with the clown.” John Teeling and Nicholas Wafer were in no humour for linguistic analysis: they killed the Archbishop on the spot, “spilling his brains on the ground.”

Things now moved quickly. Silken Thomas denied all responsibility, but apparently took no action against his two henchmen. In England Henry VIII issued an “Act of Attainder” of Silken Thomas and the two assassins. But the strongest reaction came from “The Keepers of the spiritual jurisdiction of the See of Dublin.” In a thunderous 1000 word document Silken Thomas, John Teeling, and Nicholas Wafer are declared “excommunicate, accursed and anathemazate.” After expressing the desire that: “they be accursed as spirittes condemned, and that the devil to stand and be in all ther doinges and all ther actes be synfull,” it wishes them “Gyrdded with the gyrdle of malediction and curses,” and finally exclaims: “May they dessend into Hell qwyck. O good Lord, send to thaym hunger and thyrst, and stryke thaym with pestilens till they be consumed and ther generation clene radycat and delytit of this worle, that ther be no memorie of thaym: stryke thaym also with such lepre that from the hiest parte of the heed to the sole of ther fote ther be no hole place. Stryke thaym also with madness, blyndness, and woodnes of mynde that

they may palpe and clayme also handle as blynde men dothe in darkness.” A special copy of this document was sent to “Mr. lyventennaunt at the Kynge Tower of London” to be shown to Geroid Og. It killed him.

Meanwhile the insurrection was not going well. Dublin Castle had held out, and an English army under Skeffington had landed. Skeffington was a chronic invalid—or, as the 16th century chronicler has it, “verie sore sicke.” After six months’ fruitless skirmishing he steeled himself for the crucial action—the assault on the great Geraldine stronghold at Maynooth. It was a tough nut to crack. Skeffington later described it as “so strongly fortified as the like hath not been seen in Ireland.” It was well stocked with cannon—for Geroid Og had taken the precaution of ‘borrowing’ some from Dublin Castle before his departure for England. But ammunition was not in good supply. During the previous winter the Council of State in Dublin reported to England: “The rebel which chiefly trusteth in his ordnance, which he hath of the King’s hath in effect consumed all his shoot; and except he winneth the Castle of Dublin he is destitute of shoot, which is a great comfort and advantage to the King’s men.” It must indeed have been.

On March 14th 1535 Skeffington arrived in Maynooth and planted his guns over the mill-race. The siege lasted nine days, but the issue was never in doubt—Skeffington’s cannon were far superior. When the last resistance was over only 37 of the original 100 defenders remained. John Teeling died in the battle—thereby escaping the hanging which was the fate of his companion in crime, Nicholas Wafer. The others, mostly gunners, but including one Simon Walsh, a priest, and a personage described as the “Dean of Kildare,” were all beheaded. Skeffington remarked casually in a letter: “We thought it expedient to put them to execution as an example to others.” They called it the “Pardon of Maynooth.” Skeffington marched back in triumph to Dublin, and the long line of heads impaled above the great Keep bore their silent testimony.

The destruction of the Castle brought with it the quick death of “St. Mary’s College of Maynooth” which had been founded only 20 years before.

This was in 1535. Skip on three centuries and there is another College in Maynooth hard by the old ruined Castle. A College run by the Bishops: built on Geraldine land; and one of its employees is called Wafer. Everyone has agreed to forget history.

(Reprinted from “Silhouette” of 20 year ago by kind permission of the author.)

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STUDENTS' UNION

Education Magazine

The Students' Union Education Committee is sponsoring a magazine on topics of educational interest. Residents in the Maynooth area are invited to contribute.

Articles are especially welcome on the following:

1. Philosophy of Education.
2. Role of St. Patrick's College in Maynooth community.
3. Role of the Student in Maynooth community.
4. Education and Society.

Articles should be 600-2,000 words in length, and should be addressed to: “Education Magazine”, Students' Union Office, St. Patrick's College, Maynooth.

or handed in at the Gate Lodge.

Name and address should be supplied, not necessarily for publication.

N.B.—Last date for receipt of articles February 10, 1976.

—John Gallagher,
Education Officer.

DRIVERS MAKE MAYNOOTH
A SAFER PLACE TO DRIVE

PARISH NOTES

Boys' School Extension: The building work is progressing satisfactorily and is well up to time. We had to give the boys an extra two weeks holidays after Christmas in order to enable the builders to change over to the new boiler-house and to knock down the dividing walls between three of the classrooms in the existing school. This will provide a general purposes room or small assembly hall for the school. Temporary partitions are being erected in place of the walls that have been taken down. The teachers and boys will have to endure a good deal of discomfort for another few months, but it will be worthwhile in the end. When completed, the school will have nine classrooms (seven of them new) plus the general purposes room, library and other facilities. Because the new buildings take up a large part of the playground space, the car-park adjoining the Parish Hall will now serve as a school playground also.

It is envisaged that the infant boys, who at present attend the Convent School, will from this year come to the boys' school.

Of the total estimated cost (including furniture) of £118,000, about £36,000 has been spent to date (probably £45,000 by the time this appears in print). The parish pays the money by instalments and then recovers it from the Office of Public Works. When the building works are two-thirds completed, we shall have to spend the full amount of our local contribution (£17,000 and likely a little more) before we can claim again from the O.P.W. As the “Planned Giving” is doing well, we should be about £3,000 in credit by then. The rest of the local contribution will have to be borrowed from the bank and repaid with interest. The proceeds of the weekly dances and bingo sessions have to be used at present to reduce the large deficit in our running expenses account. This is now down from nearly £4,000 a few months ago to less than £2,000.

Confirmation: The Most Reverend Dermot O'Mahony, Auxiliary Bishop of Dublin, will administer the Sacrament of Confirmation in our Parish Church on Saturday, 5th June, 1976. All the girls and boys in 5th and 6th Standards are due for Confirmation this year.

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CIVIL DEFENCE NOTES

All nine candidates for the First Aid Exams in December were successful. Presentation of these certificates will take place shortly.

Unit practice commenced on Wednesday, 21st January and preparations are in full swing now for the Area Competitions in March.

Two Unit Members, Mrs. Bridie Brady and Marie Kelly attended a two-week full-time course for instructors in the Civil Defence School, Phoenix Park and were successful in their exams.

Details will be available shortly re courses for Warden Service and Basic Rescue Service.

GARDENING by Colm Kennedy

As February approaches it is time to think of ordering one's requirements of vegetable and flower seeds and bulbs. Some cabbage, lettuce and onion seed can be sown. Put in some cabbage seed; variety 'Greyhound' or 'Golden Acre' are very good early maturing types. Well and good if you have a cold frame or some panes of glass lying around; there is no problem in raising a few plants. The same applies for lettuce and onions. I sowed some 'Alsai Craig' onion seed in boxes covered with a pane of glass to harden off and plant out at the end of March.

Lettuces such as 'Fortune' and 'Windermere' will give lovely compact heads and a very welcome addition when vegetables are on the scarce side. Try and procure a seed catalogue—study it carefully and see the advantages of the various varieties to suit your own needs.

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Maynooth Castle

A Focal Point of Local History

Mary Cullen (S)

When Maurice FitzGerald came to Ireland he was a man of sixty. With him came a large assortment of his relations, a colourful group of half-Norman, half-Welsh adventurers, all related to each other through the famous and beautiful Nesta, daughter of Rhys ap Tewdwr, Prince of South Wales. The first wave of Norman conquerors in Ireland were nearly all the descendants of Nesta by different fathers. By her marriage to Gerald FitzWalter, Constable of Pembroke, Nesta had four children, one of whom was our Maurice FitzGerald. Two of Maurice's sons, Nesta's grandsons, came with him on the Irish adventure. Another son of Nesta and brother of Maurice was William FitzGerald of Carew, whose son Raymond "le Gros" was Strongbow's second-in-command and his best military commander. Nesta's daughter Angareth FitzGerald married William de Barri and their son, the nephew of Maurice, was Giraldus Cambrensis the historian of the invasion. The third FitzGerald son, David, became bishop of St. David's and, as we shall see, made his own contribution to his family's Irish enterprise. Before her marriage to Gerald Nesta had been the mistress of King Henry I of England. Their son was Henry FitzHenry, and his two sons, grandsons of Nesta, Meiler and Robert FitzHenry, were among the invaders. Finally Nesta married or had an affair with Stephen, Constable of Cardigan, and their son Robert FitzStephen was Maurice's half-brother and chief partner in the first expeditions.

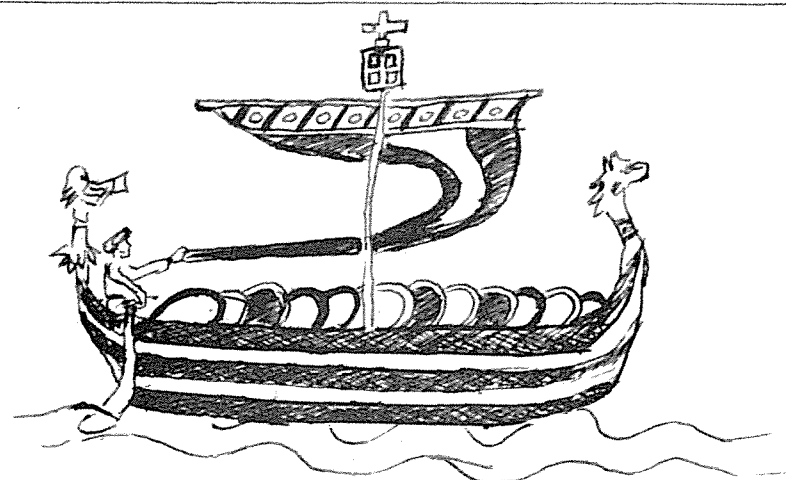
The immediate cause of the arrival of FitzStephens and FitzGerald in Ireland in 1169 was what seemed at the time to be a relatively unimportant episode in Irish history and not the great water-shed it turned out to be. We have seen that the kingship of Leinster was not in the possession of any one ruling family but was competed for by the rulers of the various tuatha within Leinster, including our own Ui Faelain. In 1134 Diarmait MacMurrough of Ui Chennsalaig in South Leinster established himself as King of Leinster but was involved for the next thirty years in the unending wars of twelfth-century Ireland. Eventually he found himself on the losing side in a struggle for the high-kingship between Ruaidri or Rory O'Connor of Connacht and Muirchertach MacLochlainn of the northern Ui Neill. Diarmait was the ally of MacLochlainn but O'Connor won and then all the enemies Diarmait had created over the years turned on him. These included the rulers of Ui Faelain and Ui Muiredaig. Diarmait was deposed both in Leinster and in Ui Chennsalaigh and as he could see no hope of finding new allies in Ireland turned in desperation to the new Norman rulers of England. The King of England, Henry II, was not himself interested in getting involved in Ireland at the time but he did give permission to his subjects, if they wished, to help Diarmait re-establish himself, and so Diarmait came to Wales where he met Maurice FitzGerald.

Though the Normans had conquered England in 1066 they were far from settled or secure in Wales where they had to fight to win and hold the lands granted to them by the king. Diarmait first approached a likely candidate for adventure in Ireland, Richard FitzGilbert, Earl of Pembroke, famous in Irish history as "Strongbow". He was a likely candidate because he was out of favour with his king and had little to hope for from him, and also because he had the resources to raise a substantial force to bring to Ireland. To him Diarmait held out the biggest inducement at his disposal. He offered him the hand of his daughter Aoife in marriage and with her the succession to the kingship of Leinster. By Norman law this could seem a legitimate transaction but it could have no validity in Irish law as we have seen. By Irish law Diarmait could not nominate his own successor in Ui Chennsalaigh and still less in Leinster. Strongbow accepted Diarmait's proposal but was in no hurry to cross the Irish sea. It was a group of his vassals, the Geraldines and their relations and friends, who were the first to accept the challenge of the Irish adventure.



They were relatively impecunious but able adventurers who hoped to make their fortunes in Ireland, acquire lands and wealth there and perhaps, if they were lucky, even establish themselves as kings. The historian Edmund Curtis describes them as "a family party, putting their stock into a common enterprise, and ready for the great jump-over into Ireland." Robert FitzStephen, the half-brother of Maurice FitzGerald was in particular difficulties when Diarmait arrived on the scene. He had for three years been the prisoner of the Welsh Prince of South Wales, Rhys ap Griffith, who was also a nephew of the famous Nesta. Robert's half-brothers, Maurice FitzGerald and David the bishop, persuaded Rhys to set him free if he promised to go to Ireland to help Diarmait. To Robert and Maurice Diarmait promised the town of Wexford and two cantreds of land in return for their assistance and the deal was struck. Diarmait returned to Ireland with a small group of Normans, Flemings and Welsh under Richard FitzGodebert, re-established himself in Ui Chennsalaig, re-asserted his claim to Leinster, was again crushed by the high-king and then sent word to FitzGerald and FitzStephen that he needed them now. Robert FitzStephen arrived in Bannow Bay in Co. Wexford on 1st May, 1169. With him, according to Giraldus, he brought "30 men-at-arms, of his own kindred and retainers, together with 60 men in half armour, and about 300 archers and foot-soldiers, the flower of the youth of Wales" They had embarked at Milfordhaven and crossed the sea in their long, open, single masted ships. As well as a sail they also used oars, and each ship carried out 120 men plus some horses and supplies. When they ran these flat ships onto the beach at Bannow Bay the Norman invasion of Ireland had begun.

Reference: Richard Roche: THE NORMAN INVASION OF IRELAND. Tralee 1970.



Type of ship used by William the Conqueror in the Norman invasion of England in 1066. The ships used by Robert FitzStephen in 1169 do not seem to have been very different. This illustration is based on the famous Bayeux tapestry in which William's wife, Matilda, depicted the conquest of England.

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LETTERS TO THE EDITOR

LETTER

84 Rail Park,
Maynooth.
17 December, 1975

Sir,

I was more than delighted to read in your December issue that permission had been granted for the erection of a communal aerial for the area.

It strikes me, however, that a few questions need to be answered in connection with the project and if you will permit me to use a little of your valuable space I will put them to the Community Council before parting with my very hard come by £58.

1. Is it not unusual to pay for something before you get it and assure yourself that it is operating to your satisfaction?

2. Is it not normal for a firm which accepts a contract to be in possession of sufficient capital to carry out the contract without having to collect it from the purchasers of the goods or service before embarking on the sale?

3. If a firm is of good commercial standing cannot it raise from normal commercial sources the necessary capital to enable it to undertake a viable project?

4. Can the present financial position of the contractor be stated?

5. Who are the Directors of Cablelink Ltd.?

6. Will Cablelink Ltd. be fully covered by insurance in the event of failure from any cause before the completion of the project?

7. How many houses in Maynooth will be wired for reception?

8. What will be the total cost to the contractor of the work?

9. What will the contractor's profit be at £58 per house.

10. Why should anybody but the contractor distribute contract forms and collect payments?

11. Has the contract for the Communal Aerial and service been put to tender and if not why not?

12. If other contractors submitted tenders what was the estimated cost per household of all tenders received?

13. If this is a community effort—and from the report in the 'Newsletter' it is hard to ascertain whether it is or is not there is such a hotchpotch of community and limited company proposed involvement—why has not the Community Council the initiative to raise the necessary money themselves, employ the contractor and install the piped television at about half the cost of the present suggested price to the householder?

In asking for the above information it is not in any way intended to pour cold water on the project but we in the new estates have been so badly placed by the failure of contractors that we must be a little chary about parting with that which is so scarce a commodity — money.

I am prepared to sign a letter of intent now and to complete a contract when satisfactory service is provided. The method of payment and the amount to be designated in the contract. Nothing more nor less than that is a fair proposition.

J. T. Murphy.

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Photo : Sean Tracey.
Mrs O'Reilly and Mrs McGovern
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it's done at the Old Folk's
Christmas Party.



Photo : Sean Tracey.
"And I wonder could you bring me..."
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Doyle at Mrs Eileen Nolan's
Christmas Party.

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CAR MAINTENANCE

Safety:

Speed: Everytime a driver looks up at his dashboard he takes his eyes off the road for about 1.5 seconds. If he is travelling at 60 m.p.h. then his eyes will be off the road for 44 yards. When speed is too critical to be judged by instinct, a driver cannot afford to look away from the road for even a second.

Distance between cars:

There should be a distance of 20 feet allowed for every 10 m.p.h. Thus if travelling at 30 m.p.h. there should be a minimum of 60 feet between the cars. Now since it is difficult to judge distance at the best of times at speed it becomes doubly difficult. A good approach which is applicable no matter what the speed is to allow 2 seconds between the car in front of you and yourself. Pick an object (e.g. a railing, a tree or lamppost), then when the car in front passes it—count two and you should then be passing the same point of reference.

Colour:

This is applicable especially when buying a car. Swedish expert Sigvard Viberg's advice to motorists is to have "any colour you like except black and for safety choose pink". A great deal of work still has to be done before any final conclusions are reached, but most authorities agree that bright orange, yellow, pink colours are undoubtedly the safest. More blue coloured cars have accidents than any other colour, while cars in orange, yellow, and beige have less accidents (British Automobile Association).

Economy:

Light Foot: With petrol nearly costing 90p a gallon care with the way you use the accelerator is essential.

Starting from cold causes the greatest wear on the engine and there is a loss of petrol. Don't warm the engine up by letting it tick over or by revving it up harshly. The best approach is to drive off slowly (no hard acceleration) then

gradually increase the speed. Don't press your accelerator pedal hard to the floor when starting off or when travelling up a hill. Firstly, something like half the petrol goes out the exhaust pipe without doing any work and secondly while travelling uphill you still get the same power by depressing your pedal gradually rather than harshly.

Choice of Petrol (A.A. Manual): It is essential to use the grade of petrol which is recommended by the manufacturer of your vehicle. It is a waste of money to use High-octane petrol in an engine designed to run efficiently on a lower grade: there is no improvement in either performance or petrol consumption. Conversely, using a lower grade of petrol than the one recommended one can cause overheating and possibly burnt valves and pistons. There is however one possible exception to this rule, during cold weather, starting may be facilitated by using the next highest grade to the recommended one.

Final comment on petrol consumption: one survey estimated that each time you stop at a traffic lights you use up enough petrol to bring you a further half mile?

Battery Maintenance:

If your lights are dull and brighten up when the engine generator comes into operation then your battery needs attention.

To prolong the life of your battery a few simple precautions are necessary.

(1) Always make sure that the level of the electrolyte is covering the plates (serious damage results if left uncovered). This is maintained by topping up with distilled water NOT tap water (unfortunately a number of garages use tap water on occasion). The water from your fridge after defrosting is ideal, rain water or you may purchase some from your local chemist. The level has to be checked more frequently during the summer or in hot climates.

(2) Check the battery leads to ensure they are tight and clean (usually copper sulphate deposits build up here). Remove

the copper sulphate deposits by simply pouring hot water on them—they normally build up on the terminals and the frame holding the battery. Remove lead from terminal and clean with wire brush or emery paper then smear petroleum jelly (Vaseline) on lead and terminal. This is preferable to ordinary grease as it has a lower resistance to the flow of electricity. It is important to check in a similar manner the end of the earth lead (whether positive or negative earth) connected to the frame of the car. Also check both cables for wear and cracks in the cable as this will result in loss of power through seepage as is the case with loose connections.

Anti-Freeze:

In preference to your maker's manual follow the proportions of anti-freeze to water as recommended on the can for your particular car. This is especially true today as some anti-freeze manufacturers have developed an anti-freeze suitable for more than one year. During the winter if you are doubtful about the strength of the anti-freeze in your car, drain a little off into a cap and leave it in the fridge over night. If it remains unaffected in the cold section transfer it to the deep-freeze section. It should then become mushy with signs of ice crystals, but should not freeze solid.

Salt-Water:

If you don't want your screen water freezing up, try adding bath salts to the water. Make sure they are dissolved properly by stirring well. You will have to experiment to find the optimum quantity for a particular size of bottle. You will also find that your windscreen will be noticeably cleaner than before.

Next article will contain some of the following points:— Tyres, maintenance and how they can give clues to steering faults; Starting your car, possible faults why it will not start especially in the morning; Fan-belt trouble; Washing the car; Emergency repairs (simple ones).

Your suggestions are welcome.

James St. Leger, S.D.B.,
Salesian House,
Maynooth.

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10.00 a.m. — 7.00 p.m.

ESSAY COMPETITION FOR CHILDREN

The winner of the first prize of £3 for essay submitted by children between the age of 8 and 12 years is: **Caroline McFadden**, aged 11 years, 45, Maynooth Park. We are sure that you will all agree that her entry displays originality and that it reflects, as we feel it does, a simplicity of theme long gone from the more "modern" Christmas. Our only regret is that we cannot reproduce her beautiful writing here—much has been lost as a result. We hope she will continue to write an occasional story for the paper for everyone's enjoyment.

—The Editor.

CHRISTMAS 1875

It was Christmas 1875, and the little flower-seller stood on the corner. She had just a few bunches of flowers and holly left. She wore no shoes and was shivering. I was looking forward to going home to the cheerful log-fire and candle-lit Christmas tree, when I felt a tug at my coat. 'Do you want a bunch of holly or flowers? Only a farthing each. You see my family is very poor, so we all have to try and earn money to buy food for Christmas, but I'm afraid we'll never get enough now.' I thought of all the nice things and lovely food there was at home, and of everything that would be left over, and I found myself saying 'Come home with me, and I'll give you some food'. 'Oh, thank you!' she said. Not thinking about what my mother would say, I led her around to the kitchen. There was nobody in it, so I went into the larder and brought out a Christmas pudding, a big cake, a bowl of mince pies and lots of other little things. I asked her where she lived and she told me 'In the small house in Green Lane.' I gave her all the food, and she wasn't sure whether to take it or not. 'Won't it be missed?' she asked. Hearing footsteps I said "Of course not, do hurry!"

Just as I had closed the door, my mother walked in. I had to tell her what I'd done, but her face was kind as she looked at me. 'You've captured the Christmas spirit, my child,' she said, and to my joy, she gathered some gifts from beneath the Christmas tree and said 'Go and give these to your new friend.'

As I walked to Green Lane, I thought to myself this was the happiest Christmas I ever remember.

Caroline McFadden (aged 11 yrs.)
45, Maynooth Park, Maynooth,
Co. Kildare.

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MAYNOOTH TALENT AND QUESTION TIME.

The above competition for the Father Cleary Cup will commence in Maynooth on Friday, 13th February next and will continue on a weekly basis until early April. Teams from the following areas will take part:- Maynooth, Kilcloon, Killyon, Straffan, Moynalver, Kiltale, Lucan, Rathmoyle. Proceeds will be in aid of local Parochial purposes.

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JOY CLUB—SALESIAN SISTERS

For the children of the Salesian Sisters Joy Club this Christmas has not been a time of receiving only (in the line of Christmas treats) they have done their fair share of giving too. They recently went on a Charity Walk to provide a Christmas treat for poor and needy children. Forty of them, from little Aideen Bennet (4 years) to the teenagers of the group, walked the 4 miles to Kilcock and back (the little ones doing a minimum of 4 miles) and collected a grand total of £230 for their efforts. With this they bought clothes, toys, and food for 70 children of 17 poor families of a Dublin area. On the evening of December 16th and 17th the six chosen members: Esa Nolan, Gillian Deane, Ursula Byrne, Deirdre Kelly, Janet Nolan and Caroline Redmond with the help of the Sisters, delivered the parcels and the joy on the faces of the children and their parents was ample reward for the sore feet.

The Sisters would like to take this opportunity of wishing all the members of the club and their families a very happy New Year.

SPORTS PAGE

MAYNOOTH G.A.A. NOTES

We had a very large attendance at our Annual General Meeting held on Sunday, 14th January in St. Mary's Hall, Maynooth. The following officers were elected for the coming year:-

PRESIDENT: Peter Delaney.
Vice*Pres: Jim Nolan.
CHAIRMAN: Tommy Sheehan.
VICE-CHAIRMAN: Eddie Dunne.

SECRETARY: Tommy Fay.

TREASURER: Joey Murphy.

Committee: Michael Gillick,
Michael Melia, Tommy Flaherty,
Seamus Feeney, Michael Gleeson,

FOOTBALL CAPTAIN: Gerry Flanagan.

HURLING CAPTAIN: Cliff Murphy.

Football selectors: Tommy Sheehan and Gerry Flanagan.

Hurling Selectors: Tommy Sheehan and Cliff Murphy.

Our out-going Chairman Mr Jim Nolan did not seek reelection to the Chair. On behalf of Maynooth G.A.A. Club we wish to thank Jim for the wonderful work he has done for the club and we are sorry to see him leaving the Chair. Jim has been associated with the Club for the past forty years. Our new Chairman, Mr Tommy Sheehan, said that he hoped he would be able to carry out the good work that Jim Nolan had shown was possible for the club.

TRAINING:

All our players, both hurlers and footballers, are asked to turn up for training sessions every

Tuesday and Thursday nights at 8 p.m., in Moyglare field as both Hurling and Football leagues start in March. Players who do not turn up

for these training sessions will not be considered for any team this year.

We are entering two football teams for this years championships and one hurling team. We are also entering a Minor football team (under 18) for the Kildare Championship and we ask interested lads between 16 and 18 years of age to forward their names to Tommy Fay, 14, Parson Street, Pat Lynch, 69, Maynooth Park or any member of our Committee.

This year we are celebrating our Centenary Year by holding (1) An Inter-County match between Dublin, Kildare or Meath.

- (2) A Senior Club tournament.
- (3) Junior Football tournament.
- (4) Junior Hurling tournament.
- (5) A field day for local children.

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CANOE RACE ON ROYAL CANAL

On Sunday, 14th March next, a canoe race will be held on the Royal Canal. This is being organised by the Canoe Union of Ireland and sponsored by the Community Council. Funds will be in aid of sending an Irish Canoe Squad to the Olympic Games in Montreal. Watch out for posters which will be displayed locally and next issue of the 'Newsletter' will contain more details.

CANOEING-----

Canoeing is developing at a tremendous rate and Ireland, with three thousand miles of indented coastline, hundreds of navigable rivers and lakes free from pollution and access restrictions, is the most popular touring and canoe camping country for the lucky few who have discovered these wonderful facilities and the still many miles of canoeable rivers that have not yet reflected the glint of a paddle!

Canoeing is an all-the-year-round sport and as the possibilities of canoeing are numerous, it is one sport where boredom is unlikely to set in. In winter there is Slalom, down river racing, rough water, surfing; in summer, sprint, long distance, marathon, surfing. However, the visitor to Ireland is probably more interested in canoe touring, one of the best methods of exploring the country since the canoe tourist may use rivers and waterways where larger craft cannot go.

There are also many areas where canoe surfing may be had on the south and west coasts but this should not be attempted except by experienced paddlers. The same goes for sea canoeing for which the sometimes dramatic and lengthy coastline affords many opportunities. White water canoeing, the specialist's branch of the sport, is also popular in Ireland but conditions and current information vary so much that details should be sought direct from the Irish Canoe Union.

In Ireland, as in most of Europe, the term canoe, covers everything from a large Canadian open touring boat to racing kayaks. Nevertheless, it is the experience of the canoeist rather than the type of canoe which should be the criterion for choosing the area for a canoe-touring holiday. The beautiful lakelands of the midlands or Kerry may suit the novice while those with a little experience might prefer the Barrow or the Liffey whose faster flow offers a more challenging trip.

But, whether a novice or an expert, please remember the basic guidelines don't canoe if you cannot swim, always wear a life-jacket and never canoe alone!

Anthony Maher.

25 Laurence Ave., Maynooth.

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