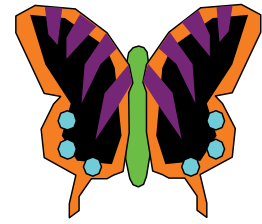
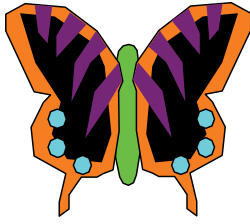


MAYNOOTH NEWSLETTER



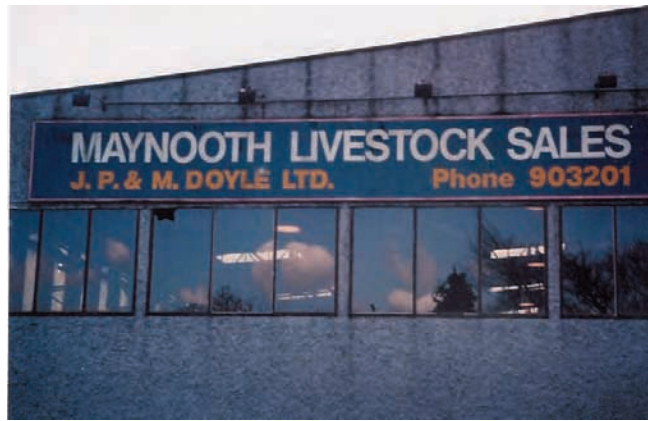
PUBLISHED BY MAYNOOTH COMMUNITY COUNCIL LIMITED

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which is co-funded by the European Social Fund**

END OF AN ERA



Ned Doyle



A Landmark which will be gone but not forgotten



Martin McDonagh, George Gallagher & Kevin Quinn
many of the farmers who have used the mart



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Editorial

The country is in the throes of election 2002 as the Newsletter goes to print. This is your opportunity to put your queries to all the politicians of all parties as they knock on your door. There are many local issues that will need their support over the next period of development in Maynooth. There have been many changes during the past five years and there are even more to come in the next five to ten years. Although it is agreed that standards of living have improved for some, there is also the feeling that the quality of life is deteriorating. North Kildare and Maynooth in particular needs action on such issues as a children's playground, a Community Centre, a Parks Department to attend to the green areas, social housing and traffic management to name but a few.

We are also witnessing the demise of Doyle's mart and the acquisition of the site by Tesco with plans for a huge development. At the other end of the town, the old Kavanagh site is to be developed into a large retail area also. Along with the growth of the student population – these could add to Maynooth's status as a town but it could also result in traffic chaos unless the planned roads are put in place as quickly as possible. The Meadowbrook Link will be essential if traffic gridlock is to be avoided.

It has been suggested that posters should be banned entirely. But when legislation was passed to ban the caravans and canvassers outside the polling booths the sense of carnival on the day of the election disappeared. The number of people voting also dropped. If posters are banned, there will be no public suggestion of an election at all. There is a need for some sense of occasion, without it there is the danger that the number of people voting will decrease even further. Apathy is a problem along with cynicism without adding to these.

The move to electronic voting will also contribute to the lack of occasion and there is a mixed reaction to this. The tallymen will be redundant. The results will be known almost immediately and again the sense of carnival, albeit difficult for the politicians themselves, will disappear completely. Our neighbours Meath will be among the few constituencies to experiment with this new method. Let us see how they proceed. The presence of a computer may intimidate those who have no experience of the new technology but it will suit the new image of Ireland as a modern, progressive society constantly in a hurry. Now we cannot wait for election results. Gone are the long hours at count centres and all-night television viewing for election junkies. The media will also miss the spectacle.

Finally, may we remind people that our right to vote was only achieved by a long struggle. There are millions in the world who would be grateful to live in such a democracy as this. So please exercise your right to vote. Stations are open longer than ever before to accommodate you.

Copy Date for May Edition

13th May 2002 at 5 p.m.

Please note you can now E-mail

**your notes to us at
maynoothcc@eircom.net**

Community Council Notes

Maynooth Community Council Notes

The Annual General Meeting of the Community Council took place on the 22nd April in the Glenroyal Hotel.

We had two presentations:

No. 1 Kavanagh's New Development Plans

Mr. Willie Coonan introduced himself and then introduced the panel of business people involved with the new development. Mr. Jim Keane, Mr. John O'Sullivan, Mr. Nick Sutton, Mr. I. McNamara.

John O'Sullivan started the presentation. He said that he had been involved with many developments throughout the country and that he was delighted to be involved with the development at Kavanaghs.

Mr. Nick Sutton, architect, then gave his presentation. He said it is a mixed development consisting of retail outlets, offices, apartments, public house, restaurant and underground parking. The buildings will be constructed on a plinth at street level, above that a pedestrian deck and above that apartments. The apartments will be 3 - 4 storeys high. There will be visual routes throughout the building.

They have done an environmental study. They showed the Main Cross Road with the proposed new buildings. They also showed the view from the Station Bridge, also from in front of the Castle. Next view from the bridge over the river Rye at Kavanaghs. A view from the Church showed the buildings stepped back and did not dominate. Also a view from the College showed the buildings did not dominate. A view from Stoyte House showed that the new proposed buildings could not be seen from this point.

There were some fears raised about the materials, would they be streaking against the Church and College. However, they were told this would not be the case as there is a lot of brick in the wall and plinth and some of this wall is painted.

Ann Burns raised the question about the overall height of the building. She was told that the new building would be no higher than the present high point. It would be 20m at it's highest point. She also wondered at what point the planning is at now. She was told that the planning is still with Kildare County Council and has been for months.

Muireann Ní Bhrolchain raised the question of traffic in the town, at present the volume of traffic going through the town is dreadful and what plans if any to relieve this problem. She was told that surveys had been carried out, also a traffic counting survey is being carried out at present. It was also stated that Thursday, Friday, Saturday evenings 5.30 p.m - 6.30 p.m. are high pitch times for traffic. The existing conditions are dreadful. They have proposed to link all traffic signals to work more efficiently, also to remove the bus stops from the town. They said they

have addressed the traffic management problem with their plan "Package Vision". They are looking to the future developments not only in Maynooth but Leixlip and Celbridge also.

With the new link road "Meadowbrook Link" in place a lot of traffic will be taken out of the town. They predict that if all these works are in place by 2005 it will work well. Also that they are confident that all new plans have the capacity to take all the traffic.

Padraig O'Murchu said he was delighted at the walkway proposed. He was told that there would be cycle lanes included, also wheelchair access. There will only be one car entrance.

Ronan Barry wondered about the effect on the schools while the work is going on. He was told that the site will be hoarded. Mr. O'Sullivan said that Kildare County Council would make sure that they keep dust down. They also hope to have a T junction at the Moyglare Road and widen the Galway Road at that point.

Paul Croghan said he was a bit concerned about moving the bus stops. He was told that this plan will bring forward plans that Kildare County Council had and levies will pay for all this.

Senan Griffin said that it was very important that the Lyreen River is widened. He said the flooding of this river has effected a lot of people outside Maynooth and left their homes flooded. He said this plan is a huge improvement on the previous plan. However, Senan still felt that a roundabout would work better in the town instead of lights at Parson Street junction. However it was also stated that lights at this junction would be better and would give traffic coming from Leinster Street a flow time.

At this point John Doogan, Chairperson, thanked the group for coming and presenting their proposed plans.

No. 2 Iarnród Éireann

We then met with the group from Iarnród Éireann. This group consisted of Mr. Joe Beardmore, Oliver Doyle, Barry Kenny, Brian O' Meara, Shane O' Neill (Stationmaster)

Over the past number of years Maynooth Community Council have written to Iarnród Éireann about conditions on the trains and the problems with time-tables. We were delighted that they had agreed to meet us.

Des Matthews said that he uses the train all the time and that by the time the train gets to Lusk it is dreadful with people standing. He was told that Iarnród Éireann don't set out to give everybody a seat, he said by the time you get to Coolmine one won't get a seat. It was stated that a new time-table will be out in June and they have tried to make improvements. It was also said that improvement works at Tara Street won't make any difference to services as these works were only platform improvements. It was also stated that feeder services did not work well.

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Community Council Notes Contd.

Cllr. Senan Griffin said with the new Business Park coming on stream a good rail service would be needed. It was also noted that Iarnród Éireann had met with Intel to see about getting more people to use the trains, but this didn't seem to work.

Des Matthews said he wanted to see safety for people who just want to walk, he said he would like to see the old path back. Also quicker information if trains are late.

Padraig O'Murchu said the Railway Station could play a big part in the Tidy Towns Competition. They were told that Iarnród Éireann would work with the Tidy Towns in this regard. He also wondered would the old signal box be retained. He was told that if they remain in good condition they are left, but that some of them are old and have to be taken down.

It was also noted that Dúchas is responsible for keeping the grass verges along the side of the canal.

The Stationmaster stated that a lot of work has been done at the station re parking improvements, pot holes have been filled and other improvements done around the station, this work is ongoing he said.

John Doogan then thanked the group from Iarnród Éireann for coming to the meeting.

The Community Council A.G.M. then continued.

Chairperson's Report:

John Doogan thanked all involved with the St. Patrick's Day Parade.

He said the new office in Newtown Shopping Centre was a much better premises. He said that the office would be made available to Residents Associations or any group that needed a meeting place.

He was very pleased with the quality of the Newsletter, also the training that the office staff are getting. He thanked all staff and welcomed the new members of office staff. John ended his report by saying that he would not be standing again this year.

Secretary's Report

Muireann paid tribute to deceased members of the Community Council in the past year; Bridie O'Brien, Mary Fitzgerald and Gerry McTernan. She thanked Willie Kiernan for all his work on the St. Patrick's Day Parade, also Tony Bean who took over the job of MC at the last minute. She thanked all the office staff and supervisor, Christina Saults. She said Christina has done a great job in the office. She was also delighted with the move to the new premises and that it suited our needs very well.

Muireann then stated that we needed an Editorial Board urgently, at the moment it is only herself doing the job and this is not satisfactory.

She said they had held a number of presentations during the year. John Colgan, Hugh Gallagher - the Intel Emissions Report and the G.A.A. Presentation. She said it is good that people use the floor of the Community Council for this purpose. She also noted

that the Community Council was involved with a number of local projects, namely, The Harbour Field, Bond Bridge, Swimming Pool, Tree Pruning, Youth Community Centre, Tidy Towns.

She said with 2003 being the year of the Special Olympics and as Maynooth will be hosting Brazil, we should call 2003 "Brazil Year".

Muireann then thanked the executive, John Doogan, Willie Saults, Hugh Gallagher, Marie Gleeson, Paul Croghan, also the office staff and supervisor Christina Saults for a job well done.

Treasurer's Report

Willie Saults introduced a very detailed report which spoke for itself. He said while we were a little cash strapped we were holding our own. Fundraising would always be important.

We then held the election of officers:

Chairperson Hugh Gallagher

Secretary Muireann Ní Bhrolchain

Treasurer Willie Saults

P.R.O. Marie Gleeson

Paul Croghan will stay as Participant Development Officer but he said he would be looking for an assistant.

Special Olympics

Ronan Barry said that at the A.G.M. last year this was just an idea and now we are on our way to this very special event.

He said fundraising to date is going very well. €1,900 Kildare County Council, Drag Match G.A.A. St. Patrick's Day €2,500. A very special thanks to the ladies in the G.A.A. Club. St. Patrick's Day Collection €818 and a very successful table quiz held in the G.A.A. €1,500.

Ronan said thanks to everybody.

This concluded the meeting.

Next meeting will be held on the 13th May in the Glenroyal Hotel.

Marie Gleeson

PRO.

VOTE



EMMET STAGG T.D

**HE HAS WORKED FOR YOU
NOW HE NEEDS YOUR SUPPORT**

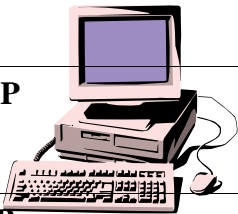
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Stagg Emmet

Computer Tips

NOT SURE WHICH FILES ARE WHICH? THEN CHECK OUT OUR ONE-STOP GUIDE TO THE WINDOWS FOLDER

File extension	What is it ?	Can it be deleted
386	System files	Never
—	Backups, usually of INI files	Yes, but move to another location first to be on the safe side
3GR	Svga/xvga screen grabber	To useful to delete
ACM	Audio compression manger file	Listen to anything on your PC? if so let it be
BAT	Batch file, running series of DOS commands	Yes,if it refers to a deleted applications
BIN	Binary file To be continue next month	Not worth tampering with
BMP	Bitmap image	Yes, unless its really pretty
CAB	Cabinet file (MS) installation	Move them somewhere else and alter the reference in the Registry
CB	MS clean-boot file	Give it a wide berth
CHM	HTML update file	Move first, in case needed
CNT	Part of Help Files	Yes, but only if you don't need the Help file
COM	Executable files usually programs	Only if you really know you don't want it



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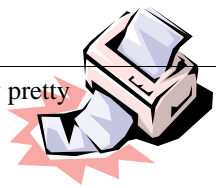
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Clubs, Organisations and Societies

Castle Keep Art Group

The fourth annual exhibition of paintings was held by the Castle Keep Art Group on April 13-14 April in the Post Primary School Maynooth. The exhibition was opened by Lucina Russell, County Kildare Arts Officer, on the 12th April.

The paintings, mainly representational, included a variety of subjects (as well as local scenes) in various media. The works of 17 local artists resulted in eighty-seven paintings exhibited, eighty of which were for sale. Fifty paintings were sold over the weekend, with some artists selling all of their works and securing commissions.

The exhibition was gratefully aided by Kildare County Council. The group was delighted with the response and interest taken in the exhibition by the public who helped make it such a success. The feedback from viewers was very positive. The event has given the Art Group the incentive to keep going, even on the tight budget that it has. We would especially like to thank our sponsors:- Intel Leixlip, Avant Air and Sea Freight, Glenkerrin Homes, AIB Bank, Ulster Bank, Bank of Ireland, Permanent TSB, Maynooth Fly Fishing Club and The Mill Wine Cellar for their generous contributions. We would also like to acknowledge the support of Mr. Sean Ashe for the use of the Post Primary School as venue for the exhibition and the Foróige Club who had their usual venue taken over by ourselves. Lastly but not least we would like to thank the Community Council Office for their help in providing contact names and addresses of the various clubs and organisations in the area.

We get together on a weekly basis for a meet and paint/draw session. There is some tuition given throughout the year. If you would like to find out more about the group please contact Brian at 6285993 or Susan at 6289349



Lucina Russell & Brian Tuohy



Sr. Catherine Leonard, Martin Loftus,
Ursula Walsh, Susan Brennan, Louis Walsh



Mary McTernan, Caoilfhionn Quinlan-Murphy,
Trees Oomkens-Gevers, Regina Whelan Richardson,
Brian Tuohy, Martin Loftus, Emma Boyce, Lucina Russell,
and Susan Durack



Deglán O'Ceallaigh & Peter Finch

Dorin's Recipes For Diabetics

FOODS TO EAT AND FOODS TO AVOID

It is very important for diabetics to keep their overall diet, but the occasional “fall from grace” is not likely to be catastrophic, especially if it can be compensated for at the next meal. At first it may be hard to remember what is, and is not, allowed, but this will soon become second nature. Comparing calorie values is an easy way to monitor general food intake, but it is even more useful to memorise the following categories of foods as early as possible.

FREE FOODS

These can be eaten whenever and in whatever quantity you want.

- all green and leafy vegetables
- cruciferous vegetables (cauliflower, broccoli, turnip, cabbage, etc)
- salad vegetables (tomatoes, peppers, cucumbers, etc)
- all members of the onion family
- green peas and green beans
- mushrooms
- such as redcurrants, cranberries and loganberries
- tea, coffee, water, tomato juice (in moderation), clear soups

GOOD CARBOHYDRATE / PROTEIN FOODS

These are good for diabetics to eat, but must be counted as part of an overall carbohydrate and protein allocation.

- all pulses, beans and peas
- brown rice and wholemeal pasta
- oats, wholemeal flours, breads, unsweetened biscuits, etc.
- all root vegetables
- all fresh fruits
- all canned fruits as long as canned in fruit juice, not syrup
- all dried fruits
- high-fibre unsweetened breakfast cereals
- lean meats or meat products
- fresh and frozen fish
- low-fat cheese, skimmed milk, low-fat yoghurts
- all soya products

BORDERLINE FOODS

This list reflects less “good” carbohydrate foods and fatty foods all right to have sometimes in specific quantities but not to overindulge in.

- white flour, bread, unsweetened biscuits, pastry, rice and pasta
- cornflour, arrowroot, semolina
- unsweetened breakfast cereals
- any fried potato products, such as chips and crisps,
- full-fat cheese, cream, full-fat milk, yoghurt

- fatty meats, including sausages
- salty meats and fish products
- fruit juices
- reduced-sugar jams, marmalade and other spreads
- alcohol

BAD FOODS

These are to be avoided whenever possible and, when eaten, only to be consumed in very small quantities.

- sugar: caster, granulated, demerara, also honey and golden syrup
- sweets, such as candies, chocolate
- full-sugar chewing gum
- full-sugar jams, marmalades and similar spreads
- sweet biscuits, cakes and buns made with white flour and sugar
- desserts made with refined flours and refined sugar
- canned in syrup
- ice cream and ice lollies
- fruit squashes, sweetened drinks, sweetened fizzy drinks and colas
- sweetened breakfast cereals

ALCOHOL

Alcohol, such as red wine and lager, is not entirely off limits for diabetics but must be taken in moderation and calculated into the diet. Beware of low-alcohol drinks. Because less of the sugar has been converted to alcohol, they may contain more sugar. Conversely, low-sugar drinks may contain more alcohol! Remember that alcohol is calorific; if you are trying to lose weight, keep your consumption low. It is also important to remember that excess alcohol consumption puts a strain on the liver and the pancreas, both organs that are already under pressure in a diabetic.

ABOUT THE RECIPES

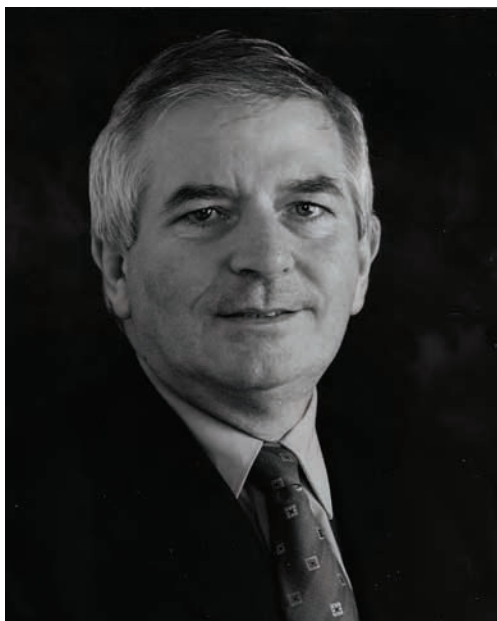
I hope that these recipes will give diabetics (and non-diabetics) ideas for other dishes that will fulfil the diabetic diet criteria. Any good cookery book should encourage experimentation, so feel free to change or indeed improve the recipes that follow. The aim has been to introduce ingredients high in soluble fibre, such as pulses and beans and low in fats and sugars, combined with other more familiar ingredients. Many of the main course dishes add lentils or dried beans to meat and vegetables. The only oil in savoury dishes is olive oil or sunflower oil. All baking is done with low-fat spreads and natural fruit sweeteners (apart from the occasional chocolate treat). Those who have never cooked with dried or fresh fruit purees will be amazed how good the results are and how low little they miss the sugar.

VOTE



NO 1

Paul Kelly



NO 2

Charlie McCreevy TD,

Dorin's Recipes For Diabetics Contd.

Sodium levels-regular stock cubes can be very high in salt, so look out for "natural" or "organic" stock cubes with no added salt. Whenever possible, buy "no added salt or sugar" canned beans and vegetables.

Avocado and Strawberry Salad

Serves 6

2 large, ripe avocados

Juice of 2-3 lemons

16 strawberries

4 fl oz natural yoghurt

1-2 tbsp chopped fresh mint

Sea salt and ground black pepper

Sprig of mint, to garnish



Method:

Cut the avocados in half and remove the skin and stones. Cut the avocado flesh into thin slices, then place the slices in a bowl and sprinkle over half the lemon juice. Halve or slice the strawberries and toss lightly with the avocado slices in the bowl. Mix the yoghurt with enough cold water to give a pouring consistency. Stir in the mint and season to taste. Spoon the dressing over the salad, garnish with mint and serve.

Cook's Tip

Serve the salad straightaway, before the avocado slices have a chance to discolour.

Sweet Potato and Red Pepper Soup

Serves 6

1 1/4 lb sweet potato

2 red peppers, about 8 oz, seeded and cubed

1 onion, roughly chopped

2 large garlic cloves, roughly chopped

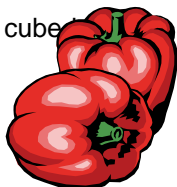
1/2 pint dry white wine

2 pints vegetable or light chicken stock

Tabasco sauce (optional)

Sea salt and ground black pepper

Country bread, to serve



Method:

Peel the sweet potato and cut it into cubes. Put these in a saucepan with the red peppers, onion, garlic, wine and vegetable or chicken stock. Bring to the boil, lower the heat and simmer for 30 minutes or until all vegetables are quite soft. Transfer the mixture to a blender or food processor and process until smooth. Season to taste with salt, pepper and a generous dash of Tabasco, if liked. Pour into a serving bowl and cool slightly. Serve warm or at room temperature, with bread.

Chicken Baked with Butter Beans and Garlic

Serves 6

2 leeks

1 small fennel bulb, roughly chopped

4 garlic cloves, peeled

2 x 14 oz cans butter beans, drained

2 large handfuls fresh parsley, chopped



2 x 14oz cans butter beans, drained

2 large handfuls fresh parsley, chopped

1/2 pint dry white wine

1/2 pint vegetable stock

3lb chicken

parsley sprigs, to garnish

Cooked green vegetables, to serve



Method:

Preheat the oven to 180c / 350f / Gas 4. Slit the leeks, wash out any grit, then slice them thickly. Cut the fennel into quarters, remove the core and chop the flesh roughly. Mix the leeks, fennel, whole garlic cloves, butter beans and parsley in a bowl. Spread out the mixture on the bottom of a heavy-based flameproof casserole that is large enough to hold the chicken. Pour in the white wine and vegetable stock. Place the chicken on top. Bring to the boil, cover the casserole and transfer it to the oven. Bake for 1-1 1/2 hours, until the chicken is cooked and so tender that it falls off the bone. Garnish with parsley and serve with lightly cooked green vegetables

Beef and Lentil Balls with Tomato Sauce

Serves 8

1 tbsp olive oil

2 onions, finely chopped

2 celery sticks, finely chopped

2 large carrots, finely chopped

14oz lean minced beef

7oz scant brown lentils

14oz can plum tomatoes

2 tbsp tomato puree

2 bay leaves

1/2 pint vegetable stock

6fl oz red wine

2-3 tbsp Worcestershire sauce

2 eggs

2 large handfuls of fresh parsley, chopped

Sea salt and ground black pepper

Rice potatoes and green salad, to serve

For the tomato sauce

4 onions, finely chopped

2 x 14oz cans chopped tomatoes

4 tbsp dry red wine

3 fresh dill sprigs, finely chopped



Method:

Start by making the tomato sauce. Combine the onions, canned plum tomatoes and red wine in a saucepan. Bring to the boil, lower the heat, cover the pan and simmer for 30 minutes. Puree the mixture in a blender or food processor, then return it to the clean saucepan and set it aside. Make the meatballs. Heat the oil in a large heavy-based saucepan and cook the chopped onions, celery and carrots for 5-10 minutes or until the onions and carrots have softened. Add the minced beef and cook over a high heat, stirring frequently, until the meat is lightly browned. Add the lentils, tomatoes, tomato puree, bay leaves, vegetable stock and wine. Mix well and bring to the boil. Lower the

Maynooth's Local Candidate



Bernard J Durkan, T.D.

fine gael

Chairman - Joint Committee on European Affairs. Member of Public Accounts Committee. Has been a Member of EHB, Kildare, Co. Council, Chairman Kildare County Council. Served with distinction on various Opposition portfolios: including Health, Food, Trade & Industry, Insurance, Overseas Development Aid, Human Rights & as an excellent Minister of State for Social Welfare. Deputy Bernard Durkan is renowned for his work rate in the Constituency and as a National Legislator. He is recognised at home and abroad for his contribution at the Dail's busiest Committees and has managed to combine this level of parliamentary activity with unparalleled commitment and personal attention to constituency work which has earned him a reputation for directness, courage, care and compassion for those who seek his advice.

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E - Mail bernard.durkan@oireachtas.irlgov.ie

Dorin's Recipes For Diabetics Contd.

and wine. Mix well and bring to the boil. Lower the heat and simmer for 20 - 30 minutes until the liquid has been absorbed. Remove the bay leaves, then stir the Worcestershire sauce into the lentil mixture. Remove the pan from the heat and add the eggs and parsley. Season with salt and pepper and mix well, then leave to cool. Meanwhile, preheat the oven to 180c / 350f / Gas 4. Shape the beef mixture into neat balls, rolling them in your hands. Arrange in an ovenproof dish and bake for 25 minutes. While the meatballs are baking, reheat the tomato sauce. Just before serving, stir in the chopped dill. Pour the tomato sauce over the meatballs and serve. Rice potatoes and salad make excellent accompaniments.

Mushroom and Sunflower Seed Flan

Serves 6

6oz wholemeal flour
3oz low-fat spread
3 tbsp olive oil
6oz baby corn, each cut into 2-3 pieces
2 tbsp sunflower seeds
8oz mushrooms
3oz fresh spinach leaves, chopped
Juice of 1 lemon
Sea salt and ground black pepper
Tomato salad, to serve



Method:

Preheat the oven to 180c / 350f / Gas 4. Sift the flour into a bowl, then add the bran from the sieve. Rub in the low-fat spread until the mixture resembles breadcrumbs. Add enough water to make a firm dough. Roll out the dough on a lightly floured surface and line a 9in flan dish. Prick the base, line the flan case with foil and add a layer of baking beans. Bake blind for 15 minutes, then remove the foil and beans. Return the pastry case to the oven and bake for a further 10 minutes, or until the pastry is crisp and golden brown. Meanwhile, heat the oil in a heavy-based pan. Fry the corn with the sunflower seeds for 5-8 minutes until lightly browned all over. Add the button mushrooms, lower the heat slightly and cook the mixture for 2-3 minutes, then stir in the chopped spinach. Cover the pan and cook for 2-3 minutes. Sharpen the filling with a little lemon juice. Stir in salt and pepper to taste. Spoon into the flan case. Serve warm or cold with a tomato salad.

Stir - fried Vegetables with Cashew Nuts

Serves 4

2lb mixed vegetables, you can use stir-fried vegetables or make up your own mixture
2-4 tbsp sunflower or olive oil
2 garlic cloves, crushed
1 tbsp grated fresh root ginger
2oz cashew nuts or 4 tbsp sunflower seeds
Soy sauce
Sea salt and ground black pepper

Method:

Prepare the vegetables according to type. Carrots and cucumber should be cut into very fine matchsticks. Heat a frying pan, then trickle the oil around the rim so that it runs down to coat the surface. When it is hot, add the garlic and ginger and cook for 2-3 minutes, stirring. Add the harder vegetables and toss over the heat for 5 minutes until they start to soften. Add the softer vegetables and stir-fry all of them over a high heat for about 3-4 minutes. Stir in the cashew nuts or seeds. Season with soy sauce, salt and pepper to taste. Serve at once.

Peach and Raspberry Yoghurt Fool

Serves 4

2 peaches
8oz raspberries
4 x 5fl oz pots low-fat natural or low-fat, low-sugar fruit yoghurt
4 tsp porridge oats
4 tsp flaked almonds



Method:

Cut the peaches in half, remove the stones and then slice the flesh into thin wedges. Mix the peaches and raspberries with the yoghurt in a bowl, then spoon into four sundae glasses and chill. Spread out the porridge oats and almonds in a grill pan. Grill them until lightly toasted, shaking the pan frequently. Cool, then sprinkle the oat mixture over the dessert and serve.

Chocolate Brownies

Makes 20

You will need:

5oz low-fat spread
5oz stoned dates, softened in boiling water, then drained and finely chopped
5oz self-raising wholemeal flour
2 tsp baking powder
4 tbsp cocoa powder dissolved in 2 tbsp hot water
4 tbsp apple and pear spread
6 tbsp unsweetened coconut milk
2oz walnuts or pecan nuts, roughly broken

Method:

Preheat the oven to 160c / 325f / Gas 3 and preheat a 11x7in shallow baking tin. Cream the low-fat spread with the dates. Sift the flour with the baking powder, then fold into the creamed mixture, alternately with the cocoa, apple and pear spread and coconut milk. Stir in the nuts. Spoon the mixture into the prepared tin, smooth the surface and bake for about 45 minutes or until a fine skewer inserted in the centre comes out clean. Cool for a few minutes in the tin, then cut into bars or squares. Cool on a wire rack.



Taken from the book, Cooking for Diabetics.
Michelle Berriedale - Johnson

Clubs, Organisations and Societies

Maynooth Community Games

Maynooth Community Games are working away at local level. Lots of boys and girls turned up at the Maynooth College pool on Sunday 24th February and splashed away giving results as follows.

Event	Place	East	West
Freestyle Girls U6		-	-
Freestyle Boys U6	1st	Matthew Dwyer	-
Freestyle Girls U8	1st 2nd	Tanya Doyle Rachael Dwyer	Eimear Sinnott Ciara Brennan
Freestyle Boys U8	1st 2nd	Patrick Murray -	Jack Burke Eoin Byrne
Freestyle Girls U10	1st 2nd	Grainne Hoban Heather Collins	Niamh Kearney -
Backstroke Girls U10	1st 2nd	Grainne Hoban Heather Collins	Niamh Kearney -
Freestyle Boys U10	1st 2nd 3rd	Owen Cullinane Paul Barrett Neil Delaney	James Durkan - -
Backstroke Boys U10	1st 2nd 3rd	Neil Delaney Owen Cullinane Paul Barrett	- - -
Freestyle Girls U12	1st 2nd 3rd	- - -	Louise Walsh Elaine Houlihan Emma Fox
Breaststroke Girls U12	1st 2nd 3rd	- - -	Louise Walsh Emma Fox Laragh Burke
Freestyle Boys U12	1st 2nd 3rd	Gavin Doyle Justin Cullinane Brian Murray	Owen Sinnott Conor Bean Ciarán Kearney
Freestyle Girls U14	1st 2nd	Shauna Barrett -	Eimear Connolly Ailbhe Durkin
Breaststroke Girls U14	1st	Shauna Barrett -	Eimear Connolly/Ailbhe Durkin (Joint 1st)
Backstroke Girls U14	1st 2nd	- -	Eimear Connolly Ailbhe Durkin
Freestyle Boys U14	1st	-	Jeffrey Walsh
Breaststroke Boys U14	1st	-	Jeffrey Walsh
Backstroke Boys U14	1st	-	Jeffrey Walsh
Freestyle Girls U16	1st	-	Sinéad Connolly
Backstroke Girls U16	1st	-	Sinéad Connolly
Butterfly Girls U16	1st	-	Sinéad Connolly
Freestyle Boys U16	1st	-	Patrick Ward
Backstroke Boys U16	1st	-	Patrick Ward
Butterfly Boys U16	1st	-	Patrick Ward

Clubs, Organisations and Societies

(Maynooth Community Games News Contd.)

On Friday 22nd March Boys and Girls came along with art sets and pencils to the Boys' National School to put all their ideas on paper. Results as follows:

Event	Place	East	West
Girls U8	1st 2nd 3rd	Ciara Hewson - -	Sarah Curran Ciara Brennan Aoibheann Durkin
Boys U8		-	-
Girls U10	1st 2nd 3rd 4th	Suzy Farrell Katie Curran Ciara Farrell Jennifer Courtney	Chloé Devereaux Karen Feehan Aisling O'Leary -
Boys U10	1st 2nd 3rd 4th	Owen Cullinane Darren Coyle Stephen Courtney Rory Hewson	Ronan McCann Donal Connellan - -
Girls U12	1st 2nd 3rd	Kim Moen Lia Hewson -	Elaine Houlihan Aimée Franklin Caoimhe Brennan
Boys U12	1st 2nd 3rd	Johnny Curran - -	- - -
Girls U14	1st 1st 2nd 3rd	Julie Rushe Sinéad Kearney Michelle Roche Catherine Coyle	Jennifer Feehan Ailbhe Durkin Sally Ann O'Reilly
Boys U14		-	-
Modelling Girls U12	1st	-	Claire MacNamara
Modelling U14	1st	-	Eoghan McCarton & Barry

Set Dancing

On Monday 8th April the Kildare Final was held in the Boys' National School and the results are as follows:

1st Maynooth East: Eimer Flynn, Ailbhe Flynn, Catherine Coyle, Karen Corrigan, Karen Bracken, Laura Bennett, Kristen Walsh, Sharon Lyons, Deirdre Mulcahy.

2nd Maynooth West: Megan Dunne, Aisling Dunne, Aisling O'Connor, Emma Fox, Helen Downes, Anna Piggott, Jessica McGrath, Maartje Oomkens, Laura Daly.

Good Luck Maynooth East who will represent Kildare in Mosney in May.

Further Dates for Local Events: Athletics Sunday 28th April GAA at 2 p.m. Gymnastics Monday 29th April in the Parish Hall. **Entry Fee €1 per event.**

Further County Final Dates: Art Girls School Curragh Saturday 27th April at 10 a.m. Swimming Athy Pool Saturday 1st June. Gymnastics Athy Sunday 2nd June. Athletics Friday/Saturday 21st & 22nd June.

We would like to thank Mr. Peter Mullan Principal of the Boys' National School for all his help and co-operation with the use of the school hall and wish him good luck in his new employment.





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- *Ensuring community viability by developing jobs and opportunities in the local economy.*

Councillor

Kate Walsh

NO 1

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Kate Walsh MCC

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Features

Dreams

An introduction to interpretation and meanings

By Paul Bradley

“ Dreams provide the most interesting information for those who take the trouble to understand their symbols. The results, it is true, have little to do with such wordily concerns as buying and selling, But the meaning of life is not exhaustively explained by ones business life, nor is the deep desire of the human heart answered by a bank account” C.G Jung.

The interpretation of dreams owes much to the pioneering work of the Swiss psychiatrist CG Jung (1875-1961) who showed that in dreams the unconscious comes vividly to life. Jung observed that dreams are intimately related to the personal attitudes and behaviour of the dreamer. Through carefully studying the images and symbols of dreams, an individual can gain new understanding and increased levels of self - awareness. Jung discovered that dreams attempt to regulate and balance our physical and mental energies. They not only reveal the root cause of inner disharmony and emotional distress but also indicate the latent potential for life within the individual. Often they present creative solutions to every day problems and inspirational ideas for the creative potential of life. Jung found that in sleep through dreams people awaken to who they really are.

History has provided us with numerous examples of how dreams have shaped the destiny of some individuals. Many artists, philosophers and scientists owe some of their best ideas from inspirations that appeared in dreams. The scientist Mendeleev dreamed the form of the Periodic Table that bears his name and had to make only one slight correction after he had woken from sleep and written out what had been given to him. The inventor of the sewing machine, Eli Howe, was held up for years in making a successful machine because he set the eye of the needle in the middle of the shank. One night he dreamed of eye shaped holes in spear blades. He realised that what was necessary was a needle with an eye near the point. He leaped from bed and quickly made a model of the needle with the eye at the point and that enabled him to make a sewing machine that worked. The chemist Kekule researching into the molecular structure of benzene dreamed of a snake with its tail in its mouth. He interpreted the dream to mean that the structure was a closed carbon ring. The British author, Robert Louis Stevenson discovered the plot to Dr. Jekyll and Mr. Hyde in a dream. The ancient Egyptians respected dreams above all for their premonitory qualities, God made dreams to show men the way to follow when they could not see the future, a book of wisdom states. In their temples priests and scribes would interpret dreams according to a set of keys handed down from generation to generation. All North American Indians regard dreams as the final and decisive proof of anything under dispute.

To understand how dreams work and what they mean,

its important to remember the language of dreams is symbolic.

To dream for example, of babies, could mean the birth of new potentialities within the individual. Dreams of being naked could indicate an individuals desire to be himself, or to remove his facade or to be more open to others. Being paralysed or stuck to the spot or unable to move could signify some aspects of the character is unwilling to move on. The dreamer could also be longing to do something but is stuck through fear of the consequences of change. Dreams of being chased often indicate being obsessed or haunted by something a dreamer wishes to escape from. The person or thing pursuing the dreamer may represent a fixed idea from which the dreamer cannot free herself from. For example, if a person is too passive in life, her lack of ability to assert herself where appropriate will produce aggressive, shadowy figures in her dreams that are out to get her. As you can see the unconscious is continually striving to compensate and balance out the whole personality.

To understand dreams a basic knowledge of how the human psyche works can be helpful. Jung based his psychology around the dynamics and interaction between the conscious mind, the Ego and the Unconscious or shadow. The Ego is the centre of consciousness or awareness and gives us a sense of who we are and our identity. The Unconscious or Shadow is the opposite of the Ego. In the unconscious we find all the despised, neglected and forgotten parts of our personality. It contains repressed desires, resentments and all those things one is not proud of. However, it also consists of instincts, abilities, talents, and positive qualities that we have yet to discover. In a healthy personality both Ego and Shadow work together as a balancing pair. Problems arise when the Ego becomes too rigid, dated or one-sided in its viewpoints. In changing, new or challenging circumstances, an Ego with fixed attitudes to the situation will have difficulty in adapting and moving forward. In times like these the answer will often come from the unconscious and its medium is through dreams. It must be said it would be a mistake to suppose that by examining dreams you are going to find the answer to all of your problems. You are not. But what you will find is the other side of the coin. The attitudes and view points that you have not been looking at and this can help you to see your situation in a different light. points that you have not been looking at and this can help you to see your situation in a different light.

The key to dream interpretation is to find the personal associations you have with symbols in your dreams. This step-by-step technique to do this and some practical working examples will be explained at the lecture. Once you understand how this technique works, you will realise that trying to find the meaning of a symbol by looking in a dream dictionary is practically useless. The more attention you pay to your dreams, the easier it is to decipher their meanings. This is why keeping a diary or a dream

Features

(Dreams cont'd)

the saying goes, "What you pay attention to, grows", and in time you discover this turns into a continuous living dialogue with your unconscious mind.

Paul Bradley will be holding public seminars on Dreams and the Jungian approach to Interpretation in the Glenroyal Hotel, Maynooth on the following dates:

Please refer to Page 75 for details.

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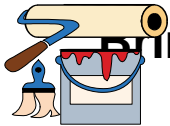
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Features

Maynooth Action Strategy - Bike to the Future – a cycling strategy for Maynooth

(Continued from last month)

2. School and Promotion of Cycling

There are four schools in Maynooth and a questionnaire was sent to each in order to ascertain their attitudes to cycling.

Maynooth Post Primary School

Maynooth Post Primary School is located on the Moyglare Road, close to the junction with the Galway Road. There are 735 students, of whom it is estimated that between two thirds and three quarters live in Maynooth. The main modes of transport are walking, car and private bus.

While the exact number of cyclists varies, it is estimated not exceeding 18 students or 2.5% of the total student body. As there is no area designated place for parking cycles, most cycles are left in the vicinity of the tennis court or against walls. There is no cycling culture in the school and no rules on cycling or cycling behaviour. Also, when wearing kilts, female students tend not to cycle, especially at second level. There is limited space for cars within the school boundaries with the result that students who travel to school by car are generally dropped in one of three locations (i) on the Old Galway Road, (ii) on the Moyglare Road or (iii) at the lay-by in front of the Parish Hall. It was also noted that there were at least eight motorcycles parked at the school.

Maynooth Boys National School

The Maynooth Boys National School is also located on the Moyglare Road between the Post Primary School and the Parish Hall. The principal modes of transport are walking, car and private bus. An adjoining schoolyard also acts as a car park for parents dropping off and waiting to pick up pupils. In front of the schoolyard, there is a lay-by, which is reserved for the parking of buses.

There are a total of 450 pupils. On 21 December 2001, one hundred and thirty five cars were recorded entering the car park playground between 9:10 and 9:30 hrs for a starting time of 9:30 hrs. This excludes cars that dropped pupils off prior to 9:10 hrs, after 9:30 hrs and cars that dropped pupils off away from the car park. Assuming an average of 1.5 pupils per car, this would indicate that a minimum of 44% of students travel by car although the true figure may be significantly higher. Approximately 8 pupils or less than 2% cycle. There is no cycling culture in the school and no policy on cycling or cycling behaviour. However, the school does have a cycle shed and, although it contains no cycle stands, the shed is in a separate location from the schoolyard/car park which is advantageous from a safety point of view.

Presentation Convent

The Presentation Convent is located at the east end of Main Street. The main modes of transport are again walking, car and private bus. The school has a car park which parents can use for dropping off or picking up pupils. If the car park is congested, cars stop either on the Dunboyne Road, Main Street or Leixlip Road. The issue of bus parking has arisen in recent times, as due to the proposed development at the entrance to Carton Walk buses will no longer be permitted to park there.

There are a total of 487 pupils, of whom few cycle. There is no cycling culture in the school and, again, no policy on cycling or cycling behaviour. Again, girls who wear pinafores tend not to cycle.

Gaelscoil Uí Fhiach

Gaelscoil Uí Fhiach moved to a permanent site on the Celbridge Road some twelve months ago and has 120 pupils - 51 boys and 69 girls. The main modes of transport are walking, car and private bus. An adjoining schoolyard functions as a bus park and a car park for parents dropping off and waiting to pick up pupils. The area reserved for buses, which is adjacent to the building entrance, is often used by parents for stopping or parking cars, despite adequate spaces elsewhere.

On the morning of 20 December 2001, sixty-one cars were recorded entering the car park, which excludes cars carrying pupils arriving late. Again, assuming an occupancy rate of 1.5 pupils per car, this is equivalent to 75% travelling by car. As a recently formed school that has been located in a variety of premises over the last few years, there has been no opportunity for a cycling culture to develop. In the winter months, there are no cyclists, while in summer approximately three pupils regularly cycle. Although there is no written policy on cycling, girls do have the option of trousers as part of their uniform.

In moving the Gaelscoil, there was no requirement by the Department of Education (and hence no funding) for the provision of cycling facilities such as parking or consideration of how cyclists might enter and leave the school grounds.

Compared to the 2% level of cycling in Maynooth schools, Kesgrave High School in Suffolk has one of the highest levels in the United Kingdom at 60%.

3 Outdoor Sports & Other Activities

The main organisations engaged in outdoor sports in Maynooth are the G.A.A. and Maynooth Soccer Club. They have grounds on the Moyglare Road and Rathcoffey Road respectively, both of which are easily within the cycling capability of a typical young person. The G.A.A. grounds have a surfaced car park and a hard standing area for additional vehicles. On Saturday mornings, especially when one training session is finished and another is about to begin, the

Features

(MAS - Bike to the Future Contd.)

car park is congested with some cars trying to enter and others reversing in order to exit. There are no facilities for cyclists.

The soccer grounds have only been acquired comparatively recently and although a hard standing area has been provided for cars, again there are no facilities for cyclists.

There is no Community Centre in Maynooth at present. Most indoor activities such as music, drama, dance, sports take place in the schools, the Parish Hall, the Band Hall, the M.A.D.E. Centre or the Glenroyal Leisure Complex. The mode of travel for (immediately) after school activities, such as badminton or dancing, follows the same pattern as for travel to school. In relation to other activities that take place at the weekend or in the evenings such as drama, sports, music, the majority travel by private car with the exception of a few pedestrians and fewer cyclists. Again, in view of school going habits, this is hardly surprising.

It should be pointed out that some activities, such as music where instruments also have to be transported, do not readily lend themselves to cycling. Other activities, such as band practice, take place in the evenings when darkness increases the risk of accidents to children and the fear of accidents by parents.

4 Religious Services

Aside from work and school journeys, one of the biggest movements of people and one that continues throughout the whole year is travel to weekend religious services. While some of the congregation travel from outside the town, for the majority the travel only involves a distance less than 2.4km (1.5miles).

Attendances at Catholic Church services on the Moyglare Road are principally by car. When a service is in progress, in addition to the large number of cars in the nearby car park/school yard, parked cars stretch out along the Kilcock and Moyglare Roads. Cars are also parked either in part or totally on the footpath adjoining the bus lay-by, a practice that discourages cyclists and is a risk to pedestrians. Apart from those travelling by car, a relatively small number walk while the numbers cycling is typically 1-2%. It is assumed that the situation is similar for Church of Ireland services on the Parson Street, with a majority of the congregation again choosing to drive.

Undoubtedly, there are some for whom cycling to religious services is not an option. However, it is equally true that there are many who are more than capable of walking or cycling but who, at present, choose to use their car.

(Continued next issue)



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Clubs, Organisations and Societies

Maynooth Citizen Information Centre

Question

It was announced in the Budget for 2001 that tax relief for trade union contributions would be available. Did it happen?

Answer

The tax relief which was announced for 2001 is available for the current tax year with retrospection for last year.

If you are a member of a trade union for any length of time in a tax year you are entitled to a tax credit of up to 25 for the year. For the short tax year April - December 2001 the tax credit was 19. The tax credit for 2001 has been carried forward and is being added to any tax credit due for this year.

The Revenue Commissioners have been working with the trade unions and with employers to ensure that as far as possible every union member automatically gets their full entitlement. The tax credit due to you should be given in your Certificate of Tax Credits for the tax year 2002 which was issued in March 2002.

If you are entitled to a tax credit but it is not shown on your Certificate of Tax Credits you should contact your tax office to claim the credit. Further information is available from the Citizens Information Centre at 01 6285477.

Question

I have worked for my current employer on a part-time basis for the last three years. I work 7 hours a week. If I am made redundant am I entitled to a redundancy payment?

Answer

Yes. Since the 20th of December 2001 part-time employees who work less than 8 hours a week are entitled to be treated in the same manner as comparable full time employees. Previously, part-time workers had to work not less than 8 hours per week and have been in continuous employment with their employer for at least 13 weeks to enjoy the same conditions of employment as full-time employees. Under the Protection of Employees (Part-time Work) Act 2001 this threshold has been abolished.

The calculation of continuous service, however, for the purposes of entitlement under, for example, the Unfair Dismissals and the Redundancy Acts still applies. To be able to bring a claim for unfair dismissal will therefore still normally require one year's continuous service.

Similarly, to be eligible for a redundancy payment requires that you be in continuous employment for at least two years.

Since you have been in continuous employment for more than two years you are eligible for redundancy payment although you are only working on part-time basis.

Further information is available from the Employment Right Information Unit, Department of Enterprise, Trade and Employment, Davitt House, 65A Adelaide Road, Dublin 2. Tel 6313131 (Lo-Call 1890201615 from outside the 01 area) and the Citizens Information Centre at 01 6285477.

Question

I have a Companion Free Travel Pass. I heard that my travelling companion does not have to pay for his/her ticket when travelling by rail to Europe. Is this true?

Answer

It is true if you are travelling to the UK although there may be some charges that will have to be paid. This may not be true when travelling to continental Europe.

The Free Travel Scheme which is operated by the Dept of Social, Community and Family Affairs allows all people over 66 and certain people with disabilities to travel free on most public transport services. A Companion Free Travel Pass may be issued to those who are unable to use their Free Travel Pass otherwise.

If you have a Companion Free Travel Pass and you are travelling by rail and sea to the UK you should only have to pay for one full fare ticket. The ticket for your travelling companion you should receive for free. If there are seat reservation charges however, you will have to pay these for both of you.

If you are travelling to continental Europe your companion may be able to travel for free depending on how you are travelling and where you are travelling to. Generally, however, you will have to pay for your companion but at a considerable reduction on the full fare.

You must produce your Companion Free Travel Pass when making the booking.

Further information is available from Iarnród Éireann, 35 Lower Abbey Street, Dublin 1 Tel 01 - 7034095 and the Citizens Information Centre at 01 6285477.

Question

I understand that I can now claim tax relief on medical expenses I have incurred on behalf of my wife's parents irrespective of their circumstances. Who else I claim for?

Answer

You can claim tax relief for certain medical expenses incurred by you whether for yourself or your dependants. You cannot claim relief for any expenditure that will be reimbursed by, for example, VHI.

Clubs, Organisations and Societies

(Maynooth Citizens Information Condt.)

The relief is given at your highest tax rate but you must pay the first 125 of medical expenses incurred in tax year 2002 (250 if claiming for two person or more). For 2002 the eligibility criteria in relation to dependants has been changed. According to the Finance Bill, 2002 an dependant is a relative or if not a relative.

- An individual aged 65 or over or
- an individual who is permanently incapacitated by reason of mental or physical infirmity.

The relatives who are eligible are as follows,

- your spouse, ancestors (e.g. parents), lineal descendants (e.g. son/daughter, grandchild, etc.), brothers or sisters.
- Your spouse's mother or father
- Your spouse's brother or sister
- Your son's/daughter's spouse
- any child (not your own) whom you maintain who is under the age of 18, or if over 18 is in full - time education.

To claim your tax relief you should complete Form MED 1 at the end of the tax year and send it with your tax return to your tax office. While there is no necessity to forward receipts with your claim only expenditure for which you hold receipts can be claimed. Where the claim is for dental treatment Form MED 2 should be sent with Form MED1.

Further information is available from your local tax office and from the Citizens Information Centre at 01 6285477.

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Features

Thorny Rose Competition in aid of Rehab Irish Wheel-Chair Association

The Thorny Rose took place in The Leinster Arms Maynooth on Thursday 11th April 2002.

Contestants on the night were Easy Edwina for Brady's.

Daisy Rose for The Leinster Arms.

Avonmore Maid for the Coffee Mill.

Compere on the night was Matt Brown who is the main fund-raiser for rehab. The three Ladies i.e.: Gentlemen collected a great amount of money on the night Easy Edwina (Eddie Lyons) who received a trophy for the highest sponsorship on the night. Although the three Gals / Guys will go forward to the final which will be held in Tokers in Naas on the 6th / 7th June. About thirty to forty contestants will be in the final on the night so make sure that you have your tickets for that night to support our local Gals/Guys who will be fund raising coming up to the night.

The Thorny Rose has been a success throughout Kildare and other areas including Maynooth and hopes to go nation-wide over the next few years. The night was a great success and everyone seem to have enjoyed the craic. The three roses were a pleasure to watch and gave everyone a night to remember. At the end of the night the Gals/ Guys were presented with their trophies by Mick O' Shea who was last years winner for Kildare. Mick who went for Jones of Clane and raised a whopping £10,341 but alas he did not dress up for the Maynooth Night so we will have to see him in all his glory in Tokers in Naas in June.

A special thank you to all the committee for all their hard work on the night.

by Helen O' Reilly



Avonmore Maid, Easy Edwina, Matt Brown & Dasiy Rose



Matt Brown With Dasiy Rose



Matt Brown interviewing Easy Edwina



Avonmore maid, Easy Edwina, & Daisy Rose
Being Presented Trophies by Mick O'Shea

Photo's by Helen O' Reilly

General Election 2002

Vote No.1

Paul Kelly



Cllr. Paul Kelly



Constituency Office,
85 Main Street, Leixlip

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Tel: 01-6014734

Fax: 01-6244059

Mobile: 086-2560548

*Please give your No. 2 vote to Charlie
McCreevy TD, Minister for Finance*

Features

Gifts

I like my coffee rich and dark
The aroma strong and wafting wafts,
The fragrance blowing in the wind,
From the coffee machines the scent is sent.

Someday, I thought I'll make my own,
Cappuccino, rich with creamy foam,
But how! Was my problem from the start,
A birthday gift could raise my heart.

The family knew my wish,
Two coffee pots arrived with a dish,
A demo from my foreign friends,
Put me on the road to many blends.

Now equipped with the right mix,
I am no longer in a fix'
My coffee and Bailey's I do serve,
Pouring forth with zip and verve.

Bridget Moloney

- 1 The lowest spot on the Earth's land surface. What is it?
- 2 Which pope called the Second Vatican Council?
- 3 What was Walt Disney's first full length animated movie?
- 4 In what land was Moses born?
- 5 In ballet what does pli   mean?
- 6 What ragtime pianist wrote "The Entertainer"?
- 7 Lilongwe is the capital of which African country?
- 8 Amethyst is a form of which mineral?
- 9 What is the official language of Andorra?
- 10 Which duo sang "Your the one that I want" in 1978?

(Answers on Page 74)

Don't Worry, Be Happy

I'm gonna make a promise and make sure that I do,
Never, ever worry over bills not even due!
Worry is interest paid today on tomorrows bills
If I had the sense to stop and think
I wouldn't need these pills.

How often have I worried over something that I've said
When the one I think I have offended
Has let it out the far side of their head.

For they know me as a person,
That I wouldn't really hurt
But often when I'm angry I'd reply with something curt
least I'd like to think I would but in reality
I'd play the part and hide my heart
And swallow till I'd burst.

Then I'd get so angry I'd nearly let them have it which
leaves me back to square one wondering why the hell
I said it.

So I'm gonna make a promise not to worry anymore
But I know that I'll forget it
As soon as I walk out the door.

Cecilia Murray

Quiz

"Inklings"

**One loses so many great laughs by not
laughing at oneself**

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Extra copies of this page are available in the Community Council Office.

Name _____ Age _____

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Features

Useful Tips:

Batteries

Remove batteries from items you seldom use. Bundle them together with a rubber band and store them in a plastic sandwich bag to keep moisture out. Don't allow them to touch metal objects during storage or they may lose their power. Keep them away from warm places - best of all, store them in the refrigerator. Let them warm to room temperature before using them.

Chip-Pan Fires

Don't touch the pan, and turn off the heat if you can. Wrap your hands in a tea towel to protect them and place a damp cloth, lid or fire blanket over the pan. Leave the pan for at least 30 minutes to cool sufficiently, do that so the fire doesn't start up again.

Never use water or any kind of extinguisher, except a fire blanket, to douse a chip-pan fire.

Grills

To speed cooking, line a grill pan with heavy aluminium foil to reflect heat upwards. The foil also makes the cleaning easier.

Weeds

Do you want to get rid of weeds without using herbicides? Thoroughly dig over and fertilise the soil in the early spring, and then cover it with a sheet of black plastic. The plastic will absorb sunlight to warm the soil: when weed seeds germinate, the plastic will smother the unwelcome seedlings. Some 6 to 8 weeks later (in late May or early June) the bed will be ready to uncover and sow with flowers or vegetables.

Paintbrushes

Use new brushes first with primer or undercoat so that loose bristles are worked out on coats that can be lightly rubbed down. Then, when a brush has matured, use it for fine finishing coats. This does not apply to artificial filament brushes made for use with water-based paints. Their bristles are permanently locked into the ferrule so do not work loose during use.

Baking Ingredients

If you're out of self-raising flour, replace it with plain flour sifted with baking powder. For 4oz of self-raising, substitute 4oz of plain flour plus 1 level teaspoon of baking powder.

Bloodstains

Put a paste of water and cornflour or talcum powder on fresh spots; let dry and brush off, or soak fresh or dried stains in a cool solution of biological liquid or powder detergent. Follow by washing in a biological detergent.

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Children's Corner



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4-Orange 5-Green

Animal Signs!

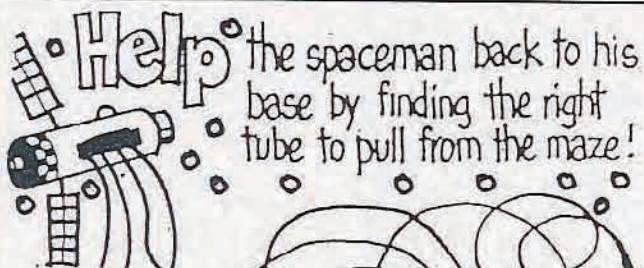
LEO the N

CANCER the R

PISCES the S

ARIES the M

TAURUS the L



the spaceman back to his
base by finding the right
tube to pull from the maze!

**Winner of Colouring
Competition**

**Aoife Twomey
Age 8
25 Castledawson
Maynooth**

FEATURES

MAY IN THE GARDEN

Trees, Shrubs and Climbing Plants:

Hedging plants should be pruned and trimmed this month if necessary. Wall shrubs and climbers should have their new growths tied. Remove the dead growth from rhododendrons. Cut out the dead, weak and unwanted shoots from evergreen shrubs and trees. Any overgrown trees or shrubs can be cut back hard in order to produce fresh shoots from the base. If roses have produced several shoots from the points above the pruning point, cut out the unwanted shoots now.

Flowers:

Remove any spring bedding plants that have finished flowering. Discard plants such as wallflowers and forget me-nots, but heel-in bulbs and polyanthus in a spare part of the garden where they can complete their growth and be ready for planting again in the autumn. Fork over the ground after lifting plants and work in a general-purpose fertiliser. Tread the soil firmly and rake. Plant summer bedding plants, which have been hardened off, towards the middle or end of this month. Plant out hardened-off rooted cuttings of chrysanthemums, dahlias and fuchsias.

Continue to plant gladioli for a succession of blooms. Support taller -growing flowering plants with stakes or shortpea sticks. Tie in new growth where necessary. Add a general - purpose fertiliser and hoe shallowly in order to remove weeds. Add mulch when the soil is wet.

Fruit:

Fruits should be sprayed against diseases and pests, before flowers are fully open, or when they are over. Cover strawberries, flowers with cloches in order to protect from late frost.

Vegetables:

Thin out seedlings sown in April or transplant them from the seed-bed to their growing position. Remove cloches from vegetable crops. Sow sprouting broccoli, outdoor cucumbers, marrows and swedes. Continue sowing of green vegetables and salad crops. Liquid feed all outdoor vegetables and water soil during dry spells. Hoe the soil regularly and mulch. Tie in beans and peas to supports. Spray plants regularly against diseases and pests.

Under Glass:

Stand pots of half-hardy chrysanthemums in the open for the summer; stake, feed and water them. Pot-on earlier sowings and cuttings of greenhouse plants, such as geranium and fuchsias. Cut out the sideshoots of tomatoes, and water and feed them regularly, as soon as the first flowers appear. Put into frames any plants that may need hardening off before being planted in the open at the beginning of June. Water and feed indoor plants. Apply pesticides regularly.

General:

Mow lawns regularly. Water newly sown or turfed lawns regularly. Apply weed killer to established lawns, if required. If frost threatens, protect young plants just set out by covering them with cloches or hessian. Plant water plants in the pools.

Patios:

Paving: Any paved area in the garden can be converted into a patio or a patio can be made from scratch. The choice of paving material is very important. Real stone paving is perfect in any garden but is expensive. Old brick paving is warm and friendly but is hard to come by. Modern brick, in dull shades of blue, ochre and purple-brown shades are a good alternative. Precast concrete paving slabs make a very acceptable patio. Once the floor space has been decided the next priority is to screen against wind and draughts and to hide any eyesores in the garden. Walls should be at least six feet high.

Lighting:

Lighting adds an extra dimension to a patio. A spotlight trained on a nice, well-grown, tree or shrub will give it glamour. The laying of cables and wiring of outdoor lighting should be left to a professional.

Barbecues: A metal grid over bricks can be put together quite simply to make an inexpensive barbecue. Many ready-made barbecues are also available in shops and garden centres.

Furniture: A table and chairs are the basic requirements. A giant sunshade will give the patio extra colour.

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Clubs, Organisations and Societies

Maynooth I.C.A. News Caoga bliain

The April 2002 meeting of the Maynooth guild of the Irish Countrywomen's Association was in the ICA Hall Maynooth Harbour. Holiday time is fast approaching. The Council of the ICA hold their Annual General Meeting at Sligo on Wednesday 15th May. There are a few vacancies on the Kildare Week at An Grianan Adult Education College County Louth, 17th - 21st June. For members who would like to go further afield - The ICA plan a trip to Scotland next September, to China in 2003, and to the Association of Countrywomen of the World (ACWW) conference in Tasmania in 2004.

It is our Golden Jubilee year. Members regale new members with their stories of the prominent part the guild played in local life down through the years. In 1986-7 Maynooth Guild was the AIB Guild of the Year. We would love to hear from former members of the guild as we prepare our commemoration.

Thank you to Marian O'Donnell and friends who treated us to enjoyable evenings of Archaeology, Art, History, Music and Sculpture at Tuesday night talks at St. Patrick's College over the past six months. On 9th April all had a treat when sculptor Marian discussed her work on three continents - some of her designs were based on her interpretation of indigenous west of Ireland stone-walling techniques. Proceeds from the talks went to the Alzheimers' Society. Betty Farrell will host a Tea Day Bring and Buy on Alzheimers' Society Day 3rd May. Members of the guild in Maynooth on Daffodil Day were pleased to accept your donations of £3612 towards very essential cancer research. Thank you to Betty Moore for her gift to the guild.

Congratulations to Elaine Houlihan on her success in the Ready-Brek competition at county level.

Prizewinners:

- 1 Mary O'Gorman
- 2 Rosemary Hanley
- 3 Imelda Delaney



**Margaret Houlihan, Secretary, Dave, Fair City,
Mary McNamara, President
Launch of Daffodil Day**

Maynooth Boys' National School

We would like to welcome back all the boys and teachers after their Easter Holidays. Hope you enjoyed.

With Buggy Malone coming up the boys' will be very busy. I am sure it will be a great success.

We would like to say goodbye to Mr. Mullan and wish him well in his new job. He will be missed by all as he did great things for the boys and the school.

We would like to thank you for supporting our Irish night out as it was enjoyed by all.

**Claire O'Rourke
P.R.O.**

Maynooth Summer Project

It will soon be time for our summer project again. The first Tuesday in July will be registration day. Then the project itself starts the following Monday.

If you have any new ideas or good ideas out there please let us know as we like to try and vary the project from year to year. We will also be looking for parents to help us out on the project itself even if you can only give one day it would be appreciated (the only thing is that it is hard work).

Anybody that would like to make a contribution or donation to the project we would be more than grateful as we try and subsidise the trips as much as possible.

Please phone Claire at 01 6286863.

Claire O'Rourke
PRO.

Social and Welcoming Committee

Now that we have our lovely new renovated church things will be back to normal with the Social and Welcoming Committee. We will be available for teas on special occasions and get togethers.

We would like to compliment Monsignor Stenson and all involved on the way the church turned out after all their hard work.

Claire O'Rourke
PRO.

Features

Crooked House Theatre Company River Bank, Main Street, Newbridge, Co Kildare

CROOKED HOUSE TERRIFY WITH MACBETH

In addition to the normal ShowTime of 8.00pm, there are matinees at 11.00am on Thurs 23rd and Friday 24th May. Tickets are priced at €10 and €7.50 and these can be booked at Riverbank box office on 448333. Crooked House is also available to visit school groups (ring the company on 448309 or visit their website on www.crookedhouse.ie).

KILDARE YOUTH THEATRE @ CROOKED HOUSE STAGE THEIR FIRST MAJOR SHOW

Kildare Youth Theatre was launched again by Crooked House in Newbridge in October of last year and it attracted over 30 young people from all over Kildare. They staged a one-night showcase on December 17th (Tainted Love) and now they have mounted their first production of the season. This will be Shakespeare's classic comedy A Midsummer Night's Dream which will open on Monday 6th May and run for a week until Saturday 11th May in Riverbank, the county arts centre, in Newbridge.

The members of Kildare Youth Theatre are between 14 and 22 years of age and they receive training in acting, voice work, improvisation and physical comedy every Monday night from a team of professional actors and directors led by Darren Donohue and Yvonne O'Hara (both of whom take the lead roles in Crooked House's Macbeth in April and May). After a short break for June the youth theatre will work on a summer project and stage a rip roaring musical in August. Then it's back to actor training and professional development from October onwards. Anyone of suitable age can join the youth theatre-applications for places will be considered after the May production, and again in October.

May - Bealtaine

Bealtaine Arts Festival in Newbridge was established in 1996 and is unique in the festival calendar of Ireland with its emphasis on community involvement. The Festival brings quality artists, both home grown and from abroad to participate. This year's theme is "Warmth and Welcome", welcoming the warmth of summer, welcoming new people to the town, and welcoming our involvement with the Riverbank Arts Centre which hosting some of the events.

Terry Moore, Chairperson.

Wednesday 1st
12.00pm to 1.00pm
€5 (Proceeds to Irish Heart Foundation)

Crooked Sixpence

Crooked Sixpence is part of Crooked House Theatre Company and is devoted to working with the retired and older members of the community. This year the group will perform lunchtime theatre as part of the Bealtaine Festival.

Wednesday 1st
8.00pm - €6/€4

Cine Club

The Pledge, Directed by Sean Penn.

Thursday 2nd

Tommy Makem - €16/€13

Tommy Makem returns to his native shores to perform a very select number of concerts around Ireland. With his baritone voice, banjo, tin-whistle, poetry and stagecraft Tommy will mesmerise audiences. Together with the Clancy Brothers, Tommy became one of the four most famous Irishmen in the World. In 1975 Tommy teamed with Liam Clancy, a combination that lasted to March 1987. As a songwriter Tommy Makem will live forever - "The Rambles of Spring", "Farewell to Carlingford", "Gentle Annie" and "Four Green Fields" - are among his best-loved compositions.

Sunday 5th Admission Free

Crooked Mice 2.00-4.00pm

The children of Crooked Mice (run by Crooked House Theatre Company) will be performing end of year productions directed by Anna Swords Murphy.

Monday 6th to Saturday 11th

A Midsummer's Night Dream €8/€5

Kildare Youth Theatre

This major production comes at the end of the year of training for KYT and it features all 33 teenagers (16 to 19 year olds). Directors' Yvonne O'Hara and Darren Donohue emphasise the dark and disturbing elements of the play where fairies cause havoc in human society. The play explores the many aspects of love that shows just how calculated and cruel are its minions. A Midsummer Night's Dream is a co-production between Riverbank and Crooked House. The set is designed by Ciaran Aspell and Peter Hussey, Laurence Hamill and Sabryna Porter direct the play.

Monday 13th to Saturday 18th

Alone It Stands by John Breen €15

Lane Productions (Direct from the West End)

This is a story of Munster's historic win over the All Blacks in 1978. This hilarious, award winning comedy sees six actors play 60 characters, including Tony Ward and the Munster team, the supporters desperate for tickets, "the quality" up from Cork, Sinbad the Dog and of course, the Bunratty Medieval Singers.

New Buisseness

THE NEW ATTIC

Marion Brophy has opened her shop at a new location in Maynooth, on the Dublin Rd. Situated over the Auto Electric Shop and the C.I.C Offices she has acquired a fine newly refurbished premises. Stocked with high quality fashion and accessories it is well worth a visit .

We wish Marion good luck and continued success in her new premises



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Features

(Crooked House Contd.)

There is a birth, a wake, a bonfire and a rugby match that will never be forgotten. "Alone It Stands" is one of the cleverest, funniest, most brilliantly crafted plays you are ever likely to see.

Monday 20th

Best of Irish -Music Network €9/€7

The distinctive traditional music style of Sligo, an area renowned for its rich musical heritage, will be the unique focus on the Best of the Irish tour. Colm O'Donnell, the highly regarded singer/flute and whistle player, steeped in the tradition of South Sligo, joins fellow Sligo musicians Declan Payne, piano accordion for a 15 venue tour which will provide audiences nation-wide with a rare opportunity to sample this highly individual idiom.

Thursday 23rd - Macbeth(The Triumphant Return)-

Crooked/Riverbank 11.00am and 8.00pm - €10/€7

Friday 24th - 11.00 am and 8.00pm

Saturday 25th - 8.00pm

"To be thus is nothing, but to be safely thus". A return visit of Macbeth, the co-production between Riverbank and Crooked House.

Monday 27th to Friday 31st - €7.50

Hansel and Gretel presented by Lambert Puppet Theatre

Two shows per day 10.00am and 12.00 noon

Concession to groups of 10 or more - €6.50

The Lambert Puppet Theatre is the premier Puppet Theatre Company in Ireland. It is also renowned throughout Europe, America and Russia. One of the founder members of the company Paula Lambert is currently on tour with a wonderful new production of the favourite family puppet pantomime, Hansel and Gretel. This is a beautifully produced show with large puppets, colourful sets and exquisite lighting and is suitable for 3 to 12 year olds.

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Preacher in Stone

A retrospective exhibition of the sculpture of Henry Flanagan OP (1918-1992)

Open to the public from Monday 22nd of April until Friday 31st of May.

Riverbank Arts Centre, Main Street, Newbridge, Co. Kildare.

Tel (045) 448314, e-mail arts centre@riverbank.i.e.

Preacher in Stone features the work of Dominican Fr. Henry Flanagan OP who died in 1992 having taught for many years at Newbridge College in County Kildare. The exhibition will be officially opened at the Riverbank Arts Centre on Sunday 21st of April at 3.00pm by Christy Moore, and will be open to the public from Monday 22nd of April until Friday 31st of May.

In addition to his passion for music, Henry Flanagan was an artist of note and produced a large body of sculpture in a wide range of media during his lifetime. While many of his works on religious themes are known to the public his secular works which have been sourced from numerous private collections are unlikely to be seen exhibited together again at any time in the future. This exhibition represents a unique opportunity to view these pieces alongside a selection of works on religious themes.

Preacher in Stone aims to present a cross-section of the artist's work, illustrating his particular talent for carving in both stone and wood, and highlighting his sympathetic depiction of the human form. The works span a period of approximately 40 years, with the earliest dating from the 1950s, and including those completed in the months before his death.

Henry Flanagan had regular solo show in the Kilcock Art Gallery, as well as participating in a variety of group exhibitions such as the annual Oireachtas exhibitions, the RHA, and exhibitions at the Gordon March Gallery in Boston. A detailed book on the artist and his work is also due to be published during the year by Gandon Editions (Fine Art Publishers).

Events will take place over the weekend of Saturday 18th and Sunday 19th of May. For further information, contact Catríona on (045) 448314.



Features

Murder of the Month - May

On the 1st of May 1999 in Wolverhampton Anthony Phillips took an axe and beheaded Lorraine Howell in her home, while her nine-year-old son fled screaming from the house. The reason for the crime lay in the events of some three years previous. When we think of relationships between men and women we do not expect a 34-year old woman to attract and sleep with a 16-year old boy. But this was the case. Lorraine Howell's husband left her in August 1997 and she put her eye on her neighbour's son – 16-year-old Jamie. After some time Lorraine gave birth to a daughter. She already had a nine-year-old son by her husband.

Jamie eventually told his mother, a Sunday school teacher, that the child was his. Horrified, she decided at first not to tell his father but then changed her mind leading to the harrowing scene in May. Jamie's father, Anthony, was no ordinary individual. He was an electrician by trade but he was also a deeply religious man who was very active in his church.

Instead of taking the news with Christian understanding he tormented Lorraine from that on, banging on her door and calling her names in the street. He also piled bricks against the fence between their two houses, an action that was used against him at his trial in February 2000. But no one expected him to take such a murderous route.

His wife was making breakfast when Phillips saw that Lorraine's back door was open and he took his opportunity. Taking the axe, he entered the house and met her coming down the stairs with a bag of washing. Both her 9-year-old son and the baby girl were in the house. The boy ran screaming to his grandfather and grandmother's home. All three of them returned to the appalling scene that Phillips had left behind. The grandfather's statement was read out to the court. His wife had taken the baby and the boy told him that his mother was in the hall. He said that he realised immediately that she was dead. There were terrible wounds to her neck and her head had all the appearances of hanging off and there was blood everywhere. He stopped the other two from seeing the sight. Although he saw the ambulance arriving he realised at an early stage that there was no hope for Lorraine.

Meanwhile next door, Phillips had returned home, he took off his slippers that were covered in blood and told his wife that he had killed Lorraine. Then he proceeded to ring the police and change his clothes. He told them that God wanted him to rid the world of people like her. When his clothing was searched later, it was noticed that he had the baby's birth certificate in his pocket with figures working out the date of her conception.

Adding to the enormity of hurt to all involved, Jamie was sitting in the living room of his own house and he could hear all the commotion next door. He described it as someone falling down the stairs. But he also heard Lorraine cry for help. Then his father returned to the house and told his wife that he had done it. Jamie

sat frozen in the room as his father came in with blood on his hair and face. Phillips walked calmly to the phone and dialled 999. Jamie went on to say that he himself ran upstairs and got sick. Shortly afterwards the police arrived.

When he testified in court he said that he and Lorraine had started sleeping together when he was sixteen and that it had happened only on a small number of occasions. He had begun to visit to escape from the rows between his own parents. When his father found out, they all went for counselling and Phillips seemed fairly sanguine. But when the counsellor told him that there was no legal case that he could take, Phillips became obsessed with the affair. He bought the axe and waited his opportunity.

In his statement he admitted that he hit her first with the axe and then tried to strangle her. But still he was not satisfied and kept hitting her. He was afraid that Jamie would move in with Lorraine and felt that all society had turned against him and that he was the only one who could take action to prevent any further contact between the two of them. Between the close proximity of the woman and the child in the house next door and his strong religious belief his mind became obsessed with getting rid of her.

A psychiatrist who interviewed Phillips before the trial testified that he had become depressed at the thought of what had gone on between his son and the older woman. Neighbours said that he had a violent temper and a short fuse. He did not seem to listen to the psychiatrist when he asked him questions and appeared withdrawn. It was his feeling that if he rid the world of Lorraine that all would be well with the family again. Phillips had approached the authorities including the police and the church trying to prosecute Lorraine for rape. Then he decided to turn to retribution and vengeance himself. He also felt that he should have been able to protect his son from the approaches made by their neighbour.

On a pathetic note, the court was also told that Lorraine's nine-year-old son had dialled 999 and that his cries of help were heard by the police before he dropped the phone and ran to try to help and protect his mother.

Whatever the judgement on the rights and wrongs of the relationship, two families were destroyed and torn apart by Phillips dreadful actions. The nine-year-old child returned to the care of his father. He says that his son still has dreadful nightmares from the events of that fateful day.



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Maynooth, Co. Kildare

Clubs, Organisations and Societies

MAYNOOTH HILLWALKING CLUB

Our Easter Weekend of activities was very successful. On Good Friday the Club conducted a Hike along the Royal Canal from Enfield to Maynooth with 21 people attending, some for the first time. On Easter Monday members of the Club attended a Hard Hike in the Glenmalur area taking members onto Lugnaquilla. The weather started off wet followed by a period of light snow finishing up with clear skies and sunshine.

Sunday April 14th we will be taking part in harder hikes all round to encourage club Members to progress in the hiking grades. At the finish we hope to have our Clubs first AGM.

Our first evening hike of the year will take place on Wednesday evening, April 24th. We will meet at the front of the Glenroyal Leisure Club at 5.15 pm. and travel by cars to Robertstown. Anyone making their own way can meet us in Robertstown outside the Garda Station at 6 pm. This hike will cover a distance of 14 Kms / 9 Miles. We will have to start on time so as not to be walking after dark.

On Sunday 28th April we plan to conduct the Easier of two Hikes around the scenic Lough Brays located at the foot of Kippure. From here we plan to follow the River Liffey from its first bridge to its origin approx. 500 meters and then across the open mountainside of Powerscourt Mountain, the Tonduffs and Maulin before we pick up the Wicklow Way and pass above Powerscourt Waterfall. This hike will cover a distance of 14 Kms / 8.5 Miles with ascent of 440 meters / 1,500 ft. This hike will require the use of a minibus. Seats will have to be booked and paid for in advance no later than Wednesday 24th April. The expected cost will be in the region of €12 per person and will be non refundable except where the bus will be cancelled due to lack of support. In this case alternative hiking plans will be made. Anyone interested in booking contact 6285367 for details.

As this hike is on the open mountainside it should be noted that because we are still in the wet season of the year, it is important that proper footwear and clothing is worn on our activity. A good quality rain jacket is essential as well as over-trousers. We will have to restrict attendance's to those properly equipped for the season.

The May Bank Holiday takes Club members to the Mountains of Mourne where they sweep down to the sea. We are planning three days of walking which will cover up to forty miles with total ascent of up to 6,500 ft depending on the options taken. It will be a very challenging weekend for all, but the activities will be tailor-made to suit different needs. Unfortunately this

activity will be restricted to Club members. Those members in training for the Ring of Imaal Challenge will have perfect training ground for their challenge in June.

On Sunday 12th May we will be on our first outing to Newcastle, Co. Wicklow this year and take the coastal path back to Bray and for the more energetic a quick visit to Bray Head. This hike will cover a distance of 22.5 Kms / 14 Miles with an ascent of 260 Meters / 853 Ft. if you visit Bray Head. Although the distance is on the long side, it is an enjoyable hike passing through a nature reserve at Kilcoole, and a stop for lunch at the Harbour of Greystones and an ice cream or candy floss at Bray Promenade (at your own expense). There are a lot of interesting things to see on this hike and if we are lucky maybe a seal or two at the foot of the cliffs.

On Wednesday May 22nd we will conduct an Easy Evening Hike taking us on a circuit around Howth Peninsula. The meeting point for this hike will be at the car park beside the pier in Howth village at 6 pm. This will cover a distance of 9.6 Kms / 6 Miles with ascent of 210 M. / 690 Ft.

On Sunday June 9th Martin Byrne will organise a sponsored walk from Clonsilla to Maynooth in aid of the Irish Heart Foundation. A very worthy cause. Most families in this day and age have some member who may someday benefit from this foundations resources. This walk will raise money for Martin to support the the Irish Heart Foundation cause when he takes on the challenge of trekking through Vietnam later in the year. So why not take a sponsorship form and support the cause or failing that attend the activity on the day and subscribe towards the cause with your subscription. It is hoped that for €6 you will have a train ride to Clonsilla, a good afternoon out on the canal, and have supported a very worthy cause. Members of the Club will support Martin on his day out and we encourage as many people as possible to attend this outing. We will all meet at Maynooth Railway station from 2.30 pm. but no later than 2.45 pm. and take the Orient Express to Clonsilla. Details and sponsorship forms are available from Martin at 087-7996532. We will have further details on times etc. in the next edition, so if interested keep an eye out. For those attending on time there will be a reduced Group Rate. Ticket holders and those arriving late can make their own arrangements with Iarnród Éireann.



Clubs, Organisations and Societies

(Maynooth Hillwalking Contd.)

Sunday June 16th takes us into the Dublin Mountains, starting at the Noel Lemass Memorial close to the Featherbeds, and finishing up at Johnny Fox's pub in Glencullen. This hike will require the use of a minibus. Seats will have to be booked and paid for in advance no later than Sunday 9th June. The expected cost will be in the region of €12 per person and will be non refundable except where the bus will be cancelled due to lack of support. In this case alternative hiking plans will be made. Anyone interested in booking contact 6285367 for details. Although mid summer, those attending will need to have proper equipment for the occasion. The hike is on open mountainside, exposed to the elements, and footwear, raingear are essential. In addition don't forget the suncream. The weather is so unpredictable you must provide for all occasions.

Please note that weather conditions may restrict our activities. Itineraries are subject to change and anyone interested should check beforehand closer to the activity with one of the contact numbers below.

Please Note: Most of our Easy Hiking activities cover at least 8 miles with ascent of up to 1,000 ft. In cases where there would be less ascent we may have longer hikes. Anyone attending our outings can expect to be walking for up to 4 hours and at a reasonable brisk speed. Only attempt our outings if you are fit to maintain this speed and distance. If it is felt that a person would not be able to complete an activity, would delay an activity, or is not properly equipped for the occasion, the activity leaders ruling on the matter will be final. Remember in the mountains in a lot of cases there are no quick exit routes back to the car or bus.

Mountain Safety Note:

Mountaineering and climbing are activities with a danger of personal injury or death. Those attending our activities shall be aware of and accept these risks and agree to be responsible for their own actions and involvement. Anyone on medication or with a medical complaint should inform the leader of the hike prior to leaving the agreed meeting point. If it is felt that the person should not take part on the activity they will be advised accordingly.

Keep an eye out in future editions for further information. Contact numbers :-
6285367, or 086-2703348

E-mailmaynooth_hillwalking_club@yahoo.com

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Clubs, Organisations and Societies

Maynooth GAA News

U/13 Football - North Kildare League Maynooth 4-09 Rathcoffey 2-03

Maynooth began this match a bit slow and by half time were in fact trailing by three points. However in the second half the Maynooth lads played some excellent football and proved too strong for the Rathcoffey defence with a 12 point win.

Maynooth Team: D. Walsh, S. Moore, F. Daly, S. Barrett, C. O'Reilly, E. Curran (0-1), J. Dempsey, P. Warren, S. Durcan (0-1), C. Moynan (1-0), C. O'Connell (1-02), W. Reynolds, A. Cash (1-02), C. O'Brien (1-01), R. Moore (0-1).

Best for Maynooth were captain Peter Warren, Eoin Curran, Sean Durcan, Chris O'Connell, Alex Cash and Conor O'Brien.

U/12 Hurling League Maynooth 3-1 Eire-Óg C'choill 2-1

Maynooth went into an early lead via Richard Hawkin's fifth minute goal who took his opportunity very well when he pulled first time on the ball and sent it into the corner of the net. Maynooth also took the next score through a Sean Higgins goal in the twelfth minute.

Daragh Walsh's blistering shot was deflected over the bar for a point in the twentieth minute to leave Maynooth leading by 2-1 to no score with half time approaching. Eire Óg then raised their game and scored a point from a 45 and then a goal just on the half time whistle to leave Maynooth leading by a single score on the break 2-1 to Eire Óg's 1-1.

After the break there was nothing to separate the two teams. Maynooth found it hard to score against a resolute Eire Óg defence. Despite Maynooth having most of the play, Eire Óg were next to score - a ball sent into the corner of the net.

Maynooth Team: Barry Connelan, John Comerford, Daire Heneghan, Coman O'Murchu, Eoin Sinnott, David O'Grady (capt), Cormac Molloy, Rionn Glynn, Francis McDonnell, Daragh Walsh (0-1), Fiachra Lohan, Eoin Cooney, Jonathan O'Keeffe Aherne, Richard Hawkins (2-0), Sean Higgins (1-0).

Subs: Charles Byrne for Coman O'Murchu, Keith Kenny for Jonathan O'Keeffe Aherne, Emer Connolly for John Comerford, Louise Walsh for Daragh Walsh (inj).

Maynooth minors begin league campaign on a winning note.

MFL Division 1 Maynooth 2-6 Na Fianna 0-10

The Maynooth minors got their league campaign off to a winning start with a win over Na Fianna in Maynooth. The pitch was in reasonable condition after the atrocious weather over the previous two

weeks. With both teams evenly matched throughout the game Maynooth took the upper hand and were marginally ahead at half time with a finely finished goal from half-forward Paul Broughan.

Both Na Fianna and Maynooth missed goal opportunities and Maynooth eventually found the net for the second time with another Paul Broughan ball while points from Gary McMahon, Alan Sweeney and Paul Broughan ensured victory for the Maynooth side. Overall a solid team performance was displayed by the Maynooth lads.

Maynooth Team: Fergus Devereux, Stephen Curran, Colin O'Neill, Fergal Molloy, Tadgh O'Corcoran, David Comerford, Brian Downey (0-1), Alan Sweeney (0-2), Paul Broughan (2-02), Ciaran McCullough, Fintan O'Donoghue, Stephen Kane, Gary McMahon (0-1).

Subs: Brian Downes for Stephen Curran.

Ladies off to a winning start.

Ladies Football League Maynooth vs Prosperous

The match was played in Prosperous. Maynooth opened well and within the space of a few minutes had opened the scores with a goal from midfield Meadhb Flood and a point from half forward Sabrina Delaney, however Prosperous girls were quick to reply and notched up their first point. Maynooth answered with a well taken point from Elaine McAuliffe. However from the goal kick Prosperous won possession and finished the ball well with an excellent finished goal.

By half time Maynooth had notched up some more excellent scores and were five points up at half time.

The second half began with Maynooth on the attack and by about ten minutes into the second half Maynooth had scored several more times, however it must be stated that the amount of wides was in fact more than the scores scored at this stage. Prosperous battled hard and played some excellent football, in particular their goal keeper and their half forwards who when given a chance attacked the Maynooth keeper and put the backs under considerable pressure. Overall it was a good sporting match between the two teams.

Maynooth Team and Panel: Rachel Watson, Laura Kearney, Paula O'Shea, Ann-Marie Farrell, Niamh Mulready, Laura Keyes, Margaret Farrell, Meadhb Flood, Anto Mooney, Sabrina Delaney, Leeann Hughes, Simone Gilabert, Tricia Purcell, Ginnie Breslin, Elaine McAuliffe.

Subs: Pamela Byrne for Margaret Farrell, Joanne Smith for Sabrina Delaney, Tracey Kearney for Ginnie Breslin, Naomi Devereux for Ann-Marie Farrell, Fiona Harte for Elaine McAuliffe, Ger Breslin, Aisling Farrell.

Overall an excellent team performance by Maynooth.

Best for Prosperous were Edel Coyne, Gillian Behan, Caroline Walsh.

Clubs, Organisations and Societies

(Maynooth GAA News Contd.)

Ladies Football League Maynooth 4-06 Athgarvan 1-08

Maynooth travelled to Athgarvan for what promised to be a great game. Maynooth started well and attacked the Athgarvan goal at numerous occasions managing to get both a goal and a point from play before Athgarvan could even respond. Maynooth missed several other chances but Athgarvan were to punish them for their mistakes and after a slow start began to take their scoring opportunities. The Maynooth full forward line of Fiona Harte, Elaine McAuliffe and Simone Gilabert assisted by Ginnie Breslin fought hard and before half time had notched up several more scores.

In the second half Athgarvan were to bring on Tracey Noone who within the space of five minutes on the pitch scored both a point and a goal. The goal came from both the Maynooth goalkeeper and Athgarvan coming down in the box and the referee awarding a somewhat dubious penalty to Athgarvan, which Noone sent convincingly into the back of the net, which was to level the match yet again. However Maynooth were not to drop their heads and responded quickly with a goal from Simone Gilabert. Maynooth used this goal to further advance and by the end of the game had won by seven points.

Maynooth Team: Rachel Watson, Ann-Marie Farrell, Paula O'Shea, Laura Kearney, Mags Farrell, Laura Keyes, Niamh Mulready, Anto Mooney, Meadbh Flood, Sabrina Delaney, Leann Hughes, Ginnie Breslin, Elaine McAuliffe, Fiona Harte, Simone Gilabert.

Subs: Joanne Smith for Sabrina Delaney, Tracey Kearney for Fiona Harte, Ger Breslin, Naoimi Devereux, Aisling Farrell, Lisa Fox.

Maynooth Scorers: Simone Gilabert 3-01, Elaine McAuliffe 1-01, Ginnie Breslin 0-1, Anto Mooney 0-1.

MFL Division 1 Maynooth 1-14 Carbury 1-08

Maynooth travelled to Suncroft for their opening game of their 2002 league campaign.

Suncroft began the stronger team but Maynooth opened their scoring with a point from Darren Naughton, by this time Suncroft had already notched up three points, Maynooth's full forward Killian Fagan was to soon get Maynooth's goal, while Suncroft at the other end of the pitch were to get another point. Just after this two Suncroft players (both their midfielders) were to collide and stop the play for a few minutes while they received attention. From the throw in Maynooth won a free which was nicely pointed over by Darren Naughton. Suncroft were to answer with another point. After half time it stood level with Suncroft at 0-05 and Maynooth with 1-02. The first half produced some excellent play with Alan Nugent making a brilliant clearance from the Maynooth goal mouth.

In the second half both sides gave away numerous frees and both had bad misses. At one stage Suncroft went two points up but Maynooth answered back with a well taken free from Trevor Naughton and a point from Hughie Nevin, after some minutes and great play by both teams Suncroft were yet again a point ahead. Maynooth fought hard and Suncroft conceded another free which when kicked was caught by Donal MacAvennie and pointed over. This gave the Maynooth team some more fighting spirit whereas Suncroft also did not give up until the whistle went. Suncroft had a terrible miss directly in front of the goals while the Suncroft backline were kept under pressure from the Maynooth players. After some six and a half minutes of injury time the final whistle went. Maynooth Scorers: Darren Naughton 0-2 (1 free), Killian Fagan 1-0, Trevor Naughton 0-1 free Donal MacAvennie 0-1, Hughie Nevin 0-1.

Best for Maynooth: Paul Flood, Hughie Nevin, Pascal Ennis, Mickey Noone.

U/14 Football Feile Quarter Final Maynooth 1-10 Na Fianna 2-5

Maynooth booked their place in the Feile semi final after beating Na Fianna in an exciting encounter played in Maynooth on Sunday 24th March. Maynooth started off the better with an early goal from Paddy Comerford and two early points from Conor Canning and Michael Murphy to leave the home side leading 1-2 to no score. Na Fianna then managed to kick over two points but Maynooth hit back with a further four points before half time to leave the score 1-6 to 0-2. In an entertaining first half Maynooth were the better team with Peter Warren and Michael Gillick superb in the backs clearing up some dangerous ball. Also midfielders Conor Canning and Jeffery Walsh had a good opening half with both of them covering a lot of ground.

But it was Na Fianna who started the second half the stronger knocking over a couple of early points to close the gap. At the far end Maynooth squandered a couple of scoring chances before Conor Canning hit twice to leave the score mid way through the half 1-8 to 0-5 in favour of Maynooth. Then Wayne Bowans found the back of the net for Na Fianna and the game really came to life. Maynooth replied with two further points from Michael Gillick and Jeffery Walsh. Michael Fox was superb in goal for Maynooth during this period making a couple of brilliant saves while Peter Warren cleared some great ball at full back. Then in the dying moments Wayne Bowans struck goal once more for Na Fianna to leave just a two point gap. Then in injury time Na Fianna were awarded a 14 yard free which was brilliantly defended by Maynooth and cleared once more by Peter Warren to leave the final score Maynooth 1-10 to Na Fianna 2-5. Maynooth had many brilliant performances throughout the field with Michael Gillick, Conor Canning, Jeffery Walsh and Michael Murphy playing exceptional games. But it was the performance of Michael Fox in

Clubs, Organisations and Societies

Maynooth GAA News Contd.)

goal and Peter Warren at full back which won the day for Maynooth.

Na Fianna had some good performances also from David Reddy, Joe Carroll, Thomas Byrne, Jamie Cross and Wayne Bowans.

Maynooth Team: M. Fox, J. Molloy, P. Warren, M. O'Gorman, S. Durcan, M. Gillick (0-1), J. Galvin, C. Canning (0-5), J. Walsh (0-1), R. O'Malley (0-1), M. Murphy (0-2), J. Glynn, Alex Cash, Paul Reilly, Paddy Comerford (1-0).

Subs: Sean Sinclair, Chris O'Connell, Brian Twomey, Damien Rooney.

U/12 Hurling League Division 2 Maynooth 3-2 Claine 3-1

Maynooth beat Clane by the narrowest of margins in this exciting encounter in the first round of the hurling league. The opening ten minutes was a scoreless period with both teams playing a close and tight game with some brilliant defending on both sides. Then the first score was a well taken goal by Fiachra Lohan followed by a point from a free by David O'Grady to put Maynooth ahead. Clane were soon to reply with a well taken goal from Daniel Egan to leave the half time score 1-1 to 1-0 in favour of Maynooth.

Clane came out the stronger in the second half with a goal from Etan Bracken and a point from Daniel Egan to put the visitors ahead 2-1 to 1-1. During the opening period of this half Maynooth were always defending with some great performances in the backs from David O'Grady, Cormac Molloy, M. J. Fee and Eoghan Sinnott. Also Maynooth goalkeeper Barry Connellan made some brilliant saves. As the second half went on Maynooth got stronger and the perservance of the forwards paid off when they hit home twice with a goal each from Daire Walsh and Fiachra Lohan. Maynooth forwards played well in this period with good performances from Eoin Cooney, Sean Higgins, Louise Walsh and Rian Glynn. Then Daniel Egan struck for Clane with his second goal of the day to leave the scores 3-1 a piece. Strong Maynooth pressure then paid dividends when they won a 21 yard free and Francis McDonnell pointed what was to be the final score of the match to leave the scores 3-2 to 3-1 in favour of Maynooth.

Maynooth Team: B. Connellan, K. Lynch, M. Barry, C. Molloy, M. J. Fee, D. O'Grady (0-1), E. Sinnott, F. McDonnell (0-1), R. Glynn, J. Comerford, F. Lohan (2-0), E. Cooney, S. Higgins, D. Walsh (1-0), E. Connolly. Subs: L. Walsh, S. Delaney, C. Byrne, J. Devine, C. Forde, B. Conway.

Clane Team: D. Gibbons, S. Keating, D. Pearson, S. Ussher, S. Healy, C. Fitzgerald, D. Egan (2-1), E. Bracken (1-0), C. Ryan, C. McGuire, J. O'Gorman, P. Fox, B. O'Connor, M. Devine.

Subs: S. Ryan, J. Ussher, E. Kelly.

U/14 Hurling League Division 1

Maynooth U/14 hurlers began the league with a well deserved victory over Naas on Saturday 13th April. Naas opened the scoring with a well taken point from a free in the 7th minute against the run of play. Maynooth immediately responded with a point from Paddy Comerford and this was soon followed by a well taken goal from Stefan Boyle to leave a half time score of 1-1 to 0-1 in favour of Maynooth. The second half began with Maynooth dominating the play in midfield and a well deserved point from Jeffery Walsh. Naas increased the pressure on the Maynooth backs and goalkeeper Paul Reilly was called on to make some good saves. With 16 minutes to go Naas were rewarded for their efforts with a goal and it was at this stage Maynooth rose to the challenge. Mick Gillick struck first with a brilliant point followed shortly afterwards with a goal by Paddy Comerford. In the dying moments Naas scored another point, as did Stefan Boyle for Maynooth.

Maynooth Team: P. Reilly, P. McCarron, M. Gillick (0-1), B. Twomey, M. Barry, P. Warren, J. Walsh (0-1), C. Canning, C. Henihan, P. Comerford (1-1), J. Galvin, N. McAndrew, N. Carroll, S. Boyle (1-1), D. Rooney.



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Features

Early Irish Society

Sick maintenance (*othrus*)

This society had no hospitals or state facility to look after the injured or the sick. This situation was handled by a system called sick maintenance (*othrus*). The word still survives in Modern Irish as patient (*othar*) and ward, ambulance (*otharlann*, *otharcharr*). There are two texts that deal exclusively with this subject. If a person is injured he is brought to his own home for nine days. If he dies during this time the culprit must pay the fines for murder. After the period of nine days a doctor examines him and decides whether he is recovered or not. If he is better then the offender only pays the penalty for the remaining blemish or injury. However if the doctor decides that he will die, then the culprit must pay a heavy fine. It is possible that this may release him from any payment in the future whether the patient lives or dies.

But if the patient needs further care then he is taken away on sick maintenance to another dwelling, probably a relative of the offender. The culprit must carry the expenses until the injured person is fully recovered. This includes the proper food and entertainment for the status of the victim and there are strict rules as to the environment in which the sick person is kept, for example: 'There are not admitted to him into the house fools or lunatics or senseless people or half-wits or enemies. No games are played in the house. No tidings are announced. No children are chastised. Neither women nor men exchange blows ... No dogs are set fighting in his presence or in his neighbourhood outside. No shout is raised. No pigs squeal. No brawls are made. No cry of victory is raised nor shout in playing games. No yell or scream is raised'.

The offender must also provide a replacement for the injured person so that his family do not suffer any loss of income as a result of the incident. Both women and men receive compensation for the 'barring of conception' (*airíadad comperta*) when they are at their reproductive age when on sick maintenance. This is one of the unusual situations where a woman's oath is legally acceptable when swearing she was on sick maintenance at a time suitable for conception. A wife was allowed to accompany a man who was excessively lustful - presumably to protect the women of the house from his unwelcome advances!

There are twelve men and women who are given a payment instead of sick maintenance. These may be those with special skills or indeed people who are likely to cause a problem or a nuisance to the household. In the case of men these would include such categories as the poet, the bishop, the king and the insane. The poet would be too difficult to replace and the king/bishop would be too costly to keep. In the case of the insane – they would be too difficult to maintain in the household. In the case of women they mention those with special skills such as the female physician, female wright and woman revered by the

people. They also include those who would be an annoyance such as the female satirist or the woman who becomes a werewolf! There are some women who cannot claim compensation because of their anti-social behaviour; a woman who does not care who she sleeps with, or she who robs everyone and the sorceress (*baislec auptha*).

Children on othrus

No distinction is made between the sexes and the injured child under seven is treated like a cleric emphasizing the importance of children and their status within society. They receive the maximum comfort and if it is an unweaned child the mother accompanies it while it is being cared for. Between seven and ten, the child is given the normal food to which he would be entitled on fosterage so long as it does not endanger its health (according to physician). After the age of ten, a boy or girl is entitled to 'adult sick maintenance' (*ferothrus*) according to the father's rank. As in the case of adults the children of high ranking parents are not taken away and a fine is fixed by the judge instead. These are children of poets and queens for example and particular mention is made of the favourite child 'the pet of a household' (*dretoll teglaig*).

A boy injured by accident while playing has no right to fine or sick maintenance for injury. These games include hurling, jumping, swimming, hide-and-seek, juggling etc. according to the text on games (*Mellbretha*). But there are other games that are considered dangerous. They are called 'guilty games' (*colchluichi*) for which fine and sick-maintenance would arise. They include throwing a wooden javelin into a meeting, an uneven contest 'few against many', and a group of games called 'paramilitary games' (*fianchluichi*) such as spear-throwing, hurling rocks etc. These would be used as early training for boys who intended to become warriors in the future.

Payments for various injuries

The texts have worked out in detail the payments due for the various injuries to different parts of the body. They seem to have considerable anatomical education and emphasis is placed upon certain body parts apart from others.

It is probable that a judge made the decision as to the payments involved, perhaps on the advice of the physician. The fines may be considerable in certain cases and the system has been carefully thought out and planned. They believed that certain parts of the body were sacred or blessed: 'There are twelve doors of the soul in the human body, the top of the head, the hollow of the occiput, the hollow of the temple, the apple of the throat, the armpit, the breast-bone, the navel, the bend of the elbow, the hollow of the ham, the bulge of the groin, the sole of the foot' and the twelfth that is obscure.

The face is seen as particularly important and it is divided into different sections. Various fines are paid

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Features

Early Irish Society Contd.)

for a wound between the brows and the hair, the nose, between forehead and the hair or a broken chin, above the eyelash, the hollow between the two jawbones or between the ear and the hair. Teeth are considered important also and six different tooth-injuries are enumerated with the heaviest fines paid for injury or loss of a molar or front tooth.

The physician is entitled to a percentage of the fine paid in certain cases. In the case of the seven principal bone-breakings he gets half the fine but for a wound to the fleshy part of the body he only gets one third and for a less serious wound he only gets one quarter. In the case of an injury leaving a person permanently disabled then further judgements were made, 'after judgement (*iarmbrithemnas*). A person who had a permanent leg injury was required to be supplied with a horse by the culprit. A mark on the face was considered to be particularly serious because it was always visible and it left the person open to ridicule. In this case they were due an ongoing payment for every time they had to appear at a public assembly with the disfigurement.

There is evidence that this practice of taking people away on sick maintenance was abandoned by Irish society at a very early stage and that a much simpler system developed whereby the victim was simply paid the compensation and kept at home. This was probably much safer and more straightforward for everyone involved.



Special Olympics Table Quiz Committee



Winning Quiz Team
Geraldine Fehan, Yvonne Comerford, Lorraine Rush, Ann Marie Coyle



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Planning Permissions

Features

File Number	Applicant Name	Applicant Address	Application Type	Application Received	Development Description	Development Location
02/176	Tesco Ireland Ltd.	Gresham House Marine Road Dun Laoghaire Co. Dublin	P	13/02/02	For the demolition of existing cattlemart buildings and the development of seven retail units ranging in size from 700 sq.m gross to 2,431 sq.m. gross with a total gross floor area of 8,676 sq. m ancillary landscaping, parking, on site and off site in	Dublin Road Maynooth Co. Kildare
02/177	Tesco Ireland Ltd.	Gresham House Marine Road Dun Laoghaire Co. Dublin	P	13/02/02	For an extension to their existing store comprising 1,885 sq.m gross floor area (net sales area 971 sq.m) modifications to existing parking layout, relocation of existing service yard, ancillary parking, landscaping, on site and off site infrastructure	Dublin Road Maynooth Co. Kildare
02/178	Tesco Ireland Ltd.	Gresham House Marine Road Dun Laoghaire Co. Dublin	P	13/02/02	For the development of petrol filling station incorporating a kiosk/shop (70 sq.m) circulation, signage, ancillary landscaping, modifications to access from the Dublin Road and site works at the cattlemart site	Dublin Road Maynooth Co. Kildare
02/170	Kieran O'Malley	Ballinakill house Enfield Co. Kildare	P	14/02/02	To convert existing ground floor bedroom and rear utility, all to left hand side of front door into a self contained ground floor one bedroom apartment along with minor alterations to internal of front entrance to	No 1 The Green Maynooth Co. Kildare

Features

Is an Urban Speed Limit of 20mph Speed Practical or an Ideal?

One of the key issues discussed by urban communities across Europe is the speed of traffic and in particular a reduction in the general speed of traffic to 20 mph (or its metric equivalent of 30 km/hr). The objective is to change roads that are designed for cars into streets that are designed for people.

The general speed limit of 30mph (miles per hour) or (50-60 km/hr) is no longer considered socially acceptable in many countries. Over the last number of decades, international experience shows that an urban speed limit of 20mph is not only better for road safety and noise, but also gives smoother traffic flow and improves the quality of urban life. It also results in a reduction in the number and severity of accidents and in the promotion of a more healthy and active lifestyle by encouraging cycling and walking. A general 20 mph speed limit is also in accordance with the World Health Organisation charter on transport, environment and health, signed by European ministers in June 1999.

Twenty-five years ago, Dutch city planners began designing neighbourhood streets in which it was practically impossible to drive a car at greater than walking pace; even though the streets had no raised footpaths, people could walk, ride bikes, play, and even meet and converse with their neighbours without fear. In Holland, there are now over 6,500 such areas. The Germans adapted the idea and applied the phrase "traffic calming" to this kind of street design. They also began to develop 30 km/hr (approximately 20 mph) streets and zones that slowed traffic down with physical changes such as ramps, pinch points and other measures.

The concept of special areas, known as 'home zones', where people were more important than traffic, spread to England in the 1990s and by the end of the decade over 450 home zones were established. Each home zone required individual approval by the government, which was a slow and cumbersome procedure and which failed to satisfy increasing demand. Although this procedure has since been simplified, the demand for additional home zones remains strong.

A different approach was followed in Graz (population 250,000) - the second largest Austrian city next to Vienna. In 1992, rather than designating a special area where traffic speeds were restricted, the authorities made 30 km/hr (20mph approx) the normal speed limit covering 75% of roads in the city and then designated roads where the speed limit of 30mph was retained. This alternative approach reduced the need for new signs and drivers adjusted to the expectation that the lower speed limit applied unless there were signs to the contrary. Since then traffic crashes fell by 30 percent. Although crashes involving bicyclists rose by 2 percent, there was no increase in the number of bicyclists injured and a 40 percent decrease in the

~~number of bicyclists seriously injured.~~ In addition, there was a presumption that levels of bicycling had increased. In fact some researchers found that it was a more effective way of encouraging cycling than the creation of cycle routes.

Ireland is one the last European countries not to have introduced lower speed limits. In Maynooth, many resident associations such as Parklands and Moyglare are so concerned about the speed of vehicles in residential areas, that additional signs have been erected to encourage drivers to reduce their speeds. However, such signs are advisory only and are not enforceable by the Gardaí. More and more communities want traffic calming but county councils do not have the financial resources to satisfy this demand.

Over the last number of decades, Ireland has largely changed from the imperial system of measurement to the metric system that operates over most of Europe. Although, distance on road signs has usually been given in kilometres, due to the cost of replacing signs, the speed limit remains in miles per hour. However, there are recent indications that the government is considering the replacement of these imperial limits. If so, it is an opportune time for communities which want traffic calming to seek the introduction of lower speed limits. For the government, this would mean that a lot of the existing signs could be retained. If new signs are introduced with the metric equivalents of existing limits, this opportunity for an overall reduction in speed will be lost - probably for another generation.

Research has shown that in the United Kingdom 70% of car drivers break the 30 mph speed limit and in Ireland the percentage is likely to be at least as great and probably greater. Experience elsewhere has shown that where new signs have been erected without accompanying speed control measures, there is little reduction in speed - an average of only 1 mph. Introducing lower speed limits in itself will do nothing to reduce speed unless coupled with an effective enforcement policy.

What would a 20 mph speed limit mean in practice? There are many driving through the centre of Maynooth at peak times that would welcome the opportunity to travel at 20 mph rather than at the current slower speeds. In practice, the main people affected would be drivers passing through the suburbs of Maynooth. In terms of time, the difference between travelling at 20mph and 30 mph through Maynooth is only 2 minutes. Although people are under greater pressures of time than ever before, many communities have decided that this is a good deal in return for greater safety for their children and a better environment in which to live, work and socialise. To return to the opening question - is an urban speed limit

Features

(Is an Urban Speed Limit of 20mph Speed practical or an Ideal? contd.)

of 20mph speed practical or an ideal? As demonstrated in the examples above, it is already a reality in many localities. The real questions are - does Maynooth want /need it and what would be the level of its enforcement ?

Gerry Doran

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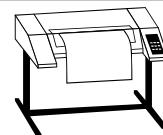


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Clubs, Organisations and Societies

Maynooth Flower and Garden Club.

Spring Show Report

Did you drop into Loftus Hall, St. Patrick's College Maynooth on Sat 13th or Sun 14th April last? No, well if you didn't you missed the beautiful and creative exhibits presented by Maynooth Flower and Garden Club members and friends at the Annual Spring Show. The theme this year was "Floral Art" and lent its inspiration to such titles as "Sculpture", "The Artist" and "The Sea Shore". Mrs. Felicity Satchwell won best Exhibit in the show for her interpretation of "Earthly Delights".

This year there was a special class for Transition Year students in Maynooth Post Primary. The girls who entered produced lovely spring baskets for the Class titled "A Basket Exhibit" after only one working class in floral artistry. Well done girls!

The club Chairperson Mrs Moira Baxter presented a cheque for €4407.57 to representatives of the Arthritis Foundation on behalf of the club. This was as a result of our fund raising efforts in the club and we are grateful to all who attend our club nights and help in any way. Our present charity is another worthwhile charity, The Heart Foundation.

We welcome new members and meet the third Tuesday of the month in Loftus Hall, St. Patrick's College, Maynooth at 8pm.

Next Club Night: Tuesday May 21st at 8pm in the Physics Hall, St. Patrick's College, Maynooth (May meeting is the only one in the Physics Hall).

Demonstrator: Pauline Tulie

Theme: "Flower Power"

SPRING SHOW RESULTS

13 - 14 April 2002

Class 1 "For the Kitchen"

- 1st - Jo O'Connell
- 2nd - Marguerite O'Brien

Class 2

"Sculpture"

- 1st - Jo O'Connell
- 2nd - Mary Cleary
- 3rd - Elsa Lalor

Class 3

"The Artist"

- 1st - Rosemary Smyth
- 2nd - Felicity Satchwell
- 3rd - Imelda Desmond

Class 4

"The Sea Shore"

- 1st - Sarah Angel
- 2nd - Noeleen O'Brien
- 3rd - Joan Gibson

Class 5

"Earthly Delights"

- 1st - Felicity Satchwell
- 2nd - Maureen Fagan



1st Prize in Transition Year Class
Niamh Higgins



Mrs. Moira Baxter on right
presenting cheque to representatives of
Arthritis Foundation



Best in Show Exhibit
by Felicity Satchwell
"Earthly Delights"

Features

(Maynooth Flower Club Contd).

- Class 6 **"Springtime"**
1st - Pam Acton
2nd - Mary Cleary
3rd - Maureen Fagan
- Class 7 **"A Basket Exhibit"**
1st - Niamh Higgins
2nd - Fiona Lalor
3rd - Orla Clerkin
- Class 8 **One Stem of Flowering Shrub**
1st - Margaret Howe
2nd - Aileen Howard
3rd - Tara Mc Kiernan
- Class 9 **One Daffodil or Narcissus**
1st - Moira Baxter
2nd - Sarah Angel
3rd - Aileen Howard
- Class 10 **One Stem of a scented Spring flower**
1st - Aileen Howard
2nd - Marjorie Kelly
3rd -
- Class 11 **A collection of Spring flowers**
1st - Pam Acton
2nd - Tara Mc Kieran
3rd - Aileen Howard
- Class 12 **3 Tulips**
1st - Betty Farrell
2nd - Pam Acton
3rd - Mary Cleary
- Class 13 **A Collection of Culinary Herbs in a Jam Jar**
1st - Aileen Howard
2nd - Betty Farrell
3rd - Marjorie Kelly

PERPETUAL CUP WINNERS 2002

The **MAYNOOTH UNIVERSITY PERPETUAL CUP** and RHSI SPOON for Best Exhibit in Show was won by Felicity Satchwell.

The **ULSTER BANK PERPETUAL CUP** and RHSI SPOON for Most Points in Show was won by Aileen Howard.

The **BRADSHAW PERPETUAL CUP** For Winner in Class 3 "The Artist" was won by Rosemary Smyth.

The **SATCHWELL PERPETUAL CUP** for Best Exhibit in Classes 1 and 2 was won by Jo O'Connell.

The **FLOWER POT PERPETUAL CUP** for Best Exhibit in Plant Section was won by Moira Baxter.

The **AOIFA PERPETUAL CUP** for the Winner in Class 6 - "Springtime" was won by Pam Acton.

Maynooth Tidy Towns

How to win the Best Estate Competition?

The Maynooth Tidy Towns Best Estate Competitions sponsored by the Glenroyal Hotel attract considerable interest each year. Some Residents Associations seem to have cracked the code on how to do consistently well in the competition every year. For the last three years Maynooth Tidy Towns have offered reports to estates detailing the results. Some residential areas have taken advantage of the information and have gone on to win awards in subsequent years.

In order to help our judges and more especially residents associations, Maynooth Tidy Towns will be inviting residents association representatives to a special event in May where attendees will be advised on how to win the best estates competition. The best estates competitions 2002 will be officially launched at this event.

Annual Collection 2002

Our annual Collection will take place in early June. The collection takes place at the local shopping centres and at the Church gates only.

Litter Awareness Project

In previous Newsletters we advised that a litter awareness project would take place this year. Our current thinking is to provide permanent reminders on litter rather than on a short-term project. Consequently, our plans are not yet finalised. Any ideas or support would be welcome.

"Intel Involved" give Maynooth Tidy Towns more support

Plans are being developed for the planting of a butterfly bed this year. The plants will attract butterflies so it will help to encourage fauna. The project will be delivered with the support of "Intel Involved". The new feature is likely to be planted in Pound Park.

Paul Croghan
Secretary
Maynooth Tidy Towns

Please Note

**We have now moved
to our new address
Unit 5
Newtown Shopping Centre
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Maynooth**

**Phone numbers remain the same
01 6285922
01 6285053**

Clubs, Organisations and Societies

Maynooth Strike Gold with Kildare Set!!!

Community Games Set-Dancing Winners



popular in the 1920's has been revived after many years by the girls dance teacher Rita Doyle and Anne Gill from Clane whose family and friends danced many a Kildare Set many years ago. Good Luck to the team at the All Ireland and hopefully the Kildare Set will bring us some luck!!!

Maynooth East Team: Gold Medal Winners.

Sharon Lyons, Laura Bennett, Deirdre Mulcahy, Eimear Flynn, Karen Bracken, Aibhe Flynn, Catherine Coyle and Kirsten Walsh.

Maynooth West Team: Silver Medal Winners.

Laura Daly, Jessica McGrath, Aisling Dunne, Maartje Oomkens, Anna Piggott, Helen Downes, Aisling O'Connor, Megan Dunne, Emma Fox.

arts and theatre, indoor and outdoor sports facilities for anything from basketball to gymnastics, a multifaceted facility to allow for meetings of associations, groups and clubs and be available for adult education and training, and moreover, a place where people can just meet.

So now the work begins, various sites will have to be looked at for suitability, especially in the light of the activities that the centre would have to cater for. A large number of people and organisations have come forward expressing their support and their willingness to be actively involved in obtaining the centre in the town. And of course we are always looking for more volunteers, you can contact us through the Community Offices or Maynooth Action Strategy.

Inklings

You can easily judge the character of a man by the way he treats those who can do nothing for him.

Does Maynooth Need a Community Centre?

Well, more than a hundred members of our community, organisations, and clubs in and around Maynooth, as well as various political notaries, gave a resounding yes to this question at the public meeting held in the Glenroyal on Monday the 15th April.

It is at this point that Maynooth Community Centre Partnership would like to thank everyone who attended and although it would not be possible to thank everyone by name, we wish to identify those political notaries who did attend:

Some of the needs identified were; a venue for the

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VOTE



NO 1

Paul Kelly



NO 2

Charlie McCreevy TD,

Features

End of an Era.

It's always a disappointment when a business, especially a family run business comes to an end. When that business in the local mart in Maynooth it is indeed a sad day for the community, when the gates close for the last time.

It is over 40 years since the Doyle family took over the cattle mart in Maynooth. The mart had been closed for a short time before the Doyles took over and turned it into a thriving business.

The brothers, Jim, Pat, Myles, Eugene and Ned worked from dawn to dusk over the next 40 years and turned the mart into the landmark it was to become. Sadly, time saw the passing of Jim, Myles and Eugene. The company survived their passing as a nephew and two widows were still shareholders. Eugene and Ned continued to run the business daily.

In the busy years the mart sales could go on from morning and often didn't finish till after midnight. Buyers from England or agents as they were called would buy in truckloads of cattle on the hoof for sale on the British market. Fifty or sixty cattle in one lot was not uncommon. The Doyles saw many changes over 40 years from being big news that cattle made £10 for hundredweight to present day prices of over £60.

The last decade saw the increase of dairy herds and tillage and the decrease of cattle to mart. The lots decreased to five or less and sales to factories also cut into business.

In the last ten years there is a noted drop of numbers of farmers in the town on mart day. Some say it is the lack of parking in the town or maybe that only 5% of pens in the mart were being filled on mart day. The foot and mouth crisis was an added problem and another nail in the coffin.

Farmers in the area are disappointed by the closing of the mart as it is an extra burden to travel elsewhere.

As the mart in Maynooth closes, the Doyle brothers will not be reaching for the pipe and slippers. They will still be involved in their mart in Blessington.

As the gates of the Maynooth mart close for the last time, we wish the Doyle family and their customers continued success as the Maynooth mart becomes part of the history of the community. It is indeed the end of an era.



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Features



Jim Corcoran & Kevin McIntyre at the Mart



Contestants at the Special Olympics Quiz
in the GAA Clubhouse

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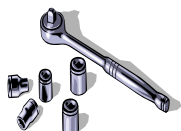
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Clubs, Organisations and Societies

Maynooth Golf Society News

The Edward Kavanagh Memorial Cup was held at Turvey Golf Club on Saturday 20th April. An evening meal was served by our host and hostess Perry and Ann Twomey in the club house dining suite. The outing was sponsored by Perry and Ann Twomey, Kevin and Bronagh Donovan.

Results are as follows:

1st Niall Byrne 37
2nd Liam Farrelly 36
3rd Jim O'Keeffe
4th Don Sullivan
5th Philip Doyle
6th Barry Desmond
7th Kevin Loftus

Front Nine Mick Fahy
Visitors Prize Michelle Farrell
Back Nine Gerry McTernan

Longest Drive Barry Desmond
Nearest The Pin Barry Farrell



Perry & Ann Twomey, Bronagh & Kevin Donovan, Michelle & Pat Farrell enjoying a meal after the Edward Kavanagh Memorial Cup which was held in Turvey Golf Club



Liam Farrelly, Jim O'Keeffe & Pa Conway in Turvey Golf Club



Bronagh Donovan & Ann Twomey
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Contestants at the Special Olympics Quiz
held in the GAA Clubhouse



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Maynooth's Local Candidate



Bernard J Durkan, T.D.

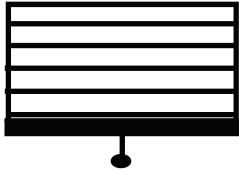
fine gael

Chairman - Joint Committee on European Affairs. Member of Public Accounts Committee. Has been a Member of EHB, Kildare, Co. Council, Chairman Kildare County Council. Served with distinction on various Opposition portfolios: including Health, Food, Trade & Industry, Insurance, Overseas Development Aid, Human Rights & as an excellent Minister of State for Social Welfare. Deputy Bernard Durkan is renowned for his work rate in the Constituency and as a National Legislator. He is recognised at home and abroad for his contribution at the Dail's busiest Committees and has managed to combine this level of parliamentary activity with unparalleled commitment and personal attention to constituency work which has earned him a reputation for directness, courage, care and compassion for those who seek his advice.

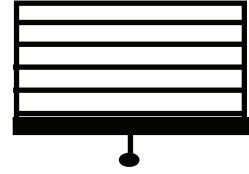
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Party Political

Maynooth Fine Gael Notes

Maynooth's Local Candidate



Bernard Durkan, T.D.

DETENTION PLACES FOR YOUNG OFFENDERS

Deputy Bernard Durkan has repeatedly raised in the Dail the question of the lack of detention places for young offenders. The replies from the relevant Ministers have always been to the effect that the matter was either resolved, about to be resolved or due to be resolved.

Recent events clearly indicate a lack of action and co-ordination between the responsible Departments of Justice, Education & Health and this looks like it is set to continue – this is truly a sad reflection on the system at a time of economic boom.

MINISTER FOR EDUCATION CRITICISED

Deputy Bernard Durkan criticised the Minister for Education for putting a number of school projects on the long finger, and for failure to give accurate information by way of reply to Parliamentary Questions on the matter.

He accused the Minister of meaningless bluster of a historical nature instead of dealing with the concerns of parents and school authorities.

FLOODING IN NORTH KILDARE

Deputy Bernard Durkan has repeatedly raised in the Dail the question of flooding in North Kildare as per the 17th of April last when he asked the Minister for Finance the “specific provision of funding to Kildare County Council for the purpose of drainage found necessary arising from the flooding throughout North Kildare in November 2000, the precise locations in this regard and the estimated amounts to be spent and if he will make a statement of the matter”, he stated.

Minister's Reply “A number of ongoing meetings have taken place between my officials in the Office of Public Works and representatives of Kildare County Council in relation to reports received from the council in respect of flooding from Meadowbrook, Lyreen and Morrell rivers. The current position is that the county

council has identified a series of interim measures that might be taken to alleviate flooding but a report by the council's consultant is awaited on the question of whether these works may have adverse impacts elsewhere. The council is also currently engaged in extending the scope of the existing reports already received to include an environmental impact study and cost benefit analysis which are essential before a full feasibility study in relation to the reports can be undertaken. Until such time as the consultant's report and the EIS and CBA are available, it is not possible to determine the definitive programme of works which will be undertaken and the amount of funding to be expended.”

^^ Intellectual Disability and Autism Services. ^^

Mr. Durkan: I thank the Ceann Comhairle for affording me the opportunity to raise this important issue on the Adjournment.

There is no need for me to emphasise the importance of the scale and quality of the services provided by the Hospitallier Order of St. John of God at St. Raphael's, Celbridge, County Kildare, and those provided at a number of similar institutions, such as Islandbridge throughout the country. There is no need to enumerate the various efforts invested in the provision of those services. I refer here to the efforts made on a voluntary basis by the parents and friends of St. Raphael's, the local community and the management and staff of St. Raphael's to put in place a service that is more urgently required with the passage of time. Everyone recognises that and, in fact, Her Excellency, the President of Ireland, and the Taoiseach both visited St. Raphael's in the past year in recognition of the efforts made there. Imagine, therefore, the disappointment, surprise and hurt on the part of those involved at St. Raphael's when it recently transpired that its budget for the current year has been reduced, in effective terms, to the extent of approximately €2.9 million.

We have lived with the Celtic tiger economy for the past number of years. We are informed that we have one of the most successful economies in the western hemisphere and that Ireland is one of the 20 wealthiest nations in the world. In my opinion the management, staff, parents and the children and adults involved at St. Raphael's would not be surprised if its allocation for the current year was made commensurate with the economic factors to which I refer. However, that is not the case. It is sad and disappointing that St. Raphael's budget has been reduced at this point.

It is also sad that it appears that a great deal of effort has been put into providing services in various areas to meet the demands of various competing interests. What demand is greater than that of those who are not in a position to fight their own cause? What demand is

Party Political

Maynooth Fine Gael Notes Contd.)

greater than that of those who are assisting that cause on a voluntary basis? What need is greater than that of the children at St. Raphael's, Islandbridge and the other institutions who are obliged to depend on outside resources and the goodwill of fundraisers who operate on a voluntary basis? These people ultimately rely on the health services - the Department of Health and Children, the Minister and the relevant health board - to provide them with the necessary resources to carry out their work.

Essentially, the authorities at St. Raphael's will be obliged to consider curtailing existing services and not proceeding with proposed new services. The combination of these two will reduce the value and quality of the necessary, either those in existence or those that are proposed. A letter was sent to the chief executive of the Eastern Regional Health Authority pointing out that there was a shortfall of approximately €2.9 million in the 2002 budget which, effectively, is a reduction of 5.6%. There are four factors involved here, namely, the shortfall in the amounts provided for some approved pay awards - in other words, a pay award was approved but no provision was made for it - no amounts have been provided for some pay awards, particularly those for psychologists - in light of all we have heard in the House about the urgent need for psychologists in schools and institutions - certain costs incurred in 2001 on an ongoing basis have been treated as once-off costs only - no provision has been made in the 2002 allocation for these costs - and specific pressures on the non-pay budget - for example, insurance, energy and VAT increases - have not been recognised.

There is no need for me to outline that the matters of insurance, energy and VAT are fundamental when taken into account in terms of the operation of the services at St. Raphael's. Insurance costs have become an increased burden in recent times. Notwithstanding the reply that has been prepared for the Minister of State, I ask him to implore the Minister for Health and Children to put in place the necessary resources to enable St. Raphael's to continue to provide existing services and to enhance, as was originally envisaged for the current year, what it has to offer by providing new services.

Mr. Davern: On behalf of my colleague, the Minister for Health and Children, Deputy Martin, I thank the Deputy for raising this matter and giving me the opportunity to outline the position concerning this issue.

This Government has made a significant level of additional funding available for services for persons with an intellectual disability and those with autism in recent years. By the end of this year, we will have provided additional revenue and capital funding amounting to nearly €312 million. Within the overall revenue funding which has been provided, specific amounts have been allocated to meet identified needs in existing services and for new service developments. On foot of the changing profile of those who have

been in services for many years, there is a need to review issues such as staffing levels and skill mix. For example, an increased need for additional night cover has arisen in many agencies because of the more dependent profile of the residents due to old age, illness or behavioural issues. An ongoing review process has been underway for a number of years with the health boards and voluntary agencies, with funding allocated annually in recent years to meet these identified needs.

Significant additional funding has also been allocated for the development of new services. Between 1997 and the end of this year approximately 1,700 new residential, 470 respite and 3,000 day places will have been provided. There has also been a significant enhancement of the health related support services for children with an intellectual disability or autism and the specialist support services.

Any funding for either new services or existing needs which may be made available to the health boards or the Eastern Regional Authority in any given year is specifically identified in the letter of determination. This funding is agreed by the Government and must be used for the purpose set out in the letter of determination. I assure the Deputy that the question of developments in respect of which funding has been provided and which have been agreed with the Department as part of a board or the authority's service plans being frozen or seriously curtailed will not arise.

Responsibility for the provision of funding for organisations providing services for people with an intellectual disability or autism in the eastern region is a matter, in the first instance, for the Eastern Regional Health Authority. The Minister understands the authority is in ongoing discussions with the St. John of God Order and other voluntary agencies in regard to its 2002 budget and he has asked the authority to keep him informed in relation to the outcome of those discussions.

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Party Political

MAYNOOTH FIANNA FAIL CUMANN NEWS



Minister McCreevy T.D.



Cllr. Paul Kelly

The General Election 2002 will have been called by the time this edition of the Newsletter has hit the streets. The Cumann would like to thank the people of Maynooth for all their hospitality, good humour and interest shown to them on their many visits to the different residential areas of Maynooth over the past 2 years and particularly since January in the more immediate run-up to the General Election.

The Maynooth Fianna Fail Cumann members would like to ask all the members of the Maynooth Community to vote No. 1 for Paul Kelly, and No. 2 for Charlie McCreevy T.D. in that order, to try and ensure the re-election of this excellent Government by returning 2 Fianna Fail T.D.'s for the North Kildare area.

All should check the Register in the remaining time available to ensure that they are listed and able to vote. Should your name be missing please contact Paul Kelly's office in Leixlip or contact myself, Brid Feely on 087-2052649 and we will ensure your right to vote is available.

€35,000,000.00 Investment for North Kildare Town.

The Cumann were recently informed by the Minister for Finance Mr. Charlie McCreevy T.D. of the allocation of 35 million Euro for major public water and sewerage schemes in Leixlip, Celbridge and Maynooth. The investment is part of a total €111,000,000 being made available between the years of 2002 to 2004 to improve the quality of life in North Kildare. The schemes to benefit include the Treatment Plant and Collection System for Kilcock, Celbridge, Maynooth and Leixlip, the Upper Liffey Valley Sewerage Scheme, the Kildare Sludge Treatment Centre scheme etc. The announcement was made publicly on 16th April by the Minister for the environment Mr. Noel Dempsey T.D. Minister McCreevy sited the investment as proof that the Government are committed to significant improvements in the water and sewerage services in the towns involved. Cllr. Paul Kelly said the investments were very important for the county given the level of development going on at the moment.

Maynooth Fianna Fail Cumann support Community Centre for Maynooth.

Following our initial meeting with Minister McCreevy T.D. and Cllr. Paul Kelly with the fledgling "Community Centre Committee" which was held in November 2001, the project has really got off the ground recently. On Monday 15th April a Public Meeting was held in the Glenroyal Hotel at which a significant number of community members and representative attended including Cllr. Paul Kelly and Minister McCreevy. There was broad general agreement on the need for the Centre and a long list of potential users were discussed. A major issue for discussion was of course funding, and the Minister confirmed that such funding would be available although he cautioned that the actual running and maintenance costs when the Centre was erected would be a vital issue for the people of Maynooth to address on a day by day basis.

As members of the Maynooth community, many of the Cumann members will be available of course to play our part in ensuring that the vision becomes a reality, particularly for the youth of today and tomorrow.

€11 million Enfield Relief Road opened.

Last Friday, 12th April, the Minister for the Environment, Mr. Noel Dempsey T.D. opened the new 11 million Euro Enfield relief road, which circles south of the village. Initial figures seem to indicate that the relief road is a success with no movement of the old "bottleneck" problems being passed on to Clonard. The relief road is a stop-gap measure until the new Kinnegad-Kilcock link of the M4 Motorway is completed in 4 years time. The Minister, on opening of the road, told the people of Enfield, it was the day they got their village back. No doubt the by-pass will make the village a more attractive place to live for the many who have already moved out and for those many more who will do so in the future.

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Bank Holidays

Party Political

(Maynooth Fianna Fail Cumann News Contd.)

Cllr Paul Kelly - Investment in Education must Continue.

Cllr. Paul Kelly has said he will campaign to ensure more investment continues in adult education in the years ahead. He applauded the existing record of the Government on keeping Adult Education high on its agenda and said it was vital that this continue to promote social inclusion and the development of the individual. As part of the 2002 Budget over €16 million has been allocated to adult literacy, which is a fivefold increase on the 1997 funding. There are currently almost 19,000 adult literacy students country wide. A "Back to Education Initiative" providing 4,000 extra part time places in further education, and extra Community educational facilitators to support new community based learning groups has been set up.

Launch of Leixlip Recycling Service by the Minister.

Cllr. Paul Kelly attended the Thursday launch of the Leixlip Household recycling Scheme by Minister for the Environment, Mr. Noel Dempsey. It has long been a pet project of Paul's, and indeed it was his motion calling for Leixlip to be selected as the pilot scheme for the countrywide system that was adopted as far back as 2nd November last. The Minister recently launched a major policy statement on preventing and recycling waste "Delivering Change" and Paul says it is a very comprehensive and useful document. It builds on many of the recent initiatives introduced by the Government e.g. the recent plastic bag tax and proposes to set up a National Waste Management Board to co-ordinate, monitor and review all aspects of waste management. The government is committed to providing €127 million for waste recovery and recycling infrastructure over the next 4 years, while greater emphasis will be placed on the prevention and re-use aspects of the waste management hierarchy. Paul will ensure that the initiative will be introduced in Maynooth, Clane, Celbridge and Naas also.

North Kildare School Contract Signed.

On 10th April, the contract for the construction of the new North Kildare School Project at Ballymakealy, Celbridge was signed by Education Minister Michael Woods and welcomed by Cllr. Paul Kelly.

Motor Insurance report Welcomed - but Startling!!!

Cllr. Paul Kelly welcomed the report long awaited on the Motor Insurance which confirms what many have suspected for a long number of years. Cllr. Kelly has long been concerned about the ridiculously high cost of motor insurance. Young people have been scapegoats with the majority of insurance quotes actually costing more than the car they drive. Paul believes that it is alarming that the cost of car insurance in Ireland is 50% greater than the next most expensive European country. Paul has called on the Minister Noel Tracy to now act upon the report and he

has set a strict deadline of 3 months to progress the recommendations made in the report. The new penalty points system will go some way to addressing the high number of young people killed on our roads due to excessive speed. There is a clear onus on insurance companies and the legal profession to take notice. The report's findings include evidence that the Irish Motor Insurance industry made nine times the profits of their counterparts in the UK.

Cllr. Kelly welcomes commitment of Government to €200 Old Age Pension.

Paul Kelly has welcomed the commitment of the present government to introduce a €200 Old Age Pension if and when they are returned after the Election, further progress on the already substantial improvements which the government have already made since 1997.

Minister announces €4,874,000m Allocation to Sports Capital Programme.

The Minister Charlie McCreevy recently announced to the Cumann that the following local clubs have benefited under the above Programme:

Maynooth G.A.A. Club	€
650,000.00	
Clane G.A.A. Club	€
100,000.00	
Leixlip Amenities	€
50,000.00	
North Kildare Club	€
100,000.00	
Rathcoffey G.A.A. Club	€
275,000.00	

The Cumann would sincerely like to congratulate the Maynooth G.A.A. Club on its successful allocation of the significant funds. The plans for the new Club house etc. will ensure that there is a fine facility for the young people of Maynooth which will be living testimony to the commitment and endeavours of the



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&
Minister McCreevy



Minister McCreevy
Mrs Kennedy
&
Cllr. Paul Kelly



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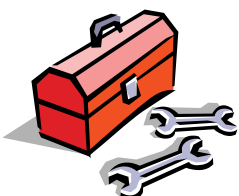
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Party Political

Maynooth Labour News



Cllr. John McGinley Demands Grass Cutting Contracts Now:

At the Leixlip Area Meeting of KCC on 4 April Cllr. John McGinley expressed his annoyance on being told that the annual contracts for the grass cutting of public green areas had still not been awarded. He stated that the first cuts should have taken place a month ago and he demanded that the contracts be awarded without any further delay. Deputy Emmet Stagg and his Labour Party colleagues have been fighting for the past number of years to have funding for a Parks Department for the county.

They succeeded in getting €250,000 allocated in 2001 and a similar amount for 2002. Only €50,000 was spent in 2001 because the Council did not award the contracts to anyone and Cllr. McGinley does not want the same thing to happen this year.

The electoral areas of Leixlip and Celbridge have €100,000 for parks maintenance this year and Cllr. McGinley submitted a quotation on behalf of Maynooth Tidy Towns Committee for the maintenance of the public green areas in Maynooth in February. However, the Council took no action, principally, because for some peculiar reason responsibility for the Parks Department function has been given to the Corporate Centre of KCC.

Cllr. McGinley stated that it is unlikely that any other local authority in the world would handle its business in this manner and he demanded that the grass cutting contracts for Maynooth, Leixlip, Celbridge and Straffan be awarded immediately in order to assist the voluntary efforts of the Tidy Towns Committees

Dunboyne Road Realignment

Council officials had advised Cllr. McGinley that the much needed realignment of this road would be carried out in March. However as residents in the area know this did not happen. The delay in this €120,000 project has been caused because of the need to move an ESB pole which is an obstruction at Dillons Row. The area engineer advised Cllr. John McGinley that if she had to pay the €12,290 to the ESB for

moving this pole there would not then be enough money left to do the road and footpath. Cllr. McGinley has resolved the problem by allocating €12,290 from his Discretionary Grants for this purpose.

Discretionary Grants Allocation.

Cllr. John McGinley has allocated his Discretionary Grants of €48,428:

1	Dunboyne Road Realignment	€12,290
2	Footpath from Cluain Aoibhinn to Beaufield	€18,300
3	Remove old hedge at Beaufield/Rathcoffey Road	€5,100
4	Erects new fence and plant hedge at Beaufield	€4,200
5	Wheelchair dishing on footpaths in Greenfield Estate	€6,390
6	Closing off right of way at 221 Riverforest, Leixlip	€848

Area outside Maynooth Castle

Following discussions with the area engineer Cllr. John McGinley has revised his proposals for this neglected area. He has asked the Roads Design Section of the Council to design a scheme to pedestrianise the road at the Castle railings.

There is no need for three roads to and from the College Gates and eliminating cars from the road at the railings will make life much safer for pedestrians as well as enhancing the area.

Safe Route to School Programme

The Newsletter has given details of Maynooth Action Strategy's Document "Bike to the Future" in last months and this months issues. Cllr. McGinley fully supports the recommendations in their report and in order to progress matters he has submitted the following motion for the consideration of the Leixlip Area Committee of the Council:

"That Maynooth Action Strategy's document " Bike to the Future" be submitted to the Dublin Transportation Office (DTO) with the proposal of Maynooth as the first choice of the Council for funding in the next Safe Route to School Programme."

Cllr. McGinley was advised at the Area Meeting on 15 April that the Road Design Section of the Council will forward the report to the DTO for their comments. They anticipate that funding will not be made available prior to the completion of the Land Use and Transportation Study for Maynooth. This integrated Framework Study will take about six months to complete.

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Party Political

The last Community Council Meeting agreed with the Tidy Towns Committee to close off the Old Straffan Road. It was agreed that this area is becoming a major visual eyesore in the town and that it is of no practical benefit to the people of the town as it is an unattractive area where few people now go. In supporting them Cllr. John McGinley has submitted the following motion for the consideration of the Leixlip Area Committee:

"That the Old Straffan Road at the Harbour Field, Maynooth be closed off and landscaped into the surrounding area."

Banning Through Traffic HGV's from Main Street, Maynooth:

At a recent Labour Party Branch Meeting Deputy Emmet Stagg indicated that with the opening of the Celbridge Interchange, now was the time to take Heavy Goods Vehicles (HGV's) out of Maynooth's Main Street. For years traffic travelling from the North to the South and vice versa had used the route from Kill through to Maynooth to get to Dunboyne. Deputy Stagg stated that under Section 38 of the 1994 Road Traffic Act, it was possible to ban through traffic from the Main Street and direct traffic to use the M4 and Link to INTEL to get to Blacklion and Dunboyne.

Arising from the discussion at the Branch Meeting Cllr. John McGinley has submitted the following motion for the consideration of the Leixlip Area Committee of the Council:

"That through traffic HGV's be banned from Main Street, Maynooth, when the INTEL/M4 link opens and that such traffic be directed to the M4 at the link and at the N4/Blacklion junction."

Despite opposition from Council Officials at the Area Meeting on 15 April the Roads Section of the Council have been given the task of preparing a report on the implementation of the motion.

New Hedge Planted at Laurence Avenue

Cllr. McGinley is pleased that the Council acted on his request to have a new beech hedge planted at the Laurence Avenue fence. This was needed because the Council removed the existing shrubs when they laid the new footpath to the Gael Scoil.

ESB Mini Pillar on Footpath from Laurence Avenue to Maynooth

Cllr. John McGinley has asked the ESB to remove this mini pillar as it is causing an obstruction to pedestrians and as it constitutes a safety hazard they should remove it free of charge.

Wall at Parson Street

The area engineer advised Cllr. John McGinley at the last Area Meeting that it would cost €49,500 to rebuild

the wall at the Joan Slade River in Parson Street. The rebuilding is necessary because the existing wall is porous and it causes the houses in Parson Street to be flooded. Cllr. McGinley has asked that money be used from Development Levies to rebuild the wall and so ease the concerns of the residents.

Maynooth Development Plan

It was agreed at the Area Committee on 15 April that the Amended Maynooth Development Plan would go before the full Council on 29 April for approval. There will be no further public display of the Plan as there has been no changes made from the previous display period.

New Public Lights Agreed

The three Councillors present at the Area Committee Meeting on 15 April agreed on new public lights for the following areas:

3 extra lights at the entrance to Castlebridge/ Parklands Estate at a cost of €4672

2 additional lights at Leinster Park, Maynooth at a cost of €1,041

1 additional light at the end of Rail Park Lane, Maynooth at a cost of €825

Completion of Silken Vale Road:

Cllr. John McGinley's motion "That an Enforcement Order be issued on North City Builders to get them to carry out the final surface dressing of Silken Vale Road, Maynooth, as agreed at the Area Committee Meeting on 4th May 2001." was agreed at the Area Meeting on 15 April.

Stewarts Hospital – Swimming Pool Closure:

Deputy Emmet Stagg has written to the Chief Executive Officer of the Stewarts Hospital Foundation, Maura Donovan, requesting a postponement of their decision to end all adult and children's swimming classes from July 1st.

At present 1,500+ swimmers use the facility on a weekly basis with many coming from the Maynooth area. The Stewarts Hospital Foundation are planning to end all adult swimming classes, including lengths, minnows, swimming clubs, parent and child sessions, aqua aerobics, water safety classes and leisure club facilities.

Deputy Stagg has requested the Foundation to allow continued use of the present facilities for the 1,500+

(Maynooth Labour News Contd.)

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Party Political

Maynooth Labour News Contd.)

swimmers on the basis that the feasibility study for the provision of a Swimming Pool in North Kildare should be completed shortly. A draft of the study is with the County Manager at present. That study will identify a site for the swimming pool and the County Manager previously gave a commitment to redress the imbalance in Kildare by providing facilities in the North of the County (at present the Council have swimming pools in Naas and Athy).

In view of the Kildare proposals, Deputy Stagg is hopeful that the Stewarts Foundation will defer their decision until we have our own swimming pool secured for North Kildare.

Children's Playgrounds for Kildare North:

Deputy Emmet Stagg has stated that he is puzzled by recent statements by Fianna Fáil spokespersons that they intend to mount a campaign for the provision of children's playgrounds in North Kildare towns.

They must be aware that Kildare County Council has a programme for the provision of these facilities throughout the County. For example, a site has been earmarked for a playground in the Celbridge Development Plan, two such sites have been identified in Maynooth and there is one available in Leixlip.

What is needed now is not a campaign to convince of the desirability of playgrounds but rather the funding to put them in place and manage them.

The Fianna Fáil spokespersons and candidates should stop shadow boxing on the issue and provide the funding to construct the playgrounds before the present generation of children grow beyond the age where they need them. Fianna Fail should now put their pocket where their mouth is and stop playing politics with the issue.

Senior Citizens Let Down by Government:

The introduction of the Central Heating System Grants for Senior Citizens was widely welcomed.

Deputy Emmet Stagg has been advised that only nominal funding has been provided by the Government. Of 200 Kildare applicants in 2002, only 10 Senior Citizens will be approved for grants to install central heating.

The Government built up their hopes only to dash them.

This is nothing short of a disgrace and the Fianna Fáil/Progressive Democrat Government should hang its head in shame.

Do they not know that 2,000 people, mostly elderly citizens, die in this Country every year from fuel poverty?

It's time the Bertie Bowl was kicked to touch and we dealt with life and death issues.



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E-mail: maynoothtownfc@eircom.net

Dublin Road Dumping

Following several incidents of illegal dumping in the boreen on the Dublin Road the rubbish has now been cleared and an extra barrier placed at the entrance. It is hoped the the new barrier will assist in relieving this menace in the future. It is understood that there are four prosecutions pending following the recent dumping and hopefully the full rigors of the law will be used against those found guilty of this anti-social act. Maynooth Town Football Club would like to thank the Environment section of Kildare County Council and Cllr. John Mc Ginley for their assistance in dealing so promptly with this problem.

Rathcoffey Road Development

On the Rathcoffey Road pitch development front the finalised plans for the first phase are with the Department of Tourism & Sport for approval. Once approval has been received the project will go to tender. The target date to start the ground works is early June. It is expected the work will be complete in 16 weeks weather permitting. Although the all weather training surface will be ready for use next season it is not expected to have the playing pitches come on stream until at least the following season.

A fundraising target of €95,000 has been set to realise Phase 1 and efforts are already under way to reach our goal. A pre-tender costing of €210,000 is estimated to complete this phase. This is an ambitious project but it will only succeed if the wider community are prepared to invest in the future of our children. For further information on how you can help contact Gerry Folan @ 01-6286994 or John Doogan @ 01-6289720 or by e-mail at the address above.

DDSL Under 9A1

Maynooth Town (1) 2 v Confey Boys (2) 3 **Sponsored by Matt Bruton & Assoc. Maynooth**

No St Patrick's Day hangover from these two fine sides. A fine competitive encounter entertained the large crowd. Maynooth began in determined fashion and kept the visitors at bay. The Maynooth defenders Garvin Dowling and Ciaran Kearney were proving next to impossible for the visitors to break down. John Comerford played a captain's role akin to Roy Keane. His determined, committed display should be an example to all. Confey found themselves in a contest like never before. Garvin Dowling really put it up for the visitors by scoring a fine goal from a free kick to put the home side 1-0 up at the interval.

True to form though Confey as defending league and cup winners refuse to concede any contest. They levelled proceeding early in the second half to set up a grand stand finish. Superior fitness started to tell however, as the visitors took control of the game. Maynooth found themselves under the cosh now as they conceded ground and possession to the visitors. This cannot be done with a team like Confey and they punished the home side by scoring two soft goals.

Much to Maynooth's credit they seemed to find a new gear and began to reassert themselves on proceedings. Andy Foxe scored a fine individual goal to set up a nail-biting finish. Unfortunately time ran out and the visitors triumphed. Two incidents of slackness in marking and lack of determination to clear the danger cost the home team a famous victory.

Maynooth from: Ciaran Kearney, Andy Foxe, Chris Hobbs, Shane Hawthorne, Conor Glynn, Garvan Dowling, Mark Donnellan, David Burgess, John Comerford, Cian Egan and Conor Egan.

Maynooth Town F.C. Weekly Members Lotto Results

Lotto Draw is Sponsored by Caulfields Lounge Main St Maynooth

Date	Numbers	Jackpot	3 x €35 Weekly Winners		
24-Mar-02	10,11,14,23	€775	ALEX CASH	JACKIE Mc TIGUE	MARIE c/o Powers
31-Mar-02	6,16,21,25	€850	OLLIE BRIGHT	HENRY DOWLING	TERESA MAHON
7-Apr-02	6,7,11,26	€925	MYLES FALLON	JOE ERRITY	MARTIN CORCORAN

Thank You for Your Continued Support

Editorial Statement

Maynooth Newsletter

PUBLISHED BY MAYNOOTH COMMUNITY COUNCIL

The opinions and statements expressed in the articles are those of the contributors and not necessarily those of the Editorial Board. All materials to be included in the next edition of the **Newsletter** should be addressed to:-

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E-mail: Maynooth Community Council:
maynoothcc@eircom.net

Maximum number of words 500 per article.

EDITORIAL STATEMENT

The **Maynooth Newsletter** is published as a service to the people and organisations of the neighbourhood. It is an 'open access' publication and will generally carry any material submitted to it, subject to the law of the land and to editorial judgement. This judgement is exercised by the editorial committee in order to preserve the independence and balance of the **Newsletter**. The committee reserves the right to alter, abridge or omit material which in its opinion might rend the **Newsletter** the promoter or mouth-piece of sectional interests. Any contributor seeking further guidelines in this matter is invited to contact the committee.

NOTE TO CONTRIBUTORS

We request all our contributors to make sure their material is legible. If possible, material should be typed, but as not everyone has access to typewriters, the best way to present material is to use either neat legible writing or block letters, on one side of the paper. In future all letters to the Editor must have the writer's name and address available for publication. We emphasise that material submitted after the copydate will not be accepted and will be withheld until the following copydate

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RIGHT TO REPLY

In fairness to our readers and given that this magazine is not insured against libel damages or cost, we undertake the following:

In case of errors of fact we will publish corrections when we become aware of such.

In the case of unfairly impugning the reputation of any person we hereby offer that person or their reputation the right to reply.

Letter to our Readers:

This is just a note to remind you all that the **Newsletter** exists for your enjoyment and that we welcome all contributions from our readers. We would like to hear from any organisation or indeed from individuals with something to say or suggest. We hope you continue to enjoy your monthly read and keep us informed of your activities.

Community Council & Newsletter Staff

Novena To Saint Anthony

O holy St. Anthony I resort to thy protection and aid. And as proof of my affection and faith I offer this light which shall burn everyday. Please comfort me in all my difficulties and through thy lodging in the house of our saviour please intercede for me and my family that we may always hold God in our hearts and be provided for in our necessities. I beseech the St. Anthony to have infinite pity in regard the favour I now ask of thee (here mention favour) please please help me overcome all the difficulties I now leave at thy feet.

Say 3 Our Fathers 3 Hail Marys 3 Glory be to the Fathers.

To be said for nine days in succession and each day light a candle and a copy of this prayer left in a Church to increase devotion to this miraculous saint and to help another poor soul in distress.

This miraculous saint grants every favour no matter how difficult and before the termination of the nine days.

May God be blessed, Queen of the Most Holy Rosary please pray for all of us.

O thank you most Holy St. Anthony.

Answers to quiz on page

1 The dead sea
2 Pope John XXIII
3 Snow shite and the seven dwarfs
4 Egypt
5 Bending the legs
6 Scott Joplin
7 Malawi
8 Quarts
9 Catalan
10 Olivia Newton-John

Dreams

Public Seminars beginning May 7th, Glenroyal Hotel, Maynooth

“Dreams provide the most interesting information for those who take the trouble to understand their symbols. The results, it is true, have little to do with such worldly concerns as buying and selling, But the meaning of life is not exhaustively explained by ones business life, nor is the deep desire of the human heart answered by a bank account” C.G Jung.

Tuesday May 7th, 2002 Time 8pm (Duration 1hr)

Dreams: the Symbolism & Psychology

This lecture will explore the general characteristics of dreams: their structure, imagery and practical meanings. We will discuss how dream images connect to personal inner dynamics and methods of interpretation.

Tuesday May 14th, 2002 Time 8pm (Duration 1 hr)

Dreams: The role of the Shadow, the Unconscious Half of the Personality

The Shadow as Jung points out is “ 90% pure gold”, and contains many positive qualities, talents and abilities unknown to ourselves. Through the shadow we can recognise the projections that colour our opinions about others. This lecture will explore ways of working with and retrieving the Shadow through the imagery in dreams.

Tuesday May 21st, 2002 Time 8pm (Duration 1 hr)

Dreams: Complexes and the Inner World of the Psyche

Complexes are normal and present in everyone. They are the building blocks of the personality. Their presence is usually marked by a strong emotion i.e. love, hate, rage, sadness etc. Complexes are however regularly personified in dreams. This lecture will explore the influence of masculine and feminine complexes on our personalities. In particular, the role of the Mother complex in men and Father complex in women and how they affect our relationships.

Tuesday May 28th, 2002 Time 8pm (Duration 1 hr)

Dreams; The Journey of Individuation

Individuation is the process of becoming aware of what is unique about yourself including your personal strengths and limitations. Feelings of Depression, Alienation or loss of meaning in life can often be the surface waves of the Individuation process in action. Additionally, it can be activated by a relationship break-up, mid-life crisis or the death of someone close. This lecture will outline the progression of psychological steps the unconscious takes during individuation.

Admission €12.00 per session

(Concession available)

Each lecture will be followed by a question & answer session

These lectures are open to all, no prior knowledge of psychology is necessary

Paul Bradley is based in Maynooth and has studied and researched dreams for over five years. He holds a Diploma in Psychology and Psychotherapy and is available for private consultation. He can be contacted on 087 9598840

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