

# MAYNOOTH NEWSLETTER

AUGUST 09



*Aaron Cunningham & David Moylan with  
GUTI from Real Madrid*



*Maynooth Library Picture by Barry Smith  
(See opening hours inside)*

**Issue No. 373**  
**Price €2.00**

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# Editorial-August

For the third year in a row it seems that summer has decided to abandon Ireland. Although not as wet as the last two summers, it is certainly far from what people were looking forward to. The country and the county could do with some clement weather with the bad news that continues to buffet the people week after week. The drop in income coupled with unemployment means that the option of escaping to a sun holiday is not as easy an option as it was in the past.

The early Irish believed that bad weather, as well as famine, war and other ailments were a sign of bad kingship or leadership. Many of our old Irish stories give accounts of the landscape reacting to the bad decisions or judgments of the early kings resulting in their loss of kingship. Perhaps there is something to be said for an enforced change of government every five or seven years – if only to give the ruling party some time to recover from the pressures of governing. The present lot seems exhausted and completely bereft of ideas or remedies.

The issue of increasing crime was a much-discussed item at the most recent Community Council meeting. Crime will rise throughout the country as unemployment increases. Therefore, the recommendations of the McCarthy “An Bord Snip Nua” report to cut the number of gardai stations in the country in half does not fill one with confidence that this crime rise will be dealt with.

It is difficult to find anything positive in all the ‘doom and gloom’ that the An Bord Snip report brought with it. The announcement of Intel and they will be letting 300 people go shortly is bad news for the county and for North Kildare in particular and shows that no industry or business is immune to the dreadful recession that haunts us. The anger of the last number of months seems to be replaced by a numbed silence as if we are traumatized, or simply a desire to leave. A number of people have said this recently – that all they want to do now is leave. But the option of emigration that sent our well-educated workforce abroad during the eighties is not as readily available this time. The country itself will have to cope with a growing number of highly educated young people now unemployed who are not used to bad times and one wonders what will become of them and how they will react to the increasingly depressing state of Ireland.

It is important that we do not lose sight of those areas in which we, the Irish, excel, namely tourism, culture and the old-fashioned idea of ‘Ireland of the welcomes’. Most of these got lost in the consumerism of the Celtic Tiger and, as a result of rampant development some of our beautiful tourist attractions have been over-run and destroyed. If we are to develop the area of ‘cultural tourism’ as recommended by the Minister, Martin Cullen, we will have to take a long, hard look at ourselves and what we value. One shining light in the last short while was the much-vaunted visit of Real Madrid and that they stayed right here at Carton House in Maynooth. We didn’t see them but we are assured that they were actually there!

Muireann Ní Bhrolcháin

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# Community Council Notes

## Maynooth Community Council meeting 8 July 2009

**Among the issues raised and discussed at the meeting were the following:**

### **Anti-social behaviour and crime in Maynooth**

Paul Croghan, Maynooth Tidy Towns Committee, reported that a large number of newly planted trees on the Kilcock Road had been vandalised, and pointed out that this particular sort of vandalism was not usual in Maynooth. Concerns have been expressed about anti-social behaviour and crime in local estates, and in Maynooth town centre, by a number of Community Council members at recent meetings. The Community Council has agreed to take steps to highlight this problem and to seek more effective action by the Gardai. The Council will ask residents' associations and other organisations to outline the specific problems in their local areas. The Council plans to invite local Gardai to discuss the issues raised by this survey at a forthcoming Council meeting. Many members felt that if the laws concerning under-age and public drinking were actually enforced in Maynooth, then a large percentage of anti-social behaviour and crime incidents would be eliminated.

### **Need for premises and facilities for clubs and organisations in Maynooth**

The urgent need for a community centre in Maynooth was highlighted by Josie Moore, Senior Citizens Group, and by members of Maynooth Scouts. Both organisations have been without adequate premises and facilities for some time. The Scouts have suggested that facilities could be provided for their club at the Harbour Field, within the terms of the Local Area Plan for that area. Maynooth has a large number of organisations with wide-ranging needs – for example, An Nuada Players have been looking for theatre space for some time - and a number of different kinds of community space are urgently needed.

### **Youth mental health and suicide prevention**

Maynooth Community Council has wanted to help in some way with the issues of youth mental health and suicide prevention in our area, and members of the Council's executive committee have sought advice from a number of organisations. The HSE has invited the Community Council to participate in a new initiative on these issues, and the Council hopes to provide a community perspective and to help create community links to the process as the initiative gets going.

### **The Irish language stream at Maynooth Post Primary School**

Colm Ó Cearúil, Chairperson of Maynooth Community Council, expressed concern that Junior Certificate students in Maynooth Post Primary School's Irish language stream would not be able to take maths through Irish this year. Council members stressed that the Irish stream was a unique and very important asset to Maynooth Post Primary School, both academically and culturally, and they wished to see it continue and flourish. Members supported Colm Ó Cearúil in his hope that the Irish language stream might expand to include a Leaving Certificate class in the future.

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# Maynooth GAA News

## CAMOGIE NEWS

The first team played their final game of the league against Celbridge on Monday, 13 July, and lost by a point which rules them out of qualifying for the final.

The championship begins on Monday, 10 August against Cappagh at home and Maynooth have two more games in the round robin series against Leixlip and Sarsfields and the top two qualify for the intermediate final.

The junior team are still in contention for the knock-out stages of the league with two matches remaining. The championship begins on Saturday 8 August against Nurney, away. Maynooth have five matches in total and their remaining games are against Johnstownbridge, Moorefield, Kill and St Laurence's. Again the top two qualify for the final.

## LADIES FOOTBALL

The first team have one big game to build towards this year and that is the final of the intermediate championship which will be against Balyna where manager Anto Mooney will be hoping her team that win the cup named in honour of her dad, Tony, when the sides meet, probably some time in late August.

## MEN'S FOOTBALL

The first team secured their place in division one of the senior league with a good finish to the campaign although they went down to Rathangan in their final game on Saturday, 11 July. Wins against St Kevin's, Ellistown, Allenwood, Johnstownbridge and Monasterevin coupled with well earned draws against Round Towers and Kilcullen ensured Declan Cryan's side safely maintained their top flight status, which is crucial to the development of the team.

They play Monasterevin in the first round of the championship which will be during August but date depends on how the Kildare senior football team now fare in the All-Ireland series.

The second team picked up just one point all the way through a very dispiriting league campaign where numbers were always hard to come by. They will now drop back to division four while the third team continue to cling on in division five. With just two games remaining they have four points and need a couple of good results to ensure their survival for another year.

In his latest move manager Mick Gillick has entrusted stalwart Mark Nugent with a defensive role.

Gillick revealed that he always had faith in

the chocolate salesman.

"I've seen him sell Wispa bars before they came back into fashion. He can sell double-deckers to kids who never heard of them."

Before last Monday's crunch tie with St Kevin's Gillick told Nugent why he felt a change would work.

"Look Mark you've played in the forwards long enough, you know what it takes to get a score so you know how to stop someone getting a score, cogito ergo sum," Gillick said, using his best Latin to emphasise to Nugent that he saw him as a footballing intellectual on his level, not a mere dogsbody who would do any job he was asked. Read it all and more on the junior football page of **Maynoothgaa.com**.

The minors are awaiting a date for the first round of their championship after their first round clash with Naas was postponed because of the Kildare minors' Leinster final replay with Dublin.

Well done to John Comerford, Mark Donnellan and John McAndrew who have represented their club and county with great distinction so far.

## HURLING

After a good opening round win against Confey the first team were due to play Naas in the second round on Thursday 16 July where a win would put them in a good position to make the final four. Their remaining games are against Moorefield, Celbridge and Ardclough.

The juniors began their championship against Naomh Bríd on Friday 17 July and they are also involved in a round robin format. They finished their league campaign with a narrow one point defeat to Sallins, 2-13 to 1-15, but it's a performance that should put them in good shape for the championship.

## FÉILE

There was heartbreak for Maynooth's under 14 football team when they lost the final of the All-Ireland Féile to Ballyboden St Enda's on Sunday 5 July in St Conleth's Park Newbridge. Maynooth were the first Kildare team since 1994 to make the division one final of what is the biggest underage competition in the country.

*(Continued on page 5)*



# Maynooth GAA News

*(Continued from page 4)*

The lads began with a very impressive win against Omagh St Enda's but a surprise defeat to Rostrevor from Down put their hopes in jeopardy but a big win against Two Mile House meant they qualified for the semi-finals on score difference, where they beat St Michael's from Cork which meant that Maynooth descended on Newbridge for the biggest final of the competition.

Unfortunately two early second half goals for Ballyboden put paid to Maynooth's chances but they did the club and town pride by making the final.

Many congratulations to all the members of our young Feile B squad who gallantly competed in div 4 of Feile Peil Na nOg. Having qualified for the semi-final of the Under 14 league Division 5 we looked forward to Feile with enthusiasm. Our young lads gave their all in their 3 matches against our hosted team - Eire Og, and Northern Gaels and Rathangan. Not helped by injury, they are to be commended for their heroic efforts. Although these lads accrued no points, they have trained just as hard, played as competitively and played with pride in their club jersey, as any team in Feile in any Division.

The experience gained will no doubt be invaluable in their quest to reach Feile '10 in Derry next year. The fact the squad will be boosted by 6 of the A squad rejoining the panel - (of whom we are so proud) bodes well for next year. Competition for places should be hectic. Well done to every member of the squad who played in all 3 matches and showed the true meaning of Feile in the sporting, competitive, never say die attitude - you should be proud of yourselves. Well done. Thanks to all parents for their support. Thanks for the memories

The Maynooth girls had a very successful Féile last weekend, going down by only two points to the holders and having the highest total score of all the teams in Division 1.

Maynooth girls played in Division 1 of the Féile, hosting Southern Gaels of Kerry. The opening game on Friday saw the girls play the Kerry champions (who were attempting to win a third consecutive Féile). Seven points down at halftime and turning to

play into the breeze the Maynooth girls found a new strength and were eventually pipped by just 2 points. A great show against a very strong Kerry side.

**Final score: Maynooth 4-2 Southern Gaels 3-7**

An early start on Sat., and it was the turn of St. Eunan's from Letterkenny. The home side raced into an early lead but by half-time there was only a point between the teams. The second half proved the most exiting 15 minutes of football as first one team, and then the other got their noses in front. However with the last kick of the game a goal for the home side saw them emerge victors by three points.

**Final score: Maynooth 7-2 St. Eunan's 5-5**

In their final group match the home side took on local rivals Cappagh. Maynooth knew that in order to qualify they had to beat Cappagh by a big score and hope that St. Eunan's could overcome Southern Gaels. The home side kept their side of the bargain with a big win against a much depleted Cappagh team. Southern Gaels defeated St. Eunan's to claim the semi-final spot ahead of Maynooth.

**Final score: Maynooth 6-3 Cappagh 0-1**

Maynooth Squad: Roisín Behan, Aoife Coleman, Emma Collins, Niamh Condell, Aibhinn Conway, Katie Donnellan, Dearbhla Egan, Jane Finnegan, Aoife Greally, Sarah Greally, Ciana Heneghan, Ciara Hewson, Ali Kelly, Orlaith Kirwan, Ciara McMahon, Jennifer McMahon, Sian Millar, Niamh Murray, Emer Ní Cheallaigh, Jane O'Connor, Sarah O'Leary, Aoife O'Sullivan, Louise Qualter, Alison Tierney & Meave Walsh.



# Maynooth GAA



***Féile Girls.***



***Féile Boys A.***



***Féile Boys B***

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# Freddie Mercury

**F**reddie Mercury was born Farrokh Bulsara on the 5th September 1946. His country of origin was Mumbai, India. He was an Indian British singer, song - writer. He played the piano, keyboards and the guitar. He was best known for being lead singer of the rock group **QUEEN**. As a performer, he was known for his vocal prowess and flamboyant performances.

In 1954, at the age of eight, Freddie was shipped to St. Peter's School, a boarding school for boys in Panchgani near Bombay (Now Mumbai) India. At St. Peter's he was a bright student who excelled at several sports.

He was especially adept at boxing, with a strong left hook. At school, he formed a popular school band, called the Hectics, for which he played the piano. It was also at St. Peter's where he began to call himself "**FREDDIE**". Mercury remained in India with his grandparents and aunt. He completed his education in India at St. Mary's ISC-Mumbai. At the age of 17, Mercury and his family fled from Zanzibar as a result of the 1964 Zanzibar Revolution.



As a child, Mercury listened to a considerable amount of Indian Music, and one of his early influences was the Bollywood playback singer Lata Mangeshkar. Regarded as one of the best vocalists and front men in the history of music, Mercury's vocal range spanned three octaves. Mercury wrote ten out of seventeen songs on the *Queen's Greatest hits* album. Mercury is noted for his live performances which were often delivered to stadium audiences around the world. He displayed a highly theatrical style that often evoked a great deal of participation from the crowd.

As a young boy in India, Mercury received formal piano training up to Grade IV. Later on, while living in London, he learned Guitar, as much of the music he liked was Guitar orientated. In addition to his work with Queen, Mercury put out two solo albums and several singles. His solo work was not so commercially successful. Mercury's two full albums outside the band were Mr. Bad Guy, and Barcelona.

In the early 1970's Mercury had a long time relationship with girlfriend named Mary Austin, whom he had met through guitarist Brian May. He lived with Mary Austin for many years. However, by the mid-1970's he began an affair with a male record executive at Elektra Records, This ultimately resulted in the end of his relationship with Mary Austin.

According to his partner Jim Hutton, Mercury was diagnosed with AIDS in the Spring of 1987. Around that time, Mercury also claimed in an interview to have tested negative for the virus. On 22nd November 1991, Mercury called Queen's manager Jim Beach over to his Kensington home, to discuss a public statement. He made his statement the next day on the 23rd of November. A little over 24 hours after issuing the statement, Freddie Mercury died on 24th November 1991 at the age of 45 years. The official cause of his death was bronchial pneumonia resulting from AIDS. Although he had not attended religious services in years, Mercury's funeral service was conducted by a Zoroastrian priest. Mercury was a Parsi. The Parsis are "Iranian of the larger of the two Zoroastrian communities of the Indian sub-continent" and Indian- based Zoroastrian community.

A Statue in Montreux, Switzerland ( by sculptor Irena Sedlecka ) has been erected as a tribute to Mercury. It stands 3 metres high overlooking Lake Geneva and was unveiled on the 25th November 1996 by Freddie's father and Montserrat Cabellé. Beginning in 2003 fans from around the world gather in Switzerland annually to pay tribute to the singer as part of the " Freddie Mercury Montreux Memorial Day" on the first weekend of September.

In his will, Mercury left the vast majority of his wealth, including his home and recordings royalties, to Mary Austin, and the remainder to his parents and sister. He further left £500,000 to his chef Joe Fanelli, £500,000 to his personal assistant Peter Freestone, £100,000 to his driver Terry Giddings, and £500,000 to Jim Hutton. Hutton moved back to the Republic of Ireland in 1995, where he still lives. He was involved in a 2000 biography of Mercury, Freddie Mercury The UNTOLD STORY. In 2006 Hutton gave an interview to celebrate what would have been Mercury's 60th Birthday.

*He was a really truly remarkable artist of our times.*



# **Mullen Print Advertisement**

# Features

## Handy Household Tips

**Blood Stains:** Soak the stain in hydrogen peroxide, wash (don't dry), and repeat if necessary. This tip works especially well for carpet and clothes.

**Carpet Stains:** Baby wipes are miracle-workers on carpet stains, from motor oil to blood, they remove almost anything!



**Candle Holders:** To prevent the wax from melting and sticking to the inside of a votive candle holder, pour a bit of water in the holder, then place the candle on top. If you're reading this tip too late, and there's already wax stuck inside your candle holder, pop it in the freezer for an hour. The wax will chip right off.

**Candle Wax:** To remove wax from carpeting or other fabric, first scrape away any excess. Then, place a brown paper bag over the wax and run a warm iron over the bag. The wax will melt right into the bag! Continue moving the bag around as you pick up the wax so you are always using a clean section. If a little grease stain remains on carpet, sprinkle with baking soda and allow to sit overnight before vacuuming, which will remove the grease residue. If coloured wax leaves a stain on carpet, blot with spot remover or carpet cleaner, following label directions.

**Chimney:** To keep your chimney clean, throw a handful of salt on the fire.

**Deodorise dishes:** pans, cutting boards or utensils with pungent odours by adding 1/4 cup of lemon juice to your dishwasher

**Fish or Spoiled Food Odour:** Place a bowl of white vinegar on the counter for a few hours. The odour will disappear for good.

**George Foreman Grills:** After removing the cooked food from the grill, place a paper towel soaked in water on each of the 2 cooking surfaces. Unplug the appliance, allow it to sit for 5-30 minutes (while you eat), then use the paper towels to effortlessly wipe out the grease and food particles.

**Dirty Microwave:** Food splatters all over the inside of your microwave and cooks itself on after time. To easily remove this mess, place a sponge soaked in water in the microwave. Cook on high heat for 2 minutes, then allow it to sit without opening the microwave door, for 5 minutes. The filth is now ready to be wiped right off - no scrubbing - and your sponge is right there!

**Photos Stuck Together:** With a hair dryer on low, slowly melt them apart.

**Stuck-On Food** in Pots, Pans, and Crockpots: Fill the pan with water and place a fabric softener sheet in the water. Allow the pan to soak overnight. The food will wipe right out!

**Smelly Cooking Hands:** Simply rub your hands over a stainless steel utensil under running water. This works especially well for the odour of garlic, onions or fish.



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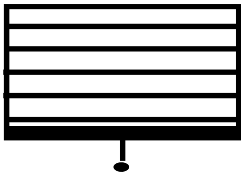


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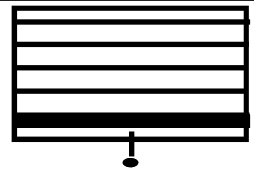
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## Poetry Corner

### *Righteous Lady.*

*An old lady on her rocking chair  
In constant thought of time passed by  
Her delicate hands wrinkled with care  
Lost in her memories ready to die  
Just herself in her dark shadowed room  
Where once her family played in fun  
Knowing that her final day be soon  
To a heavenly tomorrow that dreams just  
begun*

*The heartburn fire twinkles its light  
Casts its weary shadows on the wall  
A photo frame of her wedding a precious  
sight  
Time alters everything as the years fall  
Once where children trod on the kitchen  
floor  
Is now vacant hearing the lonely wind  
Now she is ready for our heavens door  
With a good soul that has little sinned*

*In silence she sleeps with her prayers  
Of life's emotions past in her mind  
A sunken dream with god she shares  
Into tranquillity her soul soon find  
Yes she passed away in the silent night  
Her hands clenched firm and cold  
So an end to all her earthly plight  
So is her destiny as life's pages fold*

**By Patrick Murray**

### *Thoughts in a Garden*

*What wondrous life is this I lead!  
Ripe apples drop about my head;  
The luscious clusters of the vine  
Upon my mouth do crush their wine;  
The nectarine and curious peach  
Into my hands themselves do reach;  
Stumbling on melons, as I pass,  
Ensnared with flowers, I fall on grass.*

**By Andrew Marvell**

### *A Night Rain in Summer*

*"Open the window, and let the air  
Freshly blow upon face and hair,  
And fill the room, as it fills the night,  
With the breath of the rain's sweet might.  
Hark! the burthen, swift and prone!  
And how the odorous limes are blown!  
Stormy Love's abroad, and keeps  
Hopeful coil for gentle sleeps.*

*Not a blink shall burn to-night  
In my chamber, of sordid light;  
Nought will I have, not a window-pane,  
'Twixt me and the air and the great good  
rain,  
Which ever shall sing me sharp lullabies;  
And God's own darkness shall close mine  
eyes;  
And I will sleep, with all things blest,  
In the pure earth-shadow of natural rest."*

**By James Henry Leigh Hunt**

### *In August*

*"August rushes by like desert rainfall,  
A flood of frenzied upheaval,  
Expected,  
But still catching me unprepared.  
Like a match flame  
Bursting on the scene,  
Heat and haze of crimson sunsets.  
Like a dream  
Of moon and dark barely recalled,  
A moment,  
Shadows caught in a blink.  
Like a quick kiss;  
One wishes for more  
But it suddenly turns to leave,  
Dragging summer away."*

**By Elizabeth Maua Taylor**





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# Children's Colouring Competition

**August 2009**



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_

## THE WINNERS OF LAST MONTH'S COMPETITION WERE

Under 7 years: Leah Fortune, Castledawson

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# August Diary Planner



## Dates to Remember

### Maynooth GAA Summer BBQ

Maynooth GAA are delighted to announce details of the Annual Summer BBQ 2009. It will take place on 1st August 2009 in the clubhouse as part of our Festival Weekend. This is always the highlight of the social year within the club, and after last years spectacular success, this year promises to be even better. This year we have decided to have 2 bands and a DJ which promises to cater for everyone's needs. You can purchase your tickets securely online using paypal with your credit card. Please see below for details.

Entertainment: Cormy Molloy (DJ),  
The Ruby's & Endecci

Great Night: Giant Marquee, Outdoor Bar & Great Food. Tickets: €25.0

### Maynooth GAA Kids BBQ

As part of the Festival Weekend in Maynooth GAA, we are delighted to announce details of the kids BBQ. This will take place the day after the main adult BBQ, on Sunday 2nd August With great entertainment and great food guaranteed this will be the perfect way for your family to spend a relaxing bank holiday Sunday.

### Entertainment : Kids Football Blitz:

12.30 p.m. - 3.00 p.m.

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Tickets: €10.00

Tickets can be purchased by visiting on website Maynooth GAA.ie or Contact Niall Naughton at: 086-6053623

### University of Third Age

August meeting

Friday 14th at 11.00 a.m.

in the Community Library.

New members welcome.

Enquires: Bernadette 01 6289131

### Maynooth Toastmasters

Following the Summer Break

Maynooth Toastmasters will be holding

an

Open Night

on Monday 14th September

at 7.45 p.m. in Glenroyal Hotel

If you would like your event for September put into The Diary please contact The Newsletter

Tel: 01-6285922

E-mail: maynoothcc@eircom.net

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## MAYNOOTH TOASTMASTERS

**Maynooth toastmasters are holding an Open Night**  
**when they return from their Summer Break on Monday 14th September 2009 at 7.45pm in the**



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## **\*\*How I Ate\*\*** **\*\*Myself Healthy\*\***



**F**or many years I struggled to control my weight, due in no small part to a poor diet. I ate anything and everything and unfortunately the majority of my choices were poor because I never looked at the labels on the side of the packets which would have told me their nutritional value.

As I am a chronic **Psoriasis sufferer** and have used every cream imaginable that might help alleviate the problem, which didn't, after being told by the specialist years earlier that there was no known cure, I decided that I would tackle the problem by making changes to my diet. But how could I do this?, I knew no-one who could advise me on how to go about it. However, as I used to do some of my shopping in the health shop, and the assistant was a Nutritional Therapist, I asked her if she could help me. The first thing she asked me to do was for the following week, was to keep a record of everything I ate from the time I got up in the morning to when I went to bed at night and record how I felt after. I did this and handed it back the following week. She spoke to me and told me in no uncertain terms that my eating habits had to change. Of course secretly I knew this myself but nothing could have prepared me for the shock of what was to follow.

Following the first of many consultations, I had to make wholesale changes to my diet. Out went the grills, sweets, crisps, breads, cakes, fast foods, my favourite tipple which was Guinness, pork of any description and chocolate. In came the **new diet mung beans, kidney beans, broccoli, cauliflower, brown rice as it's easier to digest, cous cous, fish preferably mackerel, salmon un-smoked and a number of supplements that would help my digestive tract to recover.**

The above was only a taster of the changes that I had to make. I had to drink at least 1.5 to 2 litres of water a day as this would help the bowels to function much easier. I also had to walk for at least half an hour a day as this too was good in helping with my blood circulation.

I started the diet mid September 2007 and at that time I weighed 14 stone 6 lbs and I had a 36 inch to a 38 inch waist which was far too heavy for a man of my size as I am only 5 foot 5 in height. I set out with determination that I would do this as my weight and my Psoriasis could get out of control and then there was the danger of things like obesity and heart disease. Also I suffered quite frequently from heavy nose bleeds and some quite heavy . Over time, and as the weeks and months passed, I found it easier to eat things I would not normally have eaten. I invested in a steamer and got away from the less conventional way of boiling as this was seen to remove important nutrients from the vegetables. Some of the items I found myself steaming were things like carrots, leeks, turnips, celeriac which has a very strong taste, red onions and garlic which are seen as an anti septic and which protect against colds and flu. In the beginning I thought I would die from my diet change. I invested in a juicer . At lunchtime there I was drinking a mixture of my sticks of celery, carrots and some fruits combined that I had just juiced. **In the juicer I also mixed celery, beetroot, courgette, cucumber, carrots, mango, apple, cut off a bit of root of ginger which gave the juice a bit of a bite and I even stuck in some pear.** By the time I was finished juicing there was a multitude of flavours in it and it was dark maroon in colour courtesy I think of the beetroot. Sticks of celery and carrot were used to dip in hummus which can be bought in stores like Tesco and Londis. You can make it yourself but it has to be made exactly to a smooth paste like texture. It's made from chickpeas and lemon juice and one or two other ingredients.

*(Continued on page 20)*

# **Bruce Betting**

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## How I Ate Myself Healthy

*(Continued from page 18)*

By Christmas 07, I was feeling really good in both mind and body. I was doing a VTOS course in Leixlip and making rice and salads for the lunch. From 14st. 6 lbs, I went down to 12st. 2 lbs. It was a good feeling to have accomplished so much in so little time. My condition, which was deteriorating fast before I made some changes, was now beginning to move in the right direction. I was drinking the water the way I was told to as this would help my bowel get rid of waste a lot easier. Water is a good way of cleaning out the system, true you might be running to the loo more often than you'd like but in the long run, internally you begin to feel much better and much healthier. **During the early part of September, I attended an event at the RDS in Dublin called "The Rude Health Show."** At this, a number of food experts and indeed doctors as well, gave talks on how best to manage your health. One of the people that I got speaking to was **Jan de Vries who is a well known authority on health issues throughout the British Isles and beyond.** He has published many books on health issues including Psoriasis and how best to tackle the problem. I had read one of his books particularly the piece he wrote on Psoriasis as it had information in it that would help me in the long run on how best to manage my condition. I bought some of his books to find out more information about this condition and how best to improve the symptoms, which might someday clear up this persistent problem completely.



In October I will be two years on this particular diet, and even though I have made yet more changes, I feel some of the decisions I have made have not been altogether the right ones. For instance, I tend to eat a lot more rice cakes than I should and find I am not eating enough veggies which is a very important part of this diet. I am eating quite a lot of chicken and while this might not be seen by many as a bad thing, the chicken I eat is not of the organic or free range variety which I was advised to eat. Not a wise move I have to admit. Yes I do eat a healthy breakfast which consists of oatmeal porridge, a mixture of sunflower, sesame, pumpkin and linseeds— all of which are different kinds of seeds mixed together. I also add brazil nuts cut up and mix them in with the seeds.

I am still chopping and changing to see which other health benefits might best help me in my fight to beat this fairly common complaint, but I definitely think by eliminating certain foods and introducing food which you wouldn't have even considered is the way to go. Don't get me wrong I'm not saying going to the doctor is a bad thing, quite the contrary, I just think that by making such changes, taking into account that everything nowadays is sprayed with pesticides, insecticides and every other kind of contaminant, people just have to watch and then wash thoroughly everything including veggies as this too could be doing harm to your digestive system. **Hopefully I might have helped some of you out there unfortunate enough like me to suffer from this chronic condition and may have given you a few ideas on an alternative way of fighting this debilitating disease.**

**John Finnan**

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### *The Badger*



**A**lthough its closest relations are other carnivores like the Otter and the Marten, the Badger is for all the world Ireland's bear. It has a similar shape and a low centre of gravity and frequently adopts bearlike attitudes. Its favourite food is earthworms and other invertebrates but a variety of berries, fruits and nuts are also taken. Small mammals and other animals are also occasionally killed and eaten.

Adult Badgers are usually less than a metre in length but are very heavy for their size. The striking black-and-white head pattern and greyish body fur give the Badger a singular appearance. The under body is blackish as are the large paws. The Badger's claws are more than an inch long and are used to great effect by the burrowing and foraging animal. They leave an unmistakeable print in soft ground.

Badgers are nocturnal though they may be seen at dawn and dusk going to and from the sett. A sett is an underground tunnel usually opening out into a network of tunnels which may be occupied by several Badgers. The entrance is often in woodland and reasonably adjacent to agricultural land where earthworms and other food can be sought. Characteristically there is a communal toilet outside, near to the sett entrance; old bedding material (dried grasses, leaves and moss) is deposited outside too. These are good indicators of an occupied sett.

Young Badgers, from one to five (per litter) are produced in early spring and nurtured by the adults for about two months. Some young may overwinter with the adults in their sett. The Irish name Broc is used universally as a term of endearment for the Badger and it is affectionately regarded in story and folklore. It is ironic that so much abuse has been levelled at this harmless animal as well. Badger baiting - a barbaric activity in which a captive Badger is pitted against a series of dogs - still occurs in parts of the country despite public outcry.

### *How to prevent Pet Fleas*

**S**ummer Is coming and so are the fleas. Fleas not only cause intense irritation to your dog or cat, they can also transmit other nasty diseases such as tapeworm. Ensuring your dog is living in a clean environment is the most important aspect of keeping him flea-free this summer.

**FRONTLINE Spot On** is a product that acts by making direct contact with parasites, not via your pet's bloodstream. It is applied to your pet's skin on the back of the neck where the active ingredient quickly dissolves into the natural oils (sebum) of your pet's skin and coat. It then disperses over the entire body surface within 24 hours and concentrates in the skin's oil glands to form a reservoir. Fleas are killed within 24 hours and ticks within 48 hours. **The product can be purchased in your local chemists or at a veterinary practice.**



For protection against fleas and ticks, your dog or cat should be treated every month. For protection against fleas only, you should treat your dog every **2 months** and your cat every **5 weeks**. Your pet can be bathed or swim as usual from 48 hours after application without affecting the efficiency of Frontline Spot On. It can be applied after bathing as soon as the coat is completely dry.

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## Children's Colouring Competition

### Winners of the June Edition



***Ciara Mahon (over 7 competition)***  
***John Mahon (under 7 competition)***

## Recipes — Marinades & Dressings

### Lemony Mediterranean Marinade

- Juice and grated rind of 1 lemon
- 2 Crushed garlic cloves
- Freshly ground black pepper
- 1 Stem chopped fresh rosemary



Mix all the ingredients and marinate chicken for up to an hour and fish for just an hour.

### Tikka Marinade

- 2 Tablespoons of natural yoghurt
- 1 teaspoon tikka paste
- 2 Tablespoon chopped coriander

Mix yoghurt, tikka paste and coriander, add chicken and leave in the fridge for one hour or over night.

### Minty Yoghurt Marinade

- Juice and grated rind of lemon
- 2 tablespoons natural yoghurt
- 4 tablespoons chopped mint
- Freshly ground black pepper

Mix lime, yoghurt pepper and half the mint together, marinate chicken or lamb and then sprinkle the rest of the mint when cooked.

### Basic Mayonnaise

- 2 egg yolks (at room temperature)
- 2tsp white wine vinegar
- 1tsp English mustard
- 2tsp Dijon mustard
- tsp salt
- Freshly ground white pepper
- 100ml olive oil mixed with 200ml vegetable oil
- Juice of half a lemon (optional)

Put the egg yolks, white wine vinegar, mustards and salt and pepper into a stainless steel or glass bowl on a damp cloth to stop it slipping (don't use an aluminium bowl, otherwise it will make the mayonnaise go grey).

### Honey and Mustard Dressing

- 1 tbsp French mustard
- 1 tbsp honey
- 1 clove garlic, peeled and crushed
- 1 tsp balsamic vinegar
- 2 tbsp cider vinegar
- 6 tbsp sunflower oil
- salt and pepper, to taste

Put the mustard, honey, garlic, balsamic and cider vinegar in a food processor and whiz together. With the motor still running, pour the oil in through a funnel. Season with salt and pepper and serve.

### French Dressing with Lemon

- Ingredients:
- 3/4 cup vegetable oil or olive oil
- 1/4 cup lemon juice
- 1 tablespoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper

Put all ingredients in a jar with a screw-top lid. Cover jar and shake vigorously to blend well. Chill dressing for 8 hours or overnight. Shake well before using.

### Marie Rose Sauce

- 4tbsp mayonnaise
- 2tbsp Double cream
- 1tbsp tomato ketchup
- 1tsp Worcestershire sauce
- Squeeze lemon juice
- Sea salt and freshly ground black pepper



Just mix all the ingredients together.

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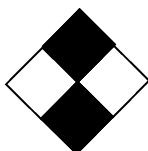
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# Horoscopes



**ARIES—March 21—April 20**

You're out in the world giving it your very best. Pat your own back over the next three days, then suddenly people will start responding the way you want them to.  
Your lucky day is Sunday, Number 11, Colour Violet.



**TAURUS—April 21—May 21**

Someone in your life appears confident, assertive and in control on the outside but on the inside is like a little child who desperately needs your attention and respect.  
Your lucky day is Tuesday, Number 2, Colour Blue.



**GEMINI—May 22—June 22**

Just because you've been in a personal or business relationship with someone for a long time doesn't mean you can predict his or her behaviour. Stay on your toes.  
Your lucky day is Wednesday, Number 5, Colour Orange.



**CANCER—June 23—July 23**

You'll get both external and internal validation. It's wonderful to hear compliments and adulation, and even more wonderful when you don't need to hear it because your source of self-esteem is inside yourself.  
Your lucky day is Saturday, Number 1, Colour Purple.



**LEO—July 24—August 23**

A sunny attitude will be a barrier against all the stuff you want to keep out of your life today. Your fantastic mood attracts more happy people to you.  
Your lucky day is Friday, Number 14, Colour Green.



**Virgo—August 24—Sept 23**

You are an expert at restraint and planning and you also know when to let loose for some spontaneous fun. A few ideas: Take a dance break, give a funny gift to the boss or drive to the next town for lunch.  
Your lucky day is Monday, Number 6, Colour Red.



**LIBRA—Sept 24—Oct 23**

In some way, you'll be the life of the party even when there is no party. Celebration is a state of mind. You'll enjoy how others react to your charms.  
Your lucky day is Thursday, Number 8, Colour Pink.



**SCORPIO—Oct 24—Nov 22**

Most unpleasant things, if ignored, will simply go away. However, there are those instances when you must face the problem and stamp it out.  
Your lucky day is Wednesday, Number 12, Colour Yellow.



**SAGITTARIUS—Nov 23—Dec 21**

Your sensitivity to other people's emotions will make you influential. You will be using your ability to emote what others are feeling when they are unable to do it themselves.  
Your lucky day is Sunday, Number 3, Colour White.



**CAPRICORN—Dec 22—Jan 20**

Your walk on the bright side will be tempered by a practical if not slightly pessimistic friend. When you learn of possible mishaps, you can then prevent them from occurring.  
Your lucky day is Friday, Number 10, Colour Wine.



**AQUARIUS—Jan 21—Feb 19**

Does what you give the world make you feel good? Or is it causing you tension? There's probably a slight change that will improve your mood.  
Your lucky day is Tuesday, Number 24, Colour Brown.



**PISCES—Feb 20—March 20**

You are in the flow. You've an effervescent sense of felicity. Synchronistic events boggle your mind and you're awed by the way pieces of life's puzzle fit together.  
Your lucky day is Saturday, Number 15, Colour Indigo.





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- Celbridge Fianna Fáil Office, every Saturday morning 10 a.m.
- Jones, Main St., Clane, every Saturday morning 11 a.m.
- Naas Constituency Office, Town Hall Lane, (Tel.045-888438)

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Contact: Michael at Constituency Office: 045-888438

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Contact: 99 Main Street Leixlip Ph. 01 6243624 086 2560548

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## A Definitive Guide to Websites

**T**his article is intended to give a broad overview of the Internet and Websites for beginners. Just about everybody now has heard of the Internet. But what is the difference between the Internet and websites? **What are the elements of a website? Hopefully, I can help you understand a little more.**

The Internet is an ever expanding collection of websites. Just like your computer is a collection of software, i.e. Operating System, Internet Browser, Email Program. However, the Internet on the other hand expands at around 10 million web pages per day. Google currently indexes approximately 8 billion web pages. You can gain access to the Internet by using your computer an Internet Browser (Internet Explorer or Firefox) and a subscription with an Internet Service Provider (ISP). Some popular ISPs in Ireland are Eircom, Digiweb, Irish Broadband. They provide a service that allows you to connect to the Internet. You then use a browser to view web pages. Contrary to popular believe, the browser is not the Internet, it is just a device used to view web pages on the Internet.

A website is collection of web pages and other media. A website is stored on a server, which is just a powerful computer that serves the website to the Internet. Once a website is stored on a server it is then available to anyone on the Internet. The company that owns the server is called a hosting company. If you were having a website built then you would need a hosting company in order to store and serve your website.

A website will always have a website address or otherwise known as a URL. A typical URL would be google.com or dakor.ie. A website address is a user friendly way to remember a website name, otherwise you would have to remember an I.P. address. Just imagine trying to remember the I.P. of my website, http:// 208.113.223.92 instead of www.dakor.ie. When you type in a URL into your browser the Internet goes to work and looks up the I.P. address associated with the URL. The I.P. address tells your browser where the server is located and what website you are looking for. Of course, all of this is done in split seconds and then the website is displayed on your browser.

**There are three main elements to a website: design, navigation, and content.** A lot of business owners tend to primarily focus on the website design. However, It is important to have a good mix of all three elements. If a website looks good but is difficult to navigate or does not have good content then the visitors will probably not come back for a second visit.

If a website has a lot of content but the navigation falls short of expectations then it will frustrate the visitors which means they probably will not come back for a second visit.

A website has six seconds to keep a visitor's attention. In those six seconds the visitor will evaluate the design and navigation to decide if it is worth investing time in exploring the website further. They quickly calculate whether the time invested in staying on the website will provide a good return of finding what they are looking for.

The design of the website is important but tends to receive an over-weighted importance to the owner of the website. A website design should represent the company culture and the products or services. As a website is a visual medium the colour scheme should be chosen based on the target market. For example, if a website is about monster trucks then a bad colour scheme would be pastels, a flower shop should not have a black background.

The content of a website is just as important as design. Content of a website is one of the deciding factors of search engine ratings. Search engines and visitors love to find a diverse range of content on a website. However, the content should all be pertaining to the same theme.

Without navigation the Internet would not have survived. Navigation is the element of a website that helps visitors access other sections of a website. The navigation of a website is the visual representation of the content structure. The most common structure is top-down design, this allows for the most general category to be displayed as the primary navigation. The visitor then decides which element in the navigation to select that will result in them finding what they are looking for. When a general element is selected more detailed options will be presented based on that element.

So the next time you visit a website, be conscious of the three elements of design, navigation and content. Think about the design, does it match the product/ service. Is it easy to navigate around the website, does it have a search facility? Did you use it? Why did you use it and not the navigation? Did you find additional information on the website that you didn't know before? Will you return to that website?

**Written by Vince Doherty, [www.dakor.ie](http://www.dakor.ie). Dakor is a full service web design/development company.**



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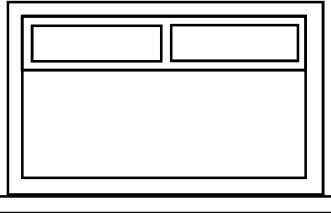
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# ENJOY YOUR BARBECUES WITH SAFE FOOD THIS SUMMER



It's that time of year again and hopefully this year we get the weather to enjoy the outdoors. Before you get excited about having a barbecue there are a few things you need to know about the safest way to cook your food. Preparation is the key to safe food, and the first thing to do is make sure your barbecue is clean and well set up. If it's a gas bbq make sure you leave the lid open while it heats up as gas can build up and cause the lid to blow, but once it's hot you can start right away. With a charcoal bbq you must wait till the coals have settled down and the flames have gone, if you don't the food will burn on the outside and stay raw in the middle. The best way to make sure food like pork, sausages, chicken and burgers are cooked through is to start them indoors and finish on the bbq. Steaks are fine as they will cook easily. The important thing to remember is that all food that has been chopped or minced must be cooked through, stick a fork in the thickest part and make sure all juices run clear. When using frozen food make sure it has thawed out fully beforehand, and if cooking for a lot of people and you all want to eat together keep the cooked food in a hot oven not on the table in the sun. Keep all salads in the fridge till you need them as bacteria can build up in the heat especially on mayonnaise, always wash your hands when going from one food to the next. Don't put cooked food onto a surface where you had raw meat unless you clean and sterilise it first, just remember its common sense most of the time and if your at a picnic bring sterilising wipes for your hands and put all packaging in the nearest bin as bacteria can transfer to your food. It might sound like a lot to do but its better then food poisoning and only takes planning. Below are tips at a glance and some tips for marinades. **Have a great summer.**

## Tips for a Good Barbecue

- **Light the barbecue** well in advance, make sure its hot and flames have died down
- Make sure you **wash your hands**
- **Thaw all frozen food**, preferably in the fridge
- Keep all **food in the fridge** till needed, or cool-box if on a picnic.
- Keep raw and cooked **food separate**.
- Never put cooked food on **a surface that had raw food** unless it has been cleaned properly.
- **Turn food regularly** and move it round to ensure its cooked through.
- Don't use the **same marinade that raw food** has been in for other food.
- Check that the juices run clear by **piercing the thickest part**.
- With gas bbq make sure you leave the **lid open** while its heating as a build up of gas can make it blow.
- **Never use petrol** to light the bbq, only recommended fluids.
- **Take care not to spill fluid anywhere**.
- Keep the area clear and **don't wear loose clothes**, try a fire resistant apron.
- **Don't leave the bbq unattended at any time** especially if children are there as splashes can hurt them.
- **Finally be safe and enjoy your bbq**



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# Clubs, Organisations & Societies



## Maynooth Golf Society

*Outing to Rathcore Golf Club Thursday 9th July*

<b>1st Overall</b>	<b>David Weafer (17)</b>	<b>34 pts</b>
<b>2nd Prize</b>	<b>Tom Campbell (24)</b>	<b>31pts—(B.9)</b>
<b>3rd Prize</b>	<b>Gary Moffatt (24)</b>	<b>31pts—(B9)</b>
<b>4th Prize</b>	<b>Joey Edwards (10)</b>	<b>31 pts</b>
<b>5th Prize</b>	<b>Michael Flynn (Jnr) (8)</b>	<b>29 pts</b>
<b>6th Prize</b>	<b>Sean Moore (20)</b>	<b>28 pts (B9)</b>
<b>7th Prize</b>	<b>Barry Desmond (5)</b>	<b>29 pts</b>
<b>Front 9</b>	<b>Norman Kavanagh</b>	<b>16 pts</b>
<b>Back 9</b>	<b>Brendan Leigh</b>	<b>17 pts</b>
<b>Visitor</b>	<b>Tim Lowry (14)</b>	<b>30 pts</b>
<b>Nearest the Pin</b>	<b>Gerry Reilly</b>	
<b>Two's Club</b>	<b>John Carroll—Mick Fahey Brendan Leigh—Gerry Reilly</b>	

Next Outing: Captain Kevin Loftus Prize to Headfort 25th July

## QUOTATIONS

Life is a long lesson in humility.

The secret of a good life is to have the right loyalties and hold them in the right scale of values

Life is just a mirror, and what you see out there, you must first see inside of you.

The purpose of life is to fight maturity.

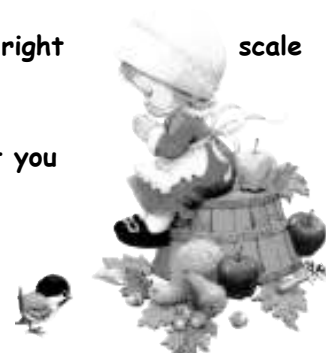
The secret of a good life is to have the right loyalties and hold them in the right scale of values.

The first step to getting the things you want out of life is this: Decide what you want.

What matters in life is not what you are, but what you do.

Live, Love, Laugh and Forgive for it's the Key to true happiness.

**LOVE IS THE BEAUTY OF THE SOUL**



### **MAYNOOTH U3A**

There were ideal weather conditions for our outing to Powerscourt House and Gardens in June. All went according to plan and a great day was had by all. Congratulations to both Maeve and Mary on their respective performances in the Castle during the Festival. No need to feel bored during our long hot summer because Irene, Maura and Maeve have informed us of endless possibilities of places to visit, concerts to hear and gardens to see. Those who went to the Garden Party in All Hallows gave a glowing account of the day. There was lots of food, prizes galore, treasure hunt and of course the 'Best Hat Awards'. Not sure if it was a case of sour grapes but some of our members were rather harsh in their criticism of the winners! Ladies, dare I suggest you put your thinking hats on now! Time to go exploring, and Helena is leading us on an expedition to the Arigna Mines. A reminder of our musical evenings at TLC Centre on the 2nd Monday of the month. Thank you to Pat our accomplished pianist who is so generous with her time. Just one meeting during August, on Friday 14th in the Library. We shall return to our normal schedule of meetings on September 4th. Happy Holidays.

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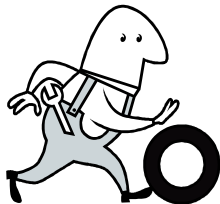
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# Clubs, Organisation And Societies

## Maynooth Citizens Information Centre Know Your Rights

### Question

My employer wants to reduce my working hours because of a decline in her business, but I have nothing in writing from her. What should I do?

### Answer

A reduction in working hours is a change to your contract of employment. It cannot happen unless both you and your employer agree to it. You should ask your employer for details of the reduced business activity, who else has been asked to reduce their working hours and what were the criteria for selection.

You should also ask your employer to give you written details of the proposed change to your contract, including a review date. You should respond to her in writing. If you accept the change, you should stress that your acceptance is temporary. At the review date the change can be reconsidered and you can ask to return to the original terms and conditions of your contract.

If you agree to work fewer hours, you may qualify for some financial supports, depending on your circumstances. These include jobseeker payments, Family Income Supplement and Mortgage Interest/Rent Supplement.

If your hours or pay are reduced to less than half the normal weekly amount, this is called a "short-time situation". This must be a temporary situation and your employer must notify you before it starts, ideally by using Part A of form RP9. Your employer can put you on short time if it is in your contract of employment or if it is custom and practice in your workplace. Otherwise your employer should not put you on short time without your agreement. However, if you do not agree, you may be made redundant.

If the short-time situation continues for 4 weeks or more, or for 6 weeks in a period of 13 weeks, you may claim a redundancy lump sum. If you do this you are considered to have left your job voluntarily and so you will lose any right to notice or pay in lieu of notice from your employer.

For detailed information on reduced working hours and redundancy, see the Citizens Information Board's microsite [www.losingyourjob.ie](http://www.losingyourjob.ie).

### Question

My daughter's uniform for her new school is very expensive. Can I get any payment to help with it?

### Answer

The Back to School Clothing and Footwear Allowance (BTSCFA) is available to families on certain social welfare or other State payments to help with the costs of school clothes and footwear. You may also claim for children aged 18-22 who are in full-time education if you are on a social welfare payment that includes a Qualified Child Increase for them. The scheme runs from June to the end of September each year.

*(Continued on page 36)*



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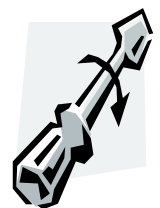
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# Clubs, Organisation And Societies

(Continued from page 34)

If you are getting a social welfare payment (including Family Income Supplement) or a payment from the Health Service Executive (HSE) you are eligible for BTSCFA if your weekly income is below the following thresholds:

	<b>Couple</b>	<b>Lone parent</b>
1 child	€560	€407
2 children	€586	€433
3 children	€612	€459
4 children	€638	€485
Each additional child	€26	€26

If you are on a Vocational Training Opportunities Scheme (VTOS) or are getting a Back to Education Allowance, you are also eligible. The allowance is also available to people on employment schemes such as Community Employment, Back to Work Allowance, Rural Social Scheme and Revenue Job Assist if their gross weekly household income is less than €317.43 (the threshold for keeping secondary benefits). If they do not meet this condition they can apply under the normal income limits given above.

The allowance paid is €200 for each child aged 2-11 years before 1 October 2009 and €305 for each child aged 12-22 years before 1 October 2009.

Application forms are available at your local health centre. Where you send the form depends on the county you live in – ask at the health centre.

## Question

I have been working for ten years but am about to lose my job. I believe I am eligible for Jobseeker's Benefit. How do I go about applying for this payment?

## Answer

You apply at your Social Welfare Local Office. Contact your Social Welfare Local Office to find out if you can get an appointment. (However, not all Local Offices have an appointment system.)

It is important to apply on the first day that you become unemployed because you will not get paid for the first three days of your claim.

If possible, get the application form UP 1 in advance, and fill it in as far as you can. You can get this form from [www.welfare.ie](http://www.welfare.ie), from Lo-call 1890 202 325 or from your post office, Social Welfare Office or Citizens Information Centre. You will need to gather the following information and documents:

1. Your Personal Public Service Number (PPSN)	2. Proof of identity: passport or long form birth certificate, plus driver's licence; bank book, post office book or credit union book; rent book or bank card
3. The PPSNs of your spouse or partner and of your children	4. Your most recent end-of-year statement of PRSI and tax paid (P60)
5. Your P45 or a letter from your employer confirming the last day you worked	6. Proof of address: household bills, rent book or tax document
7. Proof of efforts to get work: ads you have answered, copies of applications and responses	8. Income details for yourself, your spouse or partner
9. Names and dates of birth of your dependent children	10. Letter from the school or college for any child aged over 18 and in full-time education

If you can't get all of the documents you need immediately, you should still apply for Jobseeker's Benefit, as any delay may result in your losing payment.

## Question

Having graduated from university a year ago, I still cannot get work as I have no work experience to build on. I am living on Jobseeker's Allowance. Is there any scheme whereby I can get work experience and keep my payment?

## Answer

You may be interested in the new Work Placement Programme being run by FÁS. This programme will provide six months' work experience for 2,000 unemployed people who have been getting

(Continued on page 38)



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(see [www.rad.org.uk](http://www.rad.org.uk) for more info)

The Dance Academy is a family business, now run by Sadhbh Ó Dúnlain. The Dance Academy has been operating successfully in Bray, Maynooth and Mount Merrion for a number of decades and since 2005 has blossomed in Edenderry.

Sadhbh personally teaches every single pupil & was thrilled with a phenomenal R.A.D. Exam session last May when nearly 100 children from the 4 centres put themselves forward for Examinations and Presentation Classes. Students ranging from Pre-Primary to Grade 8 Award took part.

The Academy is delighted to announce that all passed with flying colours, with most attaining merits & distinctions.

**Congratulations!**

Sadhbh hopes to welcome you all back again in September for a show year, where she looks forward to another exciting full scale ballet production

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# Clubs, Organisation And Societies

*(Continued from page 36)*

Jobseeker's Allowance for the last six months. Stream 1 of the programme has 1,000 places for graduates and Stream 2 provides 1,000 places for other unemployed people, with 250 of these places being reserved for people aged under 25. Placements will be allocated to each FÁS region according to the number of people on the Live Register in that region.

The work placements will last for 6 months. While you are on the programme you will continue to get your Jobseeker's Allowance.

To be eligible for Stream 1 you must:

- Be unemployed and getting Jobseeker's Allowance for at least 6 months
- Have graduated before 2009
- Have been awarded a qualification at level 7 or higher on the National Framework of Qualifications

To be eligible for Stream 2 you must be unemployed and getting Jobseeker's Allowance for at least 6 months.

If you are interested in participating in the Work Placement Programme you should apply to your local FÁS office. FÁS will refer you to an employer who is registered as a provider with the programme. The employer may interview you as a potential participant.

Placements will be allocated on a 'first come, first served' basis

**Further information is available from Citizens Information Centres and from the Citizens Information Phone Service, LoCall 1890 777 121.**

## HUMOUR JOKES

**A** prince had a curse put on him when he was a little boy. He could only speak two words every year. But, if he didn't speak for a whole year, he would then be able to speak 4 words the next year and so on.

One day he met a princess named Josie and he wanted to say "My Princess".

The next year he saw her he wanted to say "My princess, i love you".

The third year he saw her he wanted to say "My princess I love you, will you marry me?" But, the young prince, now growing older knew he would have to wait a couple more years.

So, on the fifth year, excited to finally present his question, he visited the princess.

He approached her respectfully and asked, "JOSIE, MY PRINCESS, I LOVE YOU. WILL YOU MARRY ME?"

And the princess said, "Pardon?"



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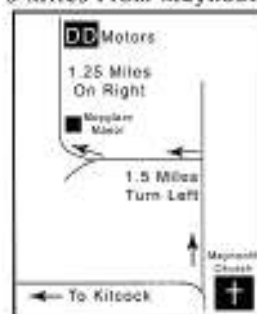
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Sunday 8.00am - 9.00pm

# August in the Garden

## August in the garden

August is the month for getting the best out of your garden, with very little work you can get bigger crops of apples. With some careful summer pruning you can encourage better growth and keep your trees in shape.



## Prune summer apple trees



- Cut back leading shoots by half to encourage growth of side shoots only pruning new seasons growth, cut just above a leaf.
- Cut back all remaining side shoots to three leaves from base of this seasons growth

## Its time to

- Pick gooseberries when ripe. If they're still green and hard leave a bit longer
- Spray apples and gooseberries for mildew
- Lift early potatoes
- Pick mangetout, peas and beans
- Keep all fruit and veg watered
- Give shrubs and perennial a liquid feed
- Take cuttings from non-flowering shoots on hydrangeas
- Feed roses to keep them flowering
- Be vigilant for signs of lily beetle, vine weevil and other problem pests
- Watch out for ants and flush them out of containers by drenching them with water.
- Some chemical sprays work but only inside.

## Water Feature

Water adds something special to a garden, it doesn't have to be very big so here is a pond in a pot, ideal for miniature waterlilies and other small aquatic plants. Its quick and easy and requires minimal care.

## Here's How

- Get an old tin bath or something similar, make sure its waterproof, put some bricks around the bottom for plant level.
- Put a layer of aquatic compost into planting baskets and poison plants in them, its better to stick to two or three types.
- Fill in around the roots with more compost and press firmly. Water thoroughly to settle compost and top off with a layer of pea gravel. Do all baskets this way.
- Fill your container two-thirds with water and carefully lower the baskets in, standing them on the bricks.
- Place larger plants at the back if its against the wall or in the middle if its out in the open.
- Top up the water to about 3cms from the top and add a large stone to break the surface for birds to drink
- Now relax and enjoy your water feature.

## Problem weeds

- Dock weed is the hardest to remove, you must remove them from the root, try spraying with total weed killer when their small.
- Stinging nettles can survive through winter, so need to be dug out as soon as they appear, if they persist use a weed killer but cut them down first.

# Harmony Holistic Health

Beside Ulster Bank,  
The Square,  
Kilcock

Health Foods  
Vitamins & Supplements  
Angel Cards & Books  
Burt's Bees Skincare & Gifts  
Relaxation CDs, Incense, Oils,  
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**[www.harmonyholistichealth.ie](http://www.harmonyholistichealth.ie)**



## MAYNOOTH TOWN FOOTBALL CLUB

Manager sought to manage  
Saturday Senior Team

Training Tuesday & Thursday

Matches played Saturday  
Afternoon

**INTERESTED  
CONTACT:**

EDEL HUTCHINSON

087-2998661

OR

SEAMUS THOMPSON

086-8564590



## HUMOUR JOKES

**A** man takes his Rottweiler to the vet. 'My dog's cross-eyed, is there anything you can do for him?' 'Well,' says the vet, 'let's have a look at him' so he picks the dog up and examines his eyes, then checks his teeth.

Finally, he says 'I'm going to have to put him down.' 'What? Because he's cross-eyed?' No, because he's really heavy'

My wife dresses to kill. She cooks the same way.

My wife and I were happy for twenty years. Then we met.

The secret of a happy marriage remains a secret.

After a quarrel, a wife said to her husband, 'You know, I was a fool when I married you.' The husband replied, 'Yes, dear, but I was in love and didn't notice.'

I married Miss Right. I just didn't know her first name was Always.

A man inserted an 'ad' in the classifieds: 'Wife wanted'. Next day he received a hundred letters. They all said the same thing: 'You can have mine.'

## Features

### *On A Sunny Day*

**A**s Breda looked out the window she felt so happy that morning. The sun was just creeping through. The maid, Maria had just brought her a cup of coffee. She drank her coffee and planned what she would do for the day. She thought she would either go for a walk along the beach or browse around the shops and get some lunch in the village.

Breda was coming out of a long relationship with her boyfriend. She was supposed to marry John. John was a loving person when she had first met him, but shortly before the wedding date she found out that John had been cheating on her for months. She had found out through a friend that he was seeing someone else. When Breda had confronted him with it he confessed that he was. They decided that it would be better to break up. John and Breda's relationship was over.

The next day Breda booked herself a holiday to Spain. It was in the middle of July and the sunny holiday was worth it. She had taken her two-week break from work and brought her personal maid Maria with her. Breda had lived with her parents and her brother in a mansion.

She finished her coffee and took a shower and got dressed in a cotton dress with sandals and a sun hat. The apartment was very spacious with a balcony overlooking the sea. When she went into the kitchen Maria had breakfast ready for her. While she was eating breakfast she decided that a walk along the beach would be nice. It was mid-morning now and the sun was really hot. She took off her sandals and dipped her feet in the water and strolled along the beach for an hour and then made her way to the village to have her lunch. She ordered a glass of wine and some pasta and pastries. She just sat there enjoying herself. No more John and his cheating. Breda knew that she was lucky now.

She just sat there watching the world go by. Then she ordered another coffee to finish off her pastry. He asked her if there was anything else that she would like. She said no thanks.

She wandered down the street she came to a book shop and went inside. She wanted to do something that would distract her. So she browsed through the stacks of books and selected one. Clumsily she dropped it. Just as she was about to pick it up a very handsome stranger stooped down and picked it up for her. They looked at one another for a minute. Breda forgot her manners for a second but recovered quickly and thanked the man. "Thank you I was just being clumsy". "That's alright, I am forever dropping things too".

He looked at the book that she had selected. "Well that's a book that I have read." "Do you like this author?" She replied that she just wanted something to read. "Actually there is a play on next week about this particular book". "Would you like to come and see it?" he enquired. Breda was shocked at the invitation. After what had happened between her and her ex she was not sure about another man so soon in her life.

Then she looked at the handsome stranger and said "I will meet you there". She turned around to the man and asked him what his name was. "My name is Jean Cluade". he replied. "My name is Breda, nice to meet you". They discovered that they were staying quite close to one another and decided to meet up for a drink the following evening. Breda left the shop smiling.



**Enda Clavin**



# Features

## **FURTHER SUCCESS FOR ST MARYS BRASS & REED BAND MAYNOOTH**

**S**t. Marys Brass & Reed Band Maynooth, the subject of much favourable comment over the past few months, were again in the news last week-end when they returned from the South of Ireland Band Championships with further success.

The Band competed in the Intermediate Section of the Championships which were held in Clonakilty in Co. Cork on Saturday 4<sup>th</sup> July and came away with a very creditable Third Prize from the eight competing bands, all Munster based with the exception of themselves and Lucan in Co. Dublin. However the icing on the cake was being presented with the huge "Spirit of the Festival" Trophy for coming to the rescue of the Festival Committee who, at the eleventh hour, were left without a Band for the annual Festival Mass in Clonakilty Church on the Sunday morning when the original band were unable to provide the music. St. Mary's Brass & Reed Band were ideally placed to step into the breach with their many years of experience in this area through their Mass for Deceased Members, Corpus Christi Processions and Masses for Cemetery Sunday and they were well rewarded by the tremendous round of applause from the congregation at the conclusion of the Mass. It is hoped to put this trophy on display in a suitable premises in the Main Street over the next few weeks.



Needless to say the Band, which travelled down on Friday and returned on Sunday, had a wonderful time mingling with the members of the other twenty one Bands competing in the Festival and they also gave a very well received Open Air Recital in the Town Park on Saturday afternoon.

Following an exceptionally busy few months the Band now takes a well earned rest and will return to the weekly rehearsal grind in early August to prepare for a recital in Castletown on September 26<sup>th</sup>, the annual mass for deceased members in November and of course their usual hectic Christmas schedule.

If you are interested in learning an instrument, classes will commence in the autumn. Please contact Elaine Bean on 087 9704912 for further information.

**Any other queries regarding the band please contact the secretary Melanie Oliver on 0879704910**

## Features

### *Things to do During These Recessionary Times*

I am sure that if you're like me all this talk of recession is enough to drive anyone around the bend. Don't despair if you feel down or depressed because there are no jobs out there. Why not just go out there and avail of the courses that are available. While there are few opportunities, one of the better ones to try is the Vocational Training Opportunities Scheme or V.T.O.S. for short.

V.T.O.S. is a course which gives adults an opportunity to improve upon what skills they may have, or even those who have no skills at all, a way of getting back into the workforce. The course covers a wide range of topics from computers, languages, office and administration and believe it or not you can even do your Leaving Certificate in English and Maths if you so wish. You can keep all your benefits and you even get a travel allowance. The course caters for people of all ages and the rewards gained (provided you are willing to put in the effort) can be great. It is also a good way of boosting your confidence as your belief begins to grow stronger. I have just completed a two year VTOS course in Leixlip and while there were times when I found the course tough going I really enjoyed the experience and I would recommend that if you haven't done it then you should get out there and do it. It is a good way of improving ones self-esteem while at the same time making new friends. One of the reasons for my going back to education was so that it would exercise the brain as I had forgotten virtually everything that I had been taught ten years previously. I also wanted to improve on my computer skills and my typing which was very poor.

One of the subjects I chose for my second year was Desk Top Publishing. This module covers everything you want to learn about the print media. We made Birthday cards, Christmas Cards, Wedding Invitations etc. The course also included the analysis of pages on newspapers both broadsheet and tabloid. The idea of the analysis is to show you how you might approach an article and how best you might tackle it hopefully by not making similar mistakes to the ones that you spotted while doing your analysis, while you're putting it together. Everything is covered on the course and by finishing time you can even pick out printing mistakes that certain big name newspapers might make. Other subjects I studied during my second term were Text Production, Payroll, Intercultural Studies and Information and Administration.

This was my second time to do this course. No you don't get any more than two years as a V.T.O.S. student, but you can go on as a post-leaving cert student. The one thing here is that you do not qualify for any payments from the social welfare and you may need part time employment as a way of making ends meet. However if you're on a pension you could go in as a student as a way of going back into meaningful employment. Many students choose to go on to third level education where they can go on to further their education. If you feel you're particularly strong in a particular area for instance say you'd like to do database and you feel there are areas in that subject that you don't feel comfortable with why not just get down to your local V.T.O.S centre and see if they have a place available. It might just change your life. The best way of finding more information about V.T.O.S. and other courses is by contacting your local Citizens Information Service Centre.

*John Finnán*

# Clubs, Organisation And Societies

## Maynooth Tidy Towns

### ***Maynooth no longer in IBAL League***

The latest results for the Irish Business Against Litter League released in June did not include Maynooth for the first time in four years as the town was not included in the list of centres to be judged in 2009. Maynooth, Newbridge and Athy were the County Kildare towns that were judged for the previous three years and from 2009 Naas, Leixlip and Celbridge are the three towns representing the county.

So how did Maynooth fare in the league which aims to highlight areas that have a problem with litter by rating the areas from "clean to European Norms" down to "seriously littered"?

In the first judging back in 2005 Maynooth was the 12<sup>th</sup> cleanest town out of the thirty judged. In 2006 we came second lowest and were designated as a "litter blackspot", but in 2008 the result improved so that in our last few results Maynooth was "clean to European Norms" finishing the year as the 22<sup>nd</sup> cleanest town out of the fifty- five judged.

### ***Trees damaged on the Kilcock Road at NUI, Maynooth***

Vandalism is something that thankfully is not prevalent in Maynooth as far as Tidy Towns is concerned. However a number of trees on the Kilcock Road planted by NUI, Maynooth were badly damaged last month necessitating in the need to remove them. It is difficult to understand the motivation for this action as the area is not a heavy pedestrian area and consequently it would seem as if somebody went out to do this intentionally. The crime is most likely recorded on the CCTV cameras in the area so a prosecution could follow.

### ***Maynooth Tidy Towns acknowledge Intel Matching Grants support***

As one of the groups supported for many years by staff from Intel (Ireland) under the community involvement programme we know the value of the generosity of the local Intel staff that helps us out. As part of the Intel Foundation forty years celebrations we received additional support last year as an addition to get the work done we also got funding (€761) for the number of hours Intel employees spent with us.

### ***Sewerage Works reinstatement works should be completed this year***

Maynooth Tidy Towns together with representatives of local residents in the Lyreen area and other interested organisations continue to be involved in working with Kildare County Council and the contractor to progress the completion of the restoration works for the public open spaces that were damaged as part of this contract.

### ***Best Estates and Shop Front Competitions 2009***

Another year is upon us and judging for these competitions run by Maynooth Tidy Towns is imminent. Remember that the judging is aimed at rewarding efforts made in the year to improve the residential areas and for the shop fronts the overall appearance of the premises is what the judges are looking at. As usual all decisions are made by an experienced independent judge on behalf of Maynooth Tidy Towns.

### ***National Competition Result***

As Maynooth is at a certain level in the National Tidy Towns competition we receive two visits from the judges. The final judging can take place at any time up to the 31<sup>st</sup> August. Please continue to support the efforts made to keep the town clean and tidy for another few weeks at least.

**Paul Croghan**  
**Vice-Chair**  
**Maynooth Tidy Towns**

# Puzzles—Sudoku

Easy

2		6						
		7	8					
9		1	7			4	3	
	8							6
6		3						
4			2	3			5	
								9

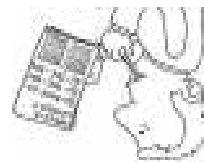
Medium

4		2	8	6	1			
9			5		7			
		2	4	9				
			5					
6								
9								

Difficult


Super Difficult


Solutions



2	3	9	4	8	5	7	1	6
8	5	4	6	1	7	3	2	9
7	6	1	3	9	2	4	5	8
6	8	7	1	5	9	2	4	3
5	9	3	2	6	4	8	7	1
4	1	2	7	3	8	6	9	5
1	7	5	8	4	6	9	3	2
9	4	6	5	2	3	1	8	7
3	2	8	6	7	1	5	6	4

5	3	1	2	6	8	4	9	7
4	6	7	5	1	9	2	3	8
2	9	8	4	7	3	5	1	6
7	8	9	6	3	4	1	2	5
6	4	5	1	2	7	9	8	3
3	1	2	9	8	5	6	7	4
9	7	6	3	4	2	8	5	1
1	5	3	8	9	6	7	4	2
8	2	4	7	5	1	3	6	9

4	3	2	8	6	1	9	5	7
9	1	6	5	3	7	4	2	8
7	8	5	2	4	9	1	6	3
2	9	3	1	5	8	7	4	6
6	5	1	7	2	4	3	8	9
8	4	7	6	9	3	5	1	2
3	6	8	9	1	5	2	7	4
1	2	9	4	7	6	8	3	5
5	7	4	3	8	2	6	9	1

2	3	6	5	1	7	9	8	4
5	9	4	3	6	8	1	7	2
8	1	7	2	9	4	5	6	3
4	7	9	6	2	3	8	5	1
6	5	3	9	8	1	2	4	7
1	8	2	4	7	5	3	9	6
9	2	1	7	5	6	4	3	8
7	4	8	1	3	9	6	2	5
3	6	5	8	4	2	7	1	9

# Party Political-Labour News



*Emmet Stagg T.D.*

## Maynooth Labour News



*Cllr. John McGinley*

### Old Greenfield

At the meeting of the Celbridge Area Committee of Kildare Co. Council held on Friday 10<sup>th</sup> July, Cllr. John McGinley raised the following Motion:

"That immediate steps be taken to clear up the dumping at the 6 boarded up vacant Council houses at Old Greenfield, Maynooth and that re-refurbishing of the 6 houses be carried out without any further delay."

John was advised that the dumped material would be removed and the other good news is that the Council have got funding to carry out Energy Efficient Works on 15 houses in the Estate. The work will involve replacing windows and doors and wall insulation. The Council will have to move residents out of the houses while the work is being carried out.

### The Square, Maynooth

Cllr. John McGinley raised the following motion at the Celbridge Area Committee meeting on 10<sup>th</sup> July:

"When will proper maintenance of the cobble stones in The Square, Maynooth be carried out"?

John was given the following reply by the Area Engineer:

"Some cobbles that were loose have been taken to the Council yard and these will be replaced when the manpower is available. Where additional cobbles are missing they cannot be replaced, as there are no cobblestones in stock."

Cllr. John McGinley showed the Area Engineer photos of the shoddy workmanship that has been used to date in replacing the cobbles i.e. a bucket of cement thrown in the hole. He again asked that proper re-instatement of the cobble stones be carried out and that the Area Engineer can buy extra cobbles if there are none in stock.

### Removal of the "bandstand"

At the meeting of the Celbridge Area Committee of Kildare Co. Council held on Friday 10<sup>th</sup> July, Cllr. John McGinley again raised the removal of the Bandstand from The Green by way of Motion.

The good news is that John's persistence has paid off and that Council have issued instructions for the removal of the Bandstand. Council Officials have assured John that it will be removed before re-instatement of The Green takes place.

*(Continued on page 48)*

# Party Political-Labour News

(Continued from page 47)

The Bandstand has been a persistent source of annoyance to residents and a gathering point for anti-social activity.

Moyglare Hall

At the meeting of the Celbridge Area Committee of Kildare Co. Council held on Friday 10<sup>th</sup> July, Cllr. John McGinley raised the following motion:

"When will the Council be asking Mycete Construction to complete the footpath in Moyglare Hall, Maynooth, in line with Clause 28 of Planning Permission 02/2491 and in line with the drawings submitted?"

The Councils Planning Control Engineer, Willie Hannigan gave Cllr. McGinley the following reply:

*"The plans submitted for Moyglare Hall show a pedestrian link from the estate on to the Moyglare Road adjacent to the Eircom depot. This footpath is included in the fourth and final phase of the development. The developer has until 15/08/2012 to complete this footpath."*

*Building Control Section has been in contact with the developer regarding the provision of this pedestrian link at the earliest possible date.*

It would be premature and unsafe to provide the pedestrian link in advance of the building works in the vicinity of the pedestrian link. **However, the developer has undertaken to revise the phasing of the development to include the area around the proposed pedestrian link in the next phase of the development.**

*At this point it is not possible to put a timeframe on the provision of the pedestrian link as it is dependent on the completion of the building works in the vicinity of the pedestrian link. The Area Committee will be kept informed of progress on this matter."*

Cllr. McGinley made the point that it would help the developer with sales of houses/apartments if the footpath was completed and Mr. Hannigan agreed to highlight this point in his talks with the Developer.

## Provision of Allotments

Cllr. McGinley has again asked the Council to provide allotments for rent on the 10 acres of Council land at Blacklion. He pointed out that this land has been lying barren for the past 30 years and the demand for allotments in Maynooth is very high.

## STAGG PLEADS WITH HARNEY TO REVERSE CUTS IN CRUMLIN HOSPITAL

Addressing the Dail on a Fine Gael Private Members Motion seeking the reversal of cuts in Our Lady's Hospital for Sick Children in Crumlin, Deputy Emmet Stagg pleaded with the Minister for Health to find the money for the bailout of the banks and builders from somewhere other than the Budget of Our Lady's Hospital.

In his address Deputy Stagg pointed out that recently the House debated the horrific abuse of children at the hands of the religious and the State and that the House resolved that no such thing would ever be allowed to happen again. Whilst that debate was taking place, the Minister for Health was withdrawing money from the Children's Hospital, which forced the closure of wards and a life saving operating theatre. If the action is not reversed, it will cause severe suffering, prolonged pain and misery to innocent, sick children.

Pulling no punches Deputy Stagg stated that the closure of a life saving operating theatre is most likely to be the cause of children dying unnecessarily. Deputy Stagg stated that Harney had put in place a system that empowers an unaccountable quango to use taxpayers money as it sees fits. It is not only a shame or disgrace, it is a crime to allow little children to suffer unnecessary pain and misery and even avoidable death. The Minister and her Fianna Fail backers who keep her in office are responsible and Deputy Stagg stated that he would not like to have the consequences of her actions on his conscience.

Deputy Stagg then outlined the cases of two children from his own Constituency whose mothers were seriously concerned at the delay in vital procedures for their children. Both families have the fullest praise for the nurses and staff in Crumlin Hospital but the Minister's resources limitation makes them fearful that their special children will suffer further.

In conclusion Deputy Stagg stated that these and other children had suffered enough and he pleaded with her to find the money for the banks and builders from somewhere other than the budget for Our Lady's Hospital. If she has an ounce of human kindness, she will surely do so. If she is not mindful to heed his plea, Deputy Stagg asked that she would at least heed the pleas of the mothers of the children.

(Continued on page 49)



# Party Political-Labour News

(Continued from page 48)

## **STAGG DISAPPOINTED AT REVISION OF NEWTOWN HALL PERMISSION GO AHEAD FROM AN BORD PLEANALA**

Deputy Emmet Stagg has expressed his disappointment at the decision by An Bord Pleanala to grant planning permission for 5 Three Storey Blocks of Apartments/Duplex Complexes comprising 89 units in lieu of previously granted planning permission for 62 houses at the rear of Newtown Hall Estate, Maynooth.

Deputy Stagg had along with his colleague Cllr. John McGinley appealed Kildare Co. Council's original decision to grant planning permission for this proposal because of the impact the building heights would have on the character of the area which comprises two storey houses and 3 three storey buildings, built under the existing permission. They felt that the creation of a line of 8 three storey blocks to the rear of the estate would have been excessive and visually obtrusive.

In conclusion Deputy Stagg stated that the present economic climate may change the developers minds about this proposal and they may yet revert to normal housing, as we have seen in a number of cases recently in Maynooth, but unfortunately that is now out of our hands.

## **TIME FOR DIRECT ACTION ON UNEMPLOYMENT AS NUMBERS SIGNING ON IN MAYNOOTH QUADRUPLES IN 2 YEARS**

Following the publication of the CSO figures for those signing on at Maynooth Labour Exchange at the end of June, 2009, which shows a quadrupling of those on the live register from 1,519 in May 2007, to 5,982 people at the end of June, 2009, Deputy Emmet Stagg has reiterated his call for the Government to invest in job protection and creation as the best way of stimulating the Economy from its present crisis.

There are now more people signing on in the Maynooth Labour Exchange, 5982 people, than there were unemployed in the whole of Kildare in May 2007 when the number of people unemployed stood at 5,411 people, stated Deputy Stagg.

Since the Economic crisis eventually dawned on this Government they have bailed out the bankers with taxpayers money and have imposed stringent measures to try and bring our Public Finances into line, but stated Deputy Stagg they have failed miserably to bring about a comprehensive job protection and creation policy. This is a shocking indictment of their narrow minded focus.

The Labour Party has proposed the following measures to help Job Protection and Job Creation:

- The establishment of a National Investment Bank to invest in our own future and help create and protect jobs by ensuring access to credit for small business.
- A major school building programme to take 40,000 children out of prefabs and put them into proper classrooms.
- Increase Investment in the National House Insulation Programme.
- Getting rid of the Red Tape attached to Grants for businesses seeking to start new businesses or expand existing ones.
- Renationalisation of Eircom to provide a suitable vehicle for immediate roll out of Broadband Nationwide.
- Measures, including tax breaks, to assist employers to retain workers in employment and to take people off the live register.

Significant investment in education and training places for those losing jobs and those going straight from school into unemployment.

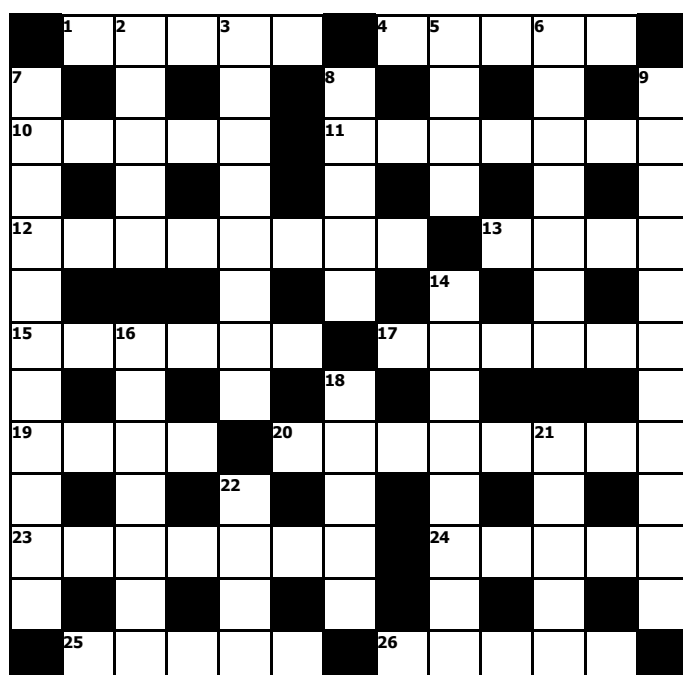
Even ICTU with the support of IBEC have proposed the creation of a €1 Billion Job Creation and Protection Plan. The Government continue to dither on this proposal and refuse to take on board the positive proposals put forward by Labour stated Deputy Stagg.

In conclusion Deputy Stagg stated that the Labour Party has a very clear vision of how to turn the economy around through a stimulus package that will protect jobs, create jobs and bring confidence back into the Country.

Cllr. John McGinley can be contacted at:  
6285293 or 087 9890645  
E mail [jmginley@eircom.net](mailto:jmginley@eircom.net)  
Web: [www.labour.ie/johnmcginley/](http://www.labour.ie/johnmcginley/)



# Crossword No.80.



## Special Prize

### Book Voucher

Give yourself the luxury of browsing and choosing the book/books which take your fancy from the wide selection available in the store of our sponsor

**The Maynooth Bookshop**  
68 Main Street, Maynooth

Kevin McGovern,  
Old Greenfield.

Entries in before: 18th August 2009

Name: \_\_\_\_\_

Address: \_\_\_\_\_

### Across:

1. Play a guitar (5)
4. Gallic gesture? (5)
10. Twos (5)
11. She had her party on TV (7)
12. Countrywide (8)
13. South Pacific island group (4)
15. Lee Harvey \_ \_ \_ , alleged assassin (6)
17. Sci-fi author, Isaac \_ \_ \_ (6)
19. Brood (4)
20. River (8)
23. Ramp (7)
24. Commence (5)
25. Short musical piece (5)
26. Desist.

### Down:

2. Entwine (5)
3. Unimpaired (8)
5. Salute (4)
6. Element, symbol U (7)
7. Financial backing (11)
8. Far Eastern country (5)
9. Fortune- teller (11)
14. Gather (8)
16. Quick-tempered woman (7)
18. Manservant (5)
21. Income (5)
22. William \_ \_ \_ , Scottish pirate captain (4)

### Solutions to crossword No. 79.

Across: 1. Merge, 7. Puncture, 8. Sweep, 10. New Zealand, 12. Terrapin, 14. Jive, 16. Cuff, 17. Resolute, 20. Misfortune, 23. Dried, 24. Isolated, 25. Angus.

Down: 1. Misfit, 2. Gwen, 3. Quiz, 4. Scrap, 5. Audacious, 6. Meddle, 9. Petal, 11. Profusion, 13. Ike, 15. Found, 16. Commit, 18. Exodus, 19. Royal, 21. Trek, 22. Erin.

Doodle Box

# Party Political-Michael Fitzpatrick T.D.

**Michael Fitzpatrick T. D.**  
**Constituency Office - Tel.: 045 888438**  
**Email: Michael.fitzpatrick@oireachtas.ie**



Michael Fitzpatrick T.D.

## **Kildare's concerns addressed with robust Lisbon deal**

Concerns raised by Kildare voters during last year's Lisbon Treaty debate have been robustly addressed with the deal secured by Taoiseach Brian Cowen and Foreign Affairs Minister Micheál Martin in Brussels, according to local Fianna Fáil TD, Michael Fitzpatrick.

"Both the Taoiseach and Minister Martin went to the summit to achieve two goals, a Decision on legal guarantees and a Protocol. These have been secured."

"The Guarantees confirm beyond any doubt that nothing in the Treaty impacts on Ireland's control over tax, our military neutrality and our constitutional provisions on the right to life, family and education."

"The deal we have secured from our European partners also ensures we keep our Commissioner. We set out the importance of workers rights in the European Union."

"In the coming months it is now important that voters in Kildare are given an honest debate on the benefits of the EU, the impact it has on our local economy and jobs and what membership has delivered for our local communities."

"The people of Kildare, like those throughout the country are pro-European. Time and again it has been shown beyond any doubt that they want Ireland to remain at the centre of the European Union."

"I look forward to the forthcoming campaign, to meeting the voters and engaging with them about what Europe really means for Kildare", added Deputy Fitzpatrick.

## **Maynooth Post Primary among Three Kildare schools to benefit from plan for high-speed wireless broadband**

Three north Kildare schools are to get high-speed wireless broadband connectivity as part of the Government's pilot plan to give students instant internet access anywhere in the school, according to local Fianna Fail TD Michael Fitzpatrick.

"The schools that will benefit from this pilot scheme that will run until the end of 2011 are Convent of Mercy on the Sallins Road, the Salesian College in Celbridge and Maynooth Post Primary School."

"The Government is keen to support schools in the development of their IT facilities and to develop schools into centres of e-learning."

"The provision of high-speed wireless broadband will result in students being able to upload and download material faster, access high-volume digital educational content and connect instantly to websites from any part of the school. I am sure that students and teachers at the Convent of Mercy, the Salesian College and Maynooth Post Primary will welcome becoming part of the pilot programme," concluded Deputy Fitzpatrick.

*(Continued on page 52)*

# **Party Political-Michael Fitzpatrick T.D.**

*(Continued from page 51)*

## **Kildare holidaymakers to enjoy cheaper mobile calls - Fitzpatrick**

Kildare people heading for holiday resorts in Europe can now enjoy cheaper mobile phone calls and texts thanks to the EU, according to local Fianna Fáil TD, Michael Fitzpatrick.

"The introduction of cheaper roaming charges from July 1st is just one of several initiatives which the EU has brought in to make holidaying and travelling across the continent cheaper from Kildare."

"From this week the cost of text messages has been cut from 29 cent in some cases to just 13 cent. Phone calls are being reduced to 43 cent a minute when making a call and 19 cent a minute when receiving a call. In addition the EU is committed to cutting costs even further within the next two years."

"Kildare families heading for Spain, Greece, Italy and other European hotspots over the coming weeks already enjoy a number of benefits because of Ireland's membership of the EU:

The Euro – the cost and burden of Foreign Exchange is gone for most travel within the EU

Medical Cover – when in another EU States we have the same access to emergency treatment as any local person

Cheap Flights- EU competition rules have paved the way for big decreases in the cost of air fares

"These benefits are not only good for holidaymakers, but there are also good for business across Europe and jobs in Kildare."

"Following on the success of tackling mobile phone charges the EU has now turned its attention to the problem of the wide range of mobile phone chargers on the market. The Union has reached an understanding with 10 mobile phone manufacturers to develop a single charger for Europe."

"Ahead of the Autumn Referendum on Lisbon there will be much debate on our future role in Europe, I will be remaining in close contact with my colleague the Minister for Foreign Affairs Micheál Martin to ensure we have access to the facts before voting," concluded Deputy Fitzpatrick.

**Michael Fitzpatrick T. D.**  
**Constituency Office - Tel.: 045 888438**  
**Email: [Michael.fitzpatrick@oireachtas.ie](mailto:Michael.fitzpatrick@oireachtas.ie)**



## Lisbon Treaty would copper-fasten Neo-liberalism

There are three aspects to Neo-liberalism: an ideology; a set of institutions; set of policies. The latter are written into the Lisbon Treaty/EU Constitution. From 1980 Neo-liberalism was a dominant ideological force until it unravelled in 2007 with the onset of the current international financial crisis. In other words, the EU is seeking to enshrine Neo-liberalism into its institutions at time when this range of economic policies has been shown to have failed.

Neo-Liberalism is essentially

Liberalisation: tearing down all trade barriers, which leads to the dominance of powerful multi-national corporations

Privatisation: turning more of the economy into profit-making bodies

Price Stabilisation: very afraid of inflation. If wealth is held in large pools of money, then inflation is the big danger. Hence financial interests are more powerful in the neo-liberal context. The driving down of prices brings with it unemployment, which naturally impacts on working people.

Each of these tenets of neo-liberalism is to be found in the Lisbon Treaty and its fundamental commitment to crude market forces is contained in Article 120:

The Member States and the Union shall act in accordance with the principle of an open market economy with free competition, favouring an efficient allocation of resources...

This highlights that the ethos neo-liberalism is at the heart of the treaty and represents an extreme version of unbridled capitalism. It is undiluted in its formulation.

### Liberalization of trade and finance

Foundations are laid for globalised trade and investment in Article 206:

The Union shall contribute, in the common interest, to the harmonious development of world trade, the progressive abolition of restrictions on international trade and on foreign direct investment, and the lowering of customs and other barriers."

This article goes further than the World Trade Organisation's (WTO) agreements on fair trade between countries, and it goes way beyond the conservative consensus. The foundations of financial globalisation are contained within the treaty. Article 63 bans measures by nation states to protect their vital interests:

"All restriction on the movement of capital between member states and between member states and third countries shall be prohibited"

## Privatisation of state companies and public services

Everything is to be subject to the mantra of competition. Article 106 states:

Undertakings entrusted with the operation of services of general economic interest or having the character of a revenue-producing monopoly shall be subject to the rules contained in the Treaties, in particular to the rules on competition...

In line with this, the ESB was recently forced to put up its prices to make it worthwhile for private enterprise to "compete" and prepare this essential national company for early privatisation. Moreover, this Article provides for services, such as public ambulance services, to levy fees and, we could therefore see the creation of private ambulance services.

Public companies are denied state aid. – *Aer Lingus for example*

### Price stabilization

Article 127 of Lisbon states:

The primary objective of the European System of Central Banks (hereinafter referred to as 'the ESCB') shall be to maintain price stability

This is in stark contrast to President Obama's policies. The US Federal Reserve Bank is charged with maintaining price stability *and employment*. *Again the Lisbon Treaty is to the right of conservative consensus.*

Crucially, The European Central Bank is not accountable to democratic control. Article 130 states:

the European Central Bank, nor a national central bank, nor any member of their decision-making bodies shall seek or take instructions from Union institutions, bodies, offices or agencies, from any government of a Member State or from any other body.

Neo-liberalism is opposed to state or democratic influence in the markets. Accordingly, Article 130 highlights the democratic deficit within the EU and Lisbon Treaty.

In order to address the economic crisis, it is vital that nation states regulate the financial sector. The Lisbon Treaty either prohibits this or deems it unwelcome.

Furthermore, it has become necessary to have a stimulus package against unemployment through coordinated Govt spending. This is not facilitated in this treaty. Lisbon is a creature of a discredited and bankrupt ideology.

## Vote no, again.

## Party Political—Áine Brady T.D.

**Áine Brady TD - Constituency Office Maynooth, No 4 Centre Point, The Mall, Maynooth - available to meet constituents every Monday. Please phone 01 618 3057 (Hannah or Eamon) or 01 628 5269 (Trish) for an appointment. E-mail contact – aine.brady@oireachtas.ie Please feel free to contact me at any stage about any local or national issue.**



*Aine Brady T.D.*

### **Brady urges eligible Parents to apply now for Back to School Clothing & Footwear Allowance**

Over 140,000 families nationally with school-going children are expected to apply for the Back to School Clothing and Footwear Allowance this summer, according to local TD and Minister of State at the Department of Health Aine Brady T.D.

'This scheme will see parents being assisted with the back to school costs through payments of €200 or €305 depending on the age of their children.' Stated Minister Brady.

**"Probably the furthest thing from most parents' minds this week is the start of the new school year. But we know that families always find this a pressurised time financially, so I would urge them now to take the time to apply for the Back to School Clothing and Footwear Allowance, as it can take 6- 8 weeks to process applications and receive payment."**

Minister Brady said in the changes introduced in the Budget this year **"means that an estimated 18,000 more families will benefit as the income thresholds for entitlement to the scheme were increased by €50."** This brings the income limits for the allowance for parents with one child to €560 for couples and €407 for those parenting alone.

Another special measure which was introduced in the Budget was an additional allowance of €215 payable to 18 year olds in full time education for whom, the half rate Child Benefit is now applied. Total back to school payment in respects of children aged 18 is €520.

The scheme is administered on behalf of the Department by the Community Welfare Division of the Health Service Executive, with staff in place now to deal with claims. A person may qualify for payment of an allowance if they are in receipt of a Social Welfare payment (including Family Income Supplement), or Health Service Executive payment, are participating in an approved employment scheme or attending a recognised education and training course and have household income at or below certain set levels. Minister Hanafin said "the purpose of the household income limit is to ensure that the allowance is directed at those with the greatest need."

### **Notes for Editors**

The mobile text service now makes it even quicker for parents to apply for the relevant forms. For those who are eligible, they can now apply by text message to request an application form. **Text - FORM BTSCFA - to 51909 followed by their name and address, or Application forms are available on the Department's website at <http://www.welfare.ie/EN/Forms/Documents/bscfa.pdf> or at [http://communitywelfareservice.ie/cws\\_public/application-forms](http://communitywelfareservice.ie/cws_public/application-forms). There is also a 24 hour LoCall leaflet line number to order forms – 1890 20 23 25**

*(Continued on page 55)*



# Party Political—Áine Brady T.D.

(Continued from page 54)

## Statement by Áine Brady TD - N4 Leixlip to M50 Road Scheme

Local TD and Minister of State Aine Brady has welcomed the opening of the upgrade Dual Carriageway between Leixlip and the M50 on the N4, a project that was on time and on Budget. Minister Brady made her comment after attending the opening of the Road on Monday 6th July.

'The €75m upgrade of the 7 Km Dual Carriage will bring benefits to both Bus and Car Commuters, with reduced travels, increased road safety and improved driver comfort. I understand that travel time is reduced by upto 30 minutes in peak times as a result of this upgrade. Bus Companies should also see improved efficiencies as a result of the works.'

'The project involved the upgrade of the Interchange at Newcastle / Lucan eliminating a major bottleneck, widening the lanes from a 2 lane to a 3 lane Dual Carriage and providing a Bus Lane.'

'Commuters effectively now have free flow access to the M50, Dublin Airport and the N11. The M50 upgrade works are progressing, increasing the capacity of the orbital route with the provision of an extra lane and providing a free flow interchange with the M3, and M1. These works will be completed by the end of 2010, providing further relief for our commuters.'

'These works, when fully completed, will also ensure that our goods and services will have easier access to Dublin Port and Dublin Airport, thus assisting Kildare businesses to compete. In recent years, we have seen significant improvement to our road network and the Government is committed to further improvements.'

'I am conscious that we now must focus on having a free flow interchange at Newlands Cross to reduce travel times for Commuters using the N7 from Naas, Clane, Celbridge area. I have made representations to have this work commence as soon as possible.' concluded Minister Brady.

## Brady urges Public to make submission to Local Area Plans

Local TD, and Minister of State, at the Department of Health and Children, Aine Brady, has urged residents, community groups and business organisations to make submissions to the Local Area Plans for Leixlip, Celbridge and Collinstown which are now on view.

'The Celbridge, Leixlip and Collinstown Local Area Plans are now on public display at the Celbridge Library (Celbridge Plan), Leixlip Library, Captain's Hill and the Town Clerk's Office in Newtown House (Leixlip and Collinstown). They can also be viewed on Kildare County Council's website [www.kildare.ie/countycouncil](http://www.kildare.ie/countycouncil) or in their office at Aras Cill Dara, Naas.'

'It is important that local people have a say and shape the future of the community they live in. Previously Area Plans have concentrated too much on residential development and did not give adequate thought to Community Facilities, including Youth Cafes.'

'We must use this as an opportunity to retro fit the Community, Public Transport and Youth Facilities that the Council did not cater for in previous plans. While significant progress has been made in recent times with regard to Car Parking at Celbridge's Hazel Hatch and at Louisa Bridge Rail Stations, Car Parking at Confey Rail Station should be addressed in these plans.'

'Since getting elected, I have fought hard to maintain and improve our current Bus Service for Leixlip and Celbridge areas. However, previous plans did not make adequate provision for Buses to service some newly populated areas, by not providing for Bus Turning Circles or Bus Bays. I have made representations to Iarnrod Eireann and Dublin Bus to engage with Kildare Co Co in relation to public transport infrastructure.'

'Local Area Plans, must also focus on how we can nurture local businesses and make them more competitive. The Celbridge, Collinstown and Leixlip area is home to Large Multinational IT Companies and we should use this as an opportunity to designate the area as an IT Hub with a view to attracting further inward investment.'

'We cannot change the past, but we can shape the future of the area and I urge as many residents as possible to view the respective plans and make submissions. Submissions or observations in writing should be marked 'Celbridge Local Area Plan' or 'Leixlip Local Area Plan' or 'Collinstown Local Area Plan' and addressed to Mary Foley Administrative Officer, Forward Planning, Kildare County Council, Aras Chill Dara, Naas, Co. Kildare or emailed to [mfoley@kildarecoco.ie](mailto:mfoley@kildarecoco.ie) to be received **no later than 5pm on 29th July 2009.**' concluded Minister Brady.

(Continued on page 56)

# Party Political—Áine Brady T.D.

(Continued from page 55)

## Three Local Schools to benefit from Broadband Investment says Brady

Local Minister of State, Áine Brady TD, has stated that three local post primary schools in North Kildare will benefit from the Government's investment in Broadband Infrastructure, as these schools will be equipped with a 100 Mbps per second of Broadband connectivity.

'Maynooth Post Primary School, Salesian College in Celbridge and the Convent of Mercy on the Sallins Road, Naas will all be included in the 100Mbps Post Primary Schools Project, which will deliver high-speed broadband connectivity to these schools. It is part of an investment of some €16 million nationally for up to 80 schools taking part in the Project throughout the country.'

'Under the existing Schools Broadband Programme, primary and post-primary schools in Ireland can access a basic level of broadband connectivity. This 100Mbps Post Primary Schools Project marks the next phase in the Government's target to develop our schools as world-class centres of e-learning. It also in line with the Next Generation Broadband Strategy which was published this week.'

'Providing our schools with high-speed wireless connectivity opens up a whole new world of learning for our children. We are taking online learning out of the confines of the computer room. In classrooms and corridors, students and teachers will potentially be able to carry out interactive chemistry experiments and access demonstrations and exhibitions from all over the world.'

'A class learning French in Dublin could talk in real time with a class in France. A Leaving Cert Physics student will be able to take part in Ivy League lectures and experiments. With this level of connectivity, the opportunities for interaction and collaboration are unlimited.' concluded Minister Brady.

## Minister Brady launches Consultation Phase of National Positive Ageing Strategy

The Minister for Older People and Health Promotion, Áine Brady TD, will tomorrow (Thursday, 18th June, 2009) launch the consultation phase of the National Positive Ageing Strategy. The Minister said that the new Strategy will set the strategic direction for all future policies, programmes and services for older people in Ireland. She is seeking written submissions

from individuals (of any age), institutions, agencies, organisations and groups by 24 September.

The preparation of the Strategy takes forward the commitment in the *Programme for Government 2007–2012* to better recognise the position of older people in Irish society, and the Minister said that it will be informed by the UN Principles on Ageing: Independence, Dignity, Self-Fulfillment, Participation and Care.

She indicated that issues relevant to the development of the Strategy include those relating to older people's participation in society, the way services are organised and are used by older people; income, health and social care, housing, transport, education and employment.

The Minister emphasised that the Strategy must be developed within the constraints posed by the present fiscal situation. "It is not the intention that the Strategy will propose new service developments; rather it will set the strategic direction for future policies, programmes and services for older people," she stressed.

Minister Brady said that she looked forward to having as many views as possible to inform the development of the new Strategy. She said that she particularly wanted to hear from older people on how they use services and how those services are organised.

The Minister pointed out that this is the first time that such a wide-ranging strategy will be prepared here. Previous plans have predominantly focussed on health and care services whereas this Strategy will ultimately lead to operational plans by a range of Government Departments. She added that as well as her own Office, ten other Government Departments and the Central Statistics Office are involved in preparing the Strategy.

**Submissions should be sent (by post or e-mail) to:**

**National Positive Ageing Strategy. Department of Health and Children,  
Hawkins House - Room 11.17, Dublin 2 . Tel:  
(01) 635 4000 ext. 3242  
(e-mail: [positiveageing@health.gov.ie](mailto:positiveageing@health.gov.ie))**

(Continued on page 57)

# Party Political—Áine Brady T.D.

(Continued from page 56)

## **Closing date for receipt of submissions:**

Thursday, 24 September, 2009.

## **Home Energy Saving Scheme still open for Business says Brady 17th June 2009**

The Minister of State at the Department of Health, Áine Brady TD, stated this week that funding is still available to homeowners under the Home Energy Saving Scheme for a range of measures to make homes more energy efficient.

'To-date, 352 Home Owners in Kildare have availed of grants under the scheme. Nationally, it has proven to be a very popular scheme with over €16 million in insulation grants being paid to approximately 12,000 homes.'

'While Kildare has many newly constructed home, there still is a large proportion of older homes which are less energy efficient and would benefit from reducing the heat loss by installing any one of a range of measures including roof and cavity wall insulation, heating control upgrades as well as high efficiency boiler upgrades among others.' stated Minister Brady.

'This Energy Scheme offers grants of up to **40% of the typical cost** of energy efficiency upgrade measures. Homeowners who avail of the full range of measures can expect to save approximately **€700 per annum**. Owners of homes built **prior to 2006** can now apply online at [www.sei.ie/hes](http://www.sei.ie/hes) or contact Sustainable Energy Ireland on **1 850 927000**. I would encourage Kildare Home owners to check the scheme out.' concluded Minister Brady.

## **Local University must play key role in Job retention and Job creation says Brady**

NUI Maynooth must play a key role in retaining the jobs we have in Kildare and also act as a stimulus for further job creation according to local TD and Minister Áine Brady who organised a meeting between, recently appointed Minister with responsibility for Innovation, Conor Lenihan TD and the College Authorities.

'Recently, following my request, the Minister of State at the Department of Enterprise with responsibility for Innovation met with the College so that he and his Department were briefed on the work that is on-going in the area of Innovation and Commercialisation of Research at the College and its developing links with Industry. A knowledge provider like NUI Maynooth, will be key to attracting further inward investment to

the area and maintaining existing jobs by fostering Innovation and ensuring that the University's research strategy is relevant to Industry.' stated Minister Brady.

'The University is now working very closely with Industry. Last year the college signed over 18 research collaborations with various companies, giving a total of 50 ongoing research contracts with industry. Their partnership with Intel, for example, involves the provision of a Masters in Engineering programme for all senior Intel engineers throughout the world. Commercialisation is taken very seriously at NUI Maynooth and they in recent years have broken down barriers to facilitate an almost seamless working relationship with Industry.' stated Minister Brady.

'NUI Maynooth are opening their doors to showcase how they can work with both the SME sector and the larger multinational enterprises, to their mutual benefit.'

'Grants of €5,000 to €500,000 from Enterprise Ireland are now available to companies that wish to develop and commercialise Research ideas with academic experts at universities like NUI Maynooth. Following recent budgets, significant tax breaks are available for companies investing further in research and development. In 2008 alone NUI Maynooth completed six license deals with businesses and helped 'spin out' one brand new company from its campus – Socowave – which now employs ten people.' stated Minister Brady.

'The twinning of industry with academia will be the foundation of the future success of the Irish, and indeed Kildare's, economy. Strategic research partnerships between industry and academia can stimulate innovation, create high quality employment and deliver a competitive advantage to our industry.'

**'I am committed to working with all the relevant stakeholders in improving the college's links with, not alone Industry, but also the local community in Kildare. The college must not alone be seen as a traditional educator but also as a valuable resource for Kildare - for our community and for our Enterprises' concluded Minister Brady.**

## Local Useful Telephone Numbers

Name	Details	Telephone No.
<b>A.C.R.A</b>	National Association of Resident Associations Contact Michael Quinn, 3 Laurence Avenue, Maynooth	<b>6285258</b>
<b>ADULT CEILI AND SET DANCING</b>	Contact: Rita Doyle	<b>086-2862475/ 6286169</b>
<b>AN NUADA PLAYERS</b>	Contact: Terry Nealon	<b>086-8068068</b>
<b>BRIDGE CLUB</b>	Contact: Joan Howard Williams	<b>6289239</b>
<b>CASTLE COMMITTEE</b>	Contact Tony Bean Sec. Gerald & Joan Howard Williams, Carton Demense	<b>087-949459</b>
<b>CASTLE KEEP ART GROUP</b>	Contact: Susan Durack Sec.	<b>6289349</b>
<b>CITIZENS INFORMATION CENTRE</b>		<b>6285477</b>
<b>COMMUNITY GAMES</b>	Contact: Joe Geraghty Margaret Houlihan	<b>087-6181235 087-2054854</b>
<b>CONRADH na GAEILGE</b>	Contact: Colm Ó Cearúil	<b>086-1762212</b>
<b>DENTIST</b>	Dr. G.B. Glass Dr. G.A. O'Reilly Dr. J.G. Merrick	<b>6289284 6286318 6286318</b>
<b>DOCTORS</b>	DR. D. Gaffney DR. D. Nolan DR. C.D. O'Rourke DR. J. Corish DR. N. Wilson DR. M. Cowhey	<b>6291169 6285943 6285210 6292556 5052135 6289044</b>
<b>FAS OFFICE</b>		<b>6290556</b>
<b>FLOWER CLUB</b>	Contact: Moira Baxter, Applewood, Laraghbryan ,Maynooth	<b>6289102</b>
<b>FOLK GROUP</b>	Contact: Elaine Bean	<b>087-9704912</b>
<b>G.A.A. CLUB</b>	Maynooth G.A.A. Club Contact :Dominic Nugent	<b>6285020 087-6368722</b>
<b>GARDA STATION</b>		<b>6291413/6286234</b>
<b>GATEWAY WRITER GROUP</b>	Contact : Kate Dempsey	<b>086-8583316</b>
<b>GOLF</b>	Maynooth Golf Society Contact: Kevin Loftus	<b>086-8261221</b>
<b>HEALTH CENTRE</b>		<b>6285415</b>
<b>I.C.A.</b>	Contact: Norah Mc Dermot	<b>6244695</b>
<b>KILDARE COUNTY COUNCIL</b>		<b>045-980200</b>
<b>LARAGHBRYAN CEMETRY COMMITTEE</b>	Contact: Breda Holmes, Barrogstown, Maynooth Sec. Helen Johnson	<b>6289757</b>
<b>LIONS CLUB</b>	Contact: Freddie Melia,	<b>6289555</b>
<b>MAHER SCHOOL OF IRISH DANCING</b>	Contact : Catherine Maher	<b>6285739 087-8222740</b>
<b>MARTIAL TAEKWON-DO</b>	Contact: Stephen Doyle	<b>087-6986491</b>

## Local Useful Telephone Numbers (Cont'd)

<b>MAYNOOTH LOCAL HISTORY</b>	Contact: Rita Edwards	<b>087-6387687</b>
<b>MAYNOOTH BUSINESS ASSOCIATION</b>	Contact: Brid Feely	<b>087-2052649</b>
<b>MAYNOOTH FAIR TRADE</b>	Contact: Secretary	<b>087-2476516</b>
<b>MAYNOOTH JUDO CLUB</b>	Contact: Mary McDonald	<b>087-9677596</b>
<b>MAYNOOTH PHYSIOTHERAPY CLINIC &amp; LEINSTER CLINIC</b>		<b>6290895</b>
<b>MORTALITY SOCIETY</b>	Contact: Paddy Nolan	<b>6286312</b>
<b>NEWSLETTER DIARY (If you want to highlight or Advertise your FUTURE EVENT)</b>	Contact: Irene or Brian	<b>6285922</b> <b>maynoothcc@eircom.net</b>
<b>NORTH KILDARE JUNIOR TENNIS CLUB</b>	North Kildare Club	<b>6103909</b> <b>6287243</b>
<b>PARENT AND TODDLER GROUP</b>	Contact: Bronwyn Mooney	<b>6289405</b>
<b>PARISH</b>	Fr. Paul Coyle Fr. Liam Rigney Parish Office	<b>6290553</b> <b>6286220</b> <b>6293018</b>
<b>POST OFFICE</b>		<b>6286259</b>
<b>MAYNOOTH COMMUNITY LIBRARY</b>	Librarian: Bernadette Gilligan	<b>6285530</b>
<b>ROYAL CANAL AMENITY AND RESTORATION GROUP</b>	Office Contact: Mark Kennedy, 83 Maynooth Park Maynooth	<b>6290980</b> <b>6286463</b>
<b>SCHOOLS</b>	Boys' National School Presentation Girls' Primary School Post Primary School Gaelscoil Ui Fháich Maynooth Educate Together National School	<b>6293021</b> <b>6286034</b> <b>6286060</b> <b>6290667</b> <b>6106823</b>
<b>SCOUTS</b>	Scouting Ireland Contact: Peter Gareth	<b>087-2241387</b>
<b>SENIOR CITIZENS COMMITTEE</b>	Contact: Patricia Cusker, Silken Vale, Maynooth. Josie Moore, Greenville, Straffan Road, Maynooth.	<b>087-2982455</b>
<b>SOCCER CLUB</b>	Contact: Edel Pat Moynihan	<b>087-2998661</b> <b>087-9078861</b>
<b>ST. MARY'S BRASS AND REED BAND</b>	Contact: Melanie Oliver	<b>087-9704910</b>
<b>SWIMMING CLUB</b>	Contact: Edel	<b>087-2680405</b>
<b>TIDY TOWNS</b>	Contact: Secretary	<b>087-3153189</b>
<b>U3A</b>	Contact: Bernadette	<b>6289131</b>
<b>VIOLENCE IN THE HOME</b>		<b>1800-341-900</b>

# Maynooth Newsletter

## 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 The Editor, Maynooth Newsletter, Unit 5, Maynooth Shopping Centre, (Beside Tesco) Maynooth, Co. Kildare.  
Tel: 01-6285922/6285053  
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### MISSION 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 render 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 computers, 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.

Email us at [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net)

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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**

COPY DATE FOR

THE  
SEPTEMBER  
EDITION  
OF  
MAYNOOTH  
NEWSLETTER  
IS  
18TH AUGUST

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