

# Maynooth Newsletter

Serving the people of Maynooth

**March 2011 Issue**

**Local News**

**FREE**

## Maynooth Scouts Celebrate 35 Years

The 8th Kildare Maynooth Scouts had a very important celebration on Saturday 12th February. We have just celebrated 35 years in existence. The day got off to a great start when the sun came out. The meeting point was Carton Avenue at 11.15. We paraded through the main street behind St Mary's Pipe Band, the local guards stopped the traffic to allow the procession to make its way to the Gunn Chapel for Mass at 12:00.

We had a beautiful Mass, which was concelebrated by Fr. David Kennealy, Scouting Ireland Chaplin and Fr. Liam Rigney, Parish Priest, St. Mary's Parish. During the Mass the new members to each section were invested. Some of the youth members also took part by doing the readings and prayers of the faithful. We were also very happy to have the Folk Group accompanying us during the mass. We were also delighted to see that some of our local representatives took time out from their election preparations to spend some time with us.

We know that many of our past members could not make it on the day, we especially remembered those members. After Mass we had use of the upper and lower Loftus hall for our reception. The parents and leaders provided a beautiful selection of food for a buffet. It was time to relax and meet our invited guests and get to know other parents and some of the new leaders. In the lower hall it was all go, the music was a big hit. Paul Burnell kindly provided an amazing array of songs and even some karaoke!! It was also apparent that we have some very talented musicians in our midst.

We would like to thank all the parents, scouters and leaders for making the day so successful. We also need to thank the wider community for helping us, the guards for traffic control, ensuring our safety, to the local representatives who have been very supportive, St. Mary's Band and the Folk Group were a great asset to our day.



*Tony Myles, Aoife O'Shea, Deirdre Butler, Karl Quinn.*



*Damien Scanlon.*

### Our future.

We are working to develop our own premises to help secure our continued success and to ensure the future of scouting in Maynooth. We have lodged a planning application to Kildare County Council for a development at the Geraldine Hall in Maynooth. We are hopeful that our application will be successful, we have wide support from across the community for this development.

We urgently require help with our Parents and Friends group to meet the financial challenges that face us to bring this project to completion. We are always looking for new Parents and Friends who have fund raising ideas or people who have experience in grant applications. Visit our website at [www.maynoothscouts.org](http://www.maynoothscouts.org) or contact us at [maynoothscouts@gmail.com](mailto:maynoothscouts@gmail.com).

## Maynooth Post Primary School Musical "Hairspray"



Well done to all the cast and crew of Hairspray which ran from February 9th to 13th in the school.

Congratulations to all involved in this year's show. You made it a fantastic success and should be very proud of yourselves,

What began in 1988 as a film, with no real financial success has developed into one of the world's most loved musicals.

Set in Baltimore, Maryland, in 1962, the plot of this musical is very much a social commentary on the times. It deals with prejudice in more than one form.

### The Music in Hairspray

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# Tidy Towns

## Already this year we had 2 clean ups.

We have also planted bulbs in a number of locations, also the planters in the Square, have been tidied up and replanted. As you can appreciate this takes a fantastic commitment from our members. We could do with more help. **Please give us one or two hours once a month to help beautify Maynooth - it would be very much appreciated and get you out in the fresh air.**

We look forward to seeing you on St. Patrick's day during the parade.

**Richard Farrell**  
**PRO MAYNOOTH TIDY TOWNS (MOBILE NO. 087 3153189)**



*Moira Baxter, Sean Cushen, Eilis Cushen, & Ray Murphy*



*Sean Cushen, Ray Murphy, Eilis Cushen, Sue Doherty, & Liam Doherty*



*Liam Doherty, Sean Cushen, & Ray Murphy*





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# SPF Parade Float

**Celebrating our New Community**

If you are part of our new community here in Maynooth, we would love you to walk with us in our SPF Parade Float. Come by yourself or with your family. Wear your national colours or national dress. Enjoy the fun and vibrancy of the parade and help us to celebrate the new diversity of our community!

**Parade begins Mar 17th @ 11.00am**

For more information and to register for our parade float please visit our website  
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## EDITORIAL

March is the month of our patron saint, Patrick, and there will be celebrations countrywide and worldwide on the 17<sup>th</sup> March. But we know very little about this mysterious man, not an Irishman, whom our 7<sup>th</sup> century ancestors chose as their favourite saint of the time. It could have been Colm Cille or Brigit but he shadowy figure of Patrick won out and has continued as such to the present day. In his biography, the *Confessio* (Confession), written in Latin, Patrick tells us very little about himself and hardly mentions any personal names or place-names at all. So we do not really know where he travelled or who were the kings that he met during his mission. We do know that he was born in Britain, he was the son of a deacon; he was captured by Irish raiders when he was 16 and was a slave in Ireland for 6 years. The he escaped and managed to return home. But he was haunted by the 'voice of the Irish' and eventually he came back to preach the Gospel. We assume that he died in Ireland. But he was not the only missionary to visit in that period; the Pope at the time sent Palladius to the Irish who already believed in Christ but we know even less about him than we do about Patrick! We also know that the older texts make no mention of the infamous shamrock or banishing snakes. These have all been added later but unfortunately our education is still spinning these yarns to our children and not giving the truthful events that we do possess.

We would like to take this opportunity again to ask people to become involved in the local Parade, by attending and bringing your children but, even more so, by acting as a steward from 10.30am to 12.00. Becoming involved at a local level and volunteering is one of the most rewarding experiences for individuals and it is a great way to get to know people and the town.

As this edition of the Newsletter hits the shelves we will have a new government but as I write it is impossible to predict who that may be. The opinion polls are showing a rapid increase in the support for Fine Gael and for their leader Enda Kenny and a decline in support for the Labour Party and Eamon Gilmore. It was fascinating to watch Michéal Martin trying to pretend that he had not been in government for the past 14 years and that Fianna Fáil have some relevance to this election. The Greens have also become irrelevant. Locally the election is even more difficult to call. The polls look bad for Fianna Fáil but there is a general feeling that they will do a lot better than they predict. Voting for that party is nearly a religion and one cannot but wonder how those who have voted Fianna Fáil in the past can bring themselves to vote Fine Gael or Labour. The hand may well slip to the Fianna Fáil candidate in the privacy of the voting booth.

Watching the collapse of this party and the growth of Fine Gael is not greeted with any joy by the country. There is no

rejoicing in the fall of an old order as we see happening in other countries; on the contrary, there is a quiet feeling of dread, foreboding and that the hands of all parties are tied by the ECB/IMF deal. There will be no dancing in the streets. There is no feeling of a new dawn. Indeed, there are those who wonder if Ireland will survive at all. Despite all the attempts to say that Ireland is a 'great little country', many doubt this more and more as time goes on. If our younger generation chose to leave, and they are doing so in their thousands, there will be fewer and fewer of us to shoulder the burden of debt. This could stretch the recession into a long depression of over 10 years. We are also overwhelmingly aware of the fact that the major decisions for our country will be made in Europe. Locally, the work on the library in the University is going ahead and the news that the footbridge will be closed shortly caused concerns. The idea of thousands of students crossing the Kilcock Road every hour of the day all day is a very serious worry. The University also announced recently that the new President will be Professor Nolan who holds the office of Vice-President of UCD at present. He will take up office on the 15<sup>th</sup> August. The Community Council will be hoping to meet him as they have met the past Presidents and to having a good working relationship.

**Muireann Ní Bhrolcháin**

**We would like to add that readers are welcome to comment on the content of the editorial or on any other matters in letters to the editor. We would welcome your views.**

## Public Notice

**There have been a number of attacks on people in the locality in recent months as they walk home at night.**

**In the interest of personal safety can we remind people not to walk alone at night.**

**If you see anything suspicious please report it to the Gardaí to help prevent further incidents.**

## February Community Council Meeting

The Council asked the Secretary to write to Professor Tom Collins, the interim President of the University, and to invite him to the next Community Council meeting. We have had a positive reply in the meantime and he will attend the next meeting in March. However, his replacement was voted in by the Governing Authority at the February meeting, he will be Professor Philip Nolan who is the Vice-President of UCD at present.

A number of local issues were raised by the members and serious concerns were expressed about the College footbridge that will be out of operation by the end of March. The fact that thousands of students will be crossing the main Maynooth/Kilcock Road all day, all week will be a hazard to themselves and to motorists. It is too late to object and to change this now.

The whereabouts of the money collected for the Swimming Pool was also raised and it was requested that the Secretary stress this issue in these notes. There was no definite reply as to the whereabouts of the money from the meeting.

Another local issue raised was that the children and parents from the Gaelscoil are climbing over the fence at Laurence Avenue instead of the footpath provided. This has resulted in damage to the fence and to the hedging that the residents partly paid for. The lighting and footpath on the Celbridge Road was provided for the school and there is no need for parents or children to climb the fence, use the green in the Avenue as a footpath or to park in the Avenue when picking up or leaving off their children. It was agreed to highlight this issue in these notes as well.

It was agreed to send letters to all organisations in the town again, asking for representatives for the Council. This is the year of the volunteer and it would be helpful for the festival and for other events.

It was also agreed that the Secretary would write to Kildare County Council supporting the plans of the Scouts for the Geraldine Hall. The plans were available for the members to view at the meeting.

It was suggested to Kevin McCrory that he approach the committee about their inter-cultural float for the Parade again and their plans for music and food from the different cultures after the parade. Some of the members did raise the fact that providing food gave rise to regulation issues on health and safety.

**3 Correspondence:** letter from the private secretary in the Office of the Secretary General in the Dept of Education acknowledging the letter re. the VEC buying 40 acres at Moyglare Hall. Agreed to write back again to look for a more detailed response.

**4. Treasurer's Report:** deposit: €5,605.01, current: €1,846.80, NL €8,260.31, petty cash €46.87, Scheme 2010 €1,977.50, Scheme 2011 €22,963.22

### **5. Sub-committees: Twinning**

**Committee** – the people from Canet cannot be here for St Patrick's Day, may be here for the Festival time.

**Scouts:** - celebrating 35 years in Maynooth, 300 people coming to a Parade on Saturday next, beginning 11.30am, investiture and mass in the College at 12.00. Refreshment until about 4pm. The members were invited to join them. The vice-chairman reported from the executive meeting that K. Quinn of the scouts would join and help the festival sub-committee. There was a need to get younger people involved.

**Tidy Towns:** the flowerbeds have been cleaned and bulbs planted.

**Senior Citizens:** held the AGM on Tuesday and there were new members. P. Garrad presented their plan for the G. Hall at the meeting. The Valentine's Day dance will be on the 20<sup>th</sup> February. Agreed to write to KCC to support the planning application for the G. Hall. P. Garrad said that members could see plans on computer after the meeting. He outlined what was planned: stone building preserved, old room and hall demolished, exposing the rear wall and window. New hall at rear to replace the old one slightly higher than original, entrance in the same place, a small kitchen, storage and toilets included. The roof before the galvanized one had asbestos in it. There was a short discussion on the ICA and how they would want their hall replaced.

**U3A:** meetings are held fortnightly, members did a creative writing course, produced work on their memories of the past, it was suggested that they send them to the NL to be published.

**Local History Group:** there will be a talk on genealogy on 24<sup>th</sup> February at 8pm and a talk by P. Cosgrove on the history of Carton Estate in Carton House on 14<sup>th</sup> March at 8pm.

**St Patrick's Day Parade:** more stewards are needed, required by the Gardaí. A. Ó Maoláin offered to get stewards from the College students.

**Nuadu Players:** G. Martin said the pantomime was a great success, there might be a play for the Festival.

**Newsletter:** New format successful. M. O Callaghan said that it had grown on him, quality of photos was good and colour improving. A. Ó Maoláin – his press releases were not getting through to the MCC office, secretary said that he could send them to her instead.

**Muireann Ní Bhrolcháin**



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## I.C.A.

All I.C.A. Guild activities resumed on 3rd February after the long winter break. The first Guild meeting of the year was well attended. The Guild Auction was very successful and enjoyed by all. The money raised is used to fund part-scholarships for members to An Grianan.

Monday craft nights continue at 8.00 p.m. "Designer Bags" is the theme at present. Badminton continues twice weekly in St. Patrick's College on Tuesdays and Thursdays at 11.00a.m.

**The Federation Dinner Dance will take place in The Keadeen Hotel, Newbridge on 3rd March at 8.00p.m. Tickets available from Guild committee members.**

Upcoming events: Guild-of-the-Year competition will take place in April. Elenora Gibbon Competition also in April.

Kildare Week at An Grianan is June 20th—24th. "Kildare week-end" is November 21st - 23rd. An Grianan is open to non-members and hosted a very enjoyable televised "Boot Camp" recently shown on RTE.

Members will be out and about selling daffodils on "Irish Cancer Society Daffodil Day" on 25th March. All offers of help on the day will be gladly accepted and appreciated by contacting any Guild member.

### Winners of February Guild Competition:

**1st Betty Farrell & Ann Fahy,**

**2nd Mairead Scanlon,**

**3rd Madeleine Stynes.**

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## Maynooth Castle

### A Focal Point of Local History

When Henry II returned to England in 1172 the position of the Normans in Ireland had changed. There was no longer the possibility of a new independent Norman-Irish kingdom. Henry had successfully asserted his claim to the lordship of Ireland and had granted some areas to his greater subjects to hold from him as feudal lordships. By feudal theory the king was the lord of all the land, and his tenants-in-chief held lands from him on condition that they owed him certain services, including that of an agreed number of knights for stipulated periods of time. Strongbow was granted the kingdom of Leinster, his inheritance from MacMurrough through his marriage to Aoife, to hold by the service of one hundred knights. To balance this huge grant, and because the king was anxious that no one lord should become over mighty, the kingdom of Meath including the modern counties of Meath, Westmeath, Longford and parts of Offaly and Cavan, was granted to Hugh de Lacy for the service of fifty knights.

Strongbow's task now was to secure his grant and subdue any rebellious Irish chieftains. In southern Leinster he made the town of Wexford his base and in northern Leinster he seems to have lived and made his headquarters at Kildare. The Uí Fáeláin of our own area had been among the leaders of the opposition to MacMurrough and so were unlikely to accept Strongbow without a struggle. The formidable Raymond le Gros raided their territory and seized an enormous amount of booty, including fresh supplies of horses and arms for the Norman soldiers. According to the Annals of Leinster, Fáelán, chief of Uí Fáeláin, gave hostages to the Normans and died in 1203 in the newly founded Norman monastery of Connell in the north of the modern county Kildare. Strongbow seems to have been an efficient and relatively conciliatory over-lord, and the only leading Leinster chief to refuse to come to terms eventually and give hostages seems to have been O'Toole.

However there was considerable rivalry among the Normans themselves and in 1173 Maurice FitzGerald returned to Wales because, according to Giraldus Cambrensis, of the jealousy shown by Strongbow towards him. By 1176 Strongbow found he could not do without him and recalled him and made him one of his sub-tenants in Uí Fáeláin. Maurice FitzGerald was not the only son of the Welsh princess Nesta to get lands within the modern County Kildare. His half-brother Meiler FitzHenry was granted the territory of Cairbre Uí Ciardha, later anglicised as O'Keary and Carey. Here Meiler founded and granted lands to the monastery of Connell.

The section of Uí Fáeláin nearest to Dublin was granted by Strongbow to Adam de Hereford. This included Leixlip, Kill, Celbridge and Rathcoffey. The Latin name of Leixlip, Saltus Salmonis, the salmon leap, gave its name to the later baronies of North and South Salt. The next section of Uí Fáeláin, the barony of Naas, went to Maurice FitzGerald. This comprised most of the modern Baronies of North and South Naas and also the western part of the modern barony of North Salt which included Maynooth. With this FitzGerald was also granted the cantred of Wicklow which seems to have been the modern barony of Arklow, and he held his grant for the service of twelve knights.

Mary Cullen



## Pet Corner



### How to take care of your Goldfish

The goldfish is one of the most common and rewarding household pets. It is easy to take care of goldfish and they do not require very much space. They can live for several years (even ten years is not an uncommon amount of time) if taken care of properly. If you want to keep a gold fish bowl with gold fish, there are some basic purchases you will have to make. You will need to make the followings items available to the gold fish: the gold fish bowl, food, water filter (clean water), aerator, fish net, thermometer and "aged" water.



Buy any gold fish bowl that will give your fish plenty of space to swim, and the ability to hide as well. Consult the local pet store when you are purchasing the gold fish to make sure that the bowl is large enough for your new fish.

Gold fish should be fed at least twice a day. All the food should be consumed in about five to ten minutes, if there is more food left over, you are overfeeding the fish. The left over food will only cloud and pollute the water making it harder for you to clean the aquarium as well. Gold fish will eat almost everything, but for beginners it is suggested that they start off with pre-packaged fish foods. Buy food that is specifically made for goldfish since this will be tailored to provide him with the correct balance of minerals, vitamins, carbohydrates and protein.

If the bowl is getting dirty, transfer the fish with the water and any real plants into a large bowl or bucket. Wash the rocks, gravel, sand and fake plants with water and salt. **Do not use detergent** unless it is from the pet store and specifically designed for cleaning fish bowls. (Unfortunately the use of **detergent is the main cause of death for a goldfish** in the home.) Fill the bowl back up with the aged water. Arrange all the items in the bowl and then transfer the fish with the net.

If you think that your goldfish is behaving in an odd way, bring him to the pet store immediately to get help for you little friend. **Good luck with your new pet!**

### Stem Cell Therapy For Pets

Stem cell therapy is the latest exciting advance in the treatment of arthritis and other diseases in pets.

A company in America has developed a new stem-cell therapy for animals, promising to help ease the pain and improve the health of pets with problems such as hip dysplasia, osteoarthritis or ligament injuries.

For the new treatment, veterinarians cut fat tissue from animals and use a centrifuge and other technology to separate and activate millions of dormant stem cells. The cells are injected back into the animal at the problem site, such as the hips, and into the circulatory system.

In Michigan a 14-year-old English Springer Spaniel suffers from hip dysplasia. Normally an animal with this condition would have to undergo hip replacement surgery. In an effort to try and ease his pain, his owners invested about \$2,000 in a treatment called "In Clinic Stem Cell Therapy." As part of the therapy, stem cells were harvested from the dog's fat and then injected back into him in the hope they heal the inflamed areas. This is the first time that the stem cells have been harvested, processed and injected in the same clinic on the same day. His owners have high hopes for the procedure. I will continue to follow his progress and bring you an update in about two months.

Vets in Ireland think that it will be three to four years before this treatment is available in Ireland.



## Maynooth Band News

Once again St. Mary's Band is in demand for Parades on St. Patrick's Day. While we would ideally like to oblige all the applicants, particularly for the badly needed revenue it would bring in, we have a limit to our locations. The Maynooth Parade has always been Number One on our list primarily because the Band was the originator of the Parade *many years ago but also as we appreciate the support given by the people over the year.*



We would like to congratulate the junior band, who since the beginning of the year, has joined the ranks of the senior band bringing the average age down to the mid teens. While it is a sign of real progress musically the additional numbers present a problem of a different kind in the area of uniforms which is a very costly outlay in the current climate. It is something that will need to be addressed, if you'll pardon the pun, but maybe there's a kind benefactor out there willing to help solve this dilemma as all our current income, and more, goes totally towards the day to day running of the Band.

We are currently rehearsing for the National Band Championships being held in the Helix in April and the increased numbers for the Monday night practices lend a great buzz to the atmosphere. We still need numbers in heavy brass (Tuba, Euphonium and Trombone) players and we invite any similar musicians living in the area to join us on any Monday night. You will be made really welcome.

We are currently organising instrument classes where our main focus will be on heavy brass instruments. Anyone from 9 years to adult is welcome to join. If you feel you or your child would be interested in joining our band, offering opportunities to become involved in the community, meet new people and learn an instrument at the same time, we would love to talk to you. Contact Elaine Bean 087 9704912 (class co-ordinator) or call to the bandroom on Monday nights at 7.45. The Bandroom is located just off the main street, down the lane from Twist Café. You can also follow us on Facebook.

For all other queries and booking the band please contact the Band Secretary, Melanie Oliver on 087 9704 910.

## Local author: Martina Reilly.

When reading a good book we escape into a world that is not our own, we are told a story belonging to someone else, we immerse ourselves in the lives of strangers. For the author it is no different. "I basically sent my husband and kids away for a week and stayed on my own. I didn't take any calls and that kind of thing so I was experiencing what it was like to be completely isolated."

Award winning author Martina Reilly knows all too well what it is like to plunge into the life of someone else, albeit a character of her own making. With her books having been translated into French, German, Latvian, Italian and Greek she has become a huge success.

"The characters are basically people you kind of wish you knew or people that you want to find out more about" explains Martina.

With her book 'A moment like forever' due to be released in paperback in early March she finds that getting into her characters mind frames is an integral part of making them come to life for the reader.

"The character in 'A moment like forever', she's actually very lonely and she doesn't go out of her house really. So you know it was hard to write, the highlight of her week was cleaning her house, because she felt she had some control over doing that kind of thing." Realistic portrayals of serious issues is the main concepts behind both Martina's adult and teenage books. Con men, revenge, grief, tracing birth parents and loneliness are just some of the experiences that have featured, and there is no doubt that each book captivates the audience with her witty one liners and humorous content.

"My books aren't chick lit in the traditional sense of the word. They have real issues and they're quite gritty but they're very funny. I just describe them as stories.

They're not particularly romantic but they are about love, which is a different thing."

Often compared to Marian Keyes they both delve into the darker side of things. But that's as far as it goes. Martina presents a unique and fresh voice in her books that cannot be found anywhere else.

"I love Marian Keyes, I think she's a fantastic writer. I do feel that I'm my own writer though. My writing is my writing, it's not anyone else's!"

Writing her first book at 15, which was later published in her early twenties, it was clear that a career as a writer was ahead of her. But Martina has also shared her creative nature through many other ventures. Previously a columnist for the Evening Herald she also gave workshops for Poetry Ireland. Her school of Drama run alongside her two sisters was also a huge hit; having been trained through the Guildhall School of Music and Drama. And this too helps her to engage with her characters.

"Sometimes if I can't think of what to write I kind of act it out to myself, I kind of speak the words and I'd say what the person might say."

Incorporating both drama and writing together is an interesting concept, and it is true that we must live our life doing what we love best. But is writing really all it's cracked up to be?

"Writing books is brilliant, I mean every day of my life I have fun, I love it!"

by Carrie Bermingham



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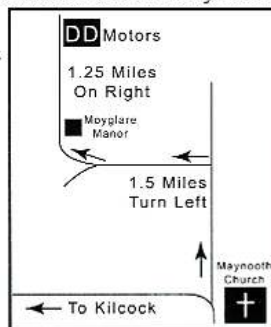
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1997	Fiat Brava	1400 cc	Silver	80k	5	Sep 10	€1000

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## Quick Tips in Photography

### Move in Closer

Each time you spot a subject, snap a shot and then move in closer for a better shot. Having your subject almost fill the frame helps your viewer understand and appreciate your photo. Also, details are often more interesting than an overall view. Keep moving in closer until you are sure the photo will successfully represent your subject.

### Be Quick

If it is at all possible that your subject may move, bolt, fly away, stop smiling, or just get tired of waiting for you to take the picture, shoot once right away. Practice getting quicker and quicker to the draw. Do not worry about taking too many pictures and do not wait until you're absolutely certain all the knobs and buttons are in their correct position. Make your motto "Shoot First, Ask Questions Later."



### Compose Your Picture with Care

Even if you don't plan on selling your photo make every effort to keep it balanced and beautiful. On one level or another, everyone responds better to a picture that has all elements in balance. Strive to lead the eye along an interesting path through the photo, with the use of strong lines or patterns.

### Be Selective

Discern what you are really interested in and center your efforts on getting the best photo of this subject, whether it a still life, your funny cat, your doggy, a friend, a family matter, a mood, a place or culture. Then be sure to keep anything that would distract out of the picture.

### Focus on Your Subject

Practice shooting with different apertures and monitor the results afterwards to learn how depth-of-field affects your photo.

You will find that a smaller depth-of-field focuses all the attention upon your subject. This is great for taking a picture of your child, your dog, or your husband/wife - subjects stand out against a blurry background.

Likewise, you will find that a greater depth-of-field will make everything from here to eternity appear in focus. This will help make those landscapes fascinating and lovely.

### Look at the Light

By this, I don't mean look into the sun - no, that won't do at all. But it is good to see what kind of light you are working with. Which way are the shadows falling? Unless you want a silhouette effect, where your subject is black against an interesting background, it's generally best to shoot with the sun behind you.

How is the light affecting your subject? Is the subject squinting? Is the light blazing directly and brightly upon your whole subject? This works well if you are in love with the bold colours of your subject. Side lighting, on the other hand, can add drama but can also cause extreme, hard-to-print contrasts.

Lastly, indirect light can be used to make your subject glow soft and pretty.

### Watch the Weather, Too

Look outside and decide whether or not you are going to want to have the sky in your picture.

If it's overcast, simply keep the sky out of your pictures as much as possible. This is usually the best way to avoid both muted tones in your subject and washed-out skies in your background. You might also find black and white pictures of an overcast day more pleasing than colour.

When the day is beautiful, go ahead and make the most of it.

If your camera allows for the use of filters, purchase a polarizer. This will help you render deep blue skies against bright white clouds, richly contrasting colours, and other wonderful effects with a simple twist of the wrist.



## Maynooth Golf Society

Maynooth Golf Society held its AGM on Sunday 6th February. The minutes of the 2010 AGM were read and passed.

The outgoing Captain Tom Flatley addressed the members, he thanked all members for their support and participation in the society during his captaincy, he also thanked all of the sponsor's of the society for their continued financial support particularly in light of current state of the economy. The treasurer's report was read and adopted by the members. The list of outings for 2011 was presented by the secretary Marty Maguire (list below). Paddy Foy was elected as President, Declan Kennedy was elected as Vice-President, and the incoming committee were then elected to serve for 2011. Incoming Captain Pat Connolly announced that his Vice-Captain would be Brendan Leigh. He outlined his plans for to raise the profile of the society and to increase the membership for the coming year. Committee proposals were discussed and voted upon. The membership fee for both new and current members was reduced to €20 due to economic conditions and to try and attract new members. The meeting was then adjourned.

### MAYNOOTH GOLF SOCIETY OUTINGS 2011

<i>Millicent</i>	<i>Sat 5<sup>th</sup> March</i>	<i>2011</i>	<i>10.00am - 11.30am</i>
<i>Athy</i>	<i>Sat 2<sup>nd</sup> April</i>	<i>2011</i>	<i>10.30am - 12.00pm</i>
<i>Portarlinton</i>	<i>Sat 7<sup>th</sup> May</i>	<i>2011</i>	<i>11.56am - 1.25pm</i>
<i>Weekend</i>	<i>Fri/Sat May 20<sup>th</sup>/21<sup>st</sup></i>	<i>2011</i>	<i>Gowran/W/ford Castle</i>
<i>Rathcore</i>	<i>Sat 18<sup>th</sup> June</i>	<i>2011</i>	<i>10.00am -11.30am</i>
<i>Mt., Wolsley</i>	<i>Sat 2<sup>nd</sup> July</i>	<i>2011</i>	<i>10.30 am – 12.30pm</i>
<i>Beech Park</i>	<i>Thur. 11<sup>th</sup> August</i>	<i>2011</i>	<i>2.30pm - 4.00pm</i>
<i>Athlone</i>	<i>Sat 27<sup>th</sup> August</i>	<i>2011</i>	<i>10.00am - 11.30am</i>
<i>Kilcock</i>	<i>Sat 17<sup>th</sup> September</i>	<i>2011</i>	<i>12.00pm – 1.30pm</i>
<i>Portugal</i>	<i>7<sup>th</sup> -12<sup>th</sup> October</i>	<i>2011</i>	

### University of Third Age

The Creative Writing course was very productive and gave great insight as to the meaning of 'memoir'. All members produced a piece each week and then had the opportunity to read it to the group. Paddy, out tutor, offered constructive criticism, in the kindest possible way, as to how we might improve our literary efforts. Congratulations again Patricia and it is expected that other will soon follow suit. Future plans include the possibility of producing a book of memoirs for publications, in the autumn perhaps. Many thanks Paddy for your support and evaluations.

Our Travel sub-group has been very pro-active. The first destination was the National Library. Of main interest here was the Reading Room which contained some of the first books printed in Ireland. Because we were not National Library members we were unable to handle them. After lunch in Buswells Hotel, Maeve accompanied by a smaller group charmed her way into the Masonic Lodge. Ger reported that the guide was very affable and passionate, about his subject that is. He was happy to answer any questions and explained the various concepts of Freemasonry. This contributed to dispelling a lot of myths surrounding their principles and activities.

For some time the group had been looking forward to the Viennese Strauss Gala night in the Moate Theatre. Unfortunately, due to an oversight by the administration there, the trip had to be cancelled. Irene thank you for informing everybody and for your patience in endeavouring to recoup our money.

Rehearsals are continuing weekly for 'Seachtaine na Gaeilge' performance. The popular songs 'as gaeilge' have been bringing us back to our schooldays and to times past. The more energetic among us have been dusting off the dancing shoes and all appear very eager. Singing and dancing isn't just for fun, it can also be therapeutic.

It definitely boosts the spirits and raises the energy levels. Denise, it is lovely to have you back and to see you enjoying the rehearsals. Helena, we are missing you and hope you will soon be feeling better. Enjoy and have fun on March 11<sup>th</sup>. Further information : Bernadette 6289131

## Maynooth Citizens Information Centre

### Know Your Rights

#### Question

I have four children. The last two are twins and I am confused about what Child Benefit payment I will get for them following the Budget. Are they both treated as the third child or are they treated separately?

#### Answer

The Budget reduced Child Benefit payments by €10 for all children and reduced the payment for the third child in a family by another €10.

In 2011 Child Benefit is paid at the monthly rate of €140 for the first and second child, €167 for the third child and €177 for the fourth and subsequent children.

**Child Benefit for twins** is one and a half times the normal monthly rate for each child. This means that the rate for twins can vary depending on their position in the family.

**In your case since you** have two children already, the twins are the third and fourth children in the family. Therefore the monthly payment for the twins is €250.50 (€167.00 x 1.5) and €265.50 (€177.00 x 1.5).

If the twins were the only children in the family Child Benefit would be €210 (€140 x 1.5) for each child.

**Child Benefit for triplets** is paid at double the normal monthly rate for each child and the same principle applies.

An extra grant of €635 per child is paid for all multiple births at birth, age 4 and age 12..

#### Question

I'd like to apply for the new Tús community work placement scheme. What's the procedure?

#### Answer

There is no application process for the scheme. People who are eligible to take part will be selected and contacted by their social welfare local office. However, there are only 5,000 places available in 2011 (in both urban and rural areas) so not everyone who is eligible will be asked to take part in the scheme. To be eligible you must:

- Have been continuously unemployed for at least 12 months and "signing on" full time and
- Have been receiving a jobseeker's payment (Jobseeker's Benefit or Jobseeker's Allowance) from the Department of Social Protection for at least 12 months and
- Be currently receiving Jobseeker's Allowance.

The scheme aims to benefit the community and participants will be asked to carry out a range of work in their

communities. Participants are paid the equivalent of their social welfare payment and an additional €20 per week. Secondary benefits such as medical card and Rent Supplement are unlikely to change but participants are not automatically entitled to these benefits. Participants work for 19 ½ hours a week and placements last for 52 weeks (one year).

Tús is managed by local development companies and Údarás na Gaeltachta. The Department of Social Protection has overall responsibility for the scheme. Community and voluntary organisations with a work placement opportunity should register this with their local development company/ Údarás na Gaeltachta. They will then be required to submit a detailed work proposal.

Under the National Employment Action Plan people getting Jobseeker's Allowance are required to take up work opportunities. If you refuse the offer of a Tús work placement without good reason, you may have your social welfare payment reduced or terminated. If, following a refusal of a placement, your payment is reduced or terminated you may appeal this decision to the Social Welfare Appeals office within 21 days.

#### Question

I am confused about the changes to the Student Services Charge. Why is it more for the first child and less for the second child in a family?

#### Answer

Currently third-level students pay an annual Student Services Charge (also known as a registration fee) of €1,500. For the new academic year 2011/12 this charge has been replaced by a flat-rate Higher Education Student Contribution of €2,000 per year. Part-time students pay €1,000 per year. All eligible students will have to pay this contribution.

Students who qualify for third-level grants do not have to pay it and families whose reckonable income is below certain limits pay a half-rate contribution (visit [citizensinformation.ie](http://citizensinformation.ie) to check the limits for your family). You can pay the contribution in two installments.

You cannot claim tax relief on the current Student Services Charge since it is not considered a fee. (If third-level students pay fees they can claim tax relief on these fees under certain conditions.)

However the new Student Contribution will be eligible for tax relief in some circumstances. This is where the difference between the first and second

children in a family arises. You cannot claim tax relief on the first €2,000 payable by your family (e.g. your first child). However you can claim tax relief on any other student contributions you pay (e.g. any other children in higher education). The tax relief is at the standard rate of 20%. In effect, this means that the second and subsequent siblings pay a student contribution of €1,600 instead of €2,000. If your children are studying part-time the first €1,000 is not eligible for tax relief.

#### Question

What are the changes to the National Age Card Scheme?

#### Answer

You must now apply online for your card (paper application forms are no longer available in Garda stations). An Age Card is a card that people over 18 can use to show that they are legally old enough to buy alcohol. It is not an identity card and cannot be used for any other purpose other than proof of age.

To apply for a card you must go to [agecard.ie](http://agecard.ie), fill out the application form and make the payment of €10 (by credit card or age card voucher – available from post offices). You will be sent an application form within three working days.

You must then go to your local Garda Station to have your application and identity authenticated. You should bring the application form and the following documents:

- Your birth certificate
- One other form of ID (a GNIB (Garda National Immigration Bureau) Card, passport or driving licence)
- One recent passport photograph

The Garda Station will forward your application form and photograph to the Age Card section and you will receive your Age Card within 10 working days.

#### Question

I have recently lost my job and am really struggling to pay my mortgage. I'm worried that I will lose my tracker rate. What help can I get, if any?

#### Answer

You should talk to your mortgage lender as soon as possible. Don't delay and allow arrears to build up.

The Central Bank's Code of Conduct on Mortgage Arrears sets out procedures that your lender must follow. Under the Code lenders must treat borrowers fairly and help them to meet their mortgage obligations. This means, among other

things, providing you with the information you need promptly, and ensuring that this information is easy to understand. The Code also specifies that you cannot be asked to change from an existing tracker mortgage against your wishes.

Your lender must explore all options for alternative repayment arrangements with you. These can include paying interest only for a period, extending the term of the mortgage or capitalising any arrears and interest. If you agree and keep to an alternative repayment arrangement with your lender they cannot initiate legal action against you.

You may also be entitled to Mortgage Interest Supplement. This is a short-term means-tested payment to help you with your mortgage interest repayments. Part of the form will need to be filled in by your lending agency. (Your lender must give you any information you need to claim State benefits or supports within 10 business days of your request.) You apply to the Community Welfare Officer at your local health centre.

You should also ensure that you are getting whatever amount of mortgage interest relief you are entitled to. The Money Advice and Budgeting Service (MABS) is a free service to help you plan a budget and deal with debt ([mabs.ie](http://mabs.ie), Lo-call 1890 283 438). You can also visit the Citizens Information Board's website, [keepingyourhome.ie](http://keepingyourhome.ie) for comprehensive information on mortgages arrears and related issues.

**Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, Lo-call 1890 777 121.**

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In a world where things can sometimes appear grey and depressing, the colour, vibrancy and energy in the atmosphere during the open day at the Presentation Girls School Maynooth, hit visitors like a force field of positivity and learning.

The school's Open Day on Thursday 17th February 2011, was tremendously enjoyable for all - current and prospective parents, who were offered a unique opportunity to view a day in the life of their child's school.

Not only did parents get to see their child in action but for the new parents who had never been in the school before, school tours were a revelation of the wonderful facilities available to the girls - including, a fantastically stocked library, a 21st century computer room, a new general purpose hall and parents found that the school not only excels in academic facilities but has sports facilities second to none boasting, two sports halls, tennis courts, playing fields and basketball courts.

The theme of the day, was definitely education in action, with classes demonstrating first hand the great education provided in the fantastic school building - with story time in the library, science exhibitions in the hall, art lessons in bright classrooms, drama groups and choirs all demonstrating the wide variety of talents among the pupils.

Marie Fitzgerald, Principal thanked everyone who had attended and contributed to the success of the Open Day, saying 'Our school motto is 'Aoi bhinn Beatha an Scolaire' - School Days are Happy days - and it was very evident today that our pupils are looking towards the future flourishing in this wonderful educational facility where we aim to bring out the best and assist them in developing even further.'

## Open Day Presentation Girls' School Maynooth Enchants and Delights!!



*Sharon Ogbevoen, Rachel Fields.*



*Miss MacNamaras Third Class.*



*Miss McCabes First Class.*



*Emma Geoghegan, Sophie O'Shea.*



*Miss Keatings Junior infants and Third Class,  
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7 Castlebridge, Maynooth. Phone: 6286312  
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**Contact Person:** \_\_\_\_\_

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Applications with entry fee to be sent to Community Council Office  
Unit 5, Tesco Shopping Centre, Maynooth, Co. Kildare.  
By Friday 4th March or phone (office hours - 6285922 or 6285055) or  
John McGinley (6285293 (H) or 087-9890645 (M))

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*Ebere Ras, Anglon Ras.*



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*Darina Armstrong, Paul Armstrong.*



*Sophie Fitzgerald, Joan Fitzgerald*



*Maeve Millett, Laura Millett, Alan Millett.*

## Confirmation Gaelscoil



*The Mitchell Family.*



*Denise Origan, Charlotte Origan.*



*Dermot O'Reilly, Conor O'Reilly, Clare O'Reilly.*



*Karl Mitchell, Sadh Mitchell.*



*Aisling Doran, Dorena Doran.*



*Michael Moore, David Moore.*



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## Rehearsal for "Hairspray"



*Ruth O'Connor, Jack Hartnett.*



*Cormac Kilbride, Ciaran Marron, Hughie Faherty.*



*Róisín Everard, Colin Faherty.*



## Maynooth March Diary Planner

### I.C.A.

March meeting takes place Monday 7th at 8.00 p.m. in the I.C.A. Hall in the Harbour. Crafts Every Monday Night at 8.00 p.m. Unfortunately there will be no crafts on Monday 7th due to A.G.M. New Members Welcome

### Senior Citizens Club

Club meets every Tuesday & Thursday morning in the Community Care Unit until Easter after which they will then return to the I.C.A. Hall.

### NUI Maynooth

Department of Philosophy Seminar Series 2010-2011, 2nd Semester

Thursdays 4.00p.m.—5.00p.m. Theatre 2, New Arts Building

#### 3rd March, 2011

Dr. Phil Maguire,  
Dept. of Computer Science  
"on the meaning of meaning"  
Respondent: Dr (des) Susan  
Gottlöber

Chair: Dr Cyril McDonnell

#### 10th March, 2011

Professor Maeve Cooke  
(University College Dublin)  
"Translating Truth"

Respondent: Dr Mette Lebech

Chair: Dr Michael Dunne

#### 31st March, 2011

Dr Paul O'Grady,  
Trinity College, Dublin  
"Objections to Aquinas's  
Philosophy of Religion"  
Respondent: Fr Simon Nolan  
Chair: Dr Michael Dunne

### Irish Girl Guides

Meeting Wednesday evening in Maynooth. For further information contact Jackie on 085 1413787 or visit I.G.G. website [www.irishgirlguides.ie](http://www.irishgirlguides.ie)

### History Group

An evening in Carton is planned for March 14th when Dr. Pat Cosgrove of NUI Maynooth will present a history topic on Carton House and Estate at 8.00 p.m. New members welcome Peter Nevin Phone: 086 0222880

### Bridge Club

Open for new members. If you would like to play in a friendly club with Purpose built facilities in the centre of Maynooth, please see our website at [maynoothbridgeclub.com](http://maynoothbridgeclub.com). Contact Katherine Cooney 086 8205910

### Parent & Toddler Group

A voluntary community service for babies and toddlers. They meet in the GAA Club, Moyglare Road every Tuesday from 10.00 a.m. to 12.00 noon. All are welcome.

### U. 3. A.

March meetings Friday 4th & 18th at 11.00 a.m. in the Community Library. New Members Welcome Enquiries : Bernadette Phone: 6289131

### Taekwon-Do

Children's Classes for 5 years and up held every Wednesday in St. Mary's Boys School, Moyglare Road & on Fridays in Educate Together, Celbridge Road 6.30 p.m.—7.30 p.m. For details: Contact Stephen Doyle 087 6986491

### Community Library

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## North Kildare Rugby

### NEWSTALK 106 TOWNS CUP 1st ROUND

#### NORTH KILDARE 20 WEST OFFALY LIONS 21

An injury time try denied North Kildare from pulling off the biggest giant killing act of the first round of the towns cup. It looked as though Kildare's name would go into the 2nd round draw as the referee awarded a 77th minute penalty try to give them a 20-16 lead. But from the kick off Kildare made a number of mistakes to allow the Division 1B side in for a try and a victory in their first appearance in the competition. Indeed the drama didn't end there though as Joe Gerry had a chance to put Kildare back in front with the last kick of the match, but his kick drifted left and wide and the referee blew the final whistle. The Offaly men will face the holders Boyne away in the next round of the competition.

There was a blow for North before kick off as top scorer Scott McGrath was ruled out with a groin injury, Andy Seaman deputised. Seaman's brother Richie was preferred in the 2nd row to Darragh Toner with Gavin Satchwell and Seamus McCluskey starting in the front row.

Aided by a strong breeze the visitors got off to the perfect start racing into a 6-0 lead following two penalties from scrum half Paul Deally. Kildare finally came into the match after 20 minutes as number 8 Eddie Hopkins made a good break following a very strong scrum. They then drove well from a lineout and Rob Darcy was agonisingly close to scoring as he reached out to touch down but knocked on. The home side kept the pressure on and were rewarded as they received a penalty under the posts which Joe Gerry slotted over to reduce the deficit. Kildare were well on top for the remainder of the half but were unable to add to their points tally, although they knew they would have the winds at their backs for the second period. And that 2nd half could not have started better as Kildare scored within two minutes of the re-start. Good work from Hopkins and Satchwell set up good field position, with Seaman and McDonald then making good ground with strong running. The forwards then provided quick ruck ball as Gerry passed to Sean

Brady. Brady beat the first tackle, then skilfully collected his own chip kick to score underneath the posts for an excellent try. Gerry knocked over the conversion and Kildare were now 10-6 ahead. Moments later Gerry had a chance to increase the lead but dragged his long range kick to the left and wide. However he made no mistake three minutes later to further the lead to 13-6.

At this point you would have thought Kildare looked more like the Division One side as they were well on top and you felt if they could score next they would go on to victory. But this is what will infuriate the Kildare management, as they seemed to go into a shell and started to give away needless penalties, a trait which has let them down in the past. Deally reduced the arrears to 13-9 before Gerry missed a similar kick. The West Offaly men started to control matters and should have scored in the corner as they wasted a three man overlap, however it just delayed the inevitable as their out half, Tom Gilligan crossed to give them back the lead. Deally added the extras and this ding dong cup tie had swung in the favour of the visitors again.

The Lions then had chances to kill off the match but again greediness and white line fever seemed to take over as they wasted two guilt edge opportunities. Kildare then finally started to use the wind and found good field position just in the opposition 22. The forwards drove a lineout well and following some concerted pressure, the Offaly Lions substitute wing forward came in offside to not only give away the penalty, but he also got sent to the sin bin. The penalty was eight metres out so Kildare captain Alan Branigan elected to go for the scrum, which was a good decision as Kildare had been on top in this area and the Lions had only 7 in the pack. Kildare were patient from the scrum and didn't initially drive forward too quickly. But they kept the ball at Hopkins feet and gradually moved closer and closer to the line. Just as Hopkins was about the pick and dive over the Lions wing forward came in offside and the referee had no choice but to award a penalty try. Gerry put over the easy conversion to give his side a 20-16 lead going into injury time. So Kildare just needed to secure the kick off and clear their lines, unfortunately inexperience told and that didn't happen.

Eddie Hopkins gathered the kick off perfectly but his supporting players came in offside to give West Offaly a penalty. With four points between the sides they went for the corner for the lineout. Kildare were let off the hook as the throw in was crooked, but from the resulting scrum Johnny Reilly took on the responsibility of the kick but he failed to find touch. The winger ran back at Kildare and went through a

number of tackles before being hauled down just short of the line. However two quick rucks later and the ball was moved wide where Ronan McCormack dived over to the despair of the home players and support.

The conversion was missed but surprisingly the referee said there was time for the kick off. The Lions seemed to be doing what Kildare had failed to do as they secured the kick off and worked their way back up field. But Kildare managed to turn over possession and following good work from substitute Graham Fitzgerald and Sean Brady they were awarded a penalty. It was a long way out but knowing it was the end of the match Joe Gerry had to take on the kick. Unfortunately similar to the two earlier misses in the half he pulled his kick to the left and the referee blew the final whistle.

Although it was obvious Kildare were unhappy to have lost a match they should have won, the league is their priority. From a positive view, these two sides did not look two divisions apart. Indeed if results go to form they could actually meet again next season in Division 2. Next up for Kildare is a very important league match next Saturday at home to Railway Union. A bonus point victory is paramount for Kildare as their run in sees 3 out of their remaining 4 games at home.

NORTH KILDARE: 1 S.McCluskey 2 M.McInerney 3 G.Satchwell 4 A.Branigan(capt) 5 A.Seaman 6 N.McCann 7 R.Darcy 8 E.Hopkins 9 J.Reilly 10 J.Gerry 11 A.Seaman 12 S.Brady 13 R.Maguire 14 W.Holton 15 K.McDonald.


SUBS: D.Preston for McInerney H-T, J.Halpin for Satchwell 69 mins, G.Fitzgerald for McCann 72 mins, D.Toner for Branigan 78 mins.

#### North Kildare upcoming home fixtures:

**26/2 Railway Union k.o 15.00pm**  
**13/3 Malahide k.o 15.00pm**  
**27/3 Balbriggan k.o 15.00pm**


By Emmet Brady







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## MAYNOOTH TOASTMASTERS



**Maynooth Toastmasters meet at  
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**There will be a speech and  
evaluation contest. The winners will  
go on to represent the club in the  
area final on 29th March. The area  
consists of four clubs: Maynooth,  
Naas, Kildare and Athy**

## Tips for Healthy Hair

No matter what type of hair nature blessed you with, there are things you can do to keep it healthy, lustrous, looking its best. Here are some tips for a healthy head of hair from the tradition of **Ayurveda, the 5,000-year old healing tradition that originated in India:**

1. Like everything else about true, lasting beauty, healthy hair begins within your body. Start with your diet. Include lots of green leafy vegetables and sweet juicy fruits. Dairy products such as milk and fresh yogurt will also help. Fresh coconut is also considered excellent "hair food" - sprinkle grated coconut over salads, diced fresh fruit, or rice.

2. Cut down on refined, processed and canned foods. **Ayurveda** considers foods with artificial preservatives and chemical additives stripped of their inherent "intelligence" and therefore not helpful in supplying nutrition to your body and mind. Ice-cold beverages also hamper the process of digestion and assimilation of nutrients.



3. Cooking with certain spices adds flavor to your food and provides nourishment for your hair. Cumin, turmeric and black pepper are some "hair-friendly" spices. Add a healthy pinch of each to single-portion soups and stews as they are cooking. Saut - 1/8 - 1/4 teaspoon each of the three spices in a teaspoon of ghee (clarified butter) or olive oil and add to cooked veggies. Roasted ground cumin and ground black pepper can be sprinkled over fresh yogurt.

4. Stress can be seriously injurious to long-term health and colour of hair. Try and manage your time and tasks to minimize time-related pressures. Practice relaxation techniques such as meditation. Seek out tranquil sights in nature to help restore balance to your mind. Relaxing or uplifting music can be therapeutic. Get adequate, good quality sleep to help the natural process of rejuvenation.

5. Ayurvedic herbs that help hair health include Eclipta alba and Gotu Kola. Eclipta alba is called "Bhringaraj" - literally, king of tresses. It nourishes the hair and helps resistance to stress as well. Brahmi, sometimes called Gotu Kola, also helps balance the mind and nourishes the hair and scalp. Since Ayurveda considers the health, colour and lustre of hair so dependent on overall mind/body health, synergistic Ayurvedic herbal preparations for hair can also include herbs such as Country Mallow, which is supposed to strengthen the physiology, and Winter Cherry, which aids resistance to stress.

6. Stay away from harsh chemical topical products that can damage hair over time. Look for gentle, natural cleansers and conditioners, especially if you wash your hair more than three times a week. Shampoos and conditioners that contain nourishing botanicals are even better. Read labels carefully - sometimes, products that say "herbal" or "natural" can include no-no chemicals.

7. A warm oil scalp massage two or three times a week will help stimulate and moisturize the scalp. You can use good quality coconut, almond or olive oil. Ayurvedic hair oils also contain some of the herbs mentioned earlier. Apply some mildly warmed oil to your hair and gently massage into your scalp evenly with your fingertips. Leave on overnight if you can, if not, leave on for at least an hour or two, then get it out by shampooing your hair. The scalp massage helps you relax and aids sound sleep as well.

8. Never attack wet hair with a brush, no matter how rushed for time you are. Tangles in wet hair are best removed with a wide-toothed comb. Use a wooden comb if you can find one; it won't generate static electricity. Excessive blow-drying can damage hair in the long-term, making it brittle and causing split ends. If you can, let your hair dry naturally, then brush into place.

9. Last, but not least, brushing your hair regularly to stimulate the scalp will keep it looking healthy and lustrous. Brush each night in all directions in turn - left to right, right to left, front to back and back to front. Use smooth long strokes from scalp to hair-tips.

**Your hair can indeed be your crowning glory if you treat it right!**

## Gardening in March

### Perennials, Annuals & Bulbs

- Removing winter mulches from your flower beds- pull the mulch off gradually as the plants show signs of new growth. The purpose of winter mulch is to act as a protector from sudden changes of temperature and chilling winds, so keep in mind that it is still winter. Acclimatize your plants by removing the mulch over a period of days, allowing the light and air to reach the new growth slowly. It is much better to remove the mulch a little later than to remove it too early.
- Roses can be pruned this month. Severe pruning results in nicer long stemmed flowers and more compact bushes. Begin to spray roses for black spot.
- Feed roses.
- Sow seeds of summer blooming annuals indoors.
- Seeds that were started indoors last month may be transplanted from the flats into peat pots and given diluted fertilizer.
- If you have a greenhouse, it is time to take cuttings of 'wintered over' plants such as Coleus, Chrysanthemums, Geraniums, and other perennials.
- Alternating thawing and freezing can tear plant roots and even force the plant right out of its hole. If you notice any plants that have heaved, push them back into the earth, and tamp lightly with your foot.
- Divide and transplant summer blooming perennials and fertilize established ones as soon as new growth appears.
- Plant tender bulbs and tubers (gladiola, lilies and dahlias). You may continue planting additional bulbs every two weeks until mid June to ensure a continuous source of bloom.
- Prune winter Jasmine after flowering; cut honeysuckle back to 3ft.
- Cut back established penstemons. Divide snowdrops while in leaf.
- Remove all dead blooms from bulbs.
- Fertilize any bulbs that have finished blooming with bone meal or bulb booster.
- Plant Primroses and Pansies
- Pinch off tips of Sweet Pea seedlings and Mums, when they are 4 inches tall.
- Water all bulbs during times of growth and especially during foliage and bloom development. Irrigate summer-flowering bulbs during dry weather. Keep water off foliage and blooms.
- Fertilize tulips as foliage appears and make another application after flowering. Fertilize all other spring-flowering bulbs after flowering. Apply 2 pounds of 5-10-10 or 6-12-12 per 100 square feet. Daffodils and tulips should be fertilized again in early to mid-August.

### Fruits & Vegetables

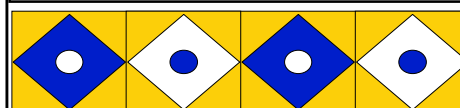
- Take a little time to prepare the vegetable garden soil for planting. The addition of well-rotted manure, processed manure, peat moss or

compost are good additives for building compost humus in the soil.

- Peas and sweet peas may be planted right now as well as perennial vegetables like Asparagus, Rhubarb, Horseradish and artichokes.
- Eggplant, brussels sprouts, cauliflower, celery, leeks, onions, early potatoes, and radish seeds may be planted in the garden about mid month.
- Spinach, Chard, Cabbage, Cauliflower, and other hardy vegetables can be seeded or set out late in the month.
- Plant Strawberries, Blueberries, Currants, Loganberries, Grapes, and fruit trees.
- Add some steer manure around your Rhubarb.
- Time to start tomatoes, lettuce, and many other vegetables from seed.

### Shrubs & Trees

- In most areas it is still possible to do dormant spraying of fruit trees until the 15th, after that date dilute the spray by 1/2. Spraying should be done on a still day with the temperature above 40 degrees F.
- Late March and early April is a good time to transplant shrubs and trees. As soon as the soil is workable, but before buds have swelled or broken open, you can move shrubs and trees.
- Fertilize shrubs and trees if this wasn't done in February. Use an acid type rhododendron fertilizer to feed evergreens, conifers, broad leaf evergreens, rhododendrons, azaleas and camellias. Use an all-purpose fertilizer to feed roses and other deciduous trees and shrubs. If you use granular type fertilizers, be sure to water it in thoroughly.
- Finish pruning fruit trees this month - before the buds swell.



### Houseplants

- \* Houseplants will react to longer days and brighter light at this time by putting out new growth. The end of this month is a good time to pinch them back to generate new growth and to thicken them. You can then begin fertilizing again with a dilute solution of soluble houseplant food.
- \* Turn your houseplants a quarter turn each week to make sure all sides of the plant receive adequate light, and to keep the shape of the plant balanced.
- \* Mist or spray your houseplants to clean away the winter's dust, prevent Spider Mites and add a little humidity.
- \* Remain vigilant in watching for insects and pests. It is much easier to win a 'bug war' if you are aware of the infestation in its early stages.





## -VINCENT'S -

### A TROVE OF TREASURES

A RECESSION-BUSTING treasure trove is hidden away in a quiet corner of Maynooth. But the secret is now out.

From a proverbial needle to an anchor, from trendy clothes to good books and household items, the Vincent's shop in Old Greenfield shopping centre has it all.

The charity shop is just around the corner from Xtra-vision, and resembles an Aladdins cave of treasures, all at reasonable prices.

What makes it unique is that every time you visit the shop, completely new bargains are on view as the stock is constantly changing.

The public have been very generous and supportive in their donations.

All donations of saleable items are accepted except for any electrical products, with all of the money raised used for local charity work.

The opening times for the shop are 10am to 5.30pm Monday to Saturday for anybody who wishes to buy anything or to make a donation.

You can also get information and an application form if you would like to volunteer to become a member and donate some of your spare time.

So the next time your looking for a bargain, and would also like to help somebody else along the way, think of Vincent's.

It's only a short walk or drive from any point in Maynooth.

The volunteer staff are always very helpful and glad to see new and regular customers who are willing to lend their support to a very worthy cause.

By Brian O' Neill

# Maynooth Post Primary School 10km Challenge



## Entry Form



First Name(s): \* \_\_\_\_\_

Last Name: \* \_\_\_\_\_

Gender: \* \_\_\_\_\_

Email: \* \_\_\_\_\_

Date of Birth: \* \_\_\_\_\_ (over 16's only)

Club: \_\_\_\_\_

Mobile Number: \* \_\_\_\_\_

Other Phone Number: \_\_\_\_\_

T-Shirt Size (XS, S, M, L, XL): \* \_\_\_\_\_

(\* = Must be completed)

Completed applications to be returned to reception of Maynooth Post Primary School, Moyglare Road, Maynooth, in an envelope marked "Maynooth 10km Challenge", along with cheque or postal order made out to Maynooth 10km Challenge. Cash not accepted.

Early entry fee of €20 before 17th March. Late entry fee is €25 from 17th March to closing date 13th May.

Online entries can be made at [www.runireland.com](http://www.runireland.com) at the below address:

<http://www.runireland.com/events/maynooth-post-primary-school-10k-challenge-0>

All race information can be found on our facebook page. Search - Maynooth 10km Challenge



**The Glenroyal Hotel & Leisure Club**  
Maynooth, Co. Kildare  
01 6290909  
[www.glenroyal.ie](http://www.glenroyal.ie)

**Room Rates from €49.00pr**

**Saints' Bar & Bistro**

Serving Breakfast, Lunch & Evening Meals Daily

**Sky 3D TV now in Saints' Bar**

**LAN Tania**

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**Glenroyal Leisure Club**

Join for as little as €52.00 per month

**Having a Party**

21<sup>st</sup> - 80<sup>th</sup>

Wedding, Christening or Anniversary

All budgets catered for

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Full Packages start at €29.95pp



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Main Street  
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*"We have you covered  
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ceramic wall & floor tiles"*

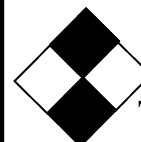
**Opening Hours:**

Monday to Friday

9.00 am-5.30 pm

Saturday

9.00 am-5.00 pm



**Telephone: 01-6245560**



## Gildeas Opticians

Fagan's Lane,  
Off Main Street,  
Maynooth.  
Tel: 01- 6290370  
[www.gildeasopticians.ie](http://www.gildeasopticians.ie)

**20% Off All New Glasses**  
**Or Free Second Pair With All Glasses Over €89**

**Contact Lenses**  
**Daily Disposable Contact Lenses From only €1 per pair**

(\* Free single vision spectacles from budget range  
Including Prescription Sunglasses)

## Notice To Advertisers

On behalf of the committee of the Editorial Board we would like to thank our advertisers for their continued support during the change to the new format.

We would also like to welcome our new advertisers and hope they will continue to support us.

Anyone who would like to advertise with us, please call 01 6285053 where Mary and Irene would be more than willing to help you design and format your advertising needs.



### Kildare Federation

**Ladies are you interested in meeting new people?**

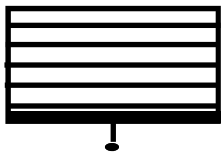
- ♦ Arts, crafts & cooking
- ♦ Outdoor pursuits
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We look forward to meeting you. There are 23 Guilds throughout Kildare.*



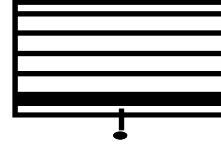
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*Mary & Irene*



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**Brendan Coffey**

**Hilda Dunne**

**Paul Croghan**

**Susan Durack**

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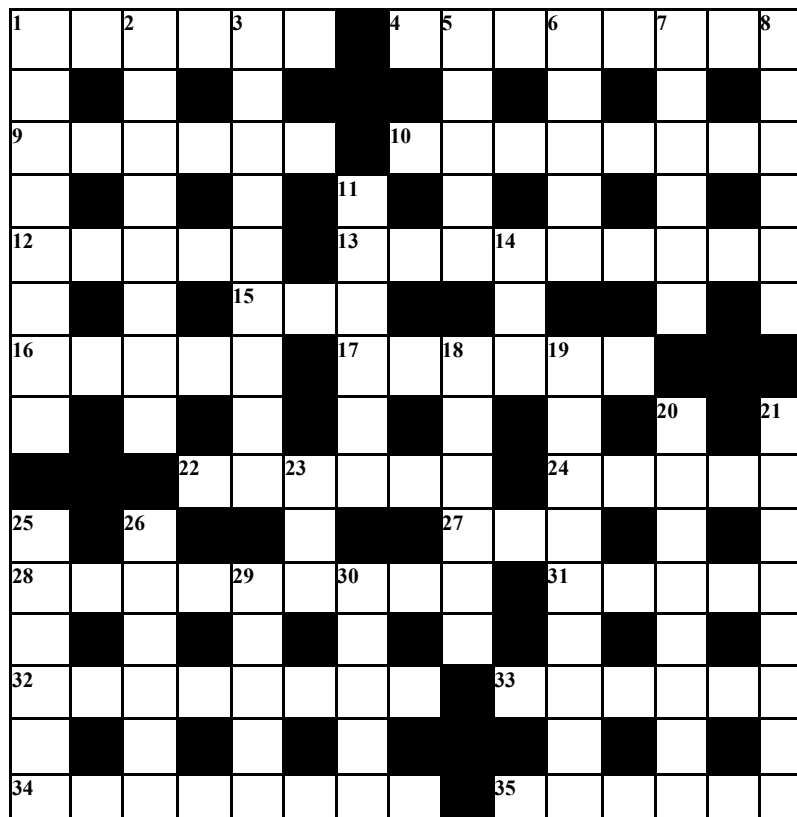
**Brian Curtis**



# March 2011 Crossword —No: 389

## ACROSS

1. Ungainly or awkward (6)
4. Fouled, made unclean (8)
9. Chronicle or log (6)
10. Speaks or writes about briefly or in passing (8)
12. An extended stay in bed (3-2)
13. Existence beyond the grave (9)
15. Behave like thespian (3)
16. Chide or reprimand (5)
17. A pill for battle (6)
22. Stares at bright flowers (6)
24. Praise, laud (5)
27. Equip with weapon (3)
28. Gradually, little by little (9)
31. Poems about English racing venue (5)
32. Cancel or repeal, say a law (8)
33. Puts away for a tosser (6)
34. Guiding and directing, say a car (8)
35. Gave out light - like some worms?



## DOWN

1. Inattentive and negligent (8)
2. Owner of Harriet Beecher Stowe's fictional Cabin (5,3)
3. Love songs under fair lady's window (9)
5. Open and unconcealed (5)
6. Not now, in a while (5)
7. Cancer is one, Capricorn another (6)
8. Crockery in general (6)
11. Baby's noisy toy (6)
14. A sea snake (3)
18. Dark rock of volcanic origin (6)
19. Like the forces of nature (9)
20. "A drowning man will clutch ... .." (2,1,5)
21. Caught a brief view of (8)
23. Tv audience ratings (3)
25. Pointed poles as weapons (6)
26. Official order of ruling (6)
29. Avid, enthusiastic (5)
30. "..... Bread is soon forgotten" (5)

Solutions to No. 388



### 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

Entries in before: 18th March 2011

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

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

Winner of Crossword No. 388

**Sally McCormack,**  
Moyglare Village  
Maynooth

## Difficult

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

## Sudoku Challenge



## Super Difficult

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

Win a €10 book voucher if you are the first entry drawn with both puzzles correct.

Send completed puzzles to  
Maynooth Newsletter  
Unit 5 Tesco S/C Maynooth

Entries must arrive before: 21st Feb. 2011

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

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

Phone: \_\_\_\_\_

**Congratulations to  
February Winner:  
Patrick Healy,  
Leinster Park  
Maynooth**

## Fianna Fáil will increase support for local businesses

Fianna Fáil has proposed a range of measures to provide greater support to local businesses and entrepreneurs according to local Fianna Fáil TD Michael Fitzpatrick.

“We are focussing on cutting business costs and freeing up credit lines to maintain jobs.”

“Local businesses will play a vital role in economic recovery and job creation. The small and medium enterprises sector directly employs 700,000 people around the country and it supplies the goods and services on which larger firms rely. Our plan recognises that local businesses, like many across Kildare at the moment, need every support they can get during these difficult times.”

“I want to ensure a dramatic reduction in the costs associated with running a business. I know that many companies in Kildare are struggling to get by and the issue of local authority rates in particular must be addressed. Fianna Fáil will impose rigorous efficiency targets on the ESB, Bord Gáis and Eirgrid, to ensure that the energy needs of all customers around the country are met and at a lower cost. Our National Energy Efficiency Action Plan includes measures to lower electricity costs for smaller businesses, with an overall target of achieving a national energy saving of 20% by 2020.”

“In addition to this, we will ensure more manageable rents for local businesses, The Office of Public Works will lead a coordinated effort to cut office rents by up to 15% and review the efficiency of rental arrangements in the public sector. We will also remove all developmental charges for any new business units that create jobs.”

“Under the Fianna Fáil plan, the prompt payment rule will be extended beyond Government Departments to the wider public sector. This means that all State agencies and public sector bodies will be forced to pay their bills to private sector firms within 15 days. On top of this, local authorities will be required to improve their efficiency and reduce the rates charged to businesses where possible.”

“We have provided for investments in small firms at their earliest stages of development, through Enterprise Ireland’s €175 million seed and venture capital programme and through the €500 million Innovation Fund. We plan to transform the old Business Expansion Scheme into a new and better focused Business Investments Targeting Employment Scheme. It will be quicker and easier for companies to become certified, and the maximum amount that they can raise within a twelve month period will be significantly increased.”

“Our plan also envisages that enterprise agencies work closely with small firms to help them improve performance, increase productivity, reach new markets and develop a greater online presence.”

“Local businesses are the backbone of our economy. Our plan makes it easier for entrepreneurs to start up a business and for existing firms to meet their costs,” concluded Deputy Fitzpatrick.

### New car sales increasing as Fianna Fáil scrappage scheme works

Kildare North Fianna Fáil TD Michael Fitzpatrick has welcomed the news from the Central Statistics Office that new car sales have increased substantially.



WORKING TOGETHER TO IMPROVE OUR COMMUNITY

## Fianna Fáil

Constituency Office  
Town Hall Lane, Naas, Co. Kildare.  
Tel. 045-888438 Fax 045-888437  
Email: Michael.Fitzpatrick@oireachtas.ie



Michael Fitzpatrick T.D.  
Tel. 086-2706150

### Clinics:

Second Thursday each month 5.30 p.m. Leixlip, Court Yard Hotel (Lobby)  
6.30 p.m. Maynooth, Glenroyal Hotel (Lobby)  
7.30 p.m. Kilcock, O'Keefe's

Celbridge Fianna Fáil Office, every Saturday morning 10 a.m.

Jones, Main St., Clane, Saturday morning 11 a.m.

Naas Constituency Office, Town Hall Lane, (Tel. 045-888438) Monday and Friday mornings

Please telephone the Constituency Office 045 888438 for appointment

Contact: Michael at Constituency Office: 045-888438

Your Local Leixlip Town Councillor is Bernard Caldwell

Contact 086 2653455

*Thank you for the courtesy shown to me and the candidates during the campaign*

This follows the extension of the car scrappage scheme by Fianna Fáil in Government.

“I was concerned at least €1 billion had been lost in tax revenue following the collapse of the new car market in 2009 which resulted in the loss of around 10,000 jobs in the industry. At least that number of jobs again was under serious threat at that time.”

“The first car scrappage scheme was brought in as part of Budget 2010 and proved to be an almost instant success.”

“In fact the scheme was so successful that it was extended in Budget 2011 for a further six months.”

“Figures from the Central Statistics Office show that the number of cars sold last month rose 30pc compared to January 2010.”

“Over 13,600 new private cars were licensed last month, up from just over 10,400 in January 2010.”

“I was interested to see that the Society of Irish Motor Industry think that the bad weather in January may have prevented some people from buy a new car and that they may do so in February or March.”

“The car scrappage scheme was a concrete plan that worked. Fianna Fáil have the real plan to see us through the challenging financial times,” concluded Deputy Fitzpatrick.

### Supports for Small Businesses

As a member of the Oireachtas Committee on Enterprise, Trade & Innovation, Deputy Michael Fitzpatrick has been a strong advocate for measures to support small and medium sized businesses. (SMEs)

Recognising that the SME sector is the bedrock of our domestic economy, Fianna Fáil has introduced a wide range of measures to support small and medium sized businesses. SMEs, which employ 700,000 workers out a total labour force of almost 1.9 million and account for some 270,000 Irish businesses, are the bedrock of the domestic economy. That is why over the past two years we have introduced a wide range of measure to support the sector, added Michael Fitzpatrick. Some examples -

- **Credit:** We have moved to stabilise the banking sector to ensure the free flow of credit to the SME sector. We are ensuring, via the Credit Review Office, that AIB and BOI meet their commitments to provide a total of €12bn in extra lending to the small and medium businesses between 2010 and 2011. Mr Trethowan has said that the situation is “continually improving” for small business borrowers and that the situation was much more positive for bank customers than it was six to nine months ago.
- **Employer Job (PRSI) Incentive Scheme:** We are extending the employer job (PRSI) incentive scheme to the end of 2011. To date 775 employers have been awarded exemptions in respect of 1,247 employees.
- **Review of REA and EROs:** We will complete a review to eliminate anomalies in Registered Employment Agreements (REAs) and Employment Regulation Orders (EROs).
- **Business Expansion Scheme:** We are transforming the Business Expansion Scheme to incentivise firms to employ staff.
- **Corporation Tax Exemption Scheme:** The 3 corporation tax exemption scheme for start ups has been extended to companies that set up in 2011.
- **Reducing Minimum Wage:** We are reducing the minimum wage because it acts as a barrier to employment in labour intensive sectors like retailing and tourism, where many jobs have been lost.
- **Car Scrappage Scheme:** The car scrappage scheme is being extended for a further 6 months to 30 June 2011.
- **Prompt Payment:** We are extending the 15 day prompt payment rule to the wider public sector.
- **Office Rents:** We have banned upward only rent reviews. The proposals of the Working Group on Transparency in Commercial Rent Reviews will be implemented.
- **Public Procurement:** We are overhauling the public procurement policy to ensure greater SME access to public contracts.
- **Professional Fees:** Competition in the professions will be promoted and overseen by an independent figure, reporting regularly to Government.
- **The Employment Subsidy Scheme:** The Employment Subsidy Scheme supported 1, 716 projects.
- **Enterprise Stabilisation Fund** – A total of € 86,197,006 was approved to support 230 companies under the Enterprise Stabilisation Fund.  
(both schemes concluded in 2010)



## Free Second Level Maths Support at NUI Maynooth.

The Mathematics Support Centre (MSC) in the National University of Ireland Maynooth (NUIM) provides free drop-in maths support for local secondary schools.

These sessions run on Thursday evenings from 6-8pm in Classhall E in the Arts Block, which is on the North Campus of NUIM. This support is not a replacement for the classroom, rather it is seen as a complement to the current services provided. It provides a relaxed, non-judgemental atmosphere for students so they can see maths as an approachable and accessible subject which can be discussed with their peers.

There are several experienced tutors and trainee teachers available to help and students can call in for as long as they want. They can come individually or in groups, they can come with questions or they can come to study. The tutors will help with any queries that the students have, however, under no circumstance will the tutors give solutions to homework. They will help with methods, work on similar examples and encourage students to study independently. The sessions are not grinds; rather they are student-led, in that students are encouraged to ask questions about any topics that they do not fully understand. Students should bring their class notes and books so the tutors can cover material with similar notation to that used in school. This service is available to all secondary students, from first year to leaving certificate regardless of level.

The local schools currently involved are Maynooth Post-Primary School, Scoil Dara in Kilcock, Coláiste Chiaráin and Confey College in Leixlip, and St. Wolstan's Community School and Salesian College in Celbridge. Last year approximately 160 individual students availed of this service over 600 times. Some of these students filled out questionnaires and were in general very happy with the service provided. Posters advertising the service were circulated to the schools in September and contact teachers in each school are regularly emailed with the relevant information. The Manager of the MSC has also visited a number of these schools to talk to staff and students about the service.

Full details of the service, including a map of the location, and the dates we are open are available on the website <http://supportcentre.maths.nuim.ie/secondlevel>. Some additional free online resources are also listed <http://supportcentre.maths.nuim.ie/resources> and there are also a number of very useful free websites that we regularly use, for example [www.mathcentre.ac.uk](http://www.mathcentre.ac.uk), and <http://patrickjmt.com/>. This initiative is supported by the Admissions Office in NUIM. The MSC was established in NUIM in 2007 to provide extra support for the wide range of students studying maths. It is very successful and provides a friendly relaxed atmosphere where students are encouraged to ask questions without fear or embarrassment. It promotes independent learning and can give students the confidence to tackle maths problems on their own. There is evidence that the MSC has had a significant impact on students' performance and on their attitudes towards maths, this is especially true for students who regularly attend.

If you require any additional information you can contact the MSC at [supportcentre@maths.nuim.ie](mailto:supportcentre@maths.nuim.ie).

**Dr. Ciarán Mac an Bhaird**



## Maynooth Community Library

### Children's Book Club

Children's Book meets one day per month at 3.30pm. There are places left so if you would like to join please contact the library at 01- 6285530 or ask at library desk for details.

### Children's Chess Club

Thursday Evenings from 6.00 to 7.45pm

Library membership is required.

### Parent and Toddler Group

A parent and toddler group meets every Wednesday morning in Maynooth Library at 10.00am. So come along with your toddlers and listen to a story or two and join in a sing-a-long.

### Maynooth Film for All

Venue: JHL2 Lecture Hall, John Hume Building, NUI, Maynooth

The next film to be screened by Maynooth Film for All Club is "Ondine".

Starring Colin Farrell, Alicia Bachleda, Stephen Rea and Dervla Kirwan.

Ondine effortlessly mixes myth and fantasy with the life of a fishing community on the jagged seascapes of the wild southwest. Colin Farrell in the lead role finds himself believing that a beautiful stranger may well be a myth come true, a woman sent to change his life and a powerful force for love and hope.

For more information please ring Maynooth Community Library 01-6285530 or ask at library desk for details.

### Polish Storytelling

Storytelling for toddlers in Polish takes place in Maynooth Community Library every Tuesday morning at 10am with Agnes.

Maynooth Community Library

Main Street

Maynooth Co. Kildare

Tel: 01 6285530

Email: [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

<http://www.kildare.ie/library/maynooth/>

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Email [info@maynoothcu.ie](mailto:info@maynoothcu.ie)



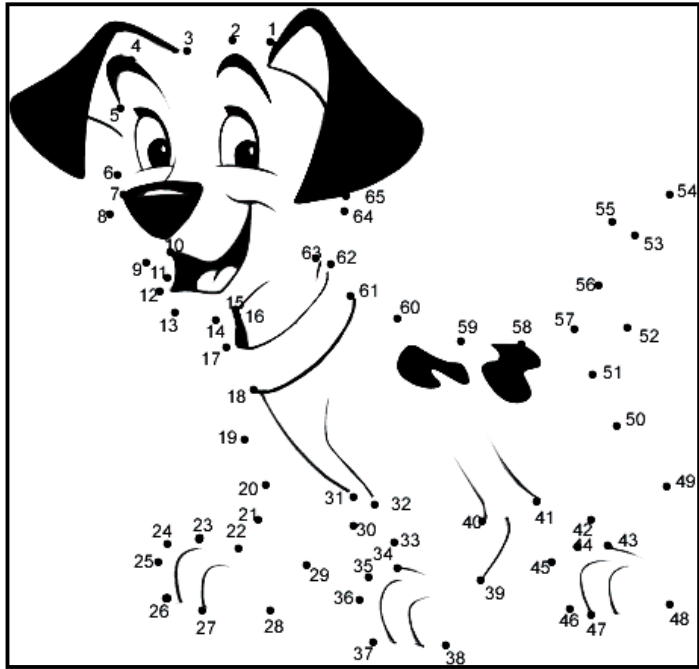
**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**  
**Saturday**

**9.30am - 5.00pm**  
**9.30am - 5.00pm**  
**9.30am - 5.00pm**  
**9.30am - 7.00pm**  
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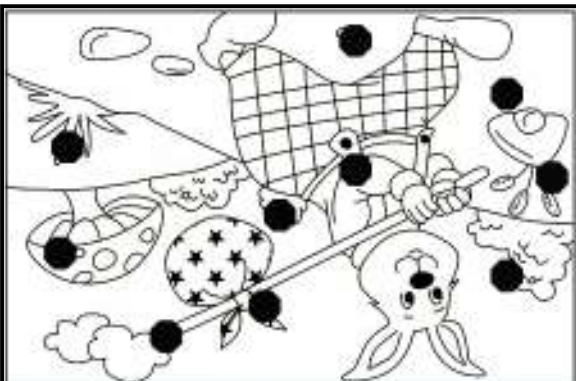
## Join the Dots



## Spot The Difference




Answers




## McDonald's Children's Colouring Competition





**Prizes :**  
Free Family Meal  
from  
McDonald's, Maynooth

it's what i **eat** and what i **do**™

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

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

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

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

**February Winners;**

Age: 3—5 : No Winner

Age: 6—7 : Ellen Murphy, Moneycooney

Age: 8 & Over: Fiachra Smith, Thornhill Meadows,

Celbridge

**Prizes for Colouring Competition can be collected at:**

**Maynooth Community Council Office, Unit 5 Tesco Shopping Centre,**





# The GUI National Golf Academy



The

GUI National Golf Academy, located in Maynooth, has introduced a new type of Full Day Golf Clinic, which incorporates the best of the National Academy, and the Championship courses at Carton House.

Having staged over 150 full day clinics in the last two years, the Academy is now introducing a clinic, combined with a playing lesson – which allows participants the ideal opportunity to spend some quality time with a professional at the Academy, before going out on one of the Championship courses at Carton House with the professional to hone their skills for real.

As there is golf involved, there are only four places available in each clinic. The day begins at 9am over coffee with your professional, as he gets to know each person attending, and what they hope to achieve from the day. From there you move to a warm up session, concentrating on stretches and short shots, working up to driver. A pre shot routine check followed by some putting practice concludes the first part of the clinic.

Lunch with your professional is followed by 18 holes on one of the Championship courses at Carton House, with you professional offering advice and guidance to each participant, from how to play types of shot, to etiquette, reading greens, coping with wind direction, difficult lies, rules and any aspect of the game that might occur during your round.

The day is concluded with a quick review of what has been covered, and you can retire to the lounge for a well deserved break!

The clinics are normally priced at €199, but as an introductory offer, you can book from until the end of March and save 10% on the price – at just €179, this day out is one to remember!

See [www.learntogolf.ie](http://www.learntogolf.ie) for more details.

## Recipes

### Gratin Dauphinoise

#### Ingredients

1 garlic clove, crushed  
butter  
450g/1lb potatoes, thinly sliced  
300ml/½ pint double cream  
salt and freshly ground black pepper



#### Method

1. Preheat the oven to 170C/325F/Gas 3.
2. Rub a gratin dish liberally with the garlic and butter.
3. Layer the potatoes into the dish, making sure each layer is seasoned.
4. Pour over the cream and cook in the oven for 1¼ hours.
5. Turn up the heat to 200C/400F/Gas 6 and cook for a further 15 minutes until the top is golden. Serve.

### Roast loin of pork with apple sauce

#### Ingredients

2.25kg/5lbs loin of pork, with the rind  
2 tablespoons/30ml cider vinegar  
1 tbl/15ml oil  
2 tbl/30g coarse sea salt  
8 bay leaves  
8 unpeeled garlic cloves  
3 fresh sage leaves  
1 red onion, peeled and cut into wedges  
600ml/1 pint chicken stock  
1 glass red wine



#### For the Apple Sauce

900g/2lbs Bramley cooking apples, peeled, cored and sliced  
4-5 tablespoons/60-75ml cold water  
juice of ½ lemon  
1tbl caster sugar  
50g/2oz unsalted butter, cut into cubes

#### Method

1. Lightly score the pork rind, or ask your butcher or supermarket meat counter to do so for you.
2. For a crispy crackling: Place the pork onto a medium roasting tin. Take your pork over to the sink and pour boiling water from the kettle over the pork rind for about 30 seconds. Repeat 2-3 times. This oriental method helps tighten the skin and gives a crisper crackling.
3. To dry out the rind pour the cider vinegar over the joint and massage into the skin. Place the joint onto a plate and leave uncovered in the fridge overnight.
4. Preheat the oven to 220C/425F/Gas 7. Drizzle the olive oil over the pork and massage into the skin. Sprinkle over the salt. Place in the oven and cook for half an hour then reduce the temperature of the oven to 190C/375F/Gas 5 and continue to cook for a further 2 hours.
5. An hour before the end of cooking time add the bayleaves, garlic, sage and onions into the roasting tin.
6. Prepare the apple sauce: Place the sliced apple in a saucepan with the water

and lemon juice. Cook over low heat, stirring occasionally for about 12-15 minutes until the apples have softened. Stir in the sugar and whisk in the cubes of butter and keep warm. If cold apple sauce required, omit the butter.

7. When the pork is cooked remove from the roasting tray and allow to rest for 15 minutes in a warming place.
8. Place the roasting tray over a medium heat on your cooker or hob. Scrape any crusted bits from the bottom of the tray and add the chicken stock and wine. Boil and reduce until you are left with 300ml/½ pint of liquid. Strain the liquid into a gravy boat and skim off any fat.
9. Carve off the crackling in one piece and cut into portions. Serve the pork with roast potatoes, a selection of vegetables, gravy and apple sauce.

### Sticky Toffee Pudding

#### Ingredients

#### For the pudding

150g/5oz dates, stones removed, chopped  
250ml/9fl oz hot water  
1 tsp bicarbonate of soda  
60g/2¼ oz butter, softened  
60g/2¼ oz caster sugar  
2 free-range eggs  
150g/5oz self-raising flour



#### For the toffee sauce

200g/7oz butter  
400g/14oz brown sugar  
vanilla pod, split  
250ml/9fl oz double cream

#### Method

1. Preheat the oven to 180C/370F/Gas 4.
2. Mix the dates, bicarbonate of soda and the water together in a bowl and leave to soak for ten minutes.
3. In a clean bowl, cream the butter and sugar together until light and fluffy.
4. Still stirring the butter mixture, gradually add the eggs, making sure they are well mixed in.
5. Still stirring, gradually add the flour, then add the date mixture.
6. Pour the mixture into a 20cm/8in square cake tin. Place into the oven and bake for 35-40 minutes, or until cooked through.
7. To make the sauce, melt the butter in a thick bottomed pan over a medium heat.
8. Add the brown sugar, vanilla pod and cream and stir well. Simmer for five minutes.
9. To serve, spoon out a portion of the pudding onto a plate and pour over the hot toffee sauce.





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