



Maynooth Newsletter



Serving the people of Maynooth

August 2012

Local News

FREE

Bus Fire on Straffan Rd

MEP Visits Maynooth



The bus, which was carrying a number of students, caught fire at around 12.30pm on Sunday 22nd July last.

It happened near the Glenroyal Hotel on the Straffan Road in Maynooth. It is thought to have been caused by a mechanical fault.

Thankfully all the passengers were evacuated and there were no injuries. The road was blocked for a time while several units of the fire brigade including Maynooth brought the fire under control. Gardai also attended the scene.

An investigation is continuing to find out the exact cause of the fire. It is unclear what company owns the bus.



MEP NESSA CHILDERS SPENDS AN AFTERNOON IN MAYNOOTH MEETING COMMUNITY GROUPS

During her meeting with Maynooth Community Council, the Tidy Towns Committee and Town Twinning representative, Ms Childers provided information on EU funding opportunities. She also told the meeting that in the early autumn she intended to organise an information seminar on European funding for Twinning activities. Ms Childers also expressed her concern about proposals for Local Government reform being suggested by Minister for Environment Phil Hogan TD, "While it is important that we modernise our local government system, I believe that strong Town Councils provide better service for communities. Both in targeting spending on infrastructure but also as a focal point for cultural and civic activities. In my opinion Maynooth is an example of a town that should be designated a Town Council district".

Since being elected in 2009, Nessa Childers has been an independent voice for the people of Leinster. She has always worked on behalf of citizens, focusing on their concerns and not been afraid to speak up for more integrity and transparency in political life. With a background of twenty five years as a mental health professional, Nessa has focused a lot on the public health issues that affect our own lives and that of our families. She sits on the powerful Committee for Environment & Public Health. Nessa is co-chair of the Interest Group on Mental Health in the EP, and vice chair of MEPs against Cancer.

Each month Nessa visits towns and villages throughout her European Parliament constituency of Ireland East. The meetings provide an opportunity to consult local people, and inform her work in the European Parliament.



L/R David Walsh, Mary Farrell, Muireann Ná Bhrolcháin, Nessa Childers, John McGinley and Mattie Callaghan



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Weekly Networking in Maynooth for Local Business's Supporting Economic Recovery and Jobs - Locally

North Kildare Chamber host a free networking morning every Tuesday in the College. The mornings start at 7.30 am and are proving very popular. If you are interested in attending, contact the chamber on 045 894074 for all details

Dates in August 2012 7th, 14th, 21st, 28th.

Contact: Allan Shine

Email: info@northkildarechamber.ie

Phone 045 894074

Web Link: www.northkildarechamber.ie



In picture left to right, Allan Shine, Bridget Manley & economist Jim Power

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Dates for your diary...

Maynooth Harvest Festival
Thursday 13th - 16th September 2012

It is with great pleasure that Maynooth Community Council announces
 the forthcoming

Maynooth Harvest Festival

which we hope will be enjoyed by the people of Maynooth.

This year's festival theme is
 "Maynooth in the early 20th century"



For a flavour of the events and activities planned, there will be ...

Music, song and dance, farmers' market, arts, crafts and jewellery
 displays in the Square

Face painting, children's arts and crafts

An afternoon of entertainment in the Castle (song, music and readings)

Photographic exhibition of Maynooth in the early 20th century

Historical tours of Maynooth heritage town

Launch of the *Maynooth Newsletter Online Archive*

GAA Games

Pub Quiz

Other events and entertainment are still in the planning



The September issue of the *Newsletter* will feature
 the full programme

If you would like to take part in the festival or would like to help out
 in the days of the events please contact
 the Maynooth Community Council Office

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The intrepid Classic Hits 4FM **Brighter Breakfast Show host Jim McCabe** is no stranger to heights, from the age of two Jim could be found climbing out of his cot in his hometown of Finglas, Dublin. On air on Classic Hits 4FM over the past few months Jim McCabe has been compiling a bucket list and on top of that list for Jim (and the listeners) was a skydive. So, **in association with Skydive Ireland, Jim McCabe is going to jump 10,000 feet from a plane**, with the aid of a parachute of course! Joining Jim on the jump on **August 18th and 19th** will be the listeners to Classic Hits 4FM (who sign up), and top model Roz Purcell.

At the launch Jim McCabe said; *"We compiled a bucket list over the last few months on The Brighter Breakfast and a parachute jump was top of our listeners' list. Listeners to the show have signed up, it's exciting – but a bit nerve wrecking too but Make-A-Wish is such a worthy cause, it outweighs any nervousness".* Speaking at the launch Roz Purcell who will also 'Jump with Jim' said; *"It's something on my bucket list but heights are a fear of mine - I'm sure illness is for a lot of children, so it's a small jump for a big cause."*

Chief Executive of Make-A-Wish Ireland®, Susan O'Dwyer, said; *"We are delighted to be partnered with 4FM for this fun challenge in aid of Make-A-Wish Ireland®. We would like to encourage as many people as possible to 'Jump with Jim'. The more people that jump, the more wishes this wonderful charity can grant."*

If you feel you have the courage to 'Jump with Jim', and want to help to raise some cash for a great charity, all you have to do is check out www.classichits.ie – subject to terms and conditions.

For further information, please contact:

Alex Hatton, 4FM, 087 9093777

Mary Crotty, Mary Crotty PR, 087 256 77 51 /
01 6618777

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Things to do this Summer

Croke Park Stadium Tour & GAA Museum

Enjoy the best views of Dublin from the roof of the iconic Croke Park Stadium on the exciting new Etihad Skyline tour.

Dublin in a host three exciting exhibitions, Viking Dublin, Medieval Dublin and History Hunters. Learn about the citizens of Dublin throughout the ages in this exciting, interactive family day out.

The [Dunbrody Famine Ship](#) Visitor Experience offers a unique authentic insight into the circumstances of the Great Famine, and the mass exodus of so many people to America. It enlightens an aspect of the school curriculum in a tactile and interesting way.

The brand new Dunbrody Visitor Centre will officially open on Friday, July 8th and [Dunbrody Facebook fans](#) will enjoy a 20% discount on the normal price!

Xtreme.ie Family Adventure, Balbriggan. State of the Art Adventure Centre just 7 mins from Dublin airport (Exit 5 off M1). The family adventure package includes archery, zip lining, aerial trekking adventure ropes and climbing wall, for 7+ yrs. Cafe and restaurant on location open at weekends. Ph: (01) 690 2070, email: info@xtreme.ie or book online

The Irish National Stud, Kildare. Have a great family day out at the Irish National Stud, the Japanese Gardens, Fiachra's Garden and the Horse Museum. Take a 35 minute tour of the stud, visit the museum and stroll through St. Fiachra's Garden, which has 4 acres of woodland & lakeside walks. The World famous Japanese Gardens, tell the story of the Life of Man, from the Cradle to the Grave. The paddocks are close by so you may see foals running freely with their Mothers. Dine in the restaurant, or bring your own picnic and browse our very unique gift shop. Family ticket up to 4 children is €29.50, under 5's are free.

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U3A. Maynooth.

On July 4th 21 members enjoyed a trip to Galway courtesy of CIE "Journeys on Us".

We absorbed the amazing atmosphere in The City of the Tribes following the completion of the Ocean Race and some made plans for a longer visit.

On Friday 13th a group travelled to Bray. An energetic section walked from Bray to Greystones and back, enjoying the scenery and sea air, despite the inclement weather. Another section of our group went to Kilmacanogue and passed a pleasant couple of hours in the Avoca centre, whilst a solitary straggler wandered around Bray in the rain, meeting some interesting characters along the way.!

Our August diary includes monthly meeting Friday 6th in Glenroyal Hotel.

August 10th--a visit to Botanic Gardens is planned and August 24th we hope to go to Carrick-on-Shannon.

Our book club is deferred until September as is our Thursday morning activities in the Community Library.

Editorial

Although it is a good sign that Ireland returned to the bond market this month, the future of Europe and the euro is facing a summer of uncertainty and discontent. It is difficult to see an equitable solution to the problems that we all face. The situation in Spain and Italy put us in the ha'penny place but doesn't diminish the bleak few years that are ahead of us too.

There will be a full page on the festival further on in this month's publication and I would like everyone to note the dates and the events and to ask that we all get involved, if only to dress up in the appropriate clothes for the period of the Heritage Day. The Harvest Festival is a new innovation for the committee and it is hoped that the town and the students will join together to enjoy the few days. They will be utilizing the best features of the town, the great Main Street and the Castle that will host events as it has done so successfully in the past. Maynooth has a lot of possibilities for tourism and the numbers arriving seem to be increasing. If the opening hours for the Castle can be increased by the OPW's new initiative then this be a very positive development in the future and will make our greatest asset available to winter tourists. They are increasing also as the visiting students continue to come to the College and are visited by their friends and relatives during their stay in Ireland.

There is a piece on the return of the students just following this editorial but it must be said that it is not always the students who cause the noise and trouble in Maynooth and that during the summer months, when the students are away, there have been reports of violent and noisy behaviour on the Main Street so much so that it was commented upon in the media. As we go to print the students will be sitting the repeat examinations and we wish them the best of luck. The future expansion of the post-primary education was confirmed by the minister of Education as he gave the patronage of the new school to the VEC. This was part of a large list of future developments announced by the minister recently. There has been a lot of controversy, debate and disputes about the decision to move the schools further out the Moyglare Road and the new decision will not be popular with everyone especially those who wanted a Gael-Choláiste in Maynooth.

Muireann Ní Bhrolcháin

The right to live in peace

As we are about to restart the academic year and there will be an influx of students returning to the college here in Maynooth to continue their education. Our thoughts must turn once again how best to ensure respect and understanding of the rights to live in peace. We have also had comments from people who have been particularly affected by abusive behaviour and a total lack of respect generally fuelled by alcohol. This is a problem that occurs every year and does not appear to be dealt with in any constructive way.

See article Page 10

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Community Council Notes

Maynooth to become an Age Friendly Town

Bridget Butler from Age Friendly County Dublin / Mid-Leinster, a World Health Organisation initiative, gave a comprehensive and intriguing presentation to the Community Council on the initiative to make Maynooth the urban pilot programme for Kildare's Ageing Well programme.

The context for the idea is that as demographics change, the cohort of citizens nationally and locally over the age of 80 is likely to increase significantly in the coming years. This is often a very active, and very engaged age group who contribute greatly to their community, as we know very well in Maynooth. The strategy for the process is well tried on the county level, as a large network has come together to make Kildare an excellent place to age including Kildare County Council, An Garda Síochána, NUI Maynooth and many others.

From 2010, consultations took place with older people in order to identify the key strategies and priorities for the programme within the established WHO guidelines. One key development was the creation of a county-wide 'older person's forum' of some 300 members from the age of 55 and up. This forum meets quarterly in various venues around the county, sets its own agenda and that of the alliance of partners.

For Maynooth to be an Age Friendly Town, an effective miniaturisation of the county process will happen in the coming years, seeking to create an atmosphere of intergenerational respect and solidarity across headings such as equal access to services and opportunities. In action, key stake-holders will be identified shortly within the key elements of Maynooth as a community, and an older person's forum will be established in the town focusing on the age friendliness of the environment, business, employment and community.

The Council warmly received the presentation, several inputs highlighting the uniquely intergenerational prospect of the project in Maynooth, as it has a distinctly large young population and a long and strong tradition of intergenerational solidarity. The example of the relationship between the Senior Citizens and the Scouts was highlighted and the Council looks forward to contributing to and assisting the project's next phases.

Ordinary Business

During the meeting, Colm Ó Cearúil, of Gaelcholáiste Maigh Nuad thanked the council for its support during the year during the ongoing concern regarding the patronage of the forthcoming second secondary school in the town. The secretary has, meanwhile, again written to the Minister and published all correspondence in the last issue of the newsletter.

The financial report itself highlighted the rude good health of the newsletter's account, and all were thanked for continuing to support the new format, and encouraged to help us improve not only the newsletter but all MCC's ongoing projects which assist the entire community.

Subcommittees and Affiliates

The Council's subcommittees and affiliates have been exceptionally busy over the months of May and June!

Educate Together's summer fair was very successful and rain free, thankfully this year. Senior Citizens are looking forward to their summer tea dance shortly and a trip to Kerdiffstown for some members towards the end of August. The twinning sub-committee highlighted the wonderful work being done in Canet, and are looking forward to our commemoration here in October. Gaelcholáiste Maigh Nuad have held meetings in both Maynooth and Kilcock before the end of the primary school term and are planning to hold a joint event in Maynooth in September for children from all four Gaelscoileanna in the area.

Plans for the Community Festival are progressing extremely well, with many events planned and underway. The festival takes place from the 13th to the 16th of September and the full plan of events will be published in the newsletter next month.

Both the U3A (University of the Third Age) and the Scouts have recently travelled to Galway for the Volvo Ocean Race, for which U3A benefited from free travel tickets. U3A are looking forward to two outings per month throughout the summer. The scouts themselves have been exceptionally busy as always. Beavers and Cubs suffered a rain washed camp at Ardgillan castle in early June, but made up for it with a wonderful special camp in Bray, while 11 Cubs attended Jam Óige in Galway. The Scouts and Adventure Scouts are currently camping in Edinburgh and Benbulbin respectively and will be taking part in the National Phoenix event in early August.

The Community Council will be on summer vacation for the month of August, while the Executive will continue to meet through the summer.

Research in Psychology

The Psychology Department in NUI Maynooth are conducting research into two areas that greatly affect the elderly; memory and fall-risk. The ageing process leads to a natural decline in memory and changes in walking gait, which can leave people vulnerable to scams, accidents, falls and injuries. These risks can compromise the ability to live independently for many elderly adults. Research gives us valuable information to help those at risk of memory problems and falls. If you are aged 55 and over and are interested in participating in either of these research areas, contact

Noeleen Brady at 0863522517 or
NOELEN.BRADY@nuim.ie for the memory research or

Elizabeth Walshe at 0857136153 or
ELIZABETH.WALSHE.2009@nuim.ie for the fall-risk research.

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Know Your Rights

Appealing your Leaving Certificate results

Question

If I am not happy with my Leaving Certificate results, can I appeal the grades?

Answer

If you are not satisfied with the marks you got in one or more of your Leaving Certificate exams you can appeal those results to the State Examinations Commission. Before you make the decision to appeal your result(s), you may view your examination script. Only the scripts from the written examinations can be viewed. You cannot view the results of oral exams or the marks for practical exams. Viewing your papers: If you decide you would like to view a particular paper, you should use the personalised form that your school received with your examination results. You must return the completed form to your school by 21 August 2012.

The Organising Superintendent appointed by the State Examinations Commission will assign you to one of the viewing sessions in schools on 31 August and 1 September 2012. You can be accompanied by one other person when viewing a script. However you cannot get someone else to view it for you in your absence. You can find information about viewing marked examination papers on the State Examinations Commission website examinations.ie. Appealing your results: The State Examinations Commission will provide your school with a personalised appeal application form. (For external candidates, this form will be enclosed with your examination results.) You indicate the subjects you wish to appeal on the appeal form. A result may be upgraded or downgraded as a result of an appeal. The appeal fee is €40 per subject for the standard Leaving Certificate and €15.50 for the Applied Leaving Certificate and must be paid in advance. Your application to appeal your 2012 examination results must be received by 5 September 2012. Further information is available from the Citizens Information Centre below.

Community Employment rates

Question

I am getting a reduced rate of Jobseeker's Allowance as my wife is working. I am thinking of applying for a Community Employment scheme. As the work on the scheme is only part-time how much will I get?

Answer

Participants in a Community Employment (CE) scheme are paid a wage based on 19.5 hours a week or 39 hours a fortnight. Since 16 January 2012 new participants on Community Employment (CE) schemes cannot claim another social welfare payment at the same time. Your CE payment is based on the rate of the social welfare payment you were getting before you started the CE scheme plus €20. However you cannot be paid less than €208 a week. So if your reduced rate of Jobseeker's Allowance (JA) is €188 a week or less, you will get the minimum weekly rate of €208 when you are working on a Community Employment scheme. If your JA payment is more than €188 a week then your CE payment will be the same rate as your JA payment plus €20. For example, if your JA payment is €233 a

week, you will get a CE payment of €253 a week.

Changes in pension payments

Question

I will be 66 in October and retiring from work. I will be applying for a State Pension based on my PRSI contributions. I heard that the rates of payment have been reduced. Will I get less than my husband is getting at the moment on his State Pension?

Answer

At the moment you get the full rate of pension if you have a yearly average of 48 or more PRSI contributions. However, people with a reduced average of 20-47 PRSI contributions per year over their working life receive a weekly State Pension of only €4.50 less. From September 2012 a lower pension will be payable to new applicants who have a yearly average of less than 48 PRSI contributions. The new rates are in the following table:

New State Pension (Contributory) rates from September 2012

Yearly average contributions	Personal rate per week, €	Increase for a qualified adult* (under 66)	Increase for a qualified adult* (66 and over)
48 or over	230.30	153.50	206.30
40-47	225.80	146.00	196.00
30-39	207.00	139.00	186.00
20-29	196.00	130.00	175.00
15-19	150.00	100.00	134.00
10-14	92.00	61.00	83.00

*Increases for qualified adults are means-tested payments.

The new rates will not affect anyone who, like your husband, is already receiving the State Pension. You can read Frequently Asked Questions about the changes on welfare.ie. Further information is available from the Citizens Information Centre below.

Lost passport

Question

My son is going abroad for the first time. What would happen if he lost his passport while he was travelling?

Answer

If you are an Irish citizen currently living abroad, travelling or on holiday abroad and your Irish passport is lost, stolen or misplaced, you must contact your nearest Irish embassy or consulate immediately. You will be asked to confirm the loss in writing or, if you are applying for a new passport, to include the details in your passport application. You must also get in touch with the local police and request a written statement that you have reported the loss of your passport. A member of the police authority in the country in which you are staying must witness this statement.

Maynooth Scouts

Here's our story of 12 trains, 6 buses, 2 boats, 1 taxi & 1 Tesco delivery van from Maynooth to Edinburgh. On the 4th of July, the Scouts went to Edinburgh, Scotland. We left on Wednesday morning from Dublin Ferry Port to Holyhead. When we arrived we got 3 trains and after a long day of travelling we arrived in Edinburgh. The final leg of our journey was hampered with flooded tracks but we eventually made it to Fordell Firs Campsite. There was a quick stop off in KFC for our dinner before arriving to the campsite after a long day travelling.

Our first night camping was indoors after a late arrival on site due to a cancelled train. Tents went up first thing the next morning and we started exploring. There was a climbing wall, caving, zip line & bungee trampoline to name but a few. We found the vending machine & discovered Iron Bru which we all fell in love with.

We met other Scottish Scout Troops from Aberdeen and we were challenged to an international football match. We'll leave details about the score line a secret but the teams were a little bit unfair given that we had 11 players against their 30. Needless to say we all came out filthy due to the rain but smiles all round. We had some free time in Edinburgh where we saw the Olympic Rings, kilts & black Cabs. And of course most of us tasted deep fried Mars bars. Yum Yum. We introduced the local Scouts to a Ceili at the camp fire they had organised.

On the way home we bumped into a South African Scout Troop on route to the Scottish Jamboree. We've been invited to visit them in South Africa. Not a bad offer. And that's the short version of our annual camp to Edinburgh with 12 trains, 6 buses, 2 boats, 1 taxi & 1 Tesco delivery van.

Maria Cleary, Scout

You will need this statement to get an Emergency Travel Certificate (valid for one journey) or an Emergency Passport (valid for a restricted amount of time) from an Irish embassy or consulate. If you are travelling on a multi-stop journey, where you will pass through more than one jurisdiction, you will need a new Irish passport. Again, you must report the loss of your passport immediately to your nearest Irish embassy or consulate. If there is no Irish embassy or consulate in the country where you are, contact an embassy of another EU member state that will get in touch with the nearest Irish embassy on your behalf. An embassy of another EU member state cannot issue you with a new Irish passport, but can issue an Emergency Travel Document.

It may be useful to carry a photocopy of the personal data page of your passport with you when travelling or scan an image of that page and email it to yourself. Any passport reported as lost or stolen is no longer a valid travel document and you should not try to travel on a passport which has been reported as lost or stolen. Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by: Maynooth Citizens Information Service which provides a free and confidential service to the public.
Tel: 0761078100
Address: Dublin Road, Maynooth, Co. Kildare
 Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.

Some advice on handling anti-social behaviour

Excerpt from a letter we received recently.

" Since the start of the college year last September I have been deliberately and systematically subjected to an escalating regime of abuse by three first year NUI Maynooth college students. They rented the house next door to me from an absentee landlord. All was fine at first. They were full of assurances of their good behaviour and of applying themselves to their studies. They insisted they were aware that this is a residential area. It is not rocket science even for them to see that their new neighbours were the usual cross section of people in a settled community, ranging from the elderly, through to families with babies and school going children and a lot of people who have to be up early for work.

Unfortunately, these good intentions did not last long. The late night noise levels from next door soon started to increase in both volume and frequency. Their "few friends" as they termed their late night visitors and fellow noise makers began to swell in numbers, with the resultant noise pollution and disruption to the peace and quiet of our terrace of houses. This included the littering of the cul-de-sac we are in with their discarded food and drink containers, cigarette ends, the occasional broken bottle or stolen glass and the used condom (I was told these condoms were just party balloons). I spoke to the three lads about their behaviour on several occasions. But to no avail. I just got their sullen apologies and assurances of their future co-operation each time.

These promises were quickly broken. Despite my protestations the number and duration of their drunken parties began to increase, very often going on from 11pm until around 5:30am the following morning. They did this knowingly and deliberately with clear knowledge of the disruptive effects they were having on those of us living on either side of them and of the upset and offence they were causing.

Despite the intervention of the College Authorities and the Gardaí their bad behaviour continued right up until the end of term."

The above extract was sent to us from a person who has to live with this abuse.

This person is by no means isolated in this opinion as I am sure most people know someone who has had the same problem. At this point we should all be active in trying to sort this out. In an effort to try to get some action to solve this problem we have outlined the key players that could make the biggest impact in helping with this matter. We will also be keeping this matter

highlighted with the help of the public who will register bad behaviour on an ongoing document that will be updated and sent to the relevant people and intuitions Let us hope that this could be the start of a community effort involving everyone focused on solving this.

College:

The college may or may not have a legal responsibility but it certainly has a moral one as it is the main reason for huge increase in young people coming to Maynooth. What action is taken against continuous bad behaviour by the college?

Where are the rules and regulations set out by the college accessible to students and the community regarding bad behaviour?

Has there ever been any enforcing of these if they exist?

Landlords:

As they provide the homes in the community for tenants from all aspects of life they could have a great impact on how their tenants behave. Contracts with tenants should have clauses that would deal with anti social behaviour and this should be strongly pointed out to them before they agree terms. I also think that a landlord that does not care or has no control over this situation should not be allowed to let his/her property. Let me point out at this stage that I am sure most landlords are responsible people and that it is generally the few that cause problems.

Local Representatives:

These are the people that could help out considerably as they have connections and access to information that local people would not have.

But there appears to be very little will to confront these issues, if this is not the case they need to make people much more aware of just what they are doing regarding bad behaviour property and garden maintenance.

Garda:

We all respect the Garda for the great job they do maintaining law and order but at times they seem to be powerless in the face of unsociable behaviour even though this causes great stress to the very fabric of a law abiding community.

Community:

On going monitoring, It could be worth having a central base in Maynooth for people to register the problems they are having regarding the above issues this is of course after they have gone through the normal channels. This could allow us to draft a monthly

letter to all the people and institutions responsible for the quality of life in Maynooth.

There is also a need in some cases to remind landlords of their obligations regarding the behaviour of their tenants and the maintenance of the property including gardens

As far as the maintenance of property and gardens is concerned please read

The Housing (Miscellaneous Provision) Act 2009 section 18a the Private Sector:

This update makes it clear that they are obliged to keep their properties in good order

Please use this link to read this document .

Link:

<http://www.neighbours.ie/forums/archive/index.php/t-15661.html>

Link:

<http://www.environ.ie/en/Publications/DevelopmentandHousing/Housing/FileDownload,19428,en.pdf>

Link:

<http://www.environ.ie/en/Publications/DevelopmentandHousing/Housing/FileDownload,21697,en.pdf>

It is our intention to create a web page on our Portal web site to allow people to record anti social behaviour as mentioned above this could be passed on to the relevant people to keep them aware of what is going on. More information will be available as this project is worked on.

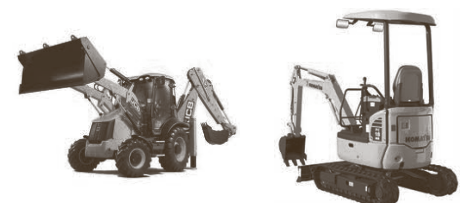
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VEC to get patronage of two Kildare schools

KILDARE VEC has been awarded patronage of two new schools in the county.

Minister for Education and Skills, Ruairi Quinn, announced his decisions on 14 new schools across the country and has awarded the patronage of new schools in Naas and Maynooth to Kildare VEC. These will be built in 2013 and 2014 respectively.

In the Maynooth case, the Loretto sisters and the gaelcholaiste movement initially sought patronage but from an early stage, the gaelcholaiste were ruled out by the Department.

However, making the announcement on Wednesday, 25 July, Minister Quinn said: "In the case of both Maynooth, Co. Kildare and Balbriggan, Co. Dublin, the Department noted the high level of parental demand identified as part of this process for alternative language provision in these areas. In light of this, the Department will be making provision to cater for this alternative demand in both of these areas in the medium term."

In a statement, Teresa Murray, chairperson of the Maynooth Post Primary Parent-Teacher Association welcomed the decision of the Minister for Education and Skills, Ruairi Quinn, to award patronage of the second post-primary school in Maynooth to Kildare VEC. She said the Minister had made the right decision for the future of second level education in the Maynooth area. She congratulated the VEC on their comprehensive application for patronage and also the parents and staff of Maynooth Post Primary who had campaigned for this successful outcome. While this is welcome news, there is much work to be done in upgrading local road and transport facilities to adequately service the two schools on the Maynooth education campus. She concluded that the future of Maynooth as an excellent centre of education has been secured by this decision and she thanked all the local TDs and councillors who whole-heartedly supported County Kildare VEC's application for patronage.

Maynooth Post Primary School Parent Teacher Association, who had campaigned for over four months for Kildare VEC patronage of the second Post Primary School to be built in Maynooth have in a statement welcomed the decision of the Minister of Education and Skills Ruairi Quinn to appoint Kildare VEC as Patron of the new school.

Teresa Murray, chairperson of the Maynooth Post Primary Parent-Teacher Association welcomed the decision of the Minister for Education and Skills, Ruairi Quinn, to award patronage of the second post-primary school in Maynooth to Kildare VEC. She said the Minister had made the right decision for the future of second level education in the Maynooth area. She congratulated the VEC on their comprehensive application for patronage and also the parents and staff of Maynooth Post Primary who had campaigned for this successful outcome. While this is welcome news, there is much work to be done in upgrading local road and transport facilities to adequately service the two schools on the Maynooth education campus. She said that the future of Maynooth as an excellent centre of education has been secured by this decision and she thanked all the local TDs and councillors who whole-heartedly supported County Kildare VEC's application for patronage.

Gerry Quinn, spokesperson for Maynooth Post Primary PTA also welcomed the decision by Minister for Education and Skills Ruairi Quinn to appoint Kildare VEC as patron of the second Secondary school to be built in Maynooth. He said it is a pragmatic decision

Mediation

What is a Mediator

A Mediator is a trained independent and neutral person who helps parties to resolve their dispute. The reason that it is a successful process is that the Mediator does not take sides and is free to help the parties without any loyalties to either party. A Mediator provides an alternative to the courts system and litigation in order to help parties sort out their disagreements.

A Mediator can help parties in a number of different situations for example in business or civil disputes and family disputes if parties are married or not married but have assets together for example, a house or children of their relationship. Although the details may differ, the overall process is the same.

How can a Mediator help Me?

A pre-mediation meeting can be arranged whereby the Mediator will meet each party separately and listen to their side of the story. Both parties will then meet the Mediator who will listen to their issues and, matters that are important to you both will be discussed. The Mediator will then use their expertise to help you identify your issues and discuss what needs to happen in order to move forward. A number of meetings may need to be held to find a common ground in other words, something that both parties have an interest in. For example access for children can be a huge issue or in neighbour dispute issues such as music being played too loud or too late at night, etc. Any issue can be mediated. The parties then discuss what they feel is the desired end result for both sides, and try and reach a mutual agreement.

What should I expect from a mediation session?

Each party will need to be willing to work to resolve issues and to work through their difficulties to achieve same. Parties should expect to discuss their position and try to listen to the other party too. Each individual will have an opportunity to voice concerns and to speak without interruption. The mediator will ask the parties to share information (confidentially if appropriate) with them focusing on their needs and interests and to work to resolve matters.

Usually two or three meetings will be enough or in a complex family case it could be six or seven sessions with the Mediator to thoroughly resolve all issues. As the mediation session is voluntary, each party or indeed the mediator at any stage can decide the mediation is not productive and stop the process.

What if mediation does not resolve the matter?

If the matter is not resolved through mediation the parties can still use the court system to resolve their dispute. Mediation is simply an alternative designed to help individuals resolve disputes in their own time in a way that ensures they themselves decide the outcome. Even if part of the case has been heard or court documents have been filed the Judge will accept the parties want to attempt mediation and may even encourage mediation.

Next edition: How to decide if mediation might work rather than court?

For more information please contact: Ger Corscadden 0871312223.

Free breast checks available in Maynooth.

BreastCheck, The National Breast Screening Programme is currently inviting women aged 50 to 64 from the wider Maynooth area to attend for their free breast mammogram (x-ray).

Women are being invited to the Maynooth mobile digital screening unit which is located at Tesco Car Park (opposite Mc Donalds, the catchment area includes Celbridge, Clane, Kilcock, Leixlip, Maynooth and Straffan and is available for the coming months. If the appointment time or date doesn't suit a woman can easily change it by calling Breast Check on: (01) 223 5800. The aim of screening is to detect early breast cancer. The vast majority of women screened are found to be perfectly healthy, with less than 1% diagnosed with breast cancer.

Breast Check encourages all women aged 50 to 64 living in Maynooth and outlying areas to check that they are on the BreastCheck register by calling Freephone 1800 45 45 55 or checking online at www.breastcheck.ie.

based on reality and will bring an end to overcrowding at second level in Maynooth. Kildare VEC, who are in charge of developing the site for the new schools at Mariavilla on the Moyglare Road, has already appointed a design team. They concluded the statement by thanking the families of the Maynooth area, the majority of which - [80%] supported the VEC application.



Maynooth GAA Club hosted a table quiz ran by Ladies Football on 20th July, with all the proceeds going into the running of the club. The night was well supported and everyone had a good time. The Maynooth Ladies Team would like to thank Twist, Je'meils and Becks Beauty Salon for donating vouchers for the raffle. Also a huge thanks to Geraldine Breslin of Jee Jewellery for donating 2 pieces from her collection. We would like to encourage the community to support these local businesses. The club also sponsored a 4 ball for the Club Kildare Golf Event in the Curragh Golf Club as another raffle prize. The Ladies intend to run another quiz in October (watch the club website for details) and hope that you can join us for a good night.

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Last two old Newsletters complete the Online Archive

We at the Community Council/Newsletter are very happy to have received the last two missing Newsletters from July 1976 issue 10 and November 1988 issue 136. Peter Curran from Moneycooley had the 1976 issue and Mattie Callaghan from Straffan Way had the 1988 issue. We can now finish the full archive and put it all online. There will be a full exhibition of photos taken over all the years of issue in September for the Festival, it will be held in the Community Space at Manor Mills.



Peter Curran with his 1976 issue



Mattie Callaghan with his 1988 issue

BENEFITS OF EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrifying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will not happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

**Eating a whole fruit is better than
drinking the juice.** If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. **Just eat fruits and drink fruit juice throughout the 3**

**days and you will be surprised when your
friends tell you how radiant you look!.**

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fibre. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

LEMON: You might only use the juice from the lemon while the lemon peel is thrown away. ? Many professionals in restaurants and eateries are using or consuming the entire lemon so nothing is wasted. How can you use the whole lemon without waste? Simple, place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it in your whisky, wine, vegetable salad, ice cream, vegetable soup, chicken soup, curry soup, noodles, spaghetti sauce, rice, sushi, meat loaf, sausage, fish dishes, etc. It doesn't matter whether it's a Chinese dish, Italian dish, French dish, African, Indian, Japanese. All of these foods will unexpectedly have wonderful taste. The major advantage of using the whole lemon other than preventing waste is adding new taste to your dishes. Lemon peels contain as much as 5 to 10 time more vitamins than the lemon juice itself. Instead of wasting your lemon peel and following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. Lemon peels are health rejuvenators in eradicating toxic elements in the body.



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10 FAMILY SUMMER ACTIVITIES

- PLANT SOME SEEDS, PLANTS & BULBS**
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- GO FOR WALK**
Make a list of things the children could find during the walk. Also you could use pictures and have the children tick off what they find.
- GO TO A FARM**
The children will love seeing the animals and all the other new additions. 
- ATTRACT WILDLIFE TO YOUR GARDEN**
You could make a birdhouse and some homemade bird food. The children could watch out for any new animals that come into the garden.
- A BIKE RIDE**
It's great exercise and fun. Also it's good for the environment. 
- A PICNIC**
Pack their favourite treats and sandwiches. You could also bring some board games and a football. Who doesn't like playing ball??
- GO TO A MUSEUM**
Most of the museums are free and the children will learn some interesting facts. 
- VISIT THE NATIONAL WAX MUSEUM PLUS**
It houses the Children's Fantasy World which is a dream world featuring pillars painted like cakes and sweets.
- CALL IN TO IMAGINOSITY**
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SUMMER CRAFTS FOR KIDS

3D Drawings

Total time needed: 1 hour

Materials

- * Card
- * Salt
- * Rimmed Baking Sheet
- * Coloured Water (see below)
- * White Glue
- * Eyedropper

To make coloured water use 5 drops of food colouring per tablespoon of water.

Instructions

1. Set the card on the baking sheet and use the glue to draw a design on the paper.
2. Sprinkle the wet glue with salt until its completely covered, then tap off any excess.
3. Use the eyedropper to drip coloured water, one drop at a time, onto the salt. As the salt absorbs the liquid, the water will move along the glue lines, resulting in a web of colour.



GOOEY GREEN SLIME

Total time needed: 30 mins or less

Materials

- * 3/4 cup of warm water
- * Green food colouring
- * 1 cup of white glue
- * Borax (Washing Soda)

Instructions

1. Mix together 3/4 cup of warm water, 1 cup of white glue and a few drops of green food colouring.
2. In another bowl, combine four teaspoons of borax (Washing Soda) and 1 1/3 cups of warm water.
3. Pour the contents of the first bowl into the second one and let it sit for 1 min without stirring.
4. Your congealed green slime is good to GO!



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A holistic view on.....Candida or Yeast Overgrowth (Part 2)

So what is Candida overgrowth?

Candida albicans form a necessary part of our bacterial gut balance. When our immune system is suppressed and/or our intestinal gut bacteria are out of balance, this creates a perfect environment for the candida albicans to grow rapidly and invade the digestive system. Thus causing the symptoms described in Part 1 of this article. So how is this Candida or Yeast over growth triggered?

The usual suspects for this overgrowth are antibiotic use, incorrect diet, sugar and refined foods. Other less known triggers but probable causes are emotional stress, caffeine drinks, antacids and acid blockers, food intolerances, mercury amalgams, sexual transmission, worms and parasites, diabetes, AIDS, arthritis and so on. So how can you test to see if you have Candida Overgrowth?

There are a few choices.

1) You can get costly blood, urine and stool tests done, assuming your GP is open minded enough to the notion of Candida.

2) You can test your self by spitting into a glass of clean water first thing in the morning, before eating or drinking anything. Leave the glass sitting for up to an hour then inspect the spit. If it floats on top with white wispy streaks/tentacles reaching down into the water or the spit sinks surrounded with white spots, this is a good indication of Candida / Yeast / Fungal overgrowth.

3) You can be muscle tested by an experienced therapist, like a kinesiologist or naturopath to confirm if you have candida and the level of overgrowth.

In the next issue, I will explain how to put a stop to this tricky condition and reclaim your optimum health!

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Kennel Cough is a problem but not just in kennels !!

Kennel Cough is an infectious disease which affects dogs resulting in a harsh cough that can be quite distressing. It is a disease which we in Maynooth Veterinary Clinic are seeing much more frequently. We always advise that dogs should be vaccinated against it. Most cases will resolve in a few days with treatment. It is important to understand that the name of the disease is misleading as Kennel Cough is not only found in boarding kennels but is now distributed wherever dogs are in proximity to each other. For example parks, boarding kennels, grooming parlours, vets waiting rooms and street pavements have all to be included as points of possible infection. There is a proposed change in the disease name to Contagious Canine Cough and this is a more accurate description of the disease.



How is Kennel Cough spread?

Kennel Cough is spread by airborne droplet infection among dogs that are in close contact with each other; it is highly contagious and spreads very easily from dog to dog.



What Causes Kennel Cough?

The disease is caused by a combination of bacteria and viruses acting together. The most commonly involved bacteria are *Bordetella Bronchiseptica* and the virus most commonly seen is Canine parainfluenza virus. The good news is that there are vaccines available to protect your dog against these two organisms. The parainfluenza virus is part of the combination of vaccines that your dog receives as a pup and thereafter at his annual vaccination visit. The *Bordetella* vaccine is administered separately as an intranasal spray. Here at Maynooth Veterinary Clinic we provide certification when these vaccines have been administered and always advise owners to bring the vaccination cert to the boarding kennel, grooming parlour, dog trainer etc. as proof of vaccination.

All too often owners come in to us with their dog for Kennel Cough vaccination the day before they are going on holidays. The vaccine takes 3 to 5 days to work and therefore you should plan this into your schedule before kennelling, training classes etc.

As the health status of our patients varies greatly we will assess each patient individually and there are circumstances when we may advise against vaccination:

If your dog is already on antibiotics these may interfere with the vaccine.

If your dog has a known respiratory condition and is coughing when presented at the clinic or has a known immune system condition.

If you require further information on matters concerning your pet's care and health please visit our website www.maynoothvets.com or contact Maynooth Veterinary Clinic, Newtown Grove 01-6289467, maynooth-vet@gmail.com

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Maynooth Tidy Towns

We are greatly encouraged by the compliments we are receiving during our volunteer work times on Wednesday evening , Saturday morning and Sunday morning cleanups about the various floral display areas in the town and on the approach roads into the town.

Our floral displays in the square and the re-vamped flower beds have received particular favourable comment. (all plants supplied by Larine Court Garden Centre open to the public Mon -Thur 9am to 4:30 Fri 9 to 3:30)

A number of Residents Associations and groups have offered to adopt a public area near them and this is much appreciated .

This month we ask the residents groups to advise us of any new features in your estate or area , please let us know so that it can be recorded for inclusion in next years tidy towns application.

The Tidy Towns Judges when they visit an area look out for care and maintenance of boundary walls, fences, gardens and communal areas, appropriate planting, estate signage and good planning and absence of litter.

Once again thank you to our Tidy Towns Volunteers for the work they are doing on behalf of the Community of Maynooth.

If you wish to contact us, please telephone

087-3153189

Please make a special effort to keep Maynooth Tidy in the coming weeks.

Regards and thanks,

Richard Farrell,
Maynooth Tidy Towns,



Flower container at St. Mary's Church



Re-vamped bedding display outside the Boy's National School



View of the Island in the Canal Harbour



Grass strimming on Old Straffan Road

St. Mary's Band Eucharistic Congress Success

St. Mary's Band, Maynooth made a historic visit to the RDS in Dublin on the evening of 13th June last to participate in one of the events taking place during the International Eucharistic Congress 2012. The Band played some religious music in the Main Arena as part of the preparations for the Corpus Christi Procession which made it's way around the roads surrounding the RDS Grounds.

The event was particularly significant in so far as Maynooth Band played a part in the proceedings when the Eucharistic Congress was held in Dublin in 1932 and St. Mary's Band was the only civilian band taking part in this year's Congress. It was an honour for the Band to represent the town on this very special occasion and they would hope that in turn the people of Maynooth recognise the importance of the Band to the town. Apart from the Congress they played a very important part in the Canet Twinning Ceremony earlier this year, were called on when the King and Queen of Spain visited Maynooth College some years ago and of course are an ever present and important part of the St. Patrick's Day Parade and the Annual Community Festival.

The Band hope that all of the above will translate financially when they hold their Annual Flag Collection on 31st August and 1st and 2nd September next when all monies collected will be going towards the cost of their new uniform which hopefully, depending on finance, should be unveiled some time next December.



Maynooth Labour News

STAGG WELCOMES FAST TRACKING OF NEW SECONDARY SCHOOL FOR MAYNOOTH AND VEC PATRONAGE FOR NEW SECONDARY SCHOOL IN MAYNOOTH

Deputy Emmet Stagg has welcomed the announcement by the Minister for Education that New Secondary School at Maynooth is to be fast tracked and that the Patrons of the New Secondary School in Maynooth will be Co. Kildare VEC.

The New Secondary School for Maynooth which is to be built by Co. Kildare VEC will cater for 1,000 students, and is being brought forward by a year with completion now set for September 2014.

Deputy Stagg stated that he was particularly pleased that the Minister had awarded Patronage of the New Secondary School for Maynooth to Co. Kildare VEC. Co. Kildare VEC at present operate successfully 9 Second Level Schools in Kildare with the existing Post Primary in Maynooth being one of their most successful schools. For over 40 years Maynooth Post Primary has operated in the Community and has a proven track record in its achievements of excellence on a national level in academics, sports, arts and science. VEC policy is to provide a multi-belief, non-selective, co-educational, child centred enrolment policy. The policy in the existing School in Maynooth is one of working in partnership between Teachers, Students and Parents.

Deputy Stagg also welcomed the announcement by Minister Quinn that his Department had noted the high level of parental demand for secondary school instruction through the medium of Irish in Maynooth and that in light of this the Department will be making provision to cater for this alternative demand in the Medium Term.

In conclusion Deputy Stagg stated that he looked forward to work commencing on the schools with the attendant jobs they will create.

Maynooth Parking By-Laws

Council Officials have advised Cllr. John McGinley that the final Report on the Submissions received from the public will not now be presented to Councillors until the September Area Meeting on 21st. Their explanation for the delay is as follows:

"Since the last meeting regarding the above, most of the submission report has been updated. However, due to the workload and available resources in the Transportation Department, we have not been able to carry out the site inspections in Maynooth to-date. These will be carried out as soon as possible. We apologise for any delay and inconvenience caused to the elected members."

Main Street Resurfaced

As residents will know Maynooth Main Street from The Avenue Restaurant to the Square has been resurfaced. It has a black surface instead of the previous red. Cllr. John McGinley got the following reply from the Area Engineer on the change of colour and on the completion of the bottom half of Main Street:

"The cost of the red surface would be prohibitive and the remainder of the Main Street is on the schedule of works for next year."

Dublin Bus Extensions Update

At the request of Cllr. McGinley a Dublin Bus representative (Gareth Quinn) attended the Celbridge Area Committee on 20 July to discuss the status of

Route 66 to Newtown/Rathcoffey Road and the 67 to Moyglare Hall. He was very positive on the 66 extension to Newtown and said that they were awaiting sanction from the National Transport Authority (NTA) to proceed. County Officials confirmed that they had the design for a signalised junction at Straffan Road/ Meadowbrook Link Road and a design for the new terminus was also ready.

The Dublin Bus representative again confirmed that they were not going ahead with the 67 extension to Moyglare Hall in the current climate. Cllr. McGinley asked him to reconsider their decision in the light of the Department of Education approving two new secondary schools at Moyglare Hall to accommodate 1,000 students each. Mr Quinn said that they would do so when the Planning Application was lodged. Cllr. McGinley advised him to get the plans from the CEO now so that bus turning points would be included.

Newtown Road from Bond Bridge to Cluain Aoibhinn is Resurfaced

Cllr. McGinley has welcomed the much needed resurfacing of the Newtown Road from Bond Bridge to the traffic lights at Cluain Aoibhinn.

Potholes and Some Ramps Repaired

As residents will know the potholes around Maynooth have been repaired at long last and the ramps on Moyglare Road have also been repaired.

Cllr. McGinley has asked the Area Engineer to repair the two ramps on Dunboyne Road as they are in a very bad state. The Area Engineer stated that she had no money to repair them now but that they were her Number 1 on the list.

Safety Measures at Presentation Girls School

Cllr. John McGinley has been advised that €60,00 has been allocated by the National Transport Authority (NTA) for "Footpath, accessibility and public lighting improvements for approximately 230m along Convent Lane to the school entrance.

Safety Measures at NUIM Entrance at Parson Street

As residents will be aware NUIM are carrying out safety improvements at present.

When they are completed the Council will begin work on their NTA allocation of €75,000. This will include the construction of a footpath on the College side from the Church of Ireland to the Castle.

Vehicular Access to Laraghbryan Cemetery

Cllr. John McGinley was given the following update at the Area:

"There are 27 active cemeteries under the control of Kildare County Council, 4 of these cemeteries allow vehicular access at all times. These are at Celbridge (Donacumper), Derrinturn, Kilcock and Newbridge. It should be noted that Newbridge has a full time caretaker. The proposal to place a parking area on the Kilcock road has been referred to our roads design section for consideration and attention. A report on their findings will be issued at next meeting."

Control of Litter on Main Street, Maynooth

As a result of Cllr. McGinley's motion all businesses in Maynooth were issued with a letter outlining the requirements of the litter pollution act. These notices were hand delivered by the litter warden who also spoke with the proprietors where possible. The area

will be monitored to ensure compliance with the litter pollution act.

Shop Fronts in Maynooth

Cllr. McGinley got the following reply to his motion:

"The Kildare County Development Plan 2011-2017 includes a section on 'shopfront design' which promotes a dual approach to shopfront design in terms of;

- protecting traditional and original shopfronts and
- encouraging good contemporary shopfront design.

It is Council policy to encourage shopfront designs that reflect the scale and proportions of the existing streetscape while retaining the remaining traditional shopfronts of townscape importance. Our policy also states that colour schemes should co-ordinate with adjoining buildings and shopfronts and should be chosen to enhance the proportions and detailing of the whole building. The replacement of an existing shopfront, or the insertion of a new shopfront requires planning permission."

Cllr. McGinley asked the Council to contact Westport Town Council where the Council offer an Advice Service on colour schemes.

Cllr. McGinley has Again Asked for the public Lights at Parson Street to be Repaired

Cllr. McGinley has sent the following letter to the Council:

"There are two lights not working in Parson Street, Maynooth.

Pole No. 2 where a new pole has been erected and the light fitting has not been put on it.

Pole No. 3 the light has been out for seven months.

As this is a highly pedestrianised area at the exit/ entrance to NUIM South Campus I would appreciate if action was taken without any further delay."

Cllr. McGinley calls for Repairs to the Cycle Path from Kingsbry to the Train Station:

John got the following reply to his motion:

"That the cycle path from the bus stop at Kingsbry to the train station on the north side of the Straffan Road, Maynooth, be repaired, as it has deteriorated so much that it is unsafe for cyclists to use it at present."

"A Consultant was appointed by the Council during the week to draw up plans for a safe continuous cycle path from the M4 roundabout to Moyglare Hall."

Cllr. McGinley said that the existing cycle path needed to be repaired as a matter of urgency as it was in a very bad state.

Cllr. McGinley Calls for the Long Grass at Kilcock Road to be Cut:

John got the following reply to his motion:

"That NUI, Maynooth be asked to cut the long grass on

(Continued on page 23)

(Continued from page 22)

the new verge and roundabout at Kilcock Road, Maynooth"

"If it is the committee's wish the roads and transport department can write to the University on their behalf."

Cllr. McGinley stated that NUIM should be asked to sponsor the maintenance of the roundabout and the grass verge along the Kilcock Road.

Cllr. McGinley Seeks an Explanation on the Non Filling of Potholes in Maynooth

John got the following reply to his motion:

"That the Area Committee be advised why it is necessary to hire contractors to fill pot holes in Maynooth"

"As the members are probably aware a systemic review of all aspects of the roads engineering areas / roads maintenance is currently being undertaken to ensure that the council can make optimum use of the decreasing resources available to it. There is a particular issue in the Maynooth Area which management in the roads department are attempting to address at the moment. As this is a human resources / industrial relations issue it is not possible to expand on the matter in the context of the area committee meeting, however, a briefing can be provided to the members in camera to ensure that they are kept informed of all pertinent issues."

Cllr. McGinley stated that he could not stand over contractors being used for such work when Council staff were idle. He also stated that this crisis has existed since February when the overseer retired and that it is a bit late in the day for Council Management now offering to discuss the problem with Councillors. It was agreed that a meeting would be held with the County Manager on 30 July to discuss this very serious problem.

Cllr. McGinley Seeks Action on Large Business Bins on Footpaths and Other Public Areas:

Cllr. John McGinley got the following response to his Question at the meeting of the Celbridge Area Committee of the Council on 20 July:

"What powers does the council have in getting businesses to stop using public space to store their large rubbish bins? "

"Section 19.8 of the county development plan sets out the council's policy for storage and disposal of waste and generally a planning permission will contain conditions for same. If a business is in breach of a planning permission relating to storage of bins, this can be pursued by the Enforcement Section.

Refuse or recycling bins should only be placed in a public area for collection purposes only. Bins should otherwise be stored either within the curtilage of the business premises or at another suitable location. The storage of bins in a public area can impact on the safe access of pedestrians and is not recommended. The environment section will write to the owners of the bins regarding the matter."

Cllr. McGinley Asks for Cycle Paths to be Repainted:

Cllr. John McGinley got the following response to his Question at the meeting of the Celbridge Area Committee of the Council on 20 July:

" When will the cycle lanes on Mill Street and Main Street, Maynooth, be re-painted?"

"The Council will do so as soon as funding becomes available."

Cllr. McGinley Calls for Restoration of "No Entry" Signs Mill Street/Pound Street Junction:

"When will the 'No Entry' signs from Mill Street to Pound Street, Maynooth, be put back in place?"

"This work has not been carried out due to the non availability of an Overseer."

With Leaving Certificate results expected to be available on August 15th, it is useful to know that Students can apply for third level grants early and that you do not need to know the

exact course you will be attending in order to make an application.

Grant applications for 2012/2013 are available at: <http://www.studentfinance.ie/mp9540/new-grant-applications-for-2012-13/index.html>

Cllr. John McGinley can be contacted at:
6285293 or 087 9890645
E mail jmcginley@eircom.net
Web: www.labour.ie/johnmcginley/

John is also on Facebook



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Buying a Computer

The vast majority of people buy a PC to browse the Web, check and send e-mail, and perform word processing or spreadsheet work. Today, even the least-expensive, lowest-of-the-low-end PC can perform any of those jobs admirably.

You'll want a little extra performance if you use peripherals such as a printer or scanner. You'll want even more performance if you're a gamer, if you're interested in digital video, if you perform other processor-intensive tasks, or if you simply need to have the latest and greatest. Below is a rough breakdown of some of your options.



A Dual Core Processor (AMD® or Intel®) over 2 GHz speed. For everyday work, word processing, spreadsheets, and e-mail, you don't need the latest, greatest, and most expensive processor.

At least 4GB memory. Anything less will slow your work. Buy as much as you can afford, up to 8GB.

Be careful when you buy integrated graphics. If you buy a computer with integrated graphics, ask if it has a PCI Express slot. If it doesn't, you won't be able to upgrade your graphics chip.

Sound card. Today, the standard sound cards that are included with a computer are sufficient for almost all computer users. However, if you plan on doing sound editing or mixing make sure to look at the sound cards capabilities.

Subwoofers improve sound. Adding a sound system with a subwoofer (a large speaker that produces very low bass tones) can dramatically improve the sound quality of a home system. But think of the neighbours!

A 17-inch flat-panel LCD monitor. Unless you're really pinching pennies, a 17-inch LCD will let you see your documents with greater definition than smaller displays would.

A rewritable DVD drive. Floppy drives have faded away. CD-R-only drives are on the way out. Though your computer might still include a CD-RW drive, many users find the **USB flash drive**, (a small stick-like drive, very useful for backing up or transferring data) a better option for data storage and transfer. **CD-RW/DVD-ROM** combination drives, and recordable DVD drives are good way to store your backups safely.

A 500GB or larger hard drive. A 40GB hard drive is fine for simple word processing or Web browsing tasks, but you'll likely fill that hard drive pretty quickly. .

Connectivity up front. Most PCs now offer a pair of USB ports on the front of the case, so you can connect multiple peripherals such as digital cameras or MP3 players without having to fumble around in back.

Memory card reader. It comes as standard hardware on most personal computers as of 2010. A memory card reader is used to transfer files (images, songs, videos) from a memory card to your computer.

Word of mouth can often give you the best info on who provides the best (and worst) value, technical support and warranty service.

Graphics cards for novice gamers. If you want to do some gaming and you're keeping an eye on the future, get a mainstream graphics board. You'll need a card with a built-in TV tuner if you plan to record video from your TV.

Network card. Almost all computers today have a network card or network option on the motherboard. The network card is what will allow you to share files between computers in your home and connect to a broadband Internet connection.

Webcam. It is a little camera attached to your computer to transmit video over the Internet. With this simple inexpensive device you can easily turn your PC into a **video phone**. And how about setting up a camera to monitor your home while you're away? All these things are possible.

Other Shopping Tips

In addition to choosing a PC with the above specifications, you can save money and avoid unnecessary hassle by following these tips:

Don't buy additional software unless you really need it. Purchase an operating system, an office suite, and an antivirus package. But if you need more, look for vendors' software bundles to upgrade your software. Also students are entitled to buy Microsoft software at discounted prices. Ask about this if you are upgrading.

Upgrade at the time of purchase. Often, you can get a better deal on a larger hard drive or a better monitor when you first order your computer. Even doubling the size of a hard drive may add very little to the cost, and upgrading to a higher-quality monitor may add only €50.

When buying a printer, ask about cartridge costs—often a printer sells cheaply but the manufacturers make their money on print cartridges. A printer may cost only €50 but replacement cartridges may cost €40!

Get the lowdown on the store before you buy. Word of mouth can often give you the best info on who provide the best (and worst) value, technical support and warranty service.

And finally—good luck!

A few questions to ask yourself before you go shopping:

What are you going to do with your PC?

Consider whether this computer is for surfing the internet, email, word processing/spreadsheets, art/graphic design, music/movie production, or playing games at maximum graphics settings.

A desktop or a laptop?

Are you a student or professional that needs to take your computer with you? Are you more concerned with performance for the least amount of money, a computer that will never leave your desk? Both desktops and laptops have their benefits and draw backs.

What is your price range?

Try and set a financial limit before you start shopping for a computer. Keep in mind everything that you will need, including a monitor/keyboard/mouse/speakers/USB-refrigerator.

What happens when it breaks? Warranties & Repairs?

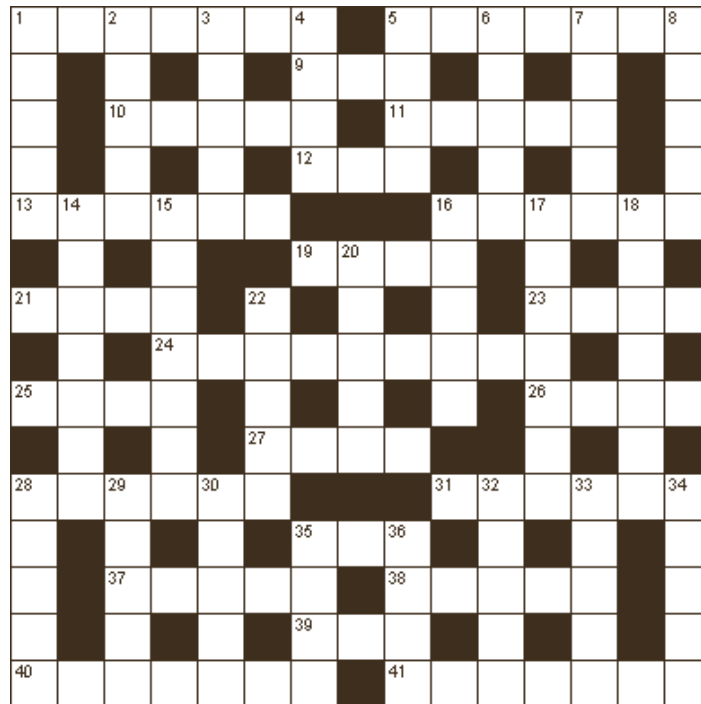
It's not a matter of if your computer will break, but when. Think about warranties on the parts/system, and the availability of service and help if you need it.

Clues Across

1. Comes back (7)
5. Person who takes care of horses (7)
9. Bashful (3)
10. Cowboy display (5)
11. Damp (5)
12. Large cask (3)
13. Showy and cheap (6)
16. Round body (6)
19. Atop (2,2)
21. Chief god of ancient Greece (4)
23. Deep affection (4)
24. Roll forward end over end (9)
25. Money paid for work (4)
26. Roofing item (4)
27. Vehicles (4)
28. Hawk (6)
31. Metallic element (6)
35. Having a high temperature (3)
37. Form of oxygen (5)
38. Mountain range (5)
39. Long-sleeved linen vestment (3)
40. Place in a bank account (7)
41. Place of study (7)



August 2012 Crossword - No: 405



Clues Down

1. Automaton (5)
2. Hurl (5)
3. Person who rides (5)
4. Native of Scotland (4)
5. Song in praise of God (4)
6. Scrimp (5)
7. Supple (5)
8. Scoundrel (5)
14. Typical (7)
15. Move down (7)
16. Scoff (5)
17. Summit of a hill (7)
18. Rotate (7)
20. Strength (5)
22. Elegance (5)
28. Beg (5)
29. Sag (5)
30. Weaving machines (5)
32. City in Nebraska (5)
33. Dough (5)
34. Rough and disorderly (5)
35. Warmth (4)
36. Brass wind instrument (4)

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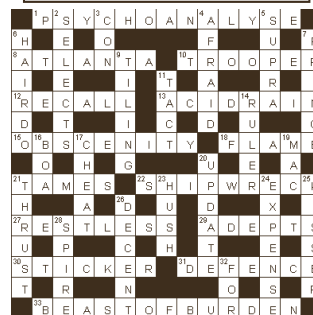
Entries in before: 21st August 2012

Name: _____

Address:- _____

Phone No.: _____

Answers to Crossword 404

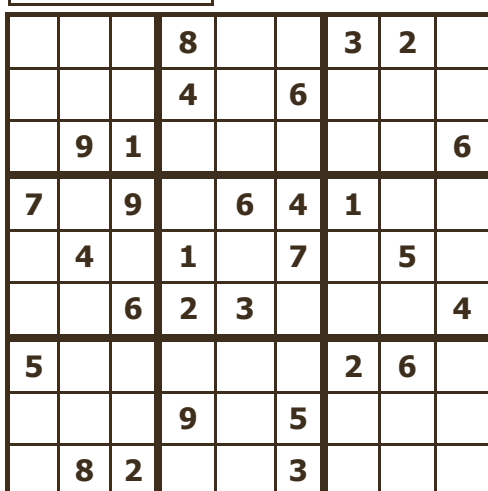


Winner of Crossword No. 404 July

Yvonne O'Shea
18 Brookfield Avenue
Maynooth

Prize winners will have 30 days to claim their prize from the time the results are made public.

Difficult



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

Send completed puzzles to
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Entries must arrive before: 21st August 2012

Sudoku Challenge August 2012

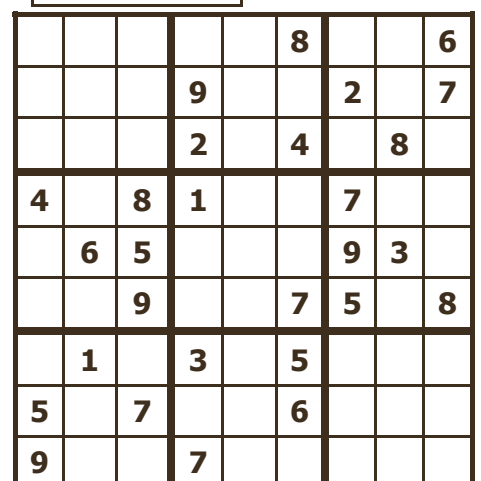


Name: _____

Address: _____

Phone: _____

Super Difficult



Congratulations to July Winner:

Patrick Healy
Leinster Park
Maynooth

Prize winners will have 30 days to claim their prize from the time the results are made public.

Catherine Murphy

CATHERINE MURPHY SEEKS DÁIL MOTION REVERSING MORTGAGE INTEREST SUPPLEMENT CHANGES; ALSO HIGHLIGHTS PROBLEMS WITH RENT SUPPLEMENT

Contact: Catherine Murphy 087 269 6450

Deputy Catherine Murphy today called on the Government to immediately suspend enforcement of Section 12 of the new Social Welfare and Pensions Act which imposes strict new conditions on new applicants for Mortgage Interest Supplement. The Kildare North Deputy has placed a motion on the Dáil Order Paper for today (Tuesday, July 3rd) seeking the annulment of the measure. Although the Government are certain to schedule no time to debate the motion, Deputy Murphy has nevertheless sought to highlight the changes to the supplement in an attempt to force the issue back onto the national agenda.

"Of the many changes in this year's Social Welfare Act, the changes to Mortgage Interest Supplement are amongst the most worrying. As of June 18th last, when the changes were signed into effect by Minister Joan Burton, new applicants for the supplement will have to demonstrate that they have abided by the terms of an alternative payment arrangement with their bank or building society for a minimum of a year. This measure forces people, who in many cases might otherwise get the breathing space they need to get back on their feet without needing to approach their lenders, into a humbling situation whereby lenders have a direct say over a lot of their day-to-day spending. It also forces people to take on the possibility of negative credit ratings which they might have avoided.

"Added to the current problems with the onerous limits placed on Rent Supplement in certain parts of the country, particularly in my own constituency of North Kildare; it's clear that Minister Burton has adopted a very blunt, blanket approach to a very fundamental element in people's lives, that of housing. I accept that savings must be made in the Social Protection budget, but clearly a much greater level of nuance is needed when seeking to make cost adjustments so that effect on people is far more limited and graduated."

CATHERINE MURPHY SEEKS TO STRENGTHEN CONSTITUTIONAL CONVENTION PROPOSALS; SAYS 'GENUINE OPPORTUNITIES FOR MEANINGFUL REFORM CANNOT BE ACHIEVED BY HALF MEASURES'

Independent TD for Kildare North Catherine Murphy today submitted an alternative proposal to the Government's Dáil resolution establishing the Constitutional Convention. While welcoming the establishment of the Convention, the Deputy's amendment seeks to address several key flaws which have been identified and is designed to enhance the ability of the Convention to make necessary, durable and democratically-sourced proposals for reform, developed with the "essential" input of civil society organisations. "I welcome the move towards making real constitutional reform proposals, especially considering that several serious investigations into the prospect of constitutional reform have been made by the Oireachtas since 1960s and all have been effectively ignored. However, the approach adopted by Government to the overall design of the Constitutional Convention, and the piecemeal 'box-ticking' remit which will be assigned to it, puts the whole endeavour at serious risk of the same fate as its predecessors.

Today I'm proposing that the balance of the Convention delegates be weighted further in favour of citizens over Oireachtas and Assembly members and that these

Catherine
MURPHY
independent TD

Constituency Office:
Unit 4, The Post House,
Leixlip Shopping Mall,
Main Street, Leixlip,
Co. Kildare

Opening Hours:
Monday to Friday, 10am-1pm

Phone: (01) 615 6625
e-mail: catherine.murphy@oireachtas.ie
website: www.catherinemurphy.ie

Advice Service:
Advice Centres will take place on the last Friday of every calendar month at the following locations:

2pm: The Turn Inn, Derinturn
4pm: Keogh's The Corner House, Clane
6pm: The Monread Lodge, Naas



Catherine Murphy TD • Independent • Kildare North

delegates are selected with specific regard to the socio-economic, cultural, ethnic, gender and age profiles of Irish society. Experience from around the world shows that reforms stand a much better chance of success when developed with the engagement of the public in an appropriately-designed forum.

"I'm also proposing that a dedicated avenue be given to civil society organisations to participate fully in the Convention's deliberations and that a mandate be given to the Convention to report on its entire proposed work programme within two months of its first public hearing.

"In terms of remit, I'm proposing further specific consideration for Ireland's obligations under the UN's International Covenant on Economic, Social and Cultural Rights and, crucially I believe, also propose to give the Convention the ability to deliberate and make recommendations on any area of the Constitution it sees fit to be considered for reform. This would take away the barrier to holistic and meaningful reform posed by the very limited remit under current proposals.

"Our constitution deserves the utmost diligence when considering reform. Any changes to our basic law must be rock-solid and well considered. The changes I'm proposing today would, I feel, greatly enhance the ability of the Constitutional Convention to avoid the repeated mistakes we've made in the past and achieve genuine, legitimately sourced reform proposals which will stand the test of time."

MURPHY'S ATTEMPTS TO REDUCE AND REFORM EXPENSES REGIME AND INTRODUCE FULL VOUCHING ARE AGAIN REJECTED

Annual exchequer savings in excess of €800,000 could have been made if amendments had been accepted. Independent TD for Kildare North Catherine Murphy today expressed her extreme disappointment that amendments she tabled to reform political funding and TDs allowances were rejected by Government. Deputy Murphy's amendments, if enacted, would have addressed the anomaly in State funding to political parties whereby at present parties representing 83% of the first preference vote cast at the last general election get 100% of the available direct funding. Her amendment would have ensured that the extra money would be returned to the State.

"The Deputy also sought to reduce the amounts paid under the 'Leaders Allowance' to a standard rate for each TD and Senator from the present differentiated rate and to introduce a comprehensive vouching system for every deputy, including Independent TDs. These amendments were ruled out of order, so were could not be debated in the chamber.

Collectively, the measures would have resulted in substantial annual savings in excess of €800,000 for the exchequer.

"Today's decisions of the House are both surprising and disappointing. The amendments submitted by me were attempting to get to grips with an expenses regime which contains some major flaws and which the public reasonably expected to be reformed comprehensively by the incoming Government last year. The stream of funding paid to political parties known as 'Electoral Acts Funding' involves a fund of €4.89 million per year being divided between political parties who, at the preceding general election, received at least 2% of first-preference votes. However, the way this substantial fund is divided up means the four parties that currently receive funding under this stream (Fianna Fáil, Sinn Féin, Labour and Fine Gael), although having between them received 83% of first-preference votes in the 2011 General Election, take 100% of the fund. I'm seeking to have this excess 17% returned to the State.

"In failing to change payments under the Electoral Acts, we are missing a great opportunity for the State to make savings. I cannot understand how the four big political parties simply take the excess money that they should not strictly be entitled to, particularly the Government parties who preach the need for savings at virtually every opportunity. It's also extremely frustrating that proposals to introduce comprehensive vouching for all TDs, including Independent deputies, was ruled out of order."

"I hope in the future to find alternative routes to having these measures debated."

CATHERINE MURPHY WELCOMES SCHOOL PATRONAGE ANNOUNCEMENTS FOR KILDARE

Catherine Murphy has welcomed the announcement that Kildare VEC is to be awarded patronage of two new schools in Maynooth and Naas. Calling the decision "the right one for parents", the Independent deputy said that she was "very pleased at the outcome, and the degree of certainty the decisions will bring to Kildare parents and children" about their future schooling.

"Parents have been very pro-active and engaged about these future schools and I'm delighted that their wishes have been respected, particularly given that these schools have been promised for so long. Now that the decision has been made about patronage, which I very much welcome, we must be sure that the new schools will make it from inception to completion in a timely manner so that we can give the greatest certainty to families in the areas."



TAKE ACTION NOW

Saorview is Ireland's Free Digital Television Service. It is only a few months away, so how does it affect you? On October 24th next the analogue service will be switched off so anyone who has an aerial to receive their television service will need to take action now. Anyone who has a subscription service such as Sky or UPC will not be affected.

Saorview is the new digital television service that will allow you to watch & listen to their favourite channels for free. TV Channels that are available on Saorview are RTE ONE, RTE TWO HD, TV3, TG4, RTE NEWS NOW, 3E, RTEJR, RTE ONE +1. All 10 of the RTE digital radio stations are also available. There is also a 7 day on-screen tv guide and a faster version of Aertel. The new digital service also offers better quality sound & picture. All of this is available with no monthly charge or subscription.



There is no advantage in waiting until the last minute to go and get Saorview as there might be shortages and there could be a delay in getting the product. You can get a Saorview Approved set-top-box to work with your existing tv or you can get a Saorview Approved tv. If you have Sky or UPC, you need to check each tv to see if they are dependent on the aerial service as each tv will need to be enabled to receive the digital signal. Saorview Approved tvs already have the receiver built in.

A basic Saorview Approved box should cost between €60-€100 for Irish channels only. To get all the rest of the UK & International stations you will need to get a Saorview Approved "combi" box which will cost between €180-€200. To avail of this option you will

need to get a satellite dish. For both options the charges are one-off payments. Be careful it is important to note that Saorview nor RTE are sending anyone door to door to check your television or your aerial.



MEN'S SHEDS

Further to the previous bulletin in the Maynooth Newsletter there's some good news on the Men's Shed project. A "shed" premises has been sourced. It will take some work to get it fit for purpose but with the combined skills of members it should pose no problem. We hope to be up and running towards the end of Summer.

Men's Sheds is a community based organisation for men who have time on their hands to get together, talk with other men shoulder to shoulder and share their skills.

If you are interested in getting involved I can be contacted via the Maynooth Newsletter at phone no. 6285922 or email maynoothcc@eircom.net. I can also be contacted at phone no. 0872041334 or email johnpfleming@hotmail.com. Please leave your contact details and I'll get in touch shortly. Thanks to all who have expressed an interest so far.

John Fleming



Maynooth Community Council
Secretarial Services
Unit 5 Tesco Shopping Centre
Telephone/Fax 01- 6285922
Email: maynoothcc@eircom.net



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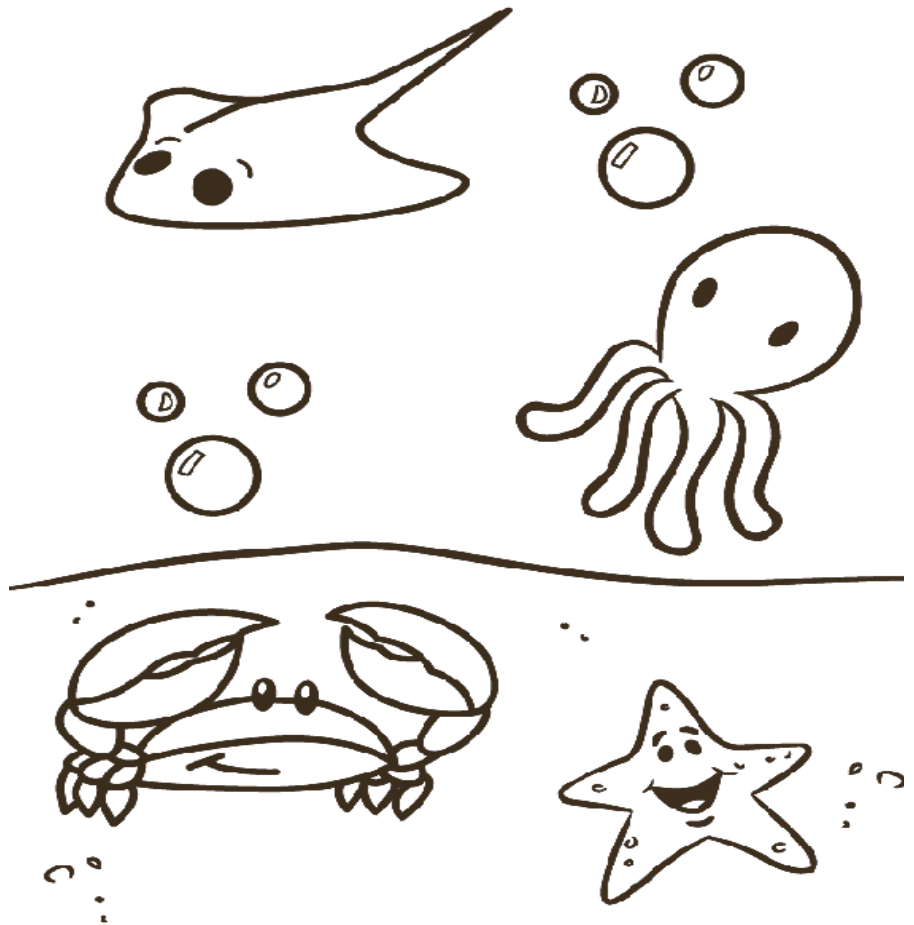
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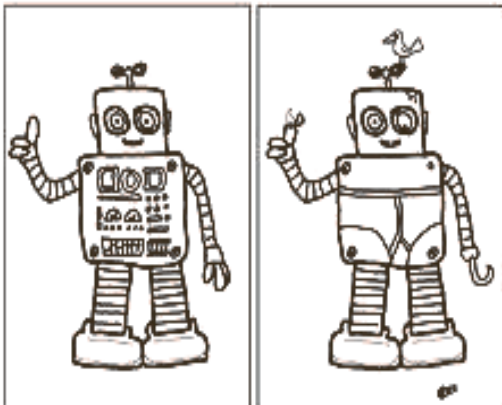
Join The Dots



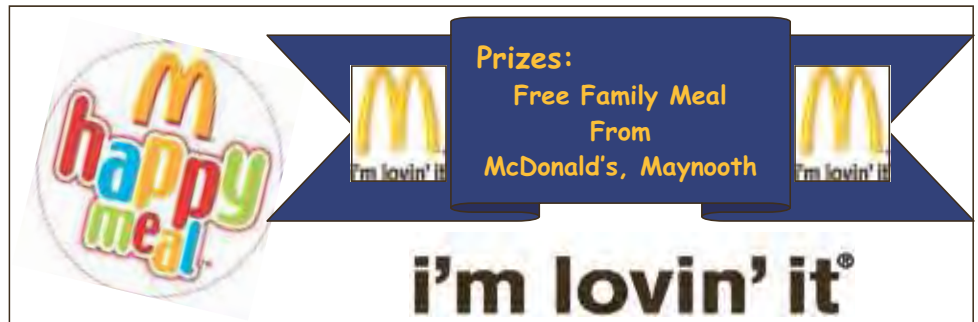
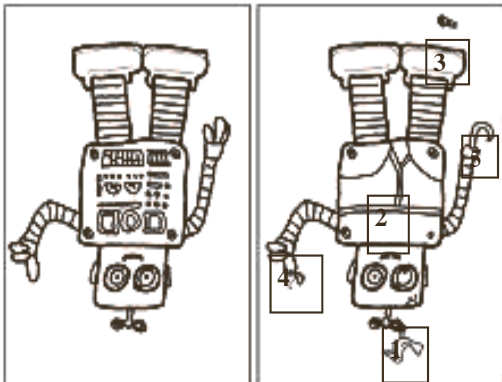
McDonalds Children's Colouring Competition



Spot The 5 Differences



ANSWERS



Name: _____

Age: _____

Address: _____

Phone No: _____

July Winners:

Age: 3 - 5: Anna O 'Flaherty, Parklands Close

Age: 6 - 7: Laura Rowehinds, Rockfield Green

Age: 8 & Over: Sinead Crowley, Moyglare Abbey

Prizes for Colouring Competition can be collected at:
Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.
Entries must arrive before: 21st August 2012

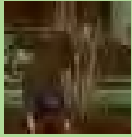
GARDENING JOBS IN AUGUST

In this summer month, the garden is full of festive colours & scents. Your garden or patio serves as a summer lounge where you can enjoy the long warm summer evenings to the full. Days that are overcast are perfect days to get on top of little chores that will prolong the abundance of flowers.



At this time of the year there isn't too many jobs to do, just a few little things to keep everything in check & tidy. Continue to water all the containers and hanging baskets every day and feed regularly - as if you weren't doing that already!

Don't forget to mow the lawn and do the weeding before you go away on holidays, that way it's hard to tell if you are away or not. Move pot plants into the shade & put in shallow trays that can be filled up with water before you go. Also harvest as much as you can from the vegetable garden so there is plenty to eat on your return.



It is the perfect time to prune raspberries & gooseberries. Weeding now prevents seedlings later. Clear the dead shoots from your roses to encourage new growth. Clean up fallen rose & peony leaves. Prune hybrid roses late in the month. Remove old plants which have stopped producing to eliminate shelter for insects & disease organisms over the winter if allowed to stay in the ground.



Colourful plastic golf tees can be stuck in the ground to mark the location of dormant plants such as spring bulbs or perennials. Remember to feed & fertilise daffodil & tulip bulbs in early to mid August.

Plant crocus bulbs for delicate splashes of autumn colour. Here is a list of bulbs that should be planted this month: daffodils, alliums, iris, snowdrops & hyacinths. Sow wallflower & forget-me-not seeds in seed compost & cover with a thin layer of vermiculite. You can never have too much colour in the garden.



Shrubs & trees that are approaching dormancy should not be pruned except in mild climates. Early apples should be ready to pick this month. Apply lawn feed to promote strong root growth & prepare the grass for winter. Sow hardy annuals, like poached egg plant, for early flowers next year. Collect seeds from border perennials & store them in a sealed container in a cool place.

Top up water levels in ponds & aquatic features. Scoop water weed from ponds with a small net. Spread netting over ponds to stop autumn leaves falling in. Place a rock on the sunny side of the pond. Frogs like to sit & sunbathe in such places. Butterflies too would appreciate a warm spot like that.



Early this month, plant seeds in the ground for autumn & winter vegetables such as spinach, radishes, scallions, carrots & lettuces. Plant out rooted strawberry runners into new beds & trim leaves that have finished fruiting. Sow parsley in pots for winter & spring use. Also plant garlic cloves outside & spring cabbages.



Gardens are to be enjoyed whatever the weather.

COMFORT FOOD

VEGGIE COBBLER

SERVES 8

Ingredients

FOR THE FILLING

- 1 large baking potato, peeled and cut into a 3/4-inch dice
- 1 1/2 cups each of peeled and thinly sliced carrots, frozen peas, sliced mushrooms
- 1/2 cup each of broccoli florets, frozen corn kernels, diced butternut squash
- 3 1/2 tablespoons unsalted butter
- 1 large onion, quartered and thinly sliced
- 3 tablespoons flour
- 2 1/2 vegetable bouillon cubes dissolved in 1 1/4 cups hot water
- 1 cup milk
- 1/2 teaspoon each of salt, celery seed
- 1/4 teaspoon pepper
- 1 teaspoon thyme
- 1/3 cup grated Parmesan

FOR THE TOPPING

- 3/4 cup yellow cornmeal
- 1 tablespoon plus 1 teaspoon sugar
- 1 1/2 teaspoons baking powder
- 1/2 cup milk
- 1 large egg, lightly beaten
- 1 tablespoon oil, 1/2 teaspoon salt



Instructions

- 1 Heat the oven to 400°. Place the potato, carrots, peas, broccoli, corn, and squash in a medium-size pot and fill it with enough water to cover the vegetables plus one inch. Lightly salt the water, bring it to a boil, then allow the vegetables to continue boiling for 4 minutes. Drain and rinse the vegetables with cold water and set them aside.
- 2 Melt the butter over medium heat in a large, deep skillet or Dutch oven. Add the onion and mushrooms and sauté them, stirring often, until they're soft, about 4 minutes. Stir in the flour and cook the mixture, stirring nonstop, another 30 seconds. Add the vegetable broth, milk, salt, pepper, thyme, and celery seed and continue to stir until the sauce thickens, about 4 minutes.
- 4 Add the vegetables to the sauce and stir well. Add more salt and pepper, if desired, then stir in the Parmesan and bring the filling to a simmer. Thin it with water if its consistency is thicker than potato soup. Transfer the filling to a casserole dish.
- 5 Make the corn bread topping. In a medium-size bowl, whisk together the cornmeal, sugar, baking powder, and salt. Add the milk, egg, and oil and stir until evenly blended. Spread the batter over the filling. Bake the cobbler until the top is golden brown and the sides are bubbly, about 25 minutes. Allow it to cool slightly before serving.

Best-ever Beef Stew

SERVES 6 - 8

Ingredients

- 1 large onion, halved and thinly sliced
- 2 medium carrots, peeled and thinly sliced
- 2 large potatoes, cut into 1/2-inch chunks
- 1 to 1 1/2 cups peeled and diced turnip
- 1 cup fresh green beans, in bite-size pieces
- 1 pound beef stew-meat chunks
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1 clove garlic, crushed
- 3 cups low-sodium beef stock
- 2 tablespoons light brown sugar
- 3/4 teaspoon salt
- 2 teaspoons Worcestershire sauce
- Pepper to taste
- 3 tablespoons all-purpose flour
- 2 teaspoons tomato paste

Instructions

- 1 Put everything but the flour and the tomato paste in a slow cooker; stir to combine. Cover and cook on the low setting for 8 to 9 hours or on high for 4 to 5, until the beef is tender and the potatoes are just fork tender.
- 2 Stir the stew once or twice as it cooks, if possible. About 30 minutes before serving, transfer a ladleful of the broth to a small mixing bowl. Add the flour and tomato paste and whisk until smooth. Stir the mixture into the stew and cook for the remaining half hour.



August Diary Planner

I.C.A.

There will be no meeting in August.
Monthly meeting for September is 6th at 8.00 pm in the harbour.
Crafts return on Monday 10th.
New members welcome.

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.
Contact Katherine Cooney
086 8205910

Taekwon-Do

Children's Classes for 5 years and up held every Wednesday in St. Marys 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

Irish Girl Guides

Meetings Tuesday evening in Maynooth. For further information contact Jackie on 085 1413787 or visit I.G.G. website www.irishgirlguides.ie

Maynooth Youth Café

Games, Music, Snacks and Chat.
You decide, It's Your Caf.
Thursdays 8 - 10pm
Community Space
Manor Mills

Flower & Garden Club

There will be no club for August. Will resume in September.
Teaching Demonstration in the Glenroyal Hotel on Tuesday 18th September at 8 o'clock
Demonstrator: Marie O'Leary
Have a lovely summer's break.
Maureen Fagan PRO

Parent & Toddler Group

Every Tuesday from 10.00 a.m. to 12.00 p.m. in the Glenroyal Hotel, Maynooth.

University of Third Age (U3A)

Details of Summer Schedule from: Bernadette
Phone: 6289131

Maynooth Newsletter Archive now on the Web
www.maynooth.info/.
and follow the link

Community Library

Opening Times
Mondays & Fridays 2pm to 5pm
Tuesdays & Thursdays 1pm to 8pm
Wednesday 9.30am to 1pm & 2pm to 5pm
Saturday 9.30am to 1pm

History Group

Meetings every last Thursday of the month in Maynooth
Community Council Office at 8.00pm.
All Welcome

If you would like your event for September put into The Diary please contact The Newsletter
Phone 01 6585922/6285053



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Contact Aileen Byrne

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