

Maynooth Newsletter



Serving the people of Maynooth

September 2012

Local News

FREE

Meet Toby Tesco Maynooth Mascot for our Charity Sponsor of the Year

Hi I'm Toby. I was found in a dog pound and was adopted by my mammy Tanya. I was a very sad little puppy because my life was about to end in two days. I am now a very happy one year old, as I live with my sister Daisy who is a Jack Russell.

Daisy loves to play ball with me, I am very pleased that I now have found my forever home. I now have a new job and am very proud to say I am the mascot for Tesco Maynooth Sponsor Charity of the Year AWARE. My first outing will be supporting



my mammy Tanya and her colleagues raise funds for the charity sky dive taking place on the 30th September 2012. You can come and meet me at the Woofs Dog Show taking place 15th September 2012 from 1pm til 4pm in Tesco Maynooth Car Park. I am looking forward to meeting you all and hope you will all support me and my friends in my new role.

I WOOF you all,
Toby



Aware
Helping to Defeat Depression

HERITAGE WEEK 2012 IN MAYNOOTH (page 10)

MAYNOOTH HARVEST FESTIVAL

**THURSDAY SUNDAY
13th-16th
SEPTEMBER**

**WITH EVENTS AT:
MAIN STREET
THE SQUARE
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**See page 17 For
Events & Times**

POSTER DESIGN - SEAN CUNNINGHAM - seaney401@gmail.com



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Healing and Teaching Service Glenroyal Hotel, Maynooth
Every Sunday 2pm – 4pm

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NEW POST PRIMARY SCHOOL MAYNOOTH

The Minister for Education and Skills, Ruari Quinn TD, said that he was particularly conscious of taking into account the clear parental demand for plurality and diversity, when announcing his decision to appoint Kildare VEC as patron of the new school to open in 2014.

PARENTAL PREFERENCE

In its report to the Minister, The forward Planning section of The Department of Education and Skills stated that it was clearly evident from the parental preference forms which were viewed from the 5 Maynooth feeder schools (4 primary schools in Maynooth and Scoil Oileabhear Naofe Kilcloon) that there is a strong demand for the school model proposed by Co. Kildare VEC; An English Medium, Co-Educational, Multi-Denominational Ethos, (non designated Community College).

They also reported that Kildare VEC “is willing to share school buildings with other schools as may be determined by the Department should the school building not be at capacity. At present Maynooth Post Primary School is catering for 1175 students in a school built for 800. The only solution to the obvious problem of overcrowding is to have both schools on the new campus managed by a single patron who is willing to share classroom facilities and resources”.

AONAD APPLICATION

To meet demand for Irish medium education it is planned that an Aonad will be established in Maynooth. If the Aonad is enrolling in the region of 70 pupils per year by the fourth year of operation, consideration will be given to its establishment as an independent Gaelcholaiste.

THANK YOU

Kildare VEC thank those who supported the VEC application and invite ALL students from the Maynooth area primary schools to enrol



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COPING WITH PET BEREAVEMENT

The death of a family pet is always a very difficult and often a very stressful event. In this month's article we at Maynooth Veterinary Clinic, Newtown Grove would like to share our experiences in this matter with you.



Any of us who have pets that we have cared for and enjoyed will experience a great sense of loss when our pet dies. It is quite normal for pet owners to grieve after the death of their pet and there should be no feeling of embarrassment or being ashamed at feeling this emotion – it is only natural. The stages of grief in people are well recognised and can involve: denial, sadness, depression, guilt, anger and recovery.

Denial:

Sometimes pet owners are reluctant to bring their pet to the vet for examination for fear of being told the worst prognosis. As vets we experience this quite often and always treat such people with compassion while keeping the welfare of their pet as a primary concern.

Sadness:

A well loved pet is very much a family member and it is only normal that he will be missed after his death. This can be especially true for children who often have no experience of death and who cannot understand why their lifelong pet is no longer with them. We are often asked to help parents to deal with this situation and we can give advice on this matter.

Depression:

When this occurs it can be the longest part of the grieving process and is often associated with feelings of regret. Sometimes owners withdraw into themselves and can feel isolated and unable or embarrassed to speak about their loss. It is important to recognise this and to talk to close friends and relatives – "a trouble shared..."

Guilt and Anger:

These two emotions often go together and owners can feel angry with themselves that they didn't act sooner or that the vet was not doing his best or even sometimes at the animal who is the subject of their grief. In the present economy we are witnessing a new type of emotion in that owners can feel guilty or angry that they do not have the resources to pay for treatment when this may be available or that they did not take out insurance for their pet. We are very sympathetic to these emotions but we often have to explain that they can be misplaced if the prognosis is fundamentally very grim.

Recovery:

At this stage owners are able to talk more freely about their pet and will often mention a funny anecdote. They have come to terms with their loss and are able to view it in a compassionate but objective way.



At Maynooth Veterinary Clinic we experience these situations very frequently. As the vets in Maynooth who are on 24 hour call we get to know our patients and their owners very well and it can be very difficult to have to put a patient to sleep when you have known and treated him for a long time. However we will always have the welfare and dignity of our patients as our primary concern and if we are certain that there is no more that can be done then we will discuss this with the owner in a compassionate and caring manner.



Please contact us at Maynooth Veterinary Clinic, Newtown Grove on 01-6289467, maynoothvet@gmail.com if you would like to discuss any matters raised by the above article.



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Ground-breaking Poetry Therapy Convention in Maynooth

12 -16 September 2012

'Wells and Staircases, Bridges and Doors: Exploring Poetry through Therapeutic Writing,' is the first poetry therapy convention to be held in Ireland. Presented by PoetryReach (Ireland) and International Academy of Poetry Therapy (iaPoetry USA), the convention is an exciting series of workshops and seminars led by leading lights in the poetry therapy field, from both the USA and UK.

Poetry Therapy helps personal development by enhancing creativity and self-expression. Although poetry has been acknowledged as a healing tool in the USA for over 40 years and, since the 1990s, in the British healthcare system, poetry therapy in Ireland is very much in its pioneering stages – following in the footsteps of art, dance, drama and music therapy.

Dr. Niall Hickey heads up PoetryReach, an organisation based in Maynooth which provides training in the use of poetry therapy. 'We feel that this convention will help raise awareness of the importance of poetry therapy,' says Dr. Hickey, 'the only qualified poetry therapist working in Ireland, 'and we hope it will be the first of many such events.'

Speakers at this ground-breaking event include Lila Weisberger (US), founder of iaPoetry and past president of National Association Poetry Therapists, Nessa McCahey (US), Director of iaPoetry, Vicky Field (UK) experienced workshop facilitator and past chair of Lapidus (Association for Literary Arts in Personal Development), and Jill Teague, a Welsh poet awarded for her pioneering work in the field of poetry therapy.

The event will be held at Glenroyal Hotel, Maynooth where discussions and workshops include: A deep drop into the wells of our being, using the poems of Seamus Heaney; Feeding the Well - Sourcing Our Creativity; Crossing Bridges - Defense Mechanisms; and The Open/Closed Door of Innerness.

Five days of workshops and seminars is €300, or you may book on a per day basis at €90 per day. Accommodation must be arranged directly with the hotel. For further information and bookings, contact Dr. Niall Hickey on 016291066. Check out <http://poetryreach.wordpress.com> for programme details.

Contact: Carol Boland E: bolandcarol@hotmail.com
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Editorial

As we go to print the arrangements for the new Festival are coming to completion organised as usual by a sub-committee of Maynooth Community Council. The date and emphasis of the event have been changed and we hope that everyone enjoys it and has a good time. The committee has been given a great reception by the community, even more than in the past. Perhaps there is an upside to the recession after all. There is a full programme of events inside this issue.

September is also the month when the students return to the town and we would like to welcome the new first years and hope that they have an enjoyable time as well as studying hard. The new library in the College will be open shortly as well to the relief of both staff and students. We would also ask that the student population respect the residents of the town and to try not to make too much noise at night in particular. Ba mhaith linn fáilte ó chroí a chuir roimh na mic léinn nua a bhéas ag freastal ar an Ollscoil i mbliana, thart ar 2,000 acu. Tá tóir níos mó gach bliain ar áiteacha san Ollscoil anseo. Beir bua.

What a wonderful performance Katie Taylor and the other Olympic champions gave - she and the boxers in particular. They are such healthy, positive role models for young people. The supporters in the Excel stadium were a credit to the country again and made those of us at home and our emigrants abroad so proud. It will be one of those moments to remember – where were you when Katie won the gold medal?

But this also goes to show that we are still good at what we were famous for a thousand years ago; horses, sailing and fighting! (And drinking others would add) There should be a serious rethink as to where the funding might be directed in the future and the minister certainly spoke out in this regard. The successful sports should be funded rather than a scattergun approach. Five medals was an excellent performance but in comparison with other countries of our size our total count is not great. But Irish sportsmen and women have a wide range of games in which to become involved, rather than concentrating on soccer or rugby as might happen elsewhere, they also have the choice of all the Gaelic games as well. This means that the talents and the available resources are further stretched in this country.

Will we learn any lessons from the supposed 'Celtic Tiger' years? That is a timely question. This was a time when building anything was most important and constructing the country on a ponzi scheme seemed like a good idea. Land is a finite resource and the subsequent flooding is partly due to all this concrete and not simply excessive rainfall. But what about the proposal to build a casino in Tipperary – is that not a return to the same concept of covering the country in concrete?

After decades of destroying historical and archaeological sites, one of the popular proposed avenues out of the recession is to use culture and heritage to attract tourists to the country. About 60% of tourists say that this is why they come here but why should we ask them to respect our past when we only see it as a means to an end and not worth protecting in its own right? Indeed, looking at the way the British regard their culture and their countryside and villages why would anyone want to come to Ireland? The attitude to old buildings, Georgian Dublin and great houses here was to knock them down, demolish them and burn them out. The shells of old abandoned dwellings, mills and barns litter the Irish countryside alongside the 'bungalow blitz' so reviled by Frank McDonald. The one-off housing in the countryside, the lack of listing buildings, tacky apartment blocks, badly built houses, pyrite, bad planning and the ruin of our seaside towns combine to blight the entire country. Repeated ignorance and arrogance in some Irish people

Maynooth Community Council

There was no Council meeting in August so there is some space to take a look at where the Council came from and what it has achieved. In post-'Celtic Tiger' Ireland Maynooth is not covered in unfinished apartments and unsustainable development. It is one of the best places in Kildare to live and the public transport services are good if not excellent. The town has developed in a doughnut rather than a linear style. Much of this is due to the establishment of the Community Council in June 1984 and it will be 30 years old in 2014 to coincide with the celebrations of the Battle of Clontarf. (How fitting, as Gormlaith, wife of Brian Boru, came from this very part of Kildare. More of that at the time perhaps.) The Council also formed a Limited Company in 2001 at the insistence of the then FÁS organisation.

I did not become involved until 1987 and the Council I joined has a constitution that declared that it was 'non-political, non-denominational'. The representatives were elected from outlying areas and the town itself every three years and the executive members are elected at the AGM. All the work that is carried out by these officers is voluntary – no-one is paid for any of the work that is done. No expenses are paid to officers. Our local councillors have been entitled to be members of the Council during this period.

The same constitution has 4 aims: promote the well being of the community; secure the facilities that the Council considers lacking in the area, assist the local authority in exercising its offices in Maynooth and to provide, or to help to provide, employment in the Maynooth area. Much of the work is carried out by the sub-committees or affiliates such as the Tidy Towns, the Parade and Festival committees and the Newsletter editorial board.

Since 1985 the Council has sponsored FÁS projects, first there were the Social Employment and Teamwork Schemes. At the moment there are 15 employees and a supervisor on the Community Employment Project. Hundreds of people have worked in various locations in the town and at present we are situated in the shopping centre at Tesco. They are the people to carry out the work for the Council, from the basic secretarial work to the production of the Maynooth Newsletter every month. It now appears in the form of a free paper delivered to each door instead of a magazine. The Council also produced Cannonballs and Crosiers written by John Drennan, a history of Maynooth as well as the Maynooth Information Directory 1986, 1990, 1994, 1997. The Anniversary Newsletter was published in 2004. The voluntary members of the Council with the workers also organise the St Patrick's Day Parade and the yearly Festival. Fundraising is necessary to

threaten to sink us in the mire again in the future. We have learned to be ashamed of our language, our names, our surnames and our place-names but that is a topic for another editorial or article. The anti-intellectual view of many Irish people is at odds with the election of our most admirable intellectual Michael D. Higgins to the presidency and it is hoped that people will listen to his opinions and views as he tries to direct us to another future, one based on sustainability, equality, debate and discussion about what it means to be Irish. Those responsible for our downfall have not gone away – in fact many of them are being well rewarded despite their actions. This does not bode well for the future.

Muireann Ní Bhrolcháin

fund the office and various activities.

It is the local work and cooperation with other bodies that is the most important work of the Council. This includes petitioning Kildare County Council on planning, roads building, establishing a halting site for local travelling families, lighting, maintenance of public areas, knocking the "Thing" in the Square, the handover of the Castle to the OPW, choosing a crest for the town and erecting beautiful bi-lingual street names throughout the town. This ensures that KCC are aware of the wishes of the people of Maynooth and the objections to planning permissions in particular has made sure that the town developed in a sustainable way. We have made representations to all sorts of bodies such as Gardaí, Iarnród Éireann, the Universities and Government Departments. We helped to the Citizen's Information Centre. We were the central force in establishing the twinning of Maynooth with Canet in France. The good transport is also due to lobbying the relevant bodies and ministers.

There are those who wonder what the Council do and can be quite dismissive of their activities but I firmly believe that Maynooth would have less public transport, would be over-developed and a much poorer place without it. The next couple of years will be even more challenging as we face more recession and a new configuration of the FÁS/Department of Social Protection projects in the town. Let us hope that we are all up to this challenge.

Thanks to everyone who has been involved over the nearly 30 years. Well done, most Councils do not survive that long. No names, there would be too many. Ba mhaith liom mo bhuíochas a chuir in iúil dóibh siúd uile a thug cúnamh don Chomhairle le beagnach 30 bliain. Ní fhéadfaínn ainmneacha a luadh anseo – tá i bhfad an iomarca acu ann. Is mór an onóir dhúinn seirbhís a thabhairt dá'r mbaile Maigh Nuad. Muireann Ní Bhrolcháin, (Secretary of MCC at present)

Men's Shed's

An initial meeting has been arranged for 6.30 pm on Wednesday 12th September 2012 in the Maynooth Community Space, Manor Mills.

The good news is that we have secured a 'shed' and a preliminary clean-up was carried out last week. Further improvements will be necessary and these will be discussed at the meeting.

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

If you are interested in getting involved or would just like information on the concept of Men's sheds please come along on Wednesday the 12th. Men's sheds is a world- wide organisation and its introduction to Maynooth will be exciting and challenging.

I can be contacted at phone no. 0872041334 or email johnpfleming@hotmail.com.

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You may claim tax relief on tuition fees (including the Student Contribution) that you pay for the following courses:

- Approved undergraduate courses that are either full or part-time and in either private or publicly funded third-level colleges. Students can study in approved colleges in Ireland or in any EU member state. The course must be of at least two years' duration.
- Postgraduate courses in private and publicly funded colleges in Ireland as well as universities and publicly funded colleges in other countries (EU and non-EU). Postgraduate courses must be between one and four years in duration and students must already have a primary degree or equivalent.
- Foreign language and IT courses that are less than two years' duration, approved by FÁS, and result in the award of a certificate of competence. The net tuition fees for these must be more than €315 and there is an upper limit of €1,270 per course.

In the case of undergraduate and postgraduate courses, the maximum amount of qualifying fees allowable per student per course is €7,000 for the 2012 tax year.

You may claim relief if you pay tuition fees for yourself or on behalf of anybody else. This relief is given at the standard rate of tax (20%) and applies to one course per individual in a tax year.

For the academic year 2012/2013 the first €2,250 of each claim is disregarded for relief, where any one of the students in respect of whom you are claiming is a full-time student. Where all the students concerned are studying part-time, the first €1,125 is disregarded.

To obtain a claim form for this relief, you can request leaflet IT31 from Revenue at Lo-call: 1890 306 706 or download it from www.revenue.ie. You should request leaflet IT31A for IT and foreign language courses.

Further information is available from your tax office and from the Citizens Information Centre below.

National Fuel Scheme

Question

What social welfare support is there to help with heating costs in the winter?

Answer

The National Fuel Scheme, operated by the Department of Social Protection, is intended to help people who are dependent on long-term social welfare payments as their sole income and who are unable to meet their heating needs.

Under the scheme a Fuel Allowance of €20 per week is paid during the fuel season. The fuel season for 2012/2013 starts on Monday, 8 October 2012 and finishes on Friday, 5 April 2013.

The Fuel Allowance is a means-tested payment. If you are only getting a non-contributory payment you are accepted as satisfying the means test.

The Fuel Allowance means test is linked to the maximum rate of the State Pension (Contributory). You can have a combined weekly income of €100 above the maximum State Pension (Contributory) for your situation and still be eligible for a Fuel Allowance. This means that you can have capital/savings, providing they are less than €58,000, and be eligible for a Fuel

Allowance. (€58,000 is equivalent to just over €100 a week under the capital means assessment rules.) For example, someone without any savings, but working part-time, who is receiving a Widow's, Widower's or Surviving Civil Partner's Contributory Pension of €193.50 per week should qualify if his/her weekly income does not exceed €330.30 (State Pension maximum rate €230.30 plus €100). Where two or more people living in the same household qualify for the allowance, only one allowance is paid.

If you think you are eligible, you should apply immediately as the allowance will not be backdated. Application forms (NFS1) are available at your post office or your local social welfare office, or on the Department's website, www.welfare.ie.

Further information is available from the Citizens Information Centre below.

Registering your septic tank

Question

How do I register my septic tank?

Answer

The new registration and inspection regime for septic tanks and similar systems was introduced in June 2012. The new regime aims to protect ground and surface water quality from the risks posed by malfunctioning systems.

You must register the details of your septic tank with your local authority by 1 February 2013 and pay a registration fee. The registration fee will be €5 up to 28 September 2012 and €50 after that.

There are 3 ways to register your septic tank:

- Online at www.protectourwater.ie
 - By post: forms are available in city/county councils, libraries and Citizens Information Centres or by calling LoCall 1890 800 800 for information. Cheques should be made payable to 'Protect Our Water' and posted to Protect our Water, PO Box 12204, Dublin 7.
 - At your local authority office (there is no administration fee)
- The local authorities will compile a register, which will be publicly available. The Environmental Protection Agency (EPA) is developing a national inspection plan and the local authorities will arrange for inspections to be carried out. There will be no inspection charge. You will have to re-register after 5 years but you will not have to pay a fee for the second or subsequent registrations.

Further information is available from your local authority, the Environmental Protection Agency or from the Citizens Information Centre below.

Domestic violence

Question

My partner has been violent towards me and my children. What can I do to stop him and protect my family?

Answer

If you are concerned about violence in your home, you can contact the Gardai, who are specially trained to deal with these situations and can offer advice and information. Under the Domestic Violence Act 1996, where there is an order in place, Gardai have the power to arrest and prosecute a violent family member. Under the law there are two main kinds of protection avail

able, a safety order and a barring order.

A safety order is an order of the court which prohibits the violent person with whom you are living from further violence or threats of violence. It does not oblige the person to leave the family home. You can also get a safety order against a person with whom you have had a child even if you are no longer living with or have never lived with the person. It prohibits them from watching or being near your home. A safety order can last up to 5 years.

A barring order is an order which requires the person to leave the family home. If you are not married or in a civil partnership, you can get a barring order against a violent partner if you have been living together in an intimate and committed relationship for 6 out of the previous 9 months and your partner does not own most or all of the house you are living in. A barring order can last up to 3 years.

Both types of order can be renewed by applying for a further order before the previous one has expired.

Others living together can also apply for protection. For example, a parent can apply for protection against domestic violence by their own child if the child is over 18.

To get a barring order or a safety order you must apply to the District Court. While you are waiting for the court to hear your application, the court can give you an immediate order, called a protection order. The protection order has the same effect as a safety order. In exceptional circumstances the court can grant an interim barring order. This is an immediate order, requiring the violent person to leave the family home.

Further information, including information on support groups, 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.

Comhaltas Ceoltóirí Éireann.



The organisation which promotes the traditional arts of music, song, dance and language, will open a branch in Maynooth in September 2012.



Classes will be available in Whistle, Fiddle, Flute, Button Accordion, Bodhrán, Guitar and Banjo.



The first A.G.M. of the new branch Craobh Maigh Nuad, will take place on Wednesday 5th September 2012 at



8.30 p.m. in Maynooth Post Primary School.

Registration and grading for classes is on Wednesday 12th September from 7.00 p.m. to 9.00 p.m. in Maynooth Post Primary School, and classes will begin on Wednesday 19th September 2012.

HERITAGE WEEK 2012 IN MAYNOOTH

On Sunday the 19th August 2012 Declan O'Connor, a Member of Maynooth Local History Group (MLHG) led a "Walk and Talk" to an intact surviving example of a traditional three-wall Handball Alley in the grounds of St. Patrick's College Maynooth. Maynooth, being an Estate Town, was mapped in the 18th and 19th Centuries. The 1781 and 1821 maps showed the existence of a Handball Court in Maynooth Castle, where the Castle Wall provided the single wall that was then used. This Handball Alley had disappeared when the 1837 map was prepared, but this map showed Handball Courts on the exact same site at today in the then Royal College of St. Patrick (RCSP). Latterly, there was a Handball Alley in the corner of the Harbour Field which used the wall structure of Mullen Bridge as the "front wall". This Alley had fallen into disuse by the 1970's and disappeared entirely when the Bridge and overhead road system were realigned in the 1990's.

Moving from the Castle the "Walk and Talk" proceeded by the window of the so-called "Ghost Room" to the location of the three-wall Handball Alley. This was constructed of mass concrete, probably in the 1920's, and had the traditional dimensions of 60ft by 30ft. Aine Ryan, an Architect, has been commissioned by the Heritage Council to do an Inventory of Handball Alley's in Ireland, surviving or otherwise. A figure of 650 examples has been recorded to date. The traditional Irish Handball Alley is unique to Ireland and is as iconic as an Irish Round Tower or an Irish Spirits-Store (where hardware and/or food was also sold along-side the Publican's business, like some in Dingle).

The traditional three-wall Handball Alley began to be constructed in the latter part of the 19th Century and by the mid-20th Century a fourth or back-wall was added, sometimes with a viewing gallery. From the 1960's onwards, many such Alleys were "internalised" by having a roof built on. In about 1969 the first American-style Alley was built in Ireland which measures 40ft x 20ft. That is the norm now for international competition.

Traditionally a Handball Alley served as a Community Centre of sorts where dances were held, romances conducted, cards played and where hiring fairs and bonfires took place. There was also a political dimension

in that prior to 1798 and from 1919-1921 the United Irishmen and the Volunteers respectively often drilled and trained in Handball Alleys. The traditional Alley was often built on common or community ground and it provided a place where people could meet without direct supervision at a time when they only met at weekly Church Services.

Institutions like Seminaries, Schools, Police Stations, Fire Stations, Hospitals nearly always had a purpose-built Handball Alley, and many examples can still be seen.

Declan told the story of how a notorious 18th Century Dublin Character called "Buck Whaley" won a £25,000 bet from the Duke of Leinster by riding his horse to Jerusalem and back inside of a year. On his return, Whaley boasted of having played Handball against the Walls of the Temple in Jerusalem. Many people are familiar with the phrase "right up your alley" and there are the particularly Irish insults, like "you have a head on you like a Handball Alley" and the one used in the "Cyclops" Chapter of James Joyce's "Ulysses" – "she had a back like a Ball Alley".

Handball was adopted in the 1884 GAA Charter and formalised by it in 1923.

It is fair to say that the Maynooth example is a "hidden gem" of vernacular architecture.

The "Walk and Talk" concluded with a short visit to the College Cemetery to view the unique "Celtic Church" Mausoleum of Fr. Eoghan O'Growney.

MLHG wish to acknowledge the kind assistance of Monsignor Connolly, President of St. Patrick's College Maynooth in granting permission for this Heritage Week event.

These "Hidden Gems" are in every locality and need to be reported. It is worthwhile checking out this site www.hidden-gems.eu which is a terrific project.

MLHG holds it's monthly meeting on the last Thursday of each month at the Maynooth Community Council Offices beside Maynooth Post Office.

To celebrate National Heritage Week, the staff of Maynooth Community Library organised a night of traditional Irish music and song, with poetry reading, story telling and recitation on Thursday 23rd August.

Local band Cairde commenced with chamber Irish music and continued to support the U3A Maynooth singers, with solo performances by Angela Dennehy, throughout the evening.

M.C. for the night was Maeve Maloney, who also read an essay from a Maynooth scholar written in 1912. Colm O Cearuil gave the history -As Gaeilge- of 800 years of education in Maynooth, from the founding of St. Marys University until the present day. Miceal OMuineog from Kilcock read a poem on Thomas Moore, written by Teresa Brayton. He also read from "Cathal Bhaile Orbhid, 1798" commemorating the Battle of Ovidstown by the same esteemed author.

Brid Rogers from Kilcock Comhaltas gave a beautiful rendering of "Down by the Green Bushes" whilst Nancy Darcy from Summerhill performed in her own inimitable style.

Unfortunately, space does not allow me to mention all who contributed to this very successful function, but a special appreciation is accorded to Sr. Fintan from Presentation Convent, Kilcock, who recited "The Racing of Finn MacCool" By Teresa Brayton. Sr.Fintan is a noted Irish Scholar, who has published several books as Gaeilge.

Her fourth book is called "Damhsa" and is being launched in Presentation Convent, Kilcock, on Friday September 21st.

At evenings end Maeve Maloney presented a letter -sent from Buckingham Palace to U3A Maynooth- to John Duggan and Bernadette Gilligan, who facilitated the event.

Cairde finished the very successful night with a selection of O'Carolan airs.--enjoyed by all.

Maynooth

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How to deal With Noisy Neighbours

Noisy neighbours can have a major impact on your life, as it can develop into a major problem. Excessive noise can affect your quality of life, it can make you jumpy, irritable, it can prevent you from sleeping and cause many stressful side effects.

Noise has many forms – for most people who are living next door to a neighbour from hell, it'll be the boom boom boom of the heavy stereo music, the shouting and conversations they can maybe hear from their neighbours, the banging, crashing, DIY noise, car noise, car/house alarms, noise from parties and other gatherings, wooden floors, the list can go on and on.

Even houses and homes that have good insulating are often affected by modern noise - modern sound making equipment such as amplifiers and DVD surround-sound systems often cut right through good insulation that would normally stop normal every day sounds. Night time noise making and nuisance is a whole different ball game - it echoes, carries more and can keep you or others in your area awake.

Many people are unaware of the steps that should be taken to deal with this nuisance in an effective manner.

What action can I take:

1). Talk to your neighbour.

It may be an obvious starting point but it is recommended that you first try to solve the problem with your neighbour. It may be sufficient to explain to whomever is causing the noise that it is a nuisance and so come to some mutually acceptable understanding. If the noise is emanating from multiple occupancy rented accommodation, the landlord (or the relevant Council in the case of local authority housing) should be contacted to determine if breaches of the tenancy agreement have occurred.

Plan what you need to say - take some written notes and examples of the noise nuisance with you when you call on your neighbour so you don't forget what you want to say. Be courteous and be polite even if you're very angry that you've been kept awake for the 5th night running or your enjoyment of your home is being regularly spoilt by the noise from next door.

Try to avoid going round to your neighbour to complain about the noise when it's actually happening. Chances are if someone has been drinking or partying heavily, they're not going to want to talk to you. You may be seen by your neighbour as simply trying to stop their enjoyment, when in reality that certainly isn't the case. So go around when you know they are home, when it's quiet and always plan your approach beforehand.

More often than not, your neighbours won't know they are causing a nuisance and by taking this first step, it may solve the problem and prevent it from spiraling out of control. Your neighbour could feel extremely guilty about their noise making and genuinely not have realised what they were doing has been causing you disturbance.

2) Mediation.

If you have tried to speak to your neighbour about noise and it does not solve the problem then, you might want to consider mediation. This is where a neutral person will meet with both neighbours and help them to reach an agreement. Some local authorities will be able to provide a free mediation service between yourself and your neighbour.

3). Local authority.

If this does not resolve the matter you may wish to consider contacting your local authority to ascertain whether it is in a position to take action. While the Local Authority is unlikely to become involved in disputes between neighbours, it may consider servicing a notice in respect of noise from industrial or commercial sources.

4) Use the law

You may exercise your right to make a formal complaint to the District Court seeking an Order to deal with the nuisance.

Will the District Court solve my problem?

The task of the District Court is to hear both sides of the case.

Where it finds in your favour it can order the person or body making the noise to reduce it to a specified level, to limit it to specified times or to cease altogether.

Legal conditions of going to court Certain conditions must be met that amount to a good defence in Court for the person allegedly causing the nuisance.

They are:

The person concerned may prove they took all reasonable care to prevent or limit the noise. That the noise is in accordance with a licence issued under the Environment Protection Agency Act 1992 (Noise) Regulations 1994.

How do I complain to the District Court?

- a). Consult with the Clerk of your local District Court about a date for the hearing of your case. When consulting the Court Clerk you should refer precisely to the law relating your case, i.e. Section 108 of the Environmental Protection Agency Act 1992 and the Environmental Protection Agency Act, 1992 (Noise) Regulation 1994 (S.I. No. 179 of 1994).

Section 108 of the Environmental Protection Agency Act 1992 allows individuals to take private action through the District Court should they find the noise to be "so loud, so continuous, so repeated, of such duration or pitch or occurring at such times that it gives you reasonable cause for annoyance".

- b). Once a time has been set for your Court hearing, you must inform the person concerned at least seven days before the date of the hearing. You have to fill out a form and present your case in court. It is important to have a record of the times and dates when the noise nuisance occurred.
- c). The District Court will provide you with the form to be used for making the complaint. You must attend at the Court at the arranged time and present your complaint.

Must I consent a Solicitor if I wish to complain to the Court?

No, nor is there a requirement to be represented in Court by a Solicitor. However, you may wish to take professional legal advice but this is a matter of personal choice.

What is the cost of taking this action?

The District Court charges a nominal fee for processing the action.

Taking a Section 108 action

In order to attempt to prove the noise caused by your neighbour causes you a nuisance, you should do the following;

Keep written records of the noise nuisance as it occurs, detailing the date and time of the noise nuisance, the nature of the noise nuisance (e.g. music audible / DIY works etc.) and the effect that this has had on you as the injured party (e.g. an inability to sleep, moving to a different room in order to avoid the noise etc.).

Keep copies of any correspondence you have sent to your neighbours in an attempt to rectify the problem.

Take note of any verbal discussions / agreements you have had with your neighbour with regard to the noise.

You are not required to provide any noise readings to the court to support your case, however, you may wish to do so.

Before you go to court you should do the following:

If you are taking a court action regarding neighbour noise nuisance, you will be required to explain to the court exactly what the noise nuisance is.

Your evidence should be clear and relevant.

Make a sequential 'timeline' of events relating to this complaint and make notes detailing measures, if any, that you have taken to attempt to resolve the matter prior to court.

You should have any supporting material e.g. letters, with you in court in case the judge wishes to see it.

The aim of the court action is to abate the noise nuisance.

You should consider, in advance of the case, what you would like the outcome of the case to be, bearing in mind that in some cases, the noise nuisance cannot be fully eliminated, but restrictions may be imposed to reduce the impact of the noise upon you e.g. restricting the times of day that certain activities are carried out.

Before proceeding with a complaint, you are advised, to consult your local authority or seek legal advice.

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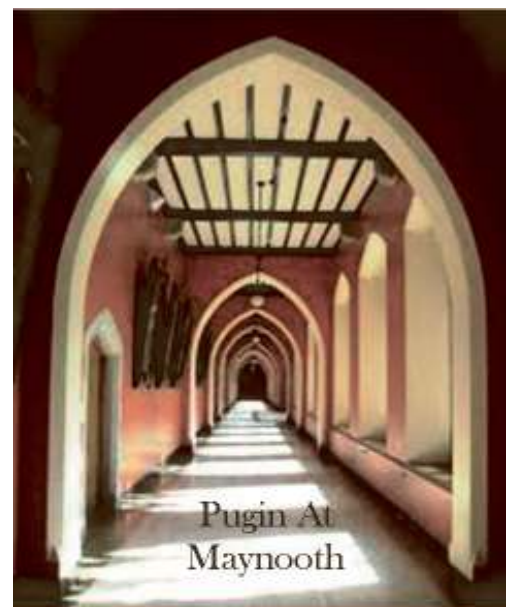
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mention) knit and sew our beautiful patchwork charity blanket. To date we
have raised €778 for our sponsor charity of the year, AWARE. When I took
on the Summer Challenge, I was amazed at the amount of people who were
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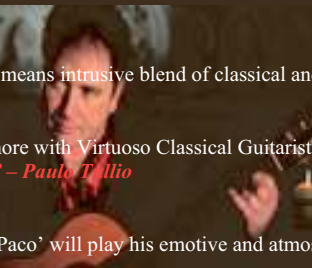
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Thursday 13th September – **Patrick Collins**; Violinist and vocalist of Cafe Orchestra fame will play his distinctive, yet by no means intrusive blend of classical and gypsy jazz music from 7pm to 10pm. **Highly Recommended!**

Friday 14th September – **Pat Coldrick**; Enjoy an evening of great live music, Tapas, Paella, Asado Steaks, Fajitas, Wine & more with Virtuoso Classical Guitarist Pat Coldrick. Music from Spain, Latin America, Ireland, as well as his latest Album Cayendo! **"A Maestro of Classical Guitar" – Paulo Tullio**
A great evening of free quality entertainment in store at Picaderos!

Saturday 15th & Sunday 16th September – '**Paco**' **Craig Ó Mathúna**; Self taught & trained Acoustic Flamenco Guitarist - 'Paco' will play his emotive and atmospheric blend of Spanish & Latin American Flamenco songs from 7pm to 10pm.

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Maynooth Harvest Festival

Taking place in Tesco Car park:
15th September from 1pm til 4 pm



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Taking place in Tesco Car Park:

Categories are:

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Little Brat

Biggest and Smallest Dog

Waggiest Tail

Overall Winner

Great Prizes and goodies on the day!

€5 registration on the day. All participants will be entered into a separate draw. All proceeds will go to Animal welfare and AWARE charities.

Other Events

Tiny Tots with Karen

The Peelo School of Dance

The Lil Tully School of Irish Dancing

Music from Men in Slacks

Demonstration from the Maynooth Fire Brigade

An old style post van

Sky Dive team from Tesco Maynooth

BBQ organised by Coyne's Butchers

Face painting and balloon making organised by

McDonalds

Raffles and prize winning games

The Green, (Pound Park). Maynooth

Saturday 15th September 3pm til 9pm

REGGAE, ROCK, DANCE

Sessions



No Alcohol Permitted At Event

Free Community Event

Festival Timetable

Maynooth Harvest Festival Thursday 13th to Sunday 16th September

Maynooth in the early 20th century

Participants and visitors are encouraged to dress in the styles from 1900-1940s

A slideshow exhibition of photographs of Old Maynooth will run in the Maynooth Community Library from Monday 10th to Friday 14th September and will then be shown in Tesco's on Saturday and Sunday.

Thursday 13th September

6.30pm - Performance by U3A at the Pound (opp. Manor Mills) weather permitting, alternative venue Maynooth Community Library

8.00pm - Maynooth Community Space
Opening of Festival and launch of Maynooth Newsletter Online Archive by Mayor of Kildare, Michael 'Spike' Nolan

Includes an online exhibition of photographs from the Maynooth Newsletter through the years prepared by the Maynooth Community Council Office

Followed by refreshments and music by The Gramercy Riffs in O'Neills at 9pm

Friday 14th September

11.30am - Visit to the Russell Library, St. Patrick's College Maynooth. Places limited, booking essential. Phone 01-7083890, email library.russell@nuim.ie

6.00pm - Children's Quiz, Boys' National School Hall -4th, 5th, 6th classes from all local schools

8.00pm - Community Quiz, Caulfields Lounge- Plenty of spot prizes

10.30pm - Music by Al Brady, Caulfield's Lounge

Saturday 15th September

Check out picturesque Canet-en-Rousillion, Maynooth's twinning partner.

Film in Maynooth Community Library 10-12.30pm.

Square and Main Street beginning 11 am-throughout the day
Buskers and bands, farmers' market, food stalls, cakes and bakes, arts and crafts, jewellery and wood turning stalls, community stands, face painting, children's art tables, National Learning Network (music & crafts), Comhaltas Ceolteoiri Eireann, Supermacs Special, Maynooth Boy Scouts; Bradán Players - Pub theatre ... Lots to see and do.

The Square

1.00pm Traditional Irish Dancing, Rita Doyle School of Dancing, Catherine Maher School of Dancing, Tully School of Dancing

2.00 pm Music by Sonny Blue

4.00pm Maynooth Brass and Reed Band

5.00 pm Music by Ian Tighe

7.00-9.00pm Music - Maynooth welcomes its very own Route 66

Carton Retail Park (Tesco's Car Park)

1.00pm – 4.00pm

Please see advertisement page 16 outlining events

The Geraldine Castle

2.00-5.30pm

An afternoon of music, song, poetry and prose with contributions from Barry Smith, Maynooth History Group, Maynooth Writers Group,

Maynooth Musical Society and newly established Comhaltas Ceolteoiri Éireann Maynooth Branch, Shauna Gilligan will read from her first novel *Happiness comes from Nowhere*.

Manor Mills Shopping Centre, Community Space, the Pound, St. Mary's Church of Ireland

2.00pm – 5.00pm Manor Mills Shopping Centre - Family Fun Day, live music, children's art table, zumba dancing and more...

2.00pm Maynooth Castle Keep Art Group Art Exhibition – Community Space

2.00-4.00pm - St. Mary's Church of Ireland open to visitors

2.00-4.30pm - Traditional musicians, Push for Porter, at the Pound

Glenroyal Hotel

Music by the Jazz Freaks and plenty to eat with Pig on a spit (afternoon)

The Green, Pound Park

3.00 - 9.00pm Reggae & Alternative Music

Sunday 16th September

10am-6pm Geraldine Castle open for visitors

2.00-4.00pm – ICA Hall – craft mini workshops, craft display and refreshments

3.00- 4.30pm Walk and Talk – Exploring Old Maynooth by Rita Edwards, Maynooth History Group. (Meet at Geraldine Castle at 3.00pm and finish at Nuns' Graveyard, Presentation Convent).

3.00pm - Underage Hurling Match-Maynooth GAA grounds

2.00- 4.00pm Maynooth Gospel Choir – St. Mary's Roman Catholic Church

7.30 - 9.00pm - Poetry Reading by Victoria Field, (prize winner Strokestown Poetry Festival) & Ray Ó' Donnachadha. Kylemore Suite, Glenroyal Hotel. (See newsletter article about Poetry Reach Convention at the Glenroyal Hotel running from Wednesday 12th September at 6pm to Sunday 16th September 6pm. Contact Poetryreach.wordpress.com or tel. 01-6291066 for further information).

8.00pm Kildare Bat Walk Group - Leisurely walk around Maynooth. Meet at College Gates beside the Castle. Wrap up warmly, this event is weather permitting as the bats don't like the rain!

Entertainment in the local pubs & restaurants will include the following

O'Neills

The Gramercy Riffs - Thursday night;
The Bang Bang Band –Saturday night

The Roost

Thursday 13th Pugwash ; Friday 14th Mixtape ;
Saturday 15th Gramercy Riffs; Sunday 16th Endeci

Bradys - Live Music throughout the weekend

Caulfield's –Sunday - Sandra Dolan (niece of the great man) singing in the bar from 6.00-8.00pm

Picadero's

Thursday 13th Patrick Collins
Friday 14th Pat Coldrick
Saturday 15th & Sunday 16th "Paco" Craig Ó Mathúna

Schedule subject to minor changes

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Maynooth Office Tel: 01 6289452
Main Office, Naas Tel: 045 868230
Paul Reilly Mobile: 086 8105581



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Check out our article: A holistic view on...Candida or Yeast Overgrowth

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A holistic view on.....Candida or Yeast Overgrowth (Part 3)

So this is the final part of our 3 part series on Candida.

Here we will discuss how to overcome this condition and make a huge step back to better energy and optimum health!

To win the Candida Overgrowth Battle!

This battle is fought on three fronts. Candida thrives and survives when our immune system is been suppressed or if our micro flora and bacteria in the gut are out of balance.

Front 1 – Diet

Starve the Candida of type of food it needs to survive. This is any food that can ultimately be turned into alcohol by the bacteria. So any foods containing sugar, most fruits due to fructose, any foods that contain moulds, like mushrooms or dried fruits, white starchy items like white rice, white bread or pasta. Any dairy products as they contain lactose that feeds candida. Alcohol, any sweet drinks, any caffeine drinks, soy or milk also feed candida, so these are out.

It seems like you have no choices! But in our clinic we have a full and surprising list of what foods are allowed on the diet to beat this overgrowth and support your immune system!

Front 2 – Probiotics

Probiotics is how to get your micro flora and gut bacteria back into balance. As the candida is being starved and dies off on the diet, there is a need to replace them with good bacteria to eliminate any candida re-growth.

Front 3 – Liver support

As the candida dies off, toxins and alcohols are released and processed by the liver. People often get a 'healing crisis' reaction in the first week like a horrible hangover. To shorten the hangover effect we need to support the liver during this heavy work. Water and plenty of it is required, (2ltr min everyday). Products like milk thistle or Hepaforte from Biocare would also be very helpful here!

Any queries with regard to Candida or receiving the diet sheet, please contact the clinic on 085 1122789. We are here to help!

Charlie Leonard (Bsc, DipAK, MKAI)
Kinesiologist, The Path to Health Clinic,
Harmony Holistic Health,
3 The Square, Maynooth,
085 1122789 charlie@pathtohealth.ie



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Good Luck to the Harvest Festival
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Children's Healthy Lunch Box

This is the time of the year when most parents think of what to put in their children's lunch boxes, and when you're a busy working parent it can be hard to get it right. We all know that lunch should be healthy, but if you have a fussy child it becomes a very big problem. How do you get your child to eat their veggies or sometimes even fruit. You might even find most times they don't like sandwiches? So how do you get over that and still keep a healthy lunch box. The following are some tips on how to get over the problem.



Invest in a juicer and then you can juice carrots and orange for a healthy drink, or if you can get away with it try some other

combinations such as celery and apple or spinach and cucumber with lemon, or you can turn it into a smoothie by adding yogurt, the sky is the limit when it comes to juicing.



To replace sandwiches try wholemeal crackers with peanut butter, Nutella, banana or cream cheese with ham or fruit.

You could also try pitta bread, rice cakes or breadsticks with dips (hummus, avocado or cream cheese). Try carrot sticks dipped in sesame seeds, a small packet of raisins and Babybel cheese for protein or even cheese cubes with pineapple.



Its important to make sure they have water so always include a small bottle in their lunch.



Maynooth Labour News

Grants for Maynooth Youth Groups Awarded

County Kildare VEC Youth Sub-Committee, of which Cllr. John McGinley, is an active member, awarded grants to the following Maynooth Youth Groups at the Committees Meeting on 27 August:

• 8th Kildare (Maynooth) Scouts	€850
• Maynooth Brownies Guides	€300
• Maynooth Girl Guides	€300
• Maynooth Youth Cafe	€500
• North Kildare Maths Problem Club	€1,000
• St. Mary's Brass & Reed Band	€2,000
• Teen Space Maynooth	€500

Castle Dawson Taking in Charge Update

Cllr. John McGinley got the following update from the Council on 27 August on the taking in charge of Castle Dawson:

"The developer of Castle Dawson was a company called Croftbeam, They built the Castle Dawson estate and provided a foul sewerage pump station to facilitate this development on lands behind the estate. This pump station was constantly breaking down. When planning permission was granted for the Newtown Hall estate, that application proposed to take access over the main access road in Castle Dawson estate. It was a requirement of that planning permission that the existing pump station be upgraded to an acceptable standard.

In order to take Castle Dawson estate in charge we have to take the pump station (which is on lands in the control of the developer of Newtown Hall) in charge. We have met with the developer of Newtown Hall and he has indicated that he will co-operate with the TIC of the pump station that will facilitate the TIC of Castle Dawson. The response given in May/June is in keeping with this. We have learnt in recent weeks that Croftbeam are in liquidation. This will not effect the TIC of Castle Dawson, in fact it adds to the urgency of taking the estate in charge. We will again contact the developer of Newtown Hall to speed up the process."

Cllr. McGinley Asks for Ugly Signs to be Removed

Cllr. McGinley has submitted the following motion for the consideration of the September Meeting of the Celbridge Area Committee of the Council:

"That the two large directional signs at the Barrogstown Road junction with the Maynooth/Celbridge Road be removed as they serve no purpose and they are an eyesore."

Cllr McGinley Asks that the "Trench" on the Straffan Road Opposite the Glenroyal be Repaired:

Cllr. McGinley has submitted the following motion for the consideration of the September Meeting of the Celbridge Area Committee of the Council:

"That the public light cable trench across the Straffan

Road to the bus terminus, opposite the Glenroyal Hotel, be reinstated before it causes an accident."

Cllr. McGinley Asks for Hedges to be Cut

Cllr. McGinley has asked the Council to cut the following hedges:

1. The hedge from Carton Court, to the bus terminus at Straffan Road, Maynooth, needs cutting as it is blocking the public footpath in places.

2. The hedge at the back road behind houses 740 to 750 Old Greenfield, Maynooth, needs cutting as it is damaging the wing mirrors of the Bin Lorries at present .

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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Brady's Maynooth*

Table of 4 €20

*Prizes Galore and that thing we used to
call FUN.*

An Nuadha Players Community Theatre Maynooth

Will launch details of there latest production

BEAUTY and the BEAST 2012

*Upstairs in Brady's Pub Maynooth Mon 10th
September at 8.30pm*

All very welcome.

*An Nuadha Players Community Theatre
Bringing the Arts to the Community of
Maynooth.*

Terry Nealon , more details 086-8068068

The Dance Academy

The Dance Academy was established in 1961 by Cynthia Ó Dúnlain, who was Ireland's only RAD Examiner for over 20 years. The school has been run by her daughter Sadhbh since 1998. Sadhbh danced and trained here in Ireland and attained her teaching qualifications with distinction. She also has qualifications in Anatomy and Physiology, History of Dance and Music.

Every year pupils work towards either Examinations or are prepared for stage work through School Performances. In April pupils from Edenderry and Maynooth aged 4 to 27 were able to showcase their talent in Coppelia for the schools ballet production in a packed out Newbridge Arts Centre Co Kildare. This academic year offers exams with an exciting new syllabus for those who wish to challenge themselves and Sadhbh looks forward to welcoming faces both new and old to class this September in St Mary's for its' 14th season in Maynooth. Queries to Sadhbh on 087 287 2532

The Dance Academy is fully registered, insured and has Garda vetting in situ. The Dance Academy's full Child Protection Policy is available to view on request.

(See advert on page 12)

Maynooth Youth Café Open Night

Maynooth Youth Café is celebrating its first year with an open night on Thursday 20th September in the Community Space at Manor Mills. After a successful first year catering for older teens on Thursday nights, it is hoping to extend the use of the Youth Café to younger teens as well. Pizza and soft drinks will be provided on the night with full use of the Youth Café facilities. A recently acquired X-box, provided by Tesco's Maynooth, has proved immensely popular with all, as has music, a pool table and tea and coffee making facilities. Or maybe you are more of a hot chocolate person. Either way all are available at the Youth Café. More importantly it is a place where teens can get together, chill out and decide what they would like the Café to be, under the supervision of trained, vetted adult volunteers. Maynooth Youth Café is eager to get input from all teens and would greatly like to hear their opinions and ideas on the open night. Doors are open from 7-8pm for second and third years (13-15 years) and from 8.30 -10pm for TY and up (15+).

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 Fiction and Memoir Writing at the
 Community Space in
 Maynooth this Autumn. Don't miss this
 opportunity. Irene's
 inspirational writing workshops are
 established 21 years. She
 is renowned internationally for using
 right-brain/left-brain learning
 techniques through the medium of
 writing. Participants develop and write
 a short story or memoir throughout
 each workshop.

Early Booking Essential
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 Fiction Writing: Sat 6 & Sun 7 Oct 2012
 Times: 10am to 4pm each day
 Venue: Maynooth Community Space,
 Manor Mills,
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in Business Studies and Information Processing

These courses are open to all people over 23 years of age including early school leavers.
 The courses are full-time and run from September to May with usual school holidays.

If you would like more information please contact us at
vtosleixlip@kildarevec.ie or ring 01-6246420

Course fee €200. Exam fee €50.

If you are in receipt of a Social Welfare payment or have a Medical Card you may be
 exempt from these fees.

Courses are held at Riverforest Shopping Centre, Leixlip, as part of County Kildare
 VEC Programmes.

You are invited to H. S. E. Day

The Third engage Forum of 2012
In Keadeen Hotel, Newbbridge, 11th September @ 2p.m.

.... The Programme

Primary care .. It's new, What is it!
Siobhan Murphy HSE Primary Care Manager
Tells All.

3rd Age Advocacy Programme
What is this Advocacy ?
Anne Harris of '3rd Age' explains.

Plus ! Opportunity to speak to experts on more than 10 information stands:

Active Retirement : Senior Help Line : Arthritis : I.C.A.
Alarms for the Elderly : Citizens' Information : OK Transport
Irish Heart Foundation : Counselling : Physiotherapy

Denise Croke, Project Co-ordinator, Older Voices Kildare, Co. Kildare
Leader Partnership
045 895450 / 0871411669 oldervoiceskildare@gmail.com



U3A News.

We are back in Community Space from Friday 7th Sept. when we have our monthly meeting.

Trips

A group from U3A enjoyed a trip to Athlone and a boat trip on the Shannon last Friday 17th --a rare beautiful sunny day!--

Unfortunately, due to inclement weather recently, we were unable to dock at Clonmacnoise, so we look forward to a visit there at a later date.
Glasnevin Cemetery and Museum is next on our to visit list.

Our Monthly book club recommences on Monday Sept.10th in Maynooth Community Library at 10am.

Due to the variety of activities we are now engaged in, we would welcome new members with various interests.

To enable you to decide if U3A is for you, the following is a brief description of what we are about,==

U3A is a learning circle or cooperative, where members learn from each other by sharing knowledge, skills, and experience and engaging in Social Activities. The word university in this context comes from the mediaeval meaning-- a gathering or group where people share a common programme of learning. It is open to men and women over 55yrs and all one needs is interest and enthusiasm. All activities are organised by the members themselves, and include singing/dancing, Arts/Crafts, Memoir/Creative Writing, Trips, Theatre outings, Book Club. At one meeting monthly a member will give the group a talk on a particular subject in which they have a special skill. We all have different life experiences and sharing contributes to our vision of life-long learning.

Further information can be obtained from
Bernadette Duffy - Chairperson- 016016179
Maeve Moloney- Coordinator--016286616

Helena Kirkpatrick PRO--016285128

Maynooth Senior Citizens Committee.

By the time you read this article our Senior citizens will have returned from their week in Kerdiffstown and I have no doubt that they will have enjoyed their stay as much as in previous years. Our morning club will reopen on Tuesday Sept. 4th so we will be right back into the swing of things. Don't forget that all senior citizens in the Maynooth/Ladychapel area are welcome to all our activities. Our club is open on Tues. and Thurs. 10.30 am-12.30 in the I.C.A hall and our monthly tea-dances are held in the G.A.A. club on the Moyglare road. There is transport to all events if you should need it.

Our next event will be our Halloween tea-dance on Oct. 21st and the Tony Smith memorial walk will also take place on that afternoon, courtesy of the Labour Party.

Our Annual sale of work will take place this year on Nov. 18th in the Aula Maxima in Maynooth College, so now would be a good time to start your Christmas clear out. Remember what is one person's trash could be another's treasure.

Our next two dates are Dec 5th for our shopping in SuperValu and Dec. 9th when our annual dinner will take place in the Glenroyal Hotel.

I would like to take this opportunity to thank the I.C.A the G.A.A. the Labour Party, Maynooth College, SuperValu, Thorntons, Bartons, all the business people and of course the community in general. Without your support our work would be very difficult indeed.

Now that's 2012 done and dusted. what a depressing thought.

Josephine Moore.
Chairperson.

Maynooth Golf Society Results Sheet 2012

Mullingar Golf 15/6/2012

1st Prize	Niall Byrne	37pts	Front 9	Declan Byrne	18pts
2 nd Prize	Darren Moran	34pts B9	Back 9	Sean Farrelly	15pts
3 rd Prize	Mick Fahey	34pts	Nearest the pin	Dominc Nyland	
4 th Prize	David Weafer	34pts	2's Club	Damian Daly	
5 th Prize	William Farrelly	32pts B9	Visitors	1 st Dominic Nyland	
6 th Prize	Norman Kavanagh	32pts		2 nd Robert Moore	
7 th Prize	Gerry McTernan	30pts B6	Next Outing John Tiernan Cup Portarlinton Golf Club on 15 th September		

Athlone Golf Club is situated on the shores of Lough Ree in the centre of the country with magnificent views of the lakes was the venue for the Maynooth Golf Society annual Shay Moore Cup on Saturday 26th August. This annual event which is in memory of past member of the society Shay Moore has been played at the Athlone Club for a number of years and has been well supported by the Moore family and society members.

31 members competed for the cup in dry and good weather conditions, nothing like the weather in Maynooth on that day. The course was in excellent condition following the rain of the last few weeks.

The winner on the day was Niall Byrne with a score of 37 points, second was Darren Moran 34 points and third Mick Fahey beaten on the back nine 34 points, fourth Dave Weafer also beaten on the back nine on 34 points. All other winners listed above.

The prizes were presented by our sponsor's the Moore family to winners of the outing that evening in Brady's Bar to a large crowd of golfers and friends.

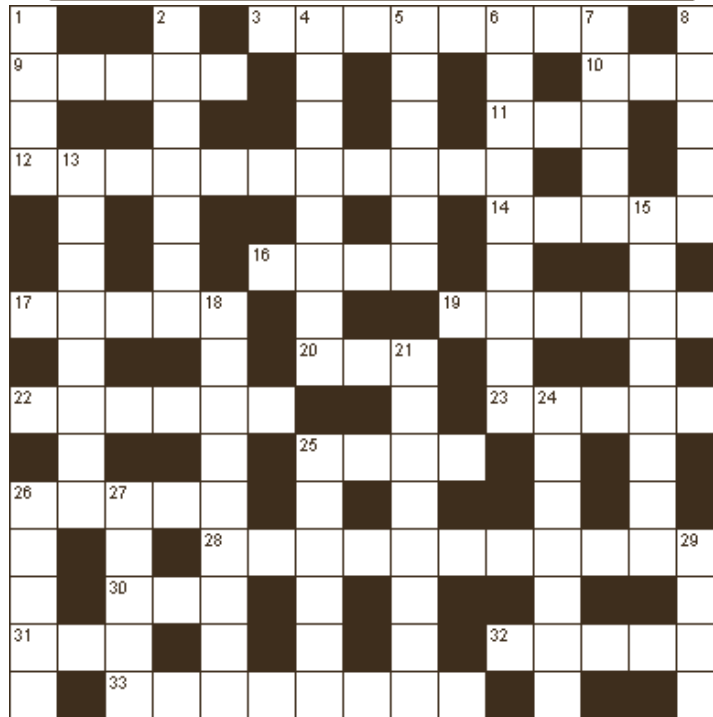
Our next outing is to Portarlinton Golf Club on 15th September visitors and new members are welcome to attend.

Clues Across

3. Extremely hot (5,3)
9. Participant (5)
10. Large island in the Channel (3)
11. Pull laboriously (3)
12. Basic (11)
14. Paddled (5)
16. Back of the neck (4)
17. Crawl (5)
19. Act properly (6)
20. A failure (3)
22. Hovers (6)
23. Sound (5)
25. Speech defect (4)
26. Set apart as sacred (5)
28. Not qualified (11)
30. Impair (3)
31. Young bear (3)
32. Arranges in groups (5)
33. Superficial (4,4)



September 2012 Crossword - No: 406



Clues Down

1. One of two equal parts (4)
2. Farewell (4-3)
4. One's native land (8)
5. Grow teeth (6)
6. Evening of Oct. 31 (9)
7. Large cat (5)
8. Weapon (5)
13. Portable weather protection (8)
15. Visualise (8)
18. Medley (3-6)
21. Space between two objects (8)
24. Outward movement (7)
25. Neither gas nor solid (6)
26. Trail (5)
27. Explosive weapons (5)
29. Partial darkness (4)

Special Prize Book Voucher

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

The Maynooth Bookshop

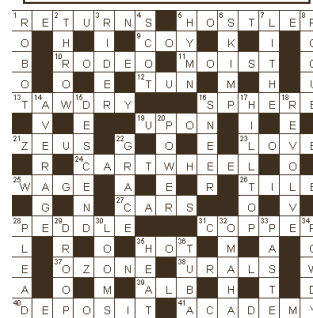
Entries in before: 25th September 2012

Name: _____

Address:- _____

Phone No.: _____

Answers to Crossword 405

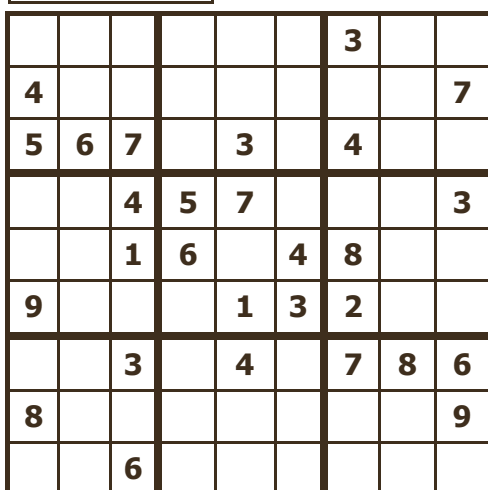


Winner of Crossword No. 405 August

**Martin Doyle
Rail Park
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
Maynooth Newsletter
Unit 5 Tesco S/C Maynooth.

Entries must arrive before: 25th September 2012

Sudoku Challenge September 2012

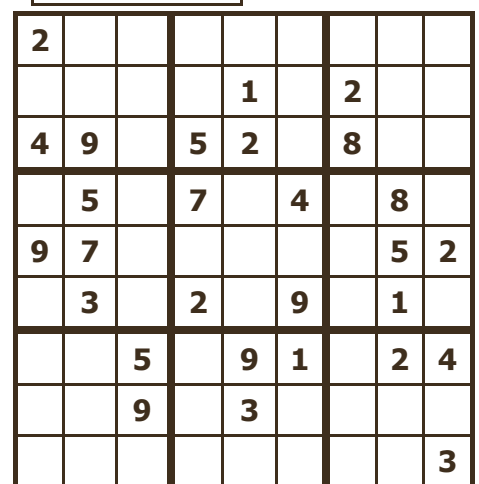


Name: _____

Address: _____

Phone: _____

Super Difficult



Congratulations to August Winner:

No winner this month

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

Catherine Murphy outlines alternative job creation proposals and calls on Government to push a job-friendly investment policy with the Troika

This morning Independent TD for Kildare North Catherine Murphy, along with several of her Technical Group colleagues, met a delegation from the Troika at Government Buildings in advance of their seventh quarterly review of Ireland's bailout programme. Prior to the meeting Deputy Murphy had circulated a discussion document to the Troika representatives which was commissioned by her and prepared by independent social policy think-tank TASC. The document sets out alternative proposals for a stimulus package for specific, 'productive investment' projects designed to bring a quick, real and durable economic benefit to the country with large positive knock-on effects. Potential funding sources for the projects are identified and discussed in the document.

"Following a previous meeting with Troika officials where it was clear to me that alternative proposals would be considered once they had been prepared rigorously and were evidence-based, I undertook to have well-grounded, realistic job creation alternatives prepared by TASC in order to make maximum use of the chance to speak directly with the organisations which largely dictate our economic policies. Today I outlined those proposals and received positive feedback from Troika representatives.

"Targeted investment projects with a high potential for job-creation have been seen in other small, open economies to have a genuinely durable economic benefit. Because the scope for spending in Ireland is so limited, with high levels of government, private and corporate debt causing significant confidence problems, other sources of capital must be identified to fund these projects.

"From a creditor perspective, the faster GNP grows, the more surety there is that debts can be managed. Unfortunately, our export-led recovery will not materialise quickly. The Government should be exploring all avenues available at this time to encourage real domestic job creation – with this in mind I have circulated the document I had prepared to the Minister for Finance and Finance Committee in the hopes of placing these objectives on the national agenda."

Main points contained in the discussion document

- Fiscal adjustment is necessary, but to avoid severe long-term economic and societal difficulties unemployment must be tackled by direct, targeted State-led investment, in addition to transitioning Ireland to exploiting domestic renewable energy resources. Sources of funding for this investment must be identified and exploited.
- Borrowing to fund current spending in a small trade-dependent economy like Ireland can give an economic benefit, but the effect is likely short-term and can leak out of the economy. More long term economic benefits can come from developing and implementing a concrete plan of 'productive investment' projects. In several cases, funding can be accessed without adding to the State's debt. The Government should prioritise these types of projects with the Troika.
- The economic benefits of borrowing to invest, if done properly and specifically targeted, can more than outweigh the immediate negative economic impact of that borrowing. From Ireland's creditors perspective, real GNP growth is the best way to ensure more rapid, stable return on their loans.
- The Government's heavy emphasis on export-led growth will not significantly tackle unemployment in the short to medium term; particularly in the context of weak global demand. The experience of similar schemes in other open economies shows that even a small level of targeted investment produces tangible benefits. We must invest in projects with the potential to create jobs domestically.

Examples of productive investment projects

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, Derrinturn
4pm: Keogh's The Corner House, Clane
6pm: The Monread Lodge, Naas



Catherine Murphy TD • Independent • Kildare North

- Retraining/upskilling construction workers.
- Enhancing next-generation Broadband provision.
- Loan guarantee scheme for SMEs.
- Seed capital for SMEs and Startups.
- Investment in Renewable Energy infrastructure; expanded research & development in the alternative energy sector; Enhancing State supports for offshore and onshore wind.
- Enhancing home retrofitting programmes.
- An Early Childhood Education scheme to help reduce childcare costs and enhance educational environment for pre-school and young primary school children.

Sources of Funding

- National Pension Reserve Fund – investing some of the €5.8 billion presently held in the NPRF discretionary fund.
- Several Irish commercial semi-state companies retain good credit ratings, and contain the tools and knowledge to engage in several types of productive investment projects. These companies can borrow more to a certain extent without necessarily adding to the State's sovereign debt.
- Providing direct investment opportunities for holders of private pensions.
- Limited privatisation of State Assets where there is a clear long term economic benefit.
- Accessing support from the European Investment Bank, where lending capacity is set to increase.
- Other proposed sources of funding at European level – project bonds, Eurobonds.

Catherine Murphy seeks to reform party funding and TD allowances, Government refuses to take amendments.

Earlier today Catherine Murphy TD, with the support of her Independent colleague Stephen Donnelly TD, proposed a number of amendments to the Electoral (Amendment)(Political Funding) Bill 2011 aimed at addressing several anomalies in the current system of political funding. Deputy Murphy expressed her disappointment when Minister Hogan, along with support from both government and opposition party TDs, refused to accept the proposed changes.

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. Interestingly 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 acknowledge the need for party funding and in no circumstances am I advocating for this funding stream to be rolled out to Independent politicians too, so in tabling the amendments I have simply sought to have this system altered so that the four "qualifying parties" receive only 83% of the fund and that the excess 17% be returned to the State. This would result in a net saving of €831, 287.33 per annum for the Exchequer."

Other amendments submitted to the Bill by the Deputy included a proposal to fully reform the Party Leaders Allowance fund in order to reduce the amount payable to TDs; to introduce a system whereby Independent TDs are required to vouch for spending under the Party Leaders Allowance; and to abolish the Whips and Committee Chairpersons allowances. All of these proposals were ruled out of order. Deputy Murphy expressed her hope to advance the amendments at the next appropriate opportunity.

Pyrite Damaged Homes: Remediation Measures Must be Ready by September

Deputy Catherine Murphy today warned that "clear and specific" measures to enforce the remediation of homes affected by pyrite must be "ready to roll in September" if the problem of pyrite contamination is to be adequately addressed for homeowners. The Deputy, who sits on the Joint Oireachtas Committee on the Environment, was speaking to members of the Pyrite Panel who addressed the committee this afternoon following publication of their detailed report last week. While praising the work of the independent panel, the Deputy said that the Government "has to assume a level of non-compliance" from the industry stakeholders identified in the report.

"There are approximately 1,000 homes which are identified in the 'red' category in today's report. The Government must be focused on bringing swift remedial aid to these people who were so badly let down when buying their homes.

"The Pyrite Panel's report is welcome, but it contains no clear consequences for industry stakeholders if they choose not to present workable solutions by September. The Minister should be explicit in that the result of non-compliance will be worse for the industry than addressing the problem now.

"Indeed, it's almost certain that we have not seen the last of the legacy issues arising from our construction boom. Some of the recommendations in the report will be helpful in addressing these legacy issues, particularly the idea of a builder's registry. Whatever solution the Government chooses in the case of pyrite damage, and in other legacy matters, the primary emphasis absolutely must be that it will be those responsible who must shoulder the cost of remediation, and not homeowners."

Comper Mongán (The conception of Mongán)

(We learn how Mongán was conceived and born, as the son of Manannán, god of the sea as mentioned in the previous article. There are two different versions of the story, one is longer and somewhat more modern. Apologies for the lack of continuity over the last two months. This is the shorter, earlier one. Mongán has two fathers – one a god and the other is human. The similarity between his life and that of Christ is hardly a coincident and the monks wanted to point to this. Despite this Mongán who died in 625 is an historical character and it is unusual for such a man to have such legends attached to him.)

1 Fiachna Lurga was Mongán's father, he was the only king of the province. He had a friend in Scotland, Aedán son of Gabrán. He sent a message to Aedán and Aedán sent a reply to Fiachna saying that he would help him. He was in a battle with the Saxons. A dreadful warrior was brought to kill Aedán in battle. Fiachna travelled across and left his wife at home.

2 While they were fighting in Scotland, a handsome man visited (Fiachna's) wife at his home in Ráth Mór in Mag Line. When he arrived there was not a great crowd in the fort at that time and he asked the woman to arrange a place for them to meet. But she said that there were no jewels or wealth in the world that would pay her to be unfaithful to her husband. He asked if she would do it to save her husband's life and she replied that if he were in great danger and distress that she would help him if she could.

'You must do this,' he said, 'your husband is in terrible danger. A horrific warrior was brought to him and he will die by him. If we sleep together you will have a son, he will be a wonderful boy and Mongán will be his name. I will go to the battle tomorrow that happens at the third hour and I will save him and kill the warrior in front of the men of Scotland. I will tell your husband what has happened and that you sent me to help him.'

3 This all happened. When the two armies were ranged against one another, the crowd saw some thing – a distinguished man standing before the army of Aedán and Fiachna. He went to Fiachna and told him of the conversation that he had with his wife; that he promised to help him at that time. Then he moved between the armies and killed the soldier. The battle was won by Aedán and Fiachna.

4 Fiachna returned to his home his wife was pregnant and she bore a son called Mongán son of Fiachna. Fiachna thanked his wife for helping him and she told him about all that had happened. This Mongán was the son of Manannán son of Lir although he is called Mongán son of Fiachna. When (Manannán) left in the morning he recited a verse to the mother, he said:

As I return home,

The white pure morning begins,

Manannán son of Lir

Is the name of the man who visited you.

.....

Comper Mongán agus serc Duibe-Lacha do Mongán (The conception of Mongán and the love of Dub Lacha for Mongán)

(This is the longer version - it gives more detail and follows Mongán into his adult, married life.)

1 Once Fiachna Finn son of Baetán son of Muirchertach son of Muiredach son of Eogan son of Niall left Ireland and went to Lochlann (land of the Vikings) where Eolgarg son of Magar was king. He received great honour, love and respect there but he was not there long when the king of Lochlann became ill and he asked his leeches and doctors what would

help him. They said that the only thing in the world that would help him was a red-eared, shining bright cow that would be boiled for him. The people of Lochlann looked for the cow and they found a single cow of the Caillech Dub (Black old woman). They offered her another cow in its place but the Caillech refused. They offered her 4 cows, one for each leg but the only security the Caillech would accept was Fiachna. That was the time that the messengers came to Fiachna Finn son of Baetán – he went with the messengers and took the kingship of Ulster and he was king for a year.

2 One day after a year, he heard a crying at the door of the fort and he asked that people look at who made the cries and to invite them into the inside. There was the Caillech of Lochlann looking for security. Fiachna recognized her and welcomed her in and asked her what news she had.

'I have news,' she said. 'The king of Lochlann has lied to me about the 4 cows that he promised to me for my cow.'

'I will give you the 4 cows,' Fiachna said.

'You will not,' she replied.

'I will give you 20 cows on his behalf,' Fiachna said.

The Caillech refused them again. He offered her 80 cows.

'By my word,' she said. 'If you gave me all the cows in Ulster I would not take them until you come yourself to fight the king of Lochlann. You will come with me just as I came to you from the east.'

3 Fiachna brought together the warriors of Ulster until he had 10 battalions and then he declared war on the king of Lochlann. They spent 3 days preparing until the king of Lochlann attacked the men of Ireland. Fiachna killed 300 warriors, But vicious sheep were released from the king of Lochlann's tent and they killed 300 warriors the first day, another 300 the second day and yet another 300 the third day. That was very difficult for Fiachna and he said: 'This is a sad journey for us that the sheep have killed so many of our people. If they had fallen in battle or in combat with the Lochlann army, it would not be a disgrace and they could avenge themselves. Bring me my arms and my battle dress and I will fight with the sheep myself.'

Please do not say that,' his people said, 'it is not right for you to fight them.'

'By my word,' the king said, 'no more of the men of Ireland will fall by them as I will fight the sheep myself. If I am destined to die there then it will happen as I cannot avoid destiny. If not, then the sheep will die by me.'

4 As they were speaking, they saw coming towards them a lone, large military warrior coming towards them. He was wearing a green, single-coloured cloak with a bright-silver brooch in the cloak on his breast and a satin shirt near his bright skin. He had a circle of gold around his hair and gold sandals on his feet.

The warrior asked: 'What reward would you give to a man who would rid you of the sheep?'

'By my word, I would give you whatever I had.'

'You will have it,' said the warrior, 'and I will name the reward.'

'Say the word,' said Fiachna.

'I will,' said the warrior, 'give me the gold ring on your finger as a sign to bring to your wife in Ireland when I meet her.'

'By my word,' said Fiachna, 'I would not allow a single man in Ireland fall on that condition.'

'It will be none the worse for you,' said the warrior, 'as I will father a wonderful son and he will be named for you – Mongán son of Fiachna Finn. I will visit your wife in your shape so that she will not be ruined by this. I am Manannán mac Lir and you will have the kingship of Lochlann, the Saxons and the Britons.' Then the warrior took from his cloak a noxious hound with a chain.

'By my word,' he said, 'not one sheep will carry its head from her to the king of Lochlann's fort. She will kill 300 of the men of Lochlann and you will have the result of that.'

The warrior went to Ireland and, in Fiachna's shape, slept with his wife and made her pregnant that night. On that day, the sheep and 300 warriors fell by the hound. Fiachna took the kingship of Lochlann, the Saxons and the Britons.'

(To be continued)

Notes (numbers refer to the paragraphs)

Story 1

2 Ráth Mór (Rathmore) in Mag Line (Moylinny) – a place-name associated with Mongán and this seems to be the seat of his kingship. Mag Line is near Lough Neagh in Co Antrim. The place-name Lough Neagh comes from the Irish Loch nEchach that means Lake of the Horse (ech). The horse is one of the most important mythological animals of early Ireland and horses are still very important in modern Ireland and England indeed.

Story 2

1 The word Caillech used as the name of a character here is commonly used in the stories and it is usually translated as a 'hag', 'old woman' and the most famous is the Caillech Bérré (of Beara). There are quite a few place-names that contain the word as well and there are places associated with the Caillech Bérré and a wonderful Old Irish poem about old age is attributed to her as well.

The word originally simply meant a woman who wears a veil, the word caille. Interesting how a neutral word comes to have a thoroughly negative meaning. This usually happens with words associated with women and not men.

Lochlann – a name for the Viking countries, used as a general term for places overseas sometimes.

3 Fighting sheep is pretty unusual in these stories!

4 Shape-shifting individuals and killer hounds are pretty common in the sagas.

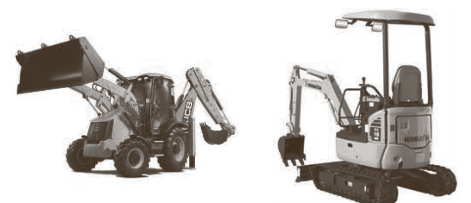
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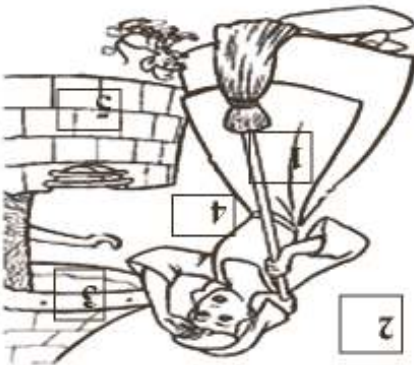
Join The Dots



Spot The 5 Differences



ANSWERS



McDonalds Children' s Colouring Competition



Prizes:
Free Family Meal
From
McDonald's, Maynooth



i'm lovin' it®

Name: _____

Age: _____

Address: _____

Phone No: _____

August Winners:

Age: 3 - 5: Oisín Grehan, Moyglare Abbey

Age: 6 - 7: No Winner

Age: 8 & Over: No Winner

Prizes for Colouring Competition can be collected at:
Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.
Entries must arrive before: 25th September 2012

September Diary Planner

I.C.A.

Meetings take place every 1st Thursday of the month at 8.00pm. in the I.C.A. Hall in the Harbour. Crafts Every Monday Night at 8.00pm. New members welcome

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

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

Maynooth Youth Café

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

Flower & Garden Club

Club meet on the 3rd Tuesday of each month in the Glenroyal Hotel (except where otherwise stated).
Teaching Demonstration in the Glenroyal Hotel on Tuesday 18th September at 8 o'clock
Demonstrator: Marie O'Leary
Maureen Fagan PRO

History Group

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

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

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 September Schedule from: Bernadette
Phone: 6289131

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

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

Maynooth Tidy Towns

On behalf of Maynooth Tidy Towns every success to this years festival, we will be doing our part to ensure that Maynooth is looking well for the event.

Sunday Morning clean up since early May we have had a volunteer team out every Sunday morning keeping the town clean and tidy from approximately 7.45 am to 9.15am. this is to make sure that the town looks very well for residents and visitors alike.

As previously advised we have need of all talents in Maynooth Tidy Towns, Sue and Liam Doherty undertook to paint window scenes on wooden panels for Buckleys House across from Maynooth Castle. These panels were put in place in time for heritage week by John Kavanagh, Olive Kerrigan and Aiden O'Rourke thanks all.

We would urge Landlords or their agents to try and brighten up their premises in time for the festival it would make such a big difference.

Our graffiti removal is continuing and our thanks to Dara Wyer in Kildare County Council for his help in this important pilot project in Maynooth.

Another project we have undertaken this year is to cutback brambles on walkways and pathways to ensure safer and easier mobility.

Our Tidy towns results will be with us in early September, once again we thank all who helped us in any way, full report will be published in the October newsletter.

Enjoy the Festival and keep Maynooth Tidy.

Richard Farrell,

PRO,
Maynooth Tidy Towns,

087-3153189,



L-R Juliette Sweeney, Pat Bolger and Eamon Cullen



Planter at Flood's House

FOOD FOR COLD DAYS

Curried Chicken Coconut Noodle Soup

Serves: 4-6

Ingredients

Vegetable oil	1 large garlic clove, minced
2 tbsp curry powder	800ml-1 litre chicken stock
1-400ml tin of unsweetened coconut milk	100ml water
6 thin slices of fresh ginger	1 stalk of lemongrass, minced
1/2 tsp whole black peppercorns	2 chicken breasts
130g medium Asian egg noodles	3 tbsp lime juice
3 tbsp Thai fish sauce	1 sprig of fresh coriander, chopped



Method

1. Heat a saucepan over a moderately low heat. Add some oil and the garlic and stir for 1 minute, until it's fragrant. Add the curry powder and cook for 30 seconds.
2. Stir in the stock, coconut milk, water, ginger root, lemongrass and peppercorns. Bring the mixture to a simmer. Add the chicken and poach it for about 20 minutes, or until it's cooked through.
3. Transfer the chicken to a plate. Shred the chicken and stir it back into the broth.
4. Add the noodles to the soup, stir to soften and simmer for about 3 minutes, taking care not to overcook. Add the lime juice and the Thai fish sauce. Taste for seasoning, adding more Thai fish sauce or lime juice as required.
5. Using a tongs, divide the noodles among the bowls and ladle the soup over them. Sprinkle with coriander and serve.

Irish Seafood Soup

Serves 4

Ingredients

3 tablespoons unsalted butter	1 onion, finely chopped
1 celery stalk, finely chopped	2 large potatoes, diced
1 carrot, diced	3 cups boiling water
4 cod fillets, skinned & cut into 1/2 inch pieces	2 cups milk
12 shrimp, deveined and cleaned	1/2 cups corn
Salt and pepper	
Parsley, chopped for garnish	



Method

1. Melt butter in large pot over low heat, add onion, celery and cook for 6 minutes.
2. Add potatoes, carrot, water and salt and pepper to taste. Bring to a simmer for 15 minutes.
3. Add cod, shrimp and corn to the soup and cook for additional 10 minutes.
4. Add milk and heat for further 3 minutes, season again and taste.
5. Garnish with parsley and some crusty sourdough bread.

Easy Vegetable Soup

Serves 4

Ingredients

1 tbsp butter	1 onion, diced
2 cloves garlic	3 carrots, peeled & sliced
3 sticks celery, sliced	1 turnip, peeled & diced
1 parsnip, peeled & diced	1 courgette, finely sliced
2L of vegetable, beef or chicken stock	1 tin of chopped tomatoes



Method

1. In a large saucepan, melt butter and add onion and garlic. Fry until softened.
2. Add the carrots, celery and courgette and fry for 5 minutes.
3. Pour in the stock and the tinned tomatoes and bring to the boil.
4. Simmer for approximately 10 minutes in a low heat until the vegetables are cooked.
5. Add salt and pepper if required

SEPTEMBER GARDENING

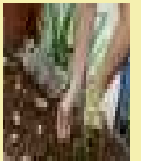
September can be one of the busiest months in the garden.

The pruning & fertilising stops now. Bring all house plants back inside, but make sure you check for any hitchhikers first.

Keep feeding fish in ponds. The most important task in Autumn is to keep the water free from decaying vegetation. To ensure the pond remains ice free by floating a ball on the pond's surface. This gives just enough heat to maintain a small area of open water.



Start the Autumn season by cleaning up the flower beds, cutting back anything that has finished growing or is diseased. Take cuttings. Watch out for frost & cover tender plants. You can use old net curtains to protect the plants. Give your compost a last turn & collect seeds for next year. Divide & move perennials. Dig & store tender bulbs like Dahlias, Caladiums, Cannas & Tuberous Begonias. Start planting Spring bulbs such as Anemone, Dog Tooth's Violet & Trillium as well as the all time favourites Daffodils, Tulips etc. For an abundant display place 10—20 bulbs in a hole 1ft in diameter so the bulbs don't touch.



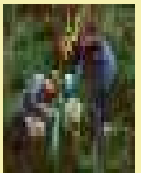
Harvest remaining vegetables including Green Tomatoes. Wait for a hard freeze before harvesting Brussel Sprouts. Pick herbs for drying or freezing. Dig up remaining potatoes before slug damage spoils them. Clean up fallen fruit. Now is a great time to put a grease band around any fruit trees to stop pests from crawling up & destroying the fruit.



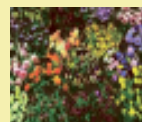
Plant new trees & shrubs. Keep them well watered if there isn't sufficient rain.

Over-ripening is a September hazard so check fruits & vegetables regularly.

Restart the vegetable garden — sow direct into the ground seeds of Lettuce, Greens, Onions, Peas, Beans & Broccoli. If you haven't fertilised your citrus trees during August, do it now! Use Ammonium Sulphate. This last fertilising will help make the fruit larger next year. Lemons can be picked later in September even when they are green. Lemons will not get any sweeter, just juicier.



For swathes of colour in Autumn, why not plant some Mims, Winter Pansies, Flowering Kale & Cabbage. Peonies & Iris can now be planted as well. Autumn is the best time to feed your lawn with a good quality, slow release lawn food. With at least two feedings between the months of September, October, November & December.



A man should never plant a garden larger than his wife can take care of



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Best Wishes to Maynooth Harvest Festival