

August 2013

Local News

FREE

Planning Now: MAYNOOTH HARVEST FESTIVAL GATHERING 26th Sept to 29th 2013



Kildare County Council is participating in the 2013 GLT campaign. The GLT awareness campaign aims to reduce littered gum in the most sustainable way; by changing irresponsible disposal behaviour − the root cause of the issue − by encouraging the public to dispose of their gum responsibly. The campaign was launched locally in May and the Council are now reminding the public to bin gum litter responsibly and avoid a €150 litter fine. Incorrect disposal of chewing gum is a significant issue for many local authorities. It is an important and emotive issue for local residents as carelessly discarded gum can be costly to remove. Promoting a behaviour change among gum droppers through local campaigns helps create a cleaner, more attractive local area that residents, visitors and businesses can enjoy. This website introduces the Gum Litter Taskforce and explains how we are making this behaviour change happen, as well as giving you the opportunity to get involved with the campaign. For more information visit the GLT website http://www.gumlittertaskforce.ie/

Photos: Above Left: L/R Cllr. Senan Griffin & Cllr. John McGinley: Above middle: Maynooth Tidy Towns Junior Volunteers at the launch of the 'Bin It Your Way' Campaign. L/R front row: Niamh Geraghty, Megan Sweeney, & Tara Kavanagh. Back row from L/R: Keelan Murphy and Ross Kavanagh. Above Right: Cllr Senan Griffin, Cllr John McGinley, Richard Farrell, Matt Callaghan and other reps from Maynooth Tidy Towns at the launch of Gum Litter Taskforce in Maynooth.



This publication is produced by Maynooth Community Council's Community Employment Scheme, supported by
Department of Social Protection, which is funded by the Irish Government under
the National Development Plan 2007 - 2013

2

Ingredients

3 Pink Lady Apples (or similar) thinly sliced

2 stick Celery thinly sliced

100 g Goodness Walnuts

1 Red Onion thinly sliced

1 tsp Wholegrain Mustard

1 tsp Mayonnaise

1 Lemon juiced

Salt & Pepper, to season



To make the dressing, combine the lemon juice, mayonnaise and wholegrain mustard to a bowl and season with some salt and pepper. In a salad bowl add the thin apple slices, onion, celery and mix together until thoroughly combined. Next add the mayonnaise dressing, sprinkle the walnuts over the salad and serve immediately.

Avocado, Red Onion & Vine Cherry Tomato Salad with Lime & Coriander Salsa

Serves 4

Ingredients

2 Avocados, halved

1 Red Onion thinly sliced100 g Vine Cherry Tomatoes halved

1 Cucumber seeds removed cut into small pieces

1 tbsp Olive Oil

2 Radishes thinly sliced

1 Lime juiced

Salt & Pepper

SALSA:

1 bunch Coriander chopped

1 Shallot finely sliced

I thsp Red Wine Vinegar

1 Red Chilli deseeded & finely chopped

Lime

Method

Squeeze a little lime juice over the avocado to prevent it from discolouring. Place some red onion, vine cherry tomatoes, radish and cucumber into a bowl and gently combine ingredients with your hands. Drizzle with a little olive oil and season with some salt & pepper. Spoon the salad into the avocado.

To make the salsa, place the coriander, shallot, red wine vinegar and chilli into a bowl and squeeze the lime juice over the ingredients. Season with a little salt & pepper. Spoon a large spoonful of salsa over the avocado salad and serve with some crusty bread.

Potato Salad with Smoked Bacon & Shallot Vinaigrette

Serves 4

1 kg Baby Potatoes cooled and quartered

150 g Smoked Bacon Rashers fried

3 Shallots thinly sliced

2 thsp White Wine Vinegar

1 tbsp Olive Oil

0.5 Lemon juiced

1 thsp Fresh Herb Chives

Salt & Pepper



Stir the vinegar, lemon juice, shallots and olive oil together well to make the dressing. Season with salt and pepper. Drizzle the potato quarters with the dressing and carefully shake the bowl. When cooled add the snipped chives and crispy bacon rashers. Season again with salt and pepper.

Mediterranen Salad

Serves 4

Ingredients

250 g Pasta Fusilli

200 g Sundried Tomatoes, fresh from our Deli Counter

3 Mixed Peppers deseeded and sliced

1 Courgette

1 Red Onion

Salt & Black Pepper, to season

1 Lemon juiced

2 thsp Olive Oil

Method

Preheat oven to 180°C/350°F/Gas Mark 4. Cook the pasta as per pack instructions drain and allow to cool. Drizzle with some oil. Place the courgette, onion, sun dried tomatoes and peppers on a baking tray. Season with salt and pepper. Drizzle some olive oil over the vegetables and place in the oven for 20 minutes. Remove from the oven and allow to cool. Then, in a large salad bowl combine the pasta with the vegetables, squeeze the juice of 1 lemon and season with some black pepper.



Quotes & Intriguing Trivia



Knowing yourself is the beginning of all wisdom!

Knowledge speaks, but wisdom listens!

A wise man will never tell his wife to keep quiet. He will tell her, she looks beautiful with her mouth closed!

A good lawyer knows the law, a clever one takes the judge out for lunch!

Think like a man of action, and act like a man of thought!

The one for the road, could be two for the cemetery!

Rest is a good thing but boredom is his brother!

Whenever I indulge my sense of humour, it gets me into trouble!

Your body temperature is at its lowest at 4am!

No word in the English language rhymes with month, silver or orange!

In France, it's illegal to sell an ET doll because selling dolls with no faces is illegal!

The liquid substance inside a young coconut can be used as a substitute for blood plasmal

The elephant is the only animal with four knees!

A good laugh and a long sleep are the two best cures for anything!

Until you spread your wings, nobody can clip them!

It's never so bad that it can't get worse!

Life is like toilet paper. The closer you get to the end the faster it goes!

He who laughs last is slowest to get the joke!

I'm going t try thinking positive, but I don't think it will work!

I know the voices in my head aren't real but sometimes their ideas are just absolutely

The secret to happiness is not to do what makes you happy, it's to be happy doing what you're already doing!

Friends are like a four leaf clover, hard to find, lucky to have!

I know that I am stupid but when I look around me I feel a lot better!

A good speech should be like a woman's skirt. Long enough to cover the subject and short enough to create interest!

Life is the dash between the birth date and the passed away date!

I'm not here to judge, I'm just pointing out all the mistakes your making!

Clever Household Tips & Tricks



Rubbing a walnut on scratched wood can disguise the scratches.

Prevent apple browning in your kids lunches by keeping the shape of the apple and putting a rubber band it.

A bowl acts as a cheap amplifier for your iphone.

Remove crayon masterpieces from your tv or computer screen with WD40. (it works on walls too)

Store bed linen sets inside one of their own pillowcases. No more hunting through piles for a match.

Re-use a wet-wipes container to store plastic bags.

Baby powder gets sand off skin easily - so it's a must for days on the beach.

Install a tension rod to hang your spray bottles under the sink.

Turn your muffin pan upside down, bake cookie dough over the top & voila, you have cookie bowls for fruit or ice cream.

Even out small scratches from your favourite CD or DVD with a dry cloth & some

Organise Tupperware lids by using CD racks.

Keep cans organised in a magazine file.

To prevent necklaces from tangling, thread one side through & re-clasp.



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THE OUT OF HOURS EMERGENCY CALL



As a Vet the out of hours emergency call is something you have to adapt to and fit into your working day.

At Maynooth Veterinary Clinic we rotate the night time and weekend work among ourselves, so each Vet knows in advance

his or her working schedule. In this way we offer our clients a 24/7 service so, if someone rings with an emergency at any hour or any day of the year, they are sure of a response. This response may be either advice over the phone or Veterinary intervention. The office phone is diverted to the mobile phone of the Vet on duty and we encourage our clients to ring in the case of an emergency. Sometimes clients cannot determine whether their pet's sickness is an emergency or not, we can advise them over the phone.

Emergencies can fall under two categories:

1. Pets with existing medical problems suddenly deteriorating e.g. heart disease, diabetes, epilepsy etc.

In this category, as all our patient's records are computerised the Vet on



duty has immediate access to the relevant details and medication, and can treat accordingly.

2. The pet affected by an acute episode.

This group of emergencies can vary from road traffic accidents, dog fights, bee stings to acute cases of diarrhoea/gastro-enteritis, to name a few.



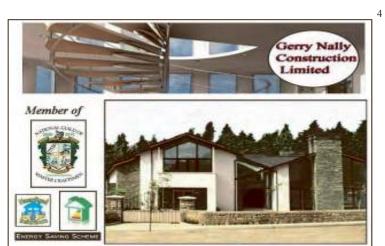
Recently I was on duty and the phone rang at 2am. A client was very upset, his Yorkshire terrier was having pups!

I was familiar with the dog because she had been scanned at Maynooth Clinic. At the time of the scan the client was very concerned he was worried how his dog would cope because of her very small size. I was



able to reassure him that as we give a 24 hour service there would always be a Vet on duty.

The client came into the Clinic at 3am and an hour later, after a caesarean section, the tiny Yorkshire terrier had 3 healthy pups!!



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Dear Heart of Jesus in the past I have asked for many favours. This time I ask for a special one (mention here). Take it dear Heart of Jesus and place it within your own broken Heart where your father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen. Say this prayer for three days. Promise publication and prayer and favour will be granted, no matter how impossible. Never known to fail. Thanksgiving for favour

received.
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Turas Le Cheile was established in 2001 and is a Voluntary service, confidential and free of charge to individuals and families who have been bereaved including those bereaved by suicide. The service is currently recruiting for new volunteers who are willing to undergo 90 hour training programme in bereavement support. The programme will commence on the weekend of the 20th & 21st September 2013.

A selection process applies through completion of application form and interview. Successful applicants will work alongside a highly qualified team of support personnel. Turas Le Cheile requires a 2 year commitment by those who train with the service.

The closing date for applications will be Wednesday 14th August, 2013.

For further information and application form please contact Claire O'Connell on 086 6025331 or

claire.oconnell@gmail.com

Community Council Notes

Community Council Notes 8th July 2013

The MCC meeting took place on Monday 8^{th} July in the Glenroyal Hotel.

Congratulations on the appearance of the Town of Maynooth expressed

The meeting opened on a very positive note.

Congratulations on the wonderful appearance of the
Town came from MCC member, Gabriel Martin via the
MCC Secretary. Thanks were expressed to Maynooth
Business Association, Kildare County Council,
Maynooth Tidy Towns, and MCC for their
achievement and collaboration. Paul Croghan
(Maynooth Tidy Towns) who said it was a mark of
what can be achieved and that it set a new standard of
excellence in the Town. It was also noted that the
approach roads were looking exceptionally good.

Co-options

Senan Griffin representing Ballygoran and Ben Finnegan representing Maynooth Students' Union were co-opted and welcomed. Ben expressed his thanks to the meeting and outlined his wish for the close collaboration with MCC. Ben is the first President of Maynooth Students' Union in 25 years who comes from Maynooth.

Ben Finnegan stated that Maynooth Students' Union

Maynooth Students' Union

would like to get more involved in community activities such as Maynooth Tidy Towns and the upcoming Festival. It was noted that the MSU had taken part with the Tidy Towns in litter pick up in the past. Mattie Callaghan expressed thank for their great work with the Tidy Towns in recent times. Ben highlighted that their charity for next year will be SOSAD Ireland (Save Our Sons And Daughters). This charity is an Irish suicide prevention and bereavement support group founded in 2006. It currently has four offices spread out across the north east region, in Louth, Meath and Cavan. At present they are looking for premises in the Maynooth area. This is a very worthy charity and any support of it would benefit both students and the community as a

Re-Zoned Land and Education clarification

The question of re-zoned land at the Educate Together site was clarified. The land has been rezoned for education purposes. It has not been allocated to any individual existing or non-existing school. Maynooth Community Council does not have a policy in relation to schools in the area. It was stated that recent letters printed in the Liffey Champion and the Maynooth Newsletter in relation to a proposed Gaelcholaiste on the re-zoned land were not the views of the MCC. Letters written by individual Maynooth Community Council members do not represent the views of the Maynooth Community Council.

Department of Social Protection and extension of Community Employment Scheme

John Doogan was congratulated on the publication his first *Maynooth Newsletter*.

The MCC Executive met with two representatives of the Department of Social Protection, Mr. Tom Rowan and Mr. John Blake. The MCC Office is now responsible for an additional five employees under the umbrella of the Irish Episcopal Conference,

specifically Accord, Irish Prisoners Overseas and The Bishops Drug Initiative. The additional

employees will work in the Columba Centre in St. Patrick's College. MCC Office Manager will look after the administrative needs of the appointment as laid down by FAS and the necessary training and day to day work will be supervised by personnel in the two organisations mentioned. It is hoped to have the people in place in two months.

Muireann Ní Bhrolcháin, Secretary stated that this was testament to the success of the Community
Employment Scheme in Maynooth as recognised by the Department of Social Project. The CES will have 35 workers between MCC Office, the Harbour, the Soccer Club, the Community Space and St. Patrick's College. It was noted that the merging of the Environment Project and the Maynooth Community Council and the handover from Brian Curtis to the present office manager, John Doogan was a seamless and successful transition. The MCC Plan for 2014 is being prepared and will be completed before the end of July. It was an

excellent week for Maynooth Community Council.

Reports from Sub-Committees

Senior Citizens: The final Tea Dance will take place on 21st July. Senior Citizens will go on holidays for a week at the end of August. The group will recommence on the 3rd September. It was stressed that safety and duty of care continues and the Mass bus will continue to run during the holiday period. On behalf of the group, Josie Moore expressed her thanks to all who supported Senior Citizens both physically and fiscally. Educate Together School: The sixth class graduated. Building of the two new ASD units will commence on the 9th July and should be completed by September. It will cater for 12 school children.

Tidy Towns: The greatly improved appearance of the Town for the Irish Open was commented on. Thanks were expressed to the Maynooth Business Association, Kildare County Council, the Sunday Morning Crew of MTT, to Clubs and Residents Associations that got involved and to the group of 10 ten people from M+W Group. Some areas needed improvement -

grass cutting on the slipways could have been better.
The Chairman reported that the overall feedback on the appearance of the town was very good but that was room for improvement in certain areas.

Three new projects have been undertaken by MTT. In conjunction with KCC a new sign has been erected at Carton Avenue. New approach road signs will be in place in the next few weeks. The removal of sticky signage is being undertaken but it is a time consuming job.

It was commented the posting of these signs is illegal and the Bye-Laws should be enacted. Many of the signs have mobile numbers and these should be reported rather than removed by Tidy Town members. Ben Finnegan MSU stated that they would reinforce the anti-litter message on their website and through their newsletter. The MSU intend to be out doing their bit during Freshers Week.

Maynooth Harvest Festival: Plans are ongoing. U3A: June had been a very busy month. They celebrated their 10th anniversary in a joint concert with the ICA. They visited the Shackleton Endurance Exhibition in Dún Laoghaire. They took part in a Céile with Rita Doyle.

Update on Twinning: The Chairman of MCC will visit Canet-en-Rousillon on the 19th July to make

contact with various groups to try and establish links between groups in Canet and Maynooth. He reported that there is an exchange page on the Maynooth website for those interested in taking part in family holiday exchanges. The Maynooth Harvest Festival will have visitors from Canet and it will coincide with the second anniversary of the signing of the charter between the two towns

The next Maynooth Community Council Meeting will be in September.

Back to School Tips

If your finances are under pressure, the National Consumer Agency has the following tips for ways to save on the back-to-school costs:

Uniforms can be one of the biggest back to school expense. Ask you school or other parents to see if there is a second-hand uniform sale planned. Some websites or local groups on social media sites also sell second-hand uniforms. Keep an eye out for special promotions in shops on school uniforms and try to shop around for generic items of clothing like grey skirts or trousers, white shirts etc., just because the school crest appears on the jumper does not mean you have to buy the matching plain skirt or trouser from the schools supplier. The larger chain stores can be good for these, but remember that stocks do not last when demand is high so it is a good idea to buy early rather than waiting until just before the start of the new school year.

If the school requires an item of clothing with a school crest, ask them if you can purchase the crest and uniform separately to save you money.

Check out your local charity shop. You might be surprised by what you find, like school ties, stationary and clothing. Watch out for shoe sales during the year. Consider buying second-hand school books. Before you do, you will need to check whether your school specifies a particular edition of a given textbook. Some schoolbook websites also sell second-hand books or allow you to sell your books through their websites. If you have to buy brand new books, make sure you shop around. You can compare prices in bookshops with online retailers, as well as specialised schoolbook websites

Many schools operate book-lending schemes and do not forget that some books, such as popular classics are also available from libraries, though lending times can be limited.

You may also be able to sell your child's old books if they are in good condition. Certain online sites allow you to place free ads. You can place an ad for the books you want to sell as well as the books you need.

Buying stationery in bulk can be cheaper than buying items one-by-one. There are usually good offers at back-to-school time, if you can afford it, it might be worth buying what you will need for the year, or you could get together with other parents and buy in bulk.

Packed lunches prepared at home are not only cheaper than shop-bought lunches they are often more nutritious. Lunchbox products targeted at children can contain large amounts of salt and sugar and generally work out more expensive. A little time spent planning your family's weekday lunch menu before you do the shopping can reduce food wastage and save you money.

Bulk-buy food items, this can be expensive initially but will last for several days. Buy foods that are in season as they are normally cheaper.

If you can afford to , it is a good idea to start to plan ahead and put a little money aside for next year's back-to-school costs. Saving even a small amount regularly can make a big difference. Keep this year's receipts so that you will know how much you will need for next year.

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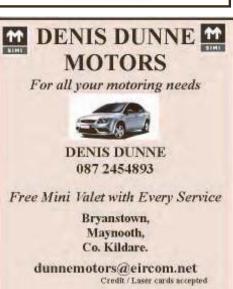
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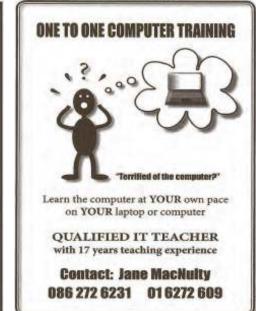
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Know Your Rights

Know Your Rights A: Appealing your Leaving Certificate results

Question:

Can I get a Leaving Certificate exam paper re-checked if I think that it has been marked wrongly?

Answer:

Yes, if you are not satisfied with the marks in one or more of your Leaving Certificate exams, you can appeal them to the State Examinations Commission. Before you make the decision to appeal a result, you may view your exam paper and then make your decision. The State Examinations Commission will send your school personalised application forms for you to view your exam papers and to appeal your results. (For external candidates, these forms are enclosed with your examination results.)

Viewing: If you decide you would like to view a particular paper, you mark the form accordingly. There is no charge for viewing your papers. You must return the completed form to your school by 20 August 2013. The Organising Superintendent appointed by the State Examinations Commission will assign you to one of the viewing sessions. These will take place on 30 and 31 August 2013 in your school or examination centre.

Appealing: If you decide to appeal your results, you indicate the subjects you wish to appeal on the appeal application form and you pay the appeal fee. Your application to appeal your 2013 results must be received by 4 September 2013.

Your paper will be re-marked by an appeal examiner, who will be different from the examiner who originally marked your work. The same marking scheme is used for re-marking. Your result may be upgraded, left the same or downgraded as a result of an appeal. There is further information about the appeal process on the website of the State Examinations Commission. examinations,ie.

If you are not happy with the outcome of your appeal, you may request a review by the Independent Appeals Scrutineers. Application forms for an appeal review are provided with your appeal results.

Further information is available from the Citizens Information Centre below.

Know Your Rights B: Rent Supplement reviews

Ouestion:

I have been getting Rent Supplement for nearly a year. I have been told that my Rent Supplement is being reviewed. What does this mean? Will I lose my Rent Supplement?

Answer:

Your claim for Rent Supplement is reviewed regularly, usually every six months. During the review you will be asked to complete a Rent Supplement Review Form (your landlord will have to fill out part of this form). You should return this to the Department of Social Protection (DSP) officer dealing with your claim. The

officer will examine the form to make sure that you are receiving the right amount of Rent Supplement. The maximum rent limits for Rent Supplement are reviewed regularly and the latest limits are effective from 17 June 2013. In some cases the officer dealing with your claim may visit your accommodation to confirm the tenancy and the type of accommodation. You should return the form as soon as possible to the officer to ensure there is no delay to your payment.

If your circumstances have not changed since you started getting Rent Supplement you should continue to get your payment. If your circumstances change while you are getting Rent Supplement (for example, if you get extra work or the number of people living in the household changes) you should contact the DSP officer dealing with your claim immediately. You should not wait until your review as this may mean that you are overpaid Rent Supplement which you will have to repay.

If you refuse two offers of social housing from a local authority within a 12-month period, your Rent Supplement will be stopped and you will not be allowed to claim Rent Supplement for 12 months.

Further information is available from the Citizens Information Centre below.

Know Your Rights C: Compensation for cancelled flight

Question:

I booked a flight from Dublin to attend my niece's wedding in France. When I arrived at the airport, I was told the flight was cancelled and the next available flight meant I would miss the wedding. Am I entitled to a refund for the cost of the flight?

Answer:

Air passengers have specific consumer rights under European law when they are denied boarding against their will or their flight is cancelled or delayed

As your flight was cancelled, you are entitled to a choice of:

A refund of the cost of your ticket within 7 days or Re-routing to your final destination at the earliest opportunity or

Re-routing at a later date at your convenience, subject to availability of seat

In your case, as you missed your niece's wedding, you should be given a refund of the cost of your ticket.

You may also be entitled to compensation because you received less than 7 days' notice of the cancellation and you were not offered an alternative flight departing no more than 1 hour before your original departure time and arriving at your final destination less than 2 hours after your original scheduled time of arrival.

However, if the airline can prove that the cancellation was caused by an extraordinary circumstance which could not have been avoided, even if all reasonable measures had been taken, no compensation is payable. Examples of extraordinary circumstances may include weather conditions, air traffic control restrictions, security risks and industrial disputes that affect the

operation of the flight.

If you have a complaint about the assistance and compensation you have received for your cancelled flight, you must first contact your airline directly. If you are still not satisfied you should contact the Commission for Aviation Regulation, either online at aviationreg.ie or by phoning (01) 661 1700.

Further information is available from the Citizens Information Centre below.

Know Your Rights D: Medical card reviews

Question:

I have just got a medical card. Will I have to apply again next year?

Answer:

A medical card issued by the Health Service Executive (HSE) allows the holder to receive certain health services free of charge. To qualify for a medical card your weekly income must be below a certain figure for your family size.

If your circumstances change, you must inform the HSE, as you may no longer be eligible for a medical card. For example, if your income changes, you must inform the HSE Central Medical Card Office as soon as possible either online at medicalcard.ie or by phoning Callsave 1890 252 919.

In any case, the HSE will ask you periodically to confirm your circumstances. For people aged 66 years or over their medical card is normally reviewed every four years. For people aged under 66, their medical card is generally valid for three years but, depending on the individual's circumstances, it may be issued for a shorter period. Medical cards awarded on a discretionary basis are usually valid for two to three years.

The HSE sends you a review form, which you must fill in and return to the HSE Central Medical Card Office. If you do not return your review form your application cannot be re-assessed and your card may not be re-issued.

You can use your expired card while a review is taking place, as long as you are still involved in the review process. Your eligibility can be confirmed by any GP or pharmacist, or you can confirm it yourself online at medicalcard.ie.

As well as the standard assessment and review processes, the HSE carries out random audits. If you are selected for review, you will be asked to submit upto-date income details.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public. Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service - 0761 07 4000.

Maynooth Newsletter Editorial

The Newsletter would like to take the opportunity to remind readers that this year's Festival takes place at the end of September. There was great involvement last year and it hoped that there will be even larger crowds this time around. Most of the successful events from last year will be repeated with a continuing emphasis on culture and heritage. This year the students have expressed an interest in becoming involved and we will be welcoming our Canet friends as well. The Festival has also been recognized as part of the Gathering.

Politics in all shapes and forms dominated the news landscape for the past month. The fact that the Oireachtas was closing for the summer meant that important legislation was being debated and had to be completed. The Protection of Life during Pregnancy bill had to be passed as the Government, particularly Fine Gael, could not have their back benchers return to their constituencies to face the electorate for the summer months. This might have led to many more dissenters and defectors than actually occurred. The antics of the last month have not filled people with a great faith in the political system. The sexism shown in the Dáil and in the Seanad was quite astounding. And questions must be asked; should the Dáil be sitting until 5am, should the bar be open until 5am? No is the answer to both. But that still does not excuse the childish and sexist behaviour of a male TD who feels that there is nothing wrong with grabbing a female TD and put her sitting in his lap. She did not seem impressed. This action would have been bad enough in the aforesaid Dáil bar; it was inexcusable in the House itself and, and during such a sensitive debate, it thoroughly reprehensible. Had he forgotten that the cameras were active? But even if they were not, it is still not what we want to see in our national parliament.

The behaviour in the Seanad, while discussing the possible abolition, was even more amazing and bizarre. David Norris was a serious candidate for the presidency of Ireland and there he was castigating another female TD with expressions that struck many people as quite extraordinary. The shouting and screaming during this scene may have ensured the demise of the Seanad. Teachers would never tolerate such behaviour from children in National School.

For other observers, it was the sight of so many sobersuited men debating women's bodies again that was chilling. This has been a constant since the 1980's; the most intimate details of women's bodies being discussed in public, and probably in private, by men, some of whom have shown that they have little or no respect for women. Some of the details that some Senators felt they had to reveal were again reprehensible and completely irrelevant to this present bill.

Perhaps this explains why there are so few women in politics? It is still part of the 'old boys' club? Certainly the working hours are not compatible with married life, particularly as it is still mostly women who arrange the childcare. Who wants to be told at short notice that they will be working, not until 10pm, but until 5am? Who does the childcare then? Who arranges to look after them? This may sound sexist against men but it is by and large women who take children to the work crèche or pick the children up after work. Quotas are all very well but if the working conditions are anti-family and particularly anti-mothers, then the number of women in politics will not increase.

All this behaviour shows that there is an inherent sexist, even from gay men, against women in Irish society. Those who are elected represent the people, and, even if voters do not want to admit it, they reflect the views of the people. This also applies to those who have been

shown to be suspect in their business affairs and are elected over and over again. Of course David Norris is fighting his own medical battles, but this surely cannot excuse his attack on another public representative in such a fashion?

Although the abortion debate did not divide the country in quite the same way as occurred in the past but that may have been because it was a bill rather than a referendum where everyone had a vote. There is little doubt that this is not the end of the debate or of necessary legislation. Both sides of the issue, and those in the middle, are not content with the present bill and there will be future attempts to legislate further or to backtrack again.

The anger at the Government took an ugly turn during July when Minister Pat Rabbitte was spotted having a pint outside Doheny Nesbitt's after a Dáil sitting. Until now it was unusual for protesters to target a Minister when relatively off-duty. Interestingly, there were few, if any, such attacks on Fianna Fáil/Green Party Ministers when it became increasingly obvious that they had helped to bring the country to bankruptcy. Mar is gnáth, cuirtear an milleán iomlán ar an mionpháirtí, Lucht Oibre sa chás seo. Ach is iad Fianna Fáil is mó is cúis leis an dochar a déanadh don tír seo. Is iad a bhí i gcumhacht ar feadh beagnach cúig bliana déag. Tá súil again go bhfuil gach éinne ag baint sult agus taitneamh as an aimsir. Tá cluichí CLG mar chúlra ar an samhradh mar a bhíonn i gcónaí. But one of the big matches will be the Battle of the Crisps as Hunky Dory's Tyrone meet Tayto's Meath. May the best Crisps win!

Muireann Ní Bhrolchán

GREAT TRUTHS

- 1. In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress
- -- John Adams
- 2. If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.
- -- Mark Twain
- 3. Suppose you were an idiot. And suppose you were a member of the government. But then I repeat myself.
- -- Mark Twain
- 4. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.
- --Winston Churchill
- 5. A government which robs Peter to pay Paul can always depend on the support of Paul.
- -- George Bernard
- 6. A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money.
- -- G. Gordon Liddy
- 7. Democracy must be something more than two wolves and a sheep voting on what to have for dinner.
- -- James Bovard, Civil Libertarian (1994)
- 8. Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries.
- -- Douglas Case, Classmate of Bill Clinton at Georgetown University .

GREAT TRUTHS (Cont)

- 9. Giving money and power to government is like giving whiskey and car keys to teenage boys.
- -- P.J. O'Rourke, Civil Libertarian
- Government is the great fiction, through which everybody endeavours to live at the expense of everybody else.
- -- Frederic Bastiat, French economist(1801-1850)
- 11. Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it.
- --Ronald Reagan (1986)
- 12. I don't make jokes. I just watch the government and report the facts.
- -- Will Rogers
- 13. If you think health care is expensive now, wait until you see what it costs when it's free!
- -- P. J. O'Rourke
- 14. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other.
- --Voltaire (1764)
- 15. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!
- -- Pericles (430 B.C.)
- 16. No man's life, liberty, or property is safe while the legislature is in session.
- -- Mark Twain (1866)
- 17. Talk is cheap, except when the government does it.
- -- Anonymous
- 18. The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.
- -- Ronald Reagan
- 19. The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery.
- -- Winston Churchill
- 20. The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.
- -- Mark Twain
- 21. The ultimate result of shielding men from the effects of folly is to fill the world with fools.
- -- Herbert Spencer, English Philosopher (1820-1903)
- 22. There is no distinctly Native American criminal class, save Congress.
- -- Mark Twain
- 23. What this country needs are more unemployed politicians
- --Edward Langley, Artist (1928-1995)
- 24. A government big enough to give you everything you want, is strong enough to take everything you have.
- -- Thomas Jefferson
- 25. We hang the petty thieves and appoint the great ones to public office.
- -- Aesop







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Tesco Extra Family Fun Day Saturday 28th September Registration Form

Name
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Email
Table

Closing Date for application Saturday 21st September

Tesco Extra Maynooth Family Fun Day For the Harvest Festival

If you are interested in taking a stall on the Sat 28th September in Tesco Car Park for our Fun Day, you can contact me in store to pick up a registration form at Customer Service Desk or alternatively at Maynooth Community Council Office (beside the Post office)

> Bernie Kane Community Champion Tesco Extra Maynooth

Maynooth Golf Society

Result Sheet2013

Woodlands Golf Club Date 21/06/2013 Sponsored by Ollie Bright and Tom Nolan

1st Prize	Danny Finnan	42pts				
2 nd Prize	Tom Coffey	39pts				
3 rd Prize	Aaron Tobin	37pts B9				
4 th Prize	Gerry McTernan	37pts				
5 th Prize	John Saults	36pts B6				
6 th Prize	Barry Desmond	36pts B9				
7 th Prize	John Carroll	36pts				
Front 9	Martin Shields	21pts				
Back 9	Marty Maguire	17pts				
Nearest the Pin	Darren Nau	ghton				
2's Club	Barry Desmond, Barry Farrell, Eamon Murphy					
Visitor	Trevor Naughton					

The Friday evening outing to Woodlands Golf Club on Friday 25th May was a great success. This now mature 18 hole parklands course was in fine condition, with its variation of holes and many lakes it was challenging for the 47 members and visitors who played. This outing was sponsored by Ollie Bright and Tom Nolan.

Competition for prizes was very tight with all prize winners scoring over 36 points. The winner on this competition was new member Danny Finnan with a score of 42 points who beat Tom Coffey into second place 39 points, 3rd place Aaron Tobin 37 points, 4th Gerry McTernan 37points also beaten on back 9. All other prize winners are listed above.

The prizes were presented in Brady's Bar to a large number of members and friends from the society. The captain Marty Maguire thanked the sponsors Ollie Bright and Tom Nolan for their support and sponsorship of the society. He also congratulated all the prize winners on another successful and well supported golf society outing.



ASK SHARON THE STYLIST!!

"I love the confidence that makeup gives me''— Tyra Banks (American Super Model)

Question: "How much makeup should I wear?" It really is a matter of personal choice, it's been so hot recently that I didn't even want to wear any make-up and foundation during the day but because I know that it will also act as a second skin and protection from the sun because it contains SPF I stuck with my BB cream. BB is short for Beauty Balm and is basically a hybrid between a tinted moisturizer and foundation and I like it because it's a little thicker and offers more coverage than a tinted moisturiser. When I'm having an "off day" and I put my makeup on I always feel better. I have it down to a fine art which takes 5 to 10 minutes depending how much I decide to put on and when you think of all the hours in the day it is a small price to pay to look and feel better. Here is a basic make-up lesson to follow from start to finish, just take out specific parts that you want to try and because "practice makes perfect" you will find in time you will get quicker too.

Basic 10 Minute Make Up:

Start with Sunscreen: Starting with a clean face, apply sunscreen to face and neck, rain or shine you should get in the habit of applying sunscreen every day, if you have dry skin, apply moisturizer BEFORE sunscreen.

Foundation is next: Apply BB Cream to your face making sure to blend along the jaw line so you don't have a tell-tale line

Translucent Powder: Loose or Pressed. Next using a puff or brush, apply or pat powder gently on your face to blot wet patches and prepare for blusher.

Blusher: Apply blush just under the apples of your cheeks with a medium blusher brush, use your ear as a guideline and work towards the nose to just under the eye, if using cream blusher apply on to the apples of your cheeks first before translucent powder directly onto foundation.

Optional: Eyebrows: Some brows may need to be filled in, match your eyebrow pencil colour to the same colour as your natural eyebrow. After pencilling in, use an eyebrow brush to blend in colour.

Eye Shadow: For a basic eye, simply apply a base shade or highlighter all over the lid of the eye. Apply a darker shadow on the lid of your eyeball to contour the natural shape of your eye and then a little just under your bottom lashes

Mascara: Apply Mascara by wiggling the wand from the roots of your lashes on through to the ends.

Lips: Apply lipstick and if you like you can fill in lips with lip liner.

All this and much more is covered in your Make-up Lesson which is part of your 3 Hour Image Consultation, for more information please contact me directly on 087 9962459 or my Office number 01 6016295.

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Princess Leah Update Beauty and Bravery Still Shining True



It has been two months since we printed an article on Leah Taaffe and here at the Newsletter we thought that we would give you an update on how she is doing now. Just to refresh your memory, Leah, or Princess Leah as she's known by her family and friends, is 6 years old and attends Robertstown National School. Leah was diagnosed with a rare form of brain tumour, so rare in fact that only one in five million may contract it worldwide and up to now there has never been a recorded case of it here in Ireland. It is so rare that, unfortunately, that there are no proper facilities to deal with it in Ireland and so Leah has had to go to England for suitable treatment.

This treatment is very expensive at 250,000 euro. Leah's aunt, Kym Kelly, explained that they were not able to secure state funding to help with the medical costs and so they have to raise the money themselves and with the help of a very generous community. There has been a very positive response from the general public, whereby people have run coffee mornings and afternoons, arranged music and dance nights and there was a sky dive on the 27th July to add to those much needed life-saving funds for Leah.

Leah had her last radiation treatment on 1st of July and as Kym says "there is no more treatment now for up to 10 weeks. They cannot scan before then as there may be swelling and this will give a false reading. Once the scans are done, we will then know if the cancer is finally responding to treatment. Chemo did nothing for Leah. Our hopes are resting in radiation. If it doesn't work we then have to fight hard for

Leah. We are currently contacting hospitals in the UK, in the hope that they will take on her case."

To date just over 105,000 euro has been raised for the Princess Fund, but this is still far short of the 250,000 euro necessary for the on-going treatments. If any pubs, clubs, shops or businesses from Maynooth are willing to run a fundraising event please contact kymkellymusic@gmail.com. If you feel that you would like run a coffee morning, a music or dance event or have a civvies day at work or when you go back to school to help raise funds for the Princess Leah Fund, contact Kym who will also give you updates. To follow Leahs courageous battle log on to her Facebook page or to make a donation visit www.idonate.ie/princessleahfund. Leah and her family would also like to express their gratitude and thanks to all those that have donated their time effort and support to date and that the response and generosity shown by so many people who are willing to help is greatly appreciated.

By: Brian O'Neill

Maynooth - Ontario - Canada Maynooth is the heartbeat of the municipality of Hastings Highlands



Maynooth where? I hear you ask. Well there is a Maynooth in Canada, which is not an unusual phenomenon as there are many towns around the world that bear the same name as those in other

geographical locations; such as Dublin City in Ohio, America and it's obvious counter-part, and fore-bear, here in Ireland and if you can't guess where that is then you could just try Google-ing it. Now that I have your interest and without any further ado, here are some facts about our namesake in Canada. Maynooth is a small hamlet in Hastings Highland which is in the northernmost portion of Hastings County, Ontario. It is just 20 minutes north of Bancroft and located at the junction of Highway 62 and Highway 127. Maynooth hamlet is just South-East of the world famous Algonquin Park. This area is known as Canada's Mineral Capital because of the diversity of minerals and gems. Maynooth Natural Granite is found in a glacial deposit formed from these rocks and sand during the last ice age. The granite rocks themselves are some of the oldest in the world and estimated to be in excess of 1 billion years old. They have been metamorphosed (exposed to extreme pressure and



temperature), mixing in a large range of minerals to create unique and colourful rocks. In contrast to our

In contrast to our own town, which was founded many hundreds of years ago and has a

resident population of 12,510, Maynooth, Ontario, was founded in 1861 and its present population is 4168 with 94.0% who speak English as their first language; 1.0% speak French as their first language and 5.0% indicating a language of first choice from other cultural and ethnic backgrounds. It went through a period of name changes; initially it was called Doyle's Corner, then Oxenden, which was changed to Tara and ultimately the residents settled on Maynooth in honour of Patrick Fitzgerald and his family who are a descendent branch of the Fitzgeralds of Kildare.

The current municipality of Hastings Highlands was incorporated on January 1, 2001, by amalgamating the former townships of Bangor, Wicklow and McClure, Herschel and Monteagle and the township's administrative and commercial centre is the community of Maynooth. The township also encompasses the communities of Baptiste, Combermere, Bell Rapids, Birds Creek, Centreview, Graphite, Greenview, Hickey Settlement, Hughes Hybla, Lake St. Peter, Maple Leaf, Maynooth Station, McAlpine Corners, McGarry Flats, Monteagle Valley, Musclow, Purdy, Scotch Bush,

Scott Settlement and York River. Each year the residents host a festival, which was formerly known as "Maynooth Madness", but



is now referred to as the "Maynooth Loggers Games" on Labour Day weekend. This festival has a variety of attractions and games such as the obvious logger's games which include events such as log-slicing with chainsaws and skidder operating systems. This festival is a spin-off from the Maynooth Autumn Fair and also includes events such as the annual mud-run, a parade, a rummage and craft sale, Fall Fair and many other fun events such as chair-carving. On 31st of August this year the Maynooth Highland Heavies in conjunction with 25 members of the Canadian Scottish Athletic

Federation (C.S.A.F) will be throwing in a number of events including the Caber Toss, Hammer, Weights for distance, Weights for height, Sheaf



and Stone Putt. These athletes are from all over Canada and America and have trained and travelled to compete in what is a very famous and popular festival. Like our own town, Maynooth Ontario is small. Our own town relies on St. Patrick's College and N.U.I and also its close proximity to Dublin to compliment the indigenous industry to sustain local financial prosperity. Maynooth Ontario relies on the fact that it is a good place to base visits to other localities such as the Algonquin Provincial Park to view the beautiful and panoramic scenery to indulge in some camping, canoeing, kayaking, hill walking or even a visit to the outdoor logging museum. When in the outdoors everybody has to be wary and alert for bears, moose and wolves among other such native animals. Though wolves are mostly based in the interior and rarely seen, the more common species of animal to be seen are beavers and otters which are fairly common. In our own society we take for granted the convenience of having Tesco's, Dunne's, Aldi and Lidl among other supermarkets and shops. In Maynooth, Ontario, there is a small grocery store with a plentiful stock, which is comparatively expensive but acceptable value. While there is a local café serving treats there is also a local pub which

was set up by the local hostel owners for both guests and nonguests. This, in itself is an obvious contrast to the number of



café's, pubs and clubs we have on our own doorstep here.

The Public School is located in a rural setting at 24 km's North of Bancroft. This is a Junior/Primary school with approximately 100 students in attendance, from Junior Grade to 6th Grade. While maintaining a focus on success for every student, learning is celebrated through achievement assemblies, character education, Reading Buddies, family literacy night, a Science Fair and a participation in a variety of community celebrations. When the students begin their second level education they start attending York River Public School in Bancroft.

This is only a small window on the aspects of another place called Maynooth and while the name is the same as our own town they are very different places to live in with very different attributes to offer the residents and the visitor alike. But then isn't that what makes life so interesting; if all places were the same what would be the point of travel holidays?

By: Brian O'Neill

Tesco's Food Appeal for Local Charity

I would like to thank all our customers most sincerely for your very kind generosity at the Tesco Extra Maynooth Food Appeal held on Friday 5th & Saturday 6th July 2013. €884.69 was raised in our store and in total €17,000 was collected in 26 Tesco Stores nationwide. All the food donated was distributed among local charities. Maynooth St. Vincent De Paul was the chosen charity for our store. These events are very important for local communities and I am always very happy to get involved. If you have any ideas or would like to talk to me about up and coming events you can contact me in store. Once again thank you for your support

Bernie Kane Community Champion Tesco Extra Maynooth



Mary Fleming



Vera Phelan with grandkids Rhys, Craig & Amy Bourke

Irish Open at Carton in Pictures



Spectators admire the "Hole in One" prize at the 17th Hole in the Irish Open



Des Matthews and David Cregg enjoying the Golf



Paul Mc Ginley Ryder Cup Captain signs autographs for delighted fans



Darren Clarke ponders his next shot



Andre Sherchenko with Rory Mc Elroy his partner at the Pro Am.



Brian McFadden (Westlife) enjoys the golf



Graeme Mc Dowell signing autographs for the fans



Keith Duffy (Boyzone) makes time for fans



Program sellers enjoying the Golf



Young fans enjoy the golf at Carton



Paul Casey winner of the Irish Open with Enda Kenny



Paul Casey Irish Open Champion 2013

The general feeling from the feedback so far is the Irish Open in Carton was a huge success and a great benefit to the Town. It is always dangerous to put names to people who volunteer their time to make this type of event successful but on this occasion they do deserve a mention. With apologies in advance to anyone we miss. The Management & Staff of Carton, The European Tour, Tourism Ireland, Kildare County Council, Councillor's Senan Griffin & John Mc Ginley, Maynooth Business Association, Maynooth Community Council & the Staff of their Community Employment Scheme, Maynooth Tidy Towns, Maynooth 10k Committee, Maynooth Scouts, the Students & Staff from both the College & local schools, Brent Rumford, our Town's golfing ambassador, the Management & Staff of Mc Donald's Maynooth, the Management & Staff of M+G Group Maynooth and finally a big Thank You to P & his crew Mick McCarthy, Luke Bell, Conor O'Rourke and Myles Behan who kept the Avenue and surrounds clean and a point of information for many of the visitors who pass through the area.



Brett Rumford and party in Maynooth Square.



Golfer Brent Rumford with Dermot & Joy O'Neill winners of Best Shopfront



Ronan Colfer (Maynooth) and Melanie Cronin (Kilcock) display Burmese Albino Pythons to an interested, if apprehensive, audience.



Children feel the skin of a Bearded Dragon, a Lizard native to Australia.



Brett Rumford, European Tour Ambassador to Maynooth, and Brett Rumford drives a ball down Carton Avenue to start the Ronan Colfer, discuss the Frilled Dragon Lizard.



long drive competition.



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Phone 01 6292806 for bookings. www.picaderos.ie info@picaderos.ie



Maynooth Post Primary School Awards Ceremony to recognise the excellence of displayed by many students in the following areas:

Junior Cert • Applied Maths • Olympic Handball • Basketball • Orienteering • Hurling • Camogie • Football • Handball • Rugby

County and Kildare VEC Players • Leinster Youth Rugby • Swimming • Athletics • Futsal • Community Games Quiz • Newspaper of Ireland Awards for Photo and Sports Journalism • NUIM Award for Web Design • Scór Leinster Céilí • Commitment to School Life • Student Council Membership • Public Speaking • Herald Sports Star of the Week • Gael Linn Debating

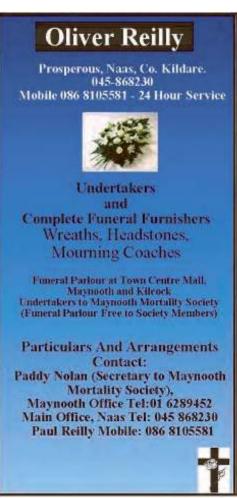
National and International Awards for Kickboxing • Walking • Archery • Surfing • Diving • Ballroom Dancing • Gymnastics • Table Tennis • Athletics • Dressage • Hip Hop

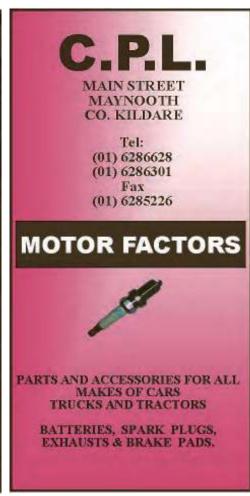
Compiled by Mark Colfer and Gerry Quinn.
Photos: W. Corrigan and M. Colfer.
www.mpps.ie.
Photo's on page 19

Maynooth Post Primary School Awards Night - May 2013

Images from the inaugural awards ceremony for achievement in sporting, cultural, academic and social activities.







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Venue: Maynooth Community Space,

Manor Mills, Maynooth



Class Times Wednesday 8 - 10pm

Instructor

Si-Hing Barry Smith 12th SG

· Discounts available for students and unwaged +

Contact - Barry Smith

Phone: 087 6033571

E-Mail: wingtsunmaynooth@gmail.com

Ben Doyle

Peace Commissioner & Local Area Representative - Maynooth





" I have recently been appointed by Fianna Fáil as an Area Representative for the Maynooth Local Electoral Area. Please contact me directly if I can be of assistance with any local issues and I look forward to meeting you over the coming months"

> Mobile: (085) 103 5398 Email: BenDoylePC@gmail.com Facebook/BenDoylePC Twitter@BenDoylePC

FIVE BEST SENTENCES, AND SO TRUE

- 1. You cannot legislate the poor into prosperity, by legislating the wealthy out of prosperity.
- 2. What one person receives without working for, another person must work for without receiving.
- 3. The government cannot give to anybody anything that the government does not first take from somebody else
- 4. You cannot multiply wealth by dividing it.
- 5. When half of the people get the idea that they do not have to work, because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation!

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MAYNOOTH TIDY TOWNS

Volunteers Needed

To Help With Our Projects In Maynooth

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Tidy Towns Phone: 087 3153189 Your Town Needs You, Give Us A Call

Maynooth Labour News

NUIM Cut Grass on Kilcock Road Following Cllr. McGinleys Motion

Cllr. McGinley submitted the following motion for the consideration of the June meeting of the Area Committee: That NUI, Maynooth be again asked to cut the grass (hay) on the verges on the Kilcock Road outside their premises and on the roundabout at the entrance to NUI, Maynooth as it is a disgrace at present. NUIM cut the grass shortly afterwards, but Cllr. McGinley pointed out that NUIM leave in too late in the year before they begin the work and as a result the entrance to the town becomes an eyesore.

Cllr. McGinley Demands Action on large gully/open drain at Leinster Street:

Cllr. McGinley got the following reply to his motion: "That a report be given to the area committee on what action has been taken by planning or roads sections over the past 18 months to make the large gully/open drain at Leinster Street, Maynooth, safe and not a litter magnet and eyesore. Has consideration been given to covering it over with a footpath seeing that this most pedestrianised street in Maynooth does not have a footpath at present? "

Council Reply:

"Consultants (Aecom) have been appointed to review and design a cycling route corridor through Maynooth. As part of this scheme, they are developing proposals for a footpath along Leinster Street on the line of the open drain. When the design for this is completed a report will issue to the area committee."

Cllr. McGinley Demands Safety for School Children on the Celbridge Road

Cllr. McGinley got the following reply to his motion: "That the provision of a footpath on the east side of Celbridge Road, Maynooth, from

Rockfield to the Educate Together School, be included in the Sustainable Transport Grants sought for 2014." Council Reply:

The area office will keep this suggestion in mind when consideration is being given for the 2014 NTA application.

Council Clear Drains on Main Street, Maynooth, Footpaths

Following Cllr. John McGinley's motion the Council cleaned out the drains on the footpaths on Main Street, Maynooth. John asked that this work be carried out on a regular basis in order to save the extra cost of unscrewing the drain covers.

Cllr. McGinley Gets the Council to Agree to Remove the Gum from the footpaths on Main Street, Maynooth

Kildare County Council have agreed to Cllr. McGinleys motion to have the gum removed from the footpaths on Main Street, Maynooth. The work will take place in July. The Council launched The National Gum Litter Campaign in Maynooth on 3rd July.

Planning Permission Being Submitted for the New Second Level School

Cllr. John McGinley has been advised that the Kildare & Wicklow Education & Training Board (Formerly County Kildare VEC) proposes to submit a Planning Application to Kildare County Council for the Maynooth Education Campus at Moyglare Hall in July

Cllr. McGinley Asks for Update on 66 Bus Extension:

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

"That a report be given to the Area Committee on the progress made on the extension of the 66 bus service to Newtown, Maynooth and if as a result of the change of the terminus from the Straffan Road will there be traffic signals or a roundabout at the junction of the Straffan Road/ Meadowbrook Link Road."

Cllr. McGinley Asks for the Closure of Pedestrian Access at Parson Hall.

Following a request from the Residents' Association Cllr. McGinley has submitted the following motion for the consideration of the Celbridge Area Committee of the Council:

"That the Council sets in place the procedure for the closure of the pedestrian access/right of way to Parson Hall estate, Maynooth, as requested by the Residents' Association in their petition of 3 July to the Council."

Cllr. McGinley Asks for Proper Signage for Maynooth at N7

Cllr. McGinley has submitted the following question for the consideration of the Celbridge Area Committee of the Council:

"Will the Council ask the NRA to add Maynooth to the sign indicating Straffan and Kill at Junction 7 on the N7 in order to facilitate motorists?"

Cllr. McGinley Asks for the Sight Line at Educate Together School to be Improved

Cllr. McGinley has submitted the following question for the consideration of the Celbridge Area Committee of the Council:

"Can the Council cut the grass on the town side of the Educate Together School, Maynooth, in order to improve the sight line for cars emerging from the school?"

Stagg Lodges Case for Reinstatement of Ambulance Service in Maynooth

Deputy Emmet Stagg has lodged a file with Minister of State at the Department of Health, Alex White T.D., seeking the reinstatement of direct dispatch of Emergency Ambulances from Maynooth Ambulance Base on Thursday's between 7 am and 7 pm. Maynooth Ambulance Station, stated Deputy Stagg, covers a population of 60,369 people in the towns of Maynooth, Celbridge, Leixlip, Clane, Kilcock and Straffan. Between 7 am and 7 pm, every Thursday, no ambulance is available for dispatch directly from Maynooth Ambulance Station. In the event of an emergency an Ambulance would have to come from Athy, which is 90 minutes away, Naas, which is an hour away or Dublin or Cavan. To allow this situation to continue is putting people's lives at risk. Deputy Stagg previously raised this issue in the Dail by way of Topical Debate and during that debate Minister White stated "If it can be demonstrated there is some risk associated with this change, that must be

Deputy Stagg has sought a meeting with Minister White and has supplied the Minister with Letters from local G.P.'s outlining their serious concern at the non dispatch directly of ambulances from Maynooth Ambulance Base on Thursday's. Some of the comments of the Doctors include:

addressed".

"a patient who had a heart attack in a Doctor's Surgery would have died if it happened on a Thursday between 7.00 am and 7.00 pm. The Doctor believes that lives are being placed at risk due to non-dispatch directly from Maynooth Ambulance Base".

"non provision of the service presents a public health risk which should be addressed with seriousness".
"the decision poses a serious risk to public health particularly in Cardio-Pulmonary events".
"without doubt there is an increased risk involved to the

"without doubt there is an increased risk involved to the public by not having dispatch locally from Maynooth" These letters stated Deputy Stagg clearly demonstrate the serious risk to public health posed by the non-dispatch from Maynooth Ambulance Base on Thursday's and in seeking the meeting initially with Minister White Deputy Stagg pointed out that he wanted to have this matter addressed once and for all.

Stagg Welcomes Boost for Local Employers and Long Term Unemployed

Deputy Emmet Stagg has welcomed the announcement today of JobsPlus which is a new employer incentive, from the Department of Social Protection, which encourages and rewards employers who offer employment opportunities to the long term unemployed.

Deputy Stagg stated that this is a simple scheme for employers to access up to &epsilon10,000 for a qualifying recruit, payable on a monthly basis over a two year period.

JobsPlus is a new employer Incentive which will encourage and rewards small and medium employers in Co. Kildare who offer full time employment opportunities to the long term unemployed on the Live Register. The Scheme offers regular cash payments to employers to offset wage costs where they engage jobseekers from the live register.

Commenting on the new initiative which initially is targeted at 2,000 places nationally Deputy Stagg stated 'I believe this represents another example of new thinking by the Government. This is an example of the Labour Party in Government listening to concerns raised by employers regarding existing supports and incentives available to them and of Government's determination to make sure that Ireland is a good place in which to do business and that our recovery is business-led. It is also an example of our commitment to create opportunities for the Long Term Unemployed. In conclusion Deputy Stagg stated that JobsPlus will provide a proactive service that helps jobseekers and, crucially, employers. The development of JobsPlus gives employers an incentive to recruit and can make a real contribution to their bottom line and in doing so reduce Long Term Unemployment.

Approval of Leader Funding for Further Development at St. Catherine's Park

Deputy Emmet Stagg has welcomed the announcement today by the Minister for Environment Phil Hogan T.D.of approval of Leader funding of €493,385 to Laraghcon Residents Association in Lucan for the development of further amenity facilities at St. Catherine's Park, between Leixlip and Lucan. The total cost of the amenity projects including County Council funding and local contributions totals €657,847 and the project involves the provision of a playground, a skate park and a BMX Trail. In addition there will be general landscaping works, development of picnic areas and extensive tree and bulb planting St. Catherine's Park currently has attractive woodlands in the southern part of the park with sports pitches and open grassland in the northern section. The provision of these additional facilities will add to the attractiveness of the area for recreational pursuits for people in Leixlip, Lucan and throughout North Kildare. Deputy Stagg complimented Laraghcon Residents Association for volunteering to be the lead Community Group in developing the grant application

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





Monday Tuesday Wednesday Thursday Friday Saturday 9.30am - 5.00pm 9.30am - 5.00pm Closed 9.30am - 5.00pm 9.30am - 5.00pm

9.30am - 2.00pm

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Tel: 6286741

Attention

If any clubs or organisations would like to submit any upcoming events, would they please contact the Maynooth Community Council office at Tel: 01-6285922/01-6285053 or Email: maynoothcc@eircom.net

Tips from the National Consumer Agency on grocery shopping

Shop around

Our Grocery Price Surveys have shown that the best way to get the



best prices is through shopping around and spreading your spend across a few of different stores. Small local shops may offer convenience for consumers, which is great, but you may find prices are that little bit higher to pay for that local convenience

On the other hand, savings you might hope to make on a trip to an out-of-town discount store should be balanced against the cost of getting there

and back

You can also check the larger shops' websites or use online comparison sites to check prices before you go shopping

Check the unit price

Always check the unit price of what you are buying to work out the best value for you. Buying another size (sometimes even the smaller size) may represent better value overall

Some items are usually cheaper when bought in bulk, but this only makes sense, value-wise, if you're going to use it up before it goes off Some items, such as vegetables, can work out more expensive when bought pre-packed than if you buy them by weight from the "loose" vegetable section

Make fresh meals from scratch and buy in season

Take-away, frozen, pre-packed or ready-meals can work out a lot more expensive than making fresh meals yourself. Meals made from scratch are generally healthier too

If you don't have time to cook every day, make several meals at the one time and freeze them

Buying raw, whole fruit and vegetables can be a lot cheaper than buying prepared ones, as you are paying for someone else to do the washing and chopping for you

Fruit and vegetables can be more expensive when bought out of season and are usually imported

Buying seasonal fruit and vegetables means you get the best quality, locally produced food at a lower price, and you help support Irish producers. To find out what is in season, visit Bord Bia's Best in Season website

Buy only what you need

Don't buy too much of items that may go off
Plan meals and make a shopping list of what you need
Keep an eye on "use by" and "best before" dates on foo

Keep an eye on "use by" and "best before" dates on food packaging even after you've bought it. If it looks like you're not going to use it before that date, freeze it for use at a later date

Buy discounted items and look for special offers

Keep an eye out for discounted fresh food – it might be near its use-by date, but you might be able to freeze it

Most supermarket and many local shops advertise their special offers in the media, on their website and in flyers dropped through your door. These can help you compare deals across a number of shops in your area, choose what to buy and where, before you even leave the house

Don't be a brand slave

You don't have to stick with the same brand of particular products Ask yourself whether your usual brand offers you good value The best-known brands can be the most expensive, but this does not necessarily mean that they are "better" than others. You might make savings by choosing a less well-known brand or own-brand product

Use coupons wisely

Coupons can save you money - but don't buy products you don't need just because you have a coupon

You can find coupons on the back of receipts from most of the major supermarkets and on lots of websites

Earn with loyalty cards

Never let a loyalty card scheme make the decision on where to shop for you – they can be useful but they should never become the only reason to shop somewhere

Some supermarkets allow you to accumulate points, which give you money-off vouchers for the same store, or you can often swap the points for vouchers for restaurants, days out or hotel breaks



Be aware that the store collects your personal data and shopping details and may use it for marketing and research purposes

Maynooth Community Council Secretarial Services

Unit 5, Tesco Shopping Centre (Beside Post Office)

Maynooth

Tel: 01 6285922

GV Email: maynoothcc@eircom.net **Opening Hours for Public Monday—Friday** 9.30 - 4.30

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Maynooth Newsletter

Maynooth Newsletter is printed monthly. We print 4700 copies each month and 3200 of those are delivered to major local estates. The remainder are distributed to local business premises in Maynooth and outlying areas. With this kind of circulation an ad placed with us ensures your product or service is brought in to homes and workplaces in your community.

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Website http://www.maynoothcc.com

Clues Across

August 2013 Crossword - No: 416

Clues Down

- 1. Fife village (13)
- 8. Sad (7)
- 10. Somewhat hungry (7)
- 12. Intense fear (6)
- 13. Physicist (8)
- 15. Officer (9)
- 18. Long-billed sandpiper (5)
- 21. Fiend (5)
- 22. The right-hand side (9)
- 27. Magnificent (8)
- 29. Rule (6)
- 30. One who aspires (7)
- 31. Snake (7)
- 33. Small spaniel (6,7)

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Answers to Crossword 415

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12 G	Е	L		А		R		0		Н		В		_
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Entries in before: 20th August 2013

ame:_____

Address:____

Winner of Crossword No. 415 July

Rosemary Crowley 18 Moyglare Abbey Maynooth

Prize winners will have 30 days to claim their prize from the time the results are made public. Book Voucher can be collected in Maynooth Bookshop

- 2. Capital of Iran (7)
- 3. Viper (3)
- 4. Contraction of need not (6)
- 5. Slip (5)
- 6. Rural (6)
- 7. Alter (6)
- 9. Door (6)
- 11. In good health (4)
- 14. Latin-American dance (5)
- 16. Lyric poem (3)
- 17. Tend a fire (5)
- 19. Average (3)
- 20. Capital of Czechoslovakia (6)
- 21. Repudiate (6)
- 23. Commotion (2-2)
- 24. Anthropoid (3-4)
- 25. Peril (6)
- 26. Fit to be eaten (6)
- 28. Language (5)
- 32. Slender metal fastener (3)

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> The Maynooth Bookshop 68 Main Street

Difficult

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

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: 20th August 2013

Sudoku ChallengeAugust 2013



Name:	 	
Address:		
_		
Phone:		

Super Difficult

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

Congratulations to July Winner:

Patrick Healy Leinster Park Maynooth

Prize winners will have 30 days to claim their

Catherine Murphy Independent TD

E-mail: catherine.murphy@oireachtas.ie - Phone 01-6156625

CSO Crime Figures Don't Account for Lack of Garda Resources

Crime Rates Dropping Because Gardaí Unavailable to 'Police' Many of the Criminal Acts as They Happen

Responding to the CSO figures published today which detail reductions in various crimes, Independent TD Catherine Murphy reiterated her contention that fewer Garda resources will inevitably lead to reduced crime levels –not because the crimes are not occurring but because they are simply not being 'caught' due to the lack of Garda presence.

"The reality is that when you have a Garda force that is so thin on the ground, many criminal acts go undetected and unreported because, quite simply, there are no Gardaí around to 'catch' the criminal act as it happens. I am referring to acts that don't generally require someone reporting them but instead rely on age old policing work."

"We cannot continue in a situation where inadequate policing levels are facilitating the under detection of criminal offences which in turn lead to misleading statistics about falling crime rates. An unfair distribution of scare resources will inevitably lead to distorted figures. Kildare, for example, operates a Garda force 40% lower than the national average

despite a population of 210,000. The crime rates in Kildare cannot be accurately compared to somewhere like Sligo/Leitrim with half the population yet almost identical numbers of Garda resources.

Murphy Highlights Changes in Maternity Benefits to Working Mothers

Independent TD Catherine Murphy today drew attention to the fact that since July 1st, Maternity Benefit has become subject to PAYE tax and as a result, many women will find their payment amounts dramatically reduced this month and hereafter.

"This measure was announced in December's budget however it is only now that the change has come into effect, and many people are being caught unawares and the difference in the amounts of payment can be dramatic. Women may find themselves down several hundred euros a month under these new arrangements."

"The period of maternity leave is a stage when costs are exceptionally high for new parents, a new baby and all the costs that entails, can be stressful enough on women and families and this measure will further increase the difficulties many face during what should be a joyful time for all involved. I would urge women to double check their tax credits and engage with their employer to ensure that all their tax details are up to date so as to try and limit their liability as much as is possible."

Tidy Towns Notes

We greatly appreciate the comments that people have given us during the Irish Open on how well the town looked. We had teams out from Tuesday to Sunday up each evening watering the planters and general tidying up.

A New Information Board has been placed on Carton Avenue with the support of Kildare County Council.

Elsewhere you will have read information about the new Chewing Gum initiative that we were asked to take part in. Once again we ask everyone to make a special effort to keep Maynooth clean and tidy.

Richard Farrell PRO Maynooth Tidy Towns 087 3153189

Maynooth Town F.C. Notes

Maynooth Town F.C. Summer Soccer Camp

19th - 23rd August, 2013

Fee €30 Payable on Registration

Limited Places - Early Booking Advised

Contact: Ann Monaghan 0864076148

e-mail: ann.monaghan65@gmail.com

Maynooth Town Football Club - Weekly Lotto Results 2013

W/End	Numbers	Jackpot	3 x €35 Winners
21-Apr	14,16,19,20	€1,750	Frank Cullen - Breda Gorey - Colette Kavanagh
28-Apr	9,11,18,27	€1,800	Liz Green - Lorraine Dunne - Betty Byrne
05-May	2,4,14,26	€1,850	B, J & D Penny - Maurice Byrne - Dan Bradley
12-May	3,8,10,20	€1,900	Noel Wade - Jason Reilly - Nuala Mc Tiernan
19-May	11,18,19,24	€1,950	Marie Furlong - Kevin Galligan - Jim's Shoe Repair
26-May	3,5,13,19	€2,000	Paul Hartnett - Conor Cleary - Dara Mc Hale
02-Jun	5,14,18,20	€2,050	Stephen Geraghty - Nula Mc Tiernan - Walter French
09-Jun	9,15,19,28	€2,100	Donal O Donovan - Mary Cahill - Tony Byrne
16-Jun	1,5,10,24	€2,150	Colette Kavanagh - Marguerite O'Donnell - Sean Kearney
23-Jun	1,8,14,18	€2,200	Marie Bonass - Mick Mc Govern - Mick Troy
30-Jun	9,15,24,28	€2,250	Jenny Sutton - Brian Mc Call - Kieran Horgan
07-Jul	5,10,16	€2,300	Tatiana Mazilu - Bob O Toole - Colm Brett
w	ww.mayr	noothto	wnfc.com - Join Us On Facebook

Maynooth Senior Team Training has commenced on Tuesday Night at the rear of the College @ 7pm For Further Details Contact Noel Dempsey on 0876943646

Five Reasons to Ditch the Sports Drink plus a Healthy Alternative

Ask any athlete what their go-to product for electrolyte replacement is and I guarantee that almost everyone will say Gatorade. Or Powerade. Or any other -ade product. The marketing campaigns of these products has been quite successful. While most people think that sports drinks are doing their body a favor, in reality these "aids" are doing more harm than good. Here are five excellent reasons to ditch the sports drinks for good!

- ■Sports drinks that you can find in the store are loaded with refined sugars and high fructose corn syrup. They have almost as much sugar as soda!! Just think of someone who is trying their hardest to exercise and lose a little bit of weight. Chugging a sports drink after that exercise isn't going to help their weight loss efforts at all.
- ■Along with the electrolytes that are included in sports drinks, you will also find artificial flavors, sweeteners, and colors. None of these are food and none of these belong in your body. Their only role is to create a flavor and appeal that is simply missing from the product. These ingredients certainly don't replace electrolytes.
- ■There is a LOT of processed salt in these products. This is understandable because these drinks are designed to replace the sodium lost during high intensity exercise. I would like to stress "high intensity exercise" here because if you are only working out at a moderate level and are not sweating profusely, these drinks can do more harm than good.
- ■The acidic nature of sports drinks can be very damaging to teeth. The citric acid present in the product softens tooth enamel, and your dentist probably wouldn't be too happy about that.
- ■For most people these sports drinks are useless. The average person exercising most likely isn't performing at a vigorous intensity for longer than an hour. In this case, a drink of water would be more beneficial than any sports drink.

So, what is the alternative for an endurance athlete that must replace the electrolytes lost during an intense workout?

Coconut water. Coconut water is a natural source of potassium, magnesium, sodium, calcium, and phosphorus. Besides electrolytes, coconut water also contains B vitamins, minerals, amino acids, enzymes, and antioxidants. Simply, coconut water is a good, good food.

Making this drink is so simple you may wonder why you didn't think of it yourself. Or, maybe you have!

Healthy Sports Drink



Ice

Coconut water (I like to choose a product that is NOT from concentrate) Lemon or lime (or a mix)

Healthy pinch of Sea Salt

Honey (a teeny bit if you like a sweet drink – we think it is delicious without)

Basil (a leaf or two, chopped)

Fill your water bottle with ice and top off with the coconut water. Squeeze an entire lemon or lime into your drink and top it off with a healthy pinch of salt. Add the basil and shake it up to combine (be sure to put the lid on first, ha!)

You may wonder why salt is added if coconut water is already a source of sodium. While coconut water is loaded with potassium, the levels of sodium just aren't sufficient to replace the sodium lost during a high intensity/endurance work out.

I must give my husband credit for adding the basil to the ingredient list. On a hunch, he added the basil, and it was a good move. This drink is so versatile, so have fun adding to the flavor mix!

Enjoy!

ANNIVERSARIES

Historically celebrating wedding anniversaries date back to medieval Germany when husbands crowned their wives with a silver wreath on their 25th anniversary and a gold wreath on their 50th. The origins of current gift conventions date back to 1937, when the American National Retail Jeweller Association expanded the list of gifts. The revamped list gave a gift for every year up to the 20th anniversary and then for every 5th anniversary after that. Traditions vary in different countries but generally the main anniversaries are the same.

1 st Anniversary	Paper	15 th Anniversary	Crystal
2 nd Anniversary	Cotton	20 th Anniversary	China
3 rd Anniversary	Leather	25 th Anniversary	Silver
4 th Anniversary	Linen	30 th Anniversary	Pearl
5 th Anniversary	Wood	35 th Anniversary	Coral/Jade
6 th Anniversary	Iron	40 th Anniversary	Ruby
7 th Anniversary	Wool/Copper	45 th Anniversary	Sapphire
8 th Anniversary	Bronze	50 th Anniversary	Gold
9 th Anniversary	Pottery	55 th Anniversary	Emerald
10 th Anniversary	Aluminium	60 th Anniversary	Diamond

Birthday Flower

Most people have heard of Birthstones, well the following list is of Birth-flowers.

JANUARY Flower: Carnation, Snowdrop

FEBRUARY Flower: Primrose, Violet

MARCH Flower: Jonquil, Violet

APRIL

Flower: Daisy, Sweet Pea

Flower: Hawthorn, Lily of the Valley

JUNE Flower: Honeysuckle, Rose

JULY Flower: Larkspur, Water Lily

> AUGUST Flower: Gladiolus, Poppy

SEPTEMBER Flower: Aster, Morning Glory

OCTOBER Flower: Calendula, Cosmos

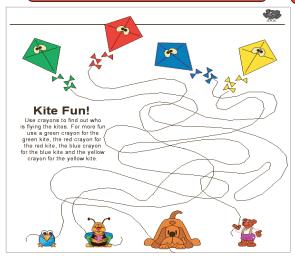
NOVEMBER Flower: Chrysanthemum

DECEMBER Flower: Holly, Narcissus, Poinsettia

COPYDATE FOR SEPTEMBER NEWSLETTER 20TH AUGUST

Matches

McDonalds Children's Colouring Competition



Can you solve our Wordsearch Puzzle?

Symmer Search

D R P S U N T A N I C E C R E A M ZFCHUSUNBURNFNJEN Y I A H G H B O A T C O U S U G B WRUEFFISHINGOINLE MKGUTIBIKINI CWE O A NQUBEEWATERMELONC ANSWIMMINGJLWGBBH YQTACIPQTOUQNJDOH V R N N G X S G T W L X X G R L Y ALTFCMFODPYSDAPCD COLOAOAXGCMAITPCE ATWSMSNSUNGLASSES TIOHPQFXDFTENTPXL IOVOIUIWQKRHOTBMC ONJRNIMUFFHLKGLRW NZRTGTXJZKLHATXZT BKNSVOQWJVXXRDWEB



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Name:
Address:
Phone No:

July Winners:

Age: 3 - 5: Layla Mathias, Rockfield Green Age: 6 - 7: Lorna Fokam, Moyglare Hall Age: 8 & Over: Sinead Crowley, Moyglare Abbey

Prizes for Colouring Competition can be collected at: **Maynooth Community Council Office, Unit 5, Tesco Shopping Centre. Entries must arrive before: 20th August 2013**

McDonald's



August Diary Planner

Irish Girl Guides

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

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

Toastmasters

Toastmasters meet on the 2nd & 4th Monday of every month in Glenroyal Hotel at 8pm. The meetings are very enjoyable but with a good learning input. They stop for tea half way through and end at 10pm. All visitors are welcome. Felicity Cuthbert PRO

Maynooth Flower & Garden Club

There will be no club meeting in August as we break for the summer and resume in September PRO Maureen Fagan

Taekwon-Do

Children's Classes for 5 years and up held every Tuesday in Presentation Girl's School, 6.30-7.30pm for Children 7.30-8.30pm for Teens/Adults Fridays in St. Mary's Boys National School 6.30 p.m.—7.30 p.m. For details: Contact Stephen Doyle 087 6986491

I.C.A.

Meetings take place every 1st Thursday of the month at 8.00pm.in the I.C.A. Hall in the Harbour. No monthly meeting in August, but will resume in September. Crafts will also resume every Monday night in September at 8.00pm. New members welcome

Parent & Toddler Group

Every Thursday from 10.00 a.m. to 12.00 p.m. in the Maynooth Community Space, Manor Mills

University of Third Age (U3A)

Weekly meetings on Fridays at 11am in Maynooth Community Space, Manor Mills New Members Welcome Enquiries: Helena Phone: 087 6717062

History Group

Meetings every last Thursday of the month in Maynooth Community Council Office Tesco Shopping Centre 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

If you would like your event put into The Diary please contact The Newsletter 01 6285053/01 6285922



August is a month of plenty in the vegetable garden, and harvesting ' is the order of the day. All the summer vegetables will be in full flow by now, and you're likely to have plenty of french beans, peas, potatoes, cucumbers, tomatoes, courgette and runner beans. The vegetable patch will look very green, with mature plants covering most of the soil, and there will be lovely splashes of colour from the runner bean and



courgette flowers.



Stake tomato plants. Remember to keep your strawflowers well watered. Try not to get the flowers wet when watering. Gather herbs for drying as they mature. Pinch the stems of basil regularly to prevent flowering. Harvest about once a week, Lift main crop potatoes after the stems have died. Bend over the tops of your

cooking onions to prepare for lifting them. Seed winter vegetables now. Once your strawberries have finished fruiting, remove any straw, old leaves and runners that you don't want. If your strawberry plants are disease free then propagate your own

strawberries from the runners that your plants will be throwing out. To get the best strawberry crop, you need to replace your strawberry plants every 3 to 4 years. Now is the time to plant new strawberry plants ready for next year. As your autumn fruiting raspberry canes grow, tie them to any supports and wires to stop them rocking about



Keep hedges neat and under control daffodils and tulips should be fertilized in early to mid-August. Hardy geraniums can be cut back a little to remove tired leaves and encourage a new flush of growth Prune climbing and rambling roses that do not repeat flower or produce attractive hips, once the flowers have finished. Propagate perennials by dividing once they have finished

flowering, but only in areas with some rain and duller weather, to avoid drying out problems. Pick sweet peas regularly to encourage more blooms. Keep a close eye on your nasturtium for aphids, Water hydrangeas with hydrangea colourant for true blue hydrangeas next year. Inspect chrysanthemums for the first signs of white rust and take immediate action.





Clear pond water can be achieved with proper plant balance. It the pond is in full sun, 50-70% of its surface must be covered with foliage such as floating heart, water hyacinth, water poppy, water lily, or lotus. Underwater grasses are essential to maintaining water clarity as they utilize the oxygen in the water which helps prevent algae from accumulating in the pond

Following are some easy guidelines to know when trying to figure out how many grasses are needed: 1 clump of grass per 1 sq. ft, of surface area for ponds less than 25 sq. ft. 1 clump of grass per 2 sq. it. of surface area for ponds greater than 25 sq. ft. Time to fertilize all water lilies and lotus once a month to keep the plant blooming continuously throughout the season. Time to switch from spring



fish food to summer fish food since water temperatures have risen above 70 degrees At higher temperatures, fish metabolize at a faster rate, thus creating a need for a diet higher in protein, which the summer food contains.



Trees are especially vulnerable to drought, particularly the oldest and the youngest (those planted in the last few years). Water deeply. If houseplants need repotting, do it now, while they're still outside (less messy than in the house). Don't step up more than an inch in diameter (on small pots) or a couple (on large

ones). Most plants don't like to swim in their containers. Renovate your existing lawn by digging out or selectively spraying existing broadleaf weeds. It's important to get rid of them before you over-sow the grass, otherwise they'll compete for space and ruin the look. If you've used a herbicide to kill weeds, check the withholding period before sowing new grass.

Fill bare patches and slight dips with our Lawn Mix. Later in August, when overnight temperatures are at 7plus then you can sow grass seed. In hot weather, raise your lawnmower blades as longer grass is more tolerant of dry conditions.



Take lots of photos of your garden now if you want to rearrange it in winter - it's much easier to do this if you have a reference point. Regularly mist plants in greenhouses, polytunnels and conservatories to prevent red spider mite infestation.

Tide the earth with a hoe, it will laugh a harvest!





Maynooth Twinned With Canet-en-Roussillon Information Exchange Forum



The following groups from our Twin Town Canet-en-Roussillon and the surrounding area are interested in forming associations with compatible groups from Maynooth with a view to developing a cultural exchange program. Any interested groups should contact the Maynooth Community Council office or e-mail maynoothcc@eircom.net. Further information will published to our websites Canet Information Exchange Link over the coming weeks at www.maynoothcc.com

Culture

Friends of Maritim Museum

Plastic Arts of Canet

Friends of Old Canet (heritage)

Scultors of Catalunya

CMusic(choirs)

Philatelic Club

Theater Club

Readers Digests

Theaters Actors Club

Symphonic Orchestra of Canet

Temps Dance

La Llevantina (Traditional Dances)

Old Catalan Boats

Leisure
Canet Accueil (3rd age Association)

Environment Association and Arboretum

Life in Canet (3rd Age Association)

Normand of Canet (Association of Native People from North France)

Sports

Amicale Cycliste Canetoise (Tourism Cyclist) – Public from 40 to 80 years

Basket Ball Club - Public from 8 to 35 years

Canet 66 Volley-Ball – Public from 8 to 35 years

Judo Canet - Public from 4 to 40 years

Canet 66 Natation (swimming) - Public from 4 to 65 years

Canet Kite surf - Public from 10 to 30 years

Yachting Club Canet - Perpignan - Public from 8 to 75 years

Karate Canet - Public from 4 to 40 years

Perpignan Canet football Club - Public from 4 to 45 years

Yachting club Canet Roussilion - Public from 8 to 75 years

Canet Saint- Marie Rugby XV – public from 4 to 45 years

Salanque Rigby XV – Public from 16 to 35 years

Surf Club – Public from 12 to 35 years

Badmington Canet – Public from 8to 35 years

Canet 66 Tennis Club - Public from 4 to 75 years

Other

Firemen Association

Things to Keep your Children Happy this Summer

Indoor Soft Play Area

While our ducks love the Irish weather we know your little ducklings may have a harder time enjoying in the rain, which is why we have added a great new 600sq ft



indoor soft play area. Your children will love this.

Outdoor Play Area

With lovely walkways around the farm and plenty of picnic and seating areas if the weather permits, it is always enjoyable to be out in the fresh country air. There are two outdoor children's play areas with swings and slides and always a favourite with the children is the permanent bouncy castle. We also have outdoor Go Karts the children will enjoy!

Animals

A huge variety of animals can be found at the farm for example we have highland cows, ponies, donkey, wallabies, alpacas, pigs, goats, sheep, Llamas, Rhea, ferret, peacock, puppies, ducks, turkeys, Geese, hens, bird avery. During lambing season the children can get up close and can bottle feed the baby lambs.

Phone 087-2309712

Straffan Butterfly Farm

The Straffan Butterfly Farm which is owned and run by Des and Iris Fox has been open to the public every summer since 1986. The butterfly exhibition continues to run every year during the months of June, July and August in Straffan, Co. Kildare, Ireland.

This Butterfly Exhibition is our attempt to introduce people to the existence of the world of butterflies that they may not have really known about. The idea is to let our visitors have a window into this world and enjoy the magic of butterflies as they fly freely all around.

It is also a plea for us all to be more aware of the great loss we will experience if we let the destruction of rain forests and indeed our very own countryside continue. Reading this - do you think there were more butterflies around when you were a child? Now why might that be? - Find out at the Straffan Butterfly Farm.

This is an indoor exhibition so whatever the weather, there is always something to see. .

Phone: +353 1 6271109

Email: info@straffanbutterflyfarm.com



Clonfert Pet Form Fort Lucan

2013 marks 20 years of fun, adventures and craic at Fort Lucan!!!

Kids create their own adventures as they discover secret slides. climb 40 foot towers and high walkways before

zipping across the aerial runways. Escape your friends in the maze or challenge them on

Fort Lucan is a fully supervised outdoor adventure playground for children aged 2-14.

Phone: 01 628 0166 Email: info@fortlucan.com

the army-style assault courses.



Wallaby Woods is a great adventure day out for young and old alike.

Explore all of our nature trails, flora and fauna. discover lots of different exotic animals, rare breeds and learn about each animal and their habitat.

Guided Tour / Do it yourself

We offer a full guided tour or alternatively stroll at your leisure.

This fun filled day out is suitable for all ages. For more details call us on the number below.

Activities & Onsite Facilities

- . Exotic & Rare Species
- · Interactive Petting Area
- · Woodland Nature Trails
- · Private BBQ areas
- Grounds
- · Coffee Shop
- · Pet Shop

Petting Area

We have a variety of small animals in our interactive area including

Rabbits

Ferrets

Guinea Pigs

Goats

Pot Belly Pigs

Donkeys

Kerry Bog Ponies & Foals

Phone 045) 909 555





Lullymore has a host a Heritage and Biodiversity areas to suit all ages. Our new Biodiversity Boardwalk, the first of its type in Ireland, meanders serenely through glassy lakes and rejuvenating peatland of birch, heathers and bog cotton. There's so much to discover on this trail. Follow the trail and learn much more about this unique attraction. Lullymore Heritage Park offers one of the best visitor attractions in Ireland for heritage and biodiversity.

- Pet Farm
- Funky Forest Indoor Play Centre
- Outdoor Play Area
- Road Train
- Cafe
- Woodland Walks
- Themed Gardens
- Treasure Hunt
- 18 Hole Crazy Golf

Lullymore Heritage & Discovery Park

Telephone: +353 45 870 238

Fax: +353 45 870 238

The hedge maze was established in the late 1990's and opened to the public in 2000, known to many as The Millennium Maze until 2012. Since then we have undertaken a major development programme, adding great new attractions to give you a more enjoyable and fun day out.

Test your skill and balance on the adventure trail. Can you make it around the course without making a mistake?

Or just enjoy the thrill of the zip wire

The Kildare Maze Ballinafagh Farm, Prosperous. Co. Kildare

Tel: (+353 0) 45 868151 Fax: (+353 0) 45 893810

Email: thekildaremaze@gmail.com Visit: www.thekildaremaze.com

