



Keep Maynooth Working Shop Local This Christmas

It's that time again when the festive music plays and people remark on how quickly the year has gone by. We would like to encourage people to shop in Maynooth particularly in the lead up to Christmas. By doing so, people will be helping the local economy, ensuring the safety of local jobs and generating a "feel good" factor especially in the retail and hospitality sectors. This is vital now more than ever due to the difficult economic environment.

As the Christmas shopping season enters full swing attention should be focused on the goods and services available locally, and the return to the economy when buying Irish goods. The purchasing power in everyone's pockets should not be underestimated. People should look first to their local shops for Christmas presents and other supplies before going further afield. In many cases, shoppers will be surprised at the range of goods and other services available in their locality, and can save a lot of time and energy by checking these out first.

Local traders provide employment, and much of the money spent in these businesses goes straight back into the local economy. People can generally find a wide range of goods and services practically on their doorstep, and there can be a very positive impact from just switching a couple of purchases. In addition to urging people to shop local, shoppers should think about buying Irish-produced and Irish-made products, which will generate income in the economy and help to protect Irish jobs. With a wide array of shops and restaurants Maynooth is the ideal one stop town for all your needs this Christmas.

Many staff and workers employed in all the shops, restaurants and cafes, pubs and hotels, not to mention all the various other businesses are people from Maynooth and the surrounding area. By making a conscious decision to support the business community in Maynooth you are helping local businesses to continue trading to their highest possible standards, and also very importantly you are actively supporting jobs in the local area.

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Maynooth Community Council, Unit 5, Maynooth Shopping Centre, Phone & Fax 01.6285922, Email maynoothcc@eircom.net No 420



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or

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Copydate for February Newsletter is
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Maynooth Community Council Office will close on Friday 20th
December 2013 - Reopening on Monday 6th January 2014





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OBESITY

DOGS



Obese dogs are usually carrying 10-15% excess body weight. Obesity is most commonly seen in dogs between 5-10 years old. It is easier to determine obesity in pedigree dogs as these dogs have ideal body weights. So by weighing your dog we can classify him. Non pedigree dogs can be judged by the fat cover on their ribs, lumber region on the back and the base of the tail. Some owners bring their dogs into the Clinic worried about "lumps" on the lumber back

area, which are in fact heavy deposits of fat. When the ribs of a dog cannot be felt because of fat cover, this dog is classified as obese.

Obesity can cause your dog to be depressed, in pain, inactive, aggressive and sometimes unsocial. When the obese dog loses weight it becomes happy, social, confident and has an improved quality of life. Obesity is a disease just like heart, kidney or liver disease. It affects the dog's bones, joints, digestive organs, lungs and heart. It can shorten your dog's life. Before putting an obese dog on a diet some health issues have to be ruled out e.g. hypothyroidism, diabetes or neutering.

In Maynooth Veterinary Clinic (01 6289467) we run a Weight Management Clinic with



a free consultation for your dog or cat. At this consult we take a full history of your pet's habits while also giving a dietary plan and support over the 5-6month period. Remember 5% weight loss is the initial challenge!

CATS

Obese cats have become more of a problem in recent years. Cats over 5kg body weight regularly come into the Clinic. Obesity in cats causes poor skin and coat condition as the cat is too heavy to groom itself. It can also cause urinary tract infections as they are not active and urinate less frequently. These cats can also suffer from diabetes where the animal becomes immune to the effect of insulin. In the majority of cases this can be reversed by weight loss.



People usually don't realise their cat is overweight. They think he or she is happy to lie around all day sleeping with no play, no hunting or no exploring. It is only when they reduce weight that the "kitten activity" reappears!

Feeding your cat little and often, weighing out exact daily feeds, and encouraging play and activity will help them reduce weight.



THE TREATMENT ROOM

Photograph by Mike Wilkins



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Maynooth Tidy Towns



Would like to wish all the readers and staff of the Maynooth Newsletter a very Happy Christmas and a Wonderful New Year.

Elsewhere in this edition you will find photographs of two

events Maynooth Tidy Towns committee were represented at, the first event was the Kildare County Council Annual Community Awards Night held in Maynooth University. This was the first time this event was held outside the Council Chamber in Naas.

The second event was held in Moynalty at a Failte Ireland National Tidy Towns Awards evening where we received our Bronze Medal from Minister Fergus O'Dowd T.D.

At time of writing we are planning to hold a Thank You Evening in late November for all the wonderful volunteers who have helped us during the year.

At this time of year we ask you to recycle your Bottles



and Cans in the following locations: **Tesco, Aldi & Supervalu.** Please bring home your boxes and bags from the bottle banks in the shopping centres.

If you have any electrical items for recycling WEE Ireland will be in Tesco Maynooth Car park on the 29th March 2014.

If you are buying a Christmas Tree this year you can help Maynooth Tidy Towns by purchasing one locally from Jim Doyle who will be selling Christmas Trees adjacent to the Garda Station in Buckley's yard.



In January Christmas Trees can be recycled in the Council Yard courtesy of the Environment section Kildare County Council.

Finally, thank you to Committee Members, Volunteers, Business Supporters and anyone else who helped us during this historic year for Maynooth Tidy Towns.

**RICHARD FARRELL PRO
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Our team



Our clinic



The photograph above was found in a box of books that came from a house in the Kingsbry area of Maynooth. Should anyone wish to claim this and a number of other family type photo's please contact the Maynooth Newsletter Office on 01-6285922 or e-mail maynoothcc@eircom.net. Or contact Josephine Moore of The Maynooth Senior Citizens Committee on 0879002296

Maynooth Senior Citizens Committee

Our annual sale of work this year took place on Sunday 17th November, and what a successful day that was. The amount raised was €1,120. The community of Maynooth is just the gift that keeps on giving. There are more and more organisations pulling at the purse strings than ever before and yet you continue to support us. You have been doing that now for forty eight years and we do appreciate it. Many, many thanks one and all.

Thank you also to our sponsors; Barton's Transport, Seán Donovan, Frank Walsh, Willie Kiernan, Thornton's Recycling, St.Patrick's College, and not forgetting our scouts and other young people who give us the benefit of their youth and energy on the day.

Many thanks to SuperValu, Manor Mills and Tesco who facilitated our ticket selling for our Christmas Draw. Congratulations to all who won prizes on the day especially the winners in the big draw. Nadine Foley (Monster Hamper) James Drennan Mallon (€200) Emer Mooney (€100) Ross Kavanagh (TV Combi) Isobel Lavraghy (Portable DVD).

Our next event will be our Christmas Shopping/Party night on Wednesday 4th December, courtesy of SuperValu and our final event for 2013 will be our Christmas dinner on 8th December at 4pm in the Glenroyal Hotel.

All that is left for me to say now, is that I hope each and every one of you have a very happy and peaceful Christmas and that you are rewarded for your kindness and generosity.

Josephine Moore
Chairperson

December Gardening

While it is the winter, there are still jobs to do in the garden. Carry on digging over beds and borders and incorporate organic matter as you can in preparation for spring. Clear paths off moss and lichen, treat timber with preservative, repair fences, check sheds and walls. Clean and repair your garden tools in preparation for the spring. Now is the time to get the lawnmower serviced too. In general clear up the debris from the garden. Take care not to let leaves accumulate around alpines as they will die if left damp for long.

Time to plant bare rooted deciduous hedging. Beech and hornbeam both keep their leaves over the winter so they are great for screening. Hawthorn is perfect for a natural almost impenetrable barrier. Prepare your trench, at least a week before planting to give the soil a chance to settle. Don't plant if the ground is frozen or wet. Avoid walking on lawns especially when it's wet and frozen otherwise you could damage the lawn. Order your seeds for next year. Constantly check all climbing plants, making sure that their stems are securely tied in.

Prune apple and pear trees that are growing in the open, don't prune cordons, fans or espaliers. Gooseberries and all the currants can be pruned as well. Make sure that all the fruit is pruned so that there is open space between all the branches. Continue to harvest brussel sprouts by taking the largest lower sprouts first as this will ensure they go on cropping. Pot up some herb plants and bring into the kitchen to save going outside in bad weather. If you crave some colour for your garden plant some winter pansies and primroses in hanging baskets or window boxes.

Put a net over the pond to catch all the falling leaves and debris. Also plants in the pond will start to die away leaving behind dead leaves. If these are left in the pond, it will cause the ammonia level to rise which is very harmful to the fish. Stop feeding pond fish. Remove, clean and service pond pumps. Another handy tip is if your pond tends to freeze place a ball in the pond, that way if it does freeze the ball will prevent it from freezing over completely enabling the fish to breathe.



January Gardening

Sow sweet peas under cover to give you a head start in the spring. Pick over pansies and violas, removing leaves with mildew or black spots on them. Carry on with pruning apple and pear trees, red and white currants and gooseberries. Keep the centre of the tree or bush open so that it gets the maximum amount of light and allows air to circulate freely. Check all ties and stakes to ensure they are not broken or too tight. Check your stored fruit and vegetables and through away any diseased ones.

Come the end of the month add organic fertiliser to your fruit trees and shrubs, remove any mulch and feed around the roots, water and renew the mulch. Harvest leeks, brussels sprouts (from the bottom upwards), carrots, parsnips and winter cabbages. Sow early crops such as radishes, beetroot, spinach, lettuce in seed trays in a greenhouse or tunnel. Start chitting out potatoes as early varieties will be planted in March. Plan your vegetable crop rotations for the upcoming season. Unfortunately some weeds survive over the winter so hoe away before they leap into action in the spring.

Recycle your Christmas tree by shredding it for mulch. Ventilate the greenhouse on sunny days. Plant lily bulbs in pots and in borders during mild spells. Fireplace ashes should be saved to use a fertilizer for your iris and other alkaline soil plants. Bulbs such as tulips can still be planted as long as they are firm and mould free. Plant roses but don't plant them where roses were previously grown as this can lead to problems with replant diseases. Check that the heaters in the greenhouse are working and check that the insulation is still secure. Clear leaves and twigs from guttering on greenhouses and sheds. Don't forget to feed the birds and wildlife that visit your garden.

He who plants a garden, plants happiness!



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Maynooth Christmas Craft Fair

Sunday, 8th December 11-3pm
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A Story of Christmas Past

This is a true story. It happened in an orphanage around Christmas time, in the late nineteen forties. The reason why I was in an orphanage was, my mother had died when I was four years old. Three older siblings were sent to different orphanages. Visiting was allowed on one Sunday of every month. This was not one of those Sundays.

It was a cold December Sunday in the playground. Six hundred children in the orphanage were playing in groups or on their own, running around, screaming and shouting. It was the sound of childish freedom. However, all this was due to change in a moment. In the midst of all this noise an older boy grabbed a hold of my arm. "The Sister (nun) wants to see you," he said. Pulling me by the arm, he dragged me across the yard of loud youthful noise to where the Sister was standing. She told me to follow her. We walked along corridor after corridor of the large Georgian building towards the main entrance of the orphanage. "You have a visitor," she said. During this journey from the yard to the main building I was silent. The Sister however, was giving me instructions as to how I should behave towards my visitor.

"Don't do this, don't do that? You are going to meet your Father", she said."

"What is a Father?" I said to myself.

We arrived at the reception hall. It was decorated in lime green painted walls, which highlighted the large gilded framed pictures that hung from the picture rails. Dark pieces of mahogany furniture stood to attention on the herringbone-design wooden floor. Then I saw him! Standing near the door, which was framed in stained glass, stood a man dressed in a long crombie overcoat, white shirt and tie and holding a fedora style hat in his hand. All was quiet for a few moments. Then the Sister said to me "this is your Father", before she abruptly left the room. So that is what his name is, "Your Father," I said to myself. After all the times that we had met, I never knew his name.

At that moment this did not concern me. What did concern me however, was, the parcel wrapped in Christmas paper that he held in his hand. He handed me the parcel. I quickly ripped off the paper. What I saw next took my breath away. It was a large train-engine. Even with the passing of sixty years I can still describe it today. It was about twelve inches in length, four inches wide, and five or six inches in height. It had six large black wheels and a black chimneystack. The body of the engine was painted red and green, with painted strips of gold that separated the two colours. It was made of strong tin metal. My Father said to me, "this is for you, for Christmas".

If more words were spoken, I can't remember. I was lost in the moment, a moment of supreme joy that has remained in my conscious memory all my life, since that happy day.

I have no recollection as to what happened after that visit by my Father, or where the train-engine disappeared too. I can only guess that it ended up in the huge press in the long room. This long room was on the ground floor of a tall four-story building. This huge press contained toys of all descriptions. I can only assume that at some time in the past these toys belonged to other boys who were residents of the orphanage.

I left the orphanage when I was ten years old. I discovered then that the man who gave me the train-engine was in fact my Father. Sadly he died six years later, when I was sixteen. I have many fond memories of my Father in the short time that I knew him. One lasting memory I will always have of him is of the surprise visit on that December day a long time ago. Though sixty years have passed, I will never forget the moment of joy when a person who I saw as a stranger came to visit me, and gave me a Christmas present. Which in time, I saw as a gift from my Father to his son.

Hugh Hendrick





Community Council Notes

Maynooth Community Council Meeting took place on 11 November 2014 Glenroyal Hotel

Community Space update

Negotiations are ongoing. It will be finalised in the next week or so. An email will go out to all organisations to inform them when opened

Financial situation

The financial situation requires close scrutiny and careful planning. Although there are more workers in the office there are increased costs related to that which presents a heavy draw on funds. Additional fundraising efforts (apart from the Newsletter) need to be considered and put in place. It was noted that the present financial situation was also due to timing and end of year turnaround with the Department of Social Protection.

Maynooth Students Union update

Ben Finnegan, President Maynooth Students Union - Addressed the meeting
"A major aim of mine as Students' Union President this year is to integrate the students of Maynooth with the local community.

As such, I have arranged for a number of student-community initiatives. On top of this, we are currently facilitating an employee of the An Tus back-to-employment scheme, of whom we have designated the administrative work of all of our community engagement projects.

On the week of the 2nd of December we will be launching a major community project. For two hours every day that week we will have a different society providing social entertainment and cultural performances to residents of the local TLC nursing home. Performances range from music and gospel to chess and poker. We even have the tea society on board who are simply volunteering to chat and engage with some of the community's older residents, many of whom have very little daily interactions with people other than nursing staff.

On this week not only will be reaching out to the senior citizens of Maynooth, we will also be arranging for a GAA blitz for all primary school 3rd and 4th classes, in aid of our Charity SOSAD. I have arranged for some of our GAA stars to help organise and manage the different teams in the blitz. We have also arranged for the two All-Ireland trophies to be there on the day and all of the kids will get opportunities for photos and autographs from our County players.

Both these events are offering ideal chances for Maynooth residents, young and old, to connect with the student body and for they themselves to get a taste of 'The Maynooth Experience'.

As such I would like to invite you to our Community Engagement Launch which will be held on Wednesday the 4th of December. We will be launching our Community engagement initiative and will be inviting all members of local community bodies, politicians and businesses. I believe that it is of imperative importance for both MSU and the University to be well represented at this event as it will be highlighting everybody's intent and interest in making greater connections between college and town. The event itself will be held in the Students Union at 7pm where tea, coffee and mince pies will be made available to all. There will also be a short presentation from myself and our An Tus employee on the importance of our projects to date and future plans and opportunities that we can implement.

As part of Mental Health Week there will be a Please Talk Remembrance Walk in memory of those who lost their lives through Suicide.

It will take place on Wed. Nov. 13th, leaving the South Campus Gates at 6pm across campus to the "Talking

Tent" outside John Hume if you wish to come along. The keynote speaker is Mr. Gerry Raleigh, Head of the National Office for Suicide Prevention with music from the NUIM Gospel Choir, refreshments to follow talk." The MSU's initiatives under Ben Finnegan's presidency were commended by members of the Council and the hope was expressed that links established between the MSU and Maynooth Community would be sustained by future MSU presidents.

Maynooth History Group

The OPW/Geraldine Castle requested a list of events for 2014. The History Group will be meeting to draw up a plan on November 22nd. It was noted that the Castle would be required for the Maynooth Festival in June. It was agreed that MCC should write letter of support to the OPW to follow up on a proposal that local history groups could offer tours of the Castle to the public. It was noted that the Castle is closed from October to May and this time could possibly be extended by volunteer guides.

The Morpeth Roll, NUI Maynooth Library
The Morpeth Roll- 'The Long Goodbye' containing c. 160,000 signatures which were gathered throughout Ireland in 1841 and in which the Duke of Leinster was involved is back in Maynooth. The signatures of members of the parishes of Maynooth and Kilcock are on display and open to the public to view during library opening hours. The exhibition ends 29 November. The parishes of Maynooth and Kilcock are on display and would be of particular interest to long established local families. A short video on the Roll on the History Department site on the NUI Maynooth website is very informative.

Scouts

Venturers are going to Glendalough and Lough Dan, Co. Wicklow. Cubs are doing a hike. Scouts will be helping with the Senior Citizens Sale of Work on Sunday 17th November. There will be a visit to Kerdiffstown House. Work on the Geraldine Hall is ongoing. The Bethlehem peace of light will be going ahead again this Christmas.

Senior Citizens

An enjoyable Halloween Party was had by all. They had the Annual Tony Smith Walk organised by the Labour Party raised c. €7,500. Maynooth Senior Citizens descended on the Dáil on 22 October in protest against attacks on Senior Citizens in the Budget 2014. Focus is on the Sale of Work next week which is the main fundraiser for the group. There will be the annual Christmas shopping night in Supervalu on 4th December and there will be a Christmas lunch on the 8th December which will close the year's activities.

Educate Together

The school had their Halloween walk in the grounds of the University and had their fourth Thriller performance. They had a very successful cake sale, which was a great social night and raised €2,500. The extension in the school is being finished off and the sensory room has been kitted out

Secondary School update

Planning permission for the second level schools was sent in last week. Once this is passed a mid-term board of management and an overarching governing board will be selected. Colm Ó Cearúil expressed his support for the plans for the schools which will be sharing resources and hoped that the Ionad would be allowed to growth within this first class facility. He drew attention to the recent Chief Inspector's Report on the poor performances in Maths and Irish. Sean Griffin pointed out that Maths in the Maynooth Post Primary was 34% way above the national average of 17% and was also far ahead of the

national average in Irish. SG requested that it be noted for clarification that Maynooth Post Primary School will continue to be there and that it is not been replaced in the new proposals.

Road planning around the new schools area was brought up. A new entrance will be designed. At the moment priority is given to the Kilcock Road and that a change in this will need to be considered as part of the planning process. There is constant movement of traffic on the Moyglare Road and will increase with the new school. It was stated that all planning included traffic planning as well.

Tidy Towns

The Saturday and Sunday clean up is going well with more people now involved. Kildare County Council hosted prize giving in the College last week. Mattie Callaghan travelled to Moynalty, Co. Meath to receive a bronze medal and scroll on behalf of Maynooth Tidy Towns. The scroll will be framed and a decision will be made as to its display, at their meeting next Thursday. Paul Croghan added that 2013 was a very successful year with many groups helping out and expressed the hope that this support would continue and that Kildare County Council's provision of new people will also be considerable addition to the Tidy Town efforts. Chewing gum is now being removed from the streets. It was noted that while the town is looking very good except for the appearance of Buckley Lodge outside the college gates. Thanks expressed to Kildare County Council.

Other reports

Maynooth Text Alert
Naoise Ó Cearúil reported Maynooth Text Alert is looking for new members. Residents have been contacted.

Christmas Lights

The Maynooth Business Association and the Students' Union will be helping to put up the Christmas lights over the next couple of days. Paul Croghan noted that motorists are still turning at Carton Court on the Straffan Road to enter traffic going towards the M50.

What's in a name - Farrell's Bridge...?

Senan Griffin reported The bridge (locally know as Farrell's Bridge) and the green area in front of the college gates do not appear not to have an official name in documentation. The meeting was asked to consider appropriate names for these locations. Farrell's Bridge can be kept but it needs to be submitted to the civil authorities. Once the name is decided it should be put on the bridge. If anyone knows of any documentary evidence for the names of these areas, please contact Senan Griffin. The Maynooth Historic Towns Atlas has already been checked. It was suggested that the official names could be launched at the Maynooth Festival.

Other non meeting news

Vanishing Art Exhibition - It was with great pleasure that many people visited the Vanishing Art Exhibition at Carton over the last few weeks. Local man Ken Folan has to be commended for his work in curating and setting the exhibition in Maynooth. Ken organised it from beginning to end including the production of a quality catalogue. He distributed Information leaflets (map included) to all houses in the locality. The idea came from his time in Australia where a similar but large scale exhibition took place on an annual basis and which attracted large numbers of viewers. The mainly outdoor exhibition was a delight with pieces represented from both professional artists and hobbyists. Ken hopes to continue with the event on an annual basis. Thanks to Carton House for facilitating the event.





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Know Your Rights

Know Your Rights A: The P60 tax certificate 2013

Question

My employer says I will get a P60 in January. What is this?

Answer

A P60 is the tax certificate you receive from your employer at the end of each tax year. Its full title is 'Certificate of Pay, Tax, Pay-Related Social Insurance, Universal Social Charge and Local Property Tax'.

The P60 is an important document. It states your pay during the year, the tax you paid and other deductions such as PRSI and Universal Social Charge. The P60 now also includes a record of Local Property Tax (LPT) paid, if you opt to have LPT deducted at source from your earnings.

If you need to claim a social welfare benefit you must give a P60 to the Department of Social Protection as evidence of how many PRSI contributions you paid in the year. You may also be required to provide a P60 as proof of your income, for example, if you are making a bank loan or mortgage application, if you are applying for social welfare payments or if you are applying for a student grant.

Your employer should give you your P60 for the previous tax year by 15 February of the following year. If your employer does not give you a P60 you should contact your local tax office. Revenue can contact your employer to obtain your P60 for you. Only an employer can issue a P60. However, Revenue can provide you with details of the pay and tax for the year in question as returned by your employer, which Revenue has on file.

If you stopped working for an employer before 31 December of the tax year you do not get a P60. You should get a P45 instead.

Know Your Rights B: Home Renovation Incentive

Question

I need to carry out some house repairs. What is the new scheme for home renovation that was announced in Budget 2014?

Answer

The Home Renovation Incentive (HRI) is a new scheme that enables homeowners to claim tax relief on repairs, renovations or improvement work carried out on their homes. The incentive will be paid in the form of a tax credit at 13.5% of qualifying expenditure, which can be set against your income tax over 2 years. You must be paying income tax – under PAYE or self-assessment – to avail of the incentive. You must also be up to date with your Local Property Tax obligations.

Any contractor you use must be registered for Value Added Tax (VAT) in Ireland and be tax-compliant. If several contractors, such as a builder, a plumber

and an electrician, carry out qualifying work on your home, you can combine the cost of the works to make up the minimum qualifying expenditure of €5,000 excluding VAT at 13.5%. (The maximum qualifying expenditure is €30,000 excluding VAT at 13.5%).

Repair, renovation or improvement work subject to VAT at 13.5% all qualify for the HRI, including extensions, garages and attic conversions; the supply and fitting of kitchens, bathrooms and built-in wardrobes; fitting of windows; plumbing, tiling, rewiring and plastering. Work subject to VAT at 23% (such as architect's fees) is not covered. Neither are items such as furniture, white goods or carpets.

The work must be carried out and paid for between 25 October 2013 and 31 December 2015. Qualifying work between 25 October 2013 and 31 December 2013 will be treated as if it was carried out and paid for in 2014. In general, the tax credit will be payable over the 2 years following the year in which the work is carried out and paid for. If you are a PAYE taxpayer, the amount of the allowable credit will be included in your annual Tax Credit Certificates. If you are a self-assessment taxpayer, it will be incorporated into your tax assessment.

Know Your Rights C: Opening a bank account

Question

I have recently moved to Ireland. However, I don't have any utility bills yet and I want to open a bank account. How can I satisfy the bank as to my identity?

Answer

Before you open an account with a financial institution, they have to establish your identity and verify your address. This requirement is set down in anti-money laundering legislation. Financial institutions include banks, building societies and credit unions.

You can prove your identity with one of the following:

- A valid passport or current Irish driving licence
- A National Age Card (issued by An Garda Síochána)
- An identification form with a photograph signed by a member of An Garda Síochána
- Documents issued by government departments showing your name, for example, a Public Services Card

You can provide evidence of your address with one of the following (which must show your address):

- A current utility bill (such as a gas, electricity or telephone or mobile phone bill)
- A current car or home insurance policy
- A document issued by a government department
- A certificate of tax credits issued by the Revenue Commissioners
- A current balancing statement ('Form P21') or a C2 certificate from the Revenue Commissioners
- A social insurance document

Note that you cannot use the same document to prove your identity and your address. Alternatively, you can provide a letter from your employer or licensed employment agency stating that you have recently arrived in Ireland and have started work but cannot yet provide evidence of your Irish address (you will have to provide evidence of your address at a later date). If you open an account that pays interest on your money, you also need to supply your PPS (Personal Public Service) number. If you do not have a PPS number, you can contact your local social welfare office for information on how to apply for one.

Know Your Rights D: PRSI on unearned income

Question

I understand that 'unearned income' such as rents, investments, dividends and interest on deposits will be liable for PRSI from 2014. I am employed and also have a small income from interest on savings. Will I have to pay PRSI on this?

Answer

It depends on how much income you get from your savings and on your age. People under 16 and over 66 remain exempt from PRSI and are not liable for the new charge.

You have to pay PRSI on the interest on your savings if you are what Revenue considers a 'chargeable person'. Employees and occupational pensioners (under 66) with additional unearned income of over €3,174 are considered 'chargeable persons' and are liable for the new 4% PRSI charge. They will pay the charge under Revenue's self-assessment system (Pay and File).

You are not a 'chargeable person' and you do not have to pay PRSI if your additional income from non-PAYE sources is less than €3,174 and is taxed under the PAYE system. Generally such income is taxed by reducing a person's tax credits to account for any tax payable.

Deposit Interest Retention Tax (DIRT) is a final liability for income tax purposes. This means that if DIRT has been paid on your deposit interest you are not liable to pay further tax on this income. However if you are a chargeable person PRSI is payable on such deposit interest.

If you are liable for PRSI on your additional unearned income you will pay PRSI at Class K. This class does not entitle you to any social insurance benefits. People whose only income is unearned income will continue to pay Class S PRSI on this income as before and are entitled to some social insurance benefits.

Further information is available on welfare.ie and from the Citizens Information Centre below.

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.





Maynooth Newsletter Editorial

As we go to print the Troika will officially leave our shores and technically Éire will be a sovereign state again. But will we, or any other European country, ever be entirely sovereign again with Europe watching budgets in all its states? We can only wait and see. It is unlikely that there will be any great fanfare as they leave but the country can have some pride in the fact that we have finished with the bailout.

The next year, 2014, marks the 1000th anniversary of the most famous of early Irish battles, the Battle of Clontarf. More on that as the year progresses and the Newsletter editorials will contain some information on the main players in this ground-breaking event that had a major influence on the formation of medieval Ireland. There are many myths surrounding this battle and as history is not exactly a priority in the Irish education system, children seldom hear the true events and adults know very little about the reality of their early history. It is disappointing that Minister Quinn does not seem to rate History as an important subject for the Leaving Certificate either.

November has been a month of anniversaries. The 22nd marked the assassination of President Kennedy of course and there is not an Irish person who was over 7 or 8 years of age who do not remember exactly where they were on that inauspicious evening. After his visit to Ireland in the previous June he had made a most extraordinary impact everywhere he went. He had been to Ireland before of course as a young boy but his victorious return as a young, Catholic president accompanied by the so-called 'Irish Mafia' was a turning point in the minds of many young people. He was a bright shining beacon whose family was symbol of what was possible for a poor Irish family when they went to America. He opened up unbelievable possibilities for so many Irish teenagers. The shock of seeing him shot into Jackie's lap live on television was another turning point – from now on most events of this kind would be played out in public and never would a President of the USA be allowed to drive around so freely. There was an unwritten and unspoken threat forever afterwards. The conspiracy theories still continue, the media has been full of the story and books still appear on the topic. It does appear that this mysterious murder will be discussed for the next 50 years as well.

November 23rd marked the 50th anniversary of another mysterious figure – the BBC's creation Doctor Who and there has been a lot of talk about this entirely fictional figure as well with the TV in particular celebrating on many different programmes and then with the anniversary episode that brought a number of different doctors together for the first time. Although aimed at children initially and primarily, it has a strong cult following of dedicated adults who follow the series.

The arguments and disagreements about the make up and the location of the new Post-Primary Schools continue unabated in Maynooth. The Newsletter tried to bring this issue to the attention of the public over a long period of time. There were editorials and letters produced and indeed reproduced but it made very little impact that the time. There is an open letter to Ruairí Quinn, the Minister for Education, in this publication and the topic seems set to rumble on and on into the future. The good news of an extra school to house the growing youthful population of the town and surrounding areas is being lost in the controversy.

Maynooth is a vibrant, growing town and there is a general baby boom in the country and there will be a huge demand for primary and post-primary schools in many of the urbanised areas over the next 20 years.

The news of the imprisonment of three women, one of whom is Irish, is breaking as we go to print. There is general shock and horror that this could happen in a busy London street in full view of the neighbours. But in these busy days how much do people really know about the people who live around them? And could this happen in Ireland where we pride ourselves on being friendly and neighbourly? With modern apartment living it is perhaps more likely that people no longer know each other as they used to in the past. With the stories of mistreatment of children in particular in Ireland, people should be aware and watchful as we do

not have a good track record in sympathy, empathy or care.

The Newsletter would like to take this opportunity to wish all of readers a happy and peaceful Christmas and New Year. Ba mhaith linne anseo san Nuachtlitir to mbeidh Nollaig and Bliain Nua shona ag gach éinne atá bainteach linn. Tá súil againn go mbeidh an bhliain seo chugainn níos fearr ná an ceann a chuaigh thart anois agus Troika imithe, go hoifigiúil ar aon nós.

Tá fáilte roimh litreacha agus altanna ó'n bpobal to dtí'n Nuachtlitir. We would like to remind our readers again that we welcome letters and articles to the paper.

Muireann Ni Bhrolchain

Letters to the Editor

An Open Letter to Minister Quinn

November 19th 2013

Dear Minister Quinn,

I write to you on behalf of **The Maynooth Schools Group** delegation, who met with you on May 29th 2013. We are now seeking clarification from you on a number of issues in relation to the New Schools Project in Maynooth.

Firstly, is the letter, which was addressed to Deputy Stagg and presented to us on September 25th 2013, your official response to us? If this is the case, would you please answers to the following related questions:

1. Was, the *Dr Gerry Jeffers report, commissioned by the VEC, taken into consideration, particularly the postscript?
2. Did you read the presentation made by this Maynooth Schools Group delegation?
3. Was the Patron's view of the Junior/Senior Schools concept taken into account?

Why were the parents/guardians not surveyed on the change of ethos of Maynooth Post Primary school? The parent bodies are now very concerned and indeed extremely annoyed that the parents' stated and documented parental preference has been completely ignored. Parents and guardians believe your decision, to use the buildings as 'two separate fully vertical schools' will divide the community of Maynooth and has generated calls for a boycott of the new school.

We, in our presentation outlined very clearly the advantages of the Junior/Senior concept. Yet, neither you nor your Department have at any stage since our meeting with you, responded to the parent body and explained to them the disadvantages of this concept or given the reasons why it is an unacceptable proposal. Also, nowhere in the letter to Deputy Stagg have you or any other body set out the reasons for your preference for two vertical schools as opposed to the Junior/Senior concept. Instead your letter went on to explain elaborately how your preference for two vertical schools would be organised. This approach is very much at variance with your stated position when you announced your new school building programme " *parental preference should be at the heart of considerations about the type of school to be organised* " This cosy sound-bite is obviously for public consumption but not for implementation.

At our most recent meeting, our group considered organising a ballot of the parents/guardians on the Junior/Senior concept and on the question of ethos. We would appreciate any guidelines in conducting this, which would guarantee its viability and acceptance by your Department of Education and Skills.

It is still not too late to do the right thing on mature reflection and give the parents of Maynooth their preferred choice. Enrolment for both schools is now being processed so an early reply would be greatly appreciated or we would be glad to meet with you at your earliest convenience.

Yours Sincerely,

Teresa Murray
Chairperson of **The Maynooth Schools Group**

*Co Kildare VEC invited Dr Gerry Jeffers PhD, Education Department, NUI Maynooth, as an independent consultant, to engage with various stakeholders and report on the views associated with the proposed developments.

http://www.maynoothcampus.kildarevec.ie/uploads/1/2/0/1/12012149/msp_interim_report-2.pdf

(The letter above which is published in the interest of public information does not reflect the views of Maynooth Community Council or the Maynooth Newsletter)





Maynooth Town Football Club - Weekly Lotto Results 2013

W/End	Numbers	Jackpot	3 x €35 Winners
01-Sep	5,8,9,18	€2,700	Gina Folan - Colette Kavanagh - Jenny Sutton
08-Sep	1,6,16,19	€2,750	Patsy Leavy - Liam Curley - Terry Hinds
15-Sep	5,8,12,24	€2,800	Aidan Dempsey - Aisling & Liam - Caroline Mc Cabe
22-Sep	1,7,10,17	€2,850	B, J & D Penny - A & M Murnane - Martin O' Grady
29-Sep	6,13,16,17	€2,900	Michele Hever - Austin Duffy - Ger Nugent
06-Oct	11,18,20,21	€2,950	Finn Geraghty - May Mahoney - Siobhan Millar
13-Oct	11,14,17,28	€3,000	Tess & Derek - Mary Mc Grath - C & A Mallaghan
20-Oct	2,8,14,20	€3,050	Keith Farrell - Gerard Hynes - Conor Cleary
27-Oct	2,5,12,21	€3,100	Anne Wall - Joanna Carroll - Oisin Geoghan
03-Nov	3,4,13,22	€3,150	Mick Mc Govern - Dave Vavasour - Eugene Doddy
10-Nov	16,17,22,26	€3,200	Lauren Murphy - Aidan & Siobhan O Brien - Lorraine Dunne
17-Nov	1,5,25,28	€3,250	Jane Strickland - Marie Kilcullen - Akisha Craig

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Premier 1 Saturday										Major Sunday									
	Team	P	W	D	L	F	A	GD	Pts		Team	P	W	D	L	F	A	GD	Pts
1	Maynooth Town	9	9	0	0	26	10	16	27	1	St. John Bosco	10	7	3	0	29	11	18	24
2	Colepark United	8	7	0	1	31	7	24	21	2	Leicester Celtic FC	8	6	1	1	18	8	10	19
3	Inchicore Athletic FC	12	6	2	4	26	24	2	20	3	Shamrock Bhoys	8	5	3	0	29	8	21	18
4	Booth Road Celtic	8	6	1	1	23	11	12	19	4	Maynooth Town	7	5	0	2	11	4	7	15
5	Ballyoulster United FC	12	4	4	4	29	25	4	16	5	Tullamore Town	9	4	3	2	15	12	3	15
6	Laytown United	9	4	3	2	25	14	11	15	6	Enniskerry FC	8	4	2	2	17	13	4	14
7	Palmerstown FC	11	4	2	5	26	24	2	14	7	Crumlin United FC	11	4	2	5	23	30	-7	14
8	Lorcan Celtic	11	4	2	5	19	25	-6	14	8	Hyde Park	10	3	4	3	21	22	-1	13
9	Pegasus/St. James Ath	10	1	3	6	17	30	-13	6	9	Lorcan Celtic	9	3	1	5	16	22	-6	10
10	Orwell FC	8	0	1	7	9	23	-14	1	10	Fairview Cym	10	2	2	6	20	31	-11	8
11	Eblana FC	10	0	0	10	7	45	-38	0	11	Knocklyon UTD FC	8	2	0	6	10	25	-15	6
Date	Home	Result		Away		Date		Home	Result		Away								
09/11/2013	Inchicore Athletic FC	2:3		Maynooth Town		20/10/2013	Knocklyon UTD FC	0:3		Maynooth Town									
02/11/2013	Maynooth Town	3:1		Orwell FC		28/09/2013	Maynooth Town	1:0		Dublin City University									
12/10/2013	Pegasus/St. James Ath	1:3		Maynooth Town		22/09/2013	Mid Sutton/Schalke	1:2		Maynooth Town									
05/10/2013	Maynooth Town	3:1		Palmerstown FC		13/09/2013	Maynooth Town	4:1		Lorcan Celtic									
28/09/2013	Lorcan Celtic	0:1		Maynooth Town		05/09/2013	Tullamore Town	1:0		Maynooth Town									
14/09/2013	Orwell FC	1:2		Maynooth Town		01/09/2013	Leicester Celtic FC	1:0		Maynooth Town									
07/09/2013	Maynooth Town	4:2		Booth Road Celtic		28/08/2013	Fairview Cym	0:1		Maynooth Town									
31/08/2013	Eblana FC	0:2		Maynooth Town															
24/08/2013	Maynooth Town	5:2		Pegasus/St. James Ath															



*Happy Christmas & A Peaceful New Year
To All
From Maynooth Town FC*





Christmas Traditional Recipes



Traditional Christmas Roast Turkey

Tips: If using a frozen turkey follow the instructions very carefully on the wrapper. It is important to allow plenty of time for thawing. Allow 20 minutes per lb or 45 minutes per kg and 20 minutes over.

Ingredients: For the Turkey: 5oz margarine (softened), 6-8 tablespoons of oil.
To flavour body cavity: salt & pepper, 1 sprig of thyme & parsley, 1 oz of margarine
To stuff breast: use your choice of stuffing.



Oven Temperature: Pre-heat to Gas Mark 7/220°C for the first half hour then reduce to Gas Mark 4/180°C for the remaining time.

Method: Remove any loose fat then check inside the body cavity to make sure it is well cleaned. Season the cavity with salt and pepper, then place the herbs and 1oz of margarine to add flavour. Free the skin gently from the breast by working your hand down under the skin, from the neck end. Fill it with the stuffing immediately prior to cooking. Don't pack it too tightly. When done, skewer the neck. Cover the breast and legs with the softened margarine and season all over with the salt and pepper. Heat the oil in a large roasting tin in the oven. Place the turkey in the tin and baste with the hot oil. Roast at the high temperature for the first half hour, then reduce the heat for the remaining cooking time. Cover with foil at this stage. Don't forget to baste frequently during cooking, turning the tin around in the oven to ensure even cooking. Half an hour before the end of cooking time, test by piercing the thickest part of the leg, the juices should run clear and golden. There should be brown turkey juice in the pan. If not continue cooking until you are satisfied the turkey is cooked fully. For a crispy skin remove the foil for the last half an hour. When cooked, remove the turkey to a heated dish and leave for at least 20-30 minutes to relax and firm up.

Roast Goose

Tip: Allow 1 lb (450g) cooked weight per person.

Method: Cut the goose and singe off the pin feathers and down if necessary. Season the cavity with salt and pepper. Rub a little salt into the skin. Stuff the goose loosely and roast for 2 hours in a preheated moderate oven, 180°C/350°F. Prick the thigh at the thickest part, the juices that run out should be clear. If they are still pink, the goose needs a little longer to cook. When cooked, remove the goose to a serving dish and allow to rest for a few minutes.



Spiced Beef

Ingredients: Lean flap of beef or silverside 3-4 lbs would serve 12-16 people.

For the spice: 8oz Demerara sugar, 12oz salt, 1/2oz saltpetre (available from the chemists), 3oz whole black pepper, 3oz whole allspice & 3oz whole juniper berries.

Method: Grind all the ingredients in a food processor until fairly fine. If you are using flank of beef, remove all the bones and trim away any unnecessary fat. Rub the spice well over the beef and into every crevice. Put into an earthenware dish and leave in a fridge or cold larder for 3-7 days, turning occasionally. Just before cooking, roll and tie the joint neatly with cotton string into a compact shape, cover with cold water and simmer for 2-3 hours or until soft and cooked. When cooked let it rest for a few minutes.



Glazed Ham

Tip: Allow 20 minutes to 1 lb for ham and 15 minutes for a loin of bacon.

Ingredients: 1 piece of fresh or lightly smoked ham 10-12lb, 1 small tin of pineapple (use about 1/2 cup of the juice), 12oz brown Demerara sugar, 60-80 whole cloves or as much cloves as you like.

Method: If the ham is salty, soak it in cold water overnight, next day discard the water. Cover the ham with fresh cold water and bring it slowly to the boil. If the meat is still salty, change the water a few times until there is no white froth on the top. On the last boil, turn heat down and let to simmer until it is almost cooked. Peel off the rind, cut the fat into a diamond pattern and stud each diamond with a clove. Blend the brown sugar to a paste with a little pineapple juice. Just be careful not to put in too much. Spread this over the ham. Bake in a hot oven 250°C/500°F for 20 minutes or until the top has caramelised. While it is glazing, baste regularly with the syrup and juices.



Wild Mushroom Stroganoff with Herb Crumb Topping (vegetarian)

Ingredients: 675g potatoes, peeled & cut into chunks, 150ml milk or soya milk, 1 tsp mixed fresh herbs, finely chopped, 40g butter or margarine, 450 assorted white mushrooms, roughly chopped, 2 cloves garlic, crushed, 150ml double cream, 50g fresh white breadcrumbs, 2 tsp fresh herbs, finely chopped, salt & ground black pepper to taste.

Method: Boil or steam the potatoes until tender. Drain and return to the pan. Heat the milk, pour over the potatoes and mash well. Stir in the herbs and season to taste. Melt 15g butter or margarine in a pan. Add mushrooms and garlic and cook gently for 5 minutes. Stir in the cream, season to taste, then heat gently and cover and keep warm. Melt the remaining 25g of butter or margarine in a pan and stir in the breadcrumbs, herbs and season to taste. To assemble, serve individually by placing equal portions of the mashed potato on each plate. Spoon the mushroom sauce over the top and finish with the topping. Toast under a hot grill until golden brown.



Mulled Red Wine (Serves 8)

Ingredients: 1 bottle of good red wine, 4oz sugar, thinly-pared rind of 1 lemon, a small piece of cinnamon bark, a blade of mace and 1 clove.

Method: Put the sugar into a stainless steel or cast-iron saucepan, pour the wine over, add the lemon rind, cinnamon bark, mace and the clove. Heat slowly, stirring to make sure the sugar is dissolved. When it is hot but not scalding serve in glasses with a wedge of lemon in each one.



Irish Coffee

Ingredients: 1 measure Irish Whiskey, 1/2 measure Kahlua (optional), 5 measures hot black coffee, 1 1/2 measure whipped cream and sugar.

Method: Warm glass first. Add coffee and liquors to glass and sweeten to taste. Gently float the cream on top.



Baileys Milk Shake

Ingredients: 1 1/2 measure Baileys, 1 measure white rum, 3/4 measure Kahlua, 3 tablespoons vanilla ice-cream and 1 measure whipped cream. Some crushed ice.

Method: Blend briefly with half a glassful of crushed ice, float the whipped cream on top. Garnish: cherry on a stick, add straws.





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The Gatehouse

A Choice Menu and a Beautiful Castle View



The Gatehouse is a new restaurant in Maynooth, which brings a multi-cultural approach and a continental flavour to the table. Alan O' Regan is the owner of this restaurant and has many years catering experience and has ran an award winning restaurant in Dublin after a number of years working in the hospitality trade throughout Europe, Canada and Australia.

Located in the centre of town, just beside the castle, it is ideally situated and only a short walk away from a spacious car-park, which is next to the harbour. This restaurant can seat up to forty diners at a time and the friendly and professional staff are on hand and ready to cater for large or small events or for that cosy intimate dining experience with a loved one. Along with creating employment for 18 people Alan also sources his produce from local suppliers where possible. The core concepts which underpin Alan's style of catering is quite simply, quality ingredients which are as locally sourced where possible and used with passion and creativity to bring a sense of excellence to every dining experience at affordable prices.

There is a wide range of wines on offer and once again these are available at very reasonable prices whether the customer decides to order by the bottle or by the glass. The Gatehouse Café & Restaurant is open seven days a week for breakfast, lunch and dinner and an early bird menu from Monday to



Saturday and all day Sunday. There is also the authentic stone-baked pizza available which is derived from such quality ingredients as De Cecco flour and pasta. While tasty dishes such as these and a wide variety of other culinary delights can be enjoyed in the cosy and intimate atmosphere of this restaurant, the customer can also choose to avail of the outdoor dining facilities which overlooks the Rye River to give a beautiful view of Maynooth Castle. While a two course meal from the early bird menu can be enjoyed for as little as €19.00 or the 3 course for €24.00 there is also a wide selection of choices from the regular menu, but along with this there will be a Christmas list of options to choose from. But whichever meal is selected it can be followed by a choice from the home-made desserts on offer. Alan O' Regan is a local man and is very much involved in the community and engages with community events and organisations and even manages the under 10's Maynooth Town Football Team which won the league cup in 2012. It is these qualities of engagement and management skills which Alan has brought to his approach to his restaurant and ultimately to the dining experience which every customer should and does enjoy. There is also a gourmet pizza and pasta takeaway selection on offer. So whether you are thinking of a cosy, intimate meal for two or would like to book for a larger event, then why not think of the Gatehouse Café & Restaurant, where the celebrations and the moment can be savoured in a warm, pleasant atmosphere set against a backdrop of ambience, charm and a homely character. To make a booking please contact www.thegatehouse.ie, hello@thegatehouse.ie, phone 01-629-1522 or they can be contacted on their Facebook page.





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Training to Beat the Winter Slump by David Gahan

Winter can be a tough time of year for both young and old. Gone are the warm days of summer and many of the opportunities for outdoor recreation. However, during these cold, dark months, the need for an effective exercise regime is more important than ever. A personalised training plan can be the remedy for much of the winter blues.

Getting Started!!!

Starting a new exercise programme provides a multitude of health and lifestyle benefits. We all know that regular exercise improves the function of our heart and lungs, strengthens muscle and bone, and protects us from disease. With a personalised training plan, we can maximise your endurance, tone or develop muscle tissue, improve flexibility and develop core strength. Other benefits are particularly relevant at this time of year. Regular training boosts our immune system, helps to regulate our sleep pattern, improves our mood and makes us feel good. Everything you need to beat the winter slump!

Planning a Winter Break?

Over the holiday season, there is always a danger of losing fitness as some people abandon their exercise routine. Whether it's the cold, the short days, a lack of time or the need for a shopping spree, training can often be shelved at this time of year. As we know, training is hugely beneficial; however, the effects only persist if we stick with it. Changing your usual routine or having a new training plan designed for you is a great way to stay motivated and to overcome the challenges of wintertime.

We Can Help

Here at the Glenroyal Leisure Club, we strive to help our members achieve their goals and stay motivated throughout the year. Get a personalised fitness programme designed by one of our fitness professionals; take part in one of our fitness classes (we have everything from spinning and kettlebell training to yoga and pilates); then relax and unwind in either of our two swimming pools with sauna, steamroom and jacuzzi provided. Let's beat the slump! Get involved and stay healthy and happy this winter season.

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What is invisible and smells like mild and cookies?

Santa's burps

What did the reindeer say to the elf?

Nothing, reindeer can't talk.

Which elf is the best singer?

Elf-is Presley

Who hides in the bakery at Christmas?

A mince spy



What did one snowman say to the other snowman?

Can you smell carrots

What do you call an old snowman?

Water

What do you call Santa Claus when he does not move?

Santa Pause

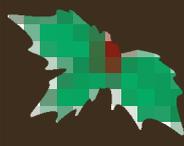
What do you get if you cross Santa with a duck?

A Christmas Quacker

How does Good King Wenceslas like his pizza?

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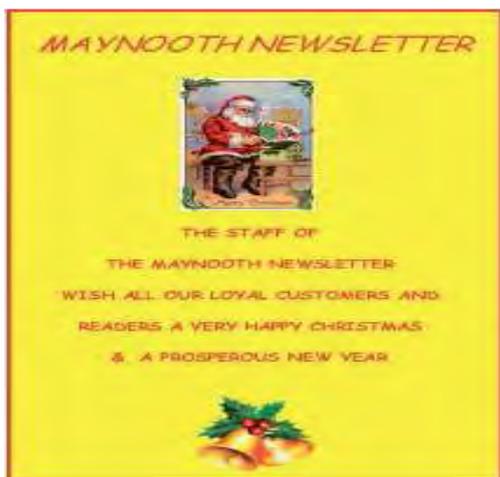

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Glenroyal Business Centre

Geraldine Hall Development

The long awaited development of the Geraldine Hall got under way recently. As the builders moved in to build what will be a new den for the Maynooth Scouts we have included a plan of how the hall will look when finished. The Hall is a protected structure and will be renovated and modernised internally. The large hall at the rear has been knocked and will be replaced with a modern purpose hall for use by the Scouts. The bottom right photo shows the rear of the old school building with the old hall removed. This would be the first time the rear of the school hall has been seen since 1941. On the left is an extract from a Local History Forum book showing an artist's impression of the building and a brief history since it was built in 1859. The new building will improve the vista in the Harbour area and hopefully the Maynooth Scouts will add another successful period to the history of an already historical site in Maynooth.



GERALDINE HALL - PARISH SCHOOL

The front section of the Geraldine Hall was built in 1859 as the Church of Ireland parish school. The origin of parish schools goes back to an act of parliament of the reign of Henry VIII which directed that the incumbent of a benefice should 'keep or cause to be kept... a school to learn English, if any of the children of his Parish should come to him to learn the same.' In spite of this parish schools did not begin to appear until the early eighteenth century when it was hoped they would play a part in the conversion of Catholic children. In this they were never successful and the attendance was almost exclusively Protestant. Maynooth parish school dates back to at least 1702 as evidenced by a tablet preserved in the parish church which was taken from the wall of the school house demolished in 1859. It reads: "This school-house was built Anno Domini 1702, with a legacy left by Mr John Foulkes, wherein the master, that inhabiteth, is to teach the boys of the parish, and to have his freedom in the house." The school-house actually demolished in 1859 was not this one of 1702 but a later one built by the first Duke of Leinster in 1770, as commemorated in the tablet to be seen in the east wall of the church, but it may have stood on the same site. From 1859 the parish school continued in the school-house by the Duke's Harbour until dwindling numbers led to its closure around 1935. the school was then used as a social club and a large hall was added at the back in 1941. Later it passed to the Catholic Young Men's Association and today is held in trust for the use of the people of Maynooth. So also is the Harbour Field beside it which is being developed by community effort.



Maynooth Scouts Update

Maynooth scouts have been working very hard since 2002 to build their own den. To help with the fundraising efforts a Parents and Friends group was set up in 2007 and these very dedicated people have been very busy organising and running many fundraising events since then and their efforts are ongoing. They have organised a large range of different events including "Who Wants to be a Thousandaire", to pub Quizzes', sales of work, bag packs, selling 12 days of Christmas tickets - which we are currently selling. To date they have raised over €105,000 which has all been allocated to the building and renovation of the Geraldine Hall in Maynooth. We really appreciate all the help we have got, from both past and present members of the Parents and Friends group, for the project and we continue to look for the support of the whole community to complete this wonderful project. Many Thanks - Peter Garrad - Group Leader - 8th Kildare Maynooth Scouts





Maynooth Community Church

English Protestant Church in Dublin

For more information please call us on (01) 595 1198 or visit our website: www.maynoothcc.org

Maynooth Community Church is delighted to announce that we have moved to new first floor premises in Manor Mills Shopping Centre, Maynooth. Please join us for worship every Sunday am at 10.30am.

Upcoming events

Christmas by Candlelight Service
Sun 22nd Dec at 7.00pm

MCC Christmas Morning Celebration
Wed 25th Dec (Begins with Breakfast at 10.00am.)

New Alpha Course

Thurs 30th Jan at 8.00pm in Manor Mills

Join us, too, for the Ecumenical Carol Service
Sun 15th Dec at 8.00pm in St Mary's RC



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Entrance Fee:

- Commercial Float ~ €50
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Bands ~ Free

The categories for which prizes will be awarded are as follows:

1 Best Commercial Float	Trophy	2 Best Club Float	Trophy
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5 Best Portrayal of Irish Culture	Trophy	6 Best Portrayal of Environmental Awareness	Trophy

Applications with entry fee to be sent to Community Council Office
Unit 5, Tesco Shopping Centre, Maynooth, Co. Kildare,
By Monday 3rd March or phone (office hours - 6285922 or 6281055) or
John McGuirey (6286295 (E)) or 087-9690845 (M)



ASK SHARON THE STYLIST!!

“Whoever said money can't buy happiness simply didn't know where to go shopping”
Bo Derek - American Model/Actress

Question: “How can I make the most of the sales?”

FACT: We only wear 20% of our clothes 80% of the time so it's easy to be tempted by a low price tag and end up with clothes that you will probably never wear sitting in the bottom of the wardrobe. It's important to become sales smart and walk away with timeless staple pieces like well-cut dresses, jackets and trousers that will look fabulous season after season so follow my tips for no more disasters and mistakes:

Don't buy on impulse and regret it afterwards, instead assess your wardrobe and even make a list of what you need and the shops you can get these from to stop you from getting carried away purchasing things on a whim that won't work with the rest of your wardrobe.

When you see an item you like ask yourself: Is it value for money? Do I love it? How long will it last?

Don't be tempted by a price tag; my golden rule is no matter how low the price tag if I wouldn't buy it at full price it's not a bargain. On average women have at least 22 items in our wardrobes we never wear so don't add to this pile. Remember you often can't get a refund on sales items so there's no changing your mind afterwards and mistakes can be costly and such a waste of money.

Update your wardrobe with accessories as they are the quickest and most affordable way to update any existing outfit. Look out for quality Jewellery, Statement Necklaces, Belts and Shoes and when all else fails I love a new Handbag as ‘one size fits all’ so I'm never disappointed.

Happy Christmas, Happy New Year & Happy Shopping!

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Maynooth Labour News

Cllr. McGinley Calls for Green Filter Light at Glenroyal/Straffan Road Junction

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

"That a left green filter light be installed at the Glenroyal exit to the Straffan Road to act at the same time as the right green filter inwards, in order to reduce the tailback of cars trying to exit from the hotel/shopping centre."

John was given the following reply at the Area Meeting on 15 November:

"Due to geometric constraints at the junction (i.e. the angle for traffic exiting from the Glenroyal Hotel/Shopping Centre Site), it is not possible to guarantee that traffic exiting left from Glenroyal can complete the turn in a safe manner. Furthermore, there is little scope to disaggregate both left and right turning traffic from the Glenroyal so the possible benefits are limited."

Cllr. McGinley dismissed the reply as being meaningless and asked that the Roads Engineer meets him on site to discuss the issue. This was agreed.

Cllr. McGinley Asks for a Light to be Erected Over the AIB ATM Machine on Main Street, Maynooth:

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

"That Allied Irish Bank, Maynooth, be asked to install a light over their ATM machine at their premises on Main Street, similar to the light at their banklink at the Glenroyal Hotel, in the interests of public safety."

As a result of John's motion the members agreed to send a letter to Allied Irish Bank, Maynooth.

Update on Cllr. McGinley's Request for a Disabled Parking Bay at Pound Street, Maynooth.

John got the following update at the Area Meeting on 15 November:

"The area office has reviewed the location in detail. It is not possible to install a disabled parking bay at this location as (i) the footpath

is of insufficient width, and (ii) the road is not wide enough to accommodate a standard disabled parking bay which requires a hatched 1m surround to accommodate safe access to the vehicle. However, if the area office is asked to install a non standard bay which will not comply with regulations it may be possible to make an exception and install the bay. However, we would need to install the signage for the bay flush to the front gable of the house to minimise any reduction in the width of the already narrow path. "

Cllr. McGinley stated a non standard bay should be installed without any further delay

Update on Draft Maynooth Parking By-Laws

The Area Committee were given a new Draft of the By-Laws at the Area Meeting on 15 November. Cllr. McGinley has submitted a list of amendments to be decided on at a Special Area Meeting on 22 November.

Pedestrian crossing at St Mary's Boys National School, Maynooth

Both Cllr. Griffin and Cllr. McGinley have submitted motions on this safety issue over the last six months. At the Area Meeting on 15 November the Area Engineer stated that he will install a Pelican Crossing at the ramp when funds are available.

Update on Deputation from Pikesbridge Road, Maynooth Residents Association.

The Area Engineer reported that a traffic survey commenced on the 11 November and is ongoing for the week. Cllr. McGinley asked that the Area Engineer should give his proposed traffic calming measures to the next Area Meeting on 20 December

Maynooth Post Primary Schools

At the last meeting of the Kildare & Wicklow Education & Training Board (formerly the VEC) an Interim Board for the new Maynooth Community College was selected and the Governing Authority for The Maynooth Education Campus (covering the two schools) was also selected. Cllr. John McGinley was selected as one of the ten representatives on the Governing Authority.

Stagg Welcomes Creation of 110 Jobs by Maynooth Business

Deputy Emmet Stagg has welcomed the announcement that Technology Firm Sentenial, located at the Maynooth Business Campus, Maynooth, Co. Kildare, are to hire

an additional 110 staff over the next 14 months bringing their total workforce to 270 people.

80 of the New Jobs will be created in Maynooth with a further 30 throughout Europe.

Sentenial, stated Deputy Stagg, are a financial technology firm and are hiring additional staff for its payment technology. Sentenial are Europe's leading payments solution provider and implementation partner, helping banks and businesses prepare for the switch to the Single Euro Payments Area.

Deputy Stagg stated that he wanted to congratulate the Chief Executive and Founder of Sentenial Sean Fitzgerald who has built a successful indigenous Irish Technology Business from a start up in 2003 into a rapidly growing business at the heart of the European payments system. Not only have we an additional 110 jobs announced recently but this company have hired 100 additional staff in the past 12 months.

In conclusion Deputy Stagg stated that the announcement showed that the Action Plan for Jobs is creating the necessary supports to allow Irish Businesses to grow and it shows that Irish Businesses can compete with the best in the world.

Cllr. John McGinley can be contacted at: 6285293 or 087 9890645

E mail jmcginley@eircom.net

Web: www.labour.ie/johnmcginley/

Vincent's

The management, volunteers and staff of the two Vincent's shops would like to thank all of their customers for their very valuable support throughout 2013. These two shops, along with their sister shops throughout the country, are vital and quite necessary in our fundraising efforts to alleviate some of the burdens which affect many people within our community and it is with the exceedingly generous support of those within our community that make it possible to address some of these burdens. The kind donations and contributions which many people in our locality have given generously over the year are very much appreciated and acknowledged. Now as we approach the festive season the management and staff would like to wish all of you a very Merry Christmas and a prosperous New Year and we look forward to seeing you all in 2014





RUN FOR MUM 2013



The fourth annual Run for Mum – in memory of the late Deirdre Cusker – will be the biggest yet as runners and walkers get ready for the annual St Stephen's Day event in Maynooth.

Now firmly established in Maynooth's festive calendar, this year's run will raise more badly-needed funds for the suicide-prevention charity, the 3Ts (Turning the Tide of Suicide). Last year's record-breaking event attracted a huge crowd along Carton Avenue and when the final sums were completed, a cheque of €3,341.87 was presented to the 3Ts.

While there will be plenty of local competition on the day, festive cheer is the main priority for the organisers, who are looking forward to judging the best fancy-dress outfit on the day. Willie Wonka, Big Bird and Batman have all made memorable appearances in the past and this year it's rumoured that some big-name Hollywood film stars will be lining the 3km route.

Starting and finishing at Carton Avenue, just off Maynooth's Main Street, local runner Conor Burke from Celbridge AC won last year's event in a time of 9.05 while Kilcoole AC's Joanne Cullen – a niece of Deirdre Cusker – was the first lady to complete the course in a time of 11.39.

Also among the field were the Cusker family – Deirdre's husband Willie and their two children Neil and

Caoimhe – and their efforts helped to raise an astonishing €3,341.87 for the 3Ts.

Speaking about last year's Run for Mum, Chairman of 3Ts Noel Smyth said:

"I'd like to personally thank the Cusker family and their friends for organising this brilliant event, which attracted hundreds of people this year and no doubt will continue to grow in the coming years.

The considerable sum raised of over €8,000 assists us in continuing to fund research and provide resources to prevent Suicide in Ireland and equally, the Run for Mum provides a valuable platform to deliver a message of hope to anyone who may feel that they are at a crisis point in their life or are worried about someone who may be in crisis. There is help available.

The Cuskers, with the warm support of their friends, have created an outreach for people to come together and address the issue of Suicide prevention, while honouring the memory of their beloved mother, wife and friend, Deirdre, in a way of which she would no doubt be very proud of. Fun, community and empathy are the core values of the Run for Mum and are values that 3Ts would love to see echoed in every community in Ireland."

Since the Run for Mum started in 2010, the Cusker family and friends have raised almost €20,000 for the 3Ts charity as well as increasing awareness about the important work of the 3Ts in the area of suicide prevention.

WHAT: Run for Mum 2013 – 3km fun-run open to runners and walkers alike

WHEN: St Stephen's Day (26 December, 2013)

WHERE: Carton Avenue, Maynooth

HOW MUCH: Donations of €10 to 3Ts or whatever you can afford

For further information contact:

Brendan Coffey - 0876873079

MARIAN GALE

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Now new, in and exclusive, to Marian Gale
8, The Mall, Donnybrook, D4.

*We stock tights, Socks, Gloves, Shoes, Head Pieces, Veils and Cardigans.
We also list your school - no two dresses the same style turn up on the day.*

Dress as featured €100

8, The Mall • Donnybrook • Dublin 4 • Telephone 01 2697460 • www.mariangale.ie





Maynooth Fianna Fáil Notes

Tidy Towns and Pride of Place awards

Congratulations to all Tidy Towns organisations throughout Kildare. Straffan won a Gold medal, while Maynooth came away with a Bronze medal. This is a massive achievement for Maynooth Tidy Towns.

Clean Ups are still taking place on Saturday Mornings at 10am if people are willing to join. Congratulations also to winners in Clane, Straffan, Kilcock, Prosperous, Rathcoffey and Johnstown-bridge for wins in their categories in Kildare County Council pride of place awards.

Kilcock Harbour needs attention NOW

The Royal Canal in Kilcock is in need of immediate attention. The water is severely polluted by a burst pipe. The harbour in Kilcock is one of the primary amenities in the town. People are getting sick at the moment and this isn't good enough. Kildare County Council must take immediate action as it is now a matter of public health.

This pollution is moving up the Royal Canal towards Maynooth and immediate action must be taken to confine the issue.

Christmas Lights on Main Street Maynooth

I have been out most nights until late helping Maynooth Business Association put up the Christmas Lights. All the lights have been put up and there are a few bits to do in the square to bring the town to life for Christmas.

A big thank you to Maynooth Business Association for organising, sponsoring and putting up the lights.

Maynooth and Kilcock Lions Club Philippine Appeal

The Maynooth and Kilcock Lions Club held a very successful Philippine appeal in Brady's lounge last Wednesday, the 20th of November. The Club are sending out a container of clothes to those in the Philippines after Typhoon Hayan.

During the night a Philippine band played with the NUI Maynooth Trad Society and a brilliant night was had by all.

Congratulations to all involved.

Senior Citizens Sale of Work

Congratulations to the Senior Citizens Committee for organising another hugely successful Sale of Work. Hundreds attended the event and the people of Maynooth donated very generously. I was stationed on the bottle stall and €600 was raised there alone.

Remember to look after your elderly neighbours this winter.

Ó Cearúil raises Parliamentary Questions in relation to the Maynooth Education Campus through Charlie McConalogue T.D., Fianna Fáil Spokesman on Education and Skills

To the Minister for Education and Skills, Ruairí Quinn

"It has come to light in recent days that Maynooth Post Primary School has a Catholic ethos. This is contrary to what students, parents and staff believed since the opening of the school. The community of Maynooth were under the impression that it had a multi denominational ethos. Can the Minister clarify the ethos of the school and when this ethos came into effect?"

"Can the minister clarify why his department came to the conclusion to establish Maynooth Community College rather than the Junior/Senior model recommended by parents and the Gerry Jeffers report? Furthermore I would like to ask the minister why he came to his decision prior to reading this report as it was not published at the time of his decision"

Ó Cearúil makes representations to Kildare County Council on issues affecting residents of Maynooth

- 1) Coates Lane, the lane between Supermacs and Permanent TSB. There is a bad pothole on the permanent TSB side near the rear entrance car park. Two people have fallen due to it.
- 2) Leinster Park, Maynooth. The road in the estate is in very bad condition. One resident got a flat tyre from driving on it and it is hazardous.
- 3) Traffic Calming Measures are needed to tackle speeding in Greenfields estate Maynooth.
- 4) Housing List issues for three families.

If I can be of any assistance to you personally please do not hesitate in contacting me. I will always try my hardest for you – Naoise.

CHILL Restaurant Maynooth Opened by Naoise Ó Cearúil

On Friday the 27th of September CHILL Restaurant was officially opened at 8pm. The restaurant is located at the side of Manor Mills Shopping Centre Maynooth beside the river. The restaurant is a spin off of the highly successful CHILL Café in N.U.I. Maynooth. CHILL which is owned by Michael Shortt and local man Brian Bean will bring a whole new dining experience to Maynooth and to Ireland.

CHILL Restaurant caters for all tastes, from salads, pulled pork, asian dishes, steaks, burgers to Latin American cuisine. Customers will enjoy the CHILL experience where nothing is normal and completely different from any restaurant.

The new restaurant is hiring 40 new staff, going against current national trends and bringing a much needed jobs boost to Maynooth. This will bring the amount of staff that CHILL employ to over 70.

The official opening had music, acts and celebrities attending. The restaurant was officially opened by Naoise Ó Cearúil, local Fianna Fáil Representative and a close friend of Michael and Brian's.

E-mail - naoiseoceanuil@gmail.com

A Chara,

I would like to take this opportunity to thank all those connected to my recent Coffee Morning in aid of the Hospice Foundation. Firstly, thanks to my family and friends without whose help I would be unable to hold the event. I extend my gratitude to the local businesses that made donations of cash or raffle prizes. Their generosity is unwavering year after year. There are too many to name individually so I hope they accept this as a token of thanks.

Finally, to all the people that attended the event or made donations in their absence, I extend a sincere thanks. The final sum raised on the day was €3,166 for which St. Brigids Hospice in the Curragh is most grateful. I hope I can count on the support of all these individuals again next year. Remember, to die with dignity is a right, not a privilege.

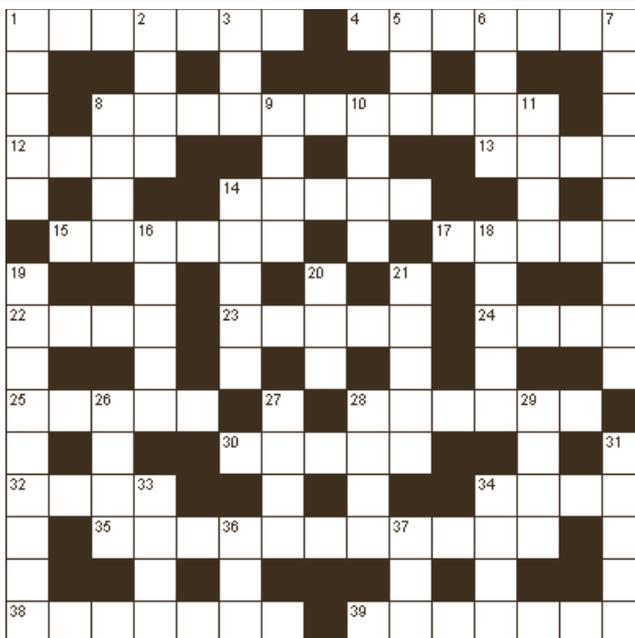
Thank You

May Daly
Moyglare Road
Maynooth

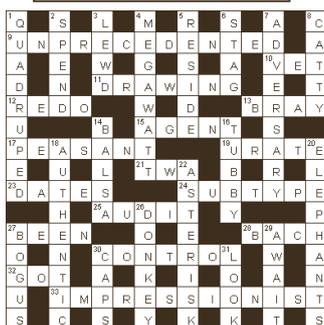


**Clues Across****December 2013 / January 2014 Crossword - No: 420****Clues Down**

1. Exhibitionist (4-3)
4. Glitter (7)
8. Correspondence assistants (11)
12. Grant temporary use of (4)
13. Double (4)
14. Hand operated implements (5)
15. Acquire (6)
17. Hot tempered (5)
22. Starchy food grain (4)
23. State in the NW United States (5)
24. Bird of peace (4)
25. Hard to please (5)
28. Procession (6)
30. Pertaining to the pope (5)
32. Smack (4)
34. Animal hunted for food (4)
35. Worthy of respect (11)
38. Petting (7)
39. Move forward (7)



1. Motionless (5)
2. Undesirable plant (4)
3. Evergreen tree (3)
5. For each (3)
6. Regretted (4)
7. Staff (9)
8. Rebuff (4)
9. English public school (4)
10. Skilfully (4)
11. Free from doubt (4)
14. Shy (5)
16. Forest (5)
18. Republic in S Asia (5)
19. Artisan (9)
20. Craze (3)
21. Ethical (5)
26. Celestial body (4)
27. Loch (4)
28. Gone by (4)
29. Venture (4)
31. Recurring series (5)
33. Peep (4)
34. Entreaty (4)
36. Writing instrument (3)
37. Help (3)

Answers to Crossword 419

Entries in before:
21st January 2014

Name: _____

Address: _____

Winner of Crossword
No. 419 November

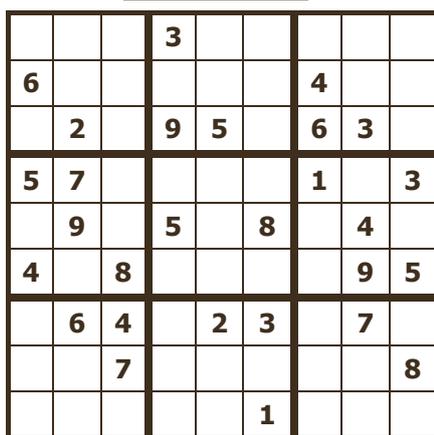
Claire Warren
Beaufield Gardens
Maynooth

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

Special Prize Book Voucher

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

The Maynooth Bookshop

Difficult**Sudoku Challenge**

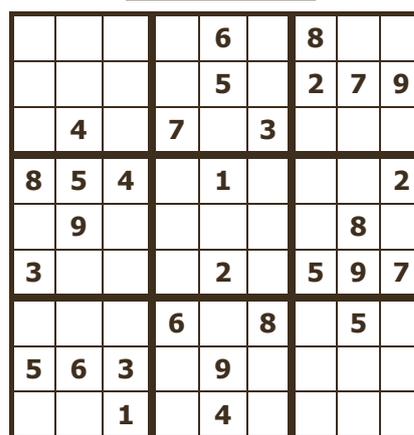
December 2013 / January 2014



Name: _____

Address: _____

Phone: _____

Super Difficult

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

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

Entries must arrive before: 21st January 2014

Congratulations to November Winner:

Jacqueline O'Donoghue
Kingsbry
Maynooth

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



Catherine Murphy Independent TD

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

The Irish Connection can Reap Many Hallowe'en Benefits

Independent TD Catherine Murphy today published a short document examining some of the history of Hallowe'en and staking Ireland's ownership of the ancient festival. The purpose of the document is to highlight the Irish origins and make the case for an international festival similar to St. Patrick's Day, in order to reap the cultural and economic benefits associated with Hallowe'en.

"It's widely known that the origins of Hallowe'en are to be found in the ancient Celtic and pre-Christian celebration of Samhain, which was essentially a gathering time for clan and kin at the change of seasons - a time that these people believed mixed the world of the living with the world of the dead.

"Even though Samhain changed over the centuries - the macabre theme of day has endured and Hallowe'en has now become a secular event widely celebrated by many people across the world, from every background."

"We are in a position to seize the opportunity to recognise Hallowe'en as another cultural event, synonymous with Ireland, which is enjoyed by millions. By incorporating the myriad of existing events and fostering new ones under an umbrella cultural identifier, we could increase tourism, legitimise unofficial celebrations and perhaps raise funds to eliminate some of the anti-social elements of the current celebration.

"When one considers the vast sums which are spent each year on Hallowe'en - some \$8bn in the US alone in 2012, up 55% since 2005 - the economic argument is obvious. Whilst the gathering may have been successful for one year, embracing Hallowe'en could potentially allow us reintroduce an annual gathering that draws on something that is culturally and historically significant to this country.

Maynooth School Debacle Highlighted in Dáil

Independent TD Catherine Murphy has tabled a series of Questions to the Minister for Education, Ruairi Quinn regarding the confusion surrounding the establishment of the new Maynooth Community College which will eventually stand on the same site as the new Maynooth Post-Primary School.

Deputy Murphy was contacted by a number of parents who are very concerned about the news, some of whom are members of the parent's committees that have been involved in a lengthy process with the Department of Education to ensure that the needs of the children, parents and the Maynooth area are met. However despite the parent's being led to believe that their views would be paramount, it now appears that the Department have decided to proceed with plans that differ substantially from the preferred plans of the parents committees.

"People in Maynooth have a very high regard for Maynooth Post Primary School and are therefore rightly concerned about this turn of events. They are particularly worried that the Department does not

understand the importance of the school model to the local community. The non-denominational model provided by the VEC School is regarded as a unifying force in the town and any move to change that to a catholic ethos school is seen as fundamentally changing the school environment."

"Parents seem to have been led through a process where they believed their views were being taken into account and prioritised yet they now find themselves in a situation where their views are, for the most part, being disregarded, and the Department appear to be pursuing their own agenda."

"I have tabled different Parliamentary Questions to Minister Quinn, all focusing on different aspects of the process and the Department's plans and also trying to help him understand the significance of the issue here in Maynooth. The Minister will be required to reply to me within the week and hopefully we will have a clearer idea then of what steps we can take next. "

List of PQ's as Follows:

To ask the Minister for Education what Irish research informs policy into the strengths and weaknesses in terms of the effectiveness of learning in post primary schools of different sizes e.g. 250; 500; 750; 1000; 1250; 1500 what size school falls into the category super school and if he will make a statement on the matter.

To Ask the Minister for Education what aspects if any of the presentation made by (Maynooth Schools Group meeting 29/5/2013) where considered when the decision was made to provide for 2 vertical schools on the same campus as opposed to the junior/senior option of the existing school, the preferred choice of parents; what if any consideration was given to (the Gerry Jeffers Report) which was commissioned by Co Kildare VEC; what consultation was had between the Department and the VEC and if he will make a statement on the matter.

To ask the Minister for Education if the decision is intended to change the status of (Maynooth Post Primary School) from that of a multi-denominational school to that of a catholic ethos; if he is aware that the school is not regarded as a denominational school that the school is seen an inclusive school that welcomes all needs, all creeds and none; is he aware that there are no Church representatives on the Board of Management; what role do the Board of Management and the VEC play in changing the ethos of an existing school; in the event that the school is now designated a Catholic School what knock on effect will that have on enrolment policy in terms of priority given to children of a particular faith and if he will make a statement on the matter.

To ask the Minister for Education if the pupils from the (Educate Together School in Maynooth) will be required to enrol in the proposed new (Maynooth Community College) or will it be open to them to attend (Maynooth Post Primary School) and if he will make a statement on the matter.

To ask the Minister for Education how it is intended to handle the downsizing of (Maynooth Post Primary School) what the maximum intake will be; what

consideration has been given to subject choice in that scenario during the transition period and if he will make a statement on the matter.

To ask the Minister for Education why there has been no direct correspondence between his Department and the parent body of (Maynooth Post Primary School) why no explanation has been given as to why the junior/senior option, their preferred option was not agreed to; if he will agree to a plebiscite of parents; and if he will make a statement on the matter. To ask the Minister for Education what if any consideration was given to the wider community impact of the decision to provide for two vertical post primary schools as opposed to a junior/senior school on the one site in Maynooth; if he is aware that the Post Primary School is regarded as a unifying force in the town; if he is aware of the high regard for the school felt in the area; if he has concerns that the two school model might amplify the various stratifications within the community and might lead to cherry picking in what might develop into good school v better school option; if the decision might be considered a social experiment given the proven track record of the existing school; why the parents were engaged in a lengthy process and given to believe their views would be paramount; what if any concerns he has about the decision he made and if he will make a statement on the matter.

To ask the Minister for Education how the 2014 intake to the Maynooth Post Primary school and Maynooth Community College will be handled; where the pupils of both will be accommodated in September 2014 and if he will make a statement on the matter.

Hospital Top-Ups Expose Bad Practices

The recent revelations regarding the substantial top-up's being paid to some senior staff in publically funded hospitals brings light to a topic that Independent TD Catherine Murphy has been questioning the Minister for Health about for some time.

Deputy Murphy tabled a number of questions to Department of Health back in July and August 2013 to ascertain the ownership of some of the car parks at the larger hospital and the terms of the contracts between hospitals and car park operators. However no details regarding the terms of contract was forthcoming and Deputy Murphy was told that the terms of the contract 'is commercial sensitive information'.

"I tabled these PQs because a number of cases had come to my attention whereby there appeared to be heavy handed use of the car parking regulations in some of the hospitals, with patients being penalised unfairly in a large number of cases. It appeared that patients were being penalised in order to further a cash cow for the hospital at the expense of patient's interests."

"I was interested to know who was benefitting from this practice and, in light of these new revelations it is clear that further questions are necessary."





December 2013/January 2014 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.irishgirlguides.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

I.C.A.

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

Vladimir's Viennese Christmas Concert

Church of St. Patrick & St. Brigid, Clane, Co. Kildare
Thursday 19th December @ 8.00pm
Tickets €25
Bookings: 086 8568440
089 4157944
086 8117356
045 861393

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

Maynooth Flower & Garden Club

Date: 3rd December 2013
A work night 'Do Unto Others'
The Glenroyal Hotel
Time: 8.00pm
All Welcome
Maureen Fagan PRO

University of Third Age (U3A)

Weekly meetings on Fridays at 11am. New Members Welcome Please contact Helena Phone: 087 6717062 for venue details

Parent & Toddler Group

Every Thursday from 10.00 a.m. to 12.00 p.m. Contact Maynooth Community Council Office 01/6285922 for venue details

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

An Nuadha Players present
Cinderella
The Aula Maxima St. Patrick's College Maynooth

Thursday 5th Dec. 7.30pm
Proceeds from Door to Pieta House

Fr 6th Dec 7.30pm
Sat 7th Dec 2.30pm / 7.30pm
Sun 8th Dec 2.30pm

Tickets
Adults €12 Children €8
Family Ticket €35
2+2 or 1+3
Maynooth Book Shop,
Contact: 086-8068068

An Nuadha Players Community Theatre
will bring CINDERELLA to Maynooth for Christmas
Written by Martin Higgins and Directed by Mary Higgins.

Lots of fun for everyone who likes to fall on the floor laughing.
Its our Biggest, Best and most Beautiful Pantomime to date
Even the Ugly Sisters are rather Beautiful, in a certain light

This whole extravaganza will take place in the Aula Maxima St. Patrick's College Maynooth

Thursday 5th Dec. 7.30pm
(proceeds from door to Pieta House)
Friday 6th Dec 7.30pm
Saturday 7th Dec 2.30pm / 7.30pm
Sunday 8th Dec 2.30pm

Tickets from the Maynooth Bookshop Main St.
Adults €12
Children and concessions €8
Family Ticket x 4 €35
or contact 086-8068068

Don't miss this show, it will turn your frown upside down.



McDonald's






La Maison Donatello

Celebrate Christmas this year in intimate surroundings with exceptional food at La Maison Donatellos.

Christmas three course set menu available for €30.00 per person.

Sample Group Set Menu:
Starter: Chestnut & Grappa Soup, Black Fig & Prosciutto Parma Ham Bruschetta, Polenta al Funghi, Grilled Mackerel with cucumber & lime dressing & baked Ardsallah, Goats Cheese Caprese.
Main Course: Fillet of Beef Medallion, Fresh Seafood Platter, Spinach & Ricotta Cannelloni, Braised Venison Sausage and Sage Mash & Spaghetti Aglio e Olio (Garlic & Olive Oil)
Desert: Plum Pudding & Brandy Cream, Sicilian Cassata with Sambucca, Traditional Panattone Bread & Butter Pudding & a selection of Ice Creams

Early Bird Menu Monday to Saturday 5pm to 7pm; Sunday 4pm to 7pm
 Some supplements apply. Please see website for full menu and terms & conditions
 For bookings call 01 6289660 or email info@donatellos.info - www.donatellos.info



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.

ADVERTISING RATES

Size 1 Colour: W8.1cm x H10.8cm - €33.00/Monochrome - €25.00

Size 2 Colour: W16.5cm x H8.0cm - €46.00/Monochrome - €35.00

Size 3 Colour: W16.5cm x H10.8cm - €65.00/Monochrome - €50.00

Size 4 Colour: W24.9cm x H16.3cm - €120.00 (Half Page)/Monochrome - €90.00

Size 5 Colour: W25cm x H33cm - €225.00 (Full Page)/Monochrome - €170.00

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Website <http://www.maynoothcc.com>





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Wednesday 9am-7pm
Thursday 9am-8pm
Friday 9am-8pm
Saturday 9am-7pm
Sunday 10am-6pm

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MADE TO ORDER • ASK IN STORE!!
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Beauty Therapist in store for all your beauty needs – book your makeover today for any special occasion!

All Newbridge Bags & Purses HALF PRICE!!

(Available in a range of styles & colours)

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Lancome Products

15% OFF

Valid only on presentation of this coupon until 31st December, 2013

5 Stone gone and Karen says she will never be stuck in the zone again! Slimming World got me out of a Zone!

The final straw for Karen (36) was when she had to be rescued in a children's Playzone. "It was so embarrassing; I went in to help my son and ended up stuck in one of the activities, in full view of all other parents, kids and a troop of scouts". After being heroically rescued by the Playzone staff Karen vowed it would never happen again. That week she joined Slimming World, and so began her amazing transformation.

Looking back, Karen acknowledges that she has long struggled with her weight. As far back as she can remember she had weight issues and recalls needing a size 14 for her confirmation clothes. As she got older, it didn't get any easier. During her teenage years she seemed to put on an extra stone for every year that passed. By the time she was 21 she was only a few pounds short of 21 stone. Her friends were slim, and could easily dress in the latest fashions. No matter what she wore she felt big and her confidence was destroyed. During this time doctors diagnosed her with Polycystic Ovary Syndrome (PCOS), "it was a huge blow, the doctor told me that my chances of having children were slim" she says. Karen felt she used this as an excuse to not to even try to shed her excess weight!

When she started working she tried everything she could to lose her weight. She joined so many weight loss groups, and had some success, but inevitably the weight would always go back on. She tried diet pills, the cabbage soup diet, and spent so much money over the years. While everything worked for a few weeks, in the long term none of the methods she tried were sustainable. After undergoing fertility treatment, Karen gained weight with each pregnancy, and all attempts to lose it failed miserably. During her third pregnancy she developed gestational diabetes, which involved seven self-administered insulin injections a day for 5 months, she worried how this would affect her baby and herself. Thankfully all went well, but it was a real wake-up call for her. Shortly after giving birth to baby number three, Karen was bridesmaid at her sister's wedding. "My sister had these amazing dresses made, they were beautiful purple silk and mine was a really stunning Grecian style – but it was size 24! I thought I looked fantastic, but when I saw the photos some days after the wedding I was shocked. I was so disappointed with myself, I felt I let my sister down, but more importantly I was being unfair to my own family because I was failing at being the mother and partner they deserved".

Karen explained how she felt when she was at her heaviest. "At my lowest point I felt worthless and out of control". She avoided going anywhere and meeting new people terrified her. She became almost a recluse, comfortable only when she was at home with her family. Day to day things had become difficult for her, and the things that other people do with ease were a huge struggle. She knew she had to do something, but she was at a loss to know what to actually do. Then one day she saw an advert for Slimming World in Mullingar. "Half of me was saying...here I go again, throwing money down

the drain..."yet she was at the point where she had to do something...she just wasn't convinced that it would be worth it. "From the moment I walked in the door and my consultant, Caroline, welcomed me to the group, I knew this was going to be different, and I was right".

Karen explained that she noticed two things almost immediately. The eating plan is so different from anything else she had tried, and it took her a few weeks to actually believe that it might work. "I could eat all the things excluded on most other diets...like potatoes, rice and pasta, and as much lean meat as I wanted". She could graze all day on fruit and vegetables. She just couldn't get hungry. In fact, she could eat so much those first weeks that she honestly didn't believe that she could possibly lose any weight. She approached the scales with trepidation, actually thinking she would have put weight on. "I couldn't believe it, in the first week I lost 5 lbs., the first month 15.5 lbs and within 9 months I had dropped an incredible 5 stone" and her weight continues to drop. She didn't know how it worked back then, but what she did know is that it did work. The second thing that was really noticeable was how great she felt. In no time she had more energy and felt truly happy and positive for the first time in her life. "I have so many great new friends in my group and I love catching up with them every week". She now feels like the person who lived inside her body for all those years. She is married to Jason, who has also lost over 5 stone with Slimming World and they have three children. She is now able to enjoy getting out and about, and doing all the normal things that other people take for granted. "The biggest bonus now is I get to pass my experience on to others as a consultant for Slimming World in Maynooth" she excitedly tells us. When we asked Karen what she does now that she couldn't do before, she laughs and says "everything, where do I start? I have so much energy. I play with the kids, we go swimming and for long walks. It's endless! I can go up the stairs without losing my breath and shopping for clothes is a pleasure and not the disappointment it used to be".

Asked what advice she would give to anyone wanting to lose weight, Karen says "just come along and give it a try. You have nothing to lose but your weight. You will be welcomed, you will feel comfortable, and we will give you a plan that works for you". Slimming World is not just a weight loss class, it's a whole new way of eating for people who want to be fitter, healthier and slimmer. Karen didn't believe that it could change her life, but it has. "I'll never go back to being the other Karen". Karen's Slimming World group starts on Tuesday 29th October at 7.30 in the Maynooth Town Football Club on the Rathcoffey Road.

To contact Karen for more details please phone 0860455677



Labour Advice Service



Emmet Stagg TD

**Every Monday at 4.00 pm in
McMahon's**

The Last Advice Service this year will be on Monday 16th December. The Advice Service will resume in the New Year on Monday 13th January.

Happy Christmas

