

# Maynooth Newsletter



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**February 2013**

**Local News**

**FREE**

Maynooth Local History Group  
Memorabilia Night at the  
Glenroyal Hotel

See page 21



Would you like to take part  
in this year's  
St. Patrick's Day Parade.  
(application form on page 20)



**Happy  
Valentines  
Day**



Getting set for West Side Story



**Maynooth Post Primary**

Pupils and staff prepare the stage for the 2013 school musical

**West Side Story**

School Sports Hall 30th Jan -3rd Feb. 7:30pm Nightly  
(see page 17)



See Maynooth Events on Gathering  
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## February Diary Planner

### History Group

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

### 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

### University of Third Age (U3A)

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

### Toastmasters

Toastmasters meet on the 2nd & 4th Monday of every month in Glenroyal Hotel at 8pm.  
The meeting 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

### Flower & Garden Club

Next meeting takes place in the Glenroyal Hotel on 19th February at 8 pm  
Demonstrator: Brid Coonan  
Visitors Welcome  
Day School also on the 20th February by Brid Coonan  
Maureen Fagan PRO

### I.C.A.

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

### Taekwon-Do

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

### Bridge Club

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

### 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](http://www.irishgirlguides.ie)

### Parent & Toddler Group

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

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

## Finesse

Healing herbs and helping hands to provide you with the healthier option.



Finesse is the new health store and fitness studio, which had its official launch in Maynooth on Saturday 3<sup>rd</sup> of November. It is conveniently located beside the Credit Union on the main street. Eleanor Finn is the owner of finesse and not only has she a passion for health and fitness in all aspects whether of the mind or the body but she is also a fully qualified physical therapist and

fitness instructor. Eleanor says that "I started my career as a fitness instructor a decade ago but I was never really sold on the gym environment. What I liked about the smaller centres was that I got to know the clients really well. Knowing the clients means you can push them harder to achieve their goals."

Finesse aims to cater for people of all fitness levels and will be bringing an



A good workout enhances your sense of well-being while adding to a healthy and happier lifestyle.



Massages relieve tension and stress leaving you relaxed and energised.

inspired range of person- centred fitness classes to Maynooth, including TRX, Turbo Cycling, Box-Fit, Boot camp, Pilates, Kettlebells, Pre & post Natal Pilates, Hip Hop, Meditation among others. There are also rooms for alternative therapies and treatments such as acupuncture which benefits include stress relief, pain reduction, emotional balance and other forms of healthy attributes. These rooms are also available to lease by therapists who wish to bring their own form of healing to the studio. There is also a nutritional advice service at Finesse along with personal training, Reflexology, Acupuncture, physical therapy, Reiki Therapy and more. Finesse also carries a range of healthy supplements, organic foods and products to promote and sustain a healthy balanced lifestyle. As well as selling health foods, they also retail sports nutrition and sports equipment.

So why not call in and talk to the staff at Finesse and find out more about classes and therapies available. The friendly and helpful staff caters for a wide variety of customer requirements and needs. As Eleanor says "whether people are looking to work out like an Olympic champion in one of our Box-fit classes, the one-to-one guidance of a personal trainer, or unwind in a meditation class we feel there is something at Finesse for everyone."

Classes are on all day and evening to make it easier for you to avail of the benefits and services to start living a happier and healthier lifestyle. The class timetable is available on the website [www.finesse.ie](http://www.finesse.ie) or in the shop during the day.

The classes are €10 each or buying a bulk of 10 classes costs €80 in which you can mix and match in the 10 classes you wish to go to. Student Prices are also available. Signing in for classes is essential to reserve your place. Opening times for the shop are Monday- Saturday 9.30am-5.30pm. For further information or to make a booking phone (01)- 5054584 or log onto [www.facebook.com/finessemaynooth](http://www.facebook.com/finessemaynooth), or alternatively you can find us on twitter.com/finessefitness1.



The owner, Eleanor Finn chatting with customers at the launch



In the mean-time Catherine is ready to help the customers

By: BRIAN O'NEILL

## 10 Everyday Ailments & Home Remedies

### Sore Throat

- 1 Gargle with warm salt water. ½ teaspoon salt to a cup of warm water & gargle every 3-4 hours. This cuts phlegm & reduces inflammation.
- 2 Gargle with Listerine. The mouthwash gets rid of any germs that cause the infection. Do it a couple of times a day.
- 3 Use citrus. Sip lemon juice. Mix 1 tablespoon each of honey & lemon juice in 1 cup of warm water & sip away.

### Ear Infections

- 1 Warm olive oil. Put some oil in a bowl & heat in microwave till it becomes warm. Before putting it your ear, always check that the oil is not too hot. Put 2 drops of the warm oil into the ear & put a little cotton wool in the ear to keep the oil in.
- 2 Salt. Heat 1 cup of salt in microwave for 3 mins. Then put salt into a cotton sock & place it near the infected ear. This will bring down the pressure inside the ear by helping to drain out the liquid build up. Repeat several times a day.

### Cold Sores

- 1 Cover it with petroleum jelly - this will speed up healing & help protect it from secondary infection.
- 2 Change your toothbrush after a cold sore appears & when it disappears. Toothbrushes hold germs.
- 3 Milk. Soak a cotton ball in milk & apply it to the sore to relieve pain. Better still before it appears. When you get that tingling feeling, head straight to the fridge.

### Fatigue

- 1 A well balanced diet will beat fatigue. Eggs are loaded with good things such as proteins, iron, vitamin a, folic acid, riboflavin & pantothenic acid. Eat 1 a day, whatever way you like & you will be feeling better in no time.
- 2 Drink plenty of water, juice, milk or other beverage to keep you hydrated as dehydration can cause fatigue.
- 3 Get more sleep.

### Bad Breath

- 1 Keep your mouth clean & your tongue too.
- 2 Baking soda - sprinkle some into your palm, dip a damp toothbrush into the baking soda & brush.
- 3 Cheese - fights plaque & mouth odour. Opt for a low-fat cheese for a snack.

### Stress & Anxiety

- 1 Almonds - Soak 10 raw almonds overnight to soften, then peel off their skins. Put almonds in blender with 1 cup warm milk, a pinch of ginger & a pinch of nutmeg. Drink at night to help you relax before going to bed.
- 2 Baking Soda - Add 1½ cup baking soda & ½ cup of ginger to a nice warm bath. Soak in the bath for at least 15mins to relieve tension & anxiety.
- 3 Orange juice - for a racing heart rate associated with anxiety - stir 1 teaspoon honey & a pinch of nutmeg into 1 cup orange juice & drink.

### Joint Pain

- 1 One of the simplest ways to ease the pain & improve circulation is to have a warm bath.
- 2 Eat a banana every day. This provides the joints with sufficient grease 7 strength.
- 3 Carrot & Lime Juice - mix them together & drink on a regular basis. This is a very efficient home remedy for pain in the joints.

### Stomach Bugs

- 1 Peppermint Tea - relieves all kinds of tummy related aches & pains. It acts as an anti-spasmodic, which means it can relieve stomach intestinal cramps & hyperacidity. It also dispels gas & bloating.
- 2 Chamomile Tea - does the same as peppermint tea.
- 3 Fluids - keep your fluids up by drinking sports drinks with electrolyte formulas & by sipping water.

### Tonsillitis

- 1 Gargling with warm salt water several times a day. 1 teaspoon salt & 240ml warm water.
- 2 Drinking warm or cool liquids or eating ice pops, or ice cream.
- 3 Milk - 1 glass of pure boiled milk, add a pinch of turmeric powder & pepper powder. Drink every night for 3 days.

### Nasal Congestion

- 1 Onion - taking a whiff of an onion causes stimulation in the nose that leads to runny results & temporary unblocks congestion.
- 2 White Vinegar - add ¼ cup to white vinegar to a basin of hot water. Put your head over the bowl & put a towel over your head. Breathe in & out. This will loosen up the congestion.
- 3 Mustard - Slather mustard on your chest & soak a wash cloth in hot water, making sure to ring it out. Place the wash cloth over the mustard & lay still for instant relief.

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### Separation Anxiety in Dogs



Roddy, a tail wagging Labrador cross was sitting happily beside his very stunned looking owner in the waiting room, one morning recently. I brought them into the consulting room and the owner took out his iphone and showed me some shocking photos of a demolished armchair which Roddy had chewed to pieces. He reported that Roddy was very attached to him and always barked

as he left for work. What could have gone wrong?

At Maynooth Veterinary Clinic, Newtown Grove we have seen many cases, of differing severity of this condition in dogs. Dogs that suffer from separation anxiety are usually overly attached or dependent on their owners. It is characterised by barking, soiling and destructive behaviour in the owner's absence. It is important that it is not confused with poor house training, being left alone for longer than the dog can "hold-on" or barking back at neighbouring dogs. Most of the displays of anxiety will occur within twenty minutes of the owner's departure

Dogs are very aware of your behaviour and are keenly tuned in to your actions so they do pick up on routine activities such as putting on your coat, getting your keys etc. With dogs that suffer from Separation Anxiety such actions can trigger them to become overly anxious and excited, in some cases the dog will become quiet and withdrawn.

This can be a very difficult condition to treat and it requires a lot of time and dedication in retraining the effected dog. Drugs alone are not the answer. However there is a product called DAP which produces a pheromone spray that appeases the dog. In combination with appropriate retraining we have found this to be very useful. At Maynooth Veterinary Clinic, Newtown Grove, we always advise that retraining should be done by one family member. This is to achieve consistency and to avoid confusing a dog which may already be over anxious.

The aim of retraining is to reduce the levels of anxiety in your dog. This requires several stages to be reached:

- Your dog should be taught to stay in his bed or den area for progressively long periods of up to 30 minutes or more. This can be done by using a favourite treat – hold it in front of the dog and have him lie down and then give the treat while quietly praising him. Lengthen the periods of lying down until one minute is achieved. Next practice the stay command – have your dog lie down and walk

back 2 steps while saying stay. Try to achieve a 60 second "stay" period and then walk back and give the treat and quietly praise him. Gradually build up the length of stay and the distance that you go across the room before returning with the reward.

- Next you can start to leave the room, once more building up the length of your absence until 30 minutes is achieved. Note that this overlaps the 20 minute after leaving period when most of the adverse signs of Separation Anxiety occur. We often find that leaving a talk radio station on or quiet background music can be very helpful both during training and also during times of owner absence.

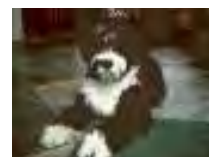
- You are now at the point where you have done the initial basic training with your dog but you want to be able to confidently leave him behind.

- Always try to give him a period of hard exercise followed by 15 minutes of rest before you leave. It is a good idea to distract your dog by giving him some favourite toys at this stage – the ones that you can hide treats in are very good as they provide long periods of distraction. We have these in stock in Maynooth Veterinary Clinic. Leave quietly and do not say goodbye to him – all Junior Infant teachers will agree!!

- As previously stated your dog will be sensitive to departure signals such as putting on your shoes, getting your keys etc. It is best not to do these activities in front of him. Your dog should already be kept distracted and out of sight at this point.

- When you come home ignore your dog if he becomes overexcited as he will interpret your attention as a reward for his over excited greeting. Equally do not scold or punish him for any misbehaviour during your absence. This is because dogs have no ability to relate past events to current punishment, therefore he will not associate the damage with the punishment. This can cause further anxiety and confusion for your dog.

This article shows just how complex and difficult Separation Anxiety can be to treat, however we have always found that a dedicated and consistent approach will pay off and that the effort can be very rewarding for the owner and the pet! At Maynooth Veterinary Clinic, Newtown Grove, our experienced vets and nurses are always very pleased to advise our clients on all pet related matters. Please feel free to contact us on 01-6289467, [maynoothvet@gmail.com](mailto:maynoothvet@gmail.com). Visit our website [www.maynoothvets.com](http://www.maynoothvets.com) for more pet information.



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## U3A Maynooth News

A belated thank you to everyone who supported our Carol Singing efforts for charities during December, (NCBI in Manor Mills and AWARE in Tesco Shopping Centre). Particular thanks to Joe Buckley for also giving of his time and skill during rehearsals, and to members of the band who supported us in Tesco's.

Thanks to the staff of Maynooth Community Library who invited us to participate in the pre-Christmas cheer with their public.

As a group, we have a variety of musical talents. Pat's keyboard skills have kept us in tune over the years, so many thanks to all. Finally, despite the challenges we all face during the current cut-backs, the generous spirit of the people of Maynooth continues and the above named charities are most grateful.

U3A Maynooth welcomes new members and information can be obtained at the following numbers:

Bernadette - 01 6016179

Geraldine - 01 8255597

Helena - 087 6717062.



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## Editorial

Welcome to the first issue for 2013. The long month of January is over at last.

There was no break from study over Christmas for university students as they went straight into their exams after the holiday and they will be on their way to the second semester by now and they have a new library in which to study. The new library offers different types of study areas to suit different types of learning -for the student who likes the formal traditional quiet space and those who prefer to work in groups to prepare presentations or to tease out concepts and ideas. Study rooms are kitted out with the latest technology. A coffee shop on the ground floor is an added attraction. Members of Maynooth community are welcome to drop in for a coffee. We wish all our students the very best in their exams. It is planned that the new library will host various exhibitions and launches throughout the year. We will keep you posted.

The Maynooth Harvest Festival will take place 26-29 September and we would welcome university students and international student involvement.

We express our sympathies to the family of the late Kevin O'Sullivan, St. Patrick's Park Celbridge who died tragically following an accident.

We also express our sympathies to the family of Msgr. Corish, former Professor of Ecclesiastical History, St. Patrick's College Maynooth. Msgr. Corish was buried in the College Cemetery on Monday 14th January. He wrote the definitive history of Maynooth College for the bicentenary celebrations in 1995 "Maynooth College 1795-1995". Msgr. Corish also set up and organised the Maynooth College Archive. A considerable task but one feels it was done as a labour of love. The Archive is wonderful resource covering all aspects of college life - its beginnings, development, professors, seminarians, college employees and the college farm. Researchers from all over the world have consulted the archives over the years. It is a lasting legacy to Msgr. Corish.

Ar dheis Dé go raibh siad.

What is happening in Maynooth in the coming year? Maynooth's St. Patrick's Day parade promises to be as good an event if not better than last year. Any help is greatly appreciated by the organisers and any new ideas are also very welcome. Already there is a good number of groups wishing to take part. The more the merrier.

NUI Maynooth will host the Gathering Morpeth Roll Exhibition tour on the 15 March. The Morpeth Roll is a unique testimonial document signed by 275,000 people across Ireland in 1841 on the departure of George Howard, Lord Morpeth from the Office of Chief Secretary for Ireland.

We have the Maynooth Gathering 10k Weekend from the 17-19 May. This is a fundraising event organised by the Maynooth Post Primary School Parents Teachers Association. Funds will be for the purpose of the development of new multi purpose playing field for school, college and community use. There will be a photo exhibition from the school archives and other ancillary events over the weekend.

The Irish Open will take place in Carton from 27 June-30 June.

Maynooth Harvest Festival 26-29 September. We hope to invite our Canet-en-Rousillion visitors to the Festival and will run some events around this. This will be our contribution to the Gathering events in Kildare.

## Community Council Notes

The first meeting of the Maynooth Community Council Meeting for 2013 took place in the Glenroyal Hotel. The main reports concerned the new CE scheme and the sub-committees

CE scheme

The amalgamation of the old scheme and the new is in process. The MCC has now responsibility for the office and what was formerly the Canal scheme. Mr. John Doogan is now the assistant administration with responsibility for the outdoor part of the scheme which is up and running. The combined scheme will have 30 people employed. A plan of work is in place which includes the extension of the canal path up to Leixlip, work at the Soccer Club and the care of the Community Space.

Sub-committees

Scouts: Assisted at Kerdiffstown for Senior Citizens.

They organised a bag pack fundraising event in Dunnes Stores. The highlight for December was the Peace Light which travelled from Bethlehem to Vienna/Europe to England, presented at Fairview Church on 13th December and brought to Maynooth for Christmas Eve Masses St. Mary's Catholic Church and Ladychapel. A number of outings are planned for 2013. On Feb 24th there will be a national Challenge Cub Scouts at NUI Maynooth. Over 300 scouts are expected to attend the one day event. The Scouts will also take part in St. Patrick's Day Parade and will have their climbing wall in the Square.

Senior Citizens: Had their Christmas Dinner in the Glenroyal in December. The next church gate collection will be at the end of February. The re-instated monitored alarms scheme was welcomed.

Educate Together: The new extension is going according to plan. The school will take part in the St. Patrick's Day Parade and will be having a meeting to plan for that.

Tidy Towns: Thanks were expressed to Paul Croghan and John McGinley for their support and defence in the face of the dismal IBAL survey. The importance of getting people to take responsibility for the litter situation in the town was stressed. Numerous examples of litter and unauthorised advertising placards in the

town and surrounding areas were noted. There is a substantial fine for littering and the Litter Warden can be contacted. The canal, from Pike Bridge to Maynooth and the Greenfield Shopping Centre were noted for their tidiness. The Tidy Towns committee will be raising awareness in local schools.

The issue of the Christmas lights was raised. It is understood that there is no funding to repair the lights which have broken due to rotten branches and high winds. Trees need to be pruned. It was felt that it would be preferable not to have the lights switched on unless they all were in working order. The MCC does not have responsibility for the lights but as the elected body it can advise on such matters. The need for a Maynooth Chamber of Commerce was stressed. Contact with the North Kildare Chamber of Commerce would be a positive step to begin this process. The town lighting situation was raised. It was agreed that the MCC send a letter to KCC regard the repair/replace of various lights around the town.

St. Patrick's Day: There are 36 entries so far. Sponsorship letters are being sent out. Businesses have been very good in supporting this event. Particular mention was made of the support of the surrounding stud farms. All help and new ideas are always welcome, just contact the organising committee via the MCC office.

Maynooth Local Area Plan: The Draft Maynooth Local Area Plan (LAP) has been on public display from 9 January for six weeks. Members of the public have until 19 February to make their submissions to the Council. John McGinley asked that members a look at this plan before the next meeting when it will be discussed. (See Page 23)

Maynooth Local History Group: There will be a memorabilia night on January 23rd in the Glenroyal Hotel. People were invited to bring items of historical interest e.g. postcards, pictures, medals etc which they might like to talk about. The reprint of a booklet of local interest is in discussion at present.

U3A: During December there was Carol Singing at Manor Mills which raised funds for the National Council for the Blind. This was very useful in raising public interest in the work of the NCB. Five hundred euro was raised in funds. U3A also had a fundraising carol service in Tesco's for AWARE. There was also a concert in the Community Library just before Christmas. Meetings are ongoing on Fridays in the Community Space.

Festival/Gathering: Plans are ongoing for the festival. Eight hundred euro has been granted by KCC for a Gathering element in the festival.

Teenspace: There will be events for secondary school students on Friday 3rd February from 7.45-9.30. Gaelcholaiste: Colm Ó Cearúil invited members of MCC, parents and local representatives to a meeting regarding the gaelcholaiste developments and implementation, on 23rd January at 8pm in the Glenroyal. There will be feedback from meetings that were held in the three local gael scoileanna - Maynooth, Kilcock and Leixlip.

Walk of Unity: Keith McCroary of Maynooth Community Church invited members of MCC to take part in its annual Walk of Unity on Sunday 20th January at 4pm. The walk will start at St. Mary's Church of Ireland continue to St. Mary's Catholic Church and conclude at the Maynooth Community Church at Maynooth Post Primary School. The service will take a little over one hour.

Sympathies: MCC extended its sympathies to the families of Msgr. Corish former Professor of Ecclesiastical History, St. Patrick's College Maynooth and to the family of the late Kevin O'Sullivan.

You will get more details of the above events on the Gathering Webpage. At present there are 10 Maynooth related events.

I would also like to inform our readers of the wonderful work that local community groups do to enrich the town and which a lot of time goes unnoticed. I became very aware of this from the enthusiastic participation of these groups in last year's Harvest Festival and as a recent member of the community council where their activities are reported on regularly. I would encourage people to support any events that these groups, clubs and organisations are organising.

Spring is in the air and there is a stretch in the evenings. I have noticed more and more people out walking and running which is inspiring and should encourage us all to get out there. It doesn't cost anything and its benefits to the body and mind cannot be underestimated. So out we go and bring your camera. Having your camera makes you see and get you noticing your natural surroundings. You will be surprised at what you never noticed before. Enjoy!

Susan Durack  
PRO MCC

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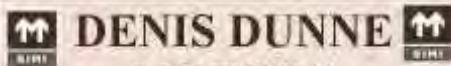
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# Know Your Rights

## Self-employment and Jobseeker's Allowance

### Question

I'm self-employed and only just getting by. I want to keep my business going but there is very little money left to live on at the end of the month. My friend told me I can apply for Jobseeker's Allowance and still keep working at the business. Is that right?

### Answer

If you are self-employed, you may be entitled to Jobseeker's Allowance (JA) if your income from the business is below a certain level. You do not need to close your business or stop working as self-employed in order to get Jobseeker's Allowance.

You can apply for Jobseeker's Allowance at your local social welfare office. All your income, including the earnings from your business, will be assessed in the means test for JA. The assessment must reflect the income you may reasonably be expected to get from your business over the next 12 months. Income for the last 12 months will be taken as a guide but allowing for any factors that you know will vary. You should be prepared to discuss these factors when you are assessed for JA.

Earnings are assessed as gross income from the business, less work-related expenses over 12 months. There is no exhaustive list of all expenses allowed, as expenses vary with the nature and extent of the self-employment. Your expected annual earnings from self-employment are divided by 52 to find your weekly means from self-employment.

To prove the level of income from your business you must give your receipts and payment records or audited accounts to the person dealing with your application in the social welfare office.

If you have claimed a jobseeker's payment but it has not yet been paid and you have no other income, you may qualify for Supplementary Welfare Allowance while you are waiting for payment. You may also be eligible for other benefits such as a medical card or GP Visit Card, and possibly for Rent Supplement.

## School closure due to bad weather

### Question

My daughter is sitting her Leaving Certificate in June 2013. What happens if we have a spell of bad weather this winter and her school closes? Will the days lost be made up?

### Answer

Post-primary schools are obliged to open for 167 days per year. The decision to close a school rests with the school management authority. Any decision to close is taken in the interest of children's safety, having assessed the local risks and having consulted, as appropriate, with school transport operators. Decisions on how to make up for lost days will be taken locally by the school authority, following their assessment of tuition lost. The Department of Education and Skills Circular 0034/2011 provides guidance for schools in relation to making up for time lost due to unforeseen closures, including severe weather. Where other measures are not considered adequate, the school may decide to shorten the February mid-term break.

Post-primary schools are due to close for a week, from Monday 11 February 2013 to Friday 15 February 2013 inclusive. So, if your daughter's school has to close in the New Year due to bad weather, the school authorities may shorten the mid-term break by staying

open up to and including Wednesday 13 February 2012.

Students in Junior or Leaving Certificate classes may be due to take an oral or practical test during the time a school is closed during severe weather. If this happens, the State Examinations Commission will contact your daughter's school to make alternative arrangements. If you need further information about school arrangements during severe weather, you should contact the school to discuss the plans in place locally. Contact telephone numbers and details for primary and post-primary schools are available from the website [education.ie](http://education.ie).

## Receiving unsolicited text messages

### Question

When I cancelled my membership of my local leisure centre over a year ago, I opted out of any further contact. Recently, the leisure centre has been sold and I have been receiving unsolicited marketing texts from the new management. Can I stop receiving these texts?

### Answer

Data Protection legislation takes the sending of unsolicited direct marketing very seriously and offers protection against this practice. The Electronic Privacy Regulations (SI 336 of 2011) give you the right to prevent organisations from using electronic means (phone, text, email, fax) to contact you to sell you a product or service.

Under the law, companies may not send marketing emails or texts, or make marketing calls to individuals, unless those individuals have opted to receive them. Furthermore, they can also only hold contact details on file for 12 months without renewing consent. It is also illegal to pass on contact information to others.

In your case, it is over 12 months since you left the leisure centre and you requested that your contact details be removed from their database. Instead it would appear that these details have been passed on to someone with whom you have had no previous contact. In all of these instances, the law is being broken and you have every right not to receive these unsolicited marketing texts.

You can make a complaint to the Data Protection Commissioner in writing, via e-mail or online.

When making a complaint, you should provide as much information as possible, including your own contact details, time and date of the message, a copy of the message if possible, or a summary of contents if not. You should also provide information about any previous dealings with the sender of the message as well as a statement that you are making a formal complaint. Additionally, if the Commissioner decides to prosecute an offender, you may be asked to give a sworn statement or to appear in court to give evidence. Further information is available from the Citizens Information Centre below.

## Changes to household benefits

### Question

I'm living alone, aged over 70 and getting the Household Benefits Package. I understand it has been affected by Budget 2013. Can you tell me what the changes are?

### Answer

Yes, the Household Benefits Package has been changed in Budget 2013. The value of the Electricity/Gas Allowance and the Telephone Allowance will be reduced for new and existing recipients from January 2013.

The Electricity Allowance is being adjusted from a unit-based allowance to a fixed amount of €35 per month. The Gas Allowance was previously paid at different winter and summer rates. From January 2013 it will be paid at a new standard monthly rate of €35.

These allowances can be paid either as a credit on your bill or as a cash allowance, depending on your supplier and your payment method.

This change does not affect your choice of supplier and you can choose the supplier who can best meet your energy needs. There are various commercial websites that allow you to compare energy prices. The Commission for Energy Regulation (CER) accredits cost comparison websites if they meet certain standards. You can check accredited websites on [energycustomers.ie](http://energycustomers.ie).

The Telephone Allowance is a payment towards your mobile phone or your landline phone bill. The value of this allowance will be reduced from €22.58 to a new monthly rate of €9.50. This will show as a credit on your bill or can be paid as a cash allowance.

There is no change to the Free TV Licence, the Fuel Allowance, Free Travel or Living Alone Allowance.

Further information is available from the Citizens Information Centre below.

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

## Miracle Prayer

Dear Heart of Jesus in  
The past I have asked  
For many favours. This  
Time I ask for a special  
One (mention here).  
Take it dear Heart of  
Jesus and place it  
Within your own  
Broken Heart where  
Your father sees it.  
Then, in His merciful  
Eyes it will become  
Your favour not mine.  
Amen.  
Say this prayer for  
Three days Promise  
Publication and prayer  
And favour will be  
Granted, no matter  
How impossible.  
Never known to fail.  
Thanksgiving for  
Favour received.

A.K.





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## Maynooth ICA Guild Report



Congratulations to Maynooth Guild ICA on who celebrated 60th anniversary in November. Members celebrated with a lovely party in the hall. The evening began with the Annual Service for deceased members. This service was arranged by Guild member Eilis O'Malley. Many past members attended on the night and were welcomed by President and current members

The December meeting was Christmas Party Night. Members dressed in Seasonal costumes and enjoyed the night in the specially decorated hall. There were lots of raffle prizes and Kris Kindle on the night with lovely Party Food provide by our hostesses. Guild competition winners in Dec: 1st R Hanley, 2nd Catherine O'Reilly, 3rd Mary Halton, Mary O'Gorman & Nell McLoughlin

### An Grianan

Many members attend courses at The ICA Education College An Grianan near Drogheda, Co Louth. This college is open to members and non ICA Members. Courses available are varied and include crafts, cookery, art, jewelry making, ballroom dancing, digital photography and many more. You can also have a pampering session in the Beauty Room or go for a walk(or a dip) on the nearby beach and pay a visit to the very interesting museum in the grounds

### Crafts

A very successful Craft Day, organised by Federation was attended by some of our members. Crafts on the day included Card Making, Christmas Crafts, Fascinators, Padded Boxes & Beading

Guild craft nights continue on Monday nights in the hall at 8 o'clock. We hope to have lots of new ideas for New Year. This Winter our project was knitted hats and scarves for The Simon Community.

The February Guild meeting will have A French Theme. Our International officer Eilis O'Malley is busy organising all things French for the night.

There was no monthly meeting in January. Next meeting February 7th at 8 o'clock in the hall. New members always welcome

## Maynooth Senior Citizens Committee

With all the buzz of Christmas behind us we now embark on another year of activity. Our morning club is back in full swing in the community Unit where we will stay nice and warm for the winter months and I thank Margaret and all her staff for their hospitality. We will have our first committee meeting for 2013 on Feb. 5th and our Valentine's Tea-Dance will take place on Sun. Feb. 17th in the GAA club with music from Brian Mc.Dermot. We will have some nice prizes, especially for the most romantic couple and the most romantic card on the day. These occasions are open to all retired people and we welcome all our friends from the surrounding areas. Our Annual collection will take place on the 2nd and 3rd of March and all we ask is that you give a little, as it means a lot.

Our A.G.M. will take place on Tuesday March 5th in the Health Centre at 8pm. This is an open meeting to which all are welcome. To those who have expressed an interest in helping or joining our committee, the A.G.M. would be a good place to get a feel of what our work entails. Our audited accounts will be presented on the night so you will hear in detail how we spend your money. We then look forward to our Easter Tea-Dance and Bonnet Competition on April 21st. Music by "Unity" All this information and more can be found on our web page. Go into the parish website and click on groups. Finally if there are older people out there that we don't know about and you think our club is for you, contact me on 087 9002296 / Patricia Cusker on 087 2982455 or email jo@greenvilla.eu

*Josephine Moore*

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## Maynooth Tidy Towns

### IBAL Report

**Maynooth: 41st out of 42 towns / cities surveyed.  
Moderately Littered.**

A major University town, Maynooth should be Clean to European Norms. A little extra effort will get you there in 2013. In Survey 2, 2012 there was a slight improvement with no seriously littered sights but just two top ranking sites (Tesco and Maynooth College – North Campus). The remaining sites were moderately littered, including all four approach roads. The Main Street has frequently been littered in previous IBAL Anti-Litter surveys and things were no different this time around.

Kilcock Approach Road: Grade B. There was a wide variety of litter scattered along this route – all of it food related. The overall appearance was of a route which requires more maintenance.

Dublin Approach Road: Grade A. There was an absence of litter along this route which passes through a mature setting.

Dunboyne Approach Road: Grade B. This has been a littered site in previous IBAL Anti-Litter surveys and things were no different this time around – as with Kilcock Approach Road, all the litter was food related. Some of the litter bins were scruffy in appearance.

Celbridge Approach Road: Grade B. As with the other three approach routes into Maynooth this route was moderately littered. Perhaps the range of litter wasn't as wide as the earlier routes but still present.

Main Street: Grade B. It is not unusual for this main street to be littered and there was no improvement this time either. Fast-food wrappers, cigarette butts and chewing gum were particularly pronounced with lower levels of sweet papers, cans, etc.. It would seem that the base of the trees require a more thorough approach to cleaning as they harboured much of the litter.

Maynooth Railway Station: Grade B. Much of the litter at the train station was in the car park, particularly up against the railings. Perhaps a more thorough approach to cleaning might address this?

Public Park: Grade B. (off the Main Street and beside the river). The most prevalent forms of litter were sweet papers and cigarette butts with minor levels of cans, plastic bottles and fast-food wrappers. There was just one litter bin in the area surveyed.

Tesco: Grade A. This was one of two top ranking sites surveyed in Maynooth. The extensive area is clearly very well maintained – there was a complete absence of litter throughout.

Aldi: Grade B. The main surface of the car park was in good order but it was let down by the litter in the surrounding shrubbery area and the recycle facility. If these two separate areas were addressed it could be a clean site, like that of most food outlets.

Maynooth College – North Campus: Grade A. This site extends over a vast area and it is a credit both to the users of the facility and those responsible for the maintenance that it was in such good order. Not only was it clear of litter but it has been very nicely maintained.



## Vincent's

### The shop for bargains and a charitable cause



There is a new Society of St. Vincent de Paul shop on the main Street in Maynooth. The shop, called Vincent's, is located next to the Paddy Power Bookmakers Office and just a few yards away from the bus stop. This new shop is not a replacement for the one in Greenfield, which remains open to customers and those who would like to make donations. The difference in the new premises, which is in the centre of the town is that, at present, its stock consists mainly

of clothes and all items range in price from one to three euros. There is a wide range of clothes for all; men, women and children alike. The official opening day was on Wednesday 30<sup>th</sup> January and the business hours are 10.00 am to 5.30 pm Monday to Saturday. Though the stock mostly consists of clothes and garments, there are two new rails of clothes put on display for the customers to have that added selection to choose from. Vincent's are the only charity shops that offers loyalty cards, whereby the customer can have points added to their cards no matter what branch they are doing their shopping in and when the customer has spent 50 euros in one go or over a period of time these cards can be used to purchase items in any of the Vincent's outlets. The supervisor of this particular shop, Michelle Doyle, indicates that they are hoping to extend their range of products to include jewellery at some point in the future. There will also be a variety of events through-out the year such as customer days, which will include tea/coffee with finger food for the customer's enjoyment, but there will also be some promotional days.

So if you are looking for that bargain and would like to be part of a very worthy cause then look for the big blue shop in the main street with the Vincent's sign over the door. You can buy quality clothes or even purchase that greeting card you want to buy for the special person in your life and at the same time you will know that you are supporting your local community. All of the money raised in Vincent's goes to help existing programmes and a helpful resource facility for people in your immediate area. Volunteers are always welcome to lend a hand and if you feel that you can spare some hours in your busy week you can call into the shop and ask for an application form or you can call them at 01 601 6654 or you can phone the head office for information about volunteering and applications on 01 819 8413 and the email address is [info@sypdublin.ie](mailto:info@sypdublin.ie). Duties for volunteers are; customer service, sorting hanging and tagging of clothes. While the Vincent's charity shop in Greenfield remains in business as always, the helpful and friendly staff in both the Greenfield premises and the new main street outlet welcome donations of saleable items and financial offerings to support and sustain what is a very necessary and helpful charitable institution in our society.



By: Brian O'Neill

## The Story of A Valentine's Kiss



SINGLE BLACK FEMALE seeks male companionship for Valentine's day, ethnicity unimportant. I'm a very good kisser, and a girl who LOVES to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cosy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. Kiss me

the right way and watch me respond. I'll be at the front door when you get home from work, wearing only what nature gave me. Kiss me and I'm yours. Call (405) 865-5675 and ask for Daisy.

Over 12,000 'Romeos' phoned and found themselves talking to the Memphis Humane Society about a 7-week old Labrador retriever dog.

## Trivia About Valentine Kissing:

The science of kissing is called Philematology

Lips are 100 times more sensitive than the tips of the fingers

A real kiss may quicken the pulse to 100 beats in a minute

A French kiss moves about 29 muscles in the face

One little kiss burns up to 3 calories. The longer the kiss: the better the exercise

The world's longest kiss took place in New York City, lasting 30 hours, 59 minutes, and 27 seconds

It is thought that men who kiss their wives every morning before going to work live 5 years longer than men who don't

70% of people aged 16 to 24 years had their first kiss by the age 15, whereas only 46% of their parents had kissed by the same age

Couples may transfer an average of 9 milligrams of water, 0.7 milligrams of protein, 0.18 milligrams of organic matter, 0.71 milligrams of fat and 0.45 milligrams of salt to each other with each open-mouthed kiss

It is said that an average woman kisses about 29 men before getting married

A kiss can contain up to 278 strains of different bacteria, most of which are harmless

An average person spends two weeks of his or her life kissing

Two out of every three couples turn their heads to the right when they kiss

Eskimos, Polynesians and Malaysians rub noses instead of kissing

First movie kiss was in 1896 when John C Rice

kissed May Irwin in the film called 'The Kiss'

Kissing helps reduce tooth decay because the extra saliva it creates helps clean out the mouth

More than 4,400 couples arrived together in the streets in Chile for a ten second kiss, this set the world record for the largest number of people kissing simultaneously.



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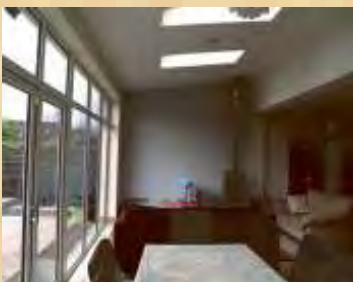
## Gerry Nally Construction

### The man to talk to for a job well done.


Gerry Nally, who is originally from Belcarra near Castlebar, Co. Mayo, moved to the locality in 1985 and started his construction business in 1999. He is a carpenter by trade and worked with his uncle in the construction business in Dublin for a number of years where he learned the necessary skills for his business such as plumbing, plastering and general construction. As Gerry says that "there is no job too small" and he has considerable experience in the construction of various sizes of extensions, conservatories and the installation of windows and doors among many other various requirements that a customer may have. He employs two people from the locality to complete the larger construction jobs, contracts which he achieves from recommendations from previous satisfied customers. Gerry is also an avid sports fan who is a supporter of the North Kildare Rugby Club, but he is also a selector for the Blackhall Gaels Football Club, clubs which his own fourteen year old son, Ciaran, plays with at present. But this is not the only connection that Gerry and his family have to the world of sports. The Nally stand in Croke Park is dedicated to and named after P. W Nally, who was a relative of Gerry's. Patrick William (Pat) Nally was born in Balla, Co. Mayo in March 1856 and his father, William Nally, had been an agent for the local landlord, Sir Robert Lynch-Blosse. At that time the ordinary members of the public were not allowed to take part in athletic meetings, so Pat organised an event called the The National Sports of Mayo in 1879, which was held on his father's land with refreshments afterwards at the family home, Rockstown House. This meeting was so successful that it was held again the following year. These events were very distinctive due to the fact that they were open to all who wanted to participate. The standard tradition at this time was for the local landlord the patronise such public events, but Pat Nally broke from tradition by having Charles Stewart Parnell, the leading anti-establishment politician at that time, to act as Patron for the fixtures. It was with such successes as this, that paved the way for the foundation of the Gaelic Athletic Association and the acknowledgement of that association for all of Pat Nally's vision and efforts by dedicating the stand to his memory.

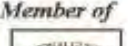


While Gerry can happily recall such a notable person and events in his family's history, he also has a keen eye for the future and it is with such enthusiasm and hard work that he has founded his construction business upon. The owners of the premises in which he has just completed his latest construction work have given us permission to portray what a completed Gerry Nally project looks like, a project whose out-come this particular local Maynooth family are very pleased with. So if you are thinking of having that attic converted, adding on a new sun room or maybe even building a complete house, why not think of Gerry Nally Construction Limited. With years of extensive experience and a long list of customers satisfied with completed work such as that shown in the pictures. Gerry would like to thank all of his customers and welcomes anyone thinking of construction work for the future.


Contact Gerry at 086 2499 407,  
email: [gerrynally@eircom.net](mailto:gerrynally@eircom.net)  
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### SPARKLING REVIEW FROM THE SUNDAY WORLD PUB SPY FOR O'NEILL'S

#### O'Neill's, Maynooth

Good pints, great atmosphere and immaculate toilets - that was the general consensus among pub spy and the commandos after our visit to O'Neill's in Maynooth.

The toilets consisted of three urinals, three sinks, two cubicles and two dryers and they are easily the best we have seen in a long time. There was also hot water provided, something we consider basic but which many pubs don't provide. The bar staff were efficient, but they simply hadn't time for a conversation as they were experiencing a fantastic trade during our call. The mixed clientele were young, perhaps all under 35, and the young commando was delighted. We counted two TV's as we relaxed in the exquisite brown leather seating. There was also finger food passed for all the customers. A nice touch that all pubs should replicate.

The stone fireplace added to the decor with a candle burning either side of the electric stove. The black exterior provided an inviting façade.





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## TONY SMITH MEMORIAL WALK 2012 RAISES €7,554

The proceeds of the Tony Smith Memorial Walk 2012 which amounted to €7,554 were handed over to the Maynooth Senior Citizens Committee at their Christmas Party in the Glenroyal Hotel on Sunday December 9th.

The Annual Walk, which was held on Sunday 21st October this year, is organised by Maynooth Labour Branch and all funds raised go directly to the Maynooth Senior Citizens Committee who use it in their various supports for senior citizens in the area.

The Sponsored Walk was first held in 1979 and was the idea of the then Treasurer of Maynooth Labour Branch, Tony Smith, who wanted to assist the senior citizens of the Town. Tony died tragically at the age of 33 in 1982 and the Walk was then renamed in his honour.

This years proceeds of €7,554 were handed over by Deputy Emmet Stagg to the Chairperson of the Senior Citizens Committee, Josie Moore, at the Christmas Party on December 9th.

We would like to thank the participants and all those who sponsored us for this worthy cause, and we would also like to thank Carton Estate for their continued support in allowing us to hold our walk in their wonderful grounds.



L-R Mrs. Ellen Leavy (Highest Sponsored Walker), Fr David Halpin, Josie Moore, Deputy Emmet Stagg and Rev Fr Liam Rigney PP, Maynooth.

## WING TSUN - IEWTO

### Maynooth

### Self-Defence Class

Venue: Maynooth Community Space,

Manor Mills, Maynooth



#### Class Times

Wednesday 8 - 10pm

Instructor

[Si-Hing Barry Smith 12th SG](#)

\* Discounts available for students and unwaged \*

Contact - Barry Smith

Phone: 087 6033571

E-Mail: [wingsunmaynooth@gmail.com](mailto:wingsunmaynooth@gmail.com)

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**Email: [walsh1996@eircom.net](mailto:walsh1996@eircom.net)**

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Paddy Nolan (Secretary to Maynooth  
Mortality Society),  
Maynooth Office Tel: 01 6289452  
Main Office, Naas Tel: 045 868230  
Paul Reilly Mobile: 086 8105581





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Every Sunday from 2:00pm to 4:00pm

### GRACE HEALING CENTRE

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

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Lunch 1.30pm-2.30pm

*Irish Rugby Team back at Carton  
House for training for the upcoming  
Six Nations.*



This Month sees the return of the Six Nations Rugby tournament and the Irish team have been training hard for the last few weeks at their base here in Maynooth at Carton House. Let us hope they have a good run of matches and the results go our way. The following matches will be shown live on RTE 2 television :

Saturday 2nd February 13.30 Ireland V Wales  
Millenium Stadium ( Cardiff )

Sunday 10th February 15.00 Ireland V England  
Aviva Stadium ( Dublin )

Sunday 24th February 14.00 Ireland V Scotland  
Murrayfield ( Edinburgh )

Saturday 9th March 17.00 Ireland V France  
Aviva Stadium ( Dublin )

Saturday 16th March 15.30 Ireland V Italy  
Olympic Stadium ( Rome )



# ***MAYNOOTH POST PRIMARY SCHOOL REUNION*** ***17<sup>th</sup> 18<sup>th</sup> 19<sup>th</sup> MAY***



Maynooth Post Primary School are inviting the fifteen thousand plus former students to a school reunion on the 17<sup>th</sup> 18<sup>th</sup> 19<sup>th</sup> May being held in conjunction with the Maynooth 10k Gathering

L-R Mr Brendan Weld,( Chair of the BOM), Mr. Andrew Dunne,( VP Rtd), Mr. Senan Griffin (Rtd principal), Teresa Murray (Chair PTA), Mr Tom Ashe (Founding Principal Rtd), Mr. Johnny Nevin (School Principal)

## **Students Launch Reunion Invitations**



Students and cast members from the Maynooth Post Primary School musical 'Westside Story', lit up the night sky on Thursday 25<sup>th</sup> January with Chinese lanterns, one for each year the school has been open.

The lanterns carried invitations to the school reunion.



## **MAYNOOTH 10K GATHERING**

### **17<sup>th</sup> 18<sup>th</sup> 19<sup>th</sup> May**

*The 10k is a fundraising event organised by Maynooth Post Primary School Parents Teachers Association. Participants are invited to walk, jog or run a 10k route of Maynooth, starting in St Patricks College, taking in Carton House Demesne and finishing in Carton Avenue. Funds raised are used for the development of new multi purpose playing fields for school and community use.*

**This year's 10K will be the centre piece of a Gathering Reunion for former students, relatives and friends, and will include an exhibition of photographs from the schools archives and local collectors. On Friday evening a welcoming reception will be held. On Saturday guided walking tours of St Patricks College, Maynooth Castle and Carton House will take place. There will also be visits by bus to a working farm.**

**The 10K ([www.runireland.com](http://www.runireland.com))**

**will be held on Sunday morning followed by a gathering party at Maynooth Post Primary School on Sunday afternoon.**

**If you have photographs of your Maynooth school days, or of the Maynooth area, please contact us by phone at 087 602 2492 or email, [maynooth10kgathering@gmail.com](mailto:maynooth10kgathering@gmail.com)**

**[www.maynooth10kgathering.ie](http://www.maynooth10kgathering.ie)**

## **BUILDING THE WEST SIDE STORY**



*Staff and students from Maynooth Post Primary building the stage for the school's 20<sup>th</sup> annual musical 'West Side story'. The musical will open on Wednesday 30<sup>th</sup> January and will run for 5 nights in the school's sport hall. Speaking to the Maynooth Newsletter, School Principal Mr. Johnny Nevin thanked the staff and students, sponsors and patrons whose hard work and support made the shows possible.*



## Brady's Clockhouse Main Street Maynooth Tel 01 5054725

Monday: All Sports Live on our Big Screens  
Tuesday: Jazz Sessions  
Wednesday: Trad Session—DJ & Late Bar upstairs.  
Thursday: Trad Session  
Friday: DJ & Late Bar  
Saturday: DJ & Late Bar upstairs  
Sunday: All Sports Live on our Big Screens

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## FROM HOLBEIN TO HAMBURGERS: COUNTRY HOUSES IN THE MODERN WORLD

Wed 6th Feb 2013 @ 7.50pm

**Admission:** €5.00

**Venue:** Castletown House, Celbridge, Co. Kildare

**Phone:** 01 6288252

**Email:** [castletownhouse@opw.ie](mailto:castletownhouse@opw.ie) **Website:** [www.castletown.ie](http://www.castletown.ie)

Lecture by Christopher Ridgway, (Curator, Castle Howard)

The Centre for the Study of Historic Houses and Estates in association with the Office of Public Works, is presenting a series of public lectures in the beautifully restored Hunting Room in the Stable Wing at Castletown.

Patrons are requested to be seated for the Lecture by 7.50pm with seats available on a first come

basis. Please join us for complimentary cup of tea/coffee after the lecture.

Contact the CSHIHE either by E-mail: [csihihe@nuim.ie](mailto:csihihe@nuim.ie) or Telephone: +353 1 7086706

This lecture IS Wheelchair accessible.



## FOOD FOR THOUGHT

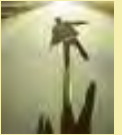
You cannot shake hands with a clenched fist



Worry often gives a small thing a big shadow

The real tragedy of life is not being limited to one talent, but failing to use that one talent

Never look down on anybody unless you are helping them up



Don't be afraid that you're life will end, be afraid that it will never begin

Enjoy the little things, for one day you may look back and realise they were the big things

Kindness is like sugar, it makes life taste a little sweeter

He who walks in the middle of the road, gets hit from both sides

Do not undermine your worth by comparing yourself with others. It is because we are different that each of us is special



By living your life one day at a time, you live all the days of your life

Charm is a woman's strength, while strength is a man's charm

The best mirror is an old friend

No matter how you slice it, there are always two sides



Anger is only one letter away from danger

True friendship comes when silence between two people is comfortable

A boy makes his girl jealous of other women, but a gentleman makes other women jealous of his girl

Hurt me with the truth, but never comfort me with a lie

Choose your love, and love your choice

It's better to be alone than in bad company



Love & appreciate your parents. We are often so busy growing up, that we forget they are growing old

You can't start the next chapter of your life if you keep re-reading your last one

Beauty is not in the face, beauty is a light in the heart!

No-one can drive you crazy unless you give them the keys

One kind word can change someone's day

A worried mother does better research than the FBI

Best friends; they know how stupid you are & still choose to be seen with you

Man is incomplete until he marries after that he is finished



# Unusual Irish Facts & Customs



The Irish alphabet has only 18 letters - J, K, Q, V, W, X, Y, Z are not used

Irish women received the right to vote before American women

Emmett Square in Birr, Co. Offaly marks the centre of Ireland

Swallowing a live frog was an old Irish cure for stomach problems

St. Patrick was the first person in history to speak out against slavery and he is the Patron Saint of the Excluded. By the time of his death, the Irish stopped slave trading & never took it up again

Kevin Street Garda Station was once the Palace of the Archbishop of Dublin

In the old days it was customary for the oldest girl in the family to marry first and then her sisters according to age afterwards

In 1986, a 900 year old cheese was found preserved perfectly in a Tipperary bog

Ireland is the world's 20th largest island

The original Abbey Theatre in Dublin was opened on the site of a morgue in 1904

The popular song "Do they know its Christmas" was written by Bob Geldof

Ireland is the best place on the planet to avoid an earthquake! No epicentre has ever been recorded here

Ireland has more dogs per capita than anywhere in the E.U

The oldest recorded vampire story comes from Ireland

God Save Ireland was once our national anthem

More than 20 species of whales are said to visit Irish waters

Windmills are found in many countries around the world and in themselves are not unusual. Except the windmills of Ireland have a little quirk. They turn clockwise, while windmills everywhere else turn counter clockwise





**41 The Steeple, Moyglare Abbey, Maynooth.**

**Open Day – Saturday 9th February**

**12am – 2pm.**

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- Two Sessions available
  - 8:45 – 12:15pm
  - 12:30 – 4:00pm
- Participating in ECCE Scheme : Free pre-school places
- Children follow the Montessori curriculum.
- Irish programme for children attending Gaelscoileanna
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**School Manager: Susan O'Connor** Susan has over 16 years experience in teaching and school management.

We provide children with opportunities for positive learning experiences in a caring and happy environment which values their individual and combined strengths.

**Contact: Jackie or Susan – (01) 6016803**



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At the  
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Glenroyal Hotel

**Valentine's Menu 2013 €30.00 per person with complimentary glass of Prosecco on arrival**

**Starters**  
Caesar Salad  
Mixed leaves, crispy bacon, croutons & Parmesan Cheese tossed in a Caesar Dressing  
Buffalo Chicken Wings  
Our crispy Wings comes with a choice of a blue cheese or spicy tomato dip  
Soup of the Day  
(Served with brown bread or a crispy bread roll)

**Main Courses**  
8oz Sirloin Steak €5.00 sur charge  
Traditionally marinated 8oz prime sirloin steak, topped with a flat mushroom stuffed with sautéed onions.  
Served with homemade chunky chips  
Choose from 3 sauces: Pepper, Mushroom or Cashew Blue  
Chicken Supremé  
Served in a bed of mash with wild mushrooms & white wine sauce  
Steak & Potato Medallions  
Served in a bed of mash with red wine jus & apple sauce.  
Maynooth, Co. Kildare 0181 619100

**Tel 6290909 to book your reservation**

**crispy Honey Roast Duck**  
Served on a bed of mash with fresh orange & a sweet plum sauce  
Seabass  
Served in a bed of mash with sun-fried tomatoes and caper sauce  
All of the above served with Chef's selection of seasonal vegetables  
Tartar (M)  
Served with a Garganella house sauce, garlic bread & side salad  
**Dessert**  
Banana, covered in hot chocolate sauce  
Sprinkled with crushed almonds and served with fresh cream  
Vanilla Ice Cream  
With hot mixed berry compote  
Chef's Special Valentine's cupcake  
Served with fresh cream or ice cream  
Freshly Brewed Tea or Coffee  
4 course dinner - choice of starter, main, dessert & Tea/Coffee





~ Have Fun While Advertising Yourself ~

# Maynooth's St Patrick's Day Parade!

## Application Form for Parade

Name of Business: \_\_\_\_\_

Organisation, Club or Band: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

Contact Person: \_\_\_\_\_

- All vehicles entering **must have a float**, preferably a **live band with traditional, rock or pop music**.
- HGV's, lorries or cars **without a float will not be accepted**.
- Do you wish to do a demo (3-4 mins) at Reviewing Stand? Yes ☐ No ☐

Entrance Fee:

- Commercial Float ~ €50
- Club/Organisation ~ €20

**Bands ~ Free**

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

1 Best Commercial Float	Trophy	2 Best Club Float	Trophy
3 Best Band	Perpetual Cup	4 Best School Float	Trophy
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 Friday 1st March or phone (office hours - 0285922 or 0285089) or  
John McGuinley (0285293 (H) or 087-9890645 (M))





## MAYNOOTH MEMORIBILIA NIGHT IN THE GLENROYAL

On Wednesday 23<sup>rd</sup> Jan, 2013, the Maynooth Historical Society held a well-attended Memorabilia Night in the Glenroyal Hotel. The cold evening didn't deter the local memorabilia fans and a very informative night was had by all.

**Declan O'Connor (below)**, presented to us a postcard he had bought at an Antiques Fair recently. This postcard was sent to a Mrs Sarah Davy who lived in Carrick Fergus from her husband Allan, who was fighting in France in 1916 with the Royal Irish Fusiliers. Declan has researched the Davy family and has been able to find out that Allan Davy died in April 1918. He hopes some day to re-unite the postcard with the Davy family who still live in Carrick Fergus.



**Rita Edwards** presented a Copy of the Census of 1841 which has helped her trace her family tree. This Copy was used to confirm her great-grandfather's age when he went to claim his Old Age Pension in 1909.

**Peter Nevin (below)** brought along a Victorian sword he found in a bog in Westmeath, he also had a Copy of The Census of 1841 containing his own great-grandfathers details.



Another collector brought along his various items from the Irish War of Independence along with some pieces from more exotic places. He owns various German military helmets from World War 1 along with some dangerous looking bayonets. His most treasured piece was a section of the portrait of Queen Victoria which had been taken from The College of Surgeons and destroyed during The Emergency. Also in his possession was the Combatant Medal from the 1916 War of Independence belonging to local Maynooth Volunteer Thomas Mangan.

**Fergus White (below)**, displayed some very old books he has in his possession since the mid-seventies. One of these books was printed in Dublin and dates from 1795. Fergus then read an excerpt from his own self-penned family history which was very witty, we eagerly await the full version of his own 50 Shades of White.



**Ger McCarthy (below)**, who was visiting from the Naas History Group brought along his family's Ration Books from 1951. He has the set from the whole family which haven't been used, this was a rare find.



**Hilda Dunne** showed us the beautiful hand stitched collage (below), which had been presented to the Historical Society by Felicity Satchwell. This currently resides and can be viewed in Maynooth Library. Hilda also had her uncles Gladstone Bag which survived (along with her sailor uncle) two torpedo attacks while her uncle was at sea with the merchant navy.



**Seamus Cullen** brought a copy of a Report of Arrest for a Patrick Colgan, another Maynooth Volunteer, who was arrested in 1920 for being a member of the IRB. Seamus found this Report in the Imperial War Museum in London; he also has some other Arrest Reports which mention other Maynooth and Kildare Volunteers.

**Martina Reilly (below)**, showed us a beautiful ladies pocket watch which her grandfather's sister received for her 21<sup>st</sup> Birthday and Iris Hildebrent had a dainty statuette that was given to her father.

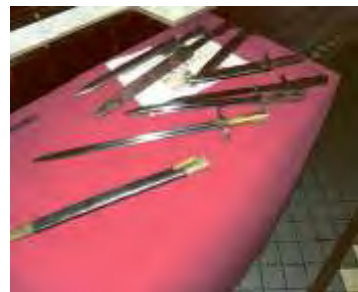


**Liam Kenny** presented two books to the History Society which he had found recently which were concerning Maynooth College, the first being The Silhouette Magazine from 1955, written and produced by the Seminarians in the College and a copy of Má Nuad written by Tomas O Fiach in 1972 as gaeilge.

Seamus Cullen brought a copy of a Report of Arrest for a Patrick Colgan, another Maynooth Volunteer, who was arrested in 1920 for being a member of the IRB. Seamus found this Report in the Imperial War Museum in London; he also has some other Arrest Reports which mention other Maynooth and Kildare Volunteers.



**Ger McCarthy and Sean Sourk from Naas Local History Group**



**A collection of Victorian Bayonets**

**The Maynooth Historical Society meet in the Community Council Office (beside the Post Office) on the last Thursday of every month, new members are assured of a warm welcome.**

# Maynooth Labour News

## **Draft Maynooth Local Area Plan (LAP) Going on Public Display**

The Draft Maynooth Local Area Plan (LAP) will go on public display for six weeks from 9 January. Members of the public have until 19 February to make their submissions to the Council.

## **Cllr. McGinley Objects to the NRA's Proposal to Replace the M4 Motorway Junction at Maynooth:**

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

"That the National Roads Authority (NRA) be advised that we are totally opposed to the replacement of the M4 Motorway junction on the Straffan Road with a new junction to the west of Maynooth."

As a result of John's motion it was agreed that the Area Engineer would write to the NRA seeking details of their proposal and the rationale behind their thinking.

## **Proposed Traffic Calming Measures for Parson Street**

The Council Officials have finally agreed to Cllr. McGinley's proposals and have advertised its intention of placing Double Yellow lines/parking restrictions at Parson Street.

The proposals can be viewed in the Library or on the Council's website. The closing date for submissions is 13 February.

## **Cllr. McGinley Asks that the Hand Rail on the Steps From Bond Bridge to the Canal be Repaired:**

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

"That the hand rail on the steps leading to the canal from Bond Bridge be repaired as it is very unstable and dangerous for users.

John got the following reply:

"A report was received from the roads and transportation department dated 12 December 2012 stating that this was a matter for Waterways Ireland and that they will contact them in this regard."

Councillor McGinley stated he would like an update on this matter as the hand rail was very unstable and dangerous and needs urgent attention. And he queried if this work was done as part of the Bond Bridge contract.

## **Cllr McGinley Wants to Know What is Delaying the Bus 66 Route Extension to Newtown Road, Maynooth:**

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

"What progress has been made on extending the Route 66 bus to the Newtown Road, Maynooth?"

John got the following report:

"A report was received from the roads and transportation department dated 12 December 2012 stating that it was the Council's understanding that the NTA was waiting for a business case from Dublin Bus. Funding of the project could be discussed pending a successful outcome from the business case put forward."

Councillor McGinley informed the committee that on the 20 July 2012 a Dublin bus representation attended

the Area Committee meeting and he told the council that a business case had been made for the extension of the 66 Bus Route.

Councillor McGinley would like the Council to follow up with the NTA and query what the hold up is on extending the Route 66 bus.

## **Cllr. McGinley Asks for update on Proposed Parking By-Laws for Maynooth**

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

"When is the proposed parking bye-laws for Maynooth going on public display for the Lyreen area?"

John got the following reply:

"A report was received from the roads and transportation department dated 12 December 2012 stating that a section 38 public consultation process has to be progressed in the New Year. Surveys were required before drawings could be prepared and the staff involved were already committed to completing other works before the year end."

## **Cllr. McGinley Demands that the Rezoning of Amenity Land at Carton Court be Removed from the Draft Maynooth Local Area Plan (LAP)**

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

"That the rezoning of the 0.9 ha adjacent to the M4 (beside Carton Court and opposite the bottom of Greenfield Drive for 31 housing units) from open space and amenity to housing be removed from the Proposed Draft Local Area Plan 2013 -2019 for Maynooth, as there is enough land zoned for housing without rezoning open space and amenity land."

The Planners have removed this rezoning proposal from the Draft Maynooth LAP as a result of Cllr. McGinley's motion.

## **Cllr. McGinley Seeks Update on Safety Measures outside the Girl's School**

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

"That an update be given on the revised design scheme for the approved 60,000 for safety improvements outside the Girl's School, Convent Lane, Maynooth"

## **Cllr. McGinley Seeks the Repair of the Ramps outside Carton Square, on Dunboyne Road.**

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

"That the developer of Carton Square, Maynooth, Glenmoy Developments, be asked to repair the two traffic calming ramps that he installed on the Dunboyne Road as a result of Condition 32 of Planning Application 03/2084"

## **Cllr. McGinley Demands that the Public Light be Replaced Opposite the Band Hall:**

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

"That the public light that was removed from opposite the Band Hall at Bartons, Pound Lane, Maynooth, be replaced without any further delay, in the interest of public safety."

## **Cllr. McGinley asks for a Footpath at the Celbridge Road/ Laurence Avenue Junction**

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

"That a footpath be constructed from the Celbridge Road to Laurence Avenue (9m in length) at the junction in order to make it safer for the school children attending the Gael Scoil and Educate Together School."

## **Stagg Raise's Reduced Ambulance Cover in North Kildare with Minister - Minister concedes If Health Risk associated with change it Must be Addressed**

Deputy Emmet Stagg raised with the Minister for Health under the Topical Issues Debate in the Dail on January 16th, the appalling decision to reduce Ambulance Cover in North Kildare whereby on Thursday's from 7 a.m. to 7 p.m. there is no direct dispatch of an Ambulance from the Maynooth Ambulance Base, and instead Ambulances have to be sought from Athy, Naas, Dublin or Cavan in case of an emergency.

In his address Deputy Stagg pointed out the importance of early treatment for those requiring Emergency Treatment arising from Accidents, Heart Attacks or Strokes and he praised paramedical staff on the tremendous work they do, often in horrific circumstances.

Deputy Stagg pointed out that there were 86 Ambulance Stations throughout the State. Under the Croke Park agreement the issue of inefficiencies in rostering arrangements at Ambulance Stations was referred to the Labour Court. The Labour Court subsequently issued a recommendation directing the National Ambulance Service and the Trade Unions representing Paramedics to address a number of overtime generating inefficiencies within rostering arrangements. Discussions have concluded at 30 of the 86 Stations. Of these 30 stations, 25 of them will operate with Ambulance dispatch from them 24 hours a day, 365 days a year. However the stations in Maynooth, Baltinglass, Swords, Athy and Arklow will not have an ambulance on stand-by for immediate dispatch for 12 hours per week. This means no local cover for the equivalent of 26 days per year, almost a month, each year.

Maynooth Ambulance Station, pointed out Deputy Stagg, covers a population of 60,369 people in the towns of Maynooth, Celbridge, Leixlip, Clane, Kilcock and Straffan. Between 7 am and 7 pm, every Thursday, no ambulance is available for dispatch directly from Maynooth Ambulance Station. In the event of an emergency an Ambulance would have to come from Athy, which is 90 minutes away, Naas, which is an hour away or Dublin or Cavan. Pointing out that he was not scaremongering Deputy Stagg stated that it would be inefficient to allow this situation to continue if it put people's lives at risk.

Concluding Deputy Stagg asked why has Full cover been maintained in 25 stations and this cannot be achieved in Maynooth. He questioned what was the cost of re-instating the dispatch from Maynooth on a 24 hour basis, 365 days per year. He asked that the matter be reconsidered and stated that he could not see how savings could be made through the changes that have been introduced.

Minister of State Alex White T.D. responded to Deputy Stagg and reiterated the position in relation to

*(Continued on page 23)*



(Continued from page 22)

the Croke Park agreement and the Labour Court ruling. The Minister stated that the National Ambulance Service was not a static service and deploys its resources in a dynamic manner and works on an area and national basis rather than on a local basis. The dynamic deployment of ambulance resources ensures that the nearest appropriate resource is mobilised to an incident. Emergency cover is provided by advanced paramedic motorcycle response units and in addition two new Rapid Response vehicles are operating in the South Dublin and Kildare areas. Changes to inter hospital transfers have also released additional ambulance cover for emergency work. The Minister stated that Maynooth and the other stations without full cover benefit from the dynamic and rolling cover improvements due to their proximity to each other and the road network.

In response to Minister White Deputy Stagg reiterated his questions about the lack of any savings from the curtailment of the service in Maynooth. He rejected the assertion that Maynooth and Athy were adjacent and stated that a person could have died from a heart attack ten times in the time it would take for the special ambulance to come. Perhaps the man on the motorbike would arrive to help. The man on the motorbike would probably cost more that it would cost to send the ambulance which was lying idle in Maynooth, all because somebody decided that 5 stations would have no direct ambulance cover for 12 hours per week. Deputy Stagg again asked the Minister to establish what savings there were from this decision. He stated that he had fought for years to get an ambulance service in Maynooth and he was not about to allow it to be whittled down or reduced so as it will eventually disappear into some larger centre. Deputy Stagg concluded by stating that what has occurred is nonsense.

Further responding to Deputy Stagg, Minister White stated he would ascertain the level of savings as they apply to Maynooth. He stated he could not explain the broader issue any further but did indicate that all of us would be concerned if any decisions being made in order to achieve efficiencies brought an associated risk with them or they introduced any kind of public health risk into the system.

Deputy Stagg interrupting the Minister stated 'Of course there is a risk'.

Concluding Minister White stated 'Our primary concern is to ensure the health and well-being of the population, including access to emergency care if needed. If it can be demonstrated there is some risk associated with this change, that must be addressed.'

Commenting on the Minister's concluding statement Deputy Stagg stated of course there is a Risk to Health caused by the fact that no ambulance is available for dispatch from Maynooth Ambulance Base for 12 hours Every Thursday. Deputy Stagg stated that he was now writing to the 28 Doctors in the area seeking their views and anecdotal evidence where lives were put at risk due to delays in Ambulance Services on Thursdays when no service was available from Maynooth. He stated that he would also contact Paramedical Staff in Maynooth and members of the Public who had evidence should also contact him. When the evidence is available Deputy Stagg stated that he would present it to Minister White and demand the re-opening of Maynooth Ambulance Base on a full 24 hour basis, 365 days a year.

Cllr. John McGinley can be contacted at:  
6285293 or 087 9890645  
E mail [jmcmginley@eircom.net](mailto:jmcmginley@eircom.net)

## Jobs Boost for Leixlip

4,300 new jobs on cards as Intel gets planning permission to build US \$4bn 14nm chip plant in Ireland

Ireland's lead planning agency An Bord Pleanála has given chip giant Intel the go-ahead it needs to construct a massive US\$4bn chip plant that will produce the next generation of 14 nanometer (nm) microprocessors. The two year-project will generate 3,500 construction and 800 full-time technology jobs.

In early 2011, Intel revealed plans to begin a substantial new US \$500m construction project at its Leixlip campus in Co Kildare, where it already employs around 4,000 people. The new build, a redevelopment of the former Fab 14 operation at Leixlip, is to develop the next-generation facilities to handle future products.

At the time, Intel said the project would create 200 high-level technology jobs, as well as 850 construction jobs.

Now it appears that number of jobs will be quadrupled as Intel moves to the next generation of computing technology as it keeps pace with Moore's Law.

In May last year, Intel CEO Paul Otellini confirmed Intel Ireland's Leixlip plant is one of three global sites that has been chosen to produce its next-generation 14nm chips. The two other sites that have been chosen are Intel's Oregon and Arizona plants.

Intel is moving from a 22nm process to a 14nm process and aims to create 10nm, 7nm and 5nm chips beyond 2015.

### The plans for Intel's new chip fabrication plant in Ireland

It is understood that Kildare County Council approved the plans in August 2012 but they were appealed to An Bord Pleanála.

The final go-ahead was granted a week ago on Thursday, 17 January, with some revised conditions.

According to the inspector's report, the development consists of a new semiconductor wafer fabrication facility with a total stated floor area of 244,819 sq metres within the existing Intel manufacturing complex which will operate alongside existing site infrastructure and buildings.

According to the plans, the facility will cost US\$4bn to develop in full and will employ about 3,500 construction workers over the two-year build programme.

The project will provide for an estimated 800 full-time permanent jobs on site.

The new buildings will include a three-storey main fabrication facility (FAB) with a floor area of 101,000 sq metres and will comprise IC assembly equipment within an open clean room supported by two utility floors, an air conditioning mezzanine and utility trenches.

Other buildings include a process specific support system building to house liquid chemicals and collection of waste water, as well as a facility support building, a two-storey boiler/chiller facility, a water treatment building and emergency generation and electrical buildings with backup electrical capacity supplied by diesel turbines.

The plan also includes a multi-storey carpark extending over five levels, a new chemical storage building, as well as ancillary works and a new retention pond to catch additional surface water runoff.

## Proposed Local Area Plan for Maynooth 2013-2019

### KILDARE COUNTY COUNCIL

#### PROPOSED LOCAL AREA PLAN FOR MAYNOOTH 2013-2019

Pursuant to Sections 18-20 of the Planning and Development Acts 2000-2012, notice is hereby given that Kildare County Council, being the Planning Authority for the area, has prepared a Local Area Plan for Maynooth.

A Local Area Plan is a statutory document that sets out the planning and development objectives of the Council for the designated area and is prepared in accordance with the Planning and Development Acts, 2000-2012. An Environmental Report has been prepared as part of a Strategic Environmental Assessment of the proposed Local Area Plan. The proposed Local Area Plan has undergone Appropriate Assessment Screening under the Habitats Directive 92/43/EEC.

Copies of the proposed Local Area Plan and Environmental Reports may be inspected for a period of **6 weeks from 9 January 2013 to 19 February 2013** inclusive at the following locations:

Planning Office, Kildare County Council, at the address below.

Opening times: 9.00 a.m. – 4.00 p.m., Monday to Friday

Maynooth Library, Main Street, Maynooth, Co. Kildare.

Opening times: Monday 2.00pm to 5.00 pm; Tuesday 1.00pm to 8.00pm;

Wednesday 9.30am to 1.00pm & 2.00pm to 5.00pm;

Thursday 1.00pm to 8.00pm; Friday 2.00pm to 5.00pm;

Saturday 9.30am to 1.00pm

And on the Council's website [www.kildare.countycouncil.ie](http://www.kildare.countycouncil.ie).

Submissions or observations in writing should be marked 'Maynooth Local Area Plan' and addressed to Mary Foley Administrative Officer, Forward Planning, Kildare County Council, Aras Chill Dara, Naas, Co. Kildare or emailed to [mfoley@kildarecoco.ie](mailto:mfoley@kildarecoco.ie) to be received **no later than 5pm on 19 February 2013**.

Children, or groups or associations representing the interests of children are entitled to make submissions or observations to the proposed Local Area Plan.

Please make your submission by one medium only i.e. in hard copy or email. This will avoid the duplication of submission reference numbers and will streamline the process. Your assistance on this issue is appreciated. Faxed submissions will not be accepted. Submissions or observations in respect of the proposed Local Area Plans and Environmental Reports made to the Planning Authority after the stated period shall not be taken into consideration in deciding upon the proposal.

**NB: Please note that all submissions will be published on our website and personal information such as your address, phone number, email address should be listed on a separate sheet.**

# Maynooth Post Primary School 10k Challenge

## *Runners Joggers Walkers*

### Sunday 19th May, 10.30am

## Entry Form

First Name(s): \*

Last Name: \*

Address: \*

Gender: \*

Email: \*

Age Group:  
(Over 16s) Under 40 ☐ 40-59 ☐ 60 + ☐

Mobile Number: \*

Completed applications to be returned to reception of Maynooth Post Primary School, Moyglare Road, Maynooth, in an envelope marked "Maynooth 10k", along with cheque or postal order made out to Maynooth 10k

Entry fee €20 On the day €25

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

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

Contact details will only be used to forward information about Maynooth Post Primary 10K Challenge

*A Chara,*

*Registration, parking and cloak room facilities for Maynooth 10k will be available at Maynooth Post Primary school from 8:00am on Sunday the 19th May. You can register on Saturday 18th between 2:00pm and 4:00pm. On behalf of maynooth Post Primary P.T.A. I would like to invite you to our prize giving ceremony at the school where refreshments will be served. I wish to thank St. Patrick's College and Carton House for the use of their grounds and also our sponsors, An Garda Siachana Maynooth Newsletter and all who are volunteering their time to make the day a great success. All funds raised are used for the development of multi-purpose playing fields, a walking/running track and changing room in association with Maynooth GAA.*

*Mise le meas*

*Teresa Murray, Chairperson of Maynooth post Primary PTA*

(Fields marked \* Must be completed)

# A Brief History Of Maynooth Post Primary School

Maynooth Post-Primary School was established in 1971 to replace a Secondary Top which was operating from the boy's primary school. Maynooth Post-Primary School began in the vacant old Presentation school building, now Charter House, with 120 pupils which included a full range of classes from first year to leaving cert. A year later it moved to its present site on Moyglare Road

From the outset the school was supported by the parents of the town and as a result along with a dedicated teaching staff and ambitious cohort of pupils the school quickly developed into a highly regarded well respected educational establishment. In the intervening years four extensions have been added and now a proposal to move to a new site further up the Moyglare Road in a new school for over a thousand pupils is already well into the planning. Maynooth Post-Primary School teaching staff, together with its very supportive parents association, dedicated itself to the development of the school over a wide area, social, cultural, sporting etc but above all to academic excellence. While examination results are important and the students of the school are encouraged and exhorted to reach their full potential school can also be fun. To this effect a very wide range of sporting activities GAA, soccer, rugby and athletics are provided not to mention debating and public speaking and of course the annual Musical which has now established itself as one of the highlights of the year not just for the school but for the entire town and vicinity. Over the 41 year history of the school many highlights have been achieved and now the staff, students and parents can confidently look forward to the future and further success.

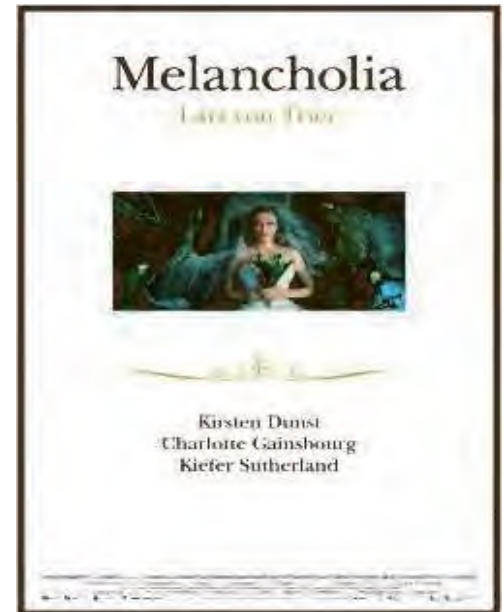
Tom Ashe Founding Principle Maynooth Post Primary School

MAYNOOTH FILM FOR ALL  
PRESENTS: MELANCHOLIA

WED 6TH FEB 2013 @ 8PM

Venue: Iontas Building, NUI  
Maynooth

Admission €6.00 / €4.00



**Dir: Lars Von Trier Denmark/  
Sweden/France/Germany 2010**

**135 mins Starring: Kirsten Dunst,  
Charlotte Gainsbourg, Kiefer  
Sutherland, Charlotte Rampling  
Winner Best Actress Cannes Film  
Festival 2011**

A mesmerising opening salvo delivers Kirsten Dunst iconic in close-up, lashing rain, clashing planets and Wagner's Tristan and Isolde.

Meanings and connections fall into place from then on, as an obviously troubled Dunst attends a plush wedding hosted by her filthy rich family.

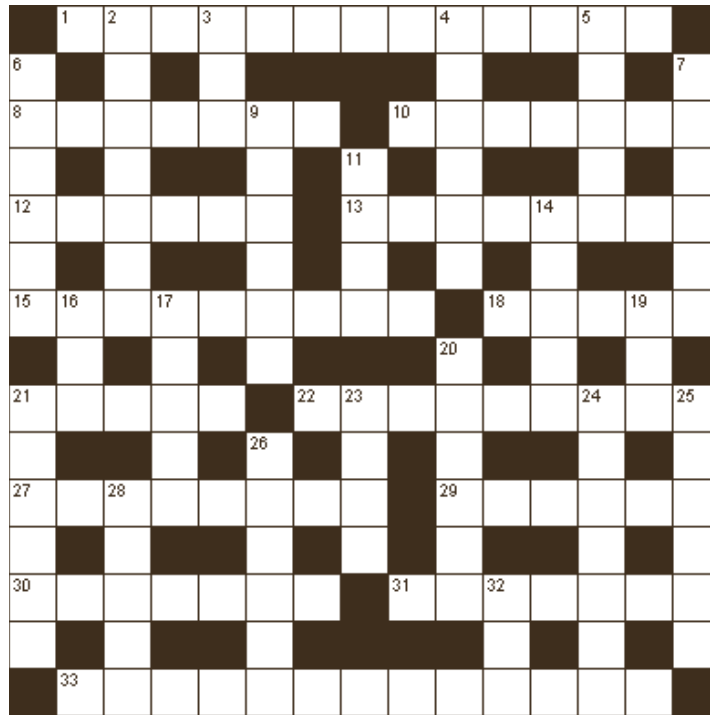
Charlotte Rampling is a beastly mum, dad John Hurt a charming gadfly, and sibling Charlotte Gainsbourg seemingly the only sensible one. She can't quite explain away increasingly forlorn Dunst's aching fears though, not least when a rogue planet approaches on a collision course with Earth!

Von Trier conveys to perfection the woozy dislocation experienced by those gripped by the black dog of melancholy, adding strong performances and painterly effects to the mix. As a sufferer himself, it's an obviously personal project for the great Dane, and quite possibly the most sincere film he's ever made.



**Clues Across**

1. Study of the structure of metals (13)
8. Musical entertainment (7)
10. Squeeze together (7)
12. Where two streets meet (6)
13. Salad sauce (8)
15. Contented (9)
18. Friendly (5)
21. Penniless (5)
22. Benefit (9)
27. Substantial (8)
29. Locomotive (6)
30. Voter (7)
31. Armed conflict (7)
33. Doctor of gynaecology (13)

**February 2013 Crossword - No: 410****Clues Down**

2. Extract (7)
3. Disposed (3)
4. Swayed to and fro (6)
5. Capital of Vietnam (5)
6. Builds (6)
7. Unkempt (6)
9. Drifting (6)
11. Verge (4)
14. Stylish (5)
16. Diving bird (3)
17. Grecian architectural style (5)
19. Fall behind (3)
20. Photographic device (6)
21. Become sick (6)
23. Animal (4)
24. Creatures (7)
25. Grommet (6)
26. Previous to (6)
28. Destitute (5)
32. Floor covering (3)

**Answers to Crossword 409**

1	R	E	H	O	U	S	E	2	P	U	S	H	I	N	G
6	A	N	P	Q	U	N	E	7	T	A	L	L	I	S	H
8	T	A	L	L	I	S	H	9	K	10	I	N	C	U	R
11	T	F	Q	11	E	L	E	C	T	L	M				
12	A	W	U	S	R	C	U	A							
13	A	13	I	B	E	R	I	A	14	S	A	D	D	E	N
15	P	O	T	15	A	C	S	E	Y						
16	16	R	A	I	N	W	A	T	E	R					
17	17	W	E	L	S	V	21	B	U	T					
18	18	A	Z	A	L	E	A	24	P	E	B	B	L	E	R
19	19	G	R	H	26	E	R	I	27	L	E	A			
20	20	O	S	20	R	G	A	N	K	G	I				
21	21	N	E	H	R	U	R	30	O	P	I	N	I	O	N
22	22	E	O	S	E	U	N	A	E						
23	23	R	E	T	R	E	A	T	31	S	C	I	E	N	C
24	24														

Entries in before: 19th February 2013

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

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

\_\_\_\_\_

**Winner of Crossword No. 409**  
December / January

**Florence Craven**  
Carton Court  
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**  
Main Street, Maynooth

**Difficult**

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

## Sudoku Challenge

### February 2013



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

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

\_\_\_\_\_

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

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: 19th February 2013

**Super Difficult**

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

**Congratulations to December /  
January Winner:**

**Patrick O'Donoghue**  
Kingsbry  
Maynooth

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

## CATHERINE MURPHY

Catherine Murphy labels 2013 Policing Plan as 'a work of fiction'

### Deputy calls for development of a new policing plan in light of severe budget cuts

Joining in the widespread concern that Garda staffing numbers will have to be cut significantly further than previously thought in light of the severe cuts in December's budget, Independent TD for Kildare North Catherine Murphy today called for the development of a new Policing Plan for the national force which "reflects the reality of the changed situation. On these figures, there will either be a severe cut in Garda numbers or a severe depletion in the service Gardaí will be able to provide".

"Since the announcement of a range of station closures and expected Garda retirements under the Plan, it's become clear that the €26 million cut to the Garda payroll section will present very serious difficulties to achieving the aims set out in the Plan. Given the current imbalance in Garda staffing levels across the country, it's almost certain that many Garda districts will struggle to even provide the most basic of services this year, while some other districts are comparatively much better-staffed. This is completely unacceptable. Either the cuts must be scaled back or a new Policing Plan must be developed to ensure the best deployment possible in these difficult economic times."

### Murphy urges swift development of legislation to aid Pyrite victims

Deputy Catherine Murphy (Independent -Kildare North) today pressed the Taoiseach in the Dáil on the long-promised measures intended to address pyrite damage in homes around the country. The Deputy questioned the Taoiseach following confirmation sent to her by Minister Phil Hogan that the remediation proposals will in fact form part of a stand-alone piece of legislation, and not part of the forthcoming Finance Bill as had been thought.

"Now that we have confirmation that a stand-alone bill is being prepared, I would urge Minister Hogan to give top priority to bringing the bill to cabinet as soon as possible. I have had daily queries from people wondering where they stand in relation to what's proposed. We need certainty and closure for the thousands of people who continue to endure the nightmare of pyrite-related structural problems."

The Taoiseach, responding to Deputy Murphy's questions, promised that every effort would be made to bring the legislation to the Oireachtas as quickly as possible.

### Jobs Boost for Leixlip Welcomed

Intel Announcement is 'Fantastic News' for Leixlip and Kildare

Catherine Murphy, Independent TD for Kildare North, today warmly welcomed the announcement by An Bord Pleanála that Intel has been given the go-ahead to proceed with construction of a €4bn chip plant in Leixlip which will generate 3,500 construction jobs and 800 full-time technology jobs.

"Both Leixlip itself and Kildare, as a County, will benefit immensely from this major boost which puts Leixlip at the centre of the technology industry. The creation of these jobs will be a tremendous stimulus to the local economy and the knock-on effects will benefit business throughout the county."

"The fact that Intel continue to invest in Leixlip is testament to the quality of the locality and the local infrastructure."

**Catherine MURPHY**  
independent TD

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

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

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

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

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



**Catherine Murphy TD • Independent • Kildare North**

## MEN'S SHEDS

Maynooth Men's Sheds are up and running. We meet every Wednesday morning at 11.00 hours in the Newsletter Office (beside the Post Office). New members are always welcome.

We are currently collating information on the waterways in the Maynooth area, and input from local experts would be appreciated.

If you would like more information on Men's Sheds please contact :

John Fleming on email  
johnpfleming44@gmail.com  
or phone 087 2041334.

## U3A MAYNOOTH Bus Eireann

Bus Eireann service from Maynooth to Dublin Airport  
Bus No's 22 and 23 from Terminus (across from Glenroyal Hotel). This runs three hourly from 9.45am daily. There is also an early morning service, but all information can be obtained on web which is [www.buseireann.ie](http://www.buseireann.ie)  
Click Time Table Express

## Trinity Beauty College

Enrolling now for Spring 2013



- Become a Qualified therapist within 6 months
- ITEC accredited Qualifications
- Small class sizes
- Flexible monthly payment plans
- Qualifications recognised worldwide
- Convenient location only 2km from M4 (junction 9)

**ITEC accredited courses – Spring 2013**

**ITEC Beauty Specialist Diploma** - 2 full days per week starts 06 Feb (exams June '13)

**ITEC Professional Make up Cert.** - 1 evening per week starts 06 Feb (exams June '13)

**Short courses including**

Gel Nails, Spray Tanning, Advanced Waxing, Threading,  
Semi permanent eyelash extensions, Hopi ear candling

**Trinity Beauty College – Units 1 & 2 Bridge House, Johnstownbridge, Co. Kildare**

PH: 046 9540300 Email: [info@trinitybeautycollege.com](mailto:info@trinitybeautycollege.com) Web: [www.trinitybeautycollege.com](http://www.trinitybeautycollege.com)



## Does the US need stricter Gun Laws?

Yes, Yes, Yes! How can anyone justify mindless acts of violence by saying its your god given right to carry weapons. Why allow the National Rifle Association write the gun laws, when they are pushing for more rights to carry guns. It doesn't make sense. Its like the drinks industry writing the drink driving laws here.

Every state in America has different laws and are independent of existing federal firearms laws. Some states have created assault weapon bans that are similar to the federal assault weapons ban. Basically firearm owners are subjected to the firearms laws of the state they are in and not just their state of residence. It is madness that state and local police departments are not legally obligated to enforce federal gun law.

Gun politics in the United States is a very controversial topic especially in politics. A lot of the politicians are afraid to say whether they are for or against people owning guns as they are all the time thinking of the elections instead of putting peoples safety first. There are and always will be arguments for carrying guns be it for protection or as part of their job. Either way it is far to easy for people to get their hands on powerful weapons. You can go into a supermarket, do your shopping and buy a gun.

Guns in the home - I don't think so. If you think that your kid doesn't know where the gun is, you are kidding yourself. How many kids are killed each year while playing with their parents gun - 500 a year. That is 500 too many. 500 families devastated. Children are precious and should not be near guns. I suppose it is easy for me to say that considering we don't live in a gun society. Kids have a right to go to school and come home, people have the right to go to the cinema and come home. People should not have to go out and be afraid. Now yet again, unfortunately, more innocent young children & their teachers are killed at the hands of another madman. The number of school shootings is totally mind-blowing and still they do nothing to sort out the gun laws. Worse - it is still happening.

Just look at some of the stats which include killed & injured:

Texas Massacre	1/8/1966	16
Columbine High School	20/4/1999	13
Virginia Tech massacre	16/4/2007	32
Long Island Massacre	7/12/1993	25
Sandyhook Elementary School	14/12/2012	27

The Long Island Railroad massacre was the last time a mass killing really moved people to demand tighter restrictions, leading to the 10yr ban on assault rifles. But the ban expired in 2004 with little congressional effort to renew it. Even the shooting of one of their own, the Arizona Congresswoman Gabrielle Giffords, who was almost killed in a mass shooting in Tuscan last year. 6 people died and nothing was done or questions asked. The list is endless. Does a whole school need to be wiped out before they even start to see sense. When are they going to realise that every life is important and precious. Why is it more important to have the right to bear arms? How many more innocent people and children have to be murdered senselessly before something is done. Bad and all Ireland is at the moment, I am glad to live here where life is more important and kids can go to school without metal detectors at the door - where you can go to the cinema - where you can go shopping with your children. America land of the free - if you own a gun it is!!!!

## Letter to the Editor

A Éagarthóir, a chara,

Bhailigh slua idir thuismitheoir, ionadaí phobail áitiúil agus an pobal i gcoiteanna in Ostán an Glenroyal chun uasdhatú a fháil ar feachtas Ghaelcholáiste Mhaigh Nuad. Chuir Cathaoirleach an Coiste Bunaithe Máirín Ní Chéileachair fáilte roimh gach éinne agus mhínigh sí cúla an feachtais agus an díomá atá uirthi faoin líon is lú ri-amh ag dul ar aghaidh go dtí iar-bhunoideachais trí gaeilge in Mhaigh Nuad. Mhínigh Caoimhín Ó hÉara, Ard-Rúnaí, an Foras Patrúnachta go raibh deacarachtaí faoi chruthú múnla sásúil don Aonad a forbhróidh ina Gaelcholáiste idir an ROS (Roinn Oideachais & Scileanna), CHO(Coiste Ghairm Oideachais) agus AFP (An Foras Patrúnachta).

Thug Úna Ní Fhlatharta, tuairisc ar an cruinnithe a bhí a reachtáil ag Coiste thuistí i Maigh Nuad, Cill Choca, Léim an Bhradáin agus Dún Bóinne faoin Ghaelcholáiste ón mhór cruinniú dheirigh. Tá an dul chun chinn déanta ag na thuistí agus thugadh ard mholadh dóibh as ucht a dhiograis.

Rinne an O.C.P. tagairt do Phlean Forbartha Mhaigh Nuad 2013-2019 (Comhairle Chontae Cill Dara). Ina inchur chuig an Plean mhol Comhairle Phobal Mhaigh Nuad ag glacadh le mholadh an ROS go bhunófar an dara iarbhunscóil ar an taobh ó dheas den baile, mhol CPMN go chuirfí suíomh ar fail le haghaidh Ghaelcholáiste. Bhí áthas air le fógaire go raibh idirbheartaíocht tagtha faoi bhláth agus go mbeidh iarratais a chur isteach le haghaidh suíomh don Ghaelcholáiste ar an taobh ó dheas den baile.

A representative body of Parents, Public Representatives, Community activists and the public attended the public meeting organised by An Coiste Bunaithe, Gaelcholáiste Mhaigh Nuad in the Glenroyal Hotel.

The Cathaoirleach of the Committee Máirín Ní Chéileachair welcomed all to the meeting but was dismayed to report that due to the uncertainty surrounding the future of the Gaelcholáiste that the lowest number ever of students would this year be availing of the limited facility of secondary Irish medium education as currently offered in Maynooth.

The Ard-Rúnaí of An Foras Patrúnachta, Caoimhín Ó hÉara reported that this uncertainty stemmed from the lack of progress in discussions between the Dept. of Education & Skills, Co. Kildare V.E.C and An Foras in the creating of a satisfactory model of Aonad, which is to develop into the Gaelcholáiste as per the Ministerial directive.

The Parents representative Úna Ní Fhlatharta reported on the progress to date of the meeting held by the Parents Committee in Maynooth, Kilcock, Leixlip and Dunboyne. She stated that the Parents felt that the Coiste Bunaithe should be more pro active and vocal in promoting the Gaelcholáiste.

In reference to The Maynooth Local Area Plan 2013-2019, Kildare County Council, the O.C.P. informed the meeting that in its submission to Kildare County Council, Maynooth Community Council being in compliance with the Department of Education recommendations for Maynooth, September 2010, 'Reserve a site now for an additional second level school on the Straffan side of the town', made the following submission.

'The siting of new school campuses in Maynooth needs to be sustainable in terms of accessibility to all parts of the town, 'walkability' and to acknowledge the social and commercial importance of the daily presence of school pupils to the town centre. Planning for a site for a Gaelcholáiste has been a long term aspiration of Maynooth Community Council'

The O.C.P. pointed out that The Maynooth Local Area Plan 2013-2019, states that the future growth and development of the town impinges upon alleviating the traffic congestion which is choking the centre of the town. The O.C.P. was delighted to report that discussions with interested parties had reached the fruition stage and that a submission for a site for the Gaelcholáiste on the south side of Maynooth through social gain will be made as part of the Plan.

The Cathaoirleach conducted a question and answer session. It was felt that the parents who had enrolled 580 students for the Gaelcholáiste under the aegis of An Foras were not being treated fairly. The parents of 6th class students accept that it's a lost cause for their children, but the parents of 5th class students are furious and determined that the same fate shall not befall their children. It was agreed that further time should be allowed for discussion between the Dept., the Foras and the V.E.C. before the campaign enters a more proactive stage. The Cathaoirleach concluded the meeting mar focal scoir that the Parents will be informed by newsletter as to the progress in the discussion between the three education bodies, and that failing this alternative methods will have to be considered.

Le meas,  
Colm Ó Cearúil  
Oifigeach Caidrimh Phoiblí  
An Coiste Bunaithe,  
Gaelcholáiste Mhaigh Nuad.

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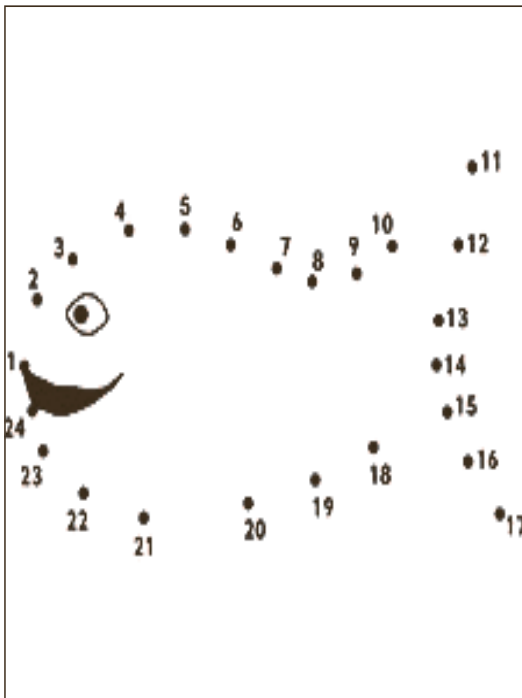


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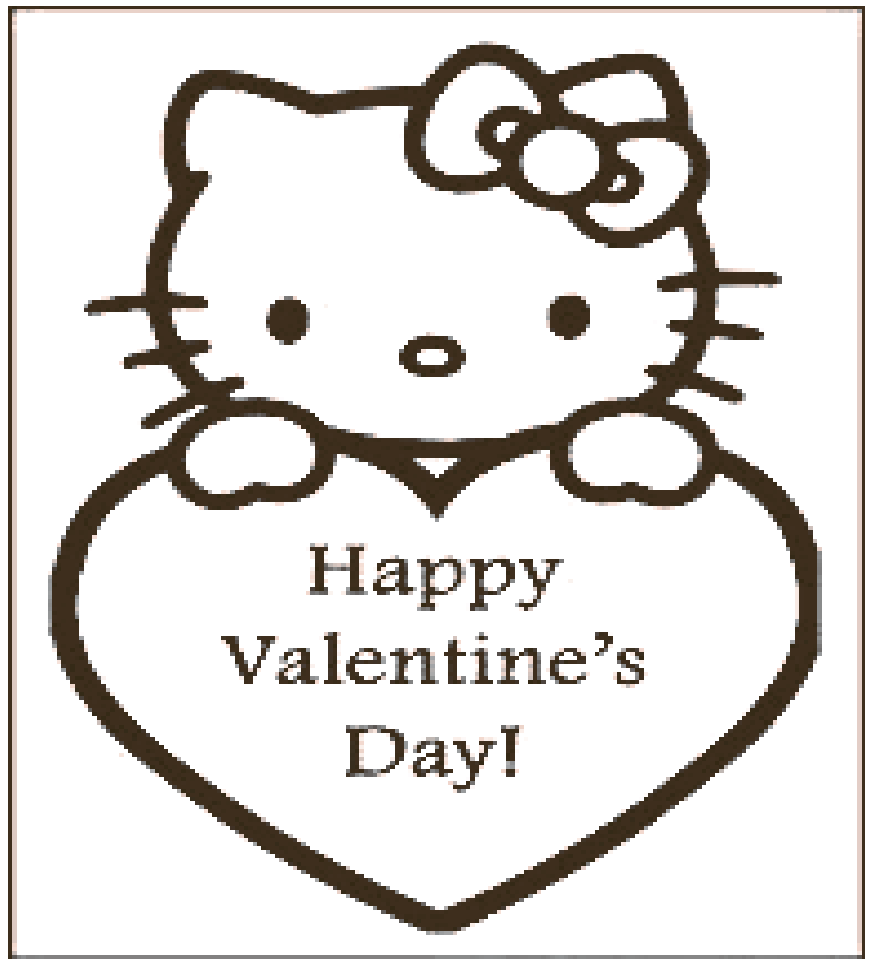
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# Budget Friendly Meals

## Sweet Potato & Chicken Curry

Serves 4

### Ingredients

500g sweet potatoes, cut into bite size pieces  
1 tbsp olive oil  
4 skinless chicken thigh fillets, cut into large chunks  
1 large red onion, cut into wedges  
2 tbsp rogan josh curry paste  
2 large tomatoes, roughly chopped  
125g spinach



### Instructions

1. Cook the sweet potatoes in boiling, salted water for 5-7 mins until tender. Drain well, then set aside. Heat the oil in a large frying pan, then add the chicken & onion. Cook for 5-6 mins until the chicken is browned & cooked through. Stir in the curry paste, cook for 1 min, add the tomatoes, then cook for another min.
2. Pour in 100ml boiling water & mix well. Simmer for 5 mins, add the spinach, then cook for 2 mins until wilted. Fold in the potatoes & heat through. Serve with rice & naan bread.

\*\*\*\*\*

## Cheesy Tuna Pesto Pasta

Serves 4

### Ingredients

400g penne  
3 tbsp olive oil  
100g cheddar, grated  
250g punnet cherry tomatoes, halved  
200g tuna  
190g basil pesto



### Instructions

1. Boil the pasta. Tip the tuna and olive oil into a large bowl with the pesto. Mash together with a wooden spoon. Stir in a third of the cheese & all the tomatoes. Heat the grill to high.
2. When the pasta is cooked, drain & toss through the pesto mix. Tip into a shallow baking dish & scatter with the remaining cheese. Place the dish under the grill for 3-4 mins until just melted, then serve.

\*\*\*\*\*

## Veggie Sheppard's Pie with Sweet Potato Mash

Serves 4

### Ingredients

1 tbsp olive oil  
1 large onion, halved & sliced  
2 large carrots, cut into cubes  
2 tbsp thyme chopped  
200ml red wine  
400g can chopped tomatoes, or fresh tomatoes  
2 vegetable stock cubes  
410g can green lentils  
950g sweet potatoes, peeled & cut into chunks  
25g butter  
85g vegetarian mature cheddar, grated



### Instructions

1. Heat the oil in a frying pan, then fry the onion until golden. Add the carrots & all but a sprinkling of thyme. Pour in the wine, 150ml water & the tomatoes, then sprinkle in the stock cubes & simmer for 10 mins. Tip the can of lentils, including their juice, then cover & simmer for another 10 mins until the carrots still have a bit of bite & the lentils are pulpy.
2. Boil the sweet potatoes for 15 mins until tender, drain well, then mash with the butter into a pie dish, spoon the mash on top, then sprinkle over the cheese & remaining thyme.
3. Heat the oven to 190c/170c fan or gas 5. Cook for 20 mins until golden & hot all the way through.

\*\*\*\*\*

## Meatball Curry

Serves 4-6

### Ingredients

2 tbsp vegetable oil  
1 pound meatballs  
2 tbsp sliced onion  
1 clove garlic - minced  
½ cup of red, green & yellow peppers  
1 cup chicken stock  
½ cup pineapple bits - drained  
1 tbsp cornstarch  
1 tbsp sweet curry powder  
2 tbsp brown sugar  
4 cups hot cooked rice



### Instructions

1. Heat the oil in a large, shallow pan over medium-high heat. Add onions & peppers & cook for 5 mins. Add garlic, pineapple & meatballs. Stir until well combined.
2. Blend chicken stock, curry powder, brown sugar & cornstarch together until sugar & cornstarch dissolve. Pour over meatballs & peppers. Simmer, stirring often, until meatballs are heated through, around 10 mins. Serve over the hot cooked rice.

# FEBRUARY GARDENING



Though it is early, it is time to start off the slower-growing half hardy annuals & perennials. Pelargonium, begonia & osteospermum are easy from seed if you have a warm windowsill or a heated corner in a glasshouse. Don't prune roses until next month, as it will encourage growth & frost can burn new cuts.

Now is ideal to plant roses. Shrubs in containers can suffer from death & dehydration in freezing weather. Move them into a unheated greenhouse. Choose a warm day to hoe beds, to clear any weeds & break up the soils surface. In dry weather plant lily bulbs in well-drained soil enriched with rotted-organic matter, in a sunny spot.

Starting feeding your well-established hedges with a general purpose fertiliser & give them a good, moisture-retaining mulch. Vines such as ivy, virginia creeper & boston ivy can be cut back now to keep windows, gutters & roof tiles clear. If you notice the roots are beginning to come through the base, repot the plant in a slightly larger planter for a fresh look.

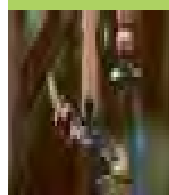


Onion sets & seed potatoes should also be ordered now. Beware, seed



potatoes need to be kept in a cool, light environment. Cut autumn-fruiting raspberries back to ground level. Sow cauliflower & summer cabbage seeds. Sow parsley in mild weather. Plant fruit bushes such as currants & gooseberries. Fruit trees, especially apple trees will do well if you prune towards the middle of the month. Feed apple, pear & plum trees with nitrogen & potash fertiliser. Rhubarb, horseradish, asparagus & artichokes, can be planted this month. Plant them at the edge or at one end of the vegetable garden, so that they are not in the way when you start digging or tilling. Sow garlic bulbs now.

Check plant supports & do any repairs before plants start growing. Clear & mulch round the base of fruit trees. In fine weather continue to dig over the vegetable garden, adding compost or manure where required. Sow sweet peas in pots & pinch out shoot tips. Fork & rake over the soil in border areas where you want to sow hardy annual flowers. Avoid walking on lawns when frozen.



On days that you cant get out to the garden, do a garden plan. Decide what colour scheme you want & what seeds & bulbs you need. Order in good time as if you leave it too late, you might end up with a very limited choice. Birds are hungry now & will start to raid the vegetable beds. Onion sets & young brassicas are at most risks. Cover with netting or you will lose the crop. So keep feeding the birds to keep them away from the new growth.

Don't forget that February is the standard month for dormant spraying. Spray your deciduous shrubs & trees that are insect or disease prone to help prevent infections during the growing season. Dormant spraying damages the leaves that's why it is done when the plant is dormant.



Growth takes time, be patient. And while you are waiting pull a weed!

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