

# Maynooth Newsletter

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March 2013

Local News

FREE

## DAFFODILS

I wandered lonely as a cloud  
That floats on high o'er vales and hills  
When all at once I saw a crowd  
A host, of golden daffodils  
Beside the lake, beneath the trees  
Fluttering and dancing in the breeze  
Continuous as the stars that shine  
And twinkle on the Milky Way  
They stretched in never ending line  
Along the margin of a bay  
Ten thousand saw I at a glance  
Tossing their heads in sprightly dance  
The waves beside them danced, but they  
Outdid the sparkling waves in glee  
A poet could not but be gay  
In such a jocund company  
I gazed - and gazed - but little thought  
What wealth the show to me had  
brought  
Far off, when on my couch I lie  
In vacant or in pensive mood  
They flash upon that inward eye  
Which is the bliss of solitude  
And then my heart with pleasure fills  
And dances with the daffodils.

By: William Wordsworth (1770-1850)



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*Slimming*  
WORLD  
because you're amazing

## Friend's success in *Slimming World*



Karen Before

Two lovely ladies, who have lost weight with Slimming World, are celebrating their amazing weight loss, in the 1<sup>st</sup> Birthday celebrations of the Maynooth/Kilcock group. Karen O'Sullivan from Kilcock has lost an amazing 6 ½ stone and her friend Reenagh Maher from Clane has lost over 3 stone with the Food Optimising plan. They want to share their stories to help others like themselves who have found losing weight a never-ending battle in the past.

Karen has tried every kind of diet over the years and has spent a fortune in the past trying to find a plan that would suit her and help her shed the lbs.

'I have tried every way possible to lose weight but nothing worked until Slimming World. I had completely given up hope of ever shedding the lbs. This really was my last chance. I had decided if this didn't work I was going to have to live with being overweight. I joined Slimming World Maynooth/Kilcock in May 2012 and 9 months later I am over 6 ½ stone lighter. I never thought I would see the day'.

"Since that night, I have never looked back" says Karen, "On the Food Optimising plan, the choice of food is endless. I am literally eating myself slim. I never really ate breakfast or lunch before but now I cannot function if I skip a meal!! Slimming World is a life changing experience, it's definitely not a diet – it's a way of life"

It only took a couple of weeks and Karen was able to convince Reenagh that it was a great way to lose weight and they both now love eating in a healthier way and friends and family can't believe the amount of food they eat and still lose weight every week.

Lovely meals like stews, curries or roast dinners with plenty of meat, potatoes and vegetables and not forgetting a glass or two of wine.

Reenagh was sick of her clothes not fitting and really didn't want to go up another dress size.

'I was struggling to find something to wear for a family night out and shopping became a chore. I refused to go up another dress size, so when Karen spoke to me about Slimming World I decided to give it a go too. Karen was so excited about the plan and how well she was doing. It was



Karen After



Reenagh Before

the best decision I have ever made. Now I go shopping and have no trouble finding something to wear. My confidence levels have increased and I feel great about myself, for the first time in a long time. I

am so happy I joined Slimming World and I am very grateful for the support I get at group each week.'



Reenagh After

The ladies agree that going to group each Thursday in the North Kildare Rugby club has been a great help to them, the support and encouragement from Michelle their Slimming World Consultant and the rest of the group is fantastic, with lots of recipe ideas

and tips to help with the week ahead. Members help each other out and nobody feels alone as everybody no matter how much or how little they have to lose, always gets supported in the same way.

With the group losing over 350 stone in its first year, there are a lot of happy healthier people in the area thanks to Slimming World.



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# The Stone Haven

## The Award Winning Restaurant

The Stonehaven is a basement restaurant on Mill Street Maynooth, and even though it is underground it retains a charm and grace along with a unique sense of romance. Karen Reid, the owner, says that she got the idea for the name when she first saw the old-world style stone walls and alcoves. Karen and the staff are celebrating the ten year anniversary of the opening of the Stone Haven or as she likes to refer to it as its tenth birthday. This is a family run local business with two of her brothers working for her and she is proud to tell you that her mother made all of the table-cloths and furniture coverings. This is also a business that supports neighbouring industry where possible by sourcing its products from local suppliers, except the obvious exotic and varied products on the menu such as the Kangaroo and other striking dishes. There is a spacious garden seating area at the rear of the restaurant which is nestled next to the Rye River for those who wish to dine outside in those warmer-weather days and evenings. The customer is greeted with a cosy intimate candle-lit atmosphere where you can dine in the privacy of one of the inviting alcoves. But they also cater for the larger parties such as those celebrating christenings, communions or engagements among the many and varied momentous events. There is an alla carte menu on offer from Monday to Saturday 5.00pm till close and Sunday from 1.00pm till close and also a meal deal from Sunday to Thursday all evening and from 5.00pm till 6.45pm on Fridays. The deal on offer consists of a



two course meal for 17 euro or the three course meal for twenty euro which can be enjoyed with a choice of wine from a wide selection from around the world. The experienced and friendly staff have been serving in the Stone Haven for a number of years and is well known by the satisfied regulars who return for the quality of the food, the service and the affordable prices. In appreciation for the loyalty and custom of her clientele, Karen also supports

community groups such as the local GAA, the Rugby Club and other social bodies within the neighbourhood. This restaurant has won many awards over the years and has also been recommended by the R.A.I for "The Best Casual Dining Kildare".

So if you are thinking of celebrating that special occasion in a cosy and intimate setting or booking a venue for a larger party whereby the seating arrangements can be designed to accommodate your requirements, why not think of the Stonehaven. The ambience and relaxing atmosphere of this restaurant, which is set-back from the main street, is ideal for the perfect dining experience. Karen has brought the skills and expertise she gained through years of working in restaurants around the country and her Catering and Management studies at R.T.C back home for your enjoyment. To celebrate Stone Haven's 10th Anniversary and for the limited time of 18th - 27th March there is a special meal deal offer of 2 main courses for 20 euro plus an appetiser to share. The appetisers on offer are a choice of Spicy Chicken Wings, Nachos or Garlic Mushrooms. The choices for the two full main course are; Chicken Curry, Stone Haven's Home-made Beef Burger, Guinness, Steak & Mushroom Pie, Vegetarian Fajitas or Boiled Bacon & Cabbage. The main course offer also includes side-orders.



For booking details you can contact them at 01 629 1229, email:stonehavenrest@eircom.net or you can visit their website at [www.stonehavenrestaurant.com](http://www.stonehavenrestaurant.com).

By Brian O'Neill



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## Pets and Children



At Maynooth Veterinary Clinic, Newtown Grove, we see many couples who have a pet and who are in the happy situation of expecting their first child. They are often quite anxious about how their dog will react to their baby's arrival. This feeling is both natural and sensible. We are often asked for our advice and this month's article outlines the approach we take:

It is quite common for a pet to be an established member of a household prior to the birth of the first child. The excitement and expectation of the newborn baby is often mixed with anxiety relating to possible problems that may result with the family pet. Preparation and planning are necessary in order to promote a smooth transition. It is impossible to generalise how your pet may react to this new situation but the following article is intended to give some guidance.

Has your pet been previously introduced to babies or toddlers and if so how has your pet behaved? If there has been any evidence or suggestion of aggression take this very seriously and consult your vet who should be able to help. In certain circumstances he may consider it prudent to refer you to a professional animal behaviourist. If your dog has shown no adverse reactions to infants this is a tremendous start but never take his continued good behaviour for granted. Be positive and reward his good behaviour towards infants with a treat or a period of play. This helps him to associate children with positive thoughts. Basic obedience skills such as "sit", "stay", "leave" etc should be practised and reinforced where necessary before the arrival of your baby. It is good practise to introduce your dog to items associated with the pending newborns arrival – prams, carrycots etc. Some people have found it to be very effective to play recordings of babies crying, laughing etc. You will have many months to prepare for the wonderful arrival of your new baby.



Use this time wisely and include your pet's needs in adapting to the new household environment.

When your dog appears to be comfortable with the household changes preceding the arrival of your baby, it can be useful to expose him in a very controlled manner, to another infant. Perhaps a relative or friend with a baby would help with this – while under very strict supervision, including having the dog on a lead restraint in the hands of the owner, the baby can be carried into the room while the dog is talked to and kept calm at the other end of the room. The initial period of socialisation should be kept very short and gradually increased. At no stage should you assume that all is well and leave your dog in a situation where he can make contact with the baby or upset it. Your dog should never be given access to the baby's room without the owner being there and being in full command.

You do not want your pet to regard your baby negatively. This can often happen by accident if the dog associates the presence of the baby with confinement, lack of attention or other negative experiences. In the presence of another family member have your dog in the room with you sometimes when your baby is being fed. Have the other person talk and play with the dog at this time - this promotes positive associative thinking in the dogs mind. If you are bringing your baby out for a walk try to bring your dog with you – again the dog associates the positive benefits of the walk with your baby. All of the time you are imprinting in your dog's mind that good things are associated with your baby.



As always we are glad to advise on any matters relating to pet care and health. If you have any matter which you would like to discuss with us please contact Maynooth Veterinary Clinic, Newtown Grove on 01-6289467 or e-mail [maynoothvet@gmail.com](mailto:maynoothvet@gmail.com).

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## Table Quiz

Fundraiser for the Autistic Unit in  
 Maynooth Educate Together  
 National School!

Upstairs @ Brady's Maynooth

Thursday 21st March

8:30-10:30pm

€20 per table of 4

Everyone Welcome

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## Editorial

The Magdalene laundries report must be welcomed but for decades these women, like children who were locked away and/or abused, tried to speak but nobody listened. While the apology from the Taoiseach on behalf of the State is also to be welcomed it was a pity that it took so long. The issue of the Promissory Notes probably overshadowed the Magdalene Report but it was obvious that the Taoiseach was somewhat wrong-footed in his original reaction. It was a very heartfelt apology and his feelings were clear as he drew a depressing picture of Ireland at the time. Although the hard attitudes shown by people in that period, parents threatening children with the laundry, might have softened today, there is still a core of hardness in many Irish people. This can be seen most clearly in the attitude to depression, to mental illness in general and to suicide. This along with bullying is one of the biggest problems that modern Irish society needs to address. The tragic deaths of some high profile people in the past number of months is a clear indication of this.

This culture of attempted whistle-blowing has not changed. Even today, institutions may make mistakes but they are very slow to admit this and to put things right. The moves by Ruairí Quinn on bullying and the way in which it occurs in cyberspace is also good but until institutionalized bullying is dealt with what hope is there? If bullying is endemic amongst adults what can we expect from young people.

The finding of Richard III in a car park in England has sparked a huge amount of interest in archaeology. He is to be reburied in Leicester cathedral apparently. Young children are fascinated by such stories – even in Ireland. It is difficult to understand why the education system still does not cover the early literature and history of Ireland. This deficit means that Irish people do not really know much about their early history, mythology and legends apart from scraps that they learn in national school. There might be a better sense of identity in the country if people learned more about themselves. It is all very well to talk about the Gathering and/or promoting tourism; until Irish people themselves appreciate our heritage it is ridiculous to expect others to appreciate it. Selling culture or heritage to tourists for the sake of income will not work if those in the industry do not have a proper understanding of their importance. There is little or nothing being done at various levels within the education system to address this lack of information. The Departments of Early Irish in most universities tend to be overly academic with little more than a nod in the way of cultural heritage. Guides and heritage workers need to be educated if the tourism industry is to thrive. It is known that between 50-60% of tourists come to Ireland for heritage. But there is more to be seen than the Book of Kells or Newgrange and they certainly do not visit so that they can fly by archaeological sites on shiny new motorways. On a brighter note, the latest musical in the Post-Primary School shows what dedicated teachers and past pupils can achieve when working with talented young people. The competition to be on stage is huge and we would like to take this opportunity to congratulate everyone involved. They are a credit to their parents, their town, community and teachers.

The Taoiseach also mentioned that Ireland in the 30s, 40 and 50s thought itself to be a Christian and good place. We know so differently now. We are good at deluding ourselves, we refer to early Christian Ireland as 'the island of saints and scholars' as if we were a haven of peace in war torn Europe. While there were undoubtedly saints or saintly figures as well as scholars writing great manuscripts like the Book of Kells, Ireland was at least as war torn as any other country of the time. Recent archaeological excavations of pre-Viking burial sites show the extraordinary levels of

## Community Council Notes

The Community Council meeting was held in the Glenroyal on 11 February at 8.30. There is much going on in the community at present. Maynooth Community Council congratulates the Post Primary School on their very successful and excellent production of Westside Story. Great credit is due to all involved.

The next big events is St. Patrick's Day Parade. There has been great interest expressed in St. Patrick's Day Parade. There are 10 entries so far. The organising committee have requested volunteers to act as stewards particularly between 8am and 9am on the day to help set up barriers and the stand. All help would be appreciated on the day.

### Local Area Plan

John McGinley outlined the major points of the plan – the link road, the upgrading of the town centre, improvements to the appearance of the Square, and Lanes and the provision for college expansion to the west. Overall it was felt that it was a good plan. Some concerns were raised about the lack of a car park on the north side of the town. John McGinley noted that extra car parking spaces available on the south side of the town would be deemed town centre parking. John McGinley informed the group that any concerns from individuals can be submitted to KCC. He stated that it was Maynooth Community Council's function to see the plan achieved.

Maynooth Scouts are taking part in a National Cub Challenge Day for 8-10 year olds on the 24 February in Maynooth College. Teams were selected on a competitive basis and include a team from Maynooth and one from Celbridge. The Maynooth Scouts will take part in St. Patrick's Day Parade and will have a climbing wall and traditional music in the Square. This promises to add great excitement and interest for St. Patrick's Day.

The Educate Together School will be celebrating World Book Day on the 7<sup>th</sup> March. Children will dress up as the characters in their favourite books. The school will take part in the St. Patrick's Day Parade

violence that was an everyday occurrence in battles at the time. One man had been stabbed 140 times and both men and women were victims. In the early eighth century St Eunan enacted a Church law to ensure that women were no longer to be present on the battlefield and would be excluded from this awful violence that is also found in the early sagas and the annals. Yes, delusional. What a great little country?

Finally, we are approaching St Patrick's Day, when the world will turn green. Just a reminder of the Parade and the great work carried out by the committee. But also a time to consider; Patrick was a British Roman not an Irishman, one of the very few foreign names of the period associated with the early Irish Church. We know very little about him or where he came from but he has become our patron saint rather than our native Colm Cille or Brigit, our own local Kildare saint. That in itself begs a question about how we view ourselves. The stories about shamrocks and snakes were all made up hundreds of years after the fifth century, the date of his arrival. We are unsure about the date of his arrival as well. History has also eradicated his predecessor, Palladius, who visited with the Pope's blessing but apparently was not taken with the place and left after a year. We hope that you all enjoy the day and give a thought to this question – what is that makes you Irish?

### Muireann Ní Bhrolcháin

We would like to remind readers that we welcome letters to the editor particularly if the views expressed are not yours.

and will be celebrating different cultures and nationalities of the children in the school. There will be a fundraising Pub Quiz in Bradys on 21 March for the kitting out of the new autistic unit. Regular Festival meetings are being held. Plans going ahead for the Festival/Gathering (26-29 September). Maynooth Local History Group organised a very successful Memorabilia night in the Glenroyal with over 30 people in attendance and the event was covered in the *Newsletter*. There will be a talk in the Glenroyal on the 13 March at 8pm by Pat Given on the *Historical Profile of Distilling in North Kildare*. Tidy Towns: The litter pick up has recommenced. There was a good turn out for this. A very successful WEEE collection was organised. It was noted that trees in the town need pruning which has to be done in the next month.

Senior Citizens have planned a Valentine's Tea Dance on Sunday 17<sup>th</sup> February. The annual collection is planned for the 2<sup>nd</sup> and 3<sup>rd</sup> March.

There was a well attended meeting about the Gaelcholaiste on 28<sup>th</sup> January in Glenroyal Hotel. The Dept of Education's recommendation was that a gaelcholaiste would be provided if there were 30 children over 4 years. Concerns were raised by parents about the uncertainty of the project and its future development. The Local Area Plan may offer a chance for further discussion and development.

The new CE scheme is working according to plan and interviews are being held for placements on it. The Community Council encourages people in the locality to enquire about these employment opportunities. The Teenspace continues with its monthly meetings at the Community Space. The second monthly event will take place on Friday 15<sup>th</sup> February. The last event was very well attended.

The Youth Café will be meeting to discuss aims and objectives and to re-focus to stimulate interest and encourage participation of young people. The U3A reported that new members are very welcome.

Work on the lights on the bridge opposite the Castle will be looked at. The potholes outside the entrance to the college were noted. Illegal and dangerous parking just before the entrance to Manor Mills underground car park was noted and will be followed up. A reminder to our readers that Mens Sheds meet every Wednesday in the Maynooth Community Council Office at 11am.

**Susan Durack**  
PRO Maynooth Community Council

## Don't Forget!!



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## NEWS - 4 - U

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# Know Your Rights

## Driver licensing:

### Question

What are the new driving licence fees?

### Answer

From 1 January 2013, the cost of driving licences is as follows:

- Ten-year driving licence costs €55
- Three-year driving licence costs €35
- One-year driving licence costs €25
- Learner permit costs €5

Motorists over the age of 70 can get their driving licence renewed for free.

Exchanging a driving licence, for example, to add a new category, costs €5 from 12 January 2013.

The driving licence or learner permit now takes the form of a card similar to a credit card.

You can get an application form for a driving licence from your local motor tax office or you can download it from [rsa.ie](http://rsa.ie).

Further information is available on the Road Safety Authority's website, [rsa.ie](http://rsa.ie)

## Redundancy payments:

### Question

I have been working for a company for four years and I am facing the prospect of redundancy in 2013. How do I calculate what I might be entitled to if this happens?

### Answer

The Redundancy Payments Scheme provides for the compensation of workers for the loss of their jobs by reason of redundancy. It is the responsibility of the employer to pay a statutory redundancy payment to all eligible employees. This is a minimum entitlement and in some cases employers may pay more. An employer who pays statutory redundancy payments to employees is no longer entitled to a rebate from the State when the date of dismissal is on or after 1 January 2013.

To qualify for a statutory redundancy payment, you must have at least two years' continuous service; be in employment which is insurable under the Social Welfare Acts; be over the age of 16; and have been made redundant as a result of a genuine redundancy situation, meaning that the job no longer exists and you are not replaced.

If eligible under the Redundancy Payments Acts, you are entitled to two weeks' statutory redundancy payment for every year of service, plus an extra week. Your redundancy payment is paid in a lump sum and is based on your weekly pay subject to a ceiling of €600 per week. *Pay* refers to your current normal weekly pay including average regular overtime and benefits-in-kind, but before tax and PRSI deductions - your *gross pay*. The statutory redundancy payment is tax-free.

There is an online redundancy calculator to help you work out the payment at [welfare.ie](http://welfare.ie).

## Medical card means test:

### Question

I think I may be eligible for a medical card. I have some savings - will the HSE take this into account in assessing my application?

### Answer

When assessing your savings, the HSE disregards the

first €6,000 of savings and property for a single person and €7,000 in the case of a couple. Your family home is not taken into account. If you have savings or investments above this amount they are assessed either by taking into account the actual rate of interest received or the HSE will apply a 'notional rate of return' to your savings.

If you wish to have the actual rate of interest used you must provide a certificate of the interest paid on in the last full calendar year - from the institution(s) in which the savings are held.

The HSE will use whichever measure is best for you.

### Notional assessment of interest

Capital	Weekly means assessed
First €36,000 (single), €72,000 (couple)	Nil
Next €10,000	€1 per €1,000
Next €10,000	€2 per €1,000
Balance	€4 per €1,000

The assessment makes provision for fixed-term savings where the interest is only applied at the end of a fixed period. If you choose, interest will only be taken into account on the date the investment matures. If you wish, the HSE can apply the notional rate instead.

## Consumer rights:

### Question

I bought a clock in the sales, but it has turned out to be faulty. What should I do about this?

### Answer

When you buy goods, you enter into a contract with the seller. As a general rule, the seller can either repair or replace the item. Alternatively, they can refund the cost of the item. You may also have extra protection if you have a [guarantee or warranty](#) from the manufacturer. You should return the faulty item to the seller as soon as possible and explain the problem. Some shops display "No Refunds/No Exchanges" notices, particularly during the sales, but this does not take away your rights if the goods are faulty.

It is important to remember that if you caused the fault, the seller is under no obligation to offer you any type of compensation.

The shop is entitled to request proof of purchase, but this doesn't necessarily have to be the shop receipt. If you are not satisfied with the seller's response, you may be able to take a claim to the Small Claims Court. Further information is available from the National Consumer Agency, [nca.ie](http://nca.ie) and 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.**

**Information is also available online at  
[citizensinformation.ie](http://citizensinformation.ie) and from the Citizens  
Information Phone Service, 0761 07 4000.**

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## Route 66 Big Band Back in Maynooth

Following their successful appearance at the  
Glenroyal Hotel last November Route 66 Big Band  
make a return visit to the town when they play in the  
Glenroyal Hotel on Saturday 9th March. This is in  
response to the many requests for the band to make  
more public appearances as their main focus is on  
weddings which are naturally all private functions.

The Glenroyal event is a joint fundraiser for the local  
St. Mary's Brass and Reed Band and the 8th Kildare  
Maynooth Scout Troop. Tickets for the Fundraiser  
cost only €10 and are available by calling 087  
2537906 or 087 3352387. You can also pay at the  
door on the night. Doors open at 9.30 and dancing  
gets under way at 10oc. A large crowd is expected so  
get there early as numbers are strictly limited for this  
event.

Route 66 still have some dates free for this year and  
you can learn more about this great band by visiting  
their website [www.route66bigband.com](http://www.route66bigband.com)

# Maths Support

## Free Second Level Maths Support at NUI Maynooth

The Mathematics Support Centre (MSC) in the National University of Ireland Maynooth (NUIM) continues its provision of free drop-in maths support for local secondary schools. This service is supported by the Department of Mathematics and Statistics, and the Admissions and Access Offices in NUIM.

It is available to students, from first year to leaving certificate regardless of level. These sessions will run on Monday evenings from 6-8pm in Rye Hall, North Campus of NUIM. A location map, a full list of the schools currently involved, the dates that the service is available and additional free online resources can be viewed at the website <http://supportcentre.maths.nuim.ie/secondlevel>.

This support is not a replacement for the classroom; rather it complements the current services provided. It has a relaxed, non-judgemental atmosphere for students so they can see maths as an approachable and accessible subject which can be discussed with their peers.

Experienced tutors and trainee teachers are available to help and students can call in for as long as they want. We will help with any queries that the students have, however we do not give solutions to homeworks. We help with methods, work on similar examples and encourage students to study independently. The sessions are not grinds; rather they are student-led, students are encouraged to ask questions about any topics that they do not fully understand.

If you require any additional information, you can contact the Manager of the MSC, Dr. Ciarán Mac an Bhaird at [ciaran.macanbhaird@nuim.ie](mailto:ciaran.macanbhaird@nuim.ie)

## FREE LEGAL AID CLINIC

The Free Legal Aid Clinic is held in the Iontas building in the NUIM North Campus. The next date we are there is the 12th March. The clinic starts at 7pm. It is a walk in clinic so no appointments necessary. We deal with all areas, but with a specific focus on the areas of Employment Law, Landlord & Tenant Law and Family Law.

FLAC is a nationwide organisation and an independent human rights organisation dedicated to the realisation of equal access to justice for all. To this end it campaigns on a range of legal issues but also offers some basic, free legal services to the public.

The FLAC Society at NUI Maynooth is a student run society. Although FLAC has operated on campus before, this is the first year that an independent society & committee has been operating. Our goal is to simultaneously provide free legal advice for the public & allow enthusiastic law students to gain valuable experience under the guidance of qualified solicitors. All of our student volunteers have been trained by the society in specific areas of law in order to better assist people who attend the clinics. We also have guest speakers in from time to time to further educate our members. For more information of the National FLAC Organisation visit [www.flac.ie](http://www.flac.ie). You can contact us on Facebook or on Twitter @nuimflac or email us at [flacmaynooth@gmail.com](mailto:flacmaynooth@gmail.com)

# Community Notes

## Creative writing group for adults:

This group meets on the first Tuesday of the month : 6.00 pm to 7.45 pm, places are available, next meeting is March 5th.

## Saturday afternoon Book Club

Note: Beginner writers are welcome, commitment to attend every month is required.

This book club meets once a month on Saturday afternoons from 2.30 to 4.00 pm, places also available.

Please contact Maynooth Community Library for details: telephone 01-6285530, email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or call in and book at the desk.

## Maynooth Local History Group

Presents

A historical profile on distilling in North Kildare

By Pat Given

At the Glenroyal Hotel, Maynooth on March 13th 2013 at 8p.m.

Whiskey distilling was widespread in Ireland in the 19th century, with consumption, not just for leisure activities but as a remedy for all ailments for both human and animal. It brought with it great social issues, but as knowledge and time progressed, marketing and branding of whiskey, delivered business consolidation, sophistication and challenges socially and for the discerning pallet.

Pat Given is a qualified and experienced expert on the subject with a unique perspective on the history of distilling.

For a fascinating and enlightening evening be sure to be on time at the Glenroyal on March 13th. Note: **No free samples.**

## Volunteers needed in Co Kildare for Irish Guide Dogs for the Blind

Irish Guide Dogs for the Blind are looking for volunteers in Maynooth and the Kildare region to help make their annual SHADES Fundraising Campaign a big success.

From April 29th to May 5th they will be selling SHADES pins in shops and businesses and streets across Kildare and right now they need to hear from people who are willing to be part of collections and events in their area.

All monies raised will go towards funding services for blind and vision impaired people and families of children with autism. These life changing services are provided free of charge and the organisation relies on fundraising for over 85% of its annual income.

With waiting lists for some services running up to three years the organisation is determined to increase the number of people it trains annually, to do this it urgently needs additional funds. The organisation wants to make this year's event the biggest yet. To do so they need 500 new volunteers who will give a few hours during SHADES week to make sure that North Kildare and Maynooth are covered.

You can help by joining a group in your area who will be selling the two SHADES pin or by organising a fundraising event or pin sale in your school or workplace.

To join the hundreds of volunteers who will be working across the country to raise funds for Irish Guide Dogs during SHADES please contact Kerry MacMahon Community Fundraising Manager on **1850 506 300** or email [kerry@guidedogs.ie](mailto:kerry@guidedogs.ie).

# Maynooth Girl Guides Cake and Craft sale

On Sunday  
10th February

The Maynooth Girl Guides Rangers and Brownies held a very successful cake and craft sale in the Boys' National School Maynooth. Since Maynooth Girl Guides opened its doors in 2008, we have provided opportunities for the members to explore new interests, build confidence, contribute to the community and meet other Girl Guides in Ireland and abroad. Continuing on with this tradition, we plan to travel to the World Association of Girl Guides and Girl Scouts World Centre, Our Chalet, in Switzerland in August 2013.

The theme was of course Valentines and as such we had many handmade crafts and cards with a Valentine's theme, such as jars of candy hearts and jars with candles covered with hearts. There were felt hearts and some wonderful owls. The homemade Valentines cards were a big hit also with everyone. We had a great day with face painting and tea, coffee and Valentines cookies in the relaxed atmosphere of the school hall in the boys' national school in Maynooth the girls experienced new skills. The girls worked hard in the run up to the event and on the day they developed planning and organising skills in sales and marketing and public relations.



We would like to thank the business in Maynooth who were more than generous. We held a great raffle with many superb prizes including the following: our top

prize of a wonderful Gingerbread house made by one of our girl guides. Thanks to Glenroyal Leisure Centre, McCormack's Pharmacy, Boots Pharmacy, Callaghy's Pharmacy in SuperValu, The Uniform Warehouse, The Elite Bakery, Flower Shop Manor Mills, SuperValu Maynooth, The Rye Institute, Occasions Hair Salon and Superquinn in Lucan. We also want to say thanks to the community, who came to support us after every mass on Sunday, and the boys' school and all the volunteers who helped on the day and made it all possible.

The Maynooth Girl Guides and Maynooth Rangers are units of the Irish Girl Guides. Our members are a mix of students from Maynooth Primary and Secondary schools as well as members from other areas. The mission of the Irish Girl Guides is to enable girls and young women to develop to their fullest potential as responsible citizens of the world. Irish Girl Guides is a non-profit organization and a registered charity (CHY4726).

From 1911 to the present day, the association aims to encourage the best out of each of the girls and gives them the opportunity to discover new ideas, skills, experiences and friendships. All through the year, Guides is a fun place to be: they cook outdoors, go away on trips, camp in tents and earn badges for all kinds of things including making chocolate. These are just a few examples of how learning is done through fun, in a friendly safe atmosphere that helps each girl to reach her goals. It is a place where the girls can be themselves and we welcome new members.

The mission of the Irish Girl Guides is to enable girls and young women to develop to their fullest potential as responsible citizens of the world. The Irish Girl Guides (IGG) has a membership of over 11,500 throughout its 4 branches: Ladybirds (5-7yrs), Brownies (6 ½ - 11yrs), Guides (10 ½ - 14 yrs) and Senior Branch (14- 21 yrs).

There are also over 1,000 adult leaders. IGG is a member of the World Association of Girl Guides and Girl Scouts (WAGGGS) which is the world's largest international voluntary organisation for Girls and Young Women. WAGGGS has over 11 million members in almost 150 countries worldwide and is an important advocate for the rights of women globally.

Irish Girl Guides in Maynooth meet once a week and we welcome new members and adult volunteers to help with the group. Brownies are 6 ½ to 10 ½ years Guides are 10½ - 14½ years, and Ranger's are from 14½ years and over. So if you have a skill to share, can make time to help the girls, and if you want to be involved - just phone Jackie or Catherine: 085-1413787 or 087-7724235.

## An Garda Síochána

### Crime Prevention Information Sheet



## Home Security Checklist Challenge



Burglars like easy opportunities. If they have to make a lot of noise, spend a lot of time or risk being seen, the chances are they won't bother. A good rule of thumb is the 3 minute delay test. If you can deny entry for 3 minutes or more – chances are the burglars will go elsewhere. Complete this simple home security survey to determine how well your home is secured against burglary. Ignore questions not relevant to your own home.

Remember, every NO answer is a threat to your home security.

Doors and Windows		Yes	No
1	Are all your external doors properly fitted and equipped with appropriate secure locking systems? (i.e. 5-lever mortice locks for wooden doors, multi-point locking for uPVC doors etc.)	<input type="checkbox"/>	<input type="checkbox"/>
2	If you have glass panelled doors – are they reinforced in some way so that they cannot be shattered?	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you a wide-angled viewer in your front/main entrance doors or other means of viewing callers?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you have a door chain / limiter fitted and do you use it?	<input type="checkbox"/>	<input type="checkbox"/>
5	Since moving into your home (where there may have been a previous occupier) have you had the locks changed?	<input type="checkbox"/>	<input type="checkbox"/>
6	Are your spare keys kept with a trusted neighbour and never left under an external mat, flower pot etc.	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you lock your external doors when away from home, no matter how short a time?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you lock the doors out of your view when working in the garden / yard?	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you installed an additional lock(s) to your sliding glass / patio doors?	<input type="checkbox"/>	<input type="checkbox"/>
10	Can you close and lock your garage / outhouse doors?	<input type="checkbox"/>	<input type="checkbox"/>
11	Are the garage / outhouse doors protected with quality locks or deadbolts?	<input type="checkbox"/>	<input type="checkbox"/>
12	Do you close and lock your garage / outhouse doors?	<input type="checkbox"/>	<input type="checkbox"/>
13	Are all your windows secure?	<input type="checkbox"/>	<input type="checkbox"/>
14	Can the window openings be restricted for ventilation?	<input type="checkbox"/>	<input type="checkbox"/>
15	Do you check to see if all windows are secured when you leave your home?	<input type="checkbox"/>	<input type="checkbox"/>

FOR FURTHER INFORMATION ON THIS OR OTHER CRIME PREVENTION ISSUES,  
PLEASE CONTACT  
your local GARDA CRIME PREVENTION OFFICER  
or  
visit the Garda website at [www.garda.ie](http://www.garda.ie)

## Vincent's Grand Opening

*Supporting the work of St Vincent de Paul*



The Society of St. Vincent de Paul had its grand opening of a new shop on the main street on Wednesday 30th January. It was officially opened by Cllr John McGinley who cut the ribbon on what is hoped to be a very successful venture.

While the Vincent's shop in Greenfield remains open for business as usual, this new premises is mainly stocked with clothes, cards and jewellery for all occasions; all items in stock range in price from between one and three euro. Michelle Doyle, the new shop's supervisor, said that the launch-day was a resounding success and that there will be a variety of open days throughout the year and there will also be a range of offers and bargains to suit everyone's pocket. The S.V.P regional shops manager, Dermot Gilloway, was also in attendance for the grand opening and was on hand to welcome the first customers. Michelle, Dermot and Bernie Byrne, supervisor of the Greenfield shop, on behalf of the St Vincent de Paul Society, would like to thank all the customers for the many years of loyalty and support for what is a very worthy cause in our community.



No one needs any reminders about the state of the economy at the moment and its impact on communities, people and families throughout the country. Support of S.V.P, whether through generous donations of articles of clothing or small furniture, your time or financial contributions, is very much appreciated by the Society. Donations of books, clothes, bric-a-brac and small items of furniture etc will be gratefully received in the Greenfield Branch. All moneys raised locally stays local.

The opening times for the new premises are 10am to 5.30pm Monday to Saturday and, like the premises in Greenfield, welcome any donations from the public. If you would like to volunteer to work in the new shop you can get an application form from one of the friendly and helpful staff or you can contact them

at 01 601 6654 or if you would like to volunteer some hours in the Greenfield Branch then contact 01 629 643; you can contact the Head Office for information on volunteering at 01 838 6990 or email [info@svp.ie](mailto:info@svp.ie).

**By Brian O'Neill**

## March 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

Garden Talk with Patrick Ardiffe (Gardener at Lodge Park Garden, Straffan) on 19th March  
Venue: The Glenroyal Hotel  
Time: 8pm  
All Welcome  
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

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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



## 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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*Ireland's Fiddlers Green*

*Singing Irish Folk Songs and Ballads*

A new Ireland's Fiddlers Green band has been formed [www.irelandsfiddlersgreen.com](http://www.irelandsfiddlersgreen.com) with excellent musicians John the Deego Kid (Acoustic Bass and Guitar + Vocals and Harmonies), Ken Folan (Acoustic Double BASS and Guitar) MJ McManus (Banjo, Mandolin and Guitar) and myself Danny Carthy (Lead Singer + Harmonies and Guitar).

It is our intention to present a series of concerts nationwide and overseas over the next twelve months and beyond. Our folk singing is very suitable for all cultures and non offensive to any creeds.

The tradition of folk singing is being kept alive for past, present and future generations, and also with the Gathering in 2013 Irish folk music should be an integral part of the heritage for people visiting Ireland.

Many of the folk songs being presented for performances have been popular for generations, with a number of the songs having been written by Danny Carthy and many of them recorded by the band at different periods over the decades.

The priority is quality Irish musical entertainment with excellent vocal and musical accompaniment.

In the 1980's and early 90's Fiddlers Green were one of the most popular folk bands in Ireland, Great Britain and Western Europe, with Danny Carthy continuing to perform as the lead singer.

To make the concerts as successful as possible photos, press release, posters and CD's can be made available for advertising, publicity and airplay on radio stations.

Regards

Danny McCarthy

Contact: +353-1-6285276 & (0)87-6750273 [iddlers-green@gaelic.ie](mailto:iddlers-green@gaelic.ie)



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## Runners Joggers Walkers Sunday 19th May, 10.30am Entry Form

First Name(s): \* \_\_\_\_\_

Last Name: \* \_\_\_\_\_

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

Gender: \* \_\_\_\_\_

Email: \* \_\_\_\_\_

Age Group:  
(Over 16s)

Mobile Number: \* \_\_\_\_\_

(Fields marked \* Must be completed. Contact details will only be used to forward information about Maynooth Post Primary 10k)

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>

*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, our many sponsors, An Garda Siochana, 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*

## Maynooth 10K Sunday 19<sup>th</sup> May 2013

for

### ***RUNNERS JOGGERS AND WALKERS***

Maynooth Post Primary School Parent Teacher Association will hold its annual fundraising 10K on Sunday 19<sup>th</sup> May. Monies raised are for the joint development of new multi purpose playing pitches, a walking / running track and ancillary facilities for the school on Moyglare road, in conjunction with Maynooth GAA Club.

The 10K run around Maynooth, which is the centre piece of a Gathering weekend, will commence at 10.30am in the grounds of St Patricks College. It will follow a route through Maynooth's Main Street to Carton House Demesne and finish on the historic Carton Avenue.

Registration, parking and cloakroom facilities will be available at Maynooth Post Primary School from 8am.

The PTA are hoping to build on the success of last years 10K which attracted over 750 participants and raised nearly €30,000 towards the €500,000 development cost.

This years 10K is expected to attract 1,000 participants and raise up to €40,000.

Online entries at [www.runireland.com](http://www.runireland.com)



### Photographed at the Official Launch of the Maynooth 10k at Carton House were:

Francis Howley (Director of Golf, Carton House), Gerry Quinn (Maynooth 10k Gathering), Deirdre O'Brien (Director of Sales, Carton House), Nuala Forde (Chairperson 10k Committee), Teresa Murray (Chairperson Maynooth PP PTA) and Johnny Nevin (Principal Maynooth Post Primary School)

Photo By: Mark Colfer

Maynooth Post-Primary School Principal Mr Johnny Nevin expressed his thanks to Carton House for the use of their grounds and their sponsorship of the main prizes.

## THE MAYNOOTH EDUCATE TOGETHER SCHOOL RAISES FUNDS FOR THE TEACCH UNIT

The Educate Together staff are running a table quiz upstairs in Brady's in Maynooth on Thursday 21<sup>st</sup> March to raise funds to purchase some much needed equipment. The quiz is from 8.30 to 10.30 and the entry fee is 20 euro per table of four and everyone is welcome to participate to support this worthy cause and maybe win the top prize one hundred euro. Educate Together is a school based on the Maynooth/Celbridge Road and situated across from the Gaelscoil. **There is a mainstream school and also a unit dedicated to the education of children with autistic spectrum disorders.** One of the main aims of the staff in this unit is to create a positive and educational environment for children with autism and aspergers' and other related behavioural conditions. There is a very warm, welcoming and inclusive atmosphere at Educate Together and all of the friendly teaching staff are very approachable and ready to explain what it is they aim to achieve. Libby Conroy, who has a number of years experience working in the **special education and is currently studying for a PostGraduate diploma in Autism** explains how they endeavour to make learning a fun, enjoyable and educational experience for the children.

As she says that TEACCH or Teaching and Education of Autistic and Communication Challenged Children is an approach they use to help to generate an inclusively aware programme which is designed to meet the particular requirements of each student.

Autistic children experience sensory problems such as hyposensitivity and hypersensitivity. Hyposensitivity is when a child is under-sensitive to stimuli and has trouble processing information through their senses. Hypersensitivity is when a child's sensory awareness is too acute.

Hypersensitivity includes such features as hypertactility; this is when a child's sense of touch is heightened. One reaction of hypertactility is that a child may hate to be touched or hugged. Even a gentle touch can feel uncomfortable and even painful to a hypersensitive child and can result in a "melt down". Another aspect of this condition is hypersensitive hearing. This is when even the slightest noise becomes amplified to such an extent that it is scary and uncomfortable to the particular child. Sudden sounds terrify them and in some cases they may make their own repetitive sounds, like humming, to try and block out the sounds around them. As Libby notes that, "a child may have no filter for the sounds around them; the sound of a train could be like a thunderstorm in their ears, or a breeze could be like a painful scratch on their skin". These are just some features of autism and by using such methods as Applied Behavioural Analysis (A.B.A), and TEACCH Libby and **teacher Catriona Finlay** and their colleagues create a quality educational environment for each and every one of the twelve children at this school. The approach to teaching and learning is very structured: each child learns at a different pace. The pace of the learning process can be different for individual children and in some instances a lesson may need to be repeated a number of times, but they have excellent retention when it has been learned. This takes extensive patience and individual awareness by the staff for the student's particular needs, but they say, though it can be challenging, it is very rewarding.

While autism and its variety of symptoms can mean that the learning process can be a challenging progression for the child, with the right environment and attention to detail that child can develop and contribute very positive services within the community

Temple Grandin, who was diagnosed with autism at a very early age, is a recognised and celebrated author and professor at Colorado State University. She is a doctor of animal science and behaviour and was listed in the *Time 100* list of the most influential people in the world. It is because of the early diagnosis and applied strategies that people such as Temple learn to live happy and fruitful lives. But this takes quite a bit of effort and patience from the children's parents, their teachers and the people who inhabit their world. One method to improve and enhance the learning experience and potential for children with autism is Colourful Semantics. This is a visual and tactile learning aid whereby the child learns to associate picture/flash cards with their surroundings and learns to understand and communicate what they see. Once again this takes extensive patience and understanding on behalf of not only the parents, but also the teachers for it to be as effective as possible. But such lesson plans require the material, equipment and tools with which to carry them through. It is hoped that there a good response from the public to support the Table Quiz and thereby help with the fundraising to maintain and update very necessary materials and equipment for what is a wonderful and positive resource in our community..



**Right: Teacher Mairead McHale with pupil Lauren Roe**

**GLENROYAL HOTEL**

# Family Day

**St. Patrick's Day** Sunday March 17th

**Kids Entertainment**  
Fun for the kids from 2pm-5pm in the Galway Suite  
Face Painting / Kids Movies

## LIVE MUSIC in the bar

from 3.00pm

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E: frankorourke1@gmail.com

# Confirmations in Maynooth



Above: James Wallace with Sponsor Nana Nuala



Ella Barton with grandmothers Mary Keane and Carol Barton



Dara Sweeney with dad Adrian



Zoe Power with her family



Tom Fagan with his family

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## Eve Larine House Winners of last years St Patricks Day Parade

St Patricks' Day is nearly here again and we hope this year it will be bigger and better than last year. We hope all the entrants are working hard on their entries as competition will be very high this year owing to the great effort of Eve Larine House last year. They are currently working very hard themselves on their entry which is Larine in Wonderland. They have over 40 people hard at it, making masks, head pieces, props and costumes for all of their participants who will take part in the Parade. We will see the Mad Hatter, Mushrooms, Beetle Bugs, Giant Flies, Spiders and a large selection of different Characters. With the help of the Art Facilitators Tina Murphy, Martin Carter, Noelle Byrne worked on

her project for the last six months and really enjoyed what she did. Martin has said they would like some volunteers to help on the day, so if any of you have the time and would like to get involved, you can ring him on 01-6289465



Tina showing us some of the work in progress



Noelle showing the head of the fly she made



Bring in a bag of non-perishable food during the Curves Food Drive to help people in need and we'll return the favour – you can join Curves for zero service fee!

Bring in a bag of groceries to join for zero service fee\*

**Give a Little, Save a Lot!**

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Maynooth  
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\*Times or date changes required to a local charity determined by the club. Offer based on first year enrolment, previous 4-month direct-link programme. New members only. Offer valid with any order after. Valid only at participating locations from 1/3/2013 to 13/3/2013. © Curves Europe

WORLD'S LEADER IN WOMEN'S FITNESS



**Curves Maynooth is collecting food for St. Vincent de Paul in partnership with the Curves Annual Food Drive**

Throughout March, Curves Maynooth will be collecting non-perishable food for the 15th Annual Curves Food Drive! All collected food will be donated to St. Vincent de Paul.

Designed especially for women, Curves located in Maynooth Business Park (just off M4 motorway) will waive its service fee for new members in March in return for a bag of non-perishable food. The total amount collected will be donated to St. Vincent de Paul to help local families in the community. Existing members will also be encouraged to donate non-perishable food to this worthwhile charity.

Emma Walsh, Manager of Curves Maynooth, said: "Collecting non-perishable food during the Annual Curves Food Drive is something which unites the Curves community globally and we're delighted to champion St. Vincent de Paul whose goals of supporting and strengthening people in the local community match Curves' core values extremely well."

Curves Maynooth have been collecting and donating to charity during the Annual Curves Food Drive for the past ten years.

Emma says "The Food Drive is a vital part of our community program that fits perfectly with the Curves philosophy of promoting positive health and creating a community for "real women". We look forward to many years of giving back to the community through deserving charities such as St. Vincent de Paul. Why not help us to continue supporting our Local community by calling us for a free tour and Fitness Assessment!"

If you're interested in becoming part of our club, please contact Curves Maynooth at 016291000. We look forward to meeting you and helping you reach your health and fitness goal. For more information, please visit [www.curves.ie](http://www.curves.ie)

Curves members worldwide have donated more than 27.7 million kilos of food since 2004, enough to feed 1.85 million people for a week.

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

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- Irish programme for children attending Gaelscoileanna
- Many extra-curricular activities – Stretch-n-Grow, Y-Bikes, Buntus Sports programme, Cookery, Drama and much more
- Seasonal camps – Easter and Summer Camps

**School Principal: Jackie Cousins** Wise Owl Montessori is owned and run by Jackie Cousins. Jackie is a fully qualified Secondary School and Montessori teacher with over 20 years teaching and school management experience.

**School Manager: Susan O'Connor** Susan has over 16 years experience in teaching and school management.

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## FUN & UNUSUAL FACTS ABOUT ST. PATRICK'S DAY

The actual colour of St. Patrick is blue. Green became associated with St. Patrick's Day during the 19th century. Green, in Irish legends, was worn by fairies & immortals & also by people to encourage their crops to grow.

St. Patrick did not actually drive snakes out of Ireland, the snakes represent the pagans that he converted to Christianity

The very first St. Patrick's Day parade was not in Ireland, it was in Boston in 1737.

The phrase, "Drowning the Shamrock" is from the custom of floating the shamrock on the top of whiskey before drinking it. If you keep the custom, then you will have a prosperous year.

On March 17th it is usually said that there are two types of people in this world, the Irish and those who want to be Irish.

The New York's St. Patrick's Day parade is the longest running civilian parade in the world.

According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.

St. Patrick's Day is considered to be the luckiest day to get married.

The shamrock which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of Spring. According to legend, St. Patrick used the shamrock to explain the Christian doctrine of the Trinity to the Irish.

St. Patrick's day did not become a national holiday in Ireland until 1903. The first parade held in Ireland was in Dublin in 1931. In fact, until the 1970's pubs in Ireland were required by law to be closed on March 17th.

Every year in Chicago, they dye the river green. This tradition began in 1962 when the parade organiser, head of a plumber's union, noticed that the dye that was used to find sources of river pollution stained his clothes green. He thought it would be a great idea to use enough dye to turn the river green for the city's St. Patrick's Day celebration. Now in case you were wondering the environmental impact of the dye is less than the pollution from sewage treatment plants.

St. Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chasing an innkeeper who served a short measure of whiskey.

## Maynooth Tidy Towns News

First of all, may we thank all who despite very short notice participated in the WEE Ireland Electrical recycling day in the Tesco carpark on Saturday 3rd February. The overall tonnage collected was... 19.8. Well done to all!

Still on thanking people the Roost Christmas Raffle this year the chosen local beneficiary was Maynooth Tidy Towns, thanks to patrons, management and staff the amount raised was €838.

Christmas Tree supplier Jim Doyle presented us with a cheque for €400, thank you all who purchased trees from Jim.

These 2 donations will be put to very good use over the coming months.

The refurbished Gates and railings and wooden planters look well outside the college grounds, well done to all.

We have started our Saturday morning cleanups and this will continue with our annual cleanup with our colleagues from Leixlip Tidy Towns on Saturday the 2nd March.

A busy March is planned on Sunday the 3rd March we will be doing a clean and tidy up Maynooth project on Sunday Morning with members of the Maynooth Business Owners Association.

We look forward to meeting all our friends and supporters on St. Patrick's Day during the parade.

Our annual Table Quiz takes place on Friday 5th April in O' Neills upstairs lounge @ 8.30 pm. Quiz Master Paul Daly promises a night of fun and entertainment, table of four €40 please come along and support.

National Spring Clean month is April and we plan to have a clean up day on Saturday 13th April more information in the next newsletter.

If you require any further information or want to help us please do not hesitate to contact us.

Richard Farrell, PRO,

087-3153189,



## Britain's Got Talent Maynooth EuroSaver and More

Des Verschoyle, the owner of EuroSaver opened his shop in Maynooth on the Dublin road ten years ago and moved to the new location on Mill Street two years ago. As Des says it's a brighter and bigger premises, which allows him to offer his customers a larger variety of stock to suit all occasions and parties. The stock includes helium balloons and cards for those special moments such as Valentine's Day, Christmas and birthdays. You can indulge in a hot chocolate or coffee at only 1.50 euro



L/R Rachel Verschoyle & Emma Verschoyle

while you are shopping. This is a local family owned business that not only creates employment in the locality, but also supports local community groups and is very much involved with organisations within the town and surrounding areas. But this is not all: if you look closely you might see Des's daughters Emma and Rachel working in the shop. Emma and Rachel, with their friends Sinead Leonard, Oran and Oragh Leong and Orla Hassett got through the pre-qualifiers for Britain's Got Talent and performed at the ICC in Birmingham on Saturday 9th of February for Simon Cowell, Amanda Holden, Alesha Dixon and David Walliams. There was a studio audience of three thousand people. This particular programme has not been aired yet, but there will be an expected television viewership of millions when it is broadcast shortly, so it will be worth marking your calendar to watch it when the date is announced.

As you can imagine travelling to Birmingham early in the morning and giving a number of interviews to various media reporters before the performance was challenging. Emma says that she was "happy and nervous, but really excited about meeting Ant and Dec and dancing in front of the judges and such a large audience." The name of the group is **Keep It Reel** and they base their performance discipline on traditional Irish dancing set to a background of contemporary pop music. This was quite a surprise for the audience and will also be a source of quality entertainment for the TV viewers as well. Emma originally formed the group choreographs their dance routine, and has learned, developed and nurtured her skills from a passion for dancing and working with, and training, dancers here in Maynooth. She says that she always wanted to dance and was happy to perform to the cheering and applause of such a large audience. It takes extensive rehearsing, skill and talent to qualify to perform for such a momentous event and in front of such a judging panel, but the determination and passion shines through and can be witnessed when the show is broadcasted in the next few weeks.



L/R Rachel Verschoyle, Emma Verschoyle, Oran Leong, Orla Hassett, Oragh Leong and Sinead Leonard

So remember that the next time that you pop in to the EuroSaver to buy a card for that special person or need to get some party supplies from their wide variety of stock, the assistant who is serving you could be the person that will be representing your community on Britain's Got Talent. Why not drop in to the shop and wish Emma, Rachel and the rest of Keep It Reel congratulations on achieving such a goal. You won't only be supporting this very talented and determined local group, but you will also be promoting the creativity and musical talent and Irish dance heritage in the Gathering year. You can also monitor the group's progress and send greetings to them on the EuroSaver Maynooth facebook page.

Congratulations to Emma, Rachel and Keep It Reel on their achievements to date and the whole community are wishing you lots of success in the upcoming stages of the contest. So while Emma and the gang will keep it reel on Britain's Got Talent, Des will keep it reel with his prices in EuroSaver.

By Brian O'Neill

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**Thursday Evenings 7pm – 10pm** Live Music every Thursday from 7pm to 10pm with Latin American Acoustic Guitar Duo "*Rhythms Del Rue*"

**Friday & Saturday Evenings 7pm – 10pm** Live Acoustic Flamenco Guitar played by our resident in house musician '**Paco**' **Craig O'Mathuna**. 'Paco' will play his emotive and atmospheric blend of Spanish & Latin American Flamenco songs from 7pm to 10pm.

**St. Patricks Day Live Music**

A mix of Irish Traditional & Classical Music from Liz O Riordan & Pat Connery. Two Soprano Voices in beautiful harmony with a mix of piano, guitar, fiddle, Bodhrán & Irish Uilleann Pipes— Fantastic Live Experience!

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## MULTIPLE BIRTHS CLUB ESTABLISHED IN MAYNOOTH

**NEW**

**imba**  
Irish Multiple Births Association

**Maynooth Multiple Births Club**

**INFORMATION NIGHT**



**Monday 11th March**  
**8.00pm**

**Maynooth Community Council**  
(outside front of Manor Mills)

"As a mother of twins, I know how challenging it can be to look after more than one baby at a time", declares Sheena from the newly formed Maynooth Multiple Births Club. "Double the demands and only one pair of arms, one pair of eyes and only 24 hours in every day... ..the upside however, is the reward is double too!"

That's why Sheena, with the support of the Irish Multiple Births Association (IMBA - <http://www.imba.ie/> ), have decided to establish a Multiples Club based in Maynooth but to include the surrounding catchment areas in Meath, Kildare and Dublin.

"We want to share our experience with other mothers and expecting mothers of multiples" says Sheena. "The intention is to provide them with as much information, experience and support as possible".

The Maynooth Multiple Births Club is holding an information night on Monday 11th March at 8pm at the Maynooth Community Council Community Space (outside the front of Manor Mills). Sheena says "This is a session for interested mums and expectant mums about what we would like from the club. Please come with your suggestions and if you would like to help out with the club, please let us know." Thereafter the club will probably meet monthly. Notification of this will be given after this session.

To join the club for free or for more information please join Facebook: [www.facebook.com/groups/maynoothmultiplebirthsclub](http://www.facebook.com/groups/maynoothmultiplebirthsclub)  
Email: [maynoothmultiplebirthsclub@yahoo.ie](mailto:maynoothmultiplebirthsclub@yahoo.ie)

# Maynooth Labour News

## A Good Day for Ireland - Stagg

The deal to tear up the infamous Anglo Promissory Notes has been welcomed by Deputy Emmet Stagg who described the outcome as a Good Day for Ireland.

This deal, stated Deputy Stagg, is a massive step by this Government in putting Ireland in a fairer and more sustainable financial position, accelerating our path back to Economic Recovery. Instead of an exorbitant short term high interest overdraft, Ireland has changed the promissory note into a cheaper long term interest only loan, with repayment of Capital pushed back to the years 2038 to 2053.

Over the next decade, Ireland will have to borrow €20 Billion less, which will significantly improve both our debt position and our reputation internationally. It is yet another piece of the jigsaw which will enable us to exit the Troika deal at the end of the year and help us to generate jobs and return to growth.

In addition the deal will reduce our Budget Deficit by €1 Billion per annum which will help us in achieving the reduction in our Budget Deficits required under the Troika Deal.

The next step in addressing Ireland's legacy Bank Debt was to push for recapitalisation of banks directly by the European Stability Mechanism, as agreed by European Heads of State last June. This is dependent on the establishment of a European Banking Union.

In conclusion, Deputy Stagg stated that the ongoing work at renegotiating the bad deals done by the previous Government and in rebuilding our reputation internationally would be hoped, build confidence at Home and Abroad, thus assisting us to gain sustained Economic Growth in the future.

## Cllr. McGinley Objects to the Proposal to Close the M4 Junction on the Straffan Road:

Cllr. McGinley submitted the following motion for the consideration of the January 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 west of Maynooth."

John was given the following response:

"The NRA has stated that they have no plans to replace this junction."

Cllr. McGinley stated that the NRA had sent a similar reply to his colleague Deputy Emmet Stagg and they also stated that the issue should be addressed to the Council.

Cllr. McGinley and Cllr. Griffin asked that the Council examine a Planning File for the area adjacent to the bridge to see what correspondence there was from the NRA objecting to the Planning application.

## Cllr. McGinley Expresses His Outrage that the Council Has Lost the €60,000 allocated for Safety at the Girl's School at Convent Lane:

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."

John was given the following response:

"The allocation in 2012 was subject to completion of consultation and the design process. As these processes were not completed in 2012 the funding for this scheme was lost and must be reapplied for in 2013."

Cllr. McGinley stated that the funding was approved in May 2012 and that it was beyond belief that the Council could not design 230m of footpath in 8 months. He further stated that it was unforgivable that any money should be lost in these difficult times.

## Cllr. McGinley Asks that the Public Lights at The Square be repaired:

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

"That the top covers on the triple public light at The Square, Maynooth, be replaced before irreparable damage is caused to the unit and that the two faulty "runway" lights be repaired."

John was given the following response:

"These issues will be investigated and the Council's public lighting maintenance contractor, Airtricity, will repair the fault as soon as possible."

## Cllr. McGinley Asks That the Developer of Carton Square be Written to Asking Him to Repair the Ramps 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 were installed on the Dunboyne Road as a result of condition 32 of planning application 03/2084."

John was given the following response:

"Building Control Section has confirmed that Carton Square has not been taken in charge by the council and a management company is in place in the estate. Contact details for the management company are as follows: Carton Square Property Management Company Limited, Moyglen, Dowdstown, Maynooth, Co.Kildare."

John pointed out that the response did not address the motion as the ramps have nothing whatsoever to do with the Management Company as they are on the public road. He again asked the Council to write to the developer to get the ramps repaired.

## Cllr. McGinley Demands Action on Litter on Main Street

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

"What response has there been from the food take-aways in Maynooth to the letter sent to them as a result of my motion to the November area committee meeting?"

John was given the following response:

"Each of the food take-aways were issued with a letter requesting that arrangements be made by them to deal with litter particularly in the early hours. The letter was

hand delivered by the litter warden who explained the difficulties facing Kildare County Council and Tidy Towns groups in respect of litter in the town. There has been a positive response from a number of outlets and further enquiries are being made. Also the director of services in environment is meeting with the Tidy Towns Group shortly to review litter issues etc. The director of services in transportation is reviewing street sweeping arrangements to establish if efficiencies can be identified in this area also."

## Update on Bus Route 66 Extension to Rathcoffey Road:

Cllr. McGinley got the following to his motion at the January Area Meeting of the Council:

"The NTA have been in discussions with Dublin Bus and Kildare County Council regarding extending the route and funding the appropriate "bus friendly" infrastructure. The members will be informed as soon as these discussions have been concluded."

The Director of Services advised Cllr. McGinley that she expected the discussions to be concluded shortly.

## Cllr. McGinley Asks that Accumulated Rubbish and Foul Water Problem at Buckleys Lane be Dealt With:

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

"That Londis at Main Street/Buckleys Lane, Maynooth, be asked to remove the accumulated rubbish that they have dumped behind Maynooth Barbers at Buckleys Lane and that whoever is responsible for the foul water coming from behind the Maynooth Barbers onto Buckleys Lane and Main Street be asked to put a stop to it forthwith."

## Cllr. McGinley Asks the Council to Resume Emergency Roadworks at Night Time:

Cllr. McGinley submitted the following motion for the consideration of the February meeting of the Council:

"That the decision of Management to longer undertake emergency roadworks at night time be reversed."

## Cllr. McGinley Seeks Update on the Taking in Charge of Housing Estates in Maynooth

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

"What is the current position with the Taking in Charge of the following Housing Estates In Maynooth:

- Meadowbrook
- Silken Vale & The Arches
- Castle Dawson
- Leinster Park"

Cllr. McGinley Seeks Pothole Repairs:

## Cllr. McGinley has asked the Council to repair the following potholes:

- At the entrance to the College at Parson Street
- At 1 Parson Hall
- At 13 College Green.

John has been advised that these will be taken care of in the week beginning 18 February.

(Continued on page 23)

(Continued from page 22)

### Stagg to Seek meeting with Burton over Rent Supplement Rates in North Kildare

Deputy Emmet Stagg is to seek a meeting with Minister for Social Protection Joan Burton T.D. over the fact that Rent Supplements in Co. Wicklow are paid in two different bands, depending on where you live, whilst in Co. Kildare no difference is taken into account with higher rents for properties in the towns of Maynooth, Leixlip, Celbridge and Kilcock in the North of the County compared to Athy and Kildare Town further South.

In Wicklow the following Maximum Monthly Rent Supplements are paid as follows:

	Bray, Greystones & Delgany	Rest of Co. Wicklow
Single Person (Self Contained)	€460	€440
Single Person (Shared)	€275	€240
Couples (Self Contained)	€625	€525
Couples (Shared)	€300	€290
Couples & Lone Parents with 1 Child	€725	€625
Couples & Lone Parents with 2 Children	€800	€670
Couples and Lone Parents with 3 or more children.	€850	€740

Deputy Stagg stated that he had been arguing for some time that a separate Rent Supplement should operate in North Kildare given the close proximity to Dublin and the strong demand for rental property given the location of Intel, Hewlett Packard and Maynooth University in the area. Indeed in the Naas, Kill, Sallins and Clane areas a similar case could also be made.

If this can be done for Wicklow, I can't see why it cannot be done in Co. Kildare and I will be making that point to Minister Burton stated Deputy Stagg. A couple with 3 or more children will receive Rent Supplement of €850 per month in Bray whilst in Maynooth or Celbridge the maximum they can receive is €790 per month. In effect to ensure they do not become homeless people are now agreeing two Lease agreements in North Kildare, one with the landlord which is the economic rent and another to show to the Department of Social Protection to ensure they qualify for Rent Supplement. They are putting themselves into a poverty trap in doing so.

In conclusion Deputy Stagg stated that he would make his views known to the Minister again in the near future.

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





## ~ 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:**

<p><b>1 Best Commercial Float</b> Trophy</p> <p><b>3 Best Band</b> Perpetual Cup</p> <p><b>5 Best Portrayal of Irish Culture</b> Trophy</p>	<p><b>2 Best Club Float</b> Trophy</p> <p><b>4 Best School Float</b> Trophy</p> <p><b>6 Best Portrayal of Environmental Awareness</b> Trophy</p>
---	--

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 - 6285922 or 6285053) or  
John McGinley (6285293 (H) or 087-9890645 (M))



## Hegarty's Solicitors

### Deroon House,

(beside Citizens Information Centre)  
**Dublin Road, Maynooth**

**Buying or Selling Property Re-mortgaging, Wills,  
Family Law, Debt Collection.**  
**Free Will Drafting for all Senior Citizens**

TEL : 01-6293246 FAX: 01-6293247  
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Email: [Info@hegartyssolicitors.ie](mailto:Info@hegartyssolicitors.ie)  
Website: [www.hegartyssolicitors.ie](http://www.hegartyssolicitors.ie)





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*An Ghaeltacht sa Bhaile*

**Gaeltacht Summer Courses 2013**

**In**

**National University of Ireland Maynooth**

**A 03/06/13 - 14/06/13**

**Lucan Community College, Lucan.**

**B 24/06/13 - 05/07/13**

**C 08/07/13 - 19/07/13**

• Formal Class • Sports • Games • Competitions • Fun Activities • Céile & Sing Song • Art • Drama

*"An excellent, enriching and most enjoyable course"*

Book early to avoid disappointment.

For Brochure and Application form contact **01-2985287** or visit our website

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For Students in Secondary School

Venue

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**visit our website  
[www.lsireland.com](http://www.lsireland.com).**



## **JW Cleaning Services**

**Spring Special Offers for customers in Maynooth, Celbridge and Lucan**

**Driveway cleaning:**

Single driveway up to 25m<sup>2</sup> for only €65.00

Double driveway up to 40m<sup>2</sup> for only €85.00

Triple driveway up to 60m<sup>2</sup> for only €90.00

**\*\*\* Gutter, fascia, and soffit cleaning: Average 3 bed semi-detached house only €70.00 \*\*\***

**\*\*\* Window cleaning: Have 10 windows cleaned by hand for only €25.00 \*\*\***

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JW Cleaning, Hodgestown Upper, Donaboe, Naas, Co Kildare

## **OPEN DAY**

Leixlip VTOS/PLC (Kildare VEC) will be holding an open day on

**ADULT EDUCATION COURSES**

on Thursday 14th March 2013 from 12.30 – 4.00pm

BE PAID to increase your employment prospects with

Free Education and Training for eligible job seekers over 21 years of age

For Social Welfare recipients and medical card holders the courses are free

For all other applicants the course costs €200.00

Information will be provided on daytime courses which may include:

Computer Studies, Business Studies, Office Administration, Languages

Leaving Certificate subjects Certification: FETAC, Department of Education

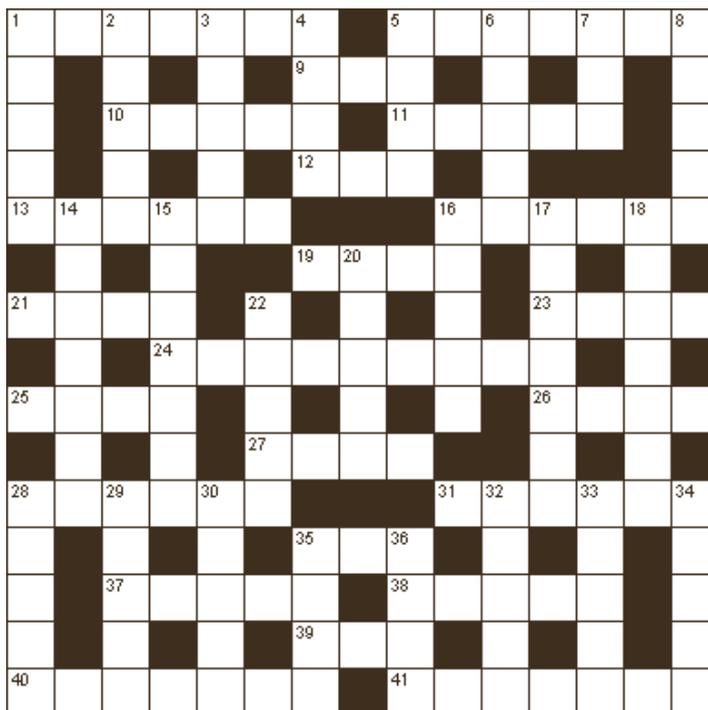
VTOS/PLC, Adult Education Centre, First Floor, Riverforest Shopping Centre, Leixlip, Co. Kildare. Phone 01-6246420. Email: [vtosleixlip@kildarevec.ie](mailto:vtosleixlip@kildarevec.ie)

**Clues Across**

1. Young goose (7)
5. Normal contraction of the heart (7)
9. Vessel built by Noah (3)
10. Makes a loan (5)
11. Icon (5)
12. Young dog (3)
13. State positively (6)
16. Mismatch (6)
19. Large marine food fish (4)
21. Cry (4)
23. Felines (4)
24. Papal (9)
25. Listen to (4)
26. Female sheep (4)
27. Exchange for money (4)
28. Benzene (6)
31. Soak up (6)
35. Prefix "beneath" (3)
37. Unit for measuring gold (5)
38. Join (5)
39. Cathedral city (3)
40. Gum used as a food stabiliser (7)
41. Room for surgical operations (7)



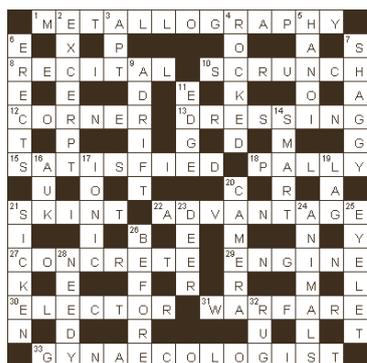
**March 2013 Crossword - No: 411**



**Clues Down**

1. Republic in W Africa (5)
2. Auctions (5)
3. Interior (5)
4. Breathe convulsively (4)
5. Jump lightly (4)
6. Hindu religious teacher (5)
7. Unity (3)
8. Very hard mineral (5)
14. Bondage (7)
15. Make larger (7)
16. Virile (5)
17. Favourable termination of endeavours (7)
18. Aardvark (3,4)
20. Pending (5)
22. Small rodent (5)
28. Brand name for a copying machine (5)
29. Compare (5)
30. Compass point (5)
32. Prickly plant (5)
33. Corpulent (5)
34. Abdomen (5)
35. Type of gun (4)
36. Purchases (4)

**Answers to Crossword 410**



Entries in before: 26th March 2013

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

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

**Winner of Crossword No. 410  
February**

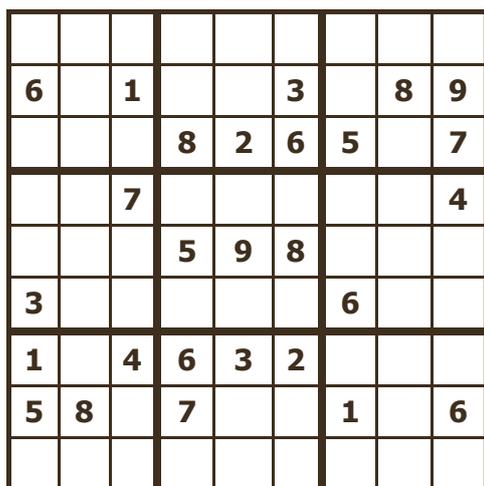
**Patrick Healy  
Leinster Park  
Maynooth**

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

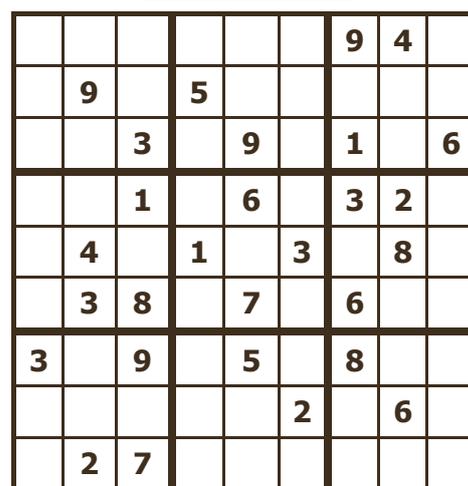
**Difficult**



**Sudoku Challenge  
March 2013**



**Super Difficult**



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

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

Entries must arrive before: 26th March 2013

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

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

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

**Congratulations to February Winner:**

**Breda Boylan  
171 Kingsbry  
Maynooth**

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

## Climate Bill Vital If We Are to Make Progress

### Any successful emissions-reduction plan "must be target-specific"

Catherine Murphy, Independent TD for North Kildare, has welcomed the tabling of her Climate Change & Energy Security Bill 2012 for second stage debate on Friday the 8th of February.

"This Bill, which I introduced in May last year, lays out a very clear target-specific approach to tackling our emissions, an approach I feel is absolutely essential if we are to be serious about meeting our 2020 obligations. We must also take full advantage of the transition needed to turn Ireland into a truly energy-secure island, one where a domestic renewable industry can create thousands of jobs.

"Since the publishing of this bill, we have been told repeatedly by Government that their own much-promised climate legislation is imminent. We had been expecting publication by December last at the latest. Unfortunately, we are still no closer to seeing any legislative proposals from the Minister for the Environment.

"We cannot underestimate the importance of this issue, not least because of the ongoing and worsening impact of changes in global climate, but also because of the opportunities we can seize in making the transition to a low-carbon economy.

## Rent Supplement System is Unfair and Misleading

### 'Government Deputies Must Step up to the Plate'

Catherine Murphy TD (Ind, N. Kildare) today highlighted a series of responses to questions posed by her to the Minister for Social Welfare, Joan Burton in relation to the controversial Rent Supplement Scheme. These responses, say deputy Murphy, highlight the inequality and ineptness of the current system and its ill-advised structure.

"Data issued to me from the Minister's office show that Kildare ranks third nationally, behind only Dublin and Cork, when it comes to numbers receiving rent supplement. This clearly shows the massive housing crisis in Kildare, where demand far exceeds supply and yet the rent limits set by the Minister are completely irreconcilable with the market rents for the County, particularly the main population centres in North Kildare."

"It now transpires that while Minister Burton was steadfastly refusing to consider nuanced variations to the scheme in relation to the North Kildare situation, she had allowed for such a variance within a specified area of County Wicklow, where the limits set for Bray, Greystones and Delgany are higher than those set for the rest of the County on the basis that they are within the Dublin commuter belt. This is precisely what is needed for North Kildare, where rental prices are on a par with those in Dublin yet the limits set for Kildare lag far behind those set for the nearby Dublin region."

"Of the four TD's elected by the people of North Kildare, three of those candidates sit on the Government benches and I now call on those three Government deputies to lobby their Minister on behalf of those constituents who elected them. The housing situation in North Kildare is at crisis point and it's high time the government deputies for the area rowed in behind my campaign to remedy that situation."

## Developers are Responsible for Development Levies – Not Homeowners

### Non-Compliance with the Development Contribution Condition of the Planning Permission by Developers Must not be Used to Pursue Homeowners.

**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**

Independent TD Catherine Murphy has voiced her concerns at weekend reports that some local authorities plan on charging residents of estates built by now-bankrupt developers for the outstanding development contributions owed on the sites.

Deputy Murphy questioned Minister of State for Housing Jan O'Sullivan in the Dáil Chamber on Tuesday night about the reports and asked the Minister to clarify the position for homeowners about where the liability lies. It is Deputy Murphy's assertion that Local Authorities frequently allowed, and continue to allow, developers to pay development levies in increments-an arrangement that by-passes the homeowner and is not a public process. If what is occurring in Wicklow should become the norm, the first thing that is needed is the immediate cessation of incremental payments and a more robust certification process applied.

The move by Wicklow County Council to seek unpaid development levies from homeowners "would be grossly out of line with planning legislation and set a very dangerous precedent for the many thousands of homeowners living in unfinished estates and estates with a bankrupt developer" according to Deputy Murphy.

Speaking after the debate, Deputy Murphy indicated that the Minister's answer was inadequate and she believes that the Minister should be instructing Local Authorities as to the correct legal approach.

"The suggestion that those who purchase a house should have co-responsibility with the developer to comply with planning permission is ludicrous. Are homeowners going to be liable for all aspects of planning permission compliance, will they be required to ensure a Bond remains in place or ensure the roads and paths are constructed in accordance with the planning permission, are they to be asked to oversee the laying of underground services?"

"The Government must clarify this issue without further delay."

## Housing Adaptation Grants for Disabled & Elderly Must not be based on Postcode

Discrepancies Amongst Local Authorities Must be Addressed in Any Review of the Scheme.

Independent TD Catherine Murphy has highlighted the discrepancies in the system of home adaptation grants awarded to elderly and disabled people through their local authorities.

In a response to a parliamentary question posed by Deputy Murphy, The Minister of State in the Department of Environment, Community and Local Government Jan O'Sullivan confirmed that she is undertaking a review of the various grant measures and also provided a breakdown of figures for the grant across all local authorities.

"A simple glance at the figures for each local authority is enough to ascertain that some local authorities are in greater need than others, as evidenced by the fact that some overspent on their budget while others came nowhere near reaching their allowance. Each authority has to find 20% of the grant costs from their own resources if they are to avail of the matching 80% from the exchequer. Local Authorities that do not have this 20% available are unable to provide maximum grant assistance."

"An urgent review is necessary to ensure the system is redesigned in a way that eliminates post code as a basis for grant assistance and instead focuses on actual need. However this review must not be lengthy process; as we speak people are living in dangerous conditions or are unable to come home from hospital etc. because their home has not had the adaptations required for them to live safely in their homes. This cannot be allowed to continue."

## Inflation will Save us? Not According to the Experts

### Minister Noonan's Assertion that Inflation Will Lessen the Debt Burden Must be Challenged.

Independent TD Catherine Murphy has highlighted the 'Crystal Ball' type economics perpetuated by Minister for Finance Michael Noonan with his insistence that inflation into the future will ensure that the debt burden becomes less of a problem as our wage levels increase.

Quoting from an article by former IMF head of Mission for Ireland, Ashoka Mody, Deputy Murphy said "we are treating the present as if the bubble growth from 2000 to 2007 will return. She also noted that in the same article Robert Gordon, of North Western University, is quoted as finding, that the rate of technological progress has slowed sharply, and that the rise in standards of living (at least in the world's rich countries) is thus set to decelerate."

"All this talk of how inflation will save us and how our wages will be so high in 2038 that we will comfortably manage the debt is crystal ball stuff-except this crystal ball seems to only predict outcomes that favour Government policy rather than reality."

Speaking during the debate in last night's Dáil sitting, Deputy Murphy also questioned the relevance of the national parliament debating the decision after the deal had been done and indicated that there was very little media or public interest in the debate because it is effectively irrelevant.

"The debts of private banks have no place on the shoulders of Irish people and while this deal may have some short term advantages, they are outweighed by the long term pain we will bear as a result. We needed to share this debt burden with our European partners-not with our children and grandchildren."

## Personal and Home Security

Don't give out your personal information over the phone, and never buy anything over the phone. Always request the caller to send you information in the mail. Oftentimes, if the offer isn't legitimate to begin with, the caller will tell you the offer is only good for that moment over the phone. No offer is worth that risk. Even if you receive information in the mail, take it to someone you trust, so that together you can evaluate it and decide how much of a risk or scam it might be. Have someone call and/or come by to check on you on a regular basis. There are even some services available, companies who specialize in calling to check on the elderly. Just make sure someone always knows where you are and how you are doing.

Carry a mobile phone with you, especially when out on long trips. Have this means of emergency contact, should you have car trouble or run into some suspicious looking person.

Don't pick up hitchhikers. We hear the admonition quite often in today's time, but many elders may still believe that life is the same as it was in the days of their youth. At one time, hitching a ride was the only way a person could travel, and picking up a stranger was little danger to the driver. But times have changed so dramatically. Don't take any chances. Let that person find another ride. Or, if you see someone who appears to be stranded with car trouble, drive on by and stop at the nearest phone - in a populated and well-lit area - and call for help for him or her.

Shred all of your documents before tossing them into the bin. Sifting through rubbish is a full time activity for many crooks. Just imagine what information you may be unknowingly giving them in the seemingly harmless papers you discard. Do strangers need to know your social security number, bank account number, phone number, or any other personal or private information? Even a harmless letter you wrote, then re-wrote, to a friend or loved one, can give a stranger just enough information to deceive you into letting them into your life. What do most of us do with discarded personal letters that we have re-written? They usually end up in the bin, crumpled, yet intact.

Don't allow strangers into your home. If you are expecting a repairman or some delivery, have someone you know and trust be there with you. Also, don't leave your valuables lying out in plain site, even if you have someone there with you. It would be very easy for a dishonest person to check out your home and be quite tempted by the site of a purse, wallet, or jewelry casually lying about. Don't give them the chance to see what you have. Put temptation out of their reach.

Have some outside activities to keep yourself active and alert. Take a class, join an exercise group, or learn a new skill. You might even want to consider taking a self-defense class or some other lesson that could help you navigate your elder years. Don't let yourself stagnate and become isolated and alone. Bring others into your lives, those friends and family you trust. Take part in a neighbourhood watch program. Just make sure you know the neighbours who will be watching your own house! Get to know your neighbours. Cultivate new friends and learn to rely and trust one another. Watch out for each other, and don't be afraid to get involved. If you see a crime taking place next door, all you have to do is pick up your phone and call for help.

## Personal and Home Security Contd.

### Distraction burglary

Distraction burglary is any crime where a falsehood, trick or distraction is used to gain access to a property to commit burglary. Victims of distraction burglary can suffer terribly both emotionally and physically.

Violence is increasingly being used by offenders against the elderly in order to gain entry to their homes and steal their property. Unfortunately, some victims suffer a decline in health and even die as a result of the trauma caused.

#### Did you know...?

The average age of a victim of distraction burglary is 81-years-old.

#### Crime prevention advice - Distraction burglary:

If you're not sure who is at your door, don't open it.

Check the identity of the caller by calling the company they are purporting to be from i.e. gas, electricity, water, police. Use the telephone numbers listed in your local directory or provided independently by your service provider – Do not use any telephone numbers provided by the caller – they may be bogus.

Telephone a neighbour or friend nearby to come along and check out the caller before you open the door to them. Some areas in the country have "nominated neighbour schemes" you can sign up to. Check with your local police to find out if there is one in your area.

Many service providers provide password schemes, sign up to these. When unannounced callers knock at your door they should know the password if they are genuine.

Don't keep large quantities of cash at home; put it in the bank where it is safe.

Keep doors locked and windows secure at all times.

Ensure that if you do let somebody in to your home, that you close the door behind them – distraction burglars often work in teams, where one will distract you whilst others sneak in through the insecure door.

If somebody asks for your help – needs to make a telephone call, lost a ball in your garden, needs a drink or pen and paper for example, refer them to a younger neighbour or assist them through a closed door. Alternatively, call a friend or neighbour to come and assist.

### Not sure? Don't open the door!

## Irish National Anthem Lyrics, Translation and Phonetics

### AMHRAN NA bhFIANN

Sinne Fianna Fáil,  
Atá faoi gheall ag Eirinn,  
Búíonn dár slua, thar toinn do ráinig  
chugainn,  
Faoi mhóid bheith saor, seantír ár sinsear  
feasta  
Ní fhágfar faoin tíorán ná faoin tráill;  
Anocht a théam sa Bhearna Baoil  
Le gear ar Ghaeil chun báis nó saoil,  
le gunnaí scréach, trí lámhach na bpiléar,  
Seo dhíbh canáigh, Amhrán na bhFiann.

### SOLDIER'S SONG

Soldiers are we,  
Whose lives are pledged to Ireland,  
Some have come from a land beyond the  
wave,  
Sworn to be free, no more our ancient  
sireland  
Shall shelter the despot or the slave;  
Tonight we man the Bearnna Baoil  
In Erin's cause come woe or weal,  
'Mid cannon's roar and rifle's peal,  
We'll chant a soldier's song.

Right, so the pronunciation. I've underlined the places to put emphasis:



### OW-RAWN NA VEE-AN

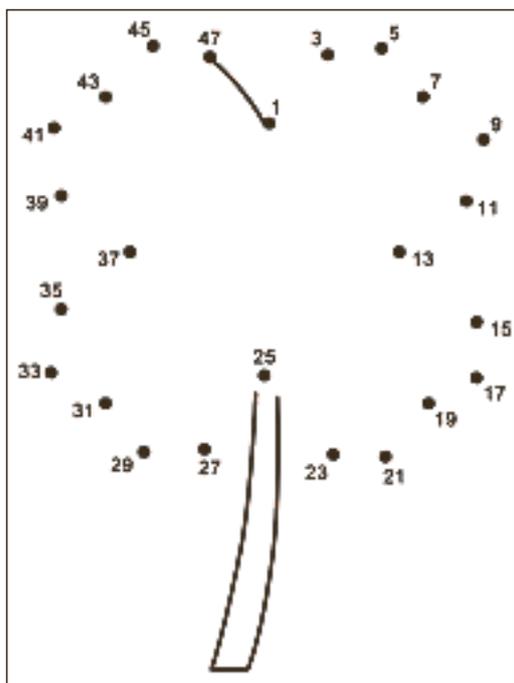
Shin-na Fee-nah Fawl,  
Ah-taw fay gal egg er-rin,  
Bween dar sloo-ah, harr tee-un duh rawn-  
nig hug-gan,  
Fay void vet ser, shan-teer or shin-  
sheer faw-sta  
Nee fog-far fween teer-  
awn naw fween trawl;  
Ah-nuckt a hey-m sa Bar-na B-wail  
Leh gan er Gail cun baw-sh no say-il,  
Leh goon-nee scray-uck, tree law-  
vuck na bill-er  
Shuh deev connie, Ow-rawn na Vee-an

Notes: - The Irish word 'faoi' is usually pronounced 'fwee'. But for this song the older pronunciation of 'fay' is used.

- When saying the 'ck', don't say it as harshly as you would when speaking English. Irish people make a softer sound in the back of their throat.

- Emphasis and pronunciation can change depending on the dialect of the speaker. I'm sure someone from Donegal would say things differently though.

## Join The Dots



Can you solve our  
Wordsearch Puzzle?

### FIND THE HIDDEN WORDS

W	W	M	I	L	A	Z	S	D	
D	Y	T	R	Y	G	W	S	O	H
P	R	W	A	J	B	Q	O	O	O
B	Z	A	F	R	M	E	B	K	E
R	V	G	Z	K	A	F	T	Y	I
M	N	O	O	I	L	U	O	B	O
X	O	D	Q	N	L	V	W	T	W
L	I	O	G	O	R	F	O	L	C
H	J	L	S	V	Z	R	R	X	D
V	J	K	O	E	W	U	G	E	F

LAMB  
LIZARD  
ZOO  
DOG

FROG  
FARM  
MOOSE  
OWL



## McDonalds Children's Colouring Competition





**Prizes:**  
Free Family Meal  
From  
McDonald's, Maynooth




i'm lovin' it®

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

Age: \_\_\_\_\_

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

\_\_\_\_\_

Phone No: \_\_\_\_\_

### February Winners:

Age: 3 - 5: Craig Fagan, Castledawson

Age: 6 - 7: Conor McGee, Newtown Court

Age: 8 & Over : Naomi Balogun, Griffen Rath

Prizes for Colouring Competition can be collected at:

Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.  
Entries must arrive before: 26th March 2013



## Can You Put Names to These Faces?



Can you put the names to Maynooth Town's Senior team of days gone by. E-mail us at [info@maynoothtownfc.com](mailto:info@maynoothtownfc.com) Back Row L to R Colm Feeney, Mick Dempsey Player 3?, Willie Saults, Player 5?, Player 6?, Mick Murtagh, & Ollie Durack - Front Row L to R Player 1?, Player 2?, Player 3?, Player 4? & Lenny Murphy.

## Recycle Your Old Mobiles for a Good Cause



Why not recycle your old mobiles and support a good cause. You can bring your mobiles to a collection point at Maynooth Community Council Offices next to the post office in Tesco's Shopping Centre or Maynooth Town FC Rathcoffey Rd. Remove all SIM cards from mobile phones before placing in collection box.

## Leinster Senior Football League

LSL Sunday Major	P	W	D	L	F	A	Pts	Team	P	W	D	L	F	A	Pts
Dublin University	15	11	3	1	32	8	36	Colepark United	16	15	0	1	54	10	45
Swords Celtic	11	9	2	0	36	8	29	Laytown United	16	11	3	2	52	25	36
Fairview CY	14	6	4	4	31	25	22	Ratoath Harps	17	7	6	4	36	25	27
Maynooth Town	12	7	0	5	31	20	21	Maynooth Town	13	6	3	4	25	23	21
Enniskerry YC	16	6	3	7	20	20	21	Parkvale Fc	15	6	1	8	27	41	19
Fettercairn Youth Fc	16	5	4	7	27	32	19	Kilnamanagh Fc	16	5	3	8	31	40	18
St John Bosco	12	4	6	2	18	15	18	Rathfarnham Punters	10	5	2	3	27	21	17
Hyde Park	12	5	2	5	24	23	17	Park Celtic	14	4	2	8	32	34	14
Mid Sutton/Schalke	13	3	3	7	13	28	12	Fairview CYM	11	4	0	7	24	31	12
Ballyouster Utd	15	3	2	10	17	32	11	Knockmitten United	11	3	2	6	22	37	11
Tullamore Town	10	3	1	6	13	20	10	Blessington Fc	9	0	4	5	12	23	4
Parkvale Fc	12	1	2	9	9	40	5	Ballyouster United	14	0	4	10	20	52	4

Home			Away		Home			Away	
Ballyouster Utd	0	1	Tullamore Town	Sun 17 Feb 13	Laytown United	4	0	Kilnamanagh Fc	Sat 16 Feb 13
Enniskerry YC	1	3	Dublin University	Sun 17 Feb 13	Parkvale Fc	0	3	Laytown United	Sat 09 Feb 13
Parkvale Fc	0	6	Swords Celtic	Sun 17 Feb 13	Parkvale Fc	1	0	Colepark United	Sat 02 Feb 13
Fairview CY	1	1	Dublin University	Fri 08 Feb 13	Laytown United	1	1	Blessington Fc	Sat 02 Feb 13
St John Bosco	0	2	Maynooth Town	Fri 08 Feb 13	Colepark United	3	1	Ballyouster United	Sat 26 Jan 13
Enniskerry YC	1	0	Ballyouster Utd	Sun 03 Feb 13	Maynooth Town	1	0	Park Celtic	Sat 26 Jan 13
Maynooth Town	3	0	Ballyouster Utd	Sun 27 Jan 13	Ratoath Harps	3	1	Kilnamanagh Fc	Thu 24 Jan 13
Fairview CY	2	0	St John Bosco	Fri 25 Jan 13	Kilnamanagh Fc	1	4	Colepark United	Sat 12 Jan 13
Fettercairn Youth Fc	1	1	Swords Celtic	Sun 20 Jan 13	Park Celtic	1	2	Parkvale Fc	Sat 12 Jan 13
Fettercairn Youth Fc	5	1	Ballyouster Utd	Sun 13 Jan 13	Ratoath Harps	0	0	Ballyouster United	Thu 10 Jan 13

### Maynooth Town Football Club - Weekly Lotto Results 2013

W/End	Numbers	Prize	Winners
06-Jan	6,11,20,27	€1,050	Ian Flanagan - Mark Nolan - Jack Crawley
13-Jan	4,5,8,22	€1,100	Paul Kinirons - Robert Parker - Bridie Doran
20-Jan	6,9,15,16	€1,150	Vinny Strickland - Mahesh Patel - Donal O Donovan
27-Jan	1,9,18,20	€1,200	Sinead Swords - Martina Reilly - Anthony Casey
03-Feb	5,21,24,25	€1,250	Orla Hendrick - Dermot O Reilly - Noel Brilly
10-Feb	4,5,7,25	€1,300	Alison Flynn - Suzanne Cryan - Jenny Sutton
17-Feb	19,21,22,24	€1,350	Colette Kavanagh - David Weaver - Kenneth Kenny

[www.maynoothtownfc.com](http://www.maynoothtownfc.com) - Join Us On Facebook

### Maynooth Town FC Easter Soccer Camp

Rathcoffey Road Maynooth  
2nd April - 5th April 2013 - 10.30am - 2.30 am  
Age Group 6-14 years

Fee €30 Payable on Registration

Registration dates -

Fri 22nd March - 7-8pm - Sat 23rd March - 10-11am

Club House Rathcoffey Road

Contact Ann Monaghan 0864076148

Email [ann.monaghan65@gmail.com](mailto:ann.monaghan65@gmail.com)

## MARCH GARDENING

Spring is in the air so it's a busy time for the gardener. Lots of things to get started. Before you get started make sure your stored garden tools & outdoor furniture are rust free. If they are not, you need to remove any surface rust with steel wool and paint with rust inhibitive paint. Check containers, see if they need watering. Don't forget to turn the compost pile.



Fertilize shrubs & trees if this wasn't done in February. Trees which bleed such as Birch & Maple should be pruned until after their leaves are fully developed. Repair damaged areas of the lawn. De-thatch, rake or aerate. Apply Dolomite Lime to sweeten the soil if needed. If moss is a problem, use a combination fertilizer & moss killer. Over-seeding can be done as the last step after fertilizing. Fruit trees & grapes vines should

be pruned this month. Apples & other fruit will be larger & have better flavour if the trees have been pruned so each branch has good exposure to sunlight & are well spaced up & down & around a central trunk.

If weeds occur in bulb beds do not remove by cultivation. Pull them by hand so that the bulbs & roots will not be disturbed. Buy some new perennials for your flower border. Roses can be pruned this month also & start spraying roses for black spot. Sow seeds for summer flowering annuals indoors. Plant tender bulbs & tubers such as Gladioli, Lilies & Dahlias. You may continue planting additional bulbs every two weeks until June to ensure a continuous source of bloom. Plant Primroses & Pansies.



Pinch off tips of Sweet Pea seedlings & Mums, when they are 4 inches tall. Continue to deadhead winter-flowering pansies & other winter bedding. Pansies will carry on into the spring & even to early summer, if attended to frequently. Plant Snowdrops in the green to brighten up your winter garden next year. Prune early-flowering Clematis once their flowers have finished & summer-flowering Clematis before they start into active growth. Divide & transplant summer blooming perennials & fertilize established ones as soon as new growth appears. Prune Winter Jasmine after flowering & cut Honeysuckle back to 3 ft. Keep an eye out for Aphids (spray with water) & Cutworms (Cutworm Dust).

Plan your vegetable garden on a sheet of paper. Remember to rotate the vegetables in the garden to reduce insect & disease problems. Prepare the vegetable garden by adding well-rotted manure, peat moss or compost for building compost humus in the soil. Egg Plant, Brussels Sprouts, Cauliflower, Celery, Leeks, Onions, Early Potatoes & Radish seeds may be planted in the garden mid month. Spinach, Chard, Cabbage & other hardy vegetables can be planted late in the month. Plant Strawberries, Blueberries, Current, Loganberries, Boysenberries, Grapes & Fruit trees. Also you can plant Tomatoes, Lettuce & other vegetables from seed.



Clean out all your bird houses now. Repair any fencing, arbors or trellises. Check plants under the eaves of the house & under tall evergreens to see if they have enough moisture. Frosts can be deadly, so keep vulnerable plants protected. March winds are also notorious so check exposed plants are well-supported. As you clear the debris from your garden beds, use a rake to break up old matted mulch so rain can reach the roots. The piles you've raked will be a great start to this season's compost pile.

Remove netting from the pond. Start feeding fish & using the pond fountain, remove pond heaters if you have one. If your pond has frozen over, melt a small area of ice with hot water to release any build up of gases that could harm the fish. DO NOT BREAK THE ICE - THE SHOCK WAVE CREATED MAY KILL POND LIFE. Open the greenhouse or conservatory doors & vents on warm days.



Re-pot Orchids & other houseplants before they start into active growth again. Bring bags of compost in to the greenhouse to warm up for a week or two before you start sowing. March is a good time to note areas of poor drainage. If there are pools of water in your yard that do not drain, fill in the low spot or scoop out a channel for the water to drain away.

As the Garden grows, so does the Gardener!

## St. Patrick's Day Desserts



Serves 8

### Pistachio Pudding Parfaits

#### Ingredients

1 packet (8 oz) cream cheese, softened  
1 cup of sugar  
1 1/2 cups of whipped cream  
1 packet (3-4oz) instant pistachio pudding mix  
10 pecan shortbread cookies, coarsely crushed

#### Method

In a small bowl, beat cream cheese & sugar. Fold in whipping cream. Set aside. Prepare pudding according to packet. Spoon 1 tbsp cookie crumbs into each of the eight parfait glasses. (You can use any tall glass). Top with half of the pudding & whipped cream mixture. Repeat layers. Top with remaining cookie crumbs. Chill until serving.



### Shamrock Cookies

#### Ingredients

3/4 cup butter  
1/4 teaspoon peppermint extract or vanilla  
2 cups self mixing flour  
1/4 cup sugar  
Green food colouring  
Green coloured sugar

#### Method

- In a large bowl beat butter with an electric mixer on medium speed until softened. Add sugar & salt & beat until fluffy. Add the egg, peppermint extract or vanilla, & a few drops of green food colouring. Beat mixture well. Divide dough into 3 equal parts. Shape each part into a roll about 1 inch thick & about 8 inches long. Roll each in green coloured sugar. Wrap rolls in plastic wrap. Chill in fridge for at least 2 hrs or up to 1 week.
- Unwrap rolls. Slice crosswise so the slices are 1/4 inch thick. To shape each shamrock, place 3 slices of dough with sides touching in a shamrock shape on grease proof paper. Cut a stem, from a fourth slice & attach to the shamrock. Gently push the slices together so each leaflet curves in slightly. Bake in oven 350°F oven for 8 minutes or until edges are light brown. Lift the cookies onto a cooling rack.

Serves 32



### Shamrock Milkshake Cupcakes

#### Ingredients

4 egg whites  
1/4 cup of green crème de menthe - or  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup butter  
1 teaspoon vanilla extract  
2 cups self raising flour  
1/4 cup milk, 1 tsp mint extract, green colouring  
1/2 teaspoon baking soda  
1 cup buttermilk or sour milk  
1 1/2 cups of sugar  
1 recipe white chocolate frosting

#### Method

- Allow egg whites to stand at room temperature for 30mins. Meanwhile, line 2 1/2 inch muffin cups with bun cases. In a medium bowl stir together flour, baking powder, baking soda & salt. In measuring jug combine the buttermilk & the crème de menthe/mint extract. Set aside.
- Preheat oven to 350°F. In a large mixing bowl beat butter till soft. Add sugar, a little at a time, mixing well until all the sugar is gone. Add the flour & buttermilk mixture to the butter & sugar, mixing slowly until all the mixture is used.
- Spoon batter into prepared muffin cups, filling each about 3/4 full. Use the back of a spoon to smooth out batter in cups. Bake for 15-18 mins or until tops spring back when lightly touched. Cool cupcakes on wire rack for 5 mins. Remove cupcakes from muffin cups. Cool completely on wire rack.
- Divide white chocolate frosting between two bowls. Tint one portion with green food colouring. Spoon each frosting into a pastry bag fitted with a large star tip. Pipe white & green frostings onto tops of cupcakes in shape of shamrock.

Serves 20-22



### Chocolate Stout Shake

#### Ingredients

1/4 cup chocolate stout beer or stout beer  
1/2 cup prepared chocolate fudge ice cream topping  
1/2 gallon vanilla bean ice cream  
1 cup milk  
6 purchased chocolate & nut covered pretzel rods

#### Method

- In a small pot heat beer & chocolate topping until warm & combined. Cool slightly.
- Meanwhile, in a blender combine ice cream & milk, half at a time. Cover & blend until combined. Divide ice cream mixture among 8 glasses. Drizzle with chocolate sauce & serve with chocolate covered pretzel rods.

3 Servings



### Copcat McDonalds Shamrock Shake

#### Ingredients

2 cups vanilla ice cream or 2 cups soy ice cream  
1 1/4 cups low-fat milk or soya milk  
1/4 teaspoon mint extract  
8 drops of green food colouring

#### Method

1 Combine all ingredients in a blender on high speed until smooth. Check ice cream blended. Pour into 12 oz cups & serve with a straw.

Serves 2



Happy Saint Patrick's Day!

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BADGES etc.**



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**COME AND JOIN OUR PARTY ON MARCH 17th**

*Happy  
Mother's  
Day*

**MOTHERS DAY  
SUNDAY 10th MARCH**

