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IRISH OPEN



A Duck Story

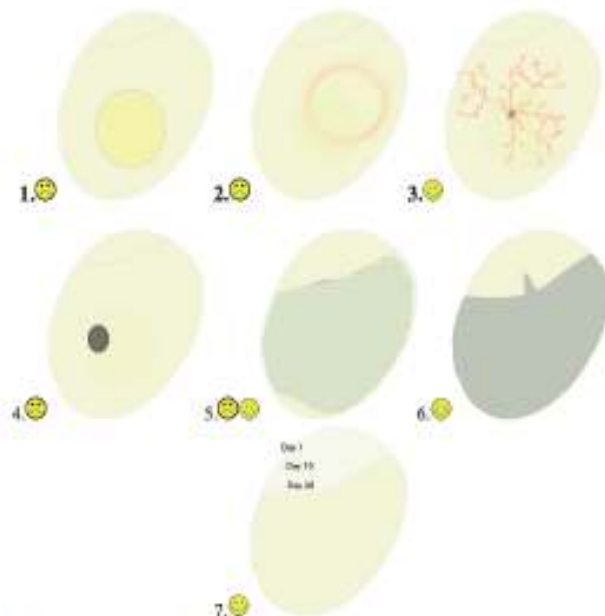
This is a story about encouraging scientific discovery and wonder through a community collaboration involving Maynooth Educate Together National School (METNS) and Lullymore Heritage & Discovery Park. Spearheaded by Eoin Mc Domhnaill's First Class's work on the life cycle, with the permission and financial support of the METNS principle, Marie Hands, and the METNS school board, we purchased an electric incubator. We then began our search for eggs and a home for any potential birds which might come to life. After several telephone calls, Ray Stapleton, from Lullymore, contacted us. He had heard about our fascinating school project, and he told me that Lullymore had some duck eggs that the mother ducks were not sitting on, and since they did not have an incubator the eggs had no chance of survival. He said if we wanted to try to hatch these eggs, Lullymore would take any ducklings we might get (when age appropriate) back to live in the pet farm.

We received a bucket of eggs! The incubator held seven eggs, so each of the five science groups in Eoin's class picked an egg to put in the incubator, Eoin picked one and I picked the final one. There were 23 remaining eggs, so we built a homemade incubator out of recycled styrofoam boxes which we had received from the local fishmonger (The Fish Market) and recycled egg cartons which we used to hold the eggs. In addition, we put a thermometer and a hydrometer in the box, to monitor temperature and humidity levels.

For the next 28 days we watched the temperature and humidity levels in both incubators. In addition, within the homemade incubator we also had to manually turn the eggs 4 times a day (an operation that was performed automatically in the mechanical incubator). We monitored the progress within the eggs. Each of the science groups built a candling apparatus, and we candled the eggs at 7, 14, and 21 days.



What to look for when candling duck eggs at various incubation periods...



- 1) Clear when candled - may be infertile or had a very early death (when candled at 8 days).
- 2) Embryo with red blood ring - early death when candled at 8 days.
- 3) Fertile with red blood vessels - after 8 days.
- 4) Red or black staining - early death when candled at 8 days.
- 5) Dark outline with ill defined detail - possible late death (10-16 days) Give them a little more time though.
- 6) Live embryo with bill in air sack - due to hatch in 24-48 hours.
- 7) Normal development of air pocket according to number of days.

At 25 days the eggs stopped being turned, and at 28 and half days, Friday 5th April, exactly on time, a bright yellow Indian Runner duck we named Lucky - hatched out of his/her egg!

This diagram is from <http://www.duckeggs.com/hatching-eggs.html>
Gendering ducklings is very difficult until they are about 8 to 10 weeks old.



After his feathers had begun to dry, we moved Lucky to a brooder we had made out of a plastic storage box with a chicken wire wood framed bottom covered with a towel. We had obtained special duckling food and an appropriate drinking vessel to make sure Lucky had lots of water but at the same time protected him from hazards associated with water. Ducklings raised without their mothers are not able to float as they do not secrete the necessary flotation oils themselves, and instead are supplied maternally. Ducklings can be monitored while bathing in water, and a paint tray allows this form of supervised water play or bathing to occur from an early age.



Among the other six eggs left in the mechanical incubator, 5 were not fertilized, and therefore did not develop at all. One fertilized egg did not survive. Among the 23 in the homemade incubator, 13 were not fertilized, and ten had developed. We eventually transferred seven of these ten eggs from the homemade incubator to the mechanical incubator. We deliberately arranged things so that these eggs were meant to hatch approximately 5 days behind the original eggs in the mechanical incubator. Exactly 28 days after the eggs were put in the incubator, the eggs began to hatch. Initially, we had three little ducklings. This made space for the final three eggs in the homemade incubator to be moved to the mechanical incubator, and the next day two more hatched, and the following day one more hatched. Finally we had two more hatch. In total we hatched ten out of the twelve fertile eggs, an extremely high hatch rate, especially considering we had no idea how long the eggs had been waiting in the nest originally before we were given them by Lullymore staff. Finally, we have 4 Indian Runners and 6 Mallards, and they are currently in their new larger brooder, a plastic swimming pool (the area of which is ideal for 8 - 10 ducklings) fitted with a chicken wire and wood-framed bottom to protect their feet, covered in hessian (which cleans easily and is changed regularly).

The ducklings will all continue to be part of the school for the next eight to ten weeks, and early in June they will be old enough to go to move back to their ancestral home in Lullymore. The children of METNS, and everyone who visits Lullymore from June onwards, will be able to enjoy seeing our little ducklings for many years to come, especially since ducks can have a lifespan of twelve to seventeen years. More pictures, including a film of one of the eggs hatching, will be part of the new educational centre at Lullymore Heritage & Discovery Park and Maynooth Educate Together National School's duckling project will be a central feature of this display.

We determined the area of a circle using the formula $A = p \times r^2$; where A is the area, p, pronounced Pi, was approximated as 3.124, and multiplied by r, which is the radius or half of the diameter of the circle, squared.

Dr. Tanya M. Cassidy



EXHIBITION 2013

The Castle Keep Art Group had its 15th Annual Art Exhibition on April 5th - 7th in the Maynooth Post Primary School. It was a great success on all fronts. Local resident, Mary Cullen historian and women's rights advocate and former NUI Maynooth lecturer very kindly opened the exhibition on the evening of the 5th.

Eighty works of art were on display from 15 local artists from the Maynooth, Celbridge and Kilcock areas. This year there was a free draw for an original painting by Emma Boyce which was won by Marie Therese Power from Maynooth. The opening night was a great social occasion. Over two hundred visitors attended the exhibition over the weekend.

We would like to thank Mr. Thomas Ashe, Patron of the Group; Mary Cullen



Susan Durack with her painting of Back Garden Flowers



L/R Paul Byrne, Déaglán Ó Ceallaigh, Veronica Brady, Susan Durack, Roberta Hines, Toni Read, Helena Ó Ceallaigh and Lorna O'Connell

for giving a wonderful opening address; Emma Boyce for the original painting of the Geraldine Castle; Gerry Flood, Maynooth Camera Centre, who sponsored the framing of the prize painting; The Roost who sponsored the wine reception on the opening night and NUI Maynooth Library. As always we are indebted to the Maynooth Post Primary

School and the Kildare VEC who have facilitated the exhibition every year. We would like to thank Helena O'Ceallaigh and Clare Morrin who helped us on the night of the opening. Thanks to all who came to view the exhibition over the weekend. This continued support keeps the art group going from year to year. The Castle Keep Art Group will feature in the Maynooth Harvest Festival in September. Please contact Susan Durack secretary 087 7074582 if you have any queries about the art group.



Emma Boyce with her original painting of Geraldine Castle



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Maynooth Senior Citizens

As we put the long hard winter behind us, we can hopefully look forward to a long hot summer. How is that for optimism?

We celebrated spring in style with our annual Easter tea-Dance and Parade on Sunday April 21st in the G A A Club. The bonnets were so spectacular this year that all who entered won a prize. Well done to all who took the trouble and entered into the spirit of the occasion. Congratulations to the overall winners, Lee Walsh 1st prize, Eileen Brown 2nd & Tosheen Farrell 3rd. This was a most enjoyable day with great music provided by "Unity".

Our next Tea-Dance will take place on May 19th when we will celebrate Bealtaine. The theme this year is "Make & Grow". So we welcome all our people to display all their talents on the day, ie: Needlework, Painting, Planting etc. Bealtaine is the Irish word for May and is the official beginning of Summer in the Celtic calendar. However the weather doesn't seem to know that.

Trish Howley tells us that the word Bealtaine comes from bel taine meaning bright or shining fire. It is also linked to Bel, the Celtic god of fire and light. The Hill of Uisneach near Tara in Co. Meath was associated with Bealtaine and it is said that Mide, the druid of the invading Memedians lit a fire at Uisneach that burned for seven years. Building a fire established ownership of a site and was marked by driving livestock between two fires. In these modern times we build roads and drive cars and trucks through our history and traditions it would seem.

June 16th is the date for our mid-summer Tea-dance and is also the date that begins holidays in Kerdiffstown. July 21st will be the final tea-dance before we take a break in August.

Further information can be found on our web page on the Parish web-site.

Josephine Moore



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Editorial

This month marks Mayday, one of the four early Irish festivals, possibly not as well known as some of the others. In Irish it was Beltene or in modern times known as Bealtaine the word we use for May. It may include the word for fire (tene) of a God, the God being Bel or Belenos. It is uncertain what it means but it might have something to do with a shining light. In ancient times it was celebrated with fires, like other festivals, and associated with the arrival of summer. It was celebrated in Scotland and other places as well. Some early Irish stories are set at this time of the year, when it is said that men and women used to meet outdoors. There was a Roman festival of flowers at this time and in England, it is associated with the maypole, Morris dancing and crowning a May Queen. As with all the other old festivals, it was absorbed by Christianity and linked with the Virgin Mary. It has become associated with the Labour movement all over the world in the more recent past.

There is a modern day Festival of Fire held at Uisnech in Co Westmeath for the last number of years and the attending crowds are increasing all the time. It is as if the end of the Celtic Tiger has resulted in a positive return to old values and an interest in the heritage and culture of the country. The rights and wrongs of holding such a festival at an ancient are debated but the message of interest is still clear.

The Community Council held its AGM in April and the present executive were re-elected unopposed and the notes accompany this editorial. It should be said that all these officers work on a voluntary basis and never receive any monetary reward for their work. The Newsletter would like to take this opportunity to reiterate the words of the executive in recognizing the work carried out by the office staff and by the supervisor, Brian Curtis, who is due to retire next month. Brian will be missed by the office staff, the executive, the Community Council and by the town in general. He worked quietly, efficiently and with a gentle assurance throughout his time with the Council and he will missed terribly. It is this type of dedication by supervisors over the years that have kept the Community Council office and the Council itself in business. The advertisement for the new supervisor is found in this publication.

One of the most important issues for the Council during the past year was the expansion of the Social Employment Scheme by amalgamation with the scheme that was sponsored by the Maynooth Environmental Group. The amalgamation was the first to be supervised by the Department of Social Protection who have absorbed FÁS into the department. It has resulted in the Community Council now sponsoring 30 employees that now includes the work on the Royal Canal and general outdoor work. So far this has been a very successful process and the Department has been very helpful in their dealings with the Council. The numerous meetings that were held were all very supportive and positive. Any fundraising carried out by the Council is to keep these employees in work and to ensure that they move onto other employment.

Meanwhile, the political scene continues to be increasingly depressing with all parties and most of the media concentrating on the issues of abortion and the possible suicidal tendencies of pregnant women. It must be quite frightening for young pregnant women who may have mental health issues to listen to people coldly and dispassionately discussing their problems, both mental and physical, over the airwaves and in the print media. Has nothing changed in 21st century Ireland? Are we still stuck in the Ireland of the 1980s when the country was divided and tormented by the abortion debate and the Kerry babies tribunal? How many of our readers remember the chaotic Joanne Hayes story that hit the newspapers on the Easter weekend of 1984? Without revisiting this sorry event, let us remember how we ended up here – by Irish solutions to problems.

Community Council Notes

The AGM of the Maynooth Community Council took place on Monday 15th April at 8.30pm in the Glenroyal Hotel.

The minutes of the AGM of 2012 were approved. Tom McMullon, Chairman of the Maynooth Community Council addressed the meeting.

All the members to the AGM were welcomed. Tom reported on the eventful year for the MCC and progress in various aspects of the Council. He expressed his thanks to the Executive for the work in their various roles.

His largest plaudit went to the MCC Office Manager, Brian Curtis, who has done great work and improved the effectiveness of the office since he took over the reins. Brian is due to retire shortly and the council wished him all the best in the future. Tom thanked all staff associated with the community employment scheme. He reminded the meeting of challenges ahead in overseeing the workers into the future. He noted the preparations for upcoming festival and thanked Andrew and Susan for their work. John McGinley and his multitude of helpers were thanked for their work on the St. Patrick's Day Parade. The support of the many organisations such as Tidy Towns, U3A, Community Space, Senior Citizens, History Group, Scouts etc. who contribute to make Maynooth a lot better for all the citizens was noted. The Secretary's Report – Outgoing Secretary Muireann Ní Bhrolcháin

One of the main items this year was the amalgamation of the CE scheme with that of the Maynooth Environmental Group. There were a number of meetings

Instead of facing up to the fact that still about 5,000 women go to England and elsewhere to solve their Irish 'problem' this country now wants to subject mentally ill women to a Spanish Inquisition type enquiry to ensure that they really are suicidal. The people who suggest these solutions have obviously never been in such a situation. It again highlights the appalling attitude to, and complete lack of understanding of, mental health and to women in our society. In a recent radio report, Olivia O'Leary quoted a young woman she met: women under the rule of the Taliban wear the hijab over their Chanel clothing, in Ireland our western clothing hides hijab/Taliban inside. One would be forgiven for losing track of all the votes, referendums and cases that have happened to bring us to where we are now. This must finally be resolved properly at this stage. We do not live in the Middle Ages – but the wider media reporting of the terribly tragic Savita Halappanavar case certainly made us look like we do. It also made some people here in Ireland terribly ashamed that a woman could still die here under such dreadful circumstances. The wider diaspora are increasingly embarrassed at the revelations. On a slightly brighter note - we would like to wish all the students good luck as they embark on their examinations in mid-May. For the third year students, this is the end of a long adventure or journey. They will now begin on the next part of their careers whatever is in store for them. It is a difficult time for them trying to find employment in this climate but we hope that they stay in Ireland and help to get us out of this most recent mess that we are in. Perhaps the Gathering will bring additional tourists/visitors to the country and will encourage the Government to employ more people in that industry and particularly in the area of cultural and heritage tourism.

We would also like to say goodbye to the increasingly large number of international students who visited the college; this year there were even more than ever and many from North America. We know that most had a wonderful experience and hope that they will return as tourists with families and friends in the future.

Muireann Ní Bhrolcháin

held with the DSP officers and with a new management committee that has been put in place to run the scheme. The amalgamation has been very successful so far. More workers have been added in the meantime as well. There will be more changes and developments in the coming months.

Brian Curtis and John Doogan were thanked for all the work that they have done in bringing this about. All the other workers were congratulated for their hard work. The new format of the Newsletter is still very successful as is the new distribution method. It is still the main fundraiser for the Council. The Editorial Board was thanked.

Aengus Ó Maoláin resigned as the P.R.O. and Susan Durack was elected in his place. Many of the familiar issues were raised again through out the year, pay-parking and the general problems with bad parking in various parts of the town, particularly in Parson Street and on the Kilcock Road beside the college. The Local Area Plan, education and Twinning were also discussed and the importance of including Canet in the Festival. A major topic for discussion this year was the Gathering and the involvement of the Festival in this event. There were some discussions as well with the OPW on extending the opening hours for the Castle.

Bridget Butler of Ageing Well addressed the Council and we had a representative from Men's Sheds speak to us as well.

The sub-committees and affiliates reported to the Council: Twinning committee, the Newsletter, the Festival, Tidy Towns, Senior Citizens, Scouts, Local History, Educate Together, St Patrick's Day Parade, U3A, History Group, Teen Space. Both the Parade and the Festival were successful. Muireann thanked o both committees and all the participants.

All the members of the Executive were thanked for their help and support. Muireann reminded the group that ourselves and others that all the work that we do is voluntary and for the good of the community.

Treasurer's Report – outgoing Treasurer Andrew McMullon

Andrew McMullon thanked the Executive the MCC for their hard work and continued support over the last year. The new scheme has increased the wage and the PRSI bills. With these increased outgoings as well as rental, it is important to be careful in our spending budget for the coming year.

Various people associated with the MCC and Office were thanked including Brian and Vera for all their help throughout the year.

The election of officers took place – the following were elected.

Chairperson – Tom McMullon
Secretary – Muireann Ní Bhrolcháin
Treasurer – Andrew McMullon
PRO – Susan Durack
PDO – Paul Croghan

Local Matters

Men's Sheds were reported to be growing from strength to strength.

The work of employees working on the Canal area was commended. Due to the inclement weather the Harbour Field was left in disarray after the departure of the Carnival. Kildare County Council has the matter in hand.

It was asked at the meeting that local area representatives give due consideration to the siting of a new secondary school to the south side of the town. The Scouts (aged 16/17) attended a very enjoyable week with our senior citizens at Kerdiffstown House. It was an enriching experience for everyone involved. It was reported that a new writers group was in the process of being established and it is hoped that its members would contribute articles to the Newsletter.

Susan Durack

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Household Charge and Local Property Tax Question

I didn't pay the Household Charge in 2012 and I know it is being replaced by the Local Property Tax. What happens to my unpaid Household Charge?

Answer

If you owned a residential property in Ireland in 2012, even if you were living abroad, you were obliged to declare your liability for the Household Charge of €100 and pay it by the due date. (There were some waivers and exemptions.)

If you did not pay the Household Charge, late payment penalties and interest will have accumulated on top of the unpaid €100 of the charge. For the period from 1 January 2013 until 30 April 2013, the total amount due was capped at €130.

If you pay in May 2013, the amount due will be €144. If you pay in June, it will be €145.

From 1 July 2013, any outstanding Household Charge will be increased to €200 and added to the Local Property Tax (LPT) due on the property. In effect, the arrears of the Household Charge will be converted into LPT.

The Revenue Commissioners will follow up this additional €200 when the LPT system is fully operational. If it remains unpaid, it will attract interest and penalties under the LPT system.

A detailed set of Frequently Asked Questions is published on the Household Charge website householdcharge.ie.

See revenue.ie for details about the Local Property Tax.

Renewing a passport

Question

Can I renew my Irish passport online? I live outside Dublin and can't easily get to the Passport Office. How long does the process take?

Answer

When renewing your passport, you use the same application form (APS 1) as when you apply for a first passport. It is not currently possible to apply for a passport online or to download the application form. You can get the form at any Garda Station or at any Post Office that displays the "Service Plus" logo.

You should read the detailed notes provided with the application form to make sure you complete your application correctly.

You are encouraged to use An Post's Passport Express service. In general, this guarantees that you will get your passport within 10 working days, but it may take longer at busy times of the year. Check the Passport Office website passport.ie for current processing time information.

The standard adult passport costs €80 through Passport Express, with a processing charge of €9 – a total charge of €89. Hand in your Passport Express application at any Service Plus Post Office.

Non-urgent applications made in person at a Passport Office cost €95 and will take an average of 15 working days to process. You can use the Passport Appointment Booking Service passportappointments.ie to make an appointment.

You should only apply in person at a Passport Office if you have immediate travel plans or you need to travel because of family emergency. You will need proof of

travel (such as airline tickets) and your passport will issue within 3 working days. The extra charge for this urgent service is €55 for an adult – making a total cost of €150.

In cases of genuine emergency, the duty officer at the Department of Foreign Affairs and Trade can issue an emergency passport which will be valid for a short time. The charge for this emergency service is €110 for an adult.

If you apply by ordinary post, you should allow at least 8 weeks for your passport to be processed.

In general, you can check the status of your application through the Passport Tracking Service on dfa.ie.

Accessing your credit history

Question

My bank has refused me a loan, giving my poor credit rating as the reason. Where did it get information about my credit history and how can I check this information?

Answer

The Irish Credit Bureau (ICB) compiles a private database of information supplied by its members, which include the main financial institutions.

The database is available for lenders to consult to see if potential borrowers have ever defaulted on loans. The aim of the system is to help lenders to assess the ability of borrowers to repay any future debts.

You can get a copy of your credit record by applying online to the Irish Credit Bureau and paying €6. You can also download an application form from icb.ie or phone the ICB at (01) 260 0388 to request one.

For security reasons, your credit report will be posted out to you, not emailed.

The database includes information on a wide range of loans, including personal loans, mortgages and credit card loans. It will only hold information about you if you have had an active loan in the past 5 years and if your lender provided information to the ICB. Your individual credit record includes:

- Your name, date of birth, address(es) used by you in relation to financial transactions
- Names of lenders and account numbers of loans that you currently hold, or that were active within the last 5 years
- Repayments made or missed for each month on each loan
- Failure to clear off any loan
- Loans that were settled for less than you owed and
- Legal actions that your lender took against you

If the record is inaccurate, you may ask the ICB to correct it. If you are not satisfied with how the ICB deals with you, you may appeal to the Data Protection Commissioner.

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 and from the Citizens Information Phone Service, 0761 07 4000.

Community Employment Project: Supervisor

Maynooth Community Council was established in 1984 with the remit to support and develop community activities as well as providing employment and training opportunities in the area. A key part of this support is provided by our office and we operate in other areas around Maynooth where we support sub-committees and affiliated organisations working with a range of community activities such as youth and the environment. We also publish the Maynooth Newsletter as well as organise the Maynooth St. Patrick's Day Parade and annual community festival.

We are now seeking to recruit a Supervisor to oversee our various operating centres in Maynooth. Because of our broad range of activities involved the person appointed will be required to have many of the following skills and experience.

- Candidates must have attained a 3rd level qualification (NFQ Level 6 or higher) and have 3 years supervisory/management experience.
- Experience in All MS office programs including MS Business Server with advanced MS Excel, MS Publisher and MS Word as well as advanced knowledge of Web Design (MS Expression) and Photoshop.
- Experience in staff development and training systems including the development of Individual Learning Plans.
- Capacity to instruct and supervise staff in the handling and operation of manual and mechanical tools.
- Ability to oversee financial planning/budgeting and accounts management and financial reporting.

Previous experience in working in a similar role and reporting to a voluntary management committee as well as having the use of your own car as travel is involved would be an advantage.

The position is a full-time post and remuneration will be determined by the Department of Social Protection payment scale for Supervisors.

Maynooth Community Council is an equal opportunities employer and also welcomes interest in this position from applicants that are currently unemployed subject to meeting the key skills and experience criteria outlined above for this post.

Applications should include full information on education (copy of certificates) and experience to-date as well as details of previous employments. The closing date for accepting applications is Monday May 13th 2013 and applications should be sent to:

The Chairperson
Maynooth Community Council Ltd
Unit 5 Tesco Shopping Centre
Carton Park
Maynooth
Co. Kildare

Maynooth Guild ICA Notes

The Guild AGM was held on March 7th, The new committee elected on the night:-

President: Catherine O'Reilly.
Vice President: Margaret Houlihan.
Secretary: Norah McDermott.
Asst Sec & PRO: Rosemary Hanley.
Treasurer: Mary McNamara.
Asst Treasurer: Bernie Byrne.
Contest Sec: Cora Walsh.
Arts Promoter: Bernie Byrne.
Craft Promoter: Rosemary Hanley.
An Grianan Rep: Mary Dunne.
International Officer: Eilis O'Malley.
Hostess: Deirdre O'Toole.
IT Specialist: Jo O'Connell.
An Timire: Mags Caden

The past year 2011/12 was a very special year as The Guild celebrated 60 years in Maynooth. The membership is still quite good although not as high as in earlier years and we hope to continue to attract many new members in the future.

An International night with a French Theme was enjoyed at the February meeting & the May meeting will be an Oíche Gaeilge. The guest speaker in April was Charlie Leonard who gave a great talk on Kinesiology.

This year the Garden Party at An Grianan will be held on July 19th.

Members are busy rehearsing for the upcoming Elenora Gibbon drama comp. The theme is "ICA Bootcamp"

Irish Cancer Society Daffodil Day on March 23rd was a success despite bad weather. Members and friends managed to raise €4,313. Thanks to all involved.

Craft nights continue each Monday at 8:00pm in the hall. Badminton for the energetic members continues on Tuesdays & Thursdays at 11:00am in the College Sports Hall.

The next guild meeting is May 2nd at 8:00pm. New members welcome. Check us out at www.icakildare.com or on facebook

Rosemary Hanley

ASK SHARON THE STYLIST!!

Welcome to my new column, my name is Sharon McCarthy and I am a qualified Beauty Therapist, Fashion Stylist, Image Consultant and I also specialise in Personal Shopping and Wardrobe Weeding. Every month I will help you with any questions you may have regarding the above.

If you are single, married, highflying professional, working mum, stay at home mum or retired, my clients include all of these lifestyles. I believe everyone deserves to look and feel their best and my Job is to make the most of my client's assets and transform their appearance to help them feel more confident in themselves every day of their lives.

"With a badly dressed woman people remember their clothes, with a well dressed woman, people will remember the woman" Coco Chanel
 Let's face it we are all different shapes and sizes and that's fine because we don't all want to look the same anyway but the trick is how to dress your shape correctly, ill fitted and misshaped clothes can add unwanted pounds and the wrong colours of our clothes and make-up can drain us and even make us look older than our years. Know your body shape and colours that suit you and make the most of yourself.



We all have a wardrobe full of clothes but how many times have we opened it and said "I have nothing to wear" especially in today's economic climate mistakes can be costly. We need to make the most of what we already have, update your wardrobe and mix and match with accessories and up-to date seasonal trends, I have the solution with wardrobe weeding and I can show you how.

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 All you have to do is relax and enjoy your Image Consultation as I will take all the notes taken on the day

and send them to you in your personal profile at a later date shortly after your consultation.

Mornings 10.00am – 1.00pm, Total 3hrs - Afternoons 1.30am - 4.30pm, Total 3 hrs

For more details call Sharon: Office: 01 6016295
 E-mail: sharon@ministepsgrooming.com

Mobile: 087 9962459
www.ministepsstyling.com

TeenSpace Goes Native



Day trip to Causey Farm, Co. Meath by: Aideen Foy aged 15.

Last Saturday, the 20th of April, ten teenagers and four leaders packed up and headed to Causey Farm, in Co. Meath for a day out. As with all teenagers the fun began before we even got there. We had been told to wear wellies and to bring a change of clothes (please do if you are planning on going – my Mother says our washing machine still hasn't recovered)!

We were met by a very friendly sheepdog and her beautiful bouncy puppies along with a very friendly guide from Causey Farm itself. We went straight to the big farm kitchens where we made some brown bread (be prepared to literally catch eggs!). While the bread was in the oven baking, we headed to do some graffiti (yes you read that correctly). Then we were shown how to milk a cow, which for some reason caused a lot of giggling!

Next we were taken to learn to dance the "Siege of Ennis". Don't worry, you don't have to be a good Irish dancer, fun is the name of the game here! And onto some bodhrán playing lessons.

Lunch was next, including of course the bread we had baked ourselves, which was, I might add, quite delicious.

Next were the bogs, we were brought there in a trailer, padded nicely by the "seats" which were, of course, bales of hay. Once you arrive at the bog, there is an adventure area, where you get to test your team and, of course, your balancing skills on monkey bars, single rope bridges and hanging tyres. This is your first real taste of mud!

Next the best and funniest part of the day, bog-jumping ... literally! Families should note this isn't suitable for small children, as I myself am 5 foot 8 inches in height and I was up to my chest! It's really wonderful fun though and you should certainly give it a go!

Once our bog jumping was over, we hauled each other out and we quickly had to change our clothes (do bring a bath towel and a plastic bag for the really dirty clothes).

It took us only four hours to fit in all these activities, it went by so quickly, but there are other activities available. We really enjoyed ourselves. I would recommend this day trip to anyone. It is full of "craic agus ceol" and, as the advertising leaflet correctly states, it really "Introduces you to your inner Culchie"!

I would really like to thank our wonderful leaders for organising the great day out and for all the effort they put into TeenSpace every month. If you are aged between 13 and 20 years, join us Friday May 17th at 7:45pm in the Community Centre near Manor Mills Shopping Centre. Looking forward to seeing you there!

Famous Irish Sayings

You've got to do your own growing, no matter how tall your grandfather was.
 Who gossips with you will gossip of you

Beware of people who dislike cats

It is better to be a coward for a minute than dead for the rest of your life

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

But the greatest love - the love above all loves, even greater than that of a mother

- Is the tender, passionate, undying love, of one beer drunken slob for another

Better fifty enemies outside the house than one within

A scholars ink lasts longer than a martyrs' blood

Put silk on a goat and it is still a goat

Everyone is nice till the cow gets into the garden

Here's to our wives and girlfriends. May they never meet

Don't give cherries to pigs or advice to fools

The Irish don't know what they want and are prepared to fight to the death to get it

Drink is the curse of the land. It makes you fight with your neighbour. It makes you shoot at your landlord and it makes you miss him

God invented whiskey to keep the Irish from ruling the world

Here's to your roof, may it be well thatched and here's to all under it -may they be well matched

Tis only a stepmother would blame you

Take the world nice and easy, and the world will take you the same

Why if he went to a wedding, sure he'd wait for the christening

Never dread the winter till the snow is on the blanket

He who has water and peat on his own farm has the world his own way

Tis better to spend money like there's no tomorrow than to spend tonight like there's no money

Death leaves a heartache no one can heal, love leaves a memory no one can steal

A cabin with plenty of food is better than a hungry castle

It is often that a person's mouth broke his nose

May you die in bed at 95, shot by a jealous wife

Here's to the eyes in your head and none in your spuds

Letter to the Editor

NEW MAYNOOTH SCHOOLS JUNIOR/SENIOR CAMPAIGN

Dear Editor,

Following the postponement of a meeting with the Minister for Education and Skills Ruairi Quinn, representatives from the schools of Maynooth Post Primary area met with Deputies Emmet Stagg and Bernard Durkan on March 14th. We outlined the many advantages of the Junior /Senior concept and the overwhelming support of the community in Maynooth and surrounding areas for this progressive idea and sought the rescheduling of the postponed meeting.

What are we looking for from the Minister?

We are requesting that the Minister mandates his officials, to engage with the VEC, in consultation with the relevant education experts, to explore all options that would deliver his (the Minister's) stated aspirations of strengthening diversity and inclusion while giving due regard to parental preference (Minister's announcement of patronage of 14 new Post Primary schools 25/7/2012).

It is our hope that the unity of purpose in relation to second level education provision, expressed clearly by the vast majority of parents surveyed (Patronage campaign), will be given due consideration in the above proposed deliberations.

It was made clear by the majority of parents during the same surveying, that not alone did they desire patronage to be awarded to the VEC (based on past performance in MPPS), but that they also expressed a desire that the VEC would implement a Junior school/ Senior school concept of provision.

The VEC has in the past and continues in the present to provide a safe learning environment for all the students of MPPS. The school's response to diversity is informed by principles of inclusivity. The parents surveyed see the Junior school/Senior school model of provision as a common-sense approach to the continuation of such established inclusion and diversity. In addition, they see this option as an opportunity for one patron to oversee allocation of resources in a most equitable and expedient manner.

Yours sincerely,
Teresa Murray.

Maynooth Post Primary Feeder Schools
Scoil Uí Riada
Presentation Girls School
Rathcoffey N.S.
St Mary's Boys School
Scoil Oilibheir Naofa Kilecloon
Gaelscoil Uí Fhiaich
St Joseph's N.S Mulhussey
Maynooth Educate Together
Scoil Bhríde Straffan

**Copy Date
For
June Newsletter
Is
21st May**

MSc in Dependable Software wins best new course award 2013

"Excellent on collaboration, good balance between research and application in programme design"

The ERASMUS MUNDUS MSc in Dependable Software Systems in the Department of Computer Science at NUI Maynooth was awarded 'Best New Course' 2013 at the Grad Ireland Postgraduate Course of the Year Awards last night at the Mansion House. Judges deemed the programme to be "excellent on collaboration, good balance between research and application in programme design".

The first of its kind in Ireland, the course offers students a choice of study over two years to be undertaken in two of three universities; NUI Maynooth, the University of St. Andrews in Scotland or the Université Henri Poincaré Nancy in France. Students achieve a double Masters through the award of two degrees from the participating universities.

The growing worldwide dependence on software is inevitable. Global finances, regulation of power generation, telecommunications and public transport are all controlled with computer software. Problems arise because this software is fallible and can break down causing extreme difficulty and financial loss. This dependence on software has not been matched with a corresponding increase in software dependability. The MSc in Dependable Software Systems educates computer science and software engineering graduates to design and build dependable software systems in a cost-efficient manner.

To find out more about the research and professional doctorates, taught masters, Higher Diploma programmes and funding opportunities offered at NUI Maynooth visit:
<<http://graduatestudies.nuim.ie/>><http://graduatestudies.nuim.ie/>



Maynooth
Tidy Towns
Caring for our environment

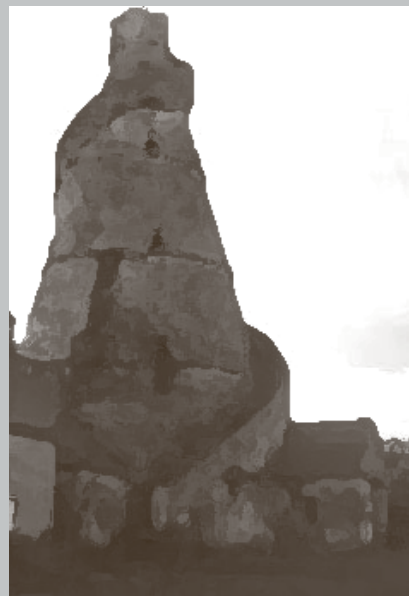
**Maynooth Tidy Towns
Annual Collection Day
takes place on
Thursday 23rd May
to
Saturday 25th May
Please Give
Generously**

Heritage projects shelved in Maynooth and North Kildare due to huge funding cuts



Shell Cottage in Carton House

The State body responsible for protecting our cultural heritage has revealed it has no money to help local communities protect and restore some of our most historic buildings. The Heritage council has accused the Government of taking the "easy option" after its funding was slashed from €20m in 2008 to just €5.7m. The projects affected include the Shell Cottage on the Carton Estate which is decorated with sea shells and the Wonderful Barn between Maynooth and Leixlip a famine-relief building built in 1734 to store grain, both of which require restoration works.



The Wonderful Barn between Maynooth and Leixlip

Castletown House Exhibition

The Office of Public Works with the Crawford Art Gallery present an exhibition of 16 contemporary artists in the stunning setting of Castletown House. The Exhibition is free and open to the public Tuesday to Sunday and Bank Holiday Mondays from 10am to 6pm (last admission 5pm) from Tuesday 30th April to Sunday 30th June.

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Tidy Towns

Excellent achievement for St. Mary's Band Maynooth

St. Mary's Brass and Reed Band travelled to Limerick on 6th April last to compete in the Intermediate Section of the National Band Championships held in the Limerick University Concert Hall. Under the baton of Conductor Aine Doyle, and wearing their smart new uniforms, they performed "Ross Roy" as they own choice piece and the very difficult test piece entitled "The Pioneers" playing both to a particularly high standard. The band worked exceptionally hard in the weeks and months leading up to the contest said Eoin McCormack the Band's Assistant PRO, and that work was well and truly rewarded when they succeeded in gaining the runner up prize for which they were awarded the impressive Eastern Regional Tourism Trophy to take home to Maynooth.

The Band's next competitive outing is to the South of Ireland Band Championships where they hope to improve on last year's performance when they finished second in the Intermediate Concert Band Section. The Band is particularly interested in musicians living in Maynooth and the surrounding area or members of music schools who would like to join the Band. There is a great mixture of ages ranging from teens to sixties in the Band which numbers in the forties at the minute. Rehearsals take place in the Band Hall on Monday nights between 7.45 and 9.30 (Bank Holidays excepted) and you will be made most welcome. You can also contact the Band Secretary Catherine Heslin on 087-9008554 if you are interested in playing with the Band.



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Lancome Draw May 2013

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Newbridge Draw May 2013

Win a fantastic hamper of Newbridge Silverware worth over €200.

(Your name will go into the draw with Every Newbridge transaction made during the month of May.)

Kildare's All Star Footballer, John Doyle, Educates North Kildare Chamber Members

John Doyle, one of the most successful footballers to come out of Kildare, will address local businesses about the success and hardship the Kildare Football team has faced in recent times, and how this easily relates to the business world today. John is the captain of the Senior Kildare Football team and an All Star footballer from 2010. He is also the Sales Manager for Premiere Hygiene Products, a local Kildare-based company.

Allan Shine, a director of North Kildare Chamber, commented, "I am really looking forward to this lunch, it's a great opportunity for businesses to network and Also to hear from one of Kildare's sporting legends. Membership is growing weekly in Maynooth, and its surrounding areas, so it's the ideal location for this event". North Kildare Chamber is the largest Business organisation in Kildare representing over 300 businesses.

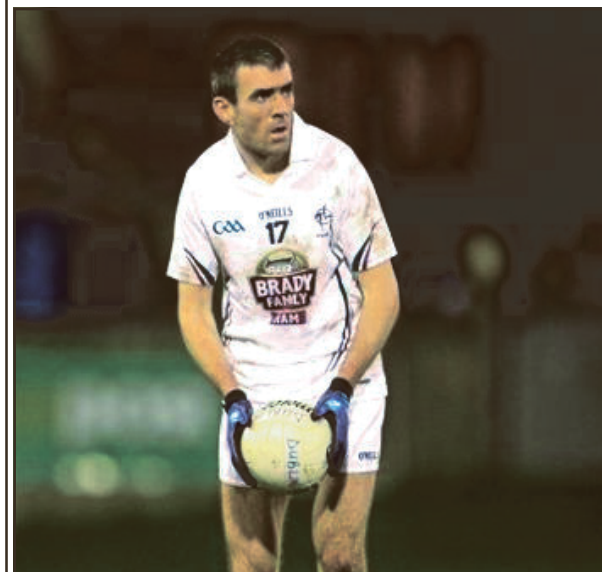
Brian Flanagan, from Flanagan Financial Planning, is the luncheon sponsor and has recently started his own financial company specialising in family and business protection, retirement planning, investments and savings. Brian commented "The Chamber has been a great support to me and I am delighted to sponsor this event. I myself play for the senior team and John is an inspiration to all that have played with him. I am really looking forward to hearing what John has to say about competition in the business arena."

Network Lunches are an excellent way to meet with local businesses, the Chamber already provide over 120 network mornings per year along with monthly network evenings in Celbridge and its very successful Women In Business evenings.

The Network Lunch is being hosted on Thursday the 16th of May at 12.45pm in Lan Tania Restaurant, the Glenroyal Hotel, Maynooth. The lunch is open to both members and non members of the Chamber.

For more information contact:

Allan Shine, North Kildare Chamber, on (045) 894074



John Doyle

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A group of big-hearted slimmer's from Slimming World Kilcock are celebrating raising €500 for St Brigid's Hospice by losing 44 Stone in six weeks. "I'm so proud of what the members in the group have achieved during the last six weeks," says Michelle. "Supporting a worthwhile cause like St Brigid's has given everyone a special focus and real commitment to their weight loss goals. We're delighted to have been able to help St Brigid's Hospice and we hope that our donations make a difference and we hope more people will come along to find out more about how they can change their life too. Our Kilcock Group runs every Thursday at 5.30pm and 7.30pm at North Kildare Rugby club. For more information readers can contact : Michelle on 087 2470716.

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MAYNOOTH TIDY TOWNS

Our annual Table Quiz held on the 5th of April in O'Neills was a great success. The quiz devised by



the Quizmaster Paul Daly brought to us a tie break and eventual winners. Maynooth Tidy Towns are very grateful to the

12 teams who participated and the patrons of O'Neills who bought raffle tickets, approximately €600 was raised. Thank you to all the businesses who contributed with prizes they are too numerous to mention but were mentioned on the night. All we can say is to shop local and support our local businesses. MTT would like to thank Paul Daly, O'Neills for use of the venue. Mattie and Richard for ensuring we had such an array and selection of prizes. Paul Croghan, Richard Farrell Deirdre Geraghty, Liz and Mattie Callaghan for their work on score keeping and ticket selling.

Our Annual Tidy Towns



collection takes place from the 23rd to the 25th of May all over Maynooth, please give generously as we plan to have our pole baskets again this year.

National Spring Clean up Month took place in April and we had great support from our own volunteer group, The Maynooth Beavers and Adult leaders, The Green Campus committee in NUI Maynooth. Some of the Students from the MPP who are participating in the President's Gaisce award programme.

Our annual entry for the National Tidy Towns competition is well underway, if you have any new features in your estate or area please contact us to let us know by

18th May so that we can let the judges know.

Our Sunday morning clean up will start in early May, here we ask for just an hour and a half once a month over the summer months, if you would like to help us please contact us at the number listed below.



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<p>Steaks à l'Orléans Filet Mignon Steak Diane Tartare d'Amatracio</p> <p>Main Courses Duck Confit Guinea Fowl Guinea Fowl with Pumpkin and Velouté Sauce, Carrots Lamb Curry and Potato Purée Duck Breast with Potato (N) Pasta with Fresh Sauce, Truffle oil and parmesan shavings.</p> <p>Beef Wellington Beef Wellington in a Burgundy Red Jus & served with a French Onion Soup Topped French Onion Soup and a Mushroom Pie</p> <p>Fish of the Day Fish of the Day served with a fresh vegetable soup, a choice of sauce Black Pepper Steak, Truffle Mushroom, Caviar de Paris Butter</p>	<p>Filet Mignon Lamb Chops Steak Diane Steak à l'Orléans Steak à la Maitre d'Hotel Chicken Wings Crispy</p> <p>Main Courses Pasta Marinara Spaghetti Bolognese Pasta alla Carbonara (N) Spaghetti Carbonara Lamb with Cheese Lamb Chicken with Cheese Pasta Primavera Pasta Primavera Pasta Primavera Pasta Primavera</p>



We have been busy over the past 2 months with Saturday morning clean ups and planting. Meeting in the square at 10.00am. Our mid-week clean ups will start in May, meeting at the square at 7pm on Wednesday evening.

We have lots to keep us occupied, a clean up with Maynooth Business Association in early May, look out for local posters, the MPP gathering - 10k on 19th May, our Annual Collection 23rd-25th May, The Irish Open 27th -30th June, Maynooth Gathering Harvest Festival 26th -29th September.

We ask all businesses to make a special effort to beautify their premises with floral displays, keeping their premises tidy and all members of the community to keep Maynooth Tidy.


Volunteers are especially needed at this time, please contact us at 087-3153189 if you have an hour or two to spare for your community.



Richard Farrell PRO
Maynooth Tidy Towns



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A Selection of Polish Dishes

Fluski soup - Mumony flaki

Makes: 5-6 portions

Ingredients
1 kg of pure, cut up beef or pork tripe
0.5 kg of the beef meat (without bone)
4-5 carrots
1 leek
medium size celery
2 parsnips
spoonful of butter
two spoonfuls of the flour
one spoonful of the marjoram



Method
Clean 1 kg of beef tripe, previously cut up & blanched. Sift out on the colander. Put 0.5 kg of the beef without the bone into the pot. Pour over 2.5-3 litres of water & cook 1 hour.
In the meantime cut up or shred 4-5 of medium-sized carrots, one average celery & 2 parsnips. Put vegetables into the stock & cook along for next 30 minutes.
Pour previously prepared tripe. Salt some more & season to taste. Gently cook the whole on the slight fire for 1 hour & 30 minutes.
Make the roux from butter & the flour, add to soup & mix precisely. Before the end of cooking, add the marjoram. Serve with fresh bread (the best is to serve with a roll).

Kotlet Schabowy

Makes 4 servings

Ingredients
4 boneless centre-cut pork chops or 1-pound pork tenderloin
Salt and black pepper
All-purpose flour
1 large egg beaten with 1 teaspoon water
Bread crumbs or panko crumbs
Vegetable shortening or canola oil



Method
If using chops, trim off fat and gristle. If using tenderloin, trim off fat, remove silver skin & cut into 4 equal pieces. Pound pork between two pieces of plastic wrap to 1/4-inch thickness. Season both sides with salt and pepper.
Dredge in flour, then egg, then bread or panko crumbs. Allow crumbs to dry for 10 minutes before frying.
Heat shortening or oil to a depth of 1cm in a large skillet. Fry one at a time by placing cutlets top side down into the pan. Fry 5 to 7 minutes per side until golden. Place on a heatproof plate in a warm oven (about 200 degrees) covered with foil and repeat with remaining cutlets. Alternatively, use two skillets to speed the process.

Paczki

Yields 18

Ingredients
12 egg yolks
1 teaspoon salt
2 (1/4 ounce) packages active dry yeast
1/4 cup warm water
1/3 cup room temperature butter
1/2 cup sugar
4 1/2 cups flour
1/3 cup rum or 1/3 cup brandy
1 cup scalded whipping cream
1 1/2 cups preserves or 1 1/2 cups cooked prunes or 1 1/2 cups cooked apples or 1 1/2 cups poppy seed filling
Oil (for deep frying, vegetable oil or peanut oil.)



Method
Beat egg yolks with the salt in the small bowl of an electric mixer at high speed until the mixture is thick & piles softly, about 7 mins. Soften yeast in warm water.
Cream butter, add sugar to it gradually, beating until fluffy. Slowly beat in the softened yeast. Stir one fourth of the flour into the yeast mix. Add rum/brandy & half of the cream. Beat in another fourth of the flour. Stir in remaining cream.
Beat in half of the remaining flour & then the egg yolk mixture. Beat for 2 minutes. Gradually beat in the remaining flour until the dough blisters. Cover the bowl with plastic wrap. Set in a warm place to rise.
When it has doubled in bulk, punch it down. Cover & let rise again until doubled. Punch it down again. Roll dough on a floured surface to about 3/4 inch thickness.
Cut out 3 inch rounds using a cookie cutter or glass. Put 1 tablespoon of filling in the centre of half the circles. Brush the edges with water. Top with the remaining rounds. Seal the edges very well. Cover the paczki on a floured surface. Let rise about 20 minutes. Deep fry in the hot fat until they are golden brown on both sides. Sprinkle with powdered sugar or drizzle with honey.

The Maynooth Post Primary School 10K Gathering Weekend

17th 18th 19th May

Friday 17th May / Reunion

The 10K Gathering Weekend will begin on Friday evening at 8.00pm in the Hall of Maynooth Post Primary School with a welcoming reception and the opening of an exhibition of photographs from the schools archives (including photos of early debs) and local collectors.

Cheese - Wine - Music



Saturday 18th May / The 4 C Tour

WALK AND TALK - TOUR OF OLD MAYNOOTH

(The development of Maynooth from the early Christian period to modern times)

As part of the Maynooth Post Primary School Gathering Weekend a guided tour of parts of 'old' Maynooth will take place on Saturday 18 May. The tour will commence at 9.30am at the western end of the town outside the gates of St Patrick's College and will take approximately one hour. The tour of Maynooth will be followed by a visit to Carton House by bus, returning to Maynooth at 11.45am. To book a seat on the bus phone 087.6052492. The purpose of the tour is to highlight the origins of the town from its early monastic associations to the modern period.

The development of Maynooth from the twelfth century onwards cannot be separated from the influence of the FitzGerald's who were among the first wave of Anglo-Norman invaders who landed in the south east of Ireland c. 1169. Within seven years, Maurice FitzGerald, then a man in his sixties, received grants of land from Richard 'Strongbow' de Clare, which included the Manor of Maynooth.

In his own words he noted that 'we did not come into this remote part of the world for our pleasure...but to try our fortunes and prove our valour at the risk of our lives - away then with hesitation and cowardice, for fortune helps the brave'.

The Anglo-Norman family quickly rose to prominence in Irish political life and in spite of many upheavals their official connection with the town of Maynooth continued for over 700 years.

A description of Maynooth in 1850 says that: 'The town of Maynooth is much better than any of the others in the Celbridge Union. Owing to the railway works and works at the building of the new additions to the Royal College of St Patrick for the last four years, it has been crowded with tradesmen and labourers and their superintendents.' (James Montgomery, Valuation Office House Book sourced in Irish Historic Town Atlas, No. 7).

The proposed 'walk and talk' of 'old' Maynooth will follow the trail of the Castle, St Mary's (Church of Ireland), the Tower, the College of the Blessed Virgin Mary, the Mausoleum, the Ball Alley, the Distillery and Malt House, the Council House, Stoyte House and the Royal College of St Patrick. It will then proceed to Bridge Street, William Bridge, the Pound, the Green, the Chapel and yard, the Lime Kiln, Stable Lane, Bere Street, Back Lane, the Charter School and Charter School Lane. Then, Leinster Street, Market House/pump and Market Place, the Inn and yard, the Ballroom/yard/lodge and stables and Larine. And finally, the Road to Celbridge, Mullen Bridge, the Royal Canal, the Duke's Harbour, Canal Place, Maynooth Football Park and the line of the Midland Great Western Railway.

Confused? Many of these places were part of Maynooth in the eighteenth, nineteenth and even twentieth centuries, however, some of them either no longer exist or have been renamed. Old maps will lead the way.

Rita Edwards

Maynooth Local History Group (April 2013)

Sunday 19th May / The 10K

The 10k on Sunday 19th May is a fundraising event organised by Maynooth Post Primary School Parents Teachers Association. Participants are invited to walk, jog or run a 10k route of Maynooth, starting at 10.30am in St Patricks College, taking in Carton House Demesne and finishing in Carton Avenue. The presentation of prizes and a gathering party will take place in the school on Sunday afternoon. Funds raised are used for the development of new multi purpose playing fields for school and community use.

To enter www.runireland.com

INVITE --- WELCOME --- ENJOY

Maynooth Post Primary School Principal Mr Johnny Nevin invites all past pupils to the schools Gathering /Reunion and encourages them to take this opportunity to visit their old school before its relocation to its new site

LEINSTER UNDER 21 CHAMPIONS

Kildare Under 21 celebrate in Brady's Clockhouse Maynooth after their victory over Longford in the Leinster Final earlier that evening



Photo by Pat Bell

L-R Declan Kennedy, Sean Commerford, Mark Donnellan and Sean Higgins

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RIVERS RUN THROUGH IT

PART ONE OF A TWO PART FEATURE

THE MAYNOOTH MEN'S SHED GROUP DABBLE IN THE WATERS OF MAYNOOTH

The recently-formed Men's Shed Group, without any particular skills, and aware that venerable and long-standing local organisations possess far more expertise to tackle this task, have nevertheless spent their weekly meetings over recent months in a broad exploration of the rivers of Maynooth.

WHY?

It's obvious that rivers precede towns, and often provide a rationale for the location of towns. Major settlements tend to be built on or in the vicinity of rivers for very simple reasons: early original migrants favoured the shelter of valleys, but also the supply of water as a resource, to drink, to wash and if the river was navigable, to travel. If, for instance, we visit Paris, and take the Loire boat cruise, we see the city's beautiful buildings as they were originally intended to be seen, that is, from the water, as people approached and entered the city. Our own Dublin is built on a river, and here another factor comes into play: the Liffey is personified as Anna Livia by the Irish writer James Joyce, whose early steps took him to Clongowes Wood College, not far from Maynooth, and the village of Clane where Anna Livia herself floats Dublinwards nearby.

WHAT?

If you asked the average citizen of Maynooth what the principal local river is called, could they name it? That would depend. Locals could, of course, if by locals you mean those whose families who have retained a close affiliation with Maynooth over generations. Again, present inhabitants who belong to the huge population influx and extensive house building programme of the 1970's could almost certainly name it. But what about more recent migrants? And what about the huge mass of university students living most of the year in Maynooth, but hailing from every part of Ireland and from abroad? Perhaps they could name the main Maynooth river. But perhaps not. And if they could name anything, they'd no doubt be able to name just one river. The Rye is the main river of Maynooth, even though it flows north of Maynooth. But it is one of five. Or is it five? Some say eleven! Our group managed to name five: the Rye itself, the Lyreen, the Joan Slade, the Mill Race and the Tunnel, which now flows under Main Street. What of the other six rivers, accepting the theory eleven exist? Well, for one thing, we're working on it. And for another, perhaps others know, and can tell us.

THE RYE

This river is the historical boundary between Meath and Kildare. Features along the route are Moyglare Stud, Carton and Intel, as well as the Church of Ireland All Saints Church (part of the Moyglare Union, which includes Moyglare, Maynooth, Dunboyne and Dunshaughlin). Our conclusions were that the Rye river rises in Aghar, county Meath, and approaches Maynooth from the north-west, passing through Clarkestown, Ferrans, Bridestream, Kilcock, and the Moyglare area. It later enters and traverses Carton Estate, and later passes through the grounds of Intel. Near Leixlip, the Rye joins the Liffey, of which it is a tributary. This river is the subject of an impressive Intel publication, "The Remarkable Rye Water - Celebrating 20 years of Commitment to the Rye Water and its Valley" (Hudson Killeen 2012).

This book is researched by Maria Callanan, and compiled by Mary Kelly-Quinn & Jan-Robert Baars, whose photographs feature, as do commissioned illustrations by Aoife Quinn. The book stems from the School of Biology and Environmental Science, U.C.D., and ACQUENS Ltd., with contributions from Lisa Harlow, Sarah Sexton, Ken Whelan, Evelyn Moorkens, Christine Connolly, Martin O'Grady and members of the Friends of the Rye.

CONCLUSION

What of the other four rivers mentioned above, quite apart from the other six we've been unable to identify, and which may or may not be based on legend? The other four rivers are the Lyreen, the Joan Slade, the Mill Race and what has come to be known as "The Tunnel". These four rivers will be the subject of Part Two of this article, which will appear in the next issue.



Mobile Phone Theft

In common with many other portable electronic devices, mobile phones have become attractive targets for the opportunistic thief. There are a number of precautions users of mobile phones can take to reduce the chance of their phone being stolen and to ensure that, in the event that the worst happens, the thief is unable to make any productive use of the phone or SIM card.

How can I reduce the chance of my phone being stolen?

- Do not leave your mobile phone unattended or in open view in public places. Even if you phone is located close at hand, a bold thief may still be willing to grab it and run.
- Do not leave your mobile phone on open display in an unattended car. If you do need to leave your phone in an unattended vehicle, lock it in the glove compartment or the boot.
- When using your phone in a public place, consider your surroundings and, if appropriate, be discrete in the way in which you use your phone. Do not use your phone in areas where you might feel unsafe.
- Do not give your phone to strangers who ask to borrow it.



What should I do if my phone is stolen?

- If your phone is stolen, you should inform your service provider's customer service team immediately. This will allow them to block any further calls from being made using your SIM card. It is important that you take this step as soon as you realise that your phone has been stolen, as thieves often use stolen phones to make large numbers of high cost calls. In many cases the owner of the phone is responsible for the charges that result from these calls up until the time at which the phone is reported stolen to the service provider.
- Some service providers operate technology that allows them to add a stolen phone to a blacklist. Once added to the blacklist the stolen phone is no longer able to access the service provider's network. If you are reporting a stolen phone, ask your service provider if they offer a blacklisting service for the phone itself as well as for the SIM card. If they do, they will require the IMEI number of your phone in order to add the phone to the blacklist. If you have a note of this number, you should provide this to your service provider at the same time as reporting the phone stolen. In some countries, all mobile service providers participate in blacklisting schemes and share the IMEI numbers of stolen phones with one another. This ensures that a phone reported as stolen by a customer of one service provider cannot be used on that network or any of the other networks in that country.
- You should report the theft to the police. If your phone is covered by an insurance policy then you may need to obtain a reference number from the police in order to make an insurance claim.

What if my phone is stolen when I am in another country?

- Even if you are in another country the theft of your phone and SIM card must be reported immediately to your service provider at home. By contacting them immediately you ensure the prompt suspension of the service, which minimises the risk of somebody else running up

expensive bills.

- The theft should also be reported to the local police authorities and you should obtain a police report if you require it to make an insurance claim.
- Before travelling to another country you should ensure you note, separate from your mobile phone, the international telephone number for your service provider's customer service department. This will help in the event that you need to call the service provider from overseas. Alternatively, contact details can be obtained from your service provider's website.

How can I ensure that a thief cannot make use of my phone and what can I do to increase the chances of recovering a stolen phone?

- Ensure that you always use the PIN lock feature on your phone and SIM card. These features require that you enter a PIN code before you can begin using your phone or your SIM card. See your phone's user manual to find out more about these features (note that not all models of phone may provide a PIN feature for locking access to the handset, however all SIM cards support a SIM lock PIN feature that can be accessed via the handset).
- Keep a note of the make and model of your phone and any distinguishing features, for instance clip on covers. In the event that your phone is stolen, having a note of these points will help you to provide an accurate and complete description of your phone to the police.
- Consider marking your phone with your postal (zip) code together with your house or flat numbers using an ultra-violet security marker pen.
- Keep a note of the IMEI number of your phone. You can find the IMEI number of your phone by entering *#06# on the phone's keypad. If your phone is stolen, you may find that your service provider can use the IMEI to 'blacklist' the phone. Once blacklisted, the phone will be disabled on your service provider's network and possibly on other networks too (note this service is not currently offered by all service providers). You may also find that your local police will be able to make use of the IMEI, in particular to help them identify the phone as yours should they succeed in recovering it from the thief.

What else should I consider in regard to phone theft?

- You may wish to insure your phone. In some cases, your household insurance policy may cover the theft of your phone, however in many cases phone theft will not be included in a household insurance policy and a specialist phone insurance policy may be required.
- If your phone is lost or stolen, you may find it difficult to remember all the contact details you had stored in your phone and SIM card. Many service providers and other third parties offer services or tools to enable you to backup the contents of your SIM and your phone allowing you to easily recover this data should your phone or SIM be stolen.
- If you store confidential personal or business data on your phone, you may wish to consider investing in security software that allows you to store this data in an encrypted format. This will help to ensure that a phone thief cannot access this data should your phone be stolen.



Brave Cancer Sufferer's Plea to Suicidal Youths

A terminally ill teenager has pleaded to other teenagers to not take their own lives.

Donal Walsh (16) is fighting cancer for the third time in four years - and said he feels "nothing but anger" when he hears of young people committing suicide.

The rugby fanatic from Blennerville near Tralee, Co Kerry has appealed to young people to think twice and to ask for help. "I feel angry these people chose to take their own lives, to ruin their families and to leave behind a mess that no one can clean up," Donal said, "yet I am here with no choice, trying as best I can to prepare my family and friends for what's about to come and to leave as little a mess as possible."

"I know that some of these people could be going through financial despair and have other problems in life, but I am at the depths of despair and believe me, there is a long way to get where I am."

"For these people no matter how bad life gets, there are no reasons bad enough to make them do this. If they slept on it or looked for help they would find a solution."

The plucky teenager was yesterday announced a 'Local Hero' after he won an award for his bravery from Radio Kerry and Kerry's Eye newspaper.

Although he can no longer play his beloved rugby, he devotes his time to training underage players at Tralee rugby club.

He has also raised over 50,000 for our ladies hospital for sick children in Dublin while he was a patient undergoing treatment there.

He recalls his reaction when he learnt in October that his cancer was terminal.

"A few months left" he said there it was. I was given a timeline on the rest of my life. No choice, no say, no matter.

"It was given to me as easy as dinner; I couldn't believe it, that all I had was 16 years here and soon I began to



pay attention to every detail that was going on in this town" he wrote. In an impassioned plea that has moved people in his native county Donal wrote: "so please, as 16 year old who has no say in his death

sentence, who has no choice in the pain he is about to cause and who take any chance at even a few months on this planet, appreciate what you have, know there are always options, and help is always there."

TESCO

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



TESCO SHADES DAY

This year the Irish Guide Dogs are selling their Shade Pins in Tesco, Maynooth on Thursday 2nd and Friday 3rd of May.

Last year the 3 Maynooth guide Dog Puppy's in Training spent a very successful year being trained in Maynooth by local families.

Puppy Alto a golden retriever has become an Assistance Dog to someone with Autism, Puppy Beech also a golden retriever is just finished her training to become an Assistance Dog. Puppy Kenny is a Labrador Retriever, he is still in training to become a Guide Dog for the Blind. He has another 3 months training still ahead of him.

The 4th Guide Dog puppy who helped with the Shades in Maynooth last year was Basil and he is now a fully trained guide dog. The Irish Guide Dogs in Maynooth have had a very successful year but none of this is possible without everybody helping to fill our buckets.

By this summer we will have another 4 guide dog puppy's being trained in Maynooth.

PLEASE GIVE GENEROUSLY TO HELP
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Puppy Basil with Karin his Puppy Walker, Maria and Antoinette collecting last year in Tesco Maynooth.

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An Nuadha Players will present

DIRT TRACKS

BY
Martina Reilly

This play has been adapted by Martina from her best selling book of the same name. An in-er-face mix of teenage humour ,angst and complex relationships.

The play will be performed mid-June but a preview will take place in Tesco's Maynooth after 7pm Fri 7th June .

Martina will be there signing her books on the night. This will be the first performance of DIRT Tracks and An Nuadha Players are proud to be chosen to premier Martina's new play.

Terry Nealon
An Nuadha Players

for more information -086-8068068



The Lockout The women and children of 1913 A Talk by **Ann Matthews**



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etc.

CHILDREN ARTS & CRAFTS
Clay Painting Collage Drawing
3D Construction etc.

SUMMER CAMP 6-12 Years

8th July - 12th July

15th July - 19th July

29th July - 2nd August

12th August - 16th August

Maynooth Labour Notes

Cllr. McGinley Secures Funding for Repairs to Damaged Traffic Calming Ramps

At a Special Meeting of the Council on 19 April Cllr. McGinleys motion that €100,000 be allocated for repairs to damaged traffic calming was approved.

This funding will go some way to repairing the seriously damaged ramps throughout the county.

Cllr. McGinley Calls for Progress on Pay Parking in Maynooth

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

"That the pay parking proposals agreed in October 2012 for the Lyreen area be circulated to the houses there so that the approval of the Maynooth Pay Parking By-Laws can proceed without any further delay."

John got the following reply

"Drawings will be circulated to the members at the area meeting for approval and extra drawings can be made available for the residents when the members have approved the proposal. A public consultation process will also be commenced with information being made available in the local papers and on Kildare County Councils website"

Cllr. McGinley Asks for an Update on the Re-surfacing of the Bottom Half of Main Street, Maynooth

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

"When is the surfacing of the bottom half of Main Street, Maynooth, taking place?"

John got the following reply:

"The area office is completing a programme of all overlay and footpath works for the summer season. This scheme will be completed at night and the week of the Irish Open will certainly be avoided. There are also other road works planned for Maynooth on Parson Street which must be completed before the schools reopen after the summer recess but after the water mains are laid on the street. That work is due to commence in August."

Cllr. McGinley Demands Action on the Illegal Parking in Maynooth

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

"Can a council warden go to Maynooth one day a week in order to deal with the chronic illegal parking in the town?"

John got the following reply:

"The Council's traffic wardens have been asked to frequently review known blackspots for illegal parking."

Cllr. McGinley pointed out that cars are parking on double yellow lines at Parson Street, at the left turning

lane in to Dunnes Stores car park, at Pound Street and even outside the Garda Station. As result of Johns motion cars illegally parked on Parson Street were ticketed after the meeting.

Cllr. McGinley Calls for the "No Entry Signs" at Pound Lane/Back Lane to be Repaired

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

"Can the Council re-paint the 'No Entry Signs' on the roadway at Pound Lane/Back Lane, Maynooth, in order to discourage drivers from breaking the law?"

John got the following reply:

"The area office is reviewing the status and signage of Pound Lane/Back Lane as the road surface is not good enough for road markings and additional signage may be required."

Cllr. McGinley Wants to Know Why there is no Footpath on the East Side of the Celbridge Road to the Educate Together School

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

"That a report be given from planning into their investigations, which began in June 2012, as to why the Department of Education and Skills has not provided a footpath on the east side of the Celbridge Road, Maynooth, as conditioned in the planning permission granted for the Educate Together School."

John got the following unsatisfactory reply:

"The proposal to construct a footpath along the roadside frontage of the school and a pedestrian crossing linking the footpath to that on the opposite side of the R405 and in accordance with compliance drawing P-002/d, was agreed between agents for the Dept. of Education and Skills and the council's roads department. The planning department is satisfied that the Department of Education & Skills is in compliance with their planning permission."

John pointed out that the reply made no sense as the Councils Planning Department had issued a **Warning Letter** to the Department of Education on 15 July 2009 concerning the non compliance with condition 23 of Planning Permission 08/97 which stated:

The applicant shall construct a footpath along the entire roadside frontage and connect with the existing footpath on the R405. Location, width and levels to be to the satisfaction of the Planning Authority.

Cllr. McGinley Again Demands Action on the Non-Compliance of the Litter Laws by Hot Food Takeaways on Main Street, Maynooth

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

"That the council commence issuing litter fines to guilty food take-away premises on Main Street, Maynooth as the soft approach is not working."

John got the following unsatisfactory reply:

"The litter warden will monitor the area for evidence."

John pointed out that the evidence is there to see every morning and until fines are issued Maynooths Main Street will remain littered.

Cllr. McGinley Asks for an Update on the Extension to Bus Route 66

John was given the following update on the extension of bus route 66 to the Newtown Road at the Area Meeting on 18 April:

"It is confirmed that the design of the facility is being undertaken and a formal consultation process will be required. Only then will confirmation of land ownership be established."

John asked that matters be speeded up as he did not want the Council to again loose funding as was the case with the Girls Schools footpath last year.

Update on the Draft Maynooth Development Plan

The County Manager's report on the submissions/ observations made by the public on the Draft Maynooth Local Area Plan is tabled as an item for consideration at the next Council meeting on 29 April 2013. A decision must be made by 14 May.

In Cllr. McGinleys view the biggest issue in the Draft Plan is the long term proposal to close the Straffan Road junction with the M4 and to construct a new junction on the Rathcoffey Road. In order to facilitate this the Manager has included a new road parallel to the motorway from the Straffan Road to the Rathcoffey Road

Cllr. McGinley Asks That the Missing Footpath at the Bus Stops on Celbridge Road be Put in Place:

John got the following update on his proposal to install a footpath on the two overgrown sections on the Celbridge road, Maynooth:

"As reported previously, we agree that the work is warranted and we will endeavour to complete it as soon as we can. There are issues with telecommunication services close to the bus stop and we will have to consult with the service operators. At the town side, the footpath passes in front of a cottage. We have called to the cottage but have not yet made contact with the home owner."

Pedestrian Crossing at the Boy's School, Maynooth

Cllr. McGinley got the following progress report on his proposal for a pedestrian crossing at the ramp outside the Boys School, Maynooth:

"The area office has contacted the school and is setting up a meeting for the coming fortnight."

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



Winner of the Memorex Culture Award.

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

www.colaistenaomheoin.com

Maynooth Gospel Choir Auditions

We are always looking for
talented and good-spirited
gospel singers and
musicians.

To request an audition,
please contact Brian Fay on
086-179 4768 or
info@maynoothgospel.com
for further information.

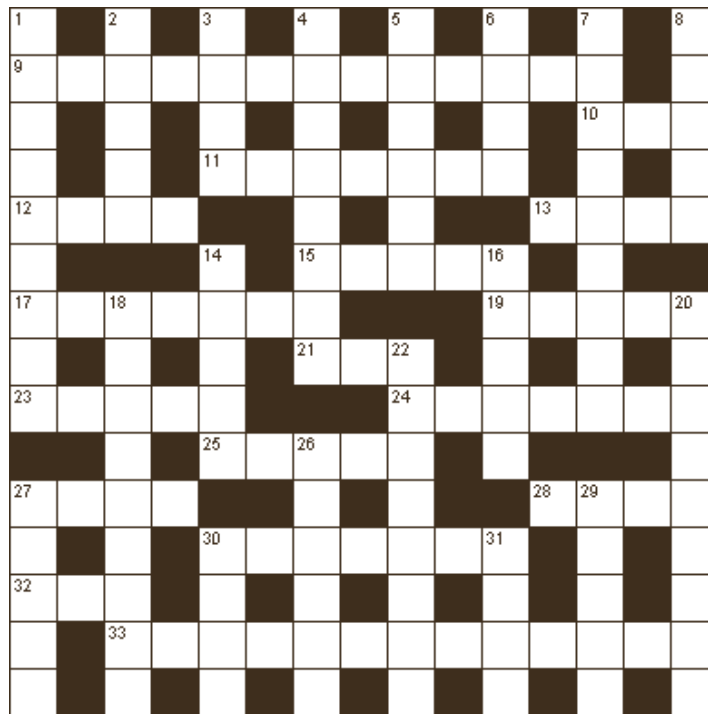


Would like
to join
US
in our future productions

CONTACT
086-8068068
087-2998661

Clues Across

9. Remove from government ownership (13)
 10. Partially opened flower (3)
 11. Open air fire (7)
 12. Search (4)
 13. Family (4)
 15. Relaxes (5)
 17. Sandy shores (7)
 19. Tiny branches (5)
 21. Bashful (3)
 23. Arm joint (5)
 24. Place in order (7)
 25. Weapon (5)
 27. Small mountain (4)
 28. Duct for smoke (4)
 30. Envious (7)
 32. Round bread roll (3)
 33. Close mental application (13)

**May 2013 Crossword - No: 413****Clues Down**

1. Prudent (9)
 2. Pixie (5)
 3. Stump (4)
 4. Wife of a count (8)
 5. Wirelenses (6)
 6. Queue (4)
 7. Armed resistance (9)
 8. Broaden (5)
 14. Melts (5)
 16. Tale (5)
 18. Vehicle for injured people (9)
 20. Bony structures (9)
 22. IOW town (8)
 26. Rubber (6)
 27. Acquired pattern of behaviour (5)
 29. Enraged (5)
 30. Bring bad luck (4)
 31. Saturate (4)

Special Prize Book Voucher

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

The Maynooth Bookshop

Entries in before: 21st May 2013

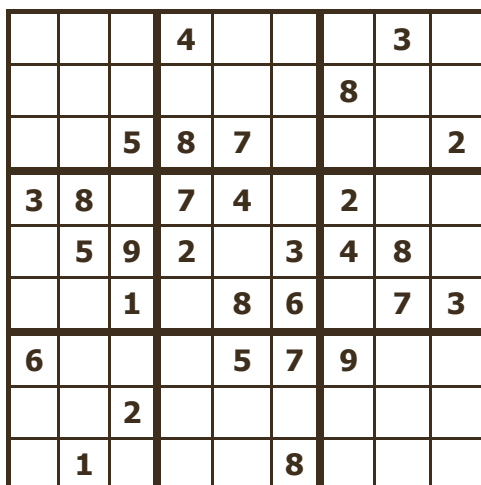
Name: _____

Address: _____

**Winner of Crossword
No. 412
April**

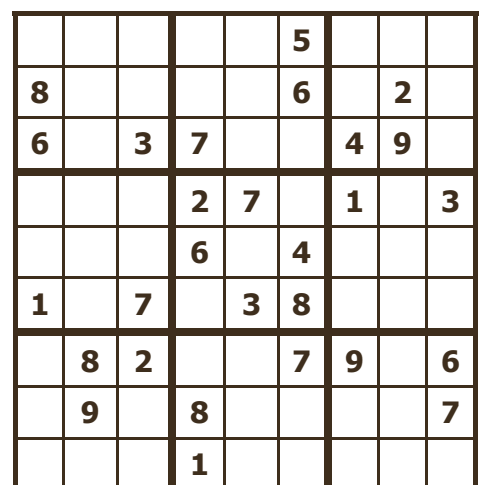
**Sarah Thompson
Parson's Hall
Maynooth**

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

Answers to Crossword 412**Difficult**

Sudoku Challenge

May 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: 21st May 2013

Name: _____

Address: _____

Phone: _____

Congratulations to April Winner:

**Declan Duffy
Meadowbrook Close
Maynooth**

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

Catherine Murphy

Healthcare Professionals Urgently Required

€20 Million Funding Allocated for Hiring Specialists Must Be Spent Sooner Rather Than Later

Catherine Murphy TD today urged the Minister for Health, James Reilly to expedite the hiring of specialised health professionals he committed to when ring-fencing €20 million funding for 2013.

Deputy Murphy recently challenged the Minister on the lack of specialised services such as Occupational Therapists, Speech and Language Therapists and Psychological Therapists among others and in particular the way in which certain areas of the country are seeing a disproportionate lack of services when compared to others. The Minister of State at the Department of Health, Alex White, responded to Deputy Murphy with the promise that €20 million has been allocated in order to hire the specialists required. The Minister further detailed the breakdown of what posts would be filled and in what locations.

"I welcome the Minister's reply, and note that my own region in particular; Dublin Mid-Leinster; which is by far the most deprived region in this regard, is to get 12 OT's, 24 Physiotherapists and 22 Speech and Language Therapists. However this cannot be an exercise on paper. We are now mid ways though April and these posts have yet to be filled, meanwhile waiting lists continue to grow and very vulnerable people, mostly children, continue to suffer."

"It is vital that the €20 million that was allocated for the year is spent in the year. Considering we are almost midways through the year and this money has yet to be spent surely there will be a surplus of some amount that would allow the Minister to hire some temporary specialists who could assist in alleviating the backlogs that have been allowed to build up.

"It must be recognised that even a wait of two months is a significant amount of time when you are talking about the development of a two year old child and as such it is vital that we have the specialists in place to ensure early intervention is available to all."

Croke Park Rejection Provides Golden Opportunity for Real Reform

Catherine Murphy TD today urged the government to use yesterday's rejection of the Croke Park II agreement as an opportunity to engage in the real and meaningful reform that our public service is so desperately in need of instead of simply focusing on the numbers.

Deputy Murphy has previously said that reducing numbers without accompanying reform is a pointless exercise and had called on the Minister to look at ways in which reform can be utilised to remove layers and allow the system to work smarter thereby removing redundant processes and achieving economies.

"Yesterday's vote must be considered in positive rather than negative terms and there is a chance now for all parties involved to bring about true reform. I believe it is vital that congress remains intact and a marginal vote in favour would have been far more divisive than the resounding NO vote so in that sense the Minister has avoided a potential catastrophe.

"I strongly believe that this opportunity should be taken to reframe the agreement and scrutinise alternative ways to achieve savings in the public sector. There are international models, such as the Nordic E-Governance

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

model, which have proven to improve efficiencies in the public service and resulted in significant non-pay related savings.

"A significant result of the rejection which should not be ignored is that the Troika have now been put on notice that the Irish people do in fact have a bottom line and many people have now been pushed to that line."

Ear, Nose and Throat Waiting Times Addressed in the Dáil

Catherine Murphy Asks the Minister to Tackle Waiting Lists

During a topical debate in the Dáil today, Independent TD Catherine Murphy called on the Minister for Health to address the significant waiting times facing families awaiting appointments with ear, nose and throat specialists.

Deputy Murphy urged the Minister to consider the long term implications of withholding vital services from patients, including many young children, who require prompt medical intervention.

"I see cases on a regular basis where a child has been told it will be two years before a tonsillectomy can be performed and in the meantime that child is being forced to live on a cocktail of painkillers and antibiotics to battle the constant infections that could be solved by a relatively routine procedure."

"I would urge the Minister to critically assess the way in which resources are allocated and utilised in order to minimise these unacceptable delays which so often cause unnecessary distress and prolonged suffering."

Deputy Murphy expressed disappointment at the fact that neither the Minister for Health or the Minister of State at the Department of Health showed up to take part in the debate choosing instead to send the Minister for State at the Department of the Gaeltacht, Dinny McGinley, to answer the questions posed. Minister McGinley proceeded to read out what Deputy Murphy described as "an academic response where a strategic response was required."

"I am extremely unhappy with the response and I can only hope my disappointment will be conveyed to the Minister and that he will acknowledge the points I raised. There is a crisis in this service and he cannot continue to ignore that."

School Protests Highlights Ministers Failings

Despite repeated promises and deadlines Ardclough National School remains vacant

Catherine Murphy TD this morning attended a protest

outside the vacant Ardclough National School in Co. Kildare. The protest, organised by parents, aimed to highlight the fact that a brand new purpose built facility has been left idle for almost two years whilst children are forced to attend school in prefabs, on another site, that are unfit for purpose.

The new school building was completed in mid to late 2011 but the original contractor left some flaws in the building, meaning the school failed health and safety tests. At the time the Government assured parents a new contractor would be put in place and the building completed to allow classes commence at the earliest possible date. To date no new contractor has been appointed, despite constant promises and deadline that repeatedly fail to be met.

"These parents are rightly angered. The last time I lobbied the Minister on this issue he assured me the building would be completed before the end of the second quarter of this year; well unless there's a miracle between now and then, that deadline is yet another one that won't be met."

"Children are passing by this purpose built school on a daily basis to attend classes in prefabs that are leaking, damp, cold and miserable. The fact that we are coming to the end of yet another school year without any development at Ardclough is an indictment of the Minister's idle promises in the area of education."

Maynooth Musical Society

Are Hosting

The Last Five Years

on the 28th, 29th and 30th of June at 8pm in the

Glenroyal Hotel.

The Last Five Years tells the story of two artists dealing with their first five years of marriage.

For more info please like us on facebook or follow us on twitter @maynoothmusical

Research into protective headgear for cyclists

New research by the Department of Psychology, NUI Maynooth and the School of Nursing and Midwifery at TCD indicates that helmet-wearing is not a widespread practice and children are less likely to wear a cycle helmet as they get older.

Researchers studied 314 primary school children aged 8-13 attending schools in disadvantaged areas in Dublin, of which 86% owned a bike. More than one-in five reported always wearing a cycle helmet, while 28% said they did so only some of the time. However, over one in two of the children in the study said they never used protective headgear when cycling.

The researchers found that as children get older they are less likely to wear a helmet, with two out of three 12-13 year-olds compared to 38% of 8-9 year-olds reporting never using cycle helmets. Regardless of age, more girls (61%) than boys (39%) indicated always or sometimes using helmets when cycling, according to the research published in the latest edition of the Irish Medical Journal.

Researchers also found that among the same children studied, 93% said they always wore seatbelts (a law enforced practice) when in cars. Helmets are not mandatory for cyclists in Ireland, although several medical and safety organisations have argued for them to be made compulsory. The Road Safety Authority has also promoted the use of helmets by all cyclists citing past research which indicates that the risk of head injury can be reduced by between 69% to 85%.

There is debate in the literature however regarding the introduction of mandatory enforcement regarding protective headgear for cyclists. Critics of mandatory enforcement, for example, highlight research evidence to suggest that the improper use of helmets may actually increase the risk of other related injuries such as strangulation in children and merely lead instead to a reduction of the number of cyclists on the road. The authors say the findings of the study add further to the debate around the mandatory introduction of protective headgear for cyclists.

This study was funded by the Atlantic Philanthropies and the Office of the Minister for Children and Youth Affairs (OMCYA) in addition to an Irish Research Council postgraduate scholarship.

Issued by the Communications Office, NUI Maynooth, 01-7086160

Quirky Funny Quotes & Sayings

The pen is mightier than the sword, and considerably easier to write with.

Give a man a match & he'll be warm for a minute, but set him on fire & he will be warm for the rest of his life.

Everyone is entitled to be stupid, but some abuse the privilege!

Parents spend the first part of our lives teaching us to walk & talk, & the rest of it telling us to sit down & shut up.

Advice for the day: if you have a headache, do what it says on the packet. Take two & keep away from children.

Men marry because they are tired, women because they are curious, both are disappointed.

Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.

Last night I lay in bed looking up at the stars in the sky & I thought to myself, where the hell is the ceiling.

Few women admit their age. Few men act theirs!

I think animal testing is a terrible idea; they get all nervous & give the wrong answers.

I talk to myself I like dealing with a better class of people.


Never interrupt your opponent while he's making a mistake!

The greater your storm. The brighter your rainbow.

Try not to become a man of success but a man of value!

Having one child makes you a parent, having two makes you a referee!

Always get married early in the morning, that way if it doesn't work out, you haven't wasted a whole day!!



Runners Joggers Walkers

Sunday 19th May, 10.30am

Entry Form

First Name(s):* _____

Last Name: _____

Address:* _____

Gender:* _____

Email:* _____

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

Mobile Number:* _____

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". Entry fee €20. On the day €25

Online entries can be made at www.runireland.com at the address:
<http://www.runireland.com/events/maynooth-post-primary-10k-challenge>

Maynooth Post Primary School 10k Challenge

To facilitate the event a one way traffic system (East to West) will be in place on Sunday morning 19th May effecting; Main Street, Back Lane, Coates Lane, Pound Lane, Mill Street, Parsons Street, Dunboyne Road, Dublin Rd, (10.15am to 11.15am) and for the duration of the event, from McDonalds roundabout to Pikes Bridge (10.15am to 12.15pm). Please follow diversion signs and we apologise for any inconvenience this may cause.

ALTERNATIVE ROUTES.

From Straffan Road area:

- **To access** Tesco, Dublin Road, Carton House, Leixlip, Dunboyne, *please use* Celbridge road.
- **To access** Saint Patricks College, Saint Mary's Church (C of I), *please use* Meadowbrook Link Road, Meadowbank Road, Bond Bridge.
- **To access** Manor Mills, Saint Mary's Church (Catholic), Kilcock, Dunboyne, NUIM, Maynooth Post Primary School, *please use* Meadowbank Link Road, Meadowbank Road, Bond Bridge, Newtown Road, Crinstown Cross, Jackson's Bridge, Kilcock Road.

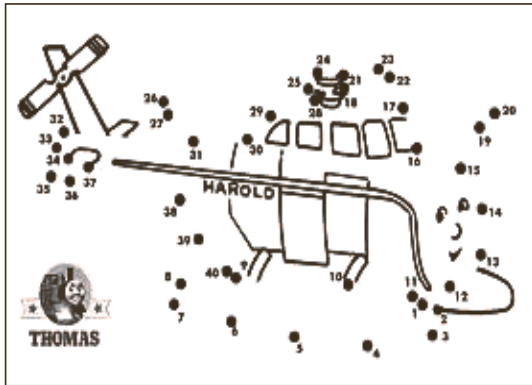
From all other areas:

- **To access** Straffan Road/M4 from Moyglare Road, Mill Street, Back Lane area *please use* Kilcock Road, Jackson's Bridge, Crinstown Cross, Newtown Road, Bond Bridge, Meadowbrook Road, Meadowbrook Link Road.
- **To access** Straffan Road/M4 from the Dunboyne road area, via Kilcock Road etc, *please use* Back Lane, Mill Street.
- **To access** Straffan Road/M4 from the Dublin Road area *please use* Doctor's Lane.
- **To access** Straffan Road/M4 from the Newtown Road, Meadowbrook Road area *please use* Meadowbrook Link Road.

Please note: The M4 Motor way is not affected by the diversions.

Your co-operation with An Garda Siochana and the stewards would be appreciated.

Join The Dots

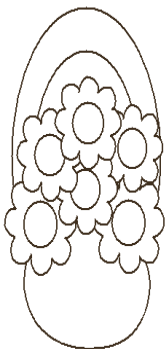


Can you solve our Wordsearch Puzzle?

May Day Word Search

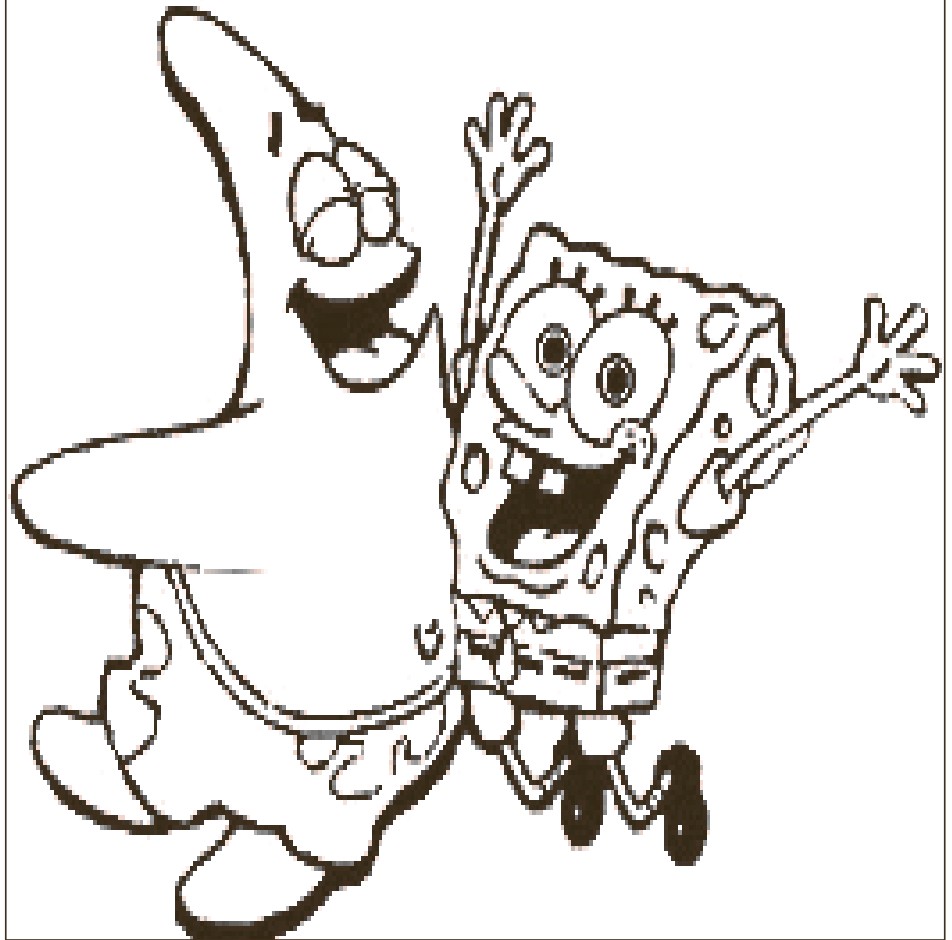
S Q D S A U B F V F N Y O D F
 A R J A N B L L A G A Q P X E
 F V E V N O C P O D I X K Z S
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 T R A D I T I O N X E Z G A I
 S N O B B I R P O D C L B B Y

basket
 blossoms
 dance
 festival
 flowers



mayday
 parade
 ribbons
 singers
 tradition

McDonalds Children's Colouring Competition



Prizes:

Free Family Meal
 From
 McDonald's, Maynooth

i'm lovin' it®

Name: _____

Age: _____

Address: _____

Phone No: _____

April Winners:

Age: 3 - 5: Molly Morris, Greenfield

Age: 6 - 7: Abigail Monaghan, Moyglare Abbey

Age: 8 & Over: Ryan Gillen, Moyglare Abbey

Prizes for Colouring Competition can be collected at:

Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.

Entries must arrive before: 21st May 2013

May Diary Planner

Irish Girl Guides

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

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

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

Bridge Club

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

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

Parent & Toddler Group

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

Maynooth Musical Society

The Maynooth Musical Society are hosting The Last Five Years on the 28th, 29th, 30th of June at 8pm in the Glenroyal Hotel. For more info please like us on facebook or follow us on twitter-@maynoothmusical

University of Third Age (U3A)

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

History Group

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

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

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



Gardening in May



May marks the beginning of planting out summer flowering dahlia tubers. Plant ground covers under shade around trees that do not allow enough sunlight to grow grass. Plant Lily of the Valley around the trunks of your trees. Mulch around newly planted trees & shrubs. Finish cutting back dead tops of perennial flowers & any dead or broken branches in roses & other shrubs. When planting your annuals if you loosen up the roots a bit before planting it will stimulate stronger growth.



Work lime in the soil around your Hydrangeas to produce pink flowers or Aluminium Sulphate for blue blooms. Setting the stakes next to your taller flowers early in the season, will help to support the plants against the winds as well as making it easier to train. If the weather is sunny & dry, don't neglect your watering!! Prune winter & spring



flowering vines, shrubs, trees & ground covers after they finish blooming. Start preparing & planting up the pots & containers for summer flowering.



Spray roses which are vulnerable to black spot disease, especially in damper regions. Pinch out Fuchsia. Pinching out the tips of your fuchsias will encourage it to become more bushier. This month you can plant Gladioli bulbs, Dahlia tubers, Sweet Peas & Tomatoes. Don't forget to give everything a good feed!!!



Mulch Raspberry & Black Currant bushes with well rotted manure or compost. Make sure you first water the soil around the area until its quite moist. Remove Strawberries for more fruit production. Finishing planting Citrus trees & Berry bushes for a late harvest.



Prune flowering trees & shrubs as they finish blooming. Clean up any drooping or ragged fronds on Palm trees.



After the risk of frost has passed, you can plant Carrots, Lettuce, Peas, Beetroot, Fresh Beans, Runner Beans, Radishes, Spinach & Turnips. Plant Herbs in containers. Put them on your patio where they are easy to get from your kitchen or in window boxes. Sow Basil & Coriander once all the frost has gone. Thyme, Rosemary, Parsley, Chive, Mint, Sage, and Oregano are all hardy. Plant some Early York Cabbage now. These are great tasting cabbage in mid summer.



You can plant Strawberries in hanging baskets if you are short on space and wish to try growing your own. They grow very well in there. They look pretty & the fruit is away from slugs & snails. Protect Strawberries on the ground, place clean straw beneath the Strawberry plants. Cover with fleece or netting to



protect against birds. Remove unwanted shoots from Raspberries. Stay out of the garden when the vegetable plant leaves are wet. Walking through a wet garden spreads disease from one plant to another.



Pond fish can be added to your garden pond. Feed fish little and often. Oxygenating plants such as Marginal, Water Lilies & Floaters can be also added to the garden pond. Build supports for runner & climbing French Beans. These can be



wigwams or double rows of bamboo canes tied together at the top. Provide pea stick for peas. Beware: Apply weed killer to paths & drive ways during dry weather.



Don't forget on sunny days to open the windows & door of your greenhouse. This allows cooler air & pollinating insects inside. Use blinds or apply shade paint to avoid large fluctuations of temperatures. Plant Tomatoes, Peppers, Chillies & Capsicum in the greenhouse borders or in pots or in grow bags.



A garden is a thing of beauty and a job forever!!

Maynooth Town F.C. Summer Soccer Camps

Camp 1 - 1st - 5th July 2013

Camp 2 - 19th - 23rd August 2013

Fee €30 Payable on Registration

Limited Places - Early Booking Advised

Contact: Ann Monaghan 0864076148

e-mail: ann.monaghan65@gmail.com

Maynooth Town Football Club - Weekly Lotto Results 2013

W/End	Numbers	Jackpot	3 x €35 Winners
24-Feb	2,7,12,20	€1,350	Emma Gallagher - Declan Kennedy - TJ Byrne
03-Mar	8,14,16,20	€1,400	Aileen Gleeson - Rose Daly - Marie Bonass
10-Mar	2,7,11,22	€1,450	Jenny Sutton - Dara Keogh - Dano Morrissey
17-Mar	6,11,15,20	€1,500	Patsy Leavy - John Sauls - A & S O'Brien
24-Mar	9,10,12,28	€1,550	Trish Mulchrone - Collette Kavanagh - S Mc Gibbon
31-Mar	1,7,9,15	€1,600	Andrea Geraghty - Evan Duff - Eunice Kerrison
07-Apr	7,15,21,25	€1,650	Caroline Mc Cabe - Alan Tighe - Tom Nestor
14-Apr	10,12,15,16	€1,700	Emer Hewson - Aidan Dempsey - Ollie Geoghan
21-Apr	14,16,19,20	€1,750	Frank Cullen - Breda Gorey - Colette Kavanagh

www.maynoothtownfc.com - Join Us On Facebook

Leinster Senior League 2012/13

Saturday Div 2	P	W	D	L	F	A	Pts	LSL Sunday Major	P	W	D	L	F	A	Pts
Colepark United	21	18	2	1	65	13	56	Swords Celtic	17	14	3	0	56	15	45
Laytown United	19	12	3	4	58	33	39	Dublin University	18	12	3	3	37	14	39
Maynooth Town	19	9	4	6	33	32	31	Fairview CY	19	10	4	5	43	30	34
Ratoath Harps	21	7	7	7	42	35	28	Maynooth Town	17	10	2	5	43	23	32
Park Celtic	19	8	2	9	47	40	26	Enniskerry YC	21	7	5	9	26	31	26
Parkvale Fc	20	8	1	11	36	51	25	St John Bosco	15	6	7	2	30	17	25
Rathfarnham Punters	14	7	3	4	33	23	24	Hyde Park	16	6	3	7	30	31	21
Kilnamanagh Fc	21	6	3	12	38	53	21	Fettercairn Youth Fc	20	5	6	9	30	44	21
Fairview CYM	14	6	0	8	33	37	18	Tullamore Town	17	6	2	9	28	30	20
Blessington Fc	16	4	6	6	24	32	18	Mid Sutton/Schalke	17	5	3	9	19	35	18
Knockmitten United	15	4	3	8	30	51	15	Ballyoulster Utd	20	3	2	15	21	47	11
Ballyoulster United	19	1	4	14	26	65	7	Parkvale Fc	17	2	2	13	13	59	8
Home			Away					Home			Away				
Maynooth Town	2	1	Ratoath Harps		Mon 22 Apr 13			Maynooth Town	2	2	Tullamore Town		Tue 23 Apr 13		
Blessington Fc	3	1	Ratoath Harps		Sat 20 Apr 13			Mid Sutton/Schalke	1	3	Dublin University		Tue 23 Apr 13		
Ballyoulster United	0	1	Parkvale Fc		Sat 20 Apr 13			Parkvale Fc	2	4	Fairview CY		Tue 23 Apr 13		
Maynooth Town	1	1	Colepark United		Sat 20 Apr 13			Hyde Park	0	2	Swords Celtic		Tue 23 Apr 13		
Fairview CYM	0	1	Kilnamanagh Fc		Sat 20 Apr 13			Enniskerry YC	1	1	St John Bosco		Tue 23 Apr 13		
Blessington Fc	2	1	Parkvale Fc		Mon 08 Apr 13			Swords Celtic	3	1	Enniskerry YC		Sun 21 Apr 13		
Rathfarnham Punters	0	1	Park Celtic		Mon 08 Apr 13			Dublin University	2	4	Tullamore Town		Sun 21 Apr 13		
Knockmitten United	1	4	Park Celtic		Sat 06 Apr 13			Parkvale Fc	0	4	Maynooth Town		Sun 21 Apr 13		
Parkvale Fc	0	1	Maynooth Town		Sat 06 Apr 13			St John Bosco	8	0	Fettercairn Youth Fc		Thu 18 Apr 13		
Blessington Fc	0	0	Rathfarnham Punters		Sat 06 Apr 13			Swords Celtic	6	0	Parkvale Fc		Thu 18 Apr 13		

Li Ching Wu in Maynooth

Last September Shifu Gary Kelly started up Li Ching Wu Kildare in Maynooth. The idea was to teach kids the Chinese Sport of Sanshou and help create a squad of Irish fighters that can represent Ireland in a future Olympic Event. Sanshou comes from Chinese Boxing (Kung-Fu) and is one of the games were skilled competitors fight it out using Kicks, Punches and Throwing Techniques to score points.

With less than six months training and being the newest Sanshou school, Kildare Li Ching Wu entered 14 fighters into the I.C.B.A's open competition. The first of three this year, they collected 2 Gold, 5 Silver and 7 Bronze on the day. All the parents, students and coaches had a great day and had some great success. Kevin McDonald from Maynooth, showed incredible skill Winning Silver behind a Blue Dragon Champion fighter. Christian Condon also from Maynooth put on a brave battle against a very experienced green sash fighter from Iron Fist in Balbriggan. Although he lost the fight he was still placed into third position earning him a valuable bronze medal. Cian Leavey and Niamh McGovern both fought in Division 1 earning points and an invitation to compete for an Irish National title next November. "We had great victory on the day and a lot of fun but still have work to do, my students will never stop learning and neither will I. Li Ching Wu have the great makings for a National Team but always welcome new students and potential teachers or coaches into our class."

Shifu Gary Kelly is a 3rd Degree Black Sash in Chinese Boxing and a Black Belt in Kickboxing. He has nearly 25 years in Martial arts and is an ex Sanshou fighter and compeditor. "I first started learning Martial Arts at the age of 10 with Bruce Lee's Jeet Kune Do, moving on to Kenpo, Judo, Boxing and Kickboxing while all the time studying Li Ching Wu"

If you are interested in learning Sanshou or Chinese Boxing (Kung-Fu) please contact him on 083-145 2100 or find kildare li ching wu on facebook.



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