

Maynooth Newsletter



Serving the people of Maynooth

February 2014

Local News

FREE

Philippine Typhoon Disaster Appeal in Maynooth

Due to an appeal made by nurse Ellaquem "Don" Monterola in St. Vincents Hospital aided by nurse Ciara O'Dwyer. Ciara's aunt Trisha Lacey contacted Sharon Smurfit of Kildare Hotel & Country Club in Straffan, who kindly facilitated the K Club car park to be used as drop off point for the collection of clothes, shoes etc to be donated to the Philippine relief fund. A sub-Committee was set up to oversee the fundraising for the Philippine Typhoon disaster, which was headed up by Farrell O'Boy of Olympic Car Sales who is a member of the Maynooth/Kilcock Lions Club. Mr O' Boy also facilitated his premises as a drop off point which has resulted in a mammoth response. A number local ladies gave of their time over a number of days to help sort and pack the clothes, shoes etc.

Principal of Maynooth Post Primary School Mr. Johnny Nevin, Theresa Murray P.T.A. & Gerry Quinn arranged a superb food appeal collection with support from all parents & students at the school. This was a huge success in contributing food towards the Philippine Typhoon Disaster Appeal.

The Organizers of the fund were as follows:

Sharon Smurfit, Trish Lacey, Ciara O'Dwyer & Ellaquem "Don" Monterola from the K Club. Farrell O'Boy and his sub committee from the Maynooth/Kilcock Lions. Austin Brady, Arthur O'Hara & Ronan Twohig were ably assisted by all of the other members of the Maynooth/Kilcock Lions Club and the local Maynooth people and business community. Trish Lacey, who worked very long hours over this weekend, has made a tremendous effort and is very much appreciated by everyone in the community.

Another very successful fundraising event consisted of a music night in Brady's Clockhouse Maynooth on the 19th November and the above clothing and food appeal commenced operation on the same night. Lions Club member Farrell O'Boy kindly offered his Olympic Car Sales premises at Greenfield House, Straffan Road, Co Kildare, as a central collection point for the delivery of all goods involved, along with the truck and fork lift.

Organizers of Shipment were:

Sarah Villacampa & John O'Shaughnessy General Manager from Kintetsu World Express Ireland Ltd.



TONY SMITH MEMORIAL WALK 2013

The proceeds of the Tony Smith Memorial Walk 2013 amounting to €7,595 were handed over to Maynooth Senior Citizens Committee at their Christmas Party in the Glenroyal Hotel, Maynooth on Sunday 8th December, 2013. A cheque for the sum was presented to Josie Moore, Chairperson of Maynooth Senior Citizens Committee by Deputy Emmet Stagg. Left to Right, Josie Moore, Chairperson Maynooth Senior Citizens Committee. Ellen Leavy (Highest Sponsored Walker), Deputy Emmet Stagg and Rose Comerford.



**St Patrick's Day
Parade Monday 17th
March 2014
Starting at 11am from
Greenfield Shopping
Centre. Entry form
inside.**

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Maynooth Community Council, Unit 5, Maynooth Shopping Centre, Phone & Fax 01.6285922, Email maynoothcc@eircom.net No 421

Irish Rugby Team Back at Carton House Training for the Six Nations

Maynooth welcomed back the Team to Carton House for the upcoming games in the Six Nations Tournament. Its good to see them back as it always creates a good bit of buzz around the town. We wish them well under new Manager Joe Schmidt in his first Six Nations. Below are the fixtures for the games which will be shown live on Network 2.



Cian Healy, Jamie Heaslip and Paul O'Connell arrive for training in style.

February:

Saturday 2nd February Ireland V Scotland Aviva 15.00

Saturday 8th February Ireland V Wales Aviva 14.30

Saturday 22nd February England V Ireland Twickenham 16.00

March:

Saturday 8th March Ireland V Italy Aviva 14.30

Saturday 15th March France V Ireland Stade De France 17.00

Reflections on the Path to Reconciliation



Enmity is the Enemy

Amidst all the variety of source and symptom that occurs in human conflict there is one impulse that almost always comes to us. No matter where or over what the conflict has arisen, once things get out of control the core of the problem is almost always personalised. Whether our conflict is over a family dispute, a political divide or one community's actions against another, the root problem inevitably becomes diagnosed as 'him', 'her' or 'them.' 'He is the problem!', 'She is the problem!' are absolutely commonplace statements amongst the divided. Where such conflicts escalate to violence the word 'problem' makes an equally uniform transition to become the word 'enemy.' Now our mantra of response, whether articulated or not, becomes 'He is my enemy', 'They are our enemies', 'They will always be the enemy' and thus our focus amidst the hurt turns to how we can we protect ourselves and those we love from 'them'.

How is it possible for two such hopelessly divided individuals or communities to ever be reconciled? One of the first steps, and possibly the most important one, is to recognise the mistake of our usual thinking. Instead of yielding to personalisation, our first great step towards reconciliation is to recognise that our real 'enemy' is never 'him', 'her' or 'them'. The real problem that faces us in conflict is the brokenness that divides us. It is our enmity that is our enemy not the 'other'. Remove the enmity and couldn't our families find a way to be restored? Remove the enmity and couldn't our communities find a way to live side by side in peace? Such depersonalising of our conflicts is no panacea, of course, but as in the field of medicine, personal and community healing is enormously helped when we begin with a proper diagnosis.

"If separation is the seed of conflict, reconciliation begins with the simple act of meeting together."



Valentines Day Menu Idea

Breakfast

American Blueberry Pancakes

Ingredients

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
knob butter
150g pack blueberries
sunflower oil or a little butter for cooking
golden or maple syrup



Method

Mix together the flour, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries. Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter. Serve with golden syrup and the rest of the blueberries.

Dinner

Peppered Fillet Steak with Parsley Potatoes

Ingredients

3 large red-skinned potatoes, peeled and cut into large cubes
2 tbsp olive oil, plus a drizzle extra
1 garlic clove, minced
small bunch flat-leaf parsley, finely chopped
2 beef fillet steaks (each about 140g/5oz)
1 tsp cracked black pepper
small knob of butter
watercress salad, to serve



Method

Tip the potatoes into a pan of water, bring to the boil, simmer for 2 mins, then drain. Heat the oil in a non-stick frying pan. Add the potatoes and sizzle gently for 20 mins, tossing occasionally, until golden and crispy all over. When the potatoes are cooked, add the garlic to the pan and fry for 1 min more. Finally, toss through the parsley, season with sea salt and set aside. Meanwhile, rub the steaks with a drizzle of oil, then press in the black pepper. Heat a griddle pan until hot, and cook the steaks to your liking (2½ mins each side for medium rare, 3½ mins for medium, 4½ mins for well done). Leave steaks to rest for 5 mins, then top with a knob of butter and serve with the potatoes and some watercress salad.

Dessert

Passion Fruit Soufflés with Passion Fruit Sauce

Ingredients

knob of butter, plus extra for greasing
75g caster sugar, plus extra for dusting
4 medium egg whites
6 ripe passion fruits, halved
150ml ready-made custard



Method

Heat oven to 180C/160C fan/gas 4. Put a baking tray on the top shelf to heat up. Grease 4 x 150ml ramekins with butter and dust the insides with caster sugar to coat. Whisk the egg whites in a bowl until stiff. Add 1 tbsp of the sugar and whisk for 30 secs more until thick and glossy. In a separate bowl, scoop the pulp from 1 passion fruit into the custard, then fold in the whisked egg white. Spoon the mixture into the prepared ramekins and put on the hot baking tray. Bake for 15 mins until risen and golden on top. While the soufflés are cooking, make the sauce. Scoop the remaining passion fruit pulp into a saucepan, add the remaining sugar and simmer gently for 5 mins. Finally add a knob of butter and stir until melted. Pass through a sieve and serve in a jug with the hot soufflés as soon as they come out of the oven. Let your guests break a hole in the centre of their soufflé, then pour in the sauce.

Cocktail

Angel's kiss

This coffee and cream layered cocktail makes a decadent after-dinner drink served with chocolates

Ingredients

400ml Tia Maria, chilled
16 tbsp (approx 250ml) double cream
cocoa, for dusting



Method

Pour the Tia Maria into small cocktail or liqueur glasses. Carefully pour the cream into the glasses over the back of a teaspoon so it floats on the surface of the Tia Maria and makes a separate layer. Dust the cream with cocoa by shaking it through a tea strainer, and serve.

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A DAY IN THE LIFE OF A VETERINARY NURSE



I am currently in my 3rd year of my Veterinary Nursing degree and I am completing a 7 week work placement at Maynooth Veterinary Clinic under the supervision and watchful eye of Michelle, the practice nurse.

A typical day begins at 9am and Michelle and I will check any animals currently hospitalised to ensure they have fresh food and water, clean bedding and that they are comfortable. All the kennels are cleaned then the nurse and I will assist the vet in examining the animals and administering medication as required.

After morning checks are completed, we will prepare for any scheduled surgeries. This involves preparing any sterile instruments and sedating the patient prior to anaesthesia. During the surgery, the nurse will continually monitor the patient's vital signs, administer pain medication and assist the veterinarian. Post operatively, we will continue to monitor the patient until he/she has recovered from the anaesthetic. Throughout the day, the nurse will check all of the hospitalised animals to keep them warm and comfortable (and bring them into the canteen for cuddles when the vets aren't looking!).

After lunch the animals are re-examined and we begin to prepare for evening consults which take place between 4-6pm. During consults I assist the vet to hold the animals safely for examination and deal with any client queries over the phone.

At 6pm we finish the evening clinic and check all the hospitalised animals before leaving for the evening. The vets are then



on call overnight offering a 24hr emergency service for all of the clients of the clinic. No two days are ever the same and I am really enjoying my time here and would like to thank all the staff at the clinic for all their help and advice.

Lungworm Infection in Dogs

Lungworm infection differs from other worm types in that in dogs it can be fatal. In Ireland it was first diagnosed in dogs living around the River Dodder area in Dublin and recently we have identified it in our Clinics in Maynooth and Clane.

Lungworm, *Angiostrongylus Vasorum*, is not spread directly from dog to dog but requires an intermediate host, namely the slug or snail. Dogs become infected by eating contaminated slugs or snails and the worm makes its way to the lungs via blood vessels and causes bronchitis, pneumonia and severe lung damage.



a few days should never be neglected.

Ring us at Maynooth Veterinary Clinic 01 6289467 or Clane 045 982763 for advice on treatment and prevention to protect your pet.



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Maynooth Library Celebrates 30 Years

Past and present staff and management and a host of guests attended the 30th anniversary opening of the Maynooth Library on the Main Street in December just gone. We were entertained by Barry Smith with his repertoire of songs and poetry readings from local artists Martina Murphy and Kate Dempsey and stories of times past in the library from management and staff. Coincidentally the Celbridge Library and the Naas Dual Carrieway opened on the same day 30 years ago.



L/R Past and present staff of Maynooth Library: Pat Lonergan, Eddie Treacy, Mary Dunne, Caroline Farrell, Jim McDonald, Bernadette Gilligan, Enda Leaney, June Brannigan, Emma McKeon, Barry Smith and Eimear McGinn



Barry Smith aka "Tony Savino" who entertained us with songs from his Christmas CD



Martina Reilly and Kate Dempsey who recited poetry on the night



Thank you - Go raibh maith agaibh

The generosity of the people in Maynooth has, once again, been exceptional and we in the local conference of Saint Vincent de Paul are most grateful to all of you.

In contrast to national trends this year, donations to your local conference have increased and your generosity allows us to continue assisting people who are challenged on a daily basis to provide the necessities for healthy living. The cumulative adverse impact of the recession persists for many in our community some of whom require assistance from time to time.

If there is anyone in need who would like us to visit please phone **01 855 0022** to arrange for two of our members to meet you.

We would like to assure you that confidentiality is guaranteed and your affairs will remain private.

Once again we sincerely thank you

Maynooth Conference
St. Vincent de Paul

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Manipulative Behaviour

Public awareness has been raised by media attention to the occurrence of bullying in recent times. Bullying is about the abuse of power, and can develop in any context in which human beings interact with each other. The aim is to impose domination over another and can be so subtle and shrewd that those of us who fall victim can completely miss the fact that we are being very cleverly controlled.

Most of us are forthright in our behaviour and we like to think the best of others, but there are those of us who will do whatever it takes to get what they want. They will always give an innocent reason for their actions and are motivated by the prospect of winning any social interaction. This manipulative behaviour is by definition an attempt to influence someone else's actions.

There are a number of characteristics that define a manipulating personality. We are all familiar with 'The Martyr'. This person behaves as though they are being considerate to others but in fact are just mixing up considerateness with a need to be significant. They are also expert at laying the 'guilt trip' at your door, telling you that you 'should' rather than allow you stand up for your own values and needs.

Another and probably more dangerous is 'The Narcissistic' personality. This is characterized by feelings of self importance and a sense of entitlement. They also have a very strong need for admiration. They feel superior and believe others envy them, always pointing out others downfalls to boost their own egos. They can be very arrogant in their attitude towards others, showing complete lack of empathy should their feelings not be adhered to. A manipulative person will respond badly if they don't get their own way, often lashing out with fits of anger that can easily turn to physicality. A manipulative person can be deceitful and dangerous causing the victim to 'give in' because they will be aware of the outcome if they do not.

Should you be unfortunate enough to have to deal with somebody like this, the important thing is to stand your ground. Don't enter into an argument with them because they thrive on this situation and are expert at turning the tables and becoming the victim.

Be firm, know your own limits, make them clear and don't be a doormat for anyone who likes to control.

By: Cora Tolan

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Community Council Notes

The first meeting of 2014 took place in the Glenroyal on 13 January.

Condolences were expressed to the families of Trevor Reilly and Nurse Hyland.

Trevor Reilly was a great supporter of the Community Council providing the space needed for the first Community Council office. He was described as a true gentleman and was due our respect. Nurse Hyland touched the lives of so many families in the locality and was commended for her many years of service to the people of Maynooth.

The Chair reminded the meeting that Maynooth Community Council's objective is to serve the community and those members are very welcome to come and represent their association and to get involved in community events/issues/projects across the board. The MCC is less about members coming on board to represent one issue for the duration of that issue only. It is about being interested in the community as a whole.

Matters arising –Maynooth Schools Group
There was strong criticism from the Secretary of the Maynooth Community Council regarding the School's facebook page. Erroneous comments were aimed at a member of the Executive about MCC and the proposed new secondary schools. The Secretary stated that the comments were nasty and bordered on libellous as well as being totally untrue. The Executive took the unprecedented decision to write an open letter to the *Liffey Champion* before Christmas which it published and which outline and clarified MCC position in relation to the matter. The Executive has always been a supporter of the MPPS with some members having a close association with the school down through the years. An assurance was given that the comments would be removed.

The update is that the Schools Group and four representatives will meet the Minister for Education and the Taoiseach in the Dáil in the next few days. The item will be on the agenda for the next meeting. Fundraising and Finance

The events Manager at Tesco has offered for the MCC and another Community Group (possibly the Scouts) to have two days of bag packing in the store. MCC will be the main beneficiary as a necessary fundraising activity. The second group will have a percentage of the takings. Community Groups interested are to contact John Doogan in the MCC office.

The Treasurer's Report was read and accepted. It raised the question of funding for the office. It is now costs more to run the office and employment scheme. DSP funding has dropped by 50%. PRSI, equipment, heating, electricity have all to be paid for. A New Community space has just opened up near the office. This replaces the one at Manor Mills. Tesco's have provided the space rent free as was agreed at the time of the expansion of the store. Kildare County Council looks after its running costs. Groups wishing to meet and use the space much pay a fee of €10 per hour. There has been a good amount of interest in the space to date. It will be managed slightly differently than before. Please contact John Doogan in the office for more information.

The financial situation is being very carefully monitored. The responsibility of members in relation to the finances was clarified. Members are always kept informed. The MCC is a limited company since 2001 and therefore its members are protected and not personally liable should anything go awry. The accounts are audited annually and there are also spot checks throughout the year. It was pointed out that the Company returns go in every year as well. MCC is no longer in a position to offer modest start up funding for new sub-groups which it did in the past. Any new subgroups must finance themselves completely. The

AGM meeting will require that there be an addendum to the constitution to make provision for the dissolution of a subgroup and how any finances are to be dealt with. Subgroups' insurance is covered by the MCC. Festival

Planning for the annual Festival is about to take place. No dates have been agreed so far. We are building on a good foundation from last year. It was thought to have the Festival in June if the Irish Open was to be in Carton which is now not the case. We would encourage all clubs and groups to get involved and welcome constructive criticism and most importantly hands on help. Maynooth Students' Union would be in a position to get more involved this year if it is in September as last year the lead in time for their involvement was short.

St. Patrick's Day Parade
Planning for the St. Patrick's Day Parade is well underway. Sponsorship letters etc have gone out. A MCC office staff member has been dedicated to the project. The St. Patrick's Day meeting will be held just before the MCC meeting in February. The question of marshalling especially where young children are present was raised. It was agreed that parents and adults looking after the children should marshal them for example the Educate Together School appoints a certain number of volunteer parents per group of children for the parade which works very well. Basically individual groups look after themselves. The idea of a theme for the parade was raised and will be brought up at the next meeting.

Sub-Groups

Maynooth Scouts have started back with a cub challenge in Celbridge and a Hostel weekend in March. They also had the peace of light ceremony at the masses at Christmas in Maynooth and Ladychapel churches.

Educate Together School had a successful Christmas concert. The fourth class had a display in the Young Scientist Exhibition for which they earned a prize. Most of the class went to the RDS. The school had their first interschool competitions – Olympic Handball. The full school review was published which showed strong parental participation. Sixth class visited a TCD science laboratory.

Tidy towns It was a disappointing result for Maynooth in the IBAL rating. Some possible explanations were that it was taken in October when there is less day time for Tidy Towns volunteers to be active. Secondly, it was the approach roads to the town that appear to bring down the rating. This is unfair to the TT as the work and commitment given to the town itself is second to none and approach roads and their condition is the remit of the County Council. The TT was commended for all their work in Maynooth.

The Maynooth History Group will have a memorabilia night in the Glenroyal Hotel on Thursday 23 January. People were invited to come along and to bring an artefact, document, domestic item, coins etc with links to history

The MSU hope to expand the student visits to other nursing homes in the Maynooth area in the next few months. A pilot project was begun in the first semester and was very successful. Manor Cabs were thanked for taxing students to and from the nursing home.

Community Church Keith McCrory recently visited the Kennedy Centre at NUI Maynooth and expressed his congratulations to the work of the Institute. Established in 2012, the Institute honours the late Senator Edward M Kennedy for his lifelong commitment to justice, equality, human rights, education for all and environmental protection and in particular for his contribution to the Northern Ireland peace process. It has a high level of engagement with the wider community including key practitioners and

organisations active in the practice of conflict intervention.

AOB

There will be a Ciorcal Comhrá in the Community Library at 11am on the 21 January. Encouragement expressed for all to come. Membership of the Maynooth Community Library is now free and that includes use of all its facilities.

The student melee in the street before Christmas was raised. This was the result of a student "Christmas day" celebration just before the end of the semester. Alcohol consumption began early in the day. Serious concerns were raised at the meeting about the dangerous behaviour of the students both to motorists and to themselves. The behaviour was described as quiet intimidating. There was no garda presence which one would have thought that there should be given the large numbers of students present in the street. There did not appear to be any coordination between authorities in the university and town given the large number of people in the area. Not all were NUI Maynooth students it has to be said. Students from other colleges also attended and this kind of drink tourism can give rise to potentially dangerous situations for everyone concerned. It was observed that there appears to be a push to drink before one goes to a venue. It was pointed out that it is illegal to consume alcohol outside. It was noted that the President of NUI Maynooth apologised to the town and that MSU took a strong stance on the matter. The President of MSU reported that he a number of student volunteers were out early in the following morning cleaning the streets most of which was done by 9am.

Hotel Scam

You arrive at your hotel and check in at the front desk. Typically when checking in, you give the front desk your credit card (for any charges to your room). You go to your room and settle in. All is good. The hotel receives a call and the caller asks for (as an example) room 620, which happens to be your room. The phone rings in your room. You answer and the person on the other end says the following: 'This is the front desk. When checking in, we came across a problem with your charge card information. Please re-read me your credit card number and verify the last 3 digits numbers at the reverse side of your charge card.' Not thinking anything wrong, since the call seems to come from the front desk you oblige. But actually, it is a scam by someone calling from outside the hotel.

They have asked for a random room number, then ask you for your credit card and address information. They sound so professional, that you think you are talking to the front desk. If you ever encounter this scenario on your travels, tell the caller that you will be down to the front desk to clear up any problems. Then, go to the front desk or call directly and ask if there was a problem. If there was none, inform the Manager of the hotel that someone tried to scam you of your credit card information, acting like a front desk employee. This was sent by someone who has been duped.....and is still cleaning up the mess.

Know Your Rights

Know Your Rights A: Invalidity Pension changes

Question

I am getting Invalidity Pension. Will my payment be increased when I reach 65 years of age later this year?

Answer

No. As a result of changes announced in Budget 2014, the higher payment at age 65 is no longer made.

Invalidity Pension is a weekly payment for people who cannot work because of a long-term illness or disability and who are covered by social insurance (PRSI). From 2 January 2014, in line with the abolition of the State Pension (Transition), the higher weekly Invalidity Pension rate of €230.30, paid when claimants reached age 65, has been discontinued. Previously, at age 65 the rate of payment increased to the same rate as the State Pension (Transition).

The rate now payable to people aged 65 (and under) is €193.50 per week. This change applies to those claiming Invalidity Pension who reach their 65th birthday on 2 January 2014 or later. Existing 65-year-old claimants are not affected by the change.

People who are getting Invalidity Pension (existing and new recipients) will continue to be automatically transferred to State Pension (Contributory) at age 66 and they will then receive a weekly rate of €230.30.

There is also a change to the weekly rate payable to some qualified adults of those claiming Invalidity Pension. For those qualified adults who reach their 66th birthday on or after 2 January 2014, the weekly rate payable has been standardised at €138.10 per week. Existing qualified adults who reached the age of 66 before 2 January 2014 are not affected by the change.

Know Your Rights B: Applying for a driving licence

Question

I heard that you no longer apply to the motor tax office for your driving licence. Where do you apply?

Answer

Since October 2013, you have to apply to the National Driver Licence Service (NDLS) when applying for a driving licence or learner permit. The NDLS has a network of centres throughout the State.

The first time you apply to the NDLS (whether it is a new application or a renewal) you must attend in person at an NDLS centre to have your photograph taken and your identity verified. Your signature will also be digitally captured.

As well as the completed application form, the fee and any other required documentation, you will need to bring documents with you that confirm you are the person who is applying for the driving licence or learner permit. If you currently have an Irish driving licence or learner permit, you will need to bring the

licence or permit and evidence of your PPS Number. If you do not have an Irish driving licence or learner permit, you will need to bring photographic ID, proof of your residency entitlement, evidence of your PPS Number and proof of address.

Your new licence or permit will be posted to you. The next time you apply you will not have to visit an NDLS centre as your identity will already have been verified. You can choose either to continue to use the photograph taken in an NDLS centre previously (if this is less than 5 years old), or submit 2 new passport-style photographs that meet the required standards.

Application forms for driving licences and learner permits are available from NDLS centres, driving test centres, driving theory test centres and Garda stations. They can also be downloaded from ndls.ie.

Know Your Rights C: Rights of ferry passengers

Question

I recently travelled to Britain by passenger ferry, however, we arrived 3 hours late. Am I entitled to compensation?

Answer

You may be entitled to compensation, depending on the circumstances. Under EU legislation you have rights similar to those of airline passengers.

For example, if the departure of your passenger ferry is delayed or cancelled, you must be informed of the situation as soon as possible and no later than 30 minutes after the scheduled time of departure. If the departure is expected to be cancelled or to be delayed for more than 90 minutes, you should immediately be offered a choice between re-routing to your final destination and a refund of the ticket price.

While waiting, you should be offered snacks or meals free of charge, in reasonable relation to the waiting time. Also, if a stay of 1 or more nights becomes necessary, you must be provided with adequate accommodation free of charge. However, you are not entitled to accommodation where the cancellation or delay was caused by weather conditions endangering the safe operation of the ship.

While still being entitled to travel, you can request compensation if you are facing a delay in arriving at your destination of at least:

- ◆ 1 hour in the case of a journey of 4 hours or less
- ◆ 2 hours in the case of a journey of between 4 and 8 hours
- ◆ 3 hours in the case of a journey of between 8 and 24 hours
- ◆ 6 hours in the case of a journey of more than 24 hours

The minimum compensation is 25% of the ticket price, 50% if the delay is more than double the time set out above. You are not entitled to compensation where the cancellation or delay is caused by dangerous weather conditions or by extraordinary

circumstances which could not have been avoided, such as a natural disaster.

If you feel that your rights have been denied, you should submit your complaint to the ferry company within 2 months of your trip. If you are dissatisfied with the response to your complaint or you did not receive a reply within 1 month, you can make a complaint to the National Transport Authority. Further information is available from the Citizens Information Centre below.

Know Your Rights D: Medical cards for over-70s

Question

I am 72 years of age and I think I may be eligible for a medical card. How much income can I have and still qualify?

Answer

To qualify for a medical card from the Health Service Executive (HSE), your weekly income must be below a certain figure. The assessment of a couple for medical card purposes is based on the age of the older person.

Since 1 January 2014, the weekly income guidelines for medical cards for people aged over 70 have changed. The gross income limit for the over-70s medical card is €500 (was €600) for a single person and €900 (was €1,200) for couples.

Your total income is taken into account in the means test. There are no standard deductions allowable, for example, for income tax. Pensions, earnings, interest from capital and all other sources of income are included.

Savings or similar investments of up to €36,000 for a single person and €72,000 for a couple are disregarded. A notional rate of interest is applied by the HSE to the balance. Alternatively, the HSE will apply the actual rate if you provide a certificate of interest paid on savings in the last full calendar year. Property will not be assessed in the means test unless it is generating a rental income.

If your income is above the limit for a medical card, you may be eligible for a GP visit card. To qualify for it, your gross weekly income must not be over €700 for a single person or €1,400 for a couple. A GP visit card allows you to visit your family doctor for free.

If your income is over the above limits, you can still apply for the ordinary medical card or the GP visit card on hardship grounds, for example, if you would have difficulty meeting significant ongoing medical expenses without it.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

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

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Maynooth Tidy Towns

We thank all who bought Christmas Trees and Wreaths from Jim Doyle (Buckley's Yard) and for his donation to Maynooth Tidy Towns.

The last report from IBAL Irish Businesses Against Litter for 2013 was published in early January, see below. This has nothing to do with the National Tidy Towns competition, however it does provide an insight into how other people look at our town. The IBAL judging took place in the latter part of the year when Maynooth Tidy Towns activities are winding down. At time of writing we are about to hold our January meeting which by tradition deals with planning the Tidy Towns year ahead.

One for the diary, WEE Ireland will be in Maynooth Tesco Car Park on Saturday 29th March 2014 if you have any electrical goods for recycling.

If you require to contact us our mobile no. is 087-3153189.

Richard Farrell,

P R O

MAYNOOTH TIDY TOWNS



IBAL Results for Maynooth



Overall 2013 Result: 23rd out of 42 Towns / Cities surveyed. Clean to European Norms

Not as good as the previous result but still a very satisfactory result for Maynooth. There were three top ranking sites in Maynooth and the remainder were moderately littered i.e. there were no seriously littered sites. Many of the moderately littered sites could easily get the top litter grade with a little extra care and attention e.g. Main Street, Dunboyne Approach Road and Celbridge Approach Road. The two educational establishments both got the top litter grade – St. Mary's Boys National School and Maynooth College, North.

Approach from West: Grade B. There was a definite litter presence along this route into Maynooth – it was particularly pronounced along the stretch of road with a low brick wall. All of the litter present was food / drink related.

St. Mary's Boys National School: Grade A. A very clean and well maintained environment – there was a complete absence of litter throughout.

Dunboyne Approach Road: Grade B. A small scattering of litter took away from an otherwise well presented route – the road surface / markings and bollards and paving were in good order.

Public Park: Grade B. (park is parallel to the main street). Based on the evidence, it would appear that this park is sometimes used as a 'drinking' venue. The overall appearance is somewhat in need of attention.

Main Street: Grade B. There was loose litter along this street – with a little extra care it could be a top ranking site. The paving, bollards, seating and bins were in good order and the brick work on old buildings is a lovely feature of the street.

Aldi: Grade A. This was an excellent site – clear of all litter and well presented and maintained.

Recycle Facility: Grade B. As well as loose litter around the base of the bottle bank containers there was discarded cardboard and some to the side of the containers. Bottle tops were also pronounced.

Maynooth College, North: Grade A. The very high standards obtained in previous IBAL Anti-Litter surveys have been sustained. This was a spotless campus – clearly it is a very well respected and cared for environment.

Maynooth Train Station: Grade B. (off Straffan – Celbridge Road). The platform and surrounding environs were clear of litter but there was a small litter presence around the perimeter of the car park – cans, fast-food wrappers and sweet papers.

Celbridge Approach Road: Grade B. An attractive route which passes through a residential area with plenty of mature trees, some grass and a square – some food related litter took away from this otherwise well presented environment.

North Kildare Chamber of Commerce Annual Business Breakfast with Guest Speaker Paddy Power

Annual Business Breakfast with guest speaker Paddy Power sponsored by Dooley Insurances
Wednesday 19th February 7.30am
Venue: The K Club, Straffan, Co Kildare.

Paddy Power is Director of Communications for Paddy Power plc, one of Europe's largest bookmakers and a leading provider of gaming services in the UK, Australia and Ireland. Founded in 1988 Paddy Power is a publicly quoted company and is listed on both the Irish and London stock exchanges.

Paddy is the latest in a long line of bookmakers carrying the Power name which can be traced back to Paddy's Great Grandfather, Richard, who became a bookmaker in the 1890s. In the first six months of 2013 the company turned over more than €3 billion and continues to go from strength to strength.

Paddy is an honours graduate of Dublin City University and has worked in all facets of the business including odds compilation, risk management, operations and marketing. He is now responsible for the company's Communications strategy.

Pre Booking Essential by contacting Allan in the Chamber office on 045 894074

EXPLORING MAYNOOTH

Extracts from a book called Exploring Maynooth which was jointly published by Maynooth Local History & Civic Forum and Maynooth Action Strategy, a self guide walks to facilitate residents of, and visitors to, Maynooth in exploring the history of the town and its environs.

THE TOWN WALK (An eighteenth-century inheritance)

Summary: This walk starts and ends at the gates of Carton Avenue, proceeds to the Square, the Harbour, the College and Castle vistas, and through the distinctive laneways of old Maynooth. - **Distance:** 1 km. **Walking Time:** 0.5 hour. **Terrain:** Footpath and tarmac surfaces

We begin at the gates of Carton Avenue (1) which leads to one of the entrances to Carton House and estate. Beside one of the pillars of the avenue gates is a stone tablet erected in 1998 commemorating the bi-centenary of the 1798 rebellion. Facing the gates the building (2) to the left was until recently the convent of the Presentation Sisters who came to Maynooth in 1823. They acquired the old Charter School, built in 1749 for the education of Catholic boys in the Protestant religion and closed in 1819. The sisters opened a primary school and built their convent on its grounds in the 1820's. Here generations of Maynooth children were educated. The convent was sold in 1994 and developed into apartments, but the school continues in the new building (3) nearer to the avenue.

Maynooth originally developed as a medieval settlement around the Fitzgerald castle (4) but the town we see today was completely remodelled in the mid-eighteenth century by James, 20th Earl of Kildare and from 1767 first Duke of Leinster, and some of his wealthy tenants such as Peter Bere. The Fitzgerald family had left Maynooth Castle in the mid-17th century and returned to live in Maynooth at Carton House in 1739. As was the fashion for wealthy landowners at the time when they developed the house and demesne they proceeded to the development of the estate town. The new layout centred on a broad Main Street between two rows of two storey slate roofed dwelling houses in alignment with the avenue leading to Carton demesne. This street pattern remains virtually unchanged to this day. Main Street is lined on both sides by lime trees as it was in the eighteenth century.

Proceed down Main Street noting that the 18th century houses have been retained or new developments largely built to the same design. On the right you pass Ua Buachalla's shop, owned by the family of Domhnall Ua Buachalla who led a contingent of Maynooth men into Dublin to take part in the 1916 rising and later served as the last governor-general of the Irish Free State.

Halfway down the Main Street on the left is the Square (5) which was a main feature of the 18th century development as a market square with a market house in the centre. By the 1820's markets appear to have been discontinued and the market house was replaced by a courthouse where quarter and petty sessions were held. It was developed in the 1880's to serve as a town hall, with concert and meeting rooms. The building was burned down during the independence campaign of 1919-21 and the ruins were later demolished. Kildare Co Council developed the present square in 1995 and the monument (6) was erected in 1996 to the memory of the Maynooth volunteers who fought in the Easter Rising of 1916.

Just beyond the Square, on the left, is the Leinster Arms (7), today a hotel and public house. It was built as a ballroom during the eighteenth century development and the adjoining building (8), now a private house, was an inn. Wolfe Tone of the United Irishmen and his bride, Matilda Witherington, spent their honeymoon in Maynooth in 1786 and folk tradition says they stayed at this inn.

Continuing down Main Street, we come to a cross axis at right-angles to the Main Street. This is also part of the 18th century development and was built between 1788 and 1799. Turn left and walk into Leinster Street (9). On the opposite corner is the Garda Síochána Station (10) built in the 1920s. The previous Constabulary Barracks was burnt with the courthouse during the war of independence. Leinster Street was originally called Canal Street as its function was to give access to the new Royal canal (11). The canal itself was built in the 1790s, and intended as an arterial waterway for the carriage of passengers and freight between Dublin and the Shannon. Its project line was altered at the behest of the Duke of Leinster to include Maynooth. It proved to be of limited commercial viability, but later provided a line for the railway to the west which was built in the 1840s by the Midland Great Western Railway Company. Some few hundred yards along Leinster Street on the left is Geraldine Hall (12), built in 1859 as the Church of Ireland school and later added to as a community hall. Straight ahead is the Duke's Harbour (13), recently carefully restored by the Royal Canal Amenities Group and now being developed for a range of leisure activities.

Returning to the bottom of Main Street, turn left and cross the bridge over the Joan Slade which flows into the Lyreen. This bridge is part of the 18th century development and replaced a former bridge further south. On the right are the ruins of the late twelfth or early thirteenth century castle (4). This was the main castle of the Fitzgerald family who were one of the first wave of Normans to reach Ireland in 1169. Around the castle the village of Maynooth seems to have first developed. A weekly market was established in this area in 1286. The Fitzgeralds became one of the wealthiest and powerful families in Ireland. In the late 15th and early 16th centuries, as Earls of Kildare, they regularly served as Chief Governor of Ireland (Lord Deputy) in the name of the English kings. They eventually fell foul of the centralising policy of the Tudor monarchs in the 1530s. It was later restored to the Fitzgeralds but they had lost their former political power. The castle was dismantled and left in ruins during the wars of the 1640s and was never lived in again.

Opposite the castle on the corner of Parson Street (14) and situated within the college grounds is the Church of Ireland parish church of St. Mary's (15). The original castle chapel stood on this site. It was redeveloped in the early 16th century as the collegiate church which might well have developed into Ireland's first university. However, the political upheavals of the Reformation period and the fall from power of the Fitzgeralds ended that. It has been renovated and extended many times over the centuries. Parson Street predated the new developments but new houses were built in the 18th and 19th centuries. These included the Glebe House or Church of Ireland rectory (16) which may have been built around 1726. Rev. Gregory Benjamin was rector from 1718 to 1742 and Rocque's map of 1757 shows an orchard, named Gregory's Orchard, directly opposite the gates of this house in the present grounds. Entrance to this orchard was by means of a bridge over the Joan Slade river, sadly no longer in existence. You will see that opposite the middle of the terrace the Joan Slade does a vanishing act by disappearing beneath the roadway and terrace to emerge through attractive lawns and eventually flow into the Lyreen river alongside Kavanagh's Mill.

Return to the entrance to St. Patrick's College and the south campus of the National University of Ireland, Maynooth (17). The location of the College in Maynooth can also be attributed to the 18th century development of the town. Under the threat of the French revolution the English government permitted and funded a Catholic seminary for the training of priests, something previously illegal. The second Duke of Leinster made the recently built Stoyte House (18) available and here the College opened in 1795 with 40 students. It grew rapidly and over the years it has sent priests all over the English-speaking world as well as to Irish dioceses. The opening of the College in 1795 and its steady growth was of important economic significance to the town as it provided employment for a range of trades people, tailors, shoemakers, sewing women, washerwomen, cooks, carpenters, suppliers of various goods and so on. Seminarians purchased supplies outside the front gates of the college and, until Vatican II, local children gathered on the green to receive blessings from the newly ordained priests. Today there are two universities, the Pontifical University which awards degrees in Theology and the constituent university of the National University of Ireland which awards degrees in Arts, Engineering and Science. The vast majority of today's students are lay men and women and a large new campus, the north campus (19), has been developed on the north side of the Kilcock road.

Return across the bridge and turn left into Mill Street (20), built in the late eighteenth century development, to carry the main road to the west. In previous times the main road had crossed the Joan Slade stream to the market place in front of the castle ruins. Here it turned right, went through the castle gate, across the grounds and out by a bridge over the Lyreen and onto Kilcock and the west. Now the road to the West turns right along Mill Street, over the Lyreen by William Bridge, and then turns sharply left to join the old road to Kilcock road. Originally called Bridge Street, Mill Street got its present name from the Manor Corn Mill (21) situated on the banks of the Lyreen river from which it drew its mill race. There had been a mill on this site since medieval times. An old tradition asserts that the back wall of the manorial mill was the front wall of the castle mill.

Since the middle years of the nineteenth century the mill has been associated with the Kavanagh family. An interesting link with the early days is the old mill wheel now standing in the mill yard. Built c.1850 by Thomas Smith millwright of Celbridge, it was installed in the millrace, and continued to power the grinding mill until well into the twentieth century. Further along Mill Street on the right is the Catholic parish church of St Mary (22). It was built between 1835 and 1840 in a prominent position on rising ground, as the church was emerging from the penal days and beginning to assert itself.

Return across William Bridge and turn left into Pound Street (23), named after the old pound (24) or enclosure for straying animals. The row of two storey houses on the left was built in the early nineteenth century. Just beyond these we come to the Band Hall (25). It was built around 1750 as a Catholic Chapel with adjoining priest's house when they were sited in inconspicuous locations because of penal laws. When the new Catholic Church was built, the Chapel became the Catholic boys' school and a national school from 1844, and the house became the schoolmasters' house. A new boys' national school (26) was built near the church in 1943 and the old chapel then became home to St. Mary's Brass and Reed Band. Beside the Bandhall is an open green. Continue up Back Lane (27). Pound Street and Back Lane, formerly called Chapel Lane are both part of the eighteenth century development of Maynooth. They appear on maps 1773 and 1781 which also show rows of smaller houses behind the north side of the Main Street along Convent Lane (28), Leinster Cottages (29) and Double Lane (30). Turn right at the top of Back Lane. The houses on this part of Convent Lane were built in the early nineteenth century. This brings us back to Carton Avenue. (See map on page 11)



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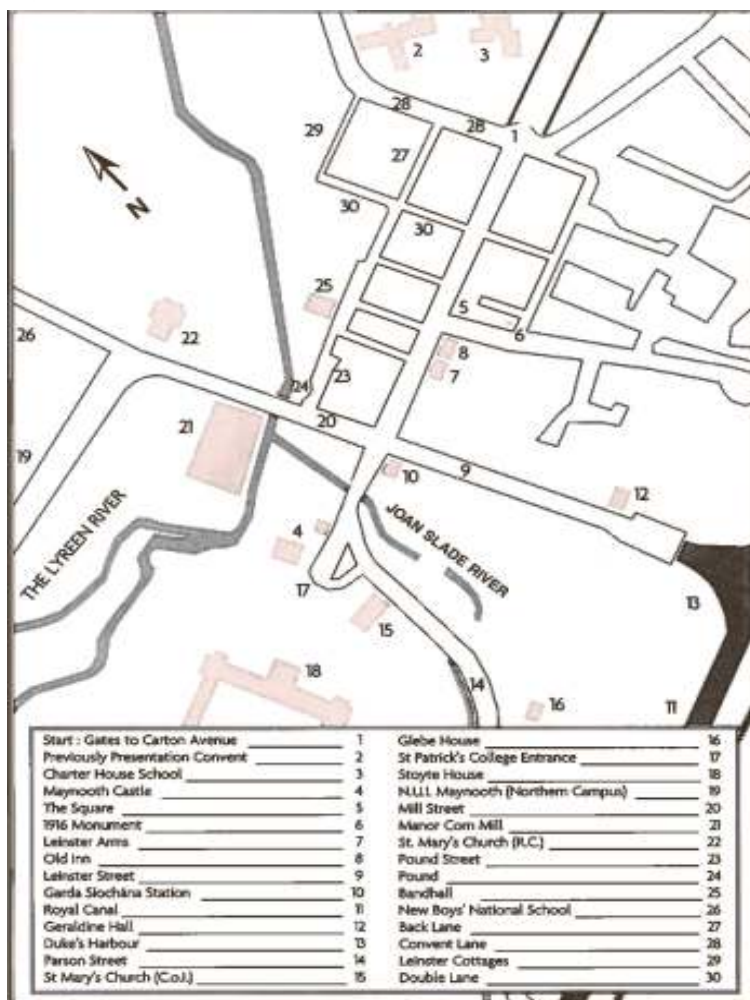
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As springtime dawns, and the bright evenings are beginning to make an appearance, you may find it that bit easier to make time for exercise after your busy day. With New Year's resolutions still fresh in your mind, now is a great time to get fit and healthy. After all, if you don't look after your body, where are you going to live?

The best way to make sure you are on the right track is to book a fitness assessment and program with a qualified fitness instructor. A good gym instructor will be able to tailor an exercise plan that incorporates both aerobic and resistance training to help you achieve the results you desire.

Examples of resistance training include:

- Free weights – such as dumbbells, barbells and kettlebells
- Weight Machines – equipment found in the gym containing adjustable seats with handles attached to weights
- Resistance bands – like giant rubber bands which provide resistance when stretched.
- Your own body weight can also be used as resistance to do squats, push-ups or chin-ups.

Including resistance training in your routine has many physical and mental health benefits:

- Improved muscle strength and tone – to protect your joints from injury. It also helps you maintain flexibility and balance and helps you remain independent as you age.
- Weight management and increased muscle-to-fat ratio – as you gain muscle tissue, your body burns more calories when at rest
- Greater stamina – as you grow stronger, you won't get tired as easily
- Prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity
- Pain management
- Improved mobility and balance
- Improved posture
- Decreased risk of injury
- Increased bone density and strength and reduced risk of osteoporosis
- Reduced body fat
- Improved sense of wellbeing – resistance training can boost your self-confidence, improve your body image and reduce the risk of depression
- A better night's sleep and avoidance of insomnia
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At age 39 and already having a 13 year old daughter and an 8 year old son you can imagine Michelle's surprise to discover she was pregnant. This time however, the joy of being pregnant was tinged with the knowledge that the weight was going on much easier than her previous pregnancies. Michelle remembers saying to herself "once I have the baby I'll get stuck into losing the weight". Following the birth of baby Mia, Michelle says "the delights of my new baby were overshadowed as I felt frustrated and unhappy with my size, and as many of us know amongst sleepless nights, a new born baby and 2 growing children, losing weight is never top of your list".


After struggling for a few years and trying many different ways of losing her baby weight Michelle decided it was time to get some help and she went along to her local Slimming World group, she lost 4.5lbs on her 1st week and was shocked as she couldn't believe how much food she had been eating all week. She had cooked all the family favourites like chicken curry, roast dinners, spaghetti bolognese and they'd even had a fry on Saturday morning not to mention Slimming World chips.

This really was only the start for Michelle, and after losing 2 stone and fitting back into her old size 10 jeans she decided she would love to help others lose weight and spread the news about Slimming World and let others know how you could eat yourself slim. She opened her 1st group in Kilcock in March 2012 and then a 2nd group in Clane that November and now has over 340 members visiting her groups every week. "I am very proud of my members" says Michelle "they have lost amazing amounts of weight, many celebrated Christmas 2013 feeling absolutely amazing and thrilled with their new look and how they have improved their health, to be involved in changing members lives is a dream come through for me".

Michelle has now been promoted in Slimming World and has already started training as a manager and with this role she will be helping other consultants to have really successful groups and help even more people all over Ireland to get to their dream weight.

Contact Michelle on 087 2470716

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|--------|-------------|---------|---|
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| 12-Jan | 18,19,21,26 | €2,450 | David Mc Cormack - Emer Darcy - Anne Naughton |
| 19-Jan | 2,17,22,23 | €2,500 | Mary Murray - Slim - Mick Mc Govern |

Editorial

Although it had been a number of weeks now, it is important to mention and to remember the death of Nelson Mandela. Ar dheis Dé go raibh a anam.

Just when one feels that there cannot be more scandals to unearth in this little country the Uisce Éireann overspend emerges. Then the possibility that the Gardaí are guilty of wiping penalty points. But even worse, and more disturbing, are the payments at the Central Remedial Clinic. Half of the voluntary fundraising of one year was given as a pension to one individual. Now there are questions about Rehab who cooperated with the CRC in certain fundraising efforts. This is frightening and disgusting to those who have given to the Clinic but it is an insult and a slap in the face to the collectors, the workers and the parents and children who use the service. There is the possibility that all charities will suffer at a time when people have little to give and may use this as an excuse to stop contributing completely. It also raises the uncomfortable subject of the number and the function of the charitable organisations in Ireland that seem to multiply without control over the decades. Perhaps this will give the State the opportunity to examine them and what they do and whether they are needed. The fact that a regulator will be appointed would not fill one with confidence; the history of regulation in this country is not exactly sparkling. But there is no doubt that the State should be taking responsibility for many of the areas that these 'charities' control. This raises the question again of the quality of leadership and of governance that exists here in Ireland and elsewhere. It also raises another question: are we, in Ireland, actually capable of governing ourselves? Nearly 100 years after the Easter Rising look at the state of our State. There is still a colonial attitude; that 'them' (whoever they are) and the 'us' as if we were still a colonised nation. We seem to need to fool 'them' and to steal from 'them' and take money from 'them' but have we completely forgotten that 'them' are 'us' (forgive the grammar)? Our entire psyche has been destroyed by our past and our subservience to our 'masters'. Once more, perhaps we should consider the Commonwealth? Or even a return to the United Kingdom? Would we have the M3 if we had never left? Would we still have Wood Quay? Would we still have our Georgian building? We will never know but could we be worse? We might even have more support for the Irish language? Let's face it: despite all protestations we are not 'a great little country'. The church, the child sex issues? All the other scandals?

There is also a frightening sense of entitlement that brings to mind the 'You're worth it' message of a certain ad campaign. However, in most of the recent cases, the people who are receiving these payments are definitely not worth it. It may indeed reflect the Peter Principle; that people are often promoted beyond their abilities, instead of

allowing them to continue in a position in which they excel, they are promoted to another and different position. Then they are disastrous. Perhaps, as a nation, we need to learn some management and people skills: less bullying and less entitlement. All the media, the old-fashioned and the new, are screaming about 'them' as well. But those people who are taking money from the system are not 'them' they are also 'us'. These people did not grow up on some foreign planet or island, they grew up beside us, they are us and they come from our towns and villages. There but for bad luck goes 'us' – we just didn't manage to get a job that would allow us to live like that. How many people in this country would not take as they do if they could? Gombeenism is alive and well and after 100 years there seems little of no way to stop it.

Educational matters have loomed large in Maynooth over the Christmas period and The Newsletter did not have an opportunity to participate. Over the last number of years, this publication has published and republished the letters, invitations to meetings, comments and editorials on the future of second-level education in the town. The planning application for the 2 schools on the Moyglare Road has not been welcomed by Kildare County Council; they require many clarifications, mainly concerning traffic and safety, the concerns also raised by the Newsletter.

More educational matters with the new junior certificate and the proposed renaming. But the Minister also needs to consider adding very basic skills to the primary and secondary school programme – grammar. Fifty years ago and more, children learned to parse and analyse sentences, they understood the difference between a noun and a verb, they even recognized prepositions, adverbs and adjectives. Perhaps they did not fully understand the concepts they were learning by rote but at a later time we were able to rationalise them and this understanding lasted a lifetime. The loss of Latin at post-primary and its grammar teaching has also contributed to the ignorance of this very basic educational tool. NUIM is taking the welcome and unusual step of reinstating the possibility of taking a BA in Greek and Latin. The Minister should also consider placing a greater emphasis on the provision of Irish heritage at primary and post-primary. Students know less about their past than they did fifty years ago and what they know is seriously inaccurate. International students never cease to be amazed at this ignorance.

Finally, and in the same vein, this year marks the 1000th anniversary of the Battle of Clontarf. It is getting a little lost in all the other events like the First World War but let us not forget it here and there will be more over the next few months. Most Irish people have heard of the event and even of Brian Boru but the facts are not known and, sadly, Brian's wife, famous in her day, has been completely forgotten by most of the Irish population.

February 1st is St Brigit's Day

This was originally a pagan, pre-Christian festival known as Imbolc, and the word is associated with milk and butter. There is also the word oimelc that may be associated with milk and milking. This festival may be connected with human sexuality as marriages in early Ireland tended to be made between mid-January and early March and the first children appeared between mid-October and February when sheep came into milk.

On the Continent, Caesar mentioned Minerva as patroness of art and crafts and she appears with such gods as Mercury and Vulcan, they are patroness of domestic arts, weaving, dyeing and healing and Brigit may be her closest Irish associate. The name is found throughout the Celtic areas and is said to mean 'the exalted one'. There was a British word Briganti latinised as Brigantia 'the exalted one' - tutelary goddess of the Brigantes. There are Gaulish and British inscriptions containing the name and she gives her name to rivers; Brigit in Ireland, Braint in Wales and Brent in England. She is one of the principal goddesses of the Celts but there appear to be neither illustrations nor any knowledge of any depictions that would identify her.

Reputedly, there were three sisters of this name in Ireland and Brigit is also mentioned as a daughter of the god Dagda (the good god). They are worshipped by poets, associated with healing and with the smith's craft in Ireland.

The Welsh chronicler, Giraldus Cambrensis (Gerald of Wales) who came to Ireland with the Normans, says that she and nineteen nuns took turns guarding a sacred fire burning perpetually surrounded by a hedge where no man could go. Brigit was the protector and tutelary goddess of the Leinstermen in battle like a war-goddess and concerned with political as well as economic well-being of the area. In this context, she performs as a goddess of the land, a sovereignty goddess as do so many others in early Irish literature.

When it became a Christian feast day it was marked particularly by the making of the Brigit's cross that is found in different shapes and sizes depending on the area in Ireland that it comes from. The cross was placed in the house and outhouses to prevent illness and cure sick animals. The brat Bhríde (Brigit's cloak) is also associated with healing. Even today, Brigit is venerated particularly in Kildare town and the nuns in the area have kept her name and memory alive. Kildare itself is a lovely place-name, combining the pagan and the Christian – the Kil- element means 'church' and the dara- element is the Old Irish for the oak tree originally associated with the druid class of early Ireland and England.



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Presentation of Medals and Awards in Maynooth GAA

A huge turnout in the GAA Club for the medals and awards for the Ladies Football U 13's, under 15's and Camogie Under 12's and 14's. The great work done by Managers and Mentors was acknowledged by all the teams and the presentations were met with great applause from the huge attendance of fans and parents. Everyone went home well fed and happy.



The Mentors: Séan Flood, Gary Cullen, and Alan Mooney show off their prizes



L/R: Eimear Mooney, Sile Flood, Edel McAndrew and Ruth Millen Under 13's Football Medal Winners



Some of the under 13's Camogie team with their medals and Manager Frank Ryan



Elaine Dillon on the left presenting Roisin Forde under 15's Footballer of the Year with her trophy

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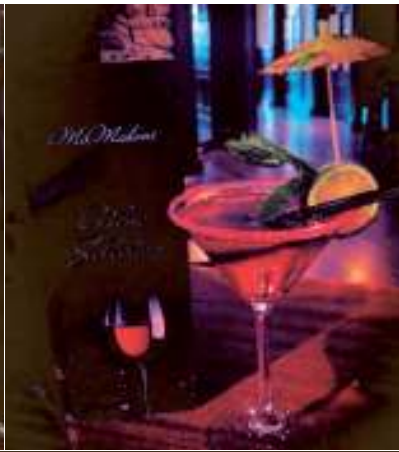
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**Copy Date for the March
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This poem has become an internet sensation. It was found amongst the belongings of an old man who died in a geriatric ward of a nursing home in Australia. The content and quality of the poem so impressed the staff that copies were immediately made and given to every nurse in the home. Since then it has appeared in many magazines. This old man, who seemingly had nothing left to give the world is now the author of this evocative poem which has touched the hearts of many across the world..

Cranky Old Man

What do you see nurses?..... What do you see?
 What are you thinking?.....When you are looking at me?

A cranky old man,Not very wise
 Uncertain of habitWith faraway eyes?
 Who dribbles his food.....and makes no reply
 When you say in a loud voice“I do wish you’d try!”

Who seems not to noticeThe things that you do
 And forever is losing A sock or a shoe
 Who, resisting or not Lets you do as you will
 With bathing and feeding The long day to fill
 Is that what you are thinking?.....Is that what you see?

Then open your eyes, nurse...You are not looking at me

I’ll tell you who I am.....As I sit here so still
 As I do your bidding.....As I eat at your will
 I’m a small child of tenWith a father and mother
 Brothers and sisterWho love one another
 A young boy of sixteen.....With wings on his feet
 Dreaming that soon now.....A lover he’ll meet
 A groom soon at twentyMy heart gives a leap
 Remembering the vows.....That I promised to keep
 At twenty-five now.....I have young of my own
 Who need me to guide.....And a secure happy home
 A man of thirty.....My young now grown and are gone

But my woman is beside me.....To see I don’t mourn

At fifty, once more.....Babies play round my knee
 Again, we know children.....My loved one and me
 Dark days are upon me.....My wife is now dead
 I look at the future.....I shudder with dread
 For my young are all rearing.....Young of their own
 And I think of the years.....And the love that I have known

I’m now an old man.....And nature is cruel
 It’s jest to make old age..... Look like a fool
 The body it crumbles.....Grace and vigour, depart
 There is now a stone.....Where I once had a heart
 But inside this old carcass...A young man still dwells

And now and again.....My battered heart swells
 I remember the joys..... I remember the pain
 And I’m loving and living.....life over again
 I think of the years, all too few.....Gone too fast
 And accept the stark fact....That nothing can last
 So open your eyes, people.....Open and see
 Not a cranky old man
 Look closer...see.....ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul with in. We will all one day be there too!

The best and most beautiful things of this world cannot be seen or touched. They must be felt by the heart.



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Maynooth Labour News

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

Cllr. McGinley Calls for Cycle Paths Proposals for Moyglare Road to be Fast Tracked

Cllr. McGinley submitted the following motion for the consideration of the Celbridge Area Committee:
 "That a report be given to the area committee on the consultants progress so far on the National Transport Authority funded North-South Cycle Route Corridor Study for Maynooth."

John was given the following reply:

"This scheme has been discussed internally with other departments in the Council. The next step is to agree a draft scheme with the NTA and then, in advance of a public consultation process, the draft scheme will be presented and discussed with the area committee. It is expected that a final draft scheme can be discussed with the area committee in March 2014."

Cllr. McGinley pointed out at the Area Meeting on 16 January that he understood that the draft scheme was ready now and that it was essential that the Area Committee consider it as a matter of urgency as the grant of Planning Permission for the schools at Moyglare Hall is conditional on a cycle path being provided on the Moyglare Road according to the Further Information request.

John pointed out that €100,000 was provided in 2012, €30,000 in 2013 and a further 30,000 is allocated in 2014 for this project by the NTA and that €160,000 was a hell of a lot of money for design purposes only.

Update on 66 Bus Extension to Newtown

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

That a detailed report be given to the area committee on the extension of the 66 bus service to Maynooth, addressing the following questions:

Have any other turning points, apart from the one at Parson Hall, been considered?
 When is the public consultation on the turning point and the closure of the pedestrian access at Parson Hall taking place?
 Are the traffic signals at the Straffan Road Meadowbrook Link Road junction going ahead independent of the bus extension? If yes, is there funding?
 Has funding been approved for the works to enable the bus extension to take place? When will the works take place?

John got the following reply:

Have any other turning points, apart from the one at Parson Hall, been considered?

No detailed examination of other locations was carried out. This location was favoured by both the Council and Dublin Bus as the Council owns most of the lands at this location. The other major landowner has no objection to works progressing at this location and a turning point at this location suits Dublin Bus' plans for future fleet movements.

When is the public consultation on the turning point and the closure of the pedestrian access at Parson Hall taking place?

Road Design Section had a site meeting with the Parsons Hall Residents Association at the end of 2013. It was agreed to send this group information on traffic counts, HGV and speed analysis carried out in November 2013 and additional information from Dublin Bus regarding proposed future bus routes. There is no statutory public consultation process required for this work.

With regard to the extinguishment of public rights of way, it was felt that it would be premature to progress this scheme in the absence of a firm decision regarding the bus turning point. However, it has also been noted that the Area Committee have requested this public consultation process to commence without delay.

Are the traffic signals at the Straffan Road/Meadowbrook Link Road junction going ahead independent of the bus extension?

extension? If yes, is there funding?

The proposed traffic lights at the Straffan Road/Meadowbrook Link Road junction are designed and are independent of the bus extension / turning bay works. There is no NTA funding for the supply and installation of these traffic lights for 2014.

Has funding been approved for the works to enable the bus extension to take place?

The Council has applied for NTA funding in 2014 for the bus turning bay works and KCC expect to get approval from the NTA for these works but this still has to be confirmed.

When will the works take place?

The progressing of the works is dependent on confirmed funding. The Senior Executive Engineer has offered to meet the members to discuss this matter in more detail if this would be helpful."

When Cllr. McGinley contacted the Senior Executive Engineer to arrange a meeting he got the following extraordinary response:

"Dublin Bus have not sent any details of their Bus Extension plans to KCC. We have raised the issue again with the NTA as we have received an allocation for building the turnaround facility on the Rathcoffey Road. Until Dublin Bus confirm their plans for the extension, our hands are tied"

It would appear as if sections of the Council are not on speaking terms with each other. Cllr. McGinley has demanded to know what else the Council wants from Dublin Bus as they have already agreed on the turning point location.

Maynooth Parking By-Laws Approved

The Maynooth Parking By-Laws were approved by the Full Council on 23 December. On Cllr. McGinley's proposal they will not come into force until the new car park adjacent to the existing public car park is open.

Update on Pikesbridge Road

Following representations from Cllr. McGinley the Area Engineer will make a case to the Senior Executive for gritting this busy road.

The Area Engineer carried out a survey of traffic on Pikesbridge Road from 12 to 14 November. According to the Area Engineer the speed in general was not excessive with 85% honouring the speed limit. However, this amounts to 370 cars per day as the volume of traffic was high at 2,500 per day. The Area Engineer has sent proposals on kerbing areas to give safe refuge for pedestrians to the National Roads Authority. He has also agreed to Cllr. McGinley request to have signs erected stating that the road is dangerous in frosty conditions.

Cllr. McGinley Asks for a Missing Light at Old Greenfield to be Replaced

Cllr. McGinley submitted the following motion for the consideration of the Celbridge Area Committee:
 "That a public light be erected at the entrance to Phase 2 Old Greenfield, Maynooth opposite house 757, to replace the one that was removed.

John got the following reply:

"The roads and transport department met with Airtricity on site in relation to the installation of a replacement light. The light that was knocked down was on a wooden pole with an overhead power supply. The replacement lighting column will be a steel pole and will have an underground supply. Supply options and locations are currently being assessed."

Cllr. McGinley Calls for the Island on the Straffan Road, at Greenfield Shopping Centre, to be Made Safe.

Cllr. McGinley submitted the following motion for the consideration of the Celbridge Area Committee:
 "Can the council mark the extremities of the railing surrounding the island on the Straffan Road, at Greenfield Shopping Centre, with reflectorised material in order to prevent cars from striking it?"

John got the following reply:

"This railing will be repaired in the coming weeks and reflective bollards will be installed."

Update on Farrell's Bridge

The Area Engineer has agreed to Cllr. McGinley's motion that the

wall on the Castle side of Farrell's Bridge be rebuilt in the interest of public safety.

Stagg Welcomes 12% Increase in Housing Adaptation Grants to Kildare Co. Council

Deputy Emmet Stagg has welcomed the announcement by his colleague Minister of State Jan O'Sullivan T.D. of an Increase of 12% in the level of Grants to Kildare Co. Council for Housing Grants for people with a disability, people with mobility issues and housing aid for the Elderly.

Deputy Stagg stated that the sum allocated to Kildare Co. Council was €2,183,796 which included a block grant from the Department of Environment of €1,819,830 and €363,966 from the Council's own resources.

I am pleased that the Minister has secured this increase stated Deputy Stagg which will allow more elderly people and people with a disability to stay in their own Community.

The Grants for people with a disability cover a range of measures such as downstairs extensions for bedroom/toilet facilities, access ramps, stairlifts, walk in showers, grab-rails, and in relation to the elderly cover structural repairs or improvements such as roofs/windows and rewiring. In conclusion Deputy Stagg stated that the grants were further good news for those requiring improvements to their homes and also for small building contractors who will see work emanating from these schemes and the Home Renovation Incentive Scheme.

€2.4 Million in Grants to Kildare Co. Council under Sustainable Transport Programme - Stagg

Deputy Emmet Stagg has welcomed the announcement today by his colleague Minister of State for Transport Alan Kelly T.D. of grants of €2.4 Million on a variety of footpath, cycle path and public transport projects in Co. Kildare.

The Grants include funding for works commenced in 2013 and completed in 2014 and also cover new projects.

Included in the List of Projects being funded are:

Completion of Traffic Calming on Maynooth Road, Celbridge and Signalizing Aghards Road Junction €280,000.
 Development of Bus Hub, Main Street, Naas - €250,000.
 Completion of Work at Kill at junction of Hartwell Road and Main Street - €150,000.
 Design of Cycle Networks in Naas - €90,000.
 Sallins Road Corridor Study - Naas to Sallins Train Station - €30,000.
 Design Work on Canal Towpath for cycling - Fingal Border to Maynooth - €70,000.
 Convent Lane, Maynooth - Improve Pedestrian Safety at Entrance to Girls National School - €80,000
 New footpath from The Square to the Canal in Kilcock - €70,000.
 Footpath Improvements - Ardclough Road, Celbridge - €80,000.
 Provide footpath along Allenwood Road, Prosperous - €100,000.

In relation to the Celbridge Bridge Study which is to look at Options for safety improvements on the Bridge a sum of €20,000 has been allocated. Deputy Stagg has pointed out to the Minister that the Council require €75,000 for this study and the Minister is raising this issue with the National Transport Authority. Similarly only €30,000 has been allocated for the provision of a Bus Turning Facility for the 66 Route on the Newtown Road, Maynooth, whilst the Council sought €110,000. Again the Minister is raising this issue with the NTA.

In conclusion Deputy Stagg welcomed the announcement of the Grants and he looked forward to work progressing on each of the projects.

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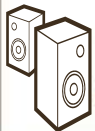
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**ASK SHARON THE
STYLIST!!**

"Even if you're on the right
track, you'll get run over if you
just sit there".

Will Rogers - American
Actor

**Question: "What do I wear when working
out and exercising?"**

It's late January and New Year's resolutions are in full
swing at the gym.

FACT:

Experts say psychologically, "we need special workout
gear to convince us it's time to work out!" We're always
looking for stylish gym wear that doesn't compromise
function and we're big on support and comfort.
Wearing flattering clothing can actually improve your
attitude about exercise and, thus, your motivation to
get out--and actually work out. There are lots of
different styles and colours to choose from to suit your
budget.

**SO NOT SURE WHAT TO WEAR: LET'S TAKE
THE FEAR OUT OF GYM WEAR.....**

Lower Body: Bottoms:

Shorts are very comfortable choices but some people
might prefer to wear stretchy track long pants.
Footwear: Go to a sports shop to be professionally
fitted for work out shoes, as it's important to wear
well-fitting shoes when exercising. Socks: Wear
cotton socks for exercise and working out and if
possible, wear socks that have a bit of extra padding in
the heel and toe area, where irritation is likely to occur
and are seamless, as seams can rub and irritate your
feet during a workout.

Upper Body: Tops:

T-shirts or sweatshirts are the way to go, especially if
they are made from a dry-fit or moisture wicking
material that will keep you nice and dry despite
sweating. Sports Bras are very important when
working out as they offer both support and comfort.

Miscellaneous:

Gym Bag, Towel, Water Bottle, Headband for females
with long hair, Weight lifting gloves to avoid
excessive callous formations on your hands.

Cold Weather Exercise:

When working out in the winter outdoors, layer
clothes to stay warm and wear a hat, gloves and neck
warmer to retain body heat also wear running or
walking shoes for these activities Keep safety in mind
and wear reflective clothing if you are running or
walking outdoors at night.

Please get in touch if you have any questions with
the above or if you would like to arrange something
more specific to your needs.

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Catherine Murphy Independent TD

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

Housing Crisis Looms Unless System is Changed

Catherine Murphy, Independent TD for North Kildare has once again highlighted the growing concerns surrounding the housing situation in North Kildare.

At the moment there are currently 5,454 people on the social housing waiting list in Kildare County Council, making Kildare the County with the fifth largest waiting list in the entire country. Meanwhile private rental rates continue to spiral, meaning that the vast majority of those receiving rent supplement are finding it increasingly difficult to secure accommodation within the limits.

"The numbers in need of housing in North Kildare are continuing to grow at such an alarming rate and every day I would deal with cases of families facing homelessness because their rent has increased beyond the limit of their rent supplement payment and they can't find alternative accommodation within the limits. We also have the problem of many landlords refusing to accept rent supplement."

"You will generally find that the areas with the highest numbers on the housing waiting lists are the areas with the highest rents in the private rental sector and this is certainly true of North Kildare. It is also generally the case that many of these areas are not the type of areas where you will find NAMA housing and therefore the idea that NAMA properties might alleviate the situation will not be true for many of the areas that are suffering most."

"We are already seeing the beginning of a homeless crisis for families and individuals and if the system is not changed as a matter of urgency the problem is going to worsen dramatically over the coming months."

Waste Water Treatment Plant Upgrades Must be Permanent and Workable

Councillors Anthony Larkin and Denis McCarthy of Leixlip Town Council have joined with Independent TD Catherine Murphy to call for a more permanent solution to the chaos created around Mill Lane as a result of upgrades to the sewage processing plant.

"The upgrade to Leixlip Waste Water Treatment Plant is necessary for the future growth of Leixlip and the extended hinterland of North Kildare and therefore is most welcome. We understand that it cannot be done without some disruption; however we have serious concerns regarding the dramatic increase in tankers delivering waste to the plant both currently and as the plant expands in the future. We believe an alternative solution – most likely an engineering solution – is possible as an alternative means of delivering the sewage without the need for industrial traffic using Black Avenue."

"Mill Lane and Black Avenue were never designed for the types of vehicles that are delivering waste to the plant and we question whether this was considered at all in the context of the upgrade and the viability of the plant. The quality of life of nearby residents as well as pedestrian and cycle safety is being compromised by the current traffic arrangements."

"In addition to the Treatment Plant, Black Avenue is also an established right of way and contains one of the entrances into St. Catherine's Park for both vehicles and pedestrians. Kildare County Council has neglected to include a proper and safe means of accessing the Black Avenue and St. Catherine's Park via the Black Avenue in the development plan for the upgrade of the

treatment plant."

"The car parking facility for St. Catherine's Park was specifically provided for, at this location, in order to facilitate access to the sports changing rooms and thus reduce the problem of cars using nearby housing estates to access the changing rooms. If the traffic plan for the Treatment Plant is not adapted, then we're likely to see an escalation in the problem of people parking in adjacent housing estates whilst accessing St. Catherine's Park."

"Kildare County Council together with Leixlip Town Council has now proposed to upgrade Silleachain Lane – which runs adjacent to Black Avenue – and while this upgrade is required, and welcome in its own right, we have major concerns that this will be seen by the Council as a permanent solution for pedestrian access to the park. The public, and residents of mill lane and Castle Park, are expected to walk up Silleachain lane through St Marys Park, Avondale and Glendale in order to access St. Catherine's Park or Black Avenue

"It is also worth noting, that on the initiative of Cllrs Larkin and McCarthy, Leixlip Town Council recently agreed to spend its remaining €300,000 fund – accumulated over the years as a result of thrifty spending – on three major projects ; the completion of Rowntree Park (alongside the Liffey behind the Courtyard Hotel); improvements to the Wonderful Barn and the implementation of a safe routes to school initiative to facilitate the schools in the area and now €30,000 will be taken from this fund for these vital projects and used instead for the proposed upgrade of Silleachain Lane."

"We believe that if the Shilleachain Lane upgrade is linked to the upgrade of the sewage treatment plant then this €30,000 should have come from Kildare County Council funds. We are also clear that the upgrade to Silleachain Lane, however funded, should not be used as a permanent solution to the problems caused by industrial traffic accessing the treatment plant."

THE MIRACLE PRAYER

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

Ciorcal Comhrá

Ar mhaith leat do chuid Gaeilge a chleachtadh agus páirt a ghlacadh i gCiorcal Comhrá?
Beidh Ciorcal Comhrá ar siúl gach maidin Dé Máirt ag 11.00 i.n. ag tosnú ar 21ú Eanáir 2014

Irish Language Conversation Group meets on Tuesdays 11.00 am – 12 noon.
This is an informal group for adults who would like to meet on a weekly basis to use and practice their conversational Irish. First meeting takes place on Tuesday 21st January
Buail isteach agus bain uasáid as do chuid Gaeilge
Contact Maynooth Library on 01 6285530 or email maynoothlib@kildarecoco.ie

Dear Editor,

A group has been set up in Maynooth to honour the participation of 15 local men in the Easter 1916 Rising. As such, we are in the process of organising a parade for the centenary of the event in 2014. If any surviving relatives of these men wish to be present as guests for the centenary parade we invite them to contact us at this address
maynooth1916@outlook.com

We would like to emphasise this event is completely non-political.

Thanking you,

The Maynooth 1916 Centenary Committee

Maynooth Senior Citizens Committee

With 2013 and the dullest month of 2014 out of the way we can all look forward with hope. Longer days, bright fine evenings and a long hot Summer, well, that's where the hope kicks in.

Our club is in full swing now and our next event will be the Post Primary School Musical and I have no doubt that it will be a very entertaining evening as usual. Then on Feb 16th we will have our Valentine's Tea-Dance, so dust off your dancing shoes and give your heart a lease of life as there will be a prize for the most romantic couple on the day. We don't usually have a Tea-Dance in March but this year we thought we would push the boat out, so that will happen on March 16th and maybe we will all turn into Leprechauns given the weekend that's in it.

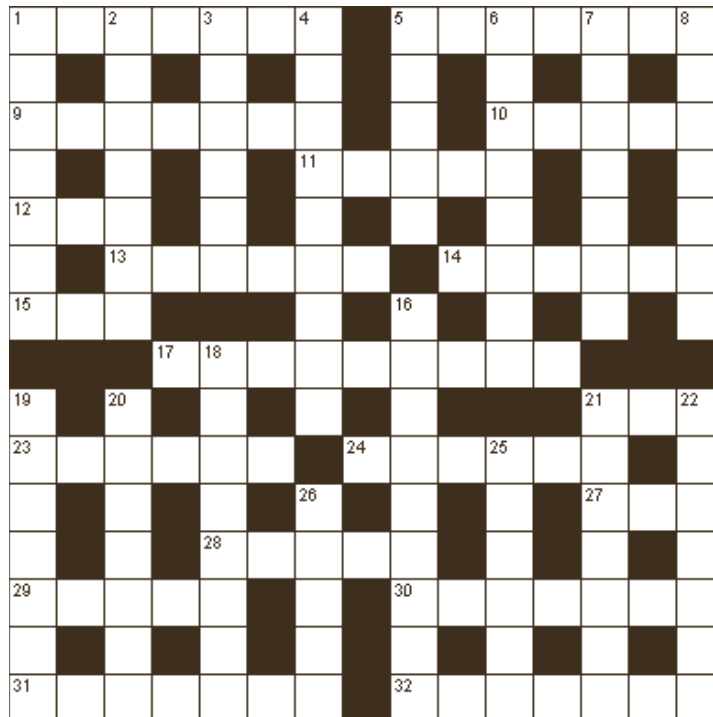
Our Annual collection will take place on March 22nd & 23rd if the powers that be don't change it again. We are confident you will give us the support you have given us for the past forty nine years and I thank you in anticipation. I will give you the dates of all our events as the year progresses or you can get all this information on our website.

On a sad note we lost a few of our Senior Citizens in the past year and indeed a valued member of our committee. I hope this year will bring hope and consolation to all those bereaved.

Josephine Moore
Chairperson

Clues Across

1. Captain (7)
5. Illness (7)
9. Member of the Mafia (7)
10. Beat into shape (5)
11. Something special (5)
12. Metallic element (3)
13. Bring into being (6)
14. Country (6)
15. Fifth month (3)
17. Exhausted (9)
21. Drunkard (3)
23. Capital of Germany (6)
24. Island in central Japan (6)
27. Prohibit (3)
28. Rest on the surface of a liquid (5)
29. New Zealand aboriginal (5)
30. Floating mass of ice (7)
31. Fourth book of the Old Testament (7)
32. Hampshire port (7)

**February 2014 Crossword - No: 421****Clues Down**

1. Indicator of illness (7)
2. Babyhood (7)
3. Persons in general (6)
4. Rhizome (9)
5. Group of 12 (8)
6. Computer programs (8)
7. Lighter-than-air craft (7)
8. Latter part of the day (7)
16. Disgusting (9)
18. File for the fingernails (4,4)
19. Belly (7)
20. Structure of an artistic work (3,4)
21. Lower than zero (7)
22. This present night (7)
25. Alarms (6)
26. Burrowing animals (5)

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18th February 2014

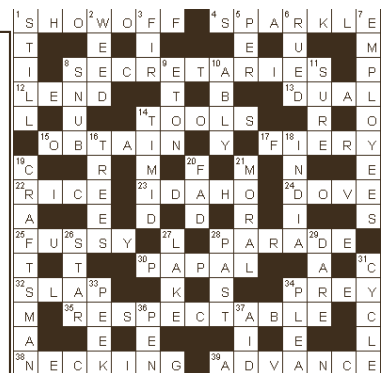
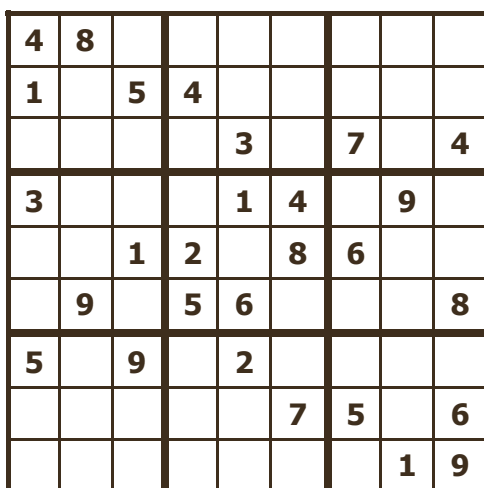
Name: _____

Address: _____

Winner of Crossword
No. 420 Dec/Jan

Rebecca Doyle
Rail Park
Maynooth

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

Answers to Crossword 420**Difficult**

Sudoku Challenge

February 2014



Name: _____

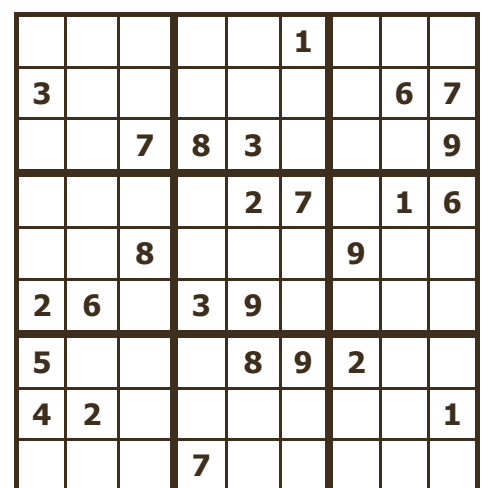
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Win a €10 book voucher if you are the first
entry drawn with both puzzles correct.

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

Entries must arrive before: 18th February 2014

Super Difficult

Congratulations to Dec/Jan Winner:

Patrick O'Donoghue
Kingsbry
Maynooth

Prize winners will have 30 days to claim their

Maynooth Fianna Fáil Notes

Contact Details - e-mail: naoiseocearuil@gmail.com - Tel: 086-4565204

Naoise Ó Cearúil – Campaign Launch

The Campaign Launch for the Maynooth Fianna Fáil Candidate, Naoise Ó Cearúil is taking place on Saturday the 1st of Febuary at 8pm.

The event will take place in Brady's Lounge and all members and groups of the community are welcome. Naoise's campaign will be launched by Kildare South T.D. Seán Ó Fearghail.

After Deputy Ó Fearghail launching the campaign, Ó Cearúil will give a speech on his aims if elected to Kildare County Council.

Time: 8pm

Place: Brady's Lounge

Date: Saturday 1st of Febuary

If **You** want to get involved in the Naoise 14 Campaign, please get in contact via naoise2014@gmail.com or call (086) 456 5204.

Join a vibrant team looking to improve Maynooth and re-invigorate Kildare County Council.

Check out www.naoiseocearuil.com
www.facebook.com/naoiseocearuil

Join the Library for FREE in 2014

Did you know that it is FREE to Join all Kildare County Council Libraries this year??? Not only do they have thousands of old and new books, there is free Wifi, Xbox Games, DVD'S and daily newspapers. Join the Library today in Maynooth. Just bring I.D.

Run For Mum 2014

Congratulations to the Cusker Family who once again organised the Run for Mum.

The event took place on Stephen's Day and there were hundreds of participants.

The run/walk/jog began at the gates of Carton Avenue, continued out by Tesco, turned left for Dunboyne and then back down carton Avenue.

All funds raised from the event went to the 3T's Charity who deal with mental health.

Once again congratulations to all involved and I look forward to next year.

Changes to Bog Cutting in Kildare

The Minister for Arts, Heritage and the

Gaeltacht, Jimmy Deenihan published three documents yesterday. In these documents he set out the long term plans for protecting Ireland's Bogs.

These documents include the de-designation of some National Heritage Areas (NHAs) which means turf cutting can continue on those sites. These decisions are however subject to European approval.

Turf cutting bans remain on Mouds and Ballynafagh bogs, however the ban has been lifted on Hodgestown Bog and Carbury Bog. Turf cutters are not permitted to immediately return to cutting, they must await the decision of the European Union.

The bans were initially introduced to protect and save some of Ireland's Bogs.

Naoise Ó Cearúil, Local Election Candidate stated that, "This seems like a good decision at face value, but at what cost? The Minister seems to be playing politics with the issue and has changed his mind on many occasions. It is good news for turf cutters in Kildare but it seems that this is a 'Rob Peter to pay Paul' scenario."

"In some instances people will be able to cut turf again but more Bogs in Kildare and the rest of the country will be shut down essentially in a few months."

He finished by saying, "People's ability to cut turf is very important but so is the future of Irish Bogs. The Minsiter needs to stop playing games with both."

Ó Cearúil Launches National Diversity Campaign

Naoise Ó Cearúil, in his role as Irish and Cultural Officer for Ógra Fianna Fáil, launced a National Diversity Campaign recently.

The campaign was entitled "We Are Irish". The primary goals of this campaign are to firstly highlight Ireland's diverse culture and secondly to encourage people from other backgrounds to become involved in politics.

The event took place in DCU and there are further events and rallies organised for around the country in the coming months.

Representations

I am continuously making representations on behalf of members of the community to the County Council and other organisations.

If I can help you in any way, please get in contact. No issue is ever too small or too big.

Feel free to contact me on (086) 456 5204 or by email on naoiseocearuil@gmail.com

Naoise.

Save Money Join Your Library

Kildare Library Service

It is traditional at the start of a New Year to resolve to do something such as lose weight, give up cigarettes or to take up a new hobby or pursuit. Christmas can be an expensive time and come January many of us go on an economy drive. There is no better way in saving money than finding something for free. **So why not make it your New Year's resolution to join your local library in County Kildare.**

There are fifteen branch libraries and a mobile library service in the county. From January 2014 all membership is FREE. Now what do you get for this? You will have access to over 450,000 books so there is sure to be something you are interested in. If you are not a big reader we have the latest DVD titles or console games (XBOX, Wii, Playstation). Membership entitles you to use our FREE Internet service at any of our branches. We have national and local newspapers, magazines and the library is a nice place just to relax and unwind as you catch up on the news.

Many of you may have got the present of an eBook reader for Christmas. Now you just need something to read on it. Well you can borrow eBooks from Kildare County Library service for FREE. There is also the very popular eMagazine service where you can download from our collection of 40 popular magazine titles.

Would you like to learn a language? Well then you can use our eLanguage service Transparent Language Online. This is perfect for the holiday maker as you can download an app and use it as a phrase book/language dictionary. Maybe you would like to learn something new - a new hobby or skill. Try our eLearning - Universal Class with access to over 500 different tutor led free online courses.

Our libraries are at the heart of the community and we have a free programme of events throughout the year for all ages and interests. We also have book clubs, film clubs, knitting clubs, chess clubs, Warhammer clubs. There are events for Seachtain na Gaeilge, Engineers Week, Bealtaine, Heritage Week, a month of activities and events during Children's Book Festival and our annual Kildare Readers Festival and lots, lots more.....

So isn't it time that you make it your New Year's resolution to join your library.

www.kildare.ie/library  [facebook.com/KildareCountyLibraryService](https://www.facebook.com/KildareCountyLibraryService)

KildareCountyLibraryService

 [@kildarelibrary](https://twitter.com/kildarelibrary)

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

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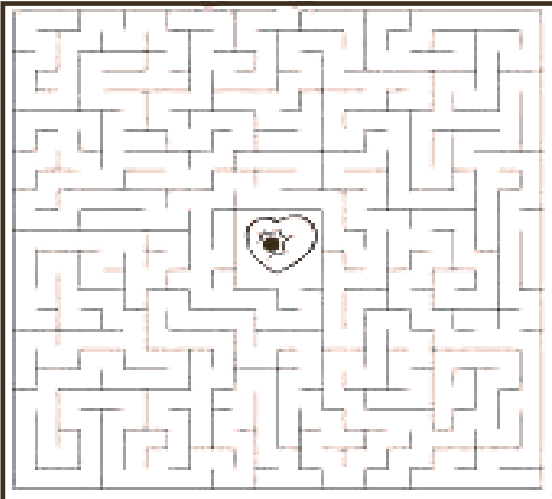
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Valentines Word Search

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| CUPID | PINK | SWEETS |
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McDonalds Children's Colouring Competition



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Name: _____

Age: _____

Address: _____

Phone No: _____

Dec/Jan Winners:

Age: 3 - 5: Keeva Flynn, Straffan Wood

Age: 6 - 7: No Entry

Age: 8 & Over: Cathal Crowley, Moyglare Abbey

Prizes for Colouring Competition can be collected at:

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

Entries must arrive before: Tuesday 18th February 2014

McDonald's

February 2014 Diary Planner

Irish Girl Guides

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

Community Library

Opening Times
Mondays & Fridays
2pm to 5pm
Tuesdays & Thursdays
1pm to 8pm
Wednesday 9.30am to 1pm
& 2pm to 5pm
Saturday 9.30am to 1pm

Toastmasters

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

I.C.A.

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

Arthritis Ireland (Maynooth)

Arthritis Ireland Walking Group (Maynooth)
Meeting Monday's at 12 Noon
Maynooth Community Space
Unit 11/12 Tesco SC
Carton Park, Maynooth
For Seated Exercise & Walking
New Members Welcome

History Group

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

Bridge Club

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

Parent & Toddler Group

Every Thursday from 10.00 a.m. to 12.00 p.m.
Maynooth Community Space
Unit 11/12 Tesco SC
Carton Park, Maynooth

University of Third Age (U3A)

Weekly meetings on Fridays at 11am.
Maynooth Community Space
Unit 11/12 Tesco SC
Carton Park, Maynooth
New Members Welcome
Please contact Helena
Phone: 087 6717062

Maynooth Flower & Garden Club

All Welcome
Maureen Fagan PRO

Men's Sheds

Weekly meetings take place every Wednesday at 11am
Maynooth Community Space
Unit 11/12 Tesco SC
Carton Park, Maynooth

February Gardening

As everything starts to come to life, start off Spring by digging beds and borders, as this helps reduce and adding as much compost as you can. Moss will make an appearance now, so start killing it with ferrous sulphate before the grass starts growing. Clear all the leaves from around snowdrops so you can see them. Don't forget to ventilate your greenhouse on mild days to prevent fungal problems. Don't be tempted to remove mulch from perennials as you still could get cold weather.

Late winter is perfect to prune many deciduous trees. Check your plants and shrubs, remove any dead, dying or unsightly parts of the trees, sprouts growing at or near the base of the tree trunk and crossed branches. Order gladiolus corms now for planting in later in the spring, when danger of frost has passed. Order perennial plants and bulbs now if you want cut flowers for summer. Don't forget to repair and paint window boxes, lawn furniture, tools etc if you haven't done already.

Don't forget to check stored fruit and vegetables and remove any that are damaged or moldy. This will prevent spoiling the rest. Seed potatoes are available now. Chit them by putting them in a light, cool, frost-free place. If you haven't planted bare-rooted raspberries, this is the time to do so. Why not try a different vegetable that you have never tried before. There are new dwarf varieties on the market that take up less space and could produce more. Don't start your vegetable plants indoors too early.

Prune fruit trees and grapes in late February or early March when the worst of the weather is over. Fertilize fruit trees as soon as you can after the ground thaws but make sure it's before the blossoming starts. Remember to plant climbers about 10' away from walls so they are not in a rain shadow. Prune roses by taking out all dead, weak and crossing stems. Cut hybrid roses by taking back to about 8" to an outward facing bud and cut floribundas down to 10-12". Once the weather eases off, remove the top layer of soil from pot-grown shrubs and replace it with potting compost that contains a slow-release fertiliser.

Keep off the lawn as much as you can while the weather is still wet - damage to waterlogged lawns is easily inflicted. If you are planning on a new lawn, now is the earliest time you could start preparing the ground for seeding or even laying turf. Buy and plant snowdrops; don't forget to add some compost to the soil with an added sprinkling of bonemeal and plant them slightly deeper than they are in the pot.

Pot up lily bulbs to flower in early summer in barely moist compost and keep somewhere light and frost free. Increase water only if the compost dries out or you see shoots appear above the surface. Be careful as lily bulbs rot easily in if they are over wet. Remember if the weather does turn dry, do remember that pots and containers will need watering, especially if they are near a wall and in a sheltered position. But again take care that you don't over water.

Cover strawberry plants with garden fleece to encourage them to fruit earlier. Plant and prune autumn fruit raspberries, cut them down to 1" above ground level. Prune gooseberries, blueberries and red and white currants by the end of the month. Protect fruit trees and gooseberries with netting as birds love developing fruit buds. Sow early vegetable and salad crops in seed trays in the greenhouse or inside on a windowsill in light and airy conditions.

Good news, pond season is nearly upon us. If you see your fish moving around a bit - do not start feeding your fish as we could still get cold weather. Check water levels regularly - adding fresh water when levels recede. Don't let your pond freeze over completely. Add beneficial bacteria as this helps pond filters control algae and by reducing fish waste and pond scum.

A garden is a friend you can visit anytime!!!

 ~Have Fun While Advertising Yourself~

Maynooth's St Patrick's Day Parade!

Application Form for Parade

Name of Business: _____

Organisation, Club or Band: _____

Address: _____

Telephone: _____ Contact Person: _____

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

Entrance Fee:

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

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

| | | | |
|---|---------------|---|--------|
| Best Commercial Float | Trophy | Best Club Float | Trophy |
| Best Band | Perpetual Cup | Best Portrayal of Irish Culture | Trophy |
| Best Portrayal of International Culture | Trophy | Best Portrayal of Environmental Awareness | Trophy |

Applications with entry fee to be sent to Community Council Office
Unit 3, Tesco Shopping Centre, Maynooth, Co. Kildare.
Friday 6th March or phone (office hours) - 01852082 or 01852052 or
John McGinley (0850398120) or 087-969043 (3E)

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Are you ready for the Maynooth St Patrick's Day Parade???
Eve/Larine certainly are!!!!



Following their much deserved success last year, Eve/Larine are getting ready to wow us all with their creative talents again. Their float will be titled "Larine's Candyland", the concept this year will be candy and sweets-every Maynooth child's delight! With their float resembling an ice-cream van, walking vending machines and 18foot tall Bobby Bassett and Marshmallow Man, they will surely raise many a smile along the Parade route.

Their has been full participation from both the staff and clients in the Eve/Larine Centre, especially collecting sweet wrappers over the Christmas break! These have been used to make sweetie hats for those walking in the Parade.

The DVD's of the past Parades are being shown in The Cherry Lodge in the Garden Centre and you can follow their progress on their blog- evelarinecourt.blogspot.com. They have also included many "how-to" instructions on their blog if you fancy a go at recreating their fantastic art work. Eve/Larine also lend their floats to various groups for entering Parades and Festivals.

We are all so looking forward to the big day and seeing "Larine's Candyland" coming to Maynooth.

Labour Advice Service



Emmet Stagg TD

Every Monday at 4.00 pm in

McMahon's

(Formerly Caulfield's)

(Except Bank Holiday Weekends)

Dáil contact Numbers

01-6183013/6183797