



“Maynooth Summer Festival 29th - 31st August 2014” It’s Our Festival - Let’s Get Involved!!!!

Invitation to the people and groups of Maynooth to become involved in the Maynooth Summer Festival 2014

This year’s festival will run from 29th - 31st August (the latter end of Heritage Week). As in previous Festivals we will have music, song, dance, art, family fun activities and more in various locations around the town – The Square, The Geraldine Castle, The Harbour and Tesco’s car park as well as other smaller venues. We have always had great support from groups and the Community in Maynooth. We will be contacting those groups again in the next few weeks. In the meantime the Festival Committee will be organising a meeting which will take place in the Glenroyal Hotel on Monday 14th July at 7.30pm. If you feel you would like to help with or take part in this event please contact the Maynooth Community Council Office – (01)6265922 or Email: maynoothcc@eircom.net We would welcome your support.



L-R Hannah Sweeney and Michelle Bermingham were pleased with how the Physics Exam went.



L-R Luke Stewart Mills, Seoirse Murray, Daniel O’Keefe, Josh Hurley and Rhys Connolly Duggan looking relaxed after the Physics Exam.

Leaving Cert Exam Time at Maynooth Post Primary School

The sun was shining on the hard working students of Maynooth Post Primary School on the Moyglare Road on Monday 16th June following their Physics Exam in the 2014 Leaving Certificate. All the students we spoke to were happy and relaxed with how the Physics exam went, all agreed that it was pretty straight forward with no head wrecking surprises. These students were still undecided about future plans except Michelle, who would like to study Applied Languages and Translation studies in Japanese and German. Good luck to them all.

This publication is produced by Maynooth Community Council’s Community Employment Scheme, supported by Department of Social Protection, which is funded by the Irish Government under the National Development Plan 2007 - 2013

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NEW ORLEANS

*Jambalya and a crawfish pie and fillet gumbo
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driving a 1913 Rolls Royce Silver
Ghost*



*Richard and Jo Mc Allister from
Malahide in their 1913 Sunbeam.*



*Simon Thomas from Comber in his
1904 MMC 6 HP*



*The Daly's from Thurles in a 1914
Model T Ford*

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THE FLEA SEASON



The most common flea found on your pet is *Ctenocepholides Felis*. Fleas are wingless insects with bodies of 1.5 – 4mm long. Fleas often cause a skin dermatitis on your dog or cat by biting your pet for the purpose of sucking blood. In this process the flea injects saliva into the skin and this causes an allergic reaction resulting in excessive scratching and licking. Infested

animals become restless, lose condition and spoil their coats by biting and scratching. This condition can persist in hypersensitive animals and may prove difficult to treat. Fleas act as carriers in the spread of the tapeworm, *Dipylidium caninum*, in dogs and cats. So when treating for fleas it is important to treat for tapeworms as well.

Life cycle of the Flea

There are four stages in the development of the flea egg, larva, pupa and adult. The rate of development varies greatly and depends on temperature and humidity. In optimum conditions the life cycle can be completed in 21 days. The eggs are laid by the adult female flea and she can produce

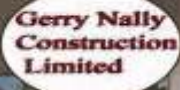


up to 800 eggs. The eggs fall off your pet and develop into larvae. These larvae hide from light and will migrate into crevices in floors and under carpets. The larvae develop into pupae which emerge into adults in 5 – 10 days. This pupal stage can last several months in low temperatures.

Flea Control




There are many ways of treating and preventing flea infestations on your pet. Shampoos, powders and flea collars were popular treatments. Now pour on and spot on treatments are available which not only kills the fleas but the eggs as well. With a flea problem the house environment should be treated as well. Get in touch with us at Maynooth Veterinary Clinic 01 6289467 and Clane Veterinary Clinic 045 982763 and we can advise you on best available treatment and its proper application.








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Editorial

Probably the biggest story of the moment is that of the nearly 800 babies in Galway that were buried in what has been described as a septic tank. The country owes a huge debt of gratitude to local historian Catherine Corless who made this story public and available. This could be the tip of a very shameful and disgraceful iceberg. From our vantage point here in the 21st century it is easy for us to criticize what went on back then at a time when 'shame' and 'what will the neighbours say' was more important than keeping a family together. But will this society be criticized in the future for our failure to own up and to examine all the awful ills of our past society? The people involved were not an alien race; they were our parents, grand-parents and relatives. We can blame the Church alone but there was a conspiracy of silence at all levels of society, everyone was responsible and these were Irish people and not the English. This should make us look at the society that all this created, we have all resulted from this but do we have the courage?

Irish people are very uncomfortable with self-evaluation and past history. There is a tendency to want to leave it all in the past but this cannot continue to happen. A country can be psychologically damaged by the behaviour of the past and, to an extent, these women, their children, the awful orphanages, illegal testing of drugs on babies without parental permission in this country is our holocaust and we have to deal with it before we can move on. This disregard for the past is what led to the destruction of the Custom House with so many records, the big houses with their unique history and most recently the Gabhra Valley to create the M3. Little has changed in certain areas, those who do not follow the crowd are ridiculed and there is no room for the dissenting voice. Saying that it was simply a 'different' time does not cut it this time; we have to face up to our uncaring, cruel side. With this darkness at the heart of Ireland – no wonder drinking, drug taking and mental illness is so prevalent.

Mothers, fathers, brothers, sisters and an

extended family colluded to get rid of the 'unmarried mother' and her unwanted child. They were used as unpaid servants by the Church, particularly by the nuns. Because they are women, society might expect them to be more understanding and compassionate. The threat of the Magdalene Laundry for girls who might be considered 'wild' was used in Ireland up to the 1970s. Doctors, nurses, solicitors, priests were all aware of what was going on and assisted in the secret adoptions of babies to be sent to America. The recent novels by John Banville, writing as Benjamin Black, approach this topic in his gripping stories set in 1950s Dublin with the main character, Quirke, at the heart of a twisted family story. Well worth a read for an attempt at making sense of this narrow-minded and nasty inwardly-twisted society. Thirty years after the birth of the State, Ireland was a dark, depressing and dreary place. Perhaps these babies were better off in America but they were essentially being sold to childless families but now they have little opportunity to find out who they really are. Some of the research has been carried out by Mari Steed who was originally born at Bessborough Home, Cork. But now all these babies will be trying to find their relatives and to reunite with their Irish families.

And what about the fathers of the babies? A few had been involved with the mothers and some had got married after the baby was taken away. There are horror stories of the baby being taken despite the fact that both mother and father wanted to keep it – because they were not married or could not afford to keep the baby in the home. Who were these men? How many of them tried to save their babies and lovers? The amount of pre-marital sex gives a total lie to the carefully constructed fallacy of the supposed 'Catholic' Irish society image where sex began with the Late Late Show! Some of them were probably victims of rape but many appear to have been in a proper relationship with the father. Women do not 'become' pregnant, it takes two to make a baby. Some of women wanted to keep their babies; they fled from these homes and were often

brought back by the Gardaí.

What makes this situation worse is that the babies could be left with the birth mothers until they were a year or two years old. The heartbreaking separation of mother and child after that bonding period was compounded incredibly. This must have been known by the nuns and people in the homes. Many of the women describe the arrival of a big car with strangers that was the sign that their baby was to be taken from them. James Smith of Boston College has written about this period and said: 'Life was brutal for them. Ireland was a new state and very concerned with forging a national identity of moral purity. So they hid away anyone who might be seen as shameful or lacking in respectability.' He links the shame that was everywhere with the impact of the famine and the power of the Catholic Church.

Enda Kenny has apologized publicly last year but the enquiry needs to make sure that Irish society is aware of the dangers of 'group think' which led us into the 2008 economic melt down in this country. He said: 'Yes, by any standard it was a cruel, pitiless Ireland, distinctly lacking in a quality of mercy.' But how much have we changed?

A recent story raises the question of more recent lack of mercy; research by Irish filmmaker and journalist Sinead O'Shea was published in The Guardian recently and she shows that pregnant immigrant children have been sent to England for abortions. They came to Ireland without parents, the were put in mixed care homes and left unsupervised at weekends and about 500 went missing. Apparently over 1,000 were coming into the country at one point and the authorities could not cope. The HSE did not even keep track of how many of them there were; these girls were often only 15, 16 or 17. She maintains that Irish indifference to this is similar to the indifference of the 1950s and that we are still very preoccupied with status and that the silence is like that of the earlier unwed Irish women. Muireann Ní Bhrolcháin



Calling all budding young writers: is there a story or poem that you would like to write and have published in the newsletter? From July onwards, a selection will be chosen and featured in our new "Wicked Young Writer's Corner" each month. All work submitted will be kept on file for future publications. All writings can be sent to us at maynoothcc@eircom.net or alternatively you can drop them into the Maynooth Community Council Office, Unit 5, Tesco Shopping Centre. Stories approximately 350 - 400 words

Interested in taking part in a festival art exhibition and competition?

Read on.

The festival will run an art competition and exhibition for children and teens
The theme of the exhibition is Maynooth and its Heritage.
The age groups are 3-5, 6-8, 9-12 years.
There will be a category for teens 13-15, 16-18 years.
All works to be signed by the artists at the bottom. The name of parent/guardian and contact details are to be written on the back of the piece.
Artwork can be done in any medium, crayon, pencil, watercolour, poster paint, acrylic, pastels, charcoal etc.

Community Council Notes

Maynooth Community Council Notes 9th June 2014 Glenroyal Hotel

Fundraising – Bag Pack – Tesco's

Community Council members took part in a fundraising bag pack in Tesco's on Friday and Saturday of the June bank holiday. It was noted that it could have yielded more funds if more members had taken part. The meeting was reminded that all members of the Community Council have a responsibility towards the successful running of the council and particularly fundraising activities. It will be necessary to get the office computers upgraded over the next while and fundraising is crucial to this being carried out. One member who took part in the bag pack said it was a pleasant experience and people were very appreciative of the efforts being made at the bag pack. Members were encouraged to take part in fundraising efforts.

Festival

The festival is set for Friday August 29 to Sunday 31st which is the latter end of Heritage Week. Plans are going ahead. A strict budget has been set. It was stressed while ideas are welcome what is necessary are people to help out on over the three days. The festival will take place in four main areas – Tesco's (thanks to Bernie), Castle (thanks to Hilda), the Square and the Harbour as well as some smaller venues. It was pointed out that there are many people in the town who would have relevant expertise. A notice will be put in the Newsletter to invite people to help. Maynooth Community Church and Maynooth Scouts have already indicated their support during the festival. It is hoped that the festival will raise necessary funds this year.

Scouts

The new building is at the stage of its final fit out and restoration work has begun on the Geraldine Hall itself. It is a great achievement in terms of monies raised and a tribute to the organisational skills of those involved. However, it was stressed that fund raising has to continue to raise another €100,000. Paul Croghan, Project Development Officer, MCC commented that Maynooth Scouts were considered excellent clients in the partnership with the Kildare Leader Programme. This has been a very successful endeavour.

Educate Together

There was a good turnout at the Summer Fair. The whole school plan is at an end. A five year whole school evaluation is due. There will be a review and community participation will be part of it. At present there are two people representing the school on the Community Council and this may change as a result of the review. Nothing decided as yet.

Tidy Towns

Summer bedding and hanging baskets are done. There are a total of 42 baskets on the poles around the town. Tidy Towns are awaiting the results of Ireland's best kept town competition. The chairman said there were lots of positive comments about the work of the Tidy Towns team and how well the town is looking.

Members of the Tidy Towns will be attending the formal announcement in Belfast. Maynooth Tidy Towns thanked all the politicians who took part in the recent elections who did not put up posters in the town in light of the competition. A special mention was made of Marianne who collects cans and bottles in the town every morning. Her ethos on recycling was highly praised at the meeting.

Senior Citizens

Josie Moore congratulated Peter Gerrard on the Scouts work at the Geraldine Hall and thanked him for a recent tour of the building and commented that it was great to see the Hall being restored.

The Bealtaine Festival was a great success in the GAA. Susan Durack and Emma Boyce did the judging of the arts and crafts. The tea dance was held on June 15 which clashed with Cemetery Sunday which could not be helped. In support of a bingo fundraising night for the Maynooth Community Council, Josie Moore sent out flyers and notices to all members. There were two main drawbacks with event for Senior Citizens members, it was scheduled too late and it clashed with a bingo night in Clane. The bingo night has since ceased.

Maynooth Community Church

The church's new venue is now at Manor Mills. In terms of fundraising it was suggested that Maynooth Community Council might run a "Maynooth's got talent competition". The church will also help out at the festival with bands, face painting etc. This was warmly welcomed by the council.

Visitors from Canet

A delegation of 10 visitors from Canet who came to visit the fire station services in Ireland were delighted with the Maynooth leg of the visit. Thanks were expressed to O'Neill's, The Avenue, Starbucks, the Russell Library and JPH Library (NUI Maynooth). A letter was received from the Canet visitors expressing their thanks and appreciation.

Local matters

The implication of Kildare County Council's lack of action in relation to the acquisition of open space in estates by individuals was brought before the council as a warning to the people of Maynooth. A recent case which began in 2005 involved KCC and the Ombudsman and resulted in open space been allowed to be taken over by an individual. The open space is now gone. The failure of KCC in this case has major implications for the usage of open spaces elsewhere.



ASK SHARON THE STYLIST!!

"There's a lot more to life than how fat or thin you are." - Kirstie Alley - Actress

Question: "I'm a size 16 Professional and I need to know what type of clothes do I wear in the workplace?"

FACT: Did you know that as shocking as it may seem, in the world of fashion and retail clothing plus size is a size 12 and upwards which means that size 10 and below are what is considered as Normal. Debenhams became the first department store to display size 16 mannequins in its stores, and urged rival high street shops to follow its lead because nearly all clothes shops use size 10 mannequins although the average woman is a size 16. This month I would like to help with the challenges career women size 12+ face when trying to find polished and professional styles for the workplace and beyond.

Here Are My Top Tips for Plus Size Professionals:

- 1. Take the time to shop for clothing that fits:** Career clothing that is too tight or too loose will make people assume you're sloppy so make sure your clothing fits properly.
- 2. Invest in a good tailor:** Investing in a good Dressmaker will help you find the right fit for your body and you never need to throw away clothes if you lose weight as they can make almost anything look like it was custom made for you.
- 3. Your body language speaks volumes:** No article of clothing can take you as far as self confidence can in the workplace. Approach all you do with the confidence that you have the job because you're the expert. Keeping your head up, sitting up straight, looking people in the eye, and a firm handshake will take you just as far as your great wardrobe.
- 4. Present yourself appropriately for your industry:** Know your industry and respect the guidelines. Professionals will likely still wear suits to work while other white collar workers may opt for business casual. No matter what industry you're in, dress like you care about your career.
- 5. Accessories are the plus size woman's best friend:** Even the simplest, well fitting piece of clothing can become something special when accessorized properly. Jewellery should fit the size of the person so that means big jewels and nothing to delicate.

For more information or to arrange an appointment call Sharon @ 087 9962459/ Office 01 6016295

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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. John McGinley would like to thank the people of Maynooth for the courtesy shown to John and our Canvassers when we called to your homes during the Election Campaign and for the great amount of No. 1 Votes which you gave to John to ensure his re-election.

As you know there were six Maynooth based candidates running in the Local Election.

It was an extraordinary achievement that they all stayed in the running until the 10th and last Count.

Their percentage Vote in Maynooth was:

Cronin SF	7%
Durkan FG	9%
Grehan PbP	10%
McGinley Lab	24%
Murray Ind	20%
O'Cearuil FF	20%

The make up of the new Maynooth Municipal District is:

Fianna Fáil	3
Fine Gael	2
Independents	2
Labour	1
Sinn Féin	1

The make up of Kildare County Council is:

Fianna Fáil	12
Fine Gael	9
Independents	9
Labour	5
Sinn Féin	5

As a result of the Elections FF and FG will have control of the Full Council and the Maynooth Municipal District for the next five years.

€84,000 for Surfacing Mill Street in August

The Area Engineer has advised Cllr. McGinley that the surfacing of Mill Street will be carried out during the night in August.

Update on North South Cycle Corridor Scheme

A presentation on the current draft layout for the

North South Cycle Corridor (Moyglare Hall to the M4 Business Campus) will be made to the Maynooth Municipal District by consultant, Matt Foy from Aecom on Tuesday 24th June. It is intended to go for Part V111 at the end of August/early September.

Cllr. McGinley Gets Traffic Light Improvements at Straffan Road/Celbridge Road Junction, Maynooth

As a result of representations from Cllr. McGinley the Council have erected additional traffic lights in the central island at this junction to make easier for motorists driving towards Maynooth on the Clebridge Road.

Stop Signs to be erected at road junctions in Old Greenfield

Following a motion from Cllr. John McGinley the Area Engineer has ordered four signs for installation at junctions in Old Greenfield.

Implementation of Parking By-Laws in Maynooth

Cllr. John McGinley got the following update on implementation of the Maynooth Parking By-laws which were agreed by the Council last December:

"The Transport Department are in the middle of preparing the tender document. Once this is finalised it will be advertised and I will let you know. The installation of the parking machines will be the last part of the physical works to be installed before enforcement commences. Regarding the civil works for Maynooth; funding has been secured for this work. The Technical Staff of the Roads Department are currently preparing the working drawings for the Area Office at present.

I will keep you updated on any progress."

Cllr. McGinley Gets Grass Cut on Maynooth side of Educate Together School

Following representations from Cllr. McGinley the Council have cut the grass on the Maynooth side of the Educate Together School as it was creating a traffic hazard.

Stagg Welcomes 6,100 New Places on Free Higher Education Courses for Jobseekers

Deputy Emmet Stagg has welcomed the announcement by the Minister for Education that 6,100 new free higher education places are to be made available to jobseekers through Springboard. Springboard stated Deputy Stagg is a Government initiative to help jobseekers obtain the skills they require to get back to work. Courses normally are one year or less, generally part-time, are free to jobseekers and lead to awards at certificate, degree and post-graduate level.

The initiative specifically targets areas where there are job opportunities and growth, and of the 171 different courses on offer, 21 of the courses are in ICT aimed at giving people the skills to work in the growing ICT sector. Work placements are being offered on almost every Springboard course

because such placements are a really important way of improving employment prospects.

The Government stated Deputy Stagg will spend €25 Million in 2014/2015 on the Springboard initiative. Of the graduates from 2013 more than half were employed within six months of completing their course so the scheme works. In addition 60% of participants complete their Springboard Courses. Of the 40% who do not, over one third withdraw because they obtained a job during the course.

In conclusion Deputy Stagg urged jobseekers to look at the courses on offer over the 38 colleges involved in the initiative for 2014/2015.

Stagg Welcomes Ministers Clear Statement that HAP Tenants Will Be Eligible for Council Housing

Deputy Emmet Stagg has welcomed the statement by Housing Minister Jan O'Sullivan T.D. on how the new Housing Assistance Payment will operate and in particular the clear statement that those on the HAP system will remain eligible for any available Council Houses and will retain the points for Council Housing that they built up while on the old waiting list.

'This confirms my stated position on the matter and deals with the scare mongering of opposition Deputies both in Kildare and Nationally'.

There are very many other important and positive aspects to the Housing Bill which include:

- * A new Purchase Scheme for Tenants.
- * Measures to deal with Anti-Social Behaviour by a few that can cause misery and fear.
- * Removal of the Poverty Trap caused by the old Rent Supplement Scheme and allows for rent payments that are determined by the income of the tenants. In other words Tenants can work full time and are not restricted to working 30 hours per week.

I hope that this lays to rest the false charges made against the Minister that succeeded in frightening families on the waiting list. Arising from the measures in the Bill their position will be greatly improved and their expectation of permanent Council Housing will not be affected.

The issue remaining to be dealt with is to start a substantial Building Programme of Local Authority or/and Voluntary Housing and Deputy Stagg expressed his confidence that such a Building Programme will be announced very shortly.

Cllr. John McGinley can be contacted at:

6285293 or 087 9890645

E mail jmcginley@eircom.net

Web: www.labour.ie/johnmcginley/

John is also on Facebook

Know Your Rights

Jobseeker's Allowance Transition payment

Question:

My One-Parent Family Payment will be stopped next month when my youngest child reaches 10 years of age. Is there another payment I can get?

Answer:

You may qualify for a Jobseeker's Allowance Transition (JST). This payment aims to support lone parents into the workforce.

You must have been getting a One-Parent Family Payment (OFP) within the 3 years before you make your claim for Jobseeker's Allowance Transition. You must be habitually resident in Ireland, you must be capable of work and your youngest qualified child must be at least 7 and under 14 years of age. When your youngest child turns 14 the normal Jobseeker's Allowance (JA) conditions will apply to you.

The rules for JA and JST are very similar. The means test is exactly the same and the maximum weekly rate is the same (€188). Income from work is assessed in the same way. The main differences between JA and JST are:

For JST, you are not obliged to be unemployed, available for full-time work and genuinely seeking work. The 4-in-7 rule applying to JA does not apply to JST (you do not have to be fully unemployed for 4 out of 7 days). This means that you could work part-time for 5 days, for example. You cannot cohabit with another person while you are getting JST.

To get JST you must sign a declaration every 3 months to confirm that you are still entitled to the payment. You must participate in employment activation measures and you have to participate in any recommended course of education or training. You may also be able to access childcare supports.

Further information is available from your local Intreo centre or social welfare local office, and from the Citizens Information Centre below.

Back to School Clothing and Footwear Allowance

Question:

My daughter will be 18 years old in August. Can I claim the Back to School Clothing and Footwear Allowance for her?

Answer:

If she is still in second-level education, you may be eligible for the Back to School Clothing and Footwear Allowance (BTSCFA) for her but you must apply for the Allowance and supply evidence that she is in second-level education.

The Back to School Clothing and Footwear Allowance helps you meet the cost of uniforms and footwear for children going to school. Your children must be aged between 4 and 22 on or before 30 September 2014. If they are aged between 18 and 22 they must be in full-time second-level education in a recognised school or college.

You must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment. Also, your total family income must be below a certain level for your family size. The allowance is €100 for eligible children aged between 4 and 11 and €200 for those aged between 12 and 22.

The scheme is open from 1 June to 30 September 2014. The Department of Social Protection pays BTSCFA automatically to many customers. This means that they do not have to apply for the payment. If you qualify automatically, you should get a letter stating when and how your Allowance will be paid. If you do not get an automatic payment you must apply for the Allowance. If any of your children are aged 18 or over you must apply for the Allowance for them and supply evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

Application forms are available in all local social welfare offices and Intreo centres, and on the Department's website, welfare.ie. When a decision has been made on your application you will get a letter informing you of this and whether a payment has been awarded. If your application has been successful, you will also be told when and where you can collect the payment. If the Allowance is refused you can ask for a review of the decision.

Lost passports

Question:

I am going abroad for the first time. What should I do if I lose my passport while I am travelling?

Answer:

If you are an Irish citizen currently living abroad, travelling or on holiday abroad and your Irish passport is lost, stolen or misplaced, you must contact your nearest Irish embassy or consulate immediately. You will be asked to confirm the loss in writing or, if you are applying for a new passport, to include the details in your passport application.

You must also get in touch with the local police and report the loss of your passport. You should request a written statement that you have reported the loss of your passport to them. A member of the police authority in the country in which you are staying must witness this statement.

You will need this statement to get an Emergency Travel Certificate (valid for one journey) or an Emergency Passport (valid for a restricted amount of time) from an Irish embassy or consulate.

If you are travelling on a multi-stop journey, where you will pass through more than one jurisdiction, you will need a new Irish passport. Again, you must report the loss of your passport immediately to your nearest Irish embassy or consulate.

If there is no Irish embassy or consulate in the country where you are, contact the embassy of another EU member state. It will get in touch with

the nearest Irish embassy on your behalf. An embassy of another EU member state cannot issue you with a new Irish passport, but can issue an Emergency Travel Document.

It may be useful to carry a photocopy of the personal data page of your passport with you when travelling or scan an image of that page and email it to yourself.

Any passport reported as lost or stolen is no longer a valid travel document and you should not try to travel on a passport which has been reported as lost or stolen.

Buying goods on the internet

Question:

I have ordered a few presents from a Belgian website. Can I return them if I'm not happy with them when they arrive?

Answer:

Since 13 June 2014, online purchases within the EU are covered by the EU Directive on Consumer Rights. Under the new Directive you are entitled to a cooling-off period of 14 days (previously 7 days). During the cooling-off period, you can cancel distance contracts without giving a reason and without incurring charges or penalties, other than possible charges incurred in returning the goods. The 14-day cooling-off period begins on the day that you receive the goods.

Upon cancellation, the distance seller is obliged to repay you within 14 days (previously 30 days), including delivery costs. If you choose a more expensive type of delivery than the seller's cheapest standard delivery, you are only entitled to be refunded the cost of the cheaper delivery type.

The seller can withhold the repayment until the goods are returned or you supply evidence that you have sent the goods back.

You must send the goods back within 14 days of informing the seller of the cancellation. You have to pay for the cost of returning them unless the seller did not inform you before you ordered the goods that you would have to bear the cost.

The seller should have provided you with confirmation of the contract, as well as information on after-sales and guarantees, how to cancel the contract and a postal address for complaints. If the seller did not provide you with information on your right to cancel, the cooling-off period can be extended by 12 months.

Cancellation may not be accepted in certain cases, for example, if the goods were made especially for you.

Further information is available from the European Consumer Centre and 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.

Catherine Murphy Independent TD

E-mail: catherine.murphy@oireachtas.ie - Phone 01-6156625 (Leixlip) or 01-6183099 (Dail) - Web: www.catherinemurphy.ie

Stall in Job Growth is a Worrying Development

Independent TD Catherine Murphy has drawn attention to the disappointing 2014 first quarter results which show a significant slowdown in the rate of job creation in the economy.

Catherine Murphy raised the issue during today's Leaders Questions in the Dáil and told the Taoiseach that only 1,700 jobs had been created in the first quarter of 2014 as compared to 16,300 in the last quarter of 2013.

"1,700 jobs in a three month period is a far cry from the thousand jobs a week that this Government claims as its major achievement. We need to be very accurate when calculating the ramifications of such a slow-down in growth as it has a direct impact on the budget provisions for vital social services."

"We have a huge amount of construction workers unemployed yet we are in the midst of a housing crisis. I have said before that when the housing charities recently appeared before the Oireachtas environment Committee, they told us that there is €500 million available from the European Investment Bank that would allow them to producing housing but they would need to be supported by government to access that funding. If the government would agree to such a partnership we could create real jobs, create a saving to the exchequer in terms of rent supplement and also address the current housing crisis."

Independents' Day Comes to Pass

The Independents' Network has praised the electoral achievements of its members in the recent Local and European elections.

Of the thirty six members of the Independents' Network members who put themselves forward for election at a Local and European level, nineteen were elected – two MEPS and seventeen Councillors.

"People recognised the strength of the independent Candidates and the very real change that Independents can offer. A very clear mandate has been given to Independents, from across the political spectrum, to represent the interests of those who chose to elect them in a way that is entirely different from party representation."

"While there has been a narrative in some sections of the media to highlight the political differences amongst the various Independent candidates elected, it is important to note that the five Independent TDs who founded the Independents' Network and all nineteen recently elected members of the Network, have signed up to the principles of the Network which are Human Rights, Equality, Democracy, Community, and Sustainability."

Hapless Housing Legislation Will Abandon Families to the Market

Independent TD Catherine Murphy has slammed an aspect of the Government's new Housing Bill and said that section 37 of the legislation represents a fundamental shift in how we deal with housing and will represent a shift to almost complete reliance on the private sector for social housing provision.

The section 37 provisions essentially allows for the removal of a person from the housing list as soon as they are in receipt of the new Housing Assistance Payment – a similar payment to the current rent supplement- and determines that their housing need has been met as a result of receiving the payment.

"This is a seminal moment in housing policy in this country. We are about to abandon the thousands on the housing waiting lists to the mercy of the markets. In the absence of any new supply of houses, housing authorities will essentially become under-resourced housing support agencies."

"This Bill is a fig-leaf. It attempts to cover up the housing crisis in this country by making it appear that thousands are being removed from the housing waiting lists when in fact they are not. They will be shunted into a series of temporary, private sector, accommodations, that will mostly be paid for through taxation. This will undoubtedly cause significant social consequences in the longer term that the whole of society will be left to deal with. You cannot have a situation where tens of thousands of families, including many vulnerable people and children, are confined to living in temporary accommodations for the duration of their lives without that having seriously negative ramifications for society."

Plea to Labour TDs to Immediately Halt the Passage of New Housing Law

Three TDs have joined forces to call on the Labour Party to urgently reconsider their support for Section 37 of the Housing (Miscellaneous Provisions) Bill 2014, which will force families in need of long term housing assistance off Council Housing lists, and urged Government backbench TDs to intervene to stop the decimation of social housing provision in this country.

Independent TDs Catherine Murphy, Rosin Shortall and Tommy Broughan all spoke of their dismay at the provisions of this Bill.

While many of the provisions of the Bill are welcome, one section replaces Rent Supplement with a new payment called the Housing Assistance Payment. However moving on to this payment will entail being taken off the housing list, meaning that, essentially, people will have to abandon all hopes of being allocated Council housing. In effect, the Government is washing its hands of any responsibility to people seeking

housing once they go onto this new payment. It is a cynical attempt to massage the housing list figures while leaving many thousands of people to the mercy of the private rented sector.

"Providing a decent public housing building programme for those who cannot afford to buy is a key responsibility of Government. But this legislation represents a complete abdication by Government of that role."

"Someone in Labour needs to look closely at Labour values and really think about whether they can reconcile those values with this legislation. It can't be done. This is a seminal moment for social housing in this country and if Labour allows this Bill to pass without removing section 37 they have completely abandoned any pretence of social justice."

Housing Bill Works in Theory but not in Practice

Independent TD Catherine Murphy has reiterated her comments that section 37 of the new Housing Bill represents a fundamental flaw in the legislation and says that this Bill is based in theory but, for most, it simply won't work in practice.

"The practicalities of this Bill just do not make it feasible. Firstly, the amounts set for the Housing Assistance Payment will be well below market rents so you are not going to see large numbers of landlords coming forward to participate in the scheme. Secondly, many local authorities just do not have either the physical or financial resources to administer the scheme nor are they being provided with these resources and thirdly, the scheme will be unattractive to huge numbers of people who will have to forfeit their place on the housing list in order to be eligible for this payment."

"Fundamentally this is a major shift in social policy. There has always been an expectation that someone who hadn't the income to purchase a home could at least hope that at some stage they would have the opportunity of a home where there is security of tenure at an affordable rent - that will no longer be the case."

"Ultimately the most major flaw underlining all Government policy in this area is the shortage of actual supply and the limited housing options available. There must be a third option that significantly scales up the private rental sector for those who either don't want to purchase or those who can't afford to purchase – a professional rental sector that can provide security of tenure and therefore a viable housing option as is the case in other European countries."

"The Government need to access the €500 million European Investment Bank funding that is available for a large scale house building project in conjunction with some of the housing charities."

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Maynooth Network Mornings

Every Tuesday, the Chamber host network mornings in Maynooth in St Patricks College. It all starts nice and early at 7.30am and finishes at 8.50am. This is a great way to meet with like minded businesses and network over a cup of coffee. Its free for any business to attend. Call Allan in the Chamber office on 045 894074 If you need further information.

Please note there is no network mornings in Maynooth on Tuesdays after Bank Holidays.

St Patrick's College is just off the Main Street in Maynooth and we meet in Riverstown Council Room on the 1st floor.



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JULY GARDENING

Check clematis for signs of clematis wilt. Autumn-flowering bulbs can be planted now such as crocuses and amaryllis. Cutting back plants in hanging baskets then following it with a feed can encourage new growth and revive displays. Cut back delphiniums after the first flush of flowers, this will encourage a second flowering. Not forgetting to feed them after. Most importantly keep weeding as soon as you see one appear remove it before it has time spread. For recently planted large shrubs or trees, leave a hose trickling around the base for an hour. This may also apply to rhododendrons, azaleas and hydrangeas because if they get too dry they might not flower next season. It's a great time to trim hedges. Keep tying in climbing and rambling roses horizontally. Don't forget to keep greenhouses well ventilated and make sure the plants in there are well watered and feed. Spray the floor of the greenhouse with water in the morning to create a humid atmosphere - this is ideal for the plants.



Deadhead borders often as this will prolong flowering. Place conservatory plants outside now that it is warm. Water tubs and new plants if dry. Cuttings can be taken now from patio and container plants for next year. Make sure that all tall plants are propped up. Mulching borders can help retain moisture and has the extra benefit of keeping down weeds. Make sure the layer of mulch is thick 2-3 inches. Watch for aphids on flowers and black spot on roses. Mow lawns regularly unless there is a drought. When the weather is hot, set the mower at a slightly higher level. This will be the last time that you will have to apply a liquid fertilizer to the lawn. New areas of grass will need extra watering to keep them going through the first summer.



Raspberry plants can be tied into a frame now for better control and also it will be easier to harvest. Late lettuce should be planted now. Don't forget to keep greenhouses well ventilated and make sure the plants in there are well watered and feed. Tomatoes are now starting to ripen. Keep removing side shoots to prevent bushing as this will reduce fruit yield. Why not train courgette, cucumber and squash plants with vertical twine - this will free up a lot of space. Don't forget to check plants for greenfly and whitefly. Strawberries should be cropping also. Peg down runners into pots to increase the number of plants. If you have enough plants then pinch them out near their origin. Protect your soft fruit from the birds by placing netting over them otherwise you might end up with no fruit. Prune apple and pear trees to encourage fruit. Sow salads little and often - in short runs every two weeks as this will ensure a continuous crop. Sow carrots, peas, spring cabbages and turnips. Also Brussel sprouts, winter cabbages and broccoli. Harvest your courgettes now to get the best flavour. Keep digging your potatoes!



Keep your pond topped up with fresh water also - a build up of algae in warm water can be toxic or fatal to animals. An equipment check on pumps, skimmers, filters, etc should be performed at time to ensure a beautiful pond all the way through the season. Remove any dead foliage from aquatic plants and water lilies. They could pollute the pond if left there. To lower the amount of future dead foliage you can also cut back any marginal plants which have grown out of hand. Not forgetting to continue to feed the birds as the ground is getting harder and it becomes more difficult for them to get food.

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

SUMMER SUPPERS

One-pan Simple Summer Chicken

Serves 4

Ingredients

8 chicken thighs, skin on
800g potatoes, cut into chunks
1 garlic bulb, broken into cloves, skin left on
2 tbsp olive oil
200ml chicken stock
1 lemon, halved
2 courgettes, cut into thick batons
1 red chilli, deseeded and sliced
large handful basil leaves, torn



Method

Heat oven to 220C/200C fan/gas 7. Pop the chicken, skin-side up, in a large roasting tin with the potatoes. Lightly crush the garlic cloves and nestle among the chicken pieces. Drizzle over the olive oil and chicken stock, then season. Squeeze over the juice from the lemon and pop the empty halves in the tin. Bake for 45-50 mins, adding the courgettes and chilli 15 mins before the cooking time is up. Remove from the oven when the chicken is cooked through and golden, and the veg is tender. Stir through the basil leaves and serve.

Cod, Potato & Spring Onion Stew

Serves 4-6

Ingredients

1 onion, peeled and finely chopped
1 leek, washed and finely sliced
extra virgin olive oil
2 medium courgettes, halved lengthways
1 kg potatoes, peeled
2 anchovies
1 wineglass white wine
565 ml milk
565 ml organic stock
1 kg cod fillet, skinned and pin-boned
Salt & freshly ground black pepper
1 handful fresh flat-leaf parsley, roughly chopped
1 bunch spring onions, finely sliced
juice of ½ lemon



Method

In a large pan, slowly fry your onion and leek with around 5 tablespoons of olive oil for 5 minutes until soft and tender. With a teaspoon, remove and discard the fluffy tasteless core from the courgettes and grate the rest into the pan. Chop the potatoes into rough 2cm dice and add to the pan. Give everything a good stir and then add the anchovies. Turn the heat up and add the white wine. Allow to cook down by half before adding your milk and stock.

Bring to the boil and simmer for half an hour until the potatoes are tender. Now add your cod and simmer for a further 15 minutes until the flesh flakes away; feel free to stir and break up the fish, but leave some big chunks as well. Season carefully to taste. Divide between your bowls, and serve with a small handful of parsley and spring onion dressed with a little olive oil and lemon juice.

Summer Vegetable Crêpes

Serves 4

Ingredients

1/3 cup reduced-fat sour cream
1/2 cup chopped fresh chives, divided, plus more for garnish
3 tablespoons low-fat milk
2 teaspoons lemon juice
3/4 teaspoon salt, divided
1 tablespoon extra-virgin olive oil
2 cups chopped zucchini
1 1/4 cups chopped green beans
1 cup fresh corn kernels,
1 cup part-skim ricotta cheese
1/2 cup shredded mild cheddar cheese
1/4 teaspoon freshly ground pepper
4 9-inch "ready-to-use" crêpes, (see Tip)



Method

Stir sour cream, 1/4 cup chives, milk, lemon juice and 1/4 teaspoon salt in a small bowl until combined. Set aside. Heat oil in a large non-stick pan over medium-high heat. Add zucchini, green beans and corn and cook, stirring, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, cheddar cheese, the remaining 1/4 cup chives, the remaining 1/2 teaspoon salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat.

To roll crêpes, place one on a piece of parchment or wax paper (or leave it on the piece of plastic separating the crêpes in the package). Spoon one-fourth of the vegetable-cheese mixture down the centre of the crêpe. Use the paper (or plastic) to help you gently roll the crêpe around the filling. Place the crêpe seam-side down on a dinner plate. Serve each crêpe topped with 2 tablespoons of the reserved sauce and more chives, if desired.

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Copy Date for the August edition of the Maynooth Newsletter is Tuesday 22nd July



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TRX

What is TRX?

TRX was devised by Randy Hetrick who was a member of the United States Navy SEALs. Hetrick and his SEAL teammates were faced with the nagging issue of how to stay mission fit whilst on the road. SEALs often found themselves without traditional fitness equipment and had limited training space. Using surplus parachute webbing and an old Jiu-Jitsu belt hung over a homemade apparatus, the concept of suspension training was born.

In the weeks and months following the creation of TRX, Hetrick and his SEAL teammates rapidly developed an array of bodyweight exercises specifically designed for this unique training harness. Hetrick and his teammates had laid the foundations upon which an entirely new approach to functional exercise would emerge: suspension training.

A new way to train!

Every suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once. These attributes are required in everyday life but also on the playing field of sports.

Benefits for people of all training levels.

The benefits of suspension training workouts are not just for performance elites. They are relevant for everyone who seeks a training method to safely and rapidly improve their fitness. Top celebrity trainers are incorporating suspension training exercises into the routines of their Hollywood A-listers clients.

Older adult wellness programmes have also turned to TRX as a form of training to enhance the everyday lives of older adults. TRX enables older adults to move independently, eliminating the fear of falling.

Physical therapists are using TRX to rehabilitate patients in hospital wellness centres, sports medicine clinics and chiropractic offices.

- TRX is a versatile and effective training solution comprising of hundreds of exercises.
- Regardless of age, gender or fitness level, TRX can be used by all!
- All exercises can be modified to build personalised programmes.
- TRX equipment is portable – It only weighs 2pounds!
- TRX helps you reach any fitness goal. It can be used to improve sports performance, weight loss, fat loss, increase strength, rehabilitate an injury and many more!
- TRX is functional and designed to meet the demands of daily activities.
- TRX forces you to stand to exercise. People sit too much presently and often lead sedentary lifestyles.
- TRX is core activating which requires you to constantly engage your core and remain 'engaged' and stable throughout your entire body and the duration of the exercises.

So whether you're a complete beginner, athlete, power lifter, full time parent, or office worker, TRX can offer you a fantastic and enjoyable full body workout.

COMING SOON TO THE GLENROYAL LEISURE CLUB!

TECHNOLOGY CORNER

TIPS, TRICKS, AND WHAT'S NEW IN THE WORLD OF TECH

The \$10,000 Phone

How much would you pay for a phone? Smartphones can be notoriously expensive, but there's one phone that costs more than many cars. The Vertu Signature Touch starts at \$10,300 (for the 'bargain' version – some models cost \$21,900). Its sapphire crystal glass screen cannot be scratched by anything short of a diamond. It also has a titanium frame, making it a fairly hefty phone in a world where phones are increasingly measured by how light they are. The design includes a calfskin backing made with hand-fed stitching, and each phone is built by from scratch by one person in England (who personally etches his signature into the special little hinge door that opens the SIM compartment). However, you still have to wonder what it is about soft leather or special sewing that makes this phone's appearance worth the price tag.



The biggest feature of the Signature Touch is the Concierge service, which is free for the first year but will cost another \$3,000+ each year after. Concierge is a special app that turns your phone into a kind of personal assistant. If you make a (legal and reasonable) request with Concierge, a real person will make it happen for you. Would

you like access to exclusive, members only, or booked out places? Your ever-polite Concierge assistant will arrange it for you, along with events, flights, meals, hotels, and anything else you might request via the app. A Vertu companion app called Life sends you a feed of events from around the globe with an inline link to the Concierge button to make it easy to make requests.



One of the most striking problems with the Signature Touch (aside from the massive tag, of course) is the speed at which technology is changing and improving. Why spend over \$10,000 on a phone when in another year or two, the operating system, screen, and other features will be completely outdated? Previous versions of Vertu's phones did not even have the up-to-date operating systems or components, so in some ways, regular smartphones were far more versatile and had better performance. Arguably that is true of any phone, and this one is clearly more of a status symbol than a phone, but it does pose an interesting question about technology and the different ways we use and view it.

Easy Computer Maintenance for Everyone

Maintaining your computer is like maintaining your house: a clean and organised environment is a much nicer space for work and play, and everyone can do it. When you first get your computer, it runs smoothly and quickly. However, over time it begins to slow down. While all computers age, regular basic maintenance will keep your computer running smoothly for years.

Think of your car – over time as you use it, it will need to have the oil changed, the tyres rotated, and various other parts checked and maintained in order for it to keep functioning properly. Without these, you may still be able to drive it, but it won't work very well and will eventually break down. Computers also need regular care. Otherwise, their lifespan may be shortened, or you may find yourself spending lots of money in a repair shop for minor problems you could have solved yourself. These basic tips will help keep your computer and your wallet happy.

1. Anti-virus and anti-malware: make sure that you have up-to-date anti-virus and anti-spyware protection on your computer. Once a week, run a full scan of your computer.
2. Keep Windows and other programs on your computer up to date. Either set Windows to automatically install updates or use the Custom setting so that you can see and approve each update before installing them (they will be divided into Critical and Recommended updates). Other programs and applications on your computer are prone to security risks and other errors if not updated.
3. Backup any critical files on a regular basis, especially when you change them. People often put this off until it is too late and something goes wrong. Flash drives are an easy and increasingly inexpensive way to backup important files.
4. Fully shut down your computer regularly. If you shut down your computer at the end of the day, you don't need to worry, but if you leave your computer on, make sure that you reboot it at least once a week. This will prevent any orphaned processes or memory leaks from accumulating, and these will slow down your computer. Make sure your computer is set to go into standby as well because many components are not designed to work continuously and can suffer hardware issues if left running 24/7.
5. Uninstall programs that you are not using. Make sure you correctly remove programs instead of just deleting them as this can cause errors. Under Control Panel, go to Add/Remove Program or Programs and Features to properly remove unnecessary and unused programs. Your computer also likely came pre-installed with bloatware, trialware and other free but unneeded programs and applications. In addition, if you are not careful when downloading programs off the internet, they will sometimes bundle other programs with what you actually want to use, which takes up space and can slow down your computer (and do you really need 5 different toolbars for your browser?)
6. Perform a disk cleanup at least once a month. Your computer will accumulate an enormous amount of inessential data over time, including temporary files and cookies. Your browser will store copies of webpages you visit so that it can reload them faster when you next visit the site, so it is important to clear out your browser's cache (memory) regularly. Windows has a built-in utility you can find if you click on Start, All Programs, Accessories, System Tools, and Disk Cleanup. Here you can also find many other useful maintenance tools and information. You can also use other programs such as CCleaner, a freeware utility that also includes a registry cleaner and tools for optimisation and privacy. Never click on any ads or pop ups claiming to speed or clean up your computer. These will install viruses or other malware.
7. Defragment your computer at least once a month. When you are looking at files on your computer or playing music or games, everything looks like an individual, cohesive whole. However, these are composed of a multitude of tiny pieces of data. When you don't have much installed, it will keep these pieces as close together as possible. As you add more data to your computer over time, it is more difficult to store everything close together, and as you update programs, the data contained in the updates will be stored in different locations. The more scattered these pieces of data are, the harder your computer has to work to find them and put them together into the cohesive file you with which you interact, and it slows down your computer. Defragmenting your computer collects all of these pieces back together and increases how quickly and smoothly it runs.
8. Check the hard drive periodically for errors. Check Disk is a tool that checks your hard drive and file system for certain problems and attempts to fix them. These problems can often be hard to find and track yourself, so using this tool will help reduce your risk of expensive problems. Windows has a built-in utility for defragmenting and checking the hard drive for errors. If you click on your Start menu, then go to Computer, right click on the drive you want to check (C: for example), select Properties, then the Tools tab, and then click 'Check now' or 'Defragment now'.
9. Create a system restore point before installing any new software or making any major changes to your computer. Sometimes new software can cause problems with your computer or something just goes wrong with your computer after making changes. A system restore point returns your computer to an earlier point in time when it was working. However, it is important to note that a system restore point is not the same as a backup. It will not restore deleted files or programs (except for very specific operating system files) or delete new files you may have created (again except certain operating system files). While it has its limits, in some situations it is one of the easiest ways to troubleshoot a problem and can save you a trip to a repair shop. To create a system repair point, click on Start, Computer, System Properties, System Protection, and then Create (you can also access it through the Control Panel by clicking on System or on Recovery).

Disclaimer: everything on this page is written in good faith and provided for general information purposes only. While every effort is used to make sure the information here is accurate, technology is always changing, so please use your own discretion. Maynooth Community Council is not legally responsible for any damage or data loss you may incur through use or application of the information in these articles.



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Glenroyal Beauty Salon



On Monday 16th June, The Glenroyal Beauty Salon hosted an event night to launch the new line of Fuschia make-up which is now in stock. Guests were treated to wine and cheese while being entertained by Juliette, the head make-up artist from Fuschia as she did a makeover demonstration on Sarah, one of the guests.

Fuschia make-up gives exceptional coverage and a lightweight feel. It is completely natural, and the foundation gives a healthy natural glow to all skin types and all ages, and will adapt to suit your skin.

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St. Mary's Band New Music Classes

St. Mary's Brass and Reed Band are currently accepting applications for their new Music Classes starting next September. Participants should be not less than 8 years of age and there is no upper age limit. Students will initially taught to ready music though the Recorder and after an initial period will graduate to brass, reed and percussion instruments. Anyone interested in joining these classes should email their details to sec@stmarysbandmaynooth.ie or by post to The Secretary, St. Mary's Brass and Reed Band, Pound Lane, Maynooth and the closing date for applications is 31st July. This is a great opportunity to join one of the best know organisations in Maynooth and to share a very worthwhile pastime with musicians of all ages.

Golf Classic

The John Curran Memorial Golf Classic took place for the second year in the K Club on Friday 6th June and was again very well supported by golfers and businesses throughout Maynooth who contributed in no small way to the success of the event. The Presentation of Prizes took place during a Summer Social Evening in the Glenroyal Hotel on the evening of the Classic. Photo Right: Winners of the John Curran Memorial Golf Classic L to R: Mick Flynn, Mick Fahey, Martin Maguire and Norman Kavanagh.



The Band

The Band have been very busy so far this year including coming second in the Intermediate Section in the National Band Championships held in Navan, and are hoping to give more local recitals between now and the end of the Summer. The fine weather allowed the Band to hold one of their Monday night rehearsals in the Square on 16th June and hopefully there will be more of these weather permitting.

New Members

The Band feels that there are many musicians living in the Maynooth area and they are most welcome to come to the Band Hall any Monday night (Bank Holidays excepted) to see how the Band works. We have members who come from as far as Kildare and Monasterevan who feel the journey is most worthwhile and hopefully we will find more musicians to join them over the coming months.

Martina Reilly Local Maynooth Author Launches Her Latest Book

A huge crowd turned out to wish Martina well with her new book "*Things I Want you to Know*" in Mc Mahons Lounge on Tuesday 10th June. Family, friends and members of *An Nuadha Players* enjoyed a great night with comedienne June Rogers, giving us a great laugh and telling us about her Summer tour which has sold out everywhere. Martina told us she is now working on the second book of her current publishing contract which she is calling "*That Day in June*". As well as writing novels, Martina has also recently done some shadow scriptwriting on the RTE soap *Fair City* and has been promised the job of writing an episode. When Martina is not writing she enjoys running and is a member of Le Cheile Athletics, running features in her new book "*Things I Want you to Know*" so she can mix her hobby and writing.



Martina at book launch with June Rogers



Maria Duffy with Martina.

THE WHEEL DEAL Formula 24 Success for MPPS and NUIM

A team of Transition Year students from Maynooth Post Primary School under the guidance of Mrs Mary Murphy T.Y. Co-Ordinator and Mr. Andrew Meehan, Lecturer with the Engineering Department in NUIM and Mr. Pdraig Golden of Intel, became the first school in the Republic of Ireland to compete in a GreenPower Formula 24 event. The technical team began work on building the electric powered car at the beginning of March this year in the Engineering Department of NUIM. At the same time a PR team of students got busy fundraising and raising awareness of the project in the media. The aim of the project was not only to build and race the car but also to expose students to the vast world of Engineering. Early on Saturday 31st of May both teams of students, staff from MPPS and staff from NUIM loaded up the car and headed to Nuts Corner in Belfast to race in the GreenPower event.

Having passed all safety and design checks the Wheel Deal lined up on the grid with five other teams for the first of two 90min races. All cars start the race with the same batteries. The object is to cover as much ground as possible and hopefully last until the end of the race. The Wheel Deal got off to a flying start and reliability proved to be the key as there were no unscheduled pit stops or repairs required to the car. After 3 excellent pit stops to change drivers 'The Wheel Deal' was placed runner up in the overall race but 1st in its class. Delighted with the result the team lined up for race number two and repeated their excellent performance, securing the same result. At the prize giving at the end of the day the team were also awarded the Siemen award for Innovation and Design. The team have now qualified for the GreenPower Formula 24 Final at the Goodwood race track in the UK on the 12th of October 2014. We would like to thank the following sponsors for making this venture possible.

INTEL, KWETB, LEINSTER DRIVING, EARTHTRIDGE, NCS MOTOR FACTORS, Department of Electronic Engineering NUI Maynooth, MICHAEL NOONE MOTORS and Siemens.

The team are now looking at changes they are allowed to make before October to make the car more competitive, and are busy making travel plans for October. We are hoping to secure more sponsorship so anybody interested please contact m.murphy@mpps.ie Or andrew.meehan@eeng.nuim.ie This project has already been a huge success and the Transition Year Team would like to thank the Engineering Department of NUIM and in particular Andrew Meehan for their time, their energy, their patience and for putting their faith in our students. We look forward to flying the Irish flag at Goodwood in October and who knows –maybe even more success! Results of the races at Nutt's corner can be found at the following web link: <http://www.greenpower.co.uk/events/events/nutts-corner-heat-northern-ireland-2014?event=results>

For more information on the Electronic Engineering department, NUI Maynooth, please refer to the following link: <http://www.nuim.ie/electronic-engineering>

For information on Greenpower please refer to the following link: www.greenpower.co.uk





The 4th of July – American Independence Day (...mostly)

The 4th of July is a major national holiday in the United States, often celebrated with massive parties, barbecues, large scale fireworks, and other revelry. As it is called Independence Day, most people think of it as the day that the United States declared independence from Great Britain in 1776, or perhaps the day that the Continental Congress signed the Declaration of Independence...but was it?

Actually neither of these events occurred on July 4th, 1776. The Continental Congress declared independence on July 2nd of 1776, two days before the current national holiday. On the evening of the 2nd, the Pennsylvania Evening Post even published that on 'this day, the Continental Congress declared the United Colonies Free and Independent States'. As for the Declaration of Independence, anyone familiar with government should know how long it can take to get even the simplest of measures enacted. Thomas Jefferson, head of the Committee of Five, wrote the first draft of the Declaration in June of 1776.

You might be tempted to think the 4th is when the Declaration was actually signed, as that is one of the most widespread myths surrounding the holiday. This myth was supported by some of the founding fathers' own later writings, even though Jefferson was later challenged on his insistence that he had signed it on the 4th. John Trumbull's famous painting of the signing is hanging in the Rotunda of the Capitol of the United States. However, despite the many famous writings and artistic depictions, historians have checked the manuscripts of the minutes of Congressional journals and know that the delegates did not sign the document then. Most of the delegates did not sign it until August 2,

1776, and some did not sign it until even later. Their names were also not released to the public until 1777.

The British in London did not even hear about any of this until August 30, 1776, and the Declaration was not delivered to Great Britain until November of that year. So what did happen on July 4th, 1776? The Continental Congress approved the final wording of the Declaration of Independence. The final draft had been submitted and adopted two days prior on July 2nd (when independence was actually declared), but they spent the following two days debating changes. Once the wording was approved, they put the current date of July 4th, 1776 on it. This was copied onto the final document that the Congress signed nearly a month later on August 2nd. It was also the date printed on the Dunlap Broadside, which were the original printed copies first distributed to people around the nation.

Thus, everyone associated July 4th with the Declaration of Independence, even though the Continental Congress had already declared independence and did not sign it for another month. In contrast, Constitution Day in the United States is celebrated on September 17, the date that the Constitutional Convention actually signed the U.S. Constitution in Philadelphia in 1787. Many such holidays around the world mark the date of important signings or declarations like this, which makes July 4th as American Independence Day something of an oddity. While the first 4th of July celebration occurred in 1777 with a parade in Philadelphia, it wasn't made an official holiday for nearly another century. The late 1700s was a time of bitter conflict for the new country, so there weren't many widespread, cohesive celebrations in the initial decades following the American War of Independence. In the mid-1800s, new political parties started to form, and there was renewed interest in circulating copies of the Declaration of Independence,

which of course included the date July 4th, 1776. Also, Thomas Jefferson and John Adams both died on July 4th, 1826 in a bizarre coincidence which further established the importance of that particular date. Ironically, during the Second Continental Congress, John Adams said in a letter to his wife Abigail that July 2nd would be 'the most memorable epoch in the history of America', one which he believed would be celebrated with 'pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations'.

Celebrations of the 4th became an increasingly common tradition until it was finally established as a national holiday in 1870 as part of a bill to recognise various holidays, including Christmas and New Year's Day. It is not technically the date of American Independence nor of the signing of the Declaration of Independence. Regardless, it remains a fun and meaningful holiday for many Americans as it marks an important time in their history. Tradition and history are closely intertwined as over time people seek to interpret their past with an understanding of their present, and holidays are often more about symbols and what they represent to people in their current lives than about their historical origins. Still, it is worthwhile to remember the history behind traditions and celebrations.



Food of the Fourth – Then and Now

Food is a major feature of holidays, and different cultures develop different culinary traditions as a part of their celebrations. Often holidays have more elaborate or fancier food than normal, such as Christmas dinner. The modern July 4th meals in the United States, however, are an exception to this.

July 4th is a day of parades, barbecues, and carnivals, and the foods associated with American Independence Day reflect this festival attitude. There is one food above all others that seems inextricably tied to the holiday: the hot dog. So many are eaten that Independence Day has sometimes been referred to as the Hot Dog Holiday. It's estimated that Americans eat 20 billion hot dogs a year, but 155 million of them are consumed on July 4th alone. That is enough hot dogs to stretch across the entire United States from coast to coast with some left over.



Hot dog eating contests are a popular event on July 4th celebrations, and one has even become world famous. Nathan's Hot Dog Eating Contest has taken place every year in Coney Island since 1972. The contest dates back to a legend from 1916 where 4 immigrants are said to have held a hot dog eating contest at Nathan's Famous stand in Coney Island to determine who was the most patriotic. In 2013, the contest was won by Joey

Chestnut, who ate a record of 69 hot dogs and buns in 10 minutes.

Barbecues and picnics are also common features of Independence Day, so people eat a lot of hamburgers, hot wings, fried chicken, beans, corn on the cob, and picnic salads. More pickles are also eaten on July 4th than any other day of the year, and people drink more lemonade than any other time as well.

Traditions and tastes have changed a lot in the past two centuries, though. According to legend, turtle soup was on the first 4th of July menu in 1776. John Adams and his wife Abigail supposedly celebrated by eating turtle soup, poached salmon with egg sauce, and a dessert of Indian Pudding or Apple Pandowdy. Unfortunately for the legend, John and Abigail's letters reveal they were in different cities on July 4th, though they are still credited with the menu in heritage cookbooks.

However, turtle soup was the traditional celebratory fare at the time. It used to be an exceptionally popular summer dish, and it was the soup du jour at many political dinners in the 1800s. It was so popular that restaurants would advertise the hour that their soup would be available. It was also served at celebratory gatherings on the 4th of July when people would gather to listen to orators.



The National Turkey

The bald eagle is now an iconic symbol of the United States, but not everyone thought that this bird of prey would make a suitable emblem for the new country. On June 20, 1782, Congress adopted the Great Seal of the United States that depicts the American bald eagle with wings outstretched, carrying 13 arrows in the left talon and an olive branch in the right. The eagle was not officially named as the national bird of the United States, though, until George Washington became the first president in 1789. The eagle was a popular choice and was picked because it represented courage and might, but Benjamin Franklin disagreed with the choice. He thought the turkey would have made a better choice. In 1784, he wrote a letter criticising the bird on the crest of the Society of Cincinnati and the choice of the eagle over the turkey for the national bird:

"For my own part I wish the Bald Eagle had not been chosen the Representative of our Country. He is a Bird of bad moral character. He does not get his Living honestly. You may have seen him perched on some dead Tree near the River, where, too lazy to fish for himself, he watches the Labour of the Fishing Hawk; and when that diligent Bird has at length taken a Fish, and is bearing it to his Nest for the Support of his Mate and young Ones, the Bald Eagle pursues him and takes it from him. I am on this account not displeased that the Figure [on the Society's crest] is not known as a Bald Eagle, but looks more like a Turkey. For in Truth the Turkey is in Comparison a much more respectable Bird, and a true original Native of America. He is besides, though a little vain & silly, a Bird of Courage, and would not hesitate to attack a Grenadier of the British Guards who should presume to invade his Farm Yard with a red Coat on."

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Maynooth Tidy Towns

We wish to thank all election candidates who refrained from putting up election posters in the Main Street. Our hanging baskets and floral displays have now been planted up. We thank all the businesses who contributed to our recent appeal to fund the above.

We wish to thank all who contributed and helped with our recent Annual Collection. We are delighted that following our recent appeal for more volunteers a number have come forward. National Tidy Towns competition is underway since 1st June until 31st August.

Please keep Maynooth litter free and tidy.

Richard Farrell
PRO Maynooth Tidy Towns



Photo's: Top Left: Floral Display at the Bus terminus. Top Right: Intel Involved Crew painting the street furnishings in the Square. Bottom Left: The recently erected "Bronze Medal Winners 2013 sign.



NUI Maynooth Launches Computer Science Springboard Courses



The Department of Computer Science at NUI Maynooth today welcomed the launch of the Springboard programmes by the Minister for Education. Springboard courses at NUI Maynooth include the Higher Diploma in Science (Software Development), ICT Skills Higher Diploma in Science (Software Development) and the Certificate in Science (Software Development). Both half-time and full-time programmes are available and they are free to applicants eligible under the Springboard scheme. Students can apply for NUI Maynooth's Springboard courses via www.springboardcourses.ie

Discussing the courses, Tom Lysaght, Head of Computer Science at NUI Maynooth: "The Computer Science Department is delighted to offer a range of postgraduate ICT skills courses funded under the HEA Springboard Scheme. NUI Maynooth courses equip students with the latest skills and expertise in software engineering, software development, design and testing. Students experience the latest technologies in multimedia, mobile and web development, with a particular focus on preparation for work placement. We also provide a pathway for students who excel to progress to Masters' level. We are very proud to collaborate with key industry players such as Microsoft Ireland and Senteniel here in Maynooth to ensure that our students are best prepared for the marketplace."

Dr Kevin Marshall, Education Lead, from Microsoft Ireland said: "Microsoft Ireland has enjoyed a long and successful relationship with the Department of Computer Science at NUI Maynooth and we are delighted with the continued investment by the University's in its new ICT courses. Over the years we have collaborated on a number of initiatives in relation to the curriculum and through the Imagine Cup, our student technology competition. The passion of academics and the calibre of students from Maynooth are always exemplary and I have every confidence that the new courses will be a major success. We welcome NUI Maynooth's focus on cutting edge technologies and its emphasis on developing students with key skills such as C#, .NET, and Azure technologies. We wish the team at NUI Maynooth the best of luck with the implementation and roll out of these new courses."

Courses:

It will be possible from the 9th June to apply for the NUI Maynooth Springboard courses via the www.springboardcourses.ie website. Interested applicants should apply using the Springboard application form found on the www.springboardcourses.ie website.

1.Higher Diploma in Science (Software Development): The Higher Diploma in Science (Software Development) (half time) is a one-year programme in Maynooth for students who already have at least 30 credits prior learning in computer programming, software or computer science at NFQ level 6 or above. The focus is on industrial software development using the Java programming language. The course includes Software Design, Mobile Application and Web Development. The course includes project work providing essential practice for working in a software development environment. A capstone module prepares students for Java Certification exams. A work placement module at the end of the course provides experience in putting the skills learned into practice. This is a level 8 undergraduate Diploma.

2.ICT SKILLS Higher Diploma in Science (Software Development) is a one-year full-time programme in Maynooth for students who already have a level 8 qualification in a subject other than computer science or software development. The focus is on industrial software development using the Java programming language. The course includes foundational material, databases, object-oriented programming, software design, mobile application and web development. The course includes a team project providing essential practice for working in a software development environment. A capstone module prepares students for Java Certification exams (1Z0-803 Java 7). A work placement module at the end of the course provides experience in putting the skills learned into practice.

3.The NUI Certificate in Science (Software Development) is a one-year half-time programme in Maynooth for students who have at least one post-leaving-certificate qualification. The focus is on industrial software development using the Java programming language. It assumes no previous computing knowledge. The course includes Introduction to programming, databases, computer systems and software testing. The course includes team project work providing essential practice for working in a software development environment. A capstone module prepares students for Java Certification exams. A work placement module at the end of the course provides experience in putting the skills learned into practice.

Springboard videos and webpage on NUIM.ie

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Say this prayer for three days, promise publication and favour will be granted.

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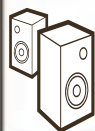
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Contact Details - e-mail: naoisecearuil@gmail.com - Mobile: (086) 728 0050

Thank You

I would like to thank the people of Maynooth for putting their faith in me and electing me to Kildare County Council. I am humbled and truly thankful for the support I received throughout the election and on election day.

I am committed to working hard on behalf of our community and delivering much needed improvements to Maynooth.

If I can be of any assistance please feel free to get in contact at any time on (086) 728 0050 or via email on cllmaoise@gmail.com.

Once again, go raibh mile maith agaibh.
Cllr. Naoise Ó Cearúil

Membership

Current and prospective members of Fianna Fáil have until the 30th of July to renew their membership. Annual membership is €20 and entitles members to voting rights at conventions and at the Ard Fheis.

The Old Carton Maynooth Cumann meets once a month and it is a great way to put your thoughts on improving the town forward.

You can contact either Fianna Fáil Headquarters or cllmaoise@gmail.com to register.

Local and European Elections

The recent local elections were very successful for Fianna Fáil in Kildare. The party is now the largest grouping in Kildare County Council with thirteen

councillors. Fianna Fáil's Cllr. Fiona O'Loughlin is the new Lord Mayor of Kildare.

The Maynooth Electoral Area returned 3 out of four candidates. The Fianna Fáil councillors for the Maynooth Area are Cllr. Naoise Ó Cearúil, Cllr. Paul Ward and Cllr. Daragh Fitzpatrick. The fourth candidate Ben Doyle was unsuccessful but polled very well on the day.

Fianna Fáil Maynooth wishes all elected councillors in the county the best of luck over their term of office and commiserates with those who were unsuccessful.

Pat "The Cope" Gallagher and Senator Thomas Byrne were unsuccessful in their bids to become MEP'S for the Midlands-North-West Constituency. We wish both of them the best of luck in their future endeavours.

Kildare North Ógra bid for National Youth Conference

Kildare North Ógra has submitted a bid for its National Youth Conference. The Conference which was held in Sligo two years ago is expected to attract close to 800 young people from the island of Ireland. If successful the conference will be taking place in November in the Westgrove Hotel, Clane.

Local Matters

Bus Terminus at Parson's Hall

Cllr. Ó Cearúil has been actively working on finding a solution to the proposed bus terminus at Parson's Hall.

The residents of the estate have not been consulted and alternative locations are being sought, most notably at Crinstown.

Maynooth Festival

Cllr. Ó Cearúil is encouraging all those who are active in the music or entertainment industry to engage with the Community Council in preparation for the Maynooth Festival. If you have any thoughts or ideas please forward them on.

Gaelcoláiste

The founding committee have been very active in pushing for a Gaelcoláiste (All-Irish Secondary School) for North Kildare. Naoise has been working with them and if you require any information please get in contact.

Representations

Cllr. Ó Cearúil has been making representations on behalf of residents on a range of issues. If you have an issue or need advice please get in contact. Areas covered to date include;

Grants for Older People
College Grants (SUSI)
Housing Issues
Planning Issues
Planning Objections
Medical Card Issues
Business Start Ups

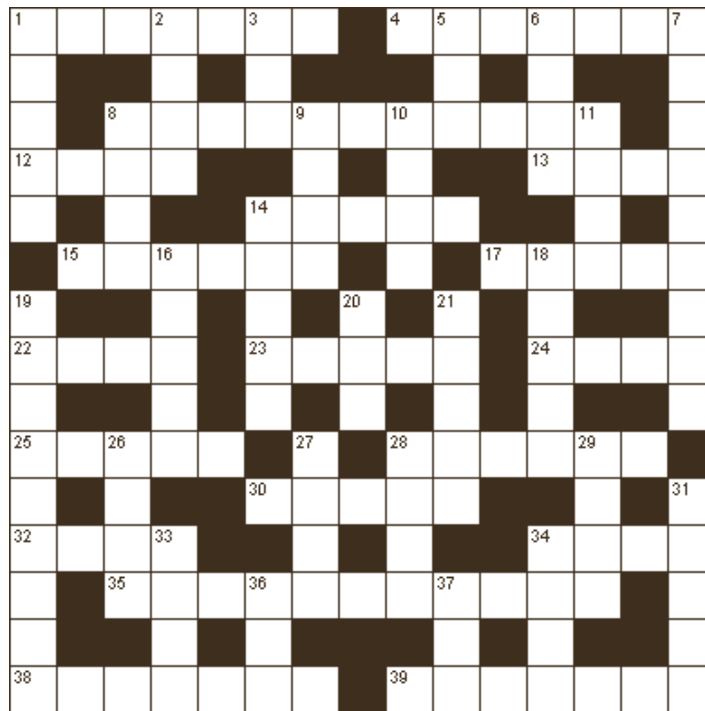
Maynooth Town FC Lotto Results 2014

www.maynoothtownfc.com - Join Us On Facebook

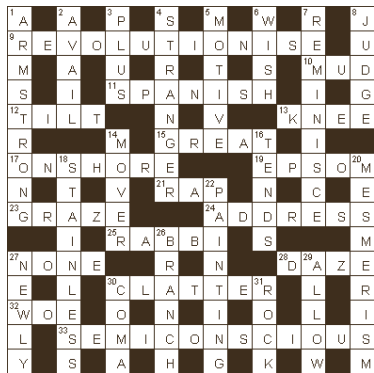
W/End	Numbers	Jackpot	3 x €35 Winners
05-Jan	1,14,17,27	€2,400	Paul Keogh - Daniel Hever - Dave Keegan
12-Jan	18,19,21,26	€2,450	David Mc Cormack - Emer Darcy - Anne Naughton
19-Jan	2,17,22,23	€2,500	Mary Murray - Slim - Mick McGovern
26-Jan	6,8,9,19	€2,550	Niall Cronolly - John Hanrahan - Emma Gallagher
02-Feb	6,11,19,27	€2,600	Joan Carroll - Conor Strickland - Noel Dempsey
09-Feb	7,15,21,23	€2,650	Elaine & Suzanne - Pauline Mc Avinue - Richard Tighe
16-Feb	11,15,16,18	€2,700	Stephen Finnegan - Jill Judge - Nigel O Shea
23-Feb	9,24,25,28	€2,750	Gerry Reilly - John Saults - Dave Varasour
02-Mar	15,16,21,25	€2,800	Ailbhe Quinn - Gina Folan - Katie Neville
09-Mar	7,14,17,21	€2,850	Aileen Gleeson - Fiona Healy - Pat Power
16-Mar	1,10,14,28	€2,900	Mike Coyne - Tony Clifford - Anthony Casey
23-Mar	13,22,25,27	€2,950	Ambrose O'Brien - John O Shea - Dan Bradley
30-Mar	16,23,25,28	€3,000	Sam Feeney - TJ Byrne - Anne Wall
06-Apr	15,18,23,28	€3,050	Ciaran Flanagan - Mick O' Sullivan - Suzanne Farrelly
13-Apr	4,8,27,28	€3,100	Kieran O Connor - Caroline McCabe - Paul Coyle
20-Apr	10,13,17,28	€3,150	Ann Cribben - Tony Byrne - Isabel & Sofie
27-Apr	8,15,20,23	€3,200	John O Shea - Ciaran Gillespie - Conor & Stephen Saults
04-May	3,9,17,19	€3,250	Mag Sullivan - Jim's Shoe Repair - Paul Keogh
11-May	3,14,17,20	€3,300	Gina Folan - Declan Burke - John McGinley
18-May	3,8,22,28	€3,350	Marguerite O'Donnell - Mark Mularski - Liam Walsh
25-May	3,8,13,15	€3,400	Edel Stone - Brian Herbet - Conor Strickland
01-Jun	6,8,10,14	€3,450	Noel Dempsey - Ciaran Flanagan - Leslie Kellett
08-Jun	6,18,24,28	€3,500	Tom Ashe - Paula Donaldson - Ann O Mahony
15-Jun	2,16,22,28	€3,550	Grace Kelly - Liam Walsh - Ruadhan O'Giollain

Clues Across

1. By-product (4-3)
4. Fragment (7)
8. Lacking meaning (11)
12. Converse (4)
13. Let out one's breath audibly (4)
14. Garment worn by women (5)
15. Having stripes (6)
17. Slender part of the leg (5)
22. Ridge of rock (4)
23. Fish covering (5)
24. Adhesive (4)
25. Wept (5)
28. Attractive (6)
30. Cooks in fat (5)
32. Drinks (as a cat) (4)
34. The day of the month (4)
35. Hand tool (11)
38. Space for storing (7)
39. Hug (7)

**July 2014 Crossword - No: 426****Clues Down**

1. Room (5)
2. Russian no (4)
3. Fish appendage (3)
5. Naught (3)
6. Move past (4)
7. Made tighter (9)
8. Pole (4)
9. Resembling ink (4)
10. Female child (4)
11. Ailing (4)
14. Sudden convulsion (5)
16. Firearm (5)
18. The dark (5)
19. Invaluable (9)
20. Destroy (3)
21. Nobles (5)
26. Little devils (4)
27. Make beer or ale (4)
28. Fruit (4)
29. Rip (4)
31. Light greyish brown (5)
33. Mark left by a healed wound (4)
34. Expensive (4)
36. Unit of energy (3)
37. Doctrine (3)

Answers to Crossword 425**Special Prize Book Voucher**

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

The Maynooth Bookshop

Entries in before:
22nd July 2014

Name: _____

Address: _____

Phone: _____

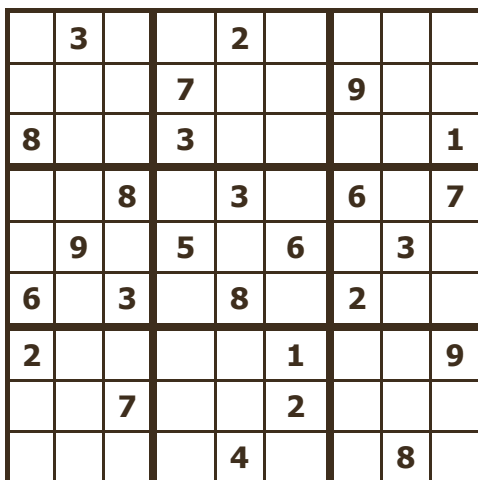
**Winner of Crossword
No. 425 June**

**Bernadette Duffy
Kingsbry
Maynooth**

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

Collect prize from

**The Maynooth Bookshop
68 Main Street, Maynooth**

Difficult

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

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

Collect prize from Newsletter Office

Sudoku Challenge

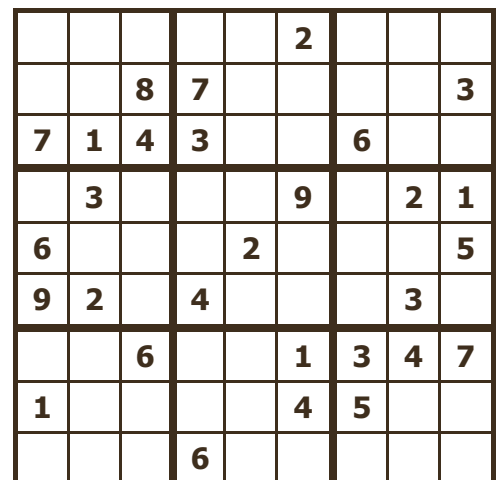
July 2014

Entries must arrive before: 22nd July 2014

**Congratulations to
June Winner:**

**Martin Doyle
Rail Park
Maynooth**

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

Super Difficult

Name: _____

Address: _____

Phone: _____

Sinn Féin Maynooth Local News

Cllr Réada Cronin - Telephone 086 3189 730 - Email: readacronin@hotmail.com
 Facebook: [facebook.com/readacroninsinnfein](https://www.facebook.com/readacroninsinnfein) - Twitter: @ReadaCronin

A Chairde,

The canvassing is over and I am delighted to have been elected to represent Maynooth in Kildare County Council. It was particularly historic as Maynooth hasn't elected a Sinn Féin councillor since the 1920 election. It's a great honour to be elected by the people of your constituency and it's a great honour to represent Sinn Féin.

I'd like to thank the 1291 voters who trusted me with their Number 1 vote and also to those who gave me a preference. It was a wonderful feeling to be elected on the first count after exceeding the quota. The desire for a real republic whose only agenda is the citizen has been awakened. It may be a new responsibility to cherish and grow this desire. This is a responsibility that we in Sinn Féin will take seriously.

We are aware that those that voted for us have placed their trust in us after being failed by the establishment parties. People all over the country knew we weren't standing enough candidates to form a majority in any of the county councils and bring about the changes we want and need. It may be a new departure in Irish politics but we intend to do exactly as we promised while canvassing at your door.

I received the message loud and clear that most of you have shown a strong desire for real change and I assure you that Sinn Féin is the only party with the courage to deliver it.

PEACE PROCESS

I know there are those who haven't vote Sinn Féin yet. I understand that they will be watching us closely and may have been reluctant to entrust us with their vote after being let down by party politics thus far. It is however my desire to work for all of the constituents irrespective of political leanings or allegiances. A healthy community needs activists, and I am committed to be an activist for the whole community. During the course of my canvass the Sinn Féin party president was arrested and later released without charge. I believe Gerry Adams has led by example and at risk of his personal safety to steer Irish republicanism on the road of peace - a peace with justice at its core. When Gerry Adams was released without charge he set the tone at his press conference. There was no victory and there was no vitriol. Of course North Kildare isn't West Belfast in the early 1970's and thanks to the bravery, vision and courage of Gerry Adams West

Belfast today is a far cry from the brutality of the sectarian 1970's state. Cool heads and calm hearts will deliver the peaceful and united Ireland we want. "Níl aon bothair eile. Níl aon slí eile" as Gerry said himself. We are never going back.

KILDARE COUNTY COUNCIL FF/FG COALITION

The first council meeting of the newly reformed Kildare County Council was held on 6th June. Prior to this meeting we in Sinn Féin approached all the parties and the independents' group to recommend the d'Hondt system which would have ensured a representative council which would have respected the voting preferences of the electorate. D'Hondt is not a pact by another name. It is based on the proportionality and the percentage of the votes received from the people. It does not tie councillors into voting in favour of budgets in exchange for a Chair position on any of the council committees.

Our suggestion was knocked back by Fine Gael and Fianna Fáil and the carve up of Kildare County Council committees and Chairs ensued with Fine Gael and Fianna Fáil having a majority of seats. What was particularly surprising about the arrangement was how Fine Gael didn't include Labour in the pact. Especially after Labour, "God's gift to Fine Gael", had received such a kicking in the local elections. But then a party that was founded on the principles of James Connolly and Jim Larkin should know that their place was never to enable right-wing politics. Unfortunately listening to the Labour Leaders hustings at the moment it's a lesson they haven't yet learned.

We in Sinn Féin will highlight any negative deals or pact politics which will affect Kildare.

15% PROPERTY TAX REDUCTION

I, as promised, along with my other Sinn Féin Kildare councillors will be putting forward a motion this month to **reduce the Local Property Tax by 15%**. The Local Property Tax is nothing more than another Austerity Tax and I met too many people at the door who told me they can't cope financially with the high stealth taxes being implemented by this government. Unfortunately local government does not have the power to completely abolish this unfair tax but it does have in its remit the power to reduce it by 15%. We are confident that with the high density of housing in

Kildare that the other councillors in Kildare County Council will support our motion.

We also heard Phil Hogan promise numerous times that Property Taxes would be "ring-fenced" for local areas. After these funds were redirected to establish Irish Water, and helped pay for the installation of the water-meters outside your home, we also intend to propose a motion **that the remainder of Property Tax is ring-fenced to ensure that Kildare County Council use these funds as they promised they would for local services.**

MAYNOOTH AMBULANCE PROTEST

Don't get sick on Thursdays!

Due to austerity cut-backs, there is no ambulance service on Thursdays from the Maynooth Ambulance base between 7a.m and 7p.m. We instigated this campaign group to restore this vital ambulance service. I was pleased to see that Kildare Council Councillors must have noticed our protests and are planning a recommendation to HSE to restore this vital service. If you have had any incidents with ambulance delays on a Thursday or any other day, please contact the email below or feel free to use any of my contact details. Please stay in touch with the campaign at [facebook.com/StopTheNorthKildareAmbulanceCuts](https://www.facebook.com/StopTheNorthKildareAmbulanceCuts) or by email at stopthenkambulancecuts@gmail.com

MAYNOOTH TIDY TOWNS

It's not yet known how Maynooth fared in the Tidy Town competitions. If the appearance of the town and the Committee's hard work and commitment are anything to go by it's looking like Maynooth should be due some very good news soon. Tidy Town is a voluntary organisation and the volunteers deserve a bualadh bos and our support and gratitude. The town is looking stunning especially in the summer sunshine.

I, along with activists and local members who helped me canvass intend to start a cumann in Maynooth over the coming weeks. If you would like to become politically active in our community feel free to contact me, Réada Cronin, using any of the contact details at the top of the page for an application form. Join a party that recognises that our lives and our community are not scribbles in the margins of an economist's balance sheet or a sideshow in a spin doctor's deception. Join Sinn Féin.

Maynooth

CREDIT UNION Limited

Monday	9.30am - 5.00pm
Tuesday	9.30am - 5.00pm
Wednesday	Closed
Thursday	9.30am - 5.00pm
Friday	9.30am - 5.00pm
Saturday	9.30am - 2.00pm

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New & Old Members Welcome



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PEOPLE BEFORE PROFIT ALLIANCE LOCAL NEWS

Tel: 0860878114 - Email: northkildarepbp@gmail.com

MARTIN GREHAN – PBPA CANDIDATE FOR MAYNOOTH NARROWLY MISSES OUT ON BEING ELECTED

Local election candidate for the People Before Profit Alliance, Martin Grehan, who ran in the Maynooth local electoral area for Kildare County Council narrowly missed out on winning a seat last month. He polled well in Maynooth and Kilcock, claiming 625 first preference votes, finishing on 899 votes after transfers, and finished 10th in a 9 seat constituency. We would like to thank everyone who assisted with the election campaign and for all those who offered goodwill and support over the last few months. After a short break we will return to campaigning on issues affecting our community, including housing, the ambulance cuts, and the impending imposition of water charges.

AMBULANCE CUTS

The fight to save the north Kildare ambulance will continue through the summer. The continuing absence of our 3 ambulances on a Thursday was one of the major issues we encountered on the doorstep while canvassing in the recent election. The election of 2 members of the Stop The North Kildare Ambulance Cuts campaign group to Kildare County Council (Brendan Young of Community Solidarity & Reada Cronin of Sinn Féin) highlights the anger of local residents on the issue.

Dr. John McCabe, a local junior doctor and member of People Before Profit, stated “There is firm evidence that delayed emergency response times to critical illnesses, such as stroke and heart attacks, leads to poorer outcomes for patients. The continuing absence of the emergency ambulances on Thursdays from the Maynooth base is a shocking and short-sighted HSE cutback that will come back to haunt local Labour and Fianna Gael representatives who have done nothing to protect this frontline healthcare service.”

People Before Profit vow to continue the battle to save our local ambulance service and resist any further potential cutbacks in frontline healthcare.

ANTI-AUSTERITY CANDIDATE BRENDAN YOUNG ELECTED TO KILDARE COUNTY COUNCIL

Brendan Young of Community Solidarity was elected to Kildare County Council after a fantastic performance in the Celbridge-Leixlip electoral area. The People Before Profit Alliance welcomes the election of Brendan, who is a principled anti-austerity activist. Brendan has campaigned in tandem with People Before Profit on a number of issues in the locality in recent years. Including the loss of the local ambulance in north Kildare, the imposition of unfair and regressive home and water taxes, as well as campaigning for the retention of the right of way of locals to the Castletown Estate in Celbridge. People Before Profit looks forward to working with Brendan on future campaigns and congratulate him and Community Solidarity on their victory.

Health – An Alternate View!

**Water water everywhere.....
but why are the Irish such bad drinkers!**

Drink 2 Litres per day! Drink 4 Pints per day! Drink 8 Glasses of water per day! We hear it from everyone, our doc, physio, team manager, even the taximan but rarely do it. Where does this magic figure come from? Why is it so important to drink water?

First off, lets get a simple but powerful image of the human body. If we were to squeeze a person through an imaginary press and put a side the skin, hair, bones and all; 75% the body would be made up of water! Yes, ¾ of you is water! Yet, for the vast majority of the Irish clan will put tea, coffee, beer, spirits, red bull, carbonated drinks, cordial, sports drinks, milk and anything but water in their body. These drinks represent fluid, but unfortunately will have a diuretic effect and will make use of the existing water in the body to break down and excrete when consumed.

Where does the 2 litre guide come from? Well, if you take an average male working in an office, at 6ft height weighing 80 kgs, this would represent 60kgs of water (as we are 75% water, from above). To run this average male to its optimum performance we need to replace 3% of it's body weight in water everyday. 3% of 60kgs water is 1.8kgs. (note: 1 kg water = 1 litre of water) This person needs minimum 1.8 litres of water per day. Hence a round up to 2 litres per day as prescribed by everybody but rarely applied in our daily lives! Brian O Driscoll or John Doyle would drink 4 to 5 litres per day to stay properly hydrated. The ones that do, know this is the secret to a healthy life well lived while the majority of us 'chug' to our deaths with all the bulbs on the dash flashing!

From my experience in clinic, I find the most powerful clients are the ones that have been dehydrated all their lives, take on board the information about water and hydrate themselves properly for the first time! Wow, it is truly amazing to see and empowering as they do it for themselves!

In my next water piece, with less maths (Phew!) I will discuss..... What are the various symptoms associated with dehydration? What diseases can be caused by a continuous water shortage in the body? And, can we drink too much water?

Charlie Leonard
Kinesiologist
085 1122789

Maynooth Castle

**Address: Maynooth, Co.
Kildare.**

Telephone No: + 353 1 628 6744.

Fax No: + 353 1 628 6848.

Email: maynoothcastle@opw.ie

Visit: [http://](http://www.heritageireland.ie/en/midlandseastcoast/MaynoothCastle/)

**[www.heritageireland.ie/en/
midlandseastcoast/
MaynoothCastle/
Opening Hours](http://www.heritageireland.ie/en/midlandseastcoast/MaynoothCastle/)**

**30 May - 25 September
Open Wednesday - Sunday &
Bank Holidays**

10.00 - 18.00

**Average Length of Visit 45
minutes**



McDonald's Maynooth

Proud Sponsor of the Colouring Competition



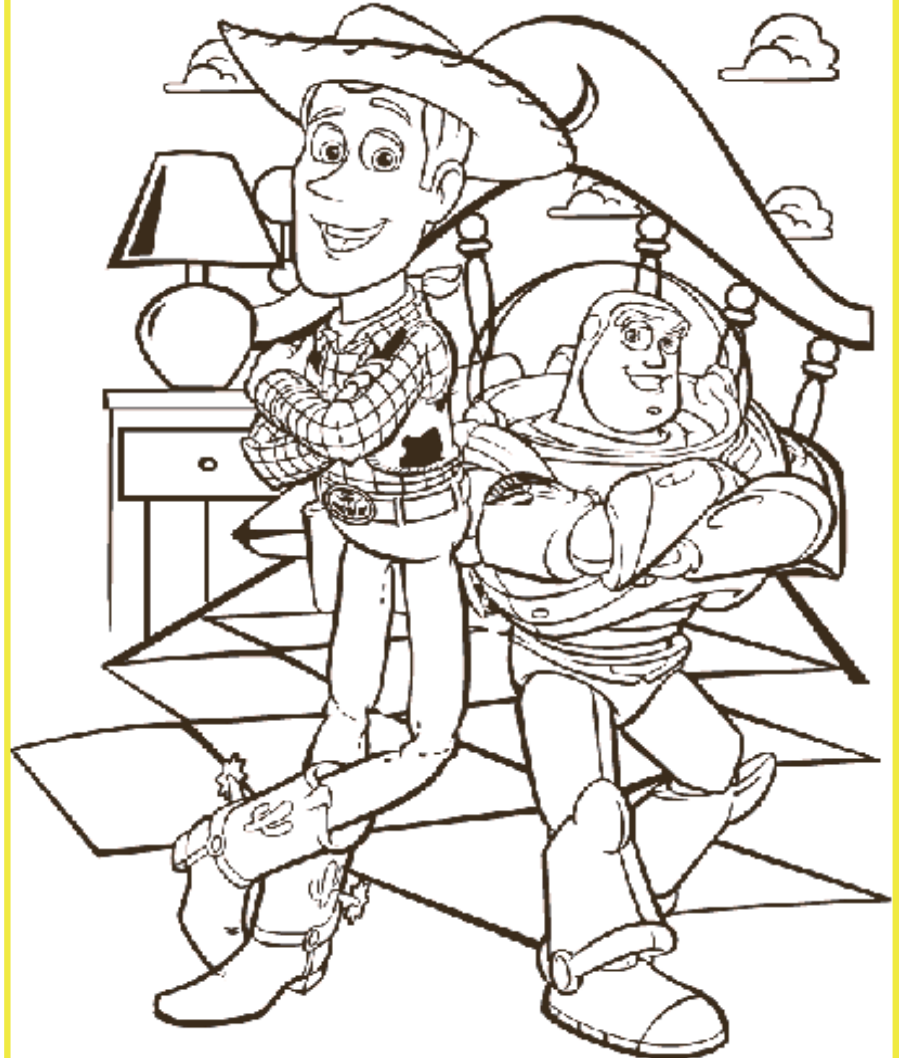
Ice Cream Wordsearch



banana split chocolate cold
cone ice cream oyster
sprinkles sundae vanilla
water



Dot to Dot Butterfly



McDonalds Children's Colouring Competition

Prizes: Free Family Meal From
McDonald's, Maynooth

Name: _____

Age: _____

Address: _____

Phone No: _____

June Winners:

Age: 3 - 5: Grace Dorman, Carton Court

Age: 6 - 7: Vishal Jujje, Moyglare Hall

Age: 8 & Over: Áine Hennelly



Prizes for Colouring Competition can be collected at:

Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.
Entries must arrive before: Tuesday 22nd July 2014



McDonald's Revert to Original Advert

July 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

I.C.A.

No monthly meetings to take place July /August. Monthly meeting will resume on 1st Thursday of September at 8.00pm. in the I.C.A. Hall in the Harbour.
Crafts will continue until the end of July 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

Traditional Tai Chi Chuan

Classes in traditional Yang Style Tai Chi Chuan and Chi Kung
The Leinster Clinic Maynooth
Thursdays at 7.30pm
Tel: Brian 087 2157231

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 Helen
Phone: 01-6286592

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

Men's Sheds

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



UNBELIEVEABLE VALUE!

First floor office space to let from €10 per day inclusive of rates, service charge, light and heat.
Free Parking (All day for staff & 2 hours for customers)

Contact Declan on 087-2854406

Glenroyal Business Centre Maynooth



Bobby the Pomeranian dog called into our office to say hello with his owner Mary.

**Copy Date for the
August edition of the
Maynooth Newsletter
is Tuesday 22nd July**

FILM MONTHLY BY BERNIE CLAXTON

Film Review: *August: Osage County* Director: John Wells

Starring: *Meryl Streep & Julia Roberts*



Rating: 4/5



Osage, the largest county in the U.S. state of Oklahoma, is situated mostly in the sun-parched plains of rolling, endless prairie land. It is also the setting for Tracy Letts' screen adaptation of his acclaimed and prize-winning play, *August: Osage County*. Under the direction of John Wells, an all-star cast assemble for his corrosive and darkly funny tale of an Oklahoma family in meltdown. One scorching month in August, we become acquainted with a family of women on the verge of a nervous breakdown!

The opening scene of *August: Osage County* is almost contemplative in comparison to what is to follow. It features playwright Sam Shepard in an elegant cameo role as Beverley Weston, disillusioned poet and alcoholic husband of Violet (Meryl Streep). Beverley, pondering his long and troubled marriage to his drug-addicted and volatile wife, decides on a course of action. The 'simple pleasures' of books and alcoholic beverages can no longer dull the effects of a sterile marriage gone to the bad.

Enter a Native American woman carer and live-in cook, employed by Beverley to look after the bitter Violet. Exit Beverley to set in place a chain of events that dominate the rest of the film. Various family members of the Weston clan converge on the old homestead from far and wide. It proves to be the family reunion from hell. If you like your emotions raw and unleashed then look no further than this hothouse of seething family tensions.

Central to all this mayhem is Meryl Streep's unhinged, domineering and substance-abusing matriarch. Ironically, Violet is afflicted with mouth cancer in more ways than one. The cancer burning her mouth is much less toxic than the bile that frequently emits from her acid-tongued reproaches and put-downs of her unfortunate family. Violet, content to tear shreds off her nearest and dearest, is unrelenting in her spewing of foul-mouthed tirades.

A family falling apart at the seams is the stuff of melodrama and we have been here before in countless cinematic incarnations. With its sweaty dysfunction, secrets and lies, and warring family members, *August: Osage County* has definite echoes in the sizzling dramas of Tennessee Williams and Edward Albee. Certainly, Violet Weston shares many of the characteristics of a *Maggie The Cat*, a *Big Daddy* (*Cat On A Hot Tin Roof*) or a *Martha* in *Who's Afraid of Virginia Woolf* in all her venom, vulgarity and vitriol. Fasten your seatbelts folks....we're in for a bumpy ride!

The main target for Violet's invective is her three estranged daughters. They come to the family home with emotional baggage of their own: Barbara (Julia Roberts) is licking the wounds of a disintegrating marriage to her academic husband, Bill (Ewan McGregor); Ivy (Julianne Nicholson), in contrast, is quiet, put-upon and harbouring secret desires of her own; Karen, the youngest daughter, (Juliette Lewis) is ditzy, glamorous and a delusional seeker of love and approval. Added to this mix come Violet's brassy, insensitive and sarcastic sister, Mattie May (a scene-stealing Margo Martindale), her compliant, decent husband Charles (Chris Cooper) and their awkward son, Little Charlie (Benedict

Cumberbatch).

August: Osage County reveals its theatrical origins in a witty, acerbic screenplay, lengthy set-pieces and speeches, emotional grandstanding and playing- to-the-gallery moments. Letts compresses his epic drama of family dysfunction into a viewer-friendly two hours sitting. The original stage play stood at just over three hours. Apart from some location shooting, most of the action is centred in Violet's sprawling and claustrophobic country house.

In this stifling environment, dark secrets lurk in every corner. Characters are consistently fanning or cooling themselves in the oppressive heat. The heat, in its intensity, threatens to overwhelm and replicates the suffocating inner turmoil of the characters' lives. As the story unravels, the heat is not the only thing combusting!

August: Osage County is a slow burner and takes some time to get off the ground. However, when it finally takes off, it does so in explosive fashion. The film's highlight occurs at the half-way mark and is certainly worth the price of admission. All the major players assemble for a wake with a difference. Nasty accusations, taunts, recriminations and insults come hurtling by at a startling rate. This blistering and lengthy set-piece on how not to conduct a funeral reception is both hysterically funny and terrifying at the same time!

Orchestrating this carnage is the wig-wearing Meryl Streep in a power-house performance. Violet Weston fancies herself a 'truth teller' and no one (man or woman) is spared a tongue-lashing – 'Nothing gets by me!' Grown men cower as she sizes up her next victim. As the mad matriarch, Streep's obscene outpourings are so vile and frequent it's a wonder the air doesn't turn blue!

Much light relief is provided by the superb Chris Cooper in his farcical Grace-reciting and vegan-lamprooning scenes. The humour is short-lived, though, as the tension mounts and the battle lines are clearly drawn between Violet and her angry, resentful daughter, Barbara. Up to this point, the obvious tension between the two women has been somewhat contained. In this bizarre dinner setting, the masks of containment quickly slip. As this scene draws to a chaotic end, we come to realise the true extent of Violet's madness and the tumultuous relationship she shares with her oldest daughter.

As if this wasn't enough, the last Act of the film produces enough revelations and family skeletons to fill an entire season of most soap operas. For some viewers, this deluge may feel forced or rushed. However, the acting is the main event here. John Wells' film is essentially character-driven, drawing its strength from Tracy Letts' razor-sharp dialogue and some terrific performances. Streep and Roberts are so good as Mother and Daughter that they are in danger of erasing everyone else off the screen.

Meryl Streep can do no wrong; like a fine wine - she gets better with age. Chris Cooper's assessment of Streep's character - 'you're in rare form today Vi' -

might equally be applied to the actress herself. She is quite magnificent in her scenery-chewing role of the manipulative and damaged control-freak. Yet, Streep is oddly touching, too, betimes. Emotional scenes depicting her character running away into the plains, relating a childhood story of abuse or dancing in a drug-induced haze serve to evoke sympathy for a deeply flawed and fragile woman.

Julia Roberts has rarely been better as the daughter who in escaping the 'flat hot nothing' of her home town provokes the ire and disappointment of her mother. Roberts, scraped of make-up, is decidedly unglamorous, strong-willed, fiery, proud and brave. Battling her own demons, her character is, also, possibly the only person best equipped to deal with her complicated mother. These two actresses' confrontations on screen resemble seasoned pros in a boxing ring! The electric interplay between the two women is a real highlight of *August: Osage County*.

Roberts' scenes with her two on-screen sisters (Lewis and Nicholson) are also noteworthy. A telling scene in a car journey details the increasing frustration Barbara feels as she endures her sister Karen's inane and nonsensical chatter. Roberts' face is priceless in this sequence, instilling a note of recognition in viewers everywhere! Juliette Lewis is wonderful as the seemingly vacuous sister, side-lined by her mother and sisters but revealing an aching vulnerability just below the surface. Julianne Nicholson's cautious Ivy is more realistic in her assessment of her family. In one telling scene, she reveals to her siblings that she doesn't 'feel that connection very heavily'.

Tracy Letts' piercing and compassionate script highlights the inherent flaws, contradictions, frustrations and disappointments in every family not just the Weston clan. John Wells' faithful direction produces theatrical set-pieces, grandiose acting and memorable performances. In the film's quieter moments, (which are rare!) lush cinematography and a really beautiful, pulsating soundtrack seem to suggest the possibility of hope, otherwise lacking in the characters' lives. As Julia Roberts says, at one point - 'Thank God we don't know the future - we would never get out of bed!' However, it would do the film a great disservice to end on this bleak note. *August: Osage County* is, for the most part, an extremely entertaining ride for the viewer. Just don't forget your seatbelts!



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**Every Monday at 4.00 pm in
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