

# Maynooth Newsletter



November 2014

Local News

Serving the people of Maynooth

FREE

WE WANT YOUR VIEWS ON HOW TO TRANSFORM "THE SQUARE"  
*See Page 4*

## Official Opening of Maynooth Scout Den



Maynooth Scouts, on Saturday 11th October, had an official opening of the renovated Geraldine Hall and their new Scout Hall. The opening was the culmination of a decade of fundraising and a year of building works. The original hall has been returned to its former glory. The 1960's vintage hall, which was derelict was demolished and replaced by a purpose built Scout Hall. The cost of the build has been met by fund raising over the last 10 years. We heartily thank the people of Maynooth for their support in this regard. Funding was also provided by County Kildare Leader Partnership, whom we also thank. The balance of the cost has been met by way of a loan from Clann Credo, which we will pay off over the next 10 years with, hopefully, the continuing support of our fundraising.

Events on the day commenced with a short parade from The Square to the Geraldine Hall, followed by a short Scouts Own, a form of non-denominational spiritual reflection unique to Scouting worldwide, and flag raising. The opening was performed by Beaver Scout Arthur Byrne, one of the youngest members of the Group, ably assisted by Chief Scout, MJ Shinnick.

Following the opening events adjourned into the building for the speech making and presentations. Speakers on the day included: Peter Garrad, Group Leader Maynooth; Josie Moore, Maynooth Senior Citizens; Chris Byrne, Chairman of County Kildare Leader Partnership and MJ Shinnick, Chief Scout.

Again thanks to all who have helped and contributed over the years to this momentous achievement, and we look forward to your continuing support in the coming years. In this regard our annual Twelve Days of Christmas ticket sales is on going at the moment, please support us in whatever way you can. Every little helps.



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Maynooth Community Council, Unit 5, Tesco Shopping Centre, Maynooth. Phone -01-6285922 - Email [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net) No 430



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### Fundraiser for Buy A Bus Genil, Pathways & I.C.E.



A Fashion Show that was held in the Glenroyal Hotel on Friday 17th October was a huge success and raised over €10,000 to purchase a Bus for Genil, Pathways & I.C.E. The organisers of the event would like to thank

everybody who gave up their time and who helped out with make up, hair and planning

for the event. We would also like to thank the sponsors: Tesco, Dunnes Stores, Next Kids, Maynooth University Style Society, Carraig Donn, Mexx, Elvery Sports, Catch, Cicero, Divine. Maynooth Dresses, Dawson's Menswear, Maynooth Jewellers, Glenroyal Hotel, Carton House Hotel, Avenue Cafe & Restaurant, Donal Downs Photographer,



Inkjet World, Kidz@Play.

Quicksteps, Fitsteps, Rita Doyle Dancers and Fitsmile provided the

music and entertainment on the night.







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## DIABETES IN DOGS AND CATS



Diabetes Mellitus is a disease of carbohydrate, fat and protein metabolism which is due to an inability either to produce or to use the hormone called insulin. This is a disease of the pancreas where insulin is produced.

Signs include polydipsia (drinking lots/increased thirst), polyurea (urinating excessively and more frequently), increased food intake but loss of weight and in later more chronic cases cataract development. Diabetic dogs are more prone to bacterial and fungal infections for example, cystitis and skin infections.

Diabetes has a high incidence in certain breeds of dogs, cairn terriers, miniature poodles, schnauzers, golden retrievers but any breed can be affected. It appears generally in more mature dogs, greater than six years of age but can appear in younger ones as well. Also there is a greater incidence in female dogs than males.

### Diagnosis

Once the clinical signs are observed, blood and urine tests are indicated to differentiate diabetes from other diseases with similar symptoms. Blood tests are generally done on a fasting dog. In this test the blood glucose is persistently high. Similarly, in a urine test a high glucose level is detected. Glucose is usually absent from



canine urine and its presence is mainly seen in diabetes mellitus.  
**Treatment**

In most cases of diabetes dietary control on its own will not control the disease. Treatment involves injecting insulin daily under the skin of your dog. Sometimes your dog has to be hospitalised to regulate its glucose level and daily insulin requirement has to be established. In the treatment of this disease feeding, exercise and insulin injection has to be monitored very carefully. Sometimes a condition called hypoglycemia can occur. This is where the glucose level has dropped very low whether due to the dog not eating or too much insulin given. This dog can appear tired with no energy. Always have a few sugar lumps available to counteract this "hypo" condition.



In cats diabetes is usually found in those that are overweight. This is a "Type II" diabetes. This condition can be controlled by diet. These diets are designed to regulate glucose supply, the amount and type of fat intake and to reduce excessive body weight. The diet is adjusted to two meals daily to maintain proper weight.

At Maynooth Veterinary Clinic 01 6289467 and Clane Veterinary Clinic 045 982763 we offer continuous advice to our clients to help with the problems of their diabetic pets.





## We want your views on how to transform The Square

The Maynooth Local Area Plan has the following Policy and Objective:

“To transform the Courthouse Square into a lively civic space providing a quality and usable space for the community to enjoy.”



It gives the following “Indicative Transformation”

*Indicative transformation of Courthouse Square to become the central hub of community activity through the use of materials and finishes which reflect and enhance the existing landscape character.*

The Community Council at its Meeting on 13th October decided to ask you the PUBLIC for your views on what you would like The Square to look like. Please address your views before the end of January 2015 to:

**Maynooth Community Council, Unit 5, TESCO Shopping Centre, Maynooth. E-mail: [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net)**



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# Community Council Notes

Leinster Fleadh to be held in Maynooth July 10-12 2015.

Angie Tracey of Comhaltas Ceoltóirí Eireann Craobh Mhaigh Nuad addressed the meeting outlining the plans for the upcoming Leinster Fleadh which will be hosted in Maynooth in 2015. She stated that Maynooth is an ideal location to host the Fleadh because of the University facilities and its close proximity to the town. Maynooth University have been very supportive. Competitions will take place in the University on the above dates. Maynooth businesses will also be involved. There will be music, song, dance and storytelling nightly in the local hosteleries on the days leading up to the event. Local traditional groups will be invited to take part. The organisation of the event is a huge task and will need to be well organised. It is estimated that there will be 3,500 competitors and up to 10,000 visitors over the days of the Fleadh. A grant application to Kildare County Council will be applied for. There will be a float in the St. Patrick's Day Parade to advertise the Fleadh. The event will be mainly guided by the rules and regulations of head office and it is hoped to fully use the Square in the evenings where a gig rig will be set up. Community Council groups were invited to help out especially with stewarding. The MCC Office will also support the event. All help would be very appreciated by the organisers. If you wish to take part please contact maynoothcc@eircom.net in the first instance. This will be the biggest summer event in Kildare. The meeting thanked Angie and Sean for their presentation. It is a tribute to the newly formed Maynooth Branch who under the auspices of Sean and Angie Tracey has secured the event for Maynooth.

## Maynooth Festival and Fleadh 2015

The Community Council warmly welcomed the event and as a contribution to the sense of celebration has decided to run the Maynooth Festival alongside the Fleadh. The Festival will add to the sense of occasion in the town and will offer local and visiting families activities, fun and entertainment. Delegates from Maynooth's twinned town, Canet-en-Roussillon, will be invited to the event.

## The Square and future developments

Some consideration was given to the state of the Square in view of the upcoming Fleadh. Proposed plans are included in the Local Area Plan which centres on the arches and paving. Suggestions can be made through the Local Area Engineer. It was suggested that it would be good to invite the users of the Square to make suggestions. John McGinley will organise for a piece to appear in the Newsletter and the public will be invited to have a say.

## Footpath leading to Gaelscoil

The situation regarding the footpath outside the Gaelscoil was raised by a very concerned resident of Laurence Avenue. At present Laurence Avenue is been used as an access point to the Gaelscoil. Children are been lifted over the fence. Shrubs have been damaged. Residents are blocked in by people parking their cars towards the end of the estate in order to drop off children. The suggestion of taking a swath of the green from the estate to make a wider footpath is acceptable as far as the residents of Laurence Avenue are concerned. There was firm agreement at the meeting that a footpath needs to go on the other side of the road. A further suggestion was to get a lollipop lady and that would serve both

schools. Bad parking around the Gaelscoil was also noted. The Educate Together School has a one-way system which works very well. It was pointed out that access and egress to the Convent School is more dangerous as there is limited vision, is not user friendly and in particular is not child friendly. The Boys' School have their own wardens. It was suggested that the safe cross code be printed in the Newsletter.

## North Kildare Rugby to contact Canet-en-Roussillon

North Kildare Rugby Team requesting contact details for Canet-en-Roussillon as they would like to liaise and set up fixtures with them.

## Tidy Towns

There is plenty of work going on with bulbs being planted. With the help of Kildare County Council the Joan Slade Stream, at Parsons Street, was cleaned and widened. The area in Manor Mills at the mill wheel was cleared and shrubbery was pruned back. This is an ongoing project. The volume of litter has increased in the town. The Sunday morning clean-ups are continuing and the Tidy Towns are looking forward to working with schools and other groups. They also hope to initiate a Transition Year project. Kildare County Council will be making a special award to Tidy Towns.

## Educate Together

The Parents' AGM will be coming up on 21st October. There will be a sponsored walk and cake sale on 23rd and 24th October. During the walk, Joe Byrne author of Walking Tour of the Ghost Stories of Maynooth College will recount and adapt the tales for a younger audience.

## Senior Citizens

Senior citizens visited Newbridge House which is well worth a visit. There will be a Halloween Tea Dance. The Annual Tony Smith Walk in aid of Senior Citizens will take place 19th October and preparations for the annual Sale of Work are beginning. The Sale of Work will take place on November 16th. The Senior Citizens Club will be celebrating their golden jubilee next year. Josie Moore, congratulated Maynooth Scouts on their great achievement in securing the Geraldine Hall. The opening took place on 11th October. It was a wonderful event.

## Maynooth Scouts and the opening of the New Scouts Hall

The grand opening took place on 11th October. The Maynooth Brass and Reed Band led a march from the Square to the Hall. Between 150 and 200 people attended the opening. Johnny Dowling was awarded a gold medal award for his work with the organisation over the years. Congratulations were expressed by John McGinley who noted the early efforts in trying to get the project off the ground, from private ownership to the present. Six different local bodies wanted the Geraldine Hall in the beginning. It was 15 years in the making. The Council had the view that the Scouts and Seniors Citizens was a perfect partnership. Tidy Towns expressed their congratulations in seeing the old school hall back. There was further discussion about the use of the hall. It was hoped that renting the hall would not be prohibitive. It was noted that it was built with public money and that other community groups should have access to it. In response Johnny

Dowling noted that the Leader Funding was very welcome but that in all essence it is the Scouts' Hall, that they would be running it and that the Scouts have paid for it - this also covers Senior Citizens' involvement. If other community groups need a space then Maynooth needs a Community Hall.

## Local History

Declan O'Connor gave an interesting and informative talk on the origins of the song "It's a long way to Tipperary" and Jennifer Walsh gave a talk on "Life in the Trenches", both talks took place on Thursday 9 October in the Glenroyal.

## Maynooth University Logo

The lack of Irish in the branding of Maynooth University was raised again at the meeting. The omission of Irish was deemed to be unacceptable. The Irish branding is now in hand by the University. Naoise Ó Cearúil noted that the President had apologised for this situation. The Irish branding is now in hand.

## Local matters

Paul Croghan commented that the 15% property tax was not reduced. This is an opportunity lost. The cost of grass cutting in Estates should be taken on by the Council. Ridges on footpath are unsafe on the Moyglare Road.

There was a clarification to an article in the Liffey Champion which suggested that the Maynooth Community was able to come by funding of €35,000. MCC does not get any funding.

## Editorial

The Government does not seem to be able to avoid the banana skins that fall in its way recently. Indeed since the Troika left there seems to be a trail of disasters following in their wake. The budget should have had a better effect on the mood of the country but that did not have any real affect as the whole McNulty affair overtook it in an instant. It was like watching a crash in slow motion as every word and statement that was offered by way of explanation led to further accusations of cronyism.

It is however, without doubt, the issue of Irish Water that has become the most infuriating and talked about issue for years. The March against the tax was the largest since the anti-war march in 2003. The anger at the actual tax has also given way to an even greater anger at the way in which the company is treating the public and the fact there is a bonus culture emerging within it. This has meant that even Fine Gael backbenchers are now calling for reform and indeed for the man in charge to step down. Hundreds of thousands of households have not been given a meter, others have the sign up packs and the stories are now legion about the endless expensive phonecalls with customers left holding only to have no result for their calls.

There have been a few local planning issues that have caused interest, concern and anger. The University has rectified the lack of Irish language rebranding most noticeably on the side of the new Library on the Kilcock Road where the Ollscoil



Mhá Nuad is now more prominent than the English version. Much as this is to be welcomed the oversight should have never happened in the first place.

The public using the Celbridge Road interchange with Straffan Road are left wondering what all the realignment was for. The old slipway has disappeared with a huge amount of pavement in its place. But the lack of the slipway means that traffic is building up on the Straffan Road as one leaves Maynooth. This will surely mean that Railpark will now become a rat run like other estates in the area. But it was the suggestion by a number of Gaelscoil parents that angered the residents of Laurence Avenue who are their near neighbours on the Celbridge Road. The letter was published here and caused a huge furore not only on the Avenue but from others around the town as well. It was discussed at length twice at the Community Council meetings and then reported in the local press. The suggestion that the fence and hedge and part of the green beside the Avenue should be removed to widen the existing footpath was greeted with total disbelief by many. But there was great concern that this might happen, leading to a local councillor leafleting the residents with the assurance that this would not happen and that another footpath would be provided on the other side of the road to accommodate the two schools in the area. It has to be said that getting to the Boys and Girls Primary schools is much more dangerous and difficult for pupils surrounded as they are by numerous busy town centre roads.

We should remember that this is the time of Samhain (November, Hallowe'en) and on the 31st October/1st November the early Irish celebrated and recognized the move from one season to another. At Tara, the winter sun lights up the tiny chamber in the Mound of the Hostages just as the solstice sun lights up Newgrange (Brú na Bóinne – the hostel on the Boyne) around the 21st December. This light is less well known and the chamber is too small to accommodate any group of people.

Newgrange does not have room for many people either. Samhain is mentioned on the Continent as Samonos so it is not just an Irish festival. Ag an am seo den bhliain, bhí saoirse ag daoine bogadh idir an saol seo agus an saol eile – ach bhí an dáinséar ann nach bhféadfaí filleadh ar an áit cheart.

The Otherworld opened up at this time of the year and the living could visit the dead or it was possible that the dead could return to this world. The games that used to be played, and sometimes still are, go back to very serious pre-Christian rituals of prophecy and shades of the other side. The early stories are full of references to the Otherworld and even entrances to such a place. One of these is the Cave of the Cats associated with the royal complex of Cruachu in Roscommon that was the seat of ancient Connacht kingship and the home of Medb and Ailill the queen and king of Connacht when the famous Táin (cattle-raid) took place where Cú Chulainn excelled as a warrior. Is ceart dúinn uile a chuimhneamh go bhfuil bunús an-dáiríre leis na cluichí a imrítear ag an am seo den bhliain. The festival was taken to America and other countries abroad where it met with other traditions associated with the same time of the year from such places as South America. We have now imported the result from America where ghouls, spiders and witches join in the general mayhem that has become the modern Samhain.

*Muireann Ni Bhrolchain*

## Letters to the Editor

We attend Educate Together National School and with the lovely weather this autumn we have been making the most of it and walking home. After all encouraging all our children to take daily exercise and become carbon neutral is what we are meant to do these days as "responsible parents" isn't it?

However, using the zebra crossing to cross to Griffin Rath housing estate and beyond to the neighbouring areas, pedestrians run roulette and kids walking alone have to make judgement calls that I believe are beyond their primary years. I love the location of our home and the proximity to the school, but crossing over Celbridge road to get to the school is a dangerous decision.

There is a Zebra crossing but it is poorly marked, and most drivers either miss or ignore the school zone area. We have personally witnessed many dangerous situations with speeding drivers and pedestrians putting their lives at risk when they attempt to use the crosswalk.

Drivers need to be aware that there are two school entrance zones on this road. The speed limit is currently 50kph, should we consider implementing a speed reduction to 25kph around the schools? Or call for assisted crossing- the lolly pop lady, in the afternoons?

There are parents and kids using the zebra crossings and they need to be able to safely cross to walk and cycle their children to school. These parents are already dealing with a single footpath situation as a second footpath has still not been installed along the road from Maynooth to the Educate Together site, meaning that the Educate Together kids have no choice but to cross the road if they live in Rockfield, etc. Please slow down and be alert to school zones. And remember it is the law to stop for pedestrians at a Zebra crossing.

Garda, government officials and the bus companies need to also be aware of the dangerous situations around our schools and do their part to make them safer. The cost of increasing safety will be nothing in comparison to the cost if a child is hit by a car. The kids of our school have started writing their own letters to draw attention to the issue- they want drivers to slow down. They want to be able to walk home safely.

Yours sincerely,

A concerned parent (Name and Address with Editor)

As with all Letters to the Editor, the views and opinions expressed do not necessarily represent views or opinions of The Maynooth Newsletter.

## LETTER TO OUR READERS

This is just a note to remind you all that the Newsletter exists for your enjoyment and that we welcome all contributions from our readers. We would like to hear from any organisation or indeed from individuals with something to say or suggest. We hope you continue to enjoy your monthly read and keep us informed of your activities.



## ASK SHARON THE STYLIST!!

**"Education is the most powerful weapon which you can use to change the world"**  
Nelson Mandela - South Africa's first black president in 1994

**Question:** "I am starting college soon and don't know what to wear, can you help?"

**FACT:** Thousands of young Irish people will be starting college and university this month in Maynooth and in and around Ireland. As if securing a college place and accommodation isn't stressful enough now comes the fun part, sorting out your wardrobe. A student budget does not mean that your style has to suffer and with my help on how to shop savvy and create a capsule wardrobe you can look and feel great and be the best you can be while also ensuring your wardrobe survives the college pinch. A Capsule wardrobe can consist of only 24 key pieces which includes: 2 x Coats, 2 x Jackets, 2 x Cardigans, 2 x Jumpers, 3 x Dresses, 2 x Skirts, 3 x Jeans, 2 x Trousers, 2 x Boots, 2 x Shoes, 2 x Handbags and lots of Jewellery. These clothes should consist of at least one dressy and one casual item.

### Here Are My Top Tips On How Get More From Your Money:

- **Accessories & Jewellery:** It's all about the accessories and buying some cheap jewellery can instantly change up an entire outfit if you update it with a necklace and belt to your favourite little black dress and voila; it looks like a brand new purchase.
- **Tights:** No woman should be without a few pairs of tights in their drawer, especially this time of the year when they can be worn under dresses and skirts with boots and shoes.
- **High heels:** Invest in a good pair of black heels that are comfortable even if it means paying that little bit extra as one pair of good high heels is an essential item in every girl's life.
- **Charity & Thrift Stores/ Discounts & Sales:** Every Irish woman loves a good bargain and the beauty about shopping in these shops is that literally everything is a steal. These stores take bargain shopping to a whole new level and are popular locations in which patrons shop for used/second hand or as we like to call them now pre loved goods and you will also find many pieces with the tags still on that haven't even been worn. Find the ones in your area as these may become your best friend that is of course if they're not your best friend already. If shopping in one of the above shops is a No No, don't worry there are always lots of shops that have sales all year round and so lots online bargains to be had.

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](mailto:jmcginley@eircom.net) - Web: [www.labour.ie/johnmcginley/](http://www.labour.ie/johnmcginley/)**

## **Bad Start for the Maynooth Municipal District:**

The Discretionary Budget of the Maynooth Municipal District (MD) was on the Agenda for the MD meeting on 8 October.

Cllr. John McGinley proposed that the €333,000 of Discretionary Funds, which came from 7.5% of the Local Property Tax, should be divided equally among the nine Councillors so that they could allocate the money to deserving community projects. John stated that his original proposal at the Council Meeting was to give the money back to the householders, however he was outvoted at Council Level.

He now proposed at the MD meeting that his share of the €333,000 (€37,000) be used for a Maynooth Town Improvement Scheme to benefit the town centre and the Tidy Towns Committee. John pointed out that this was the traditional way of allocating Discretionary Funds in Kildare County Council. Sadly, he only got the support of two of the other Councillors, Cronin and O'Cearuill. The other 6 Councillors voted to allocate €127,000 to start the completion of three housing estates in Derrinturn, Clogharinka and Kilcock with the remainder of the money going on footpath repairs throughout the Municipal District. So much for Democracy.

## **Update on Footpath/cyclepath from Rockfield to the Educate Together School**

Cllr. McGinley pointed out at the Maynooth MD meeting on 8 October that he had been raising the issue of the provision of this badly needed footpath/cyclepath on the east side of the Celbridge Road since the school opened. Residents will be aware that it was a condition of Planning for the Educate Together School that it be provided but the condition was waived by the Council when the Department of Education said that they could not provide it.

As a result of a motion from Cllr. McGinley the Council applied for funding for it under the Sustainable Transport Grants in 2013 and the MD engineer has confirmed that he has again applied for funding from the National Transport Authority. Hopefully, with the improved economic climate that we are now in that funding will be provided for this badly needed footpath/cyclepath.

## **Cllr. John McGinley Again Calls for Fagan's Lane to be Pedestrianised**

Cllr. McGinley submitted the following motion for the consideration of the Maynooth Municipal District (MD): "That Fagan's Lane, Maynooth be made pedestrian only in the interest of public safety."

John was given the following response at the MD meeting on 8 October:

"The Celbridge/Leixlip Municipal District Engineer's Office agrees with this proposal, in principle, as it would prevent the build-up of traffic on the Straffan Road junction caused by motorists waiting at the green light for the R148 eastbound to be free so that they can cross to enter Fagan's Lane. The lane is also used as a rat-run for the Main Street during peak times. It should be noted, however, that in the Parking Bye-Laws adopted by the Members (and yet to be implemented) Fagan's Lane is one-way and has four designated parking spaces on it. The Members will be aware that the number of available on-street parking spaces in Maynooth is limited so any decrease in the number of spaces would require some further consideration. It should also be noted that the one-way proposal for Fagan's Lane is in accordance with the Draft Traffic Management Plan for Maynooth. Having regard to the fact that any change to the adopted Parking Bye-Laws (i.e. showing a one-way system and four parking spaces on Fagan's Lane) would require further public consultation it is suggested that no decision is made on this pending the implementation of the current adopted Bye-Laws and pending evidence of how the lane is working as part of a one-way system."

Cllr. McGinley thanked the MD engineer for accepting the proposal in principle. John pointed out that there was a mistake in the first sentence as it is the westbound traffic that is held up as motorists use it illegally to enter Fagan's

Lane, thereby causing a build-up of traffic on the Straffan Road.

Cllr. McGinley stated that as there are conflicting policies between the Draft Maynooth Traffic Management Plan, The Parking By-Laws and the Maynooth Local Area Plan that the Draft Traffic Management Plan should be re-visited in parallel with the public consultation of the North/South Route Corridor in November. Cllr. McGinley pointed out that as the Draft Traffic Management Plan was still at **DRAFT** stage that it made sense to re-visit it again in view of traffic problems in Maynooth.

Unfortunately, John was not supported by any of the other eight Councillors even though they should all be aware of the traffic problems in Maynooth. Nevertheless John will continue to press for a review of the Maynooth Traffic Management Plan

## **Update on the North/South Route Corridor**

Cllr. McGinley submitted the following motion for the consideration of the Maynooth Municipal District (MD): "When will the Maynooth North/South Route Corridor be going on public display and what is the schedule for its implementation?"

John was given the following response at the MD meeting on 8 October:

"The Celbridge/Leixlip Municipal District Engineer reports that the design for this scheme is currently being finalised and it is hoped to go to public display in November."

The MD engineer further advised Cllr. McGinley that he is hopeful of getting funding and completing the 1st. phase of the project on the Straffan Road, from Meadowbrook Link Road to Leinster Street, next year.

## **Cllr. John McGinley Calls for the Courthouse Square to be Transformed into a lively Civic Space**

Cllr. McGinley submitted the following motion for the consideration of the Maynooth Municipal District (MD): "That measures be put in place to implement policy TCS 8 of Maynooth Local Area Plan i.e. "To transform the Courthouse Square into a lively civic space providing a quality and usable space for the community to enjoy". John got the following response:

"This objective will be implemented subject to availability of development levy funding, in due course."

The MD engineer discussed John's motion with him after the meeting and as a result John got the agreement of the Community Council to conduct a public consultation process via the Maynooth Newsletter. Please see the information on this elsewhere in the Newsletter. The "indicative transformation" is taken from the Maynooth Local Area Plan, page 43 and shows the removal of the arches and the extension of the paving to Brady's Clock house. Please make your views known to the Maynooth Newsletter.

## **Proposed Bus Turning Point at Parsons Hall**

Two representatives of Dublin Bus attended the Maynooth MD meeting on 8 October to brief the new members on Dublin Bus proposals for the extension of 66 bus to Newtown. They repeated what they said at the Celbridge Area Meeting on 21 March 2014 i.e.

Their proposals for the bus extension was 4 years old and did not "come out of the sky"

They rejected the suggestion of a turning point at the proposed nursing home over the M4 bridge as they got no business from nursing homes or football clubs.

There was no safety issue at the Parson Hall site and that the nursing home site had higher traffic speeds.

They are making a submission to the National Transport Authority in the coming weeks for a turning point at the Parsons Hall site.

## **Maynooth Pay Parking Update**

Cllr. McGinley was given the following update to his motion at the Maynooth MD meeting on 8 October:

"The Pay Parking Bye Laws will be implemented once the tender for the purchase and installation of the pay parking

machines is awarded and the road markings and signs are completed. This will be done as soon as possible."

The Council will also be going to tender shortly for enforcement of the Parking By-laws for towns throughout the county.

The Area Engineer stated that he plans to resurface the section of the Dunboyne Road as far as Cross Lane as part of the Pay Parking preparation works.

## **Cllr. John McGinley's Motions for the Next Maynooth Municipal District (MD) Meeting**

Cllr. John McGinley has submitted the following motions for the consideration of the next Maynooth MD Meeting:

- "That consideration be given to moving the bollards at the bottom of Greenfield Lane, Maynooth, to between house numbers 343 and 343A in order to facilitate residents living in the area as well as emergency services."
- "That consideration be given to removing the No Entry signs at Pound Lane/Back Lane and that traffic calming measures be put in place to improve public safety as the No Entry signs are not being policed." (At present cars are entering illegally and speed up in case that they are caught. A resident recently counted 15 cars within a 25 minute period entering illegally).
- "What steps can the Council take to prevent cars form parking on the footpaths on both sides of the road outside the Maynooth Post Primary School?"

## **Financial Contribution for Maynooth Secondary Schools Removed by An Bord Pleanala**

An Bord Pleanala have issued their decision in relation to the Appeal Lodged by the Kildare and Wicklow Education and Training Board concerning the Financial Contribution of €726,480 imposed by Kildare Co. Council when granting planning permission for the Two New Secondary Schools for Maynooth on the Moyglare Road.

Kildare Co. Council stated Deputy Stagg had imposed the financial contribution to cover the cost of the purchase of additional land and the provision of footpath and cycle infrastructure improvements on the Moyglare Road between the site for the school and the Town Centre.

An Bord Pleanala have stated Deputy Stagg now removed the condition for the following reason: 'The Board is satisfied that the proposed development is to be carried out on behalf of a voluntary body and is intended to be used for educational purposes and is not for profit or gain. Having regard to the specific objective contained in the current Maynooth Local Area Development Plan to upgrade and improve pedestrian and cycling facilities along the Moyglare Road, it is considered that such works would be covered under the adopted Kildare County Council Development Contribution Scheme. The works in question do not, therefore, constitute specific exceptional costs which are not covered by the Scheme, as required under the provisions of section 48(2)(c)'. Therefore these works will have to be funded from the Council's Development Contribution Scheme. Now that the Appeal has been decided upon Deputy Stagg stated that Tenders should now be sought for the projects to enable construction to commence as soon as possible.

In conclusion Deputy Stagg thanked the former Minister for Education Ruairi Quinn T.D. for including the building of two new secondary schools in Maynooth in the Departments 5 year Capital Plan back in 2012 which enabled the seeking of planning permission.

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# Know Your Rights

## **Amendment to Question D which appeared in last month's October edition of the Newsletter: Debt Relief Notice**

The Insolvency Service of Ireland have today announced a new information campaign on debt solutions. As part of this fees will be waived until the end of 2015 (Previously, these fees were €100 for a DRN, €250 for a DSA and €500 for a PIA.). They have also launched a new website – [backontrack.ie](http://backontrack.ie) and will be hosting a series of townhall meetings with community leaders in seventeen venues around the country.

### **Debt Relief Notice Question**

I am unemployed, getting social welfare and living in rented accommodation. I have large credit card debts and a credit union loan of €13,300. I can't make my repayments and the only asset I have is a car worth €1,200, which I need to take my son to school. Is there anything I can do to reduce my debts?

### **Answer**

You may qualify for a Debt Relief Notice (DRN). This is one of three debt resolution mechanisms introduced under the Personal Insolvency Act 2012 for people who cannot afford to pay their personal debts. In general, you can qualify for a DRN if your net monthly income after deductions for reasonable living expenses is under €60 and your total assets are valued at €400 or less. There are some exceptions. You are allowed, for example, to own a motor vehicle valued at €2,000 or less. You may qualify for a DRN if all your qualifying debts are below €20,000, excluding certain "non-permitted" debts.

You must apply for a DRN through an Approved Intermediary (AI). You must disclose all details of your financial affairs to the AI, who will then advise you whether or not you meet the conditions for a DRN, the consequences, and any alternative options. The AI service is free.

The DRN provides you with protection from creditors for three years. If your circumstances do not change and you meet all the conditions of your DRN, at the end of the three-year period the money you owe to the creditors named on the DRN will be written off.

You can choose an AI from the Register of Approved Intermediaries published by the Insolvency Service of Ireland (ISI). Several Money Advice and Budgeting Service (MABS) companies have been authorised as AIs. If you plan to apply for a DRN through MABS, you will first need to answer some questions to check if you meet the eligibility criteria. You will need to gather all relevant information about your debts, assets, income and circumstances.

You can get further information from MABS on 0761 07 2000 (Monday to Friday, 9 am to 8 pm) [mabs.ie](http://mabs.ie) or from the ISI's helpline 0761 06 4200 (Monday to Friday, 9 am to 6 pm) and [isi.gov.ie](http://isi.gov.ie). The ISI also has a new website [backontrack.ie](http://backontrack.ie) for people who are struggling with debt.

### **Paying for water Question**

I live with my 2 small children in a standard town house. The water meter was installed this summer. How much will my water bills be? Can I get tax relief?

### **Answer**

Irish Water provides two services – water supply and wastewater (sewage) services. As you are in a town house, I presume that you use both services, so the charge is €4.88 per 1,000 litres in your case.

There is a free allowance of 30,000 litres per year for every household. This is worth €146.40 per year to you. If you are getting Child Benefit for your children, you can claim two free child allowances of 21,000 litres per year. These are worth €102.48 each per year.

You apply to Irish Water for these allowances, either on the form that has issued to every household, online at [water.ie](http://water.ie) or by phone at 1890 448 448. You will need to provide your own Personal Public Service Number (PPSN) and your children's PPSNs. Irish Water will use these numbers to check that you are entitled to the

allowances.

In general, you will be billed for the amount of water you use each quarter, but your first three bills, starting in January 2015, will be capped at standard assessed charges. These assessed charges are based on the standard assessed consumption for each household size.

This capping means that the most you can be charged on these first three bills is the standard assessed charge for your family size – one adult and two children, based on standard quarterly usage of 27,000 litres. Of course, if you use less than this amount of water, you will only be charged for the metered amount.

As you are using both water supply and wastewater services, the assessed charge will be €527.04 for a full year before allowances.

Your free allowances add up to €351.36, giving an annual assessed charge, after allowances, of €175.68. This leaves a quarterly charge of €43.92, so the most that you can be charged for the first three quarters is €43.92 per bill.

If you pay income tax, you can claim relief at 20% on the water charges, up to a maximum of €500 per year. This equates to a maximum tax credit of €100.

Read more about water charges on [citizensinformation.ie](http://citizensinformation.ie). Further information is available from the Citizens Information Centre below.

### **Solutions for problem debt Question**

We borrowed a lot to pay for our children's college fees and weddings, when we both had good incomes. We now earn less than before and find it very hard to cover our debts. We're afraid to open letters or answer the phone in case it's another demand for payment. Is there any help for people like us?

### **Answer**

You are clearly in financial difficulty and struggling with your debts. There are many people in a similar situation. Three debt solutions have been set up to help people with serious debt problems to sort out their situation and get protection from their creditors. They are the Debt Relief Notice (DRN), Debt Settlement Arrangement (DSA) and Personal Insolvency Arrangement (PIA).

The appropriate solution for you depends on the size of your debts and whether or not you have a mortgage. You apply through an Approved Intermediary for a DRN and through a Personal Insolvency Practitioner for a DSA or PIA. These qualified insolvency professionals are supervised by the Insolvency Service of Ireland (ISI). When the solution has been put in place, your creditors cannot contact you while you stick to the agreed arrangements. Depending on your situation, some or all of your debt can be written off.

Many Money Advice and Budgeting Services (MABS) companies have been authorised as Approved Intermediaries to help people on low incomes, with debts under €20,000, through the Debt Relief Notice (DRN) process.

For a DSA or PIA, which generally cover larger debts, your creditors must agree to the solution proposed by your Personal Insolvency Practitioner. If they don't agree, you then have the option of bankruptcy.

You can get further information from MABS on 0761 07 2000 (Monday to Friday, 9 am to 8 pm), from [mabs.ie](http://mabs.ie), from the ISI's helpline 0761 06 4200 (Monday to Friday, 9 am to 6 pm) and from [isi.gov.ie](http://isi.gov.ie).

The ISI also has a new website [backontrack.ie](http://backontrack.ie) for people who are struggling with debt.

### **Getting back to work Question**

I've been on Jobseeker's Allowance for a while and there's nothing available in my old trade. I'd like to retrain, get some work experience and maybe even set up a business. Where can I find out about my options?

### **Answer**

[Gettingbacktowork.ie](http://Gettingbacktowork.ie), a new website from the Citizens Information Board, has a broad range of information aimed specifically at people in your situation. It answers many questions that you may have on

returning to work and provides information that will be useful if you plan to start a business.

It includes a 'My situation' section which covers the path back to work for a specific situation such as an early school leaver, a recently unemployed person and a jobseeker who wishes to retrain, as well as someone who wants to set up a business.

### **Topics include:**

- Payments for jobseekers – the main income supports and extra benefits
- The way back to work – employment schemes to help you back to work
- Education and training to improve your chances of finding a job
- Benefits and work – supports for people in work and the benefits you can keep when you get a job
- Starting a job – types of employment, finding a job, contracts of employment, signing off social welfare
- Your rights in work – employment rights and equality at work
- Setting up a business – information sources, legal structures, tax and income supports
- Money matters – tax, PRSI, Universal Social Charge and more

[Gettingbacktowork.ie](http://Gettingbacktowork.ie) uses selected content from [citizensinformation.ie](http://citizensinformation.ie). This new website has been designed to adapt to different devices like tablets and smartphones, as well as laptops, so you can access it from anywhere and get the information you need.

### **Paying the Local Property Tax Question**

I paid the Local Property Tax by credit card this time last year. Is it the same amount for 2015 and how do I pay?

### **Answer**

Your Local Property Tax (LPT) is based on the valuation of your property on 1 May 2013. However, the rate you pay for 2015 may vary from the 2014 rate, following the introduction of the local adjustment factor. This means that the basic LPT rates can be adjusted up or down by up to 15% in different local authority areas.

Fourteen local authorities have reduced 2015 LPT rates in their areas by up to 15%. You can use Revenue's online calculator to check how much LPT is payable in different local authority areas.

As you paid your LPT for 2014 in one lump sum, you will get a letter from Revenue (or an email if you are a ROS customer) telling you whether your local authority changed the rate for 2015 and confirming the amount of LPT due. If you own more than one property, the letter will confirm the total amount due for all your properties. It will include your Property ID and PIN.

When you get this letter you must confirm how you want to pay your 2015 LPT to Revenue. You can choose to continue to pay your LPT in the way you paid it in 2014 or you can change your payment method. You will recall from last year that, if you pay by credit card, the deduction will be made on the day that the transaction is completed online.

You must contact Revenue by 25 November 2014 if you want to switch to a phased payment method or by 7 January 2015 if you want to pay in full in one lump sum. The easiest way to do this is to use the LPT online system. If you need help with the online system you can call the LPT helpline on 1890 200 255.

People who didn't pay their 2014 LPT in a lump sum do not get a letter from Revenue and they do not need to do anything unless they want to change their payment method. Revenue will apply any rate reductions automatically.

You can get more information from Revenue. Further information is available from the Citizens Information Centre below.

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

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



# Catherine Murphy Independent TD

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## Golden Circle of Personnel Doesn't Instill Trust

Independent TD Catherine Murphy today raised concerns about what she described as the golden circle of staff that had worked on the Poolbeg Incinerator and now hold senior positions within Irish Water.

Deputy Murphy noted that the current head of Irish Water, former Dublin City Manager John Tierney, who led the Poolbeg project, had been supported on that project by RPS Consultants. Both the Head of Asset Management and the Head of Communications of Irish Water are both former directors of RPS Consultants.

"Many people think it strange that so many of those at senior level on both controversial, and extremely costly projects to the taxpayer, are the same people. Given the failures of the Poolbeg project, it's not difficult to see why people would have concerns about Irish Water."

Deputy Murphy also said it was 'odd' that the Minister at the time, Phil Hogan, had turned down an offer from Siemens to install the meters at far less expense to the State, choosing instead to give the contract to SITESERV, at a cost of over €1 billion euro to the State.

"It's also odd that the Department turned down Siemens' offer to foot the bill for meter installation, choosing instead to opt for the far more expensive option offered by SITESERV, a company operated by the person who had the great fortune to obtain the 2nd mobile phone licence in this country - Mr. Denis O'Brien."

## European Investment Bank Option for Housing Does Not Go Far Enough More Needs to be Done to Create Alternative Housing Options

Independent TD Catherine Murphy today expressed concerns about reports that the Government are in talks to borrow €150 million from the European Investment Bank to help fund the building of social housing units. According to Ms. Murphy the €150 million that is being sought is simply not enough considering that the EIB have made it clear, through the National Housing Agency, that up to €500 million of funding is available.

"We have a massive housing crisis across Ireland yet here we have a situation where the Government will only leverage a minuscule amount of what is available. €150 million will only scratch the surface, multiples of that are needed. The legislation that is required to regulate voluntary housing associations thereby allowing them to access funds, the Housing Regulation Bill, is languishing on the C list making it a low priority for Government. Meanwhile the Central Bank imposes these new mortgage rules that will send young house hunters running for the hills."

"We need a national housing strategy that has input from all key players in the housing sector including the expertise available from academics and practitioners. We urgently need a strategy that focuses not just on social housing but also on the creation of a viable, healthy rental sector that gives people the option of a long term housing solution that they can call home rather than an uncertain, short-term rental market. Given the new mortgage regulations and the increasing number of people on low pay, more than ever, people are going to have no choice but to rent a home and it is vital that we provide a rental sector that can adequately manage this demand."

"This is a crisis and it needs to get the comprehensive attention it deserves rather than a piecemeal approach. It needs to be put on a war footing if we are to stamp out homelessness and develop a viable rental sector for those who don't want or can't afford to buy and who

don't qualify for social housing."

## Irish Water Confused About Who Fixes Water Leaks

Possibility of additional charges for those who find themselves with a leak outside their property.

In response to two separate parliamentary questions tabled by Independent TD Catherine Murphy, Minister Alan Kelly has provided two separate and conflicting answers regarding the responsibility for water leaks outside properties.

In response to the first question the Minister states that 'responsibility for repair and maintenance of the internal water distribution system from the main stopcock/meter to the house and within the house rests with the homeowner'. However, in the second answer, the Minister states that Irish Water is 'responsible for water services infrastructure...to the curtilage of a private dwelling'. This creates a contradiction regarding who exactly is responsible for a leak in the space between the stopcock and the boundary wall of the property.

"If the curtilage of the property, in other words the boundary wall, is to be the limit of a homeowners responsibility then he can't also say that they are responsible for the gap between the stopcock/meter - which is located outside the property, usually on a public footpath or road, and the property."

"If you imagine an average house with a front garden, the stopcock/meter will be based somewhere outside the front wall and there will be a gap between that and the wall. If the Minister is going to make the homeowner liable for leaks occurring in that space then he needs to let people know that there will be further charges involved in that. If a person is to be responsible for that 'gap' between their property and the stopcock/meter, then to repair a leak in that area they would need to first pay an admin fee of approximately €100 to the local authority, an additional fee of roughly €30 to open the public ground (these fees vary depending on the local authority in question), and a minimum refundable bond (in the case of Kildare County Council that amount is set at €500) which will be repaid once the local authority are satisfied that the public ground has been reinstated satisfactorily. In addition, it is an offence to excavate a road without a permit"

"These conflicting responses are indicative of the poor communication that has been a hallmark of the Irish Water fiasco. A large part of the reason that people are fearful of water charges is because there has been such misinformation from the outset and public trust in Irish Water has been decimated."

## Technical Group Members Suspended from Dáil as Ceann Comhairle Refuses to Allow Them to Speak

A number of Independent TDs were today suspended from the Dáil sitting by the Ceann Comhairle because they challenged him on his decision to ignore the instructions of the Technical Group regarding which members of the Group would be allowed to speak during time reserved for the Technical Group. The Group continued to insist on their right to be heard and the Ceann Comhairle suspended the entire sitting of the Dáil rather than hear the issue.

This morning, the Ceann Comhairle issued a letter to the Technical Group saying that he would ignore speaker lists provided by the Group for the purposes of the administrative functioning of the Dáil. This would, in effect, remove the Group's control over who could

speak to any business of the Dáil in the time allocated to the Group.

Essentially, a member of the Technical Group could be due to speak in the Dáil, on agreement of the Group, that member could then be refused the opportunity to speak and the Ceann Comhairle could call on a deputy of his choice to speak instead.

"This is unworkable, impractical and unfair. The Technical group is required by the Oireachtas to centrally administer parliamentary functions. They insist on us submitting questions, PMBs and other Oireachtas business through a central Group Coordinator but now, at the discretion of the Ceann Comhairle, they will override that administrative function. It makes the functioning of the Dáil impossible for all members of the Dáil, both opposition and Government. Each of the Whips offices from across all parties and the Technical group work closely to ensure timings are communicated and the Dáil business runs smoothly. If that ceases then it will be a veritable free-for-all and daily business will suffer as a result "

"The Technical Group has no choice but to try and force the issue onto the agenda. We cannot continue a situation where the Ceann Comhairle makes hugely impacting decisions behind closed doors and then enforces them to the detriment of those of us who seek to operate a democratic and smooth running Oireachtas on a daily basis."

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## Christmas Baking

### Traditional Christmas Cake

#### Ingredients

225g/8oz Cream Plain Flour (sieved)  
175g/6oz Margarine  
225g/8oz Dark Brown Sugar  
375g Sultanas (one packet)  
375g Fruit Mix (one packet)  
100g Cherries (one Tub)  
100g Chopped Mixed Nuts (one packet)  
100g Ground Almonds (one packet)  
3 Large Eggs  
Rind and Juice of one Orange  
1 teaspoon Mixed Spice  
2 baby bottles of Brandy



#### Method

Put margarine, sugar, fruit, rind, juice and one baby bottle of the brandy into a large saucepan. Slowly bring to the boil, stirring occasionally, until the margarine has melted. Turn off heat and leave to cool for approx. 30 minutes. Meanwhile pre-heat oven to 140°C/275°F/Gas 1 and line an 8"/20cm round deep cake tin with greaseproof paper. Stir the eggs, nuts and ground almonds into the fruit mixture and mix well. Finally, stir in the sieved flour and mixed spice. Spoon the mixture into the tin and smooth it out evenly – the back of a metal spoon dipped in water is handy for this! Bake for 2½ – 3 hours approx. After 2 hours, cover with paper if cake is browning too quickly. To check the cake is done, insert a skewer into the centre- if it comes out clean, the cake is cooked. Make holes in top of warm cake and pour over remaining brandy. Leave cake in tin to cool completely. When cold, wrap in greaseproof paper and then tinfoil. Store in a cool dry place.

### Christmas Plum Pudding

#### Ingredients

75g/3oz Self Raising Flour  
175g/6oz Light Brown Sugar  
175g/6oz Margarine  
3 Eggs (lightly beaten)  
1 teaspoon Mixed Spice  
500g packet Luxury Fruit Mix  
1 Apple (grated)  
100g packet Ground Almonds  
175g/6oz Breadcrumbs  
1 bottle Stout (1/2 pint)



#### Method

Cream margarine and sugar until light and fluffy. Add the lightly beaten eggs and mix well. Stir in the sieved flour and mixed spice. Next add the fruit mix, grated apple and ground almonds. Mix well. Finally, add the breadcrumbs and bottle of stout. Stir well, cover and leave to stand overnight. Transfer to a 3 pint greased pudding bowl. Steam for 5 hours.

### To steam pudding in oven:

Put two long strips of tin foil crosswise on work top or table. Place roasting tin on foil. Sit pudding bowl into the tin and fill with boiling water to within 1" of top of tin. Then bring tin foil around to form a parcel, which should be airtight to prevent any steam escaping. Place in preheated oven at 150°C/300°F/Gas 2 for the same length of time as above. There is no need to top up with water during cooking.

### Mince Pies

#### Pastry

225g/8oz Odlums Cream Plain Flour  
125g/4oz Shamrock Golden Caster Sugar  
100g Packet Shamrock Ground Almonds  
125g/4oz Margarine (room temperature)  
1 Egg (beaten)  
A little water, if necessary

**Filling:** 450g/1lb Jar Mincemeat

**Dusting:** Icing sugar

#### Method

Preheat oven to 200°C/400°F/Gas 6. Lightly grease patty/bun tins. Put flour, sugar and ground almonds into a mixing bowl and mix well together. Rub margarine through the dry ingredients. Add the egg and water, if required and mix to a soft dough. Turn onto a lightly floured board and gently knead. Cover with cling film and keep in fridge until ready to use. The pastry will keep for about three days. Roll pastry on a floured board and cut rounds with a cutter to fit greased bun/patty tins. Put a teaspoon of mincemeat in each and cut a 'lid' from remaining pastry to put on top. Bake for about 15 minutes or until golden brown. Dust with icing sugar.

**FREEZING TIPS:** Pastry: When made wrap in cling film and keep in fridge for up to 3 days.



## November Garden

Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot. Raise containers off the ground to prevent waterlogging. Insulate outdoor containers from frost - bubblewrap works well. Dig new flower beds as the weather allows. In mild weather, weeds will still appear. Hoe regularly to keep them in check. If the ground is not too waterlogged or frozen, you can still plant herbaceous perennials, shrubs, deciduous trees, roses and fruit trees. Ensure all sandpiles and irrigation lines are drained, to avoid damage caused by water freezing inside them.



Lift and divide rhubarb. Split the crown with a spade into sections, making sure each portion has some root and one growing point. Replant them from the outer, younger part of the crown. Continue to harvest leeks, parsnips and kale. But lift parsnips after the first frosts when their flavour will have sweetened. Plant some autumn garlic but improve the soil if it is heavy by adding some organic matter. It is an ideal time to plant currant bushes. Plant raspberry canes. Remove any netting you have on fruit cages, they can get weighed down by snow. Tidy up strawberry plants. Prune pear and apple trees. Check fruits in storage and quickly remove any showing signs of disease.



Citrus trees are often plagued by soft scale, a flat oval, pale yellow/brown limpet-like creatures so use sprays based on fatty acids. To prevent damage to leaves and blossom of fruit trees in spring caused by winter moth caterpillars by placing a sticky grease/glue bands around trunks and tree stakes by early November. Keep the protection sticky and free of debris until mid April. Tree and shrub seeds and berries can still be harvested and sown, once they are ripe.



Finish planting pansies, wallflowers, forget-me-nots and primulas, they need to be planted by early November. Brighten up your doorway with containers or hanging baskets with violas, pansies and polyanthus. Check that climbers, tall plants and young trees are secure to fixings such as trellising, stakes and canes. Also check that structures within the garden that they are secure. Collect and dispose of all fallen rose leaves, especially those that are diseased and infected with Black Spot. Do not place them in the compost heap - bin them or burn them.



Lily bulbs can still be planted this month. Plant tulip bulbs this month. Cut down faded herbaceous perennials and add these to the compost heap. Ornamental grasses and bamboos can be cut back and tidied up now. Lift and store dahlias, cannas and bedding begonias that have been hit by the first frosts. Do not feed plants this late in the season - they are no longer growing. It is an ideal time to plant roses. Remembering not to plant roses where you already had them. Check houseplants for pests. Fallen leaves within plants provide a great hiding place for slugs and snails. So remove the leaves as soon as you can. As temperatures drop grass growth slows down. So with no mowing to do, it is an ideal time to get your mower serviced and cleaned before storing it away for the winter. Also clean, oil and sharpen all your garden tools.

Remember winter can be a tough time for birds and wildlife so don't forget to look after them.

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## Taking Care of Your Mental Health

November, some say it is the most depressing month of the year. The word 'November' conjures up images of dull, grey, rainy days, dark mornings with even darker evenings and a certain dreariness that no other month brings. The weather and indeed, changing of the seasons can have such a powerful effect on our mental health that we can't underestimate the part it has to play. In this statistic from Aware: 450,000 (1 in every 10) people in Ireland are experiencing depression at any one time. Thankfully there are some things we can do to combat the feelings and symptoms of mild to moderate depression and other mental health issues. One of the best (and often underused) ways to take care of your mental health is through regular exercise.

### Endorphins

When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain and also trigger a positive feeling in the body. For example, that euphoric feeling that follows a run or workout (also known as "runner's high,") can trigger a more positive outlook on life. We often hear our members say they "feel great" having completed a workout or exercise class.

### The Knock-On Effect

Exercising regularly has many benefits including increasing energy levels, reducing stress, lowering blood pressure, strengthening the heart, improving sleeping habits, boosting confidence and warding off anxiety & symptoms of depression. You may also find that when you've started an exercise programme, you're more likely to make healthy choices when eating as you don't want to undo all of your hard work. You're probably also more likely to drink the recommended daily amount (6-8 glasses) of water. Eating properly and staying hydrated will help with any negative symptoms.

### Routine

The predictability of a routine can help ease anxiety and establishing a routine means you're more likely to stick with it even if you're having a bad day. Scheduling time to exercise consistently means you'll be hungry at meal-times and tired at the end of the day leading to a better quality sleep. Establishing a set routine of exercising, eating and sleeping can help the body and mind cope better with daily life. If you feel like you need a little extra support with your exercise programme, why not sign up for our free 8-week Fitness Programme Support. This keeps you in contact with a fitness instructor in the gym and helps keep your motivation levels high. Ask your instructor about "PREVA", our new workout support feature.

### Social Aspect

Because strong social support is important for those with depression, exercising with a friend or joining a group exercise class may be beneficial. In doing so, you will benefit from the physical activity and emotional support while having fun and getting fitter at the same time. At the Glenroyal Leisure Club, we have over 40 classes a week, free-to-members, including Yopalates, Aqua Zumba, Spinning, Kettlebells and TRX to name a few.

### Building Confidence

With your new healthier lifestyle, you'll look and feel better which will boost your self-esteem and your mood. Also, setting a specific goal and achieving it will boost your confidence.

*If you feel that you or someone you know may be experiencing depression or other mental health issues, please contact your GP. We also recommend that you contact your GP before commencing any exercise regime.*



**The following presentation was given by Seamus Cullen at the Tyrconnell Tower, Carton on Sunday 24 August 2014 to the attendance of the Maynooth Local History Group organized Heritage week event.**

### TYRCONNELL TOWER

The Tyrconnell Tower in Carton Demesne stands on the summit of a hill dominating the present Carton House Golf Club. It is an eye-catching feature throughout a substantial area of north Kildare and south Meath named after Richard Talbot the duke of Tyrconnell who was the viceroy between 1687 and 1689. Tyrconnell was born in Carton House and was a member of the Talbot family who held the estate throughout the 17<sup>th</sup> century.

*Duchess of Tyrconnell* The tower is one of three sites or locations in the locality that has the Tyrconnell name. The others include a bedroom suite in Barberstown Castle named the 'Lady Tyrconnell', and a plaque on the gable wall of Rathcoffey Church commemorating Lady Tyrconnell's connection to the church.

### Date of erection

The Tyrconnell Tower predates the FitzGerald building programme at Carton which began with the remodeling of the house and the development of the estate by Robert 19<sup>th</sup> Earl of Kildare in 1739. It is known that no building work was carried out on the estate between 1689 when Tyrconnell was the owner and 1739. This clearly points to the Tyrconnell-Talbot family ownership of Carton and a date in the late 17<sup>th</sup> century for the erection of the Tower. Other evidence that suggests a 17<sup>th</sup> century construction comes from an engraving of Carton dating from the early 1700s which show the original Talbot House and estate at Carton. This image was published by Lord Walter FitzGerald in the Kildare Archaeological Journal in 1902 and clearly shows the Tyrconnell Tower. Lord Walter examined the engraving and concluded that the tower appeared to be a ruin at that stage.

### Follys

A suggestion that it was originally built as a folly can be discounted as it predates the era of follys. The follys at Larchill and Dangan for instance date from the 1730s; the Connolly Folly or the Obelisk close to Carton from 1740 and the Aylmer Folly on the Hill of Allen dates from the 1860s. However, it is known that Augustine Frederick 3<sup>rd</sup> Duke of Leinster restored the tower as a folly in the early 19<sup>th</sup> century. It was as a folly that the duke brought Queen Victoria to view the tower when she visited Carton in 1849. From the tower the Queen could see many of the great wooded estates in Kildare and Meath which added to the pleasant scenery of the locality. From the tower today the park like landscape of the two counties are still evident.

### Tyrconnell -Talbot family

The construction of the tower evidently belongs to the Tyrconnell -Talbot family and exploring its early history requires a study of the Talbot family. The duke of Tyrconnell's father, Sir William Talbot of Malahide acquired the leasehold of Carton Estate in 1603. The estate did not have the same area as the present Carton Estate, the principal dwelling was Old Carton Castle which had a chapel of ease within the grounds of the castle. The site of this castle is in the farm-yard of 'Leinster Stud' and the site of the chapel is in Old Carton graveyard, situated on the Dunboyne road half a mile east from the Dunboyne entrance to Carton.

William Talbot was a man of important status and having acquired Carton Estate he set out to increase his standing locally and establish strong roots for himself and his family in his adopted area. This required a number of tasks; firstly, to build an impressive seat; secondly, to establish a local family burial plot and thirdly, an involvement in local affairs. He was quite successful in both local and national affairs serving as an MP for county Kildare and was regarded as one of the leaders of the Old English Party in the Irish parliament. In 1623, King James I, granted him the

title of Sir William Talbot 1<sup>st</sup> Baronet of Carton. The castle at Old Carton may have been a secure residence in the medieval period but by the 17th century it would have been unsuitable as a fashionable residence. The new residence may have been built shortly after William Talbot's marriage in 1607. It was a substantial dwelling on the site of the present Carton house. Much of the original Carton House was incorporated within the present structure when the house was remodeled and extended in 1739 by Robert 19<sup>th</sup> Earl of Kildare.

Sir William Talbot and his wife Alison had sixteen children, eight sons and eight daughters. The second son was Peter Talbot, a famous Archbishop of Dublin, and the eighth was Richard Talbot, duke of Tyrconnell the man who gave the Tower its name. William Talbot died on 16th March 1633. Some confusion exists as to where he was buried with one source indicating it was in Laraghbryan Cemetery and another suggesting Old Carton Graveyard. Local tradition suggests it was Old Carton where Sir William and his wife Alison were buried, this was also confirmed by research carried out by Lord Walter FitzGerald. He would have been buried in a vault in the chapel or a mortuary wing of the chapel at Old Carton. The outline of this chapel is still visible in Old Carton graveyard. Other members of the family were buried in the family vault throughout the 17th century.

### Richard Duke of Tyrconnell

By the 1680s Richard Talbot, William's youngest son had acquired Carton Estate. He had served the Stuart Kings throughout most of his life and returned to Carton in 1685 when King James II appointed him commander in chief of the army. He was also granted a title Baron of Talbotstown and subsequently an additional title of Earl of Tyrconnell. His first wife had died in 1679 and he subsequently married the glamorous Frances

Jennings, one of the most beautiful women of her day. Other positions and titles were granted to Tyrconnell. James II appointed him Viceroy of Ireland in 1687 and he was also elevated to the title Duke of Tyrconnell. In the late 1680s he was the most powerful man in the country and ruled it in the name of King James II. During this period, he renamed Carton 'Talbotstown' after his family name and title and the house functioned more like a palace than a country house. The Viceregal Lodge at the time was in Chapelizod and Tyrconnell used Talbotstown [Carton] for important functions. He had a glamorous lifestyle, a wife renowned for her beauty, and on the estate a chapel and a family burial plot almost certainly sited in the chapel. Other families in the area not as powerful as the Tyrconnells had family mausoleums adjoining churches close to their residence. Relevant examples include, the Aylmers of Donadea and the Dongons of Castletown. Tyrconnell's sister Mary Talbot was the wife of Sir John Dongon and she herself was buried in an impressive mausoleum adjoining the Church at Tea Lane, graveyard in Celbridge. By all accounts the Talbot burial chamber may not have been as impressive as the burial chambers of neighbouring members of the aristocracy and this may have motivated Tyrconnell to construct an elaborate mausoleum, on the summit of the hill, at Carton to replace what may have been a modest burial chamber at Old Carton.

### Construction of the Tyrconnell Tower

Stonework over the entrance to the Tyrconnell Tower reveals a high arched feature which could suggest that the original ground floor may been a vaulted structure. One of the best examples in the area of a mausoleum from this period is the Maunsell mausoleum in Tea Lane, Graveyard Celbridge. It was originally the Dongan mausoleum and the ground floor area is vaulted. Lord Walter FitzGerald suggests that the high arched entrance in the Tyrconnell Tower may have been to facilitate adding a wing onto the building and that the original plans may not have been completed. This suggestion indicates that a wing, possibly a small chapel, may have been intended to be added to the structure. The tower following its construction was known as 'The Steeple'. The term which comes from an estate map of Carton in 1739 showing a field known as the Steeple field where the tower is located gives ample proof

of an ecclesiastical purpose for the Tower. The likelihood is that Tyrconnell built the tower as the family mausoleum for himself and his wife and it would be his intention to remove the remains of his parents and other family members and monuments to their memory from the burial chamber at Old Carton to the new mausoleum. Some scant details of the Talbot family memorial in Old Carton survives with one mentioned in the OS letters from October 1837. Only the lid or side piece survived which was described as ornamented with carvings and figures of animals. The local tradition at the time was adamant that the slab belonged to the Talbot family. Two generations later in 1902, Lord Walter FitzGerald found the remains of the burial monument but by that time it had deteriorated and was greatly reduced in size. Unfortunately no carvings of animals or any markings that would give clues of which family crest that may have been on it survived. Furthermore, there were no details to suggest a connection to the Tyrconnell - Talbot family. The slab measured five and a half feet in length and from nine inches to two feet in breadth. It was three inches in thickness and the edges were mitred. The writing detail was so deteriorated that Lord Walter could only give an approximate presumption which was as follows: on the first line 'Here Lyeth' and on the second line only one word which looked like 'Luttrell'. This puzzled Lord Walter as he knew the family background of the Talbots, and there was no Luttrell connection to the family. Investigation for the present study, however, revealed that the doubtful family name may in fact Netterville. When erosion of grave stones has taken place names with similar lettering, such as Luttrell and Netterville can become indistinguishable and this may be the case here. An examination of genealogical records show that Sir William Talbot's wife was Alison Netterville. In gravestones and burial slabs from this period the maiden name of the Lady of the household was always included. In addition the coat of arms of both the head of the household and his wife were likewise incorporated.

### Conclusion

In conclusion it appears that Tyrconnell was in the process of building a mausoleum for himself and his family when the Jacobite-Williamite War occurred. In all probability it was his intention to re-inter his immediate Talbot relatives in the new mausoleum had the Tower been fully completed. When the Williamites occupied the Maynooth area in late July 1690 it is reputed that they seized personal items and property belonging to Jacobite leaders such as Tyrconnell. Tyrconnell's property was excluded in the provisions of the Treaty of Limerick which guaranteed that no landholder would forfeit their estates. It is likely that the Talbot burial monument was broken in this period while the war was taking place or shortly afterwards. Tyrconnell died of apoplexy in Limerick in 1691 during the second siege of the city and was buried there in St Mary's Cathedral. During the siege the Cathedral was badly damaged. However, in the aftermath of the war William of Orange granted £1,000 towards its restoration. It is ironic that although Williamite supporters in the Maynooth area were blamed for the destruction of Jacobite property, which may have included the Talbot burial monument, William of Orange financially supported the restoration of a Cathedral where Tyrconnell is buried. Tyrconnell's widow was also buried in a Cathedral. She died in 1730 and was buried in the Jones's family vault of St Patrick's Cathedral, Dublin. Had history been different both the duke and duchess of Tyrconnell could be resting together in a vault in the Tyrconnell Tower.



*Portion of the Talbot family memorial from Old carton Graveyard*





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is Tuesday 18th  
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## Maynooth Tidy Towns



Thank you to all who have congratulated us on winning a Bronze Medal in the National Tidy Towns which will be presented to us in the near future.

On the 5th November the Kildare County Council Community and Tidy Towns Awards will

be presented by the Mayor of Kildare Councillor Fiona O' Loughlin. Maynooth Tidy Towns will receive a certificate in recognition of being Ireland's Best Kept Large Town.

We have been busy since the Tidy Towns results were announced and have produced a Tidy Towns report task list to work on for 2015. We have given two reports to our local engineer on signage and blocked drains.

Any Resident Associations and Householders who require advice on pruning or planting of trees please contact Maynooth Tidy Towns on 087 3153189 or on our Facebook page.

You will notice that the Joan Slade River is much cleaner and the banks tidied up thanks to the work Maynooth Tidy Towns and Kildare County Council local engineer and team.

We are now working on the banks of Lyreen River adjacent to Manor Mills. John Byrne of Maynooth Book Shop and University Book Shop has very kindly produced a set of Calendars, Greeting Cards, Post Cards and Note Books showing scenes of Maynooth and surroundings. These will be on sale in early November at the Maynooth Book Shop, Main St., and University Book Shop on Campus. Proceeds from the sale of these items will go to Maynooth Tidy Towns and St. Patrick's College Raise the Roof campaign.



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# A Celebration of Irish Art



Following on from the resounding success of the exhibition in 2013, the indoor and outdoor sculpture exhibition 'Vanishing Art' makes its second annual appearance at Carton House. This exclusive celebration of Irish art will feature artwork from some of Ireland's, and the world's, most acclaimed artists including Patrick O'Reilly, Lynda Christian, Ger Breslin, Andy McClintock and Alva Gallagher.

Open free of charge to the public, over 100,000 people are expected to visit the exhibition to share this up close and personal experience with these sculptures and one off paintings. Running from the 1st to December 30th, the event is set to be the highlight of the Irish cultural calendar with hundreds of artworks on display throughout the resort's magnificent grounds - perfect for a family day out! Visitors are invited to make the most of the exhibition and enjoy an overnight stay with dinner in the picturesque Linden Tree offering views of the sculptures across the rolling estate.



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The centre piece of this work is an inorganic shape, with rough edges and sharp corners, juxtaposing with the bare skin of the young man and woman, naked and vulnerable as they edge their way forward on the surrounding ledge.

The couple look forward cautiously to see where their next step will take them but with life's sharp edges and blind corners any unanticipated event could arise; you never know what is around the corner.

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## Miss Otis Regrets

I have always had an interest in the Victorian era, especially the plight of women and their lack of rights during this period.

It would be right to assume that the life of the average Victorian lady was narrow and restricted. There were codes of conduct to be adhered to and proper manners and etiquette were encouraged. Young ladies would have been warned not to be too liberal in display of their charms and were expected to be pure, chaste, refined and modest. Should they not adhere to this they were considered 'fallen' and so the first time I heard the lyrics of a song, written around this time, I immediately envisioned the plight of the tragic 'Miss Otis' and the story surrounding her, the lady who succumbed to the charms of her lover and the utter desolation when he deserted her.

'Miss Otis regrets she's unable to lunch to-day' The haunting tones of Ella Fitzgerald recently flowed from my radio as she sang of the heartbreak 'and she's sorry to be delayed, but last evening down at lover's lane she strayed'. Her honeyed tones rang as she lamented the distress of the lady who 'shot her lover down' and I was so moved I mentioned to my husband that I wondered who she was and what was the story that led to the misfortune.

To my surprise he informed me that not only did 'Miss Otis' not exist, but the song was never meant to be a tragedy.

It had been penned by one Cole Porter, a name familiar to many as he was a prolific songwriter and composer of the time. He was born in 1862 to a wealthy American family and having learned to play piano at the tender age of six, went on to have an illustrious career writing for stage and screen.

Mr. Porter loved to wine and dine and apparently at one of his infamous luncheons, it is rumoured that he boasted he could write a song on any subject. A dining companion then challenged him to compose something based on the next thing they heard in the restaurant where they were eating. Enter a very proper Maitre d' who proceeded to an adjoining table, and in a polite and unemotional voice told the solitary lady waiting there 'Miss Otis regrets she's unable to lunch to-day' and so the melody was born although it was never meant to be the tragedy interpreted by many talented artists who later made it their own, but a song to be delivered in the poker faced way of the stuffy waiter and written by Cole solely for the amusement of his friends. When she woke up and found that her dream of love was gone, Madam, She ran to the man who led her so far astray, and from under her velvet gown, she drew a gun and shot her lover down, Madam, Miss Otis regrets, she's unable to lunch to-day.



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## Maynooth Family Scoop Medals at Taekwondo Championships



Calum Duncan who took the Gold medal.



Jordan Duncan was a Gold Medal winner.



Eric Duncan was awarded the Silver



Leah wiped the boards with Silver

The Duncan family from Old Greenfield in Maynooth did the town proud when scooping Gold and Silver medals in the English, Scottish and Irish Taekwondo Championships which is regarded as one of the toughest and most prestigious in world rankings. We wish them well in future competitions so keep an eye out for them.



# FILM MONTHLY BY BERNIE CLAXTON

FILM REVIEW: *GONE GIRL*

DIRECTOR: DAVID FINCHER

STARRING: BEN AFFLECK & ROSAMUND PIKE



*Gone Girl* opens in affluent Middle-America suburbia. A dishevelled Nick Dunne (Ben Affleck) arrives home from the bar he owns with his twin sister Margo (Carrie Coon) to find his wife absent. In their spacious, luxurious, house furniture is upturned and there are definite signs of a violent struggle. Amy Dunne (Rosamund Pike) has vanished into thin air on the morning of the couple's fifth wedding anniversary. So begins David Fincher's gripping film adaptation of Gillian Flynn's chilly and best-selling thriller novel of 2012.



Flynn, a former journalist for *Entertainment Weekly*, has fashioned a razor-sharp screenplay from her page-turning source novel. Despite some necessary pruning of the material for the transfer to screen, this story of marital discord, mystery and madness is essentially intact.

As the husband, Nick Dunne naturally becomes the prime suspect in his beautiful wife's mysterious disappearance. Soon he's sucked into a whirlpool of police and media speculation. However, what begins as ostensibly a missing-person mystery veers wildly off into myriad directions under the expert direction of David Fincher.

In *Gone Girl* we are given two unreliable perspectives of a marriage in meltdown. Nick, likeable but a little smug, seems incapable of presenting a positive image of himself under the scrutiny of the police investigation. Detective Boney (a quirky Kim Dickens) and her deadpan side-kick, Officer Gilpin (Patrick Fugit) operate at the level of scepticism when it comes to the culpability or not of their suspect.



The latter appears peculiarly clueless in the finer details of his marriage to Amy. He doesn't know if she has friends or even her blood type. Nick also doesn't appear to be taking a police interview seriously and some ill-timed humour on his part certainly doesn't help his case. Does his detached demeanour render him cold-blooded, evasive or a potential wife-murderer? Both Fincher and Flynn refuse to give us easy answers to these questions.

This scenario is further complicated by the introduction of Rosamund's Pike's narrative. As she is the *Gone Girl* of the title, her story is relayed through the prism of diary entries. Cue flashbacks....

In Amy's early reminisces of her relationship with Nick, she presents a picture-perfect idealisation of their first years together. This impossibly beautiful, witty and clever couple meet at a New York party for writers and end their first evening together in an intimate embrace. Fincher cloaks this scene from the past in a swooning romanticism: sonorous music swells on the soundtrack; Nick and Amy kiss in a sugar-storm emitting from a local bakery. It's an apt scene as their relationship appears sugar-coated for the first two years. Pike in voiceover reveals that the old adage 'marriage is hard work' is not true in their case. She gleefully admits – "We are so cute, I want to punch us in the face!"



We could be in rom-com territory here, except we are not. This is a David Fincher (*Seven*, *The Fight Club*, *Zodiac*) film. At some point, the marriage of Nick and Amy Dunne stopped being 'cute'. Add a recession, subtract two jobs, and mix in some money problems. A transfer from a vibrant New York lifestyle to a drab, grey Missouri existence only serves to highlight the fault lines in their shaky alliance. Nick's lack of drive or ambition proves disappointing to Amy, while her high expectations and disapproval of him exasperate Nick. Both parties, to their detriment, had seemingly bought into the shallow pretences of the other.

In *Gone Girl* we have a dizzying change of perspectives, timeframes and allegiances. David Fincher has great fun setting up expectations for the viewer and then upending them. Who can we trust? Who is a reliable narrator? As with the *He said/She said* direction of Flynn's original novel, Fincher cross-cuts between Nick's and Amy's viewpoints. In the present, Nick's ordinary, confused, everyman-persona tackles police and media alike. In the past he's increasingly unlikeable and possibly abusive as painted by Amy in her diary. She wonders if she is 'something to be jettisoned' or 'something disposable'. Ominously, she fears she 'could disappear'.



Fincher's *Gone Girl* juggles a lot of balls in the air. At one level it's an intriguing 'gone girl' mystery (with treasure hunt clues thrown in for good measure), at another it's a cynical dissection of the marriage from hell. Yet another layer involves a scathing attack on the corrosive nature of media in contemporary life. Ben Affleck's anti-hero becomes a punch-bag in the frenzied search for Amy. The examination of a voracious American media on the hunt for errant husbands provides *Gone Girl* with some of its most darkly funny moments.

Ben Affleck is terrific as the bewildered husband persecuted and pilloried by a sensation-hungry and Amy-loving media. The actor's handsome, glib features are peculiarly suited to the part of a potential wife-killer. Nick's every move, every facial tick is poured over and scrutinised for the delectation of the TV studios. In hilarious and intrusive scenes, Nick is painted as a sociopath with no empathy: selfies with fame-hungry bimbos backfire; his close relationship with his sister Margo is deemed 'disturbingly close' – 'Twincest' is the cry!; at a press conference Nick produces a 'killer smile' on cue!; women at candle-lit vigils think he's alternatively hot or creepy. Finally, an adulterous affair with a college student consolidates the image of Nick as the 'most hated man in America'. A weary Nick Dunne has no place to hide as he goes 'mainstream' across the networks.



Rosamund Pike's glacial Amy matches Affleck turn for turn. While he is a muscular substantial presence in the present-day, she is a less than tangible and ethereal reminder of their past lives. The elegant Pike seems to glide through the early section of *Gone Girl* with studied poise and ease. She is the beautiful, sophisticated, funny children's writer from moneyed parents. 'Amazing Amy' captured the heart of the good-looking and charming journalist, Nick Dunne, who then proceeded to stamp on hers! In later scenes, the early grace is supplanted by white-hot rage as Amy seethes with resentment at the less than satisfactory bargain she has struck with her beer drinking - Adam-Sandler-movies-loving - husband! Pike's disgruntled wife refuses to be the 'Cool Girl' depicted in Flynn's blistering monologue on modern relationships. This is Grace Kelly on acid! It's a remarkable performance and sure to attract Oscar attention.

*Gone Girl's* Biggest Villain is Marriage Itself



*Gone Girl's* supporting cast is equally excellent. Carrie Coon brings warmth, concern and support to her role, as Affleck's outspoken sister, and another perspective on Amy. In her view 'complicated is code for bitch!' She assures Nick that whoever took Amy is 'bound to give her back!' Kim Dickens' feisty police woman is both determined and sympathetic to Nick's plight. Tyler Perry provides an amusing turn as Nick's defence lawyer. Understanding the power of the media, Perry's lawyer attempts to realign Nick's murky image for public consumption. As Nick knows to his cost, image is everything in this shallow universe.

David Fincher's film is a stylish, satirical and detailed take on Gillian Flynn's suspense novel. *Gone Girl* has enough twists and U-turns to leave the average viewer gasping for breath. These aspects of the story are cranked up for maximum effect. However, here's the real deal: Fincher lures you in with the promise of a murder-mystery and then transforms it into a horse of a different colour.

*Gone Girl* is essentially about the masks we wear and the lies we sell to others as we pretend to be something we're not. It's about the crushing disappointment of expectations when wedded bliss turns to icy disdain and contempt. It's also about the manufacturing of identity in an image-saturated world. Above all, *Gone Girl* is a film which manages to be deeply unsettling and relentlessly funny at the same time. With Fincher's cool direction, superb performances from his two lead players, a lacerating script by Flynn and a moody soundtrack by Trent Reznor and Atticus Ross, *Gone Girl* may just be the best film of 2014.





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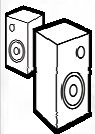
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# Trumpeter Swans



Trumpeter swans used to have a big breeding range. It was from the Bering Sea east through almost all of Canada, south to Missouri, Illinois, Indiana. Now the Breeding range is from Alaska, south to the Columbia River onto the south border of Washington.

Trumpeter swans spend their summer in Alaska. Their population numbers were dangerously low at one time, but they have since recovered.

When Trumpeter swans are three years old they will begin searching for a mate. When they find a mate they will be mates for life.

The cob, a male swan, will give out a mating call. When a pen, a female swan, comes along he tries to get her. When they are successful they will nest together the next year.

A nest is important when the swans nest together. In late March through early May the swans will build a nest. The cob will get the nesting material for the nest. The pen will assemble the nest. This takes about two weeks to build. The nest is six to eleven feet in diameter. They use the same nest for a few years. The pen will lay three to nine eggs, every other day into the nest. It takes thirty-five days to incubate the eggs.

The life cycle of a trumpeter swan begins when the cygnets hatch from the eggs. The pen will have three to nine cygnets. When the cygnets are born they are gray with pink bills. They are born with their down feathers which keep them warm. The cygnets weigh half a pound each. When the cygnets are born they can't fly because they have no flight feathers. The whole family will go on short feeding trips into the wetland on the cygnets third day. The cygnets eat insects and aquatic crustaceans. The pen and cob stir up the food for the cygnets to eat. When the cygnets reach five weeks old they eat more plants. After two to three months the cygnet's diet will be like those of an adult. They eat roots, stems, leaves and seeds of the aquatic plants. When the cygnets are at this age or younger, the parents are very protective of them. If there is danger the parents will call to their cygnets and then hide. The parents teach the cygnets how to swim and to catch food. The cygnets learn watching their parents and imitating them. By now the cygnets are growing their feathers. In late summer many young swans can fly. These young swans stay with their parents for around one year. When they reach three years old they can start on their own.

When it starts to snow the swans leave their summer territories. They fly in a "V" shaped formation. The trumpeter swans from Alaska have to fly for one thousand miles. When they reach their destination they rest in a river or pond.



## Pedestrian Safety

Although you can't be responsible for the way people drive, you can take a number of steps to make yourself safer as a pedestrian. A lot of these are common sense which some people do not use.

- 1 Stop, look and listen - this means you should not have earphones blasting so loud that you cannot hear traffic or people around you
- 2 Don't be on your phone crossing the road - your full attention should be on the road
- 4 Don't try to cross the road between parked cars
- 5 Cross at a pedestrian crossing or traffic lights - that's what they are there for
- 6 Never cross at a bend
- 7 If there is a footpath use it
- 8 If there is no footpath, walk/run/jog on the right hand side of the road, facing oncoming traffic and keeping as close as possible to the side of the road.
- 9 Walk no more than two abreast and if the road is narrow or there is heavy traffic, walk in single file

### Sobering facts

Drunken pedestrians are a source of danger to themselves and other road users. If you have had one too many, don't attempt to walk - get a taxi, use public transport or get a lift from a (non-drinking) friend.



## Cycling Safety

Cycling is a common means of transport in Ireland. It's great exercise, it's cheap and it cuts down on travel time, especially during rush-hour. But cyclists are also a vulnerable category of road user. Every year there are several cycling fatalities on Irish roads and countless collisions involving cyclists. As a cyclist, you can reduce your risk of death or injury by following some simple advice:

- 1 Never cycle in the dark without adequate lighting - white for front, red for rear
- 2 Always wear luminous clothing such as hi-vis vests, fluorescent armbands and reflective belts so that other road users can see you
- 3 Wear a helmet
- 4 Make sure you keep to the left. Always look behind and give the proper signal before moving off, changing lanes or making a turn
- 5 Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic
- 6 Maintain your bike properly - in particular, your brakes should work properly and your tyres should be inflated to the right pressure and be in good condition
- 7 Respect other road users - don't get into shouting matches with motorists; stop at pedestrian crossings; don't cycle on the footpath
- 8 Watch your speed, especially when cycling on busy streets and going downhill
- 9 Steer well clear of left-turning trucks: let them turn before you move ahead

### Cycling for children

Parents play an important role in minimising the risk by giving children proper guidance and instruction at an early age to ensure that basic safety rules are absorbed while young.

Do's and don'ts of safe cycling for children

#### Do ensure they:

- 1 Cycle a bike matched to their height and experience
- 2 Wear a safety helmet
- 3 Use lights in dark or dusky conditions

#### Don't allow them to:

- 1 Cycle on public roads unsupervised (if under 12)
- 2 Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set
- 3 Take unnecessary risks



**DON'T TAKE CHANCES WITH YOUR SAFETY OR YOUR CHILDRENS**

**Copy Date for the December/January  
edition of the  
Maynooth Newsletter is  
Tuesday 18th November**



## Clues Across

## November 2014 Crossword - No: 430

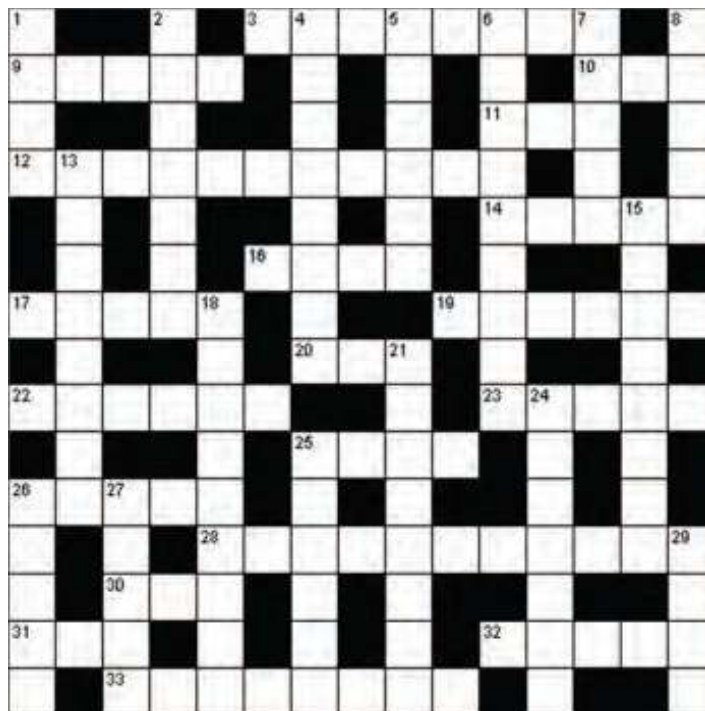
## Clues Down

## Across

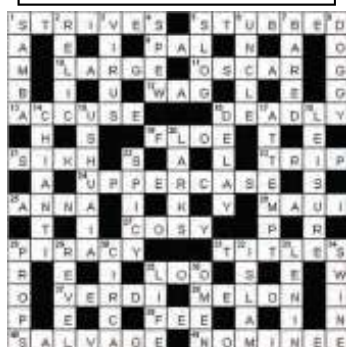
3. Surname of Judas (8)  
 9. Pains (5)  
 10. Often (3)  
 11. Attach by stitches (3)  
 12. Rude (11)  
 14. Marshal (5)  
 16. Look at amorously (4)  
 17. Rescues (5)  
 19. Drunk (6)  
 20. Immerse (3)  
 22. Tangle of logs (6)  
 23. Seaport in the Crimea (5)  
 25. Musical group (4)  
 26. Bishop's headdress (5)  
 28. Leaping insect (11)  
 30. Twain (3)  
 31. Female deer (3)  
 32. Stately (5)  
 33. Person who mutinies (8)

## Down

1. Republic in W Africa (4)  
 2. Merit (7)  
 4. Fitted with strings (8)  
 5. Assert (6)  
 6. Immediately (9)  
 7. High building (5)  
 8. Investigate closely (5)  
 13. Tubular pasta (8)  
 15. An opening (8)  
 18. Patsy (9)  
 21. Small in size (4-4)  
 24. Aerodrome (7)  
 25. Defeated (6)  
 26. Covered with mud (5)  
 27. Emblem (5)  
 29. Uncouth (4)



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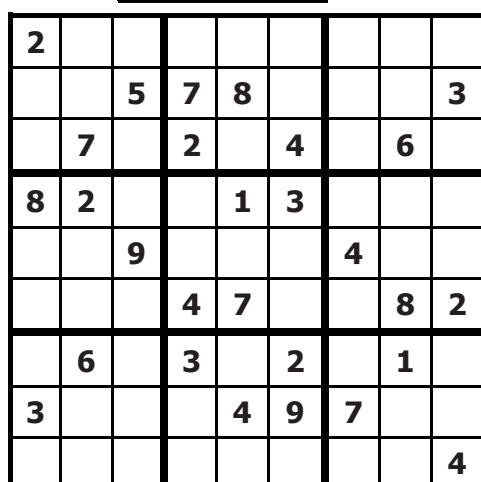
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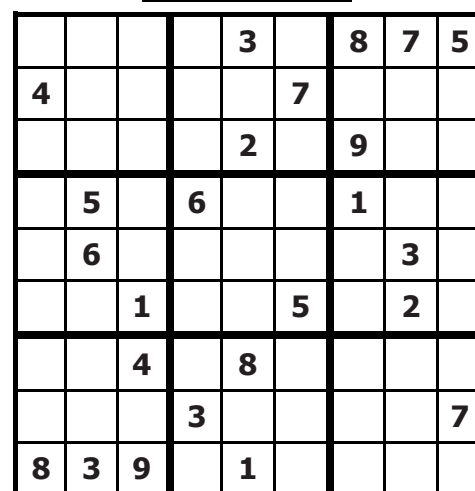
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## Cooking Tips - Vinegar

Enjoying a salad with a tangy vinaigrette dressing is one of the most popular ways to use vinegar in the kitchen. But that's just the beginning! Regular and flavored vinegars are versatile recipe ingredients that add flavor and distinction, and can also contribute to good health!

To make basic vinaigrette salad dressing use 1 part white distilled vinegar to 4 parts oil. Make creamy vinaigrette by adding some plain or whipped cream to a mixture of 1 part white distilled vinegar to 3 parts oil.

Tenderize meat with white distilled vinegar. Use it in marinades or when slow cooking any tough, inexpensive cuts of meat.

When poaching eggs, add a little white distilled vinegar to the water. The whites stay better formed. For extra tenderness with boiling ribs or stew meat add a tablespoon of white distilled vinegar.

To add a zesty new taste to fresh fruits such as pears, cantaloupe, honeydew, or others, add a splash of rice or balsamic vinegar. Serve immediately to prevent the fruit from becoming mushy.

Freshen wilted vegetables by soaking them in cold water containing a spoonful or two of white distilled vinegar.

When boiling or steaming cauliflower, beets or other vegetables, add a teaspoon or two of white distilled vinegar to the water to help them keep their color. This will also improve their taste, and reduce gassy elements. This also works when cooking beans and bean dishes.

Make pasta less sticky and reduce some of its starch. Add just a dash of white distilled vinegar to the water as it cooks.

Give some extra zest to your white sauce by adding 1/2 teaspoon of white distilled vinegar.

Try cider vinegar or malt vinegar instead of ketchup with french fries - hat's how the British like to eat them. Either one is also great on fish or any fried or broiled meat.

Remove kitchen odors that come from burnt pots or when cooking certain foods by boiling a small amount of water with 1/4 cup white distilled vinegar so that the steam circulates throughout the room.

Make onion odours disappear from your hands by rubbing with white distilled vinegar. Add moistness and taste to any chocolate cake - homemade or from a box - with a spoonful of white distilled vinegar.

To keep frosting from sugaring add a drop of white distilled vinegar. It will also help keep white frosting white and shiny.

Make perfect, fluffy meringue by adding a teaspoon of white distilled vinegar for every 3 to 4 egg whites used.

Perk up any can of soup or sauce with a teaspoon of red or white wine vinegar.

Eliminate the greasy taste in food cooked in a deep fryer by adding a dash of white distilled vinegar.

If you've added too much salt to a recipe, add a spoonful of white distilled vinegar and sugar to try correcting the taste.

Keep molded gelatin desserts and salads from sagging or melting in the summer heat by adding a teaspoon of white distilled vinegar for each box of gelatin used.

When making tuna salad add a dash of any herb-flavoured white distilled vinegar.

Turn out great rice by adding a teaspoon of white distilled vinegar to the boiling water. To make the perfect picnic potato salad dressing combine 1 cup mayonnaise, 3 tablespoons white distilled vinegar, 1 tablespoon sugar, and 1/2 teaspoon salt.

Olives or pimentos covered with white distilled vinegar can be kept almost indefinitely if refrigerated.

To keep eggs from cracking when boiling add a tablespoon or two of white distilled vinegar to water.





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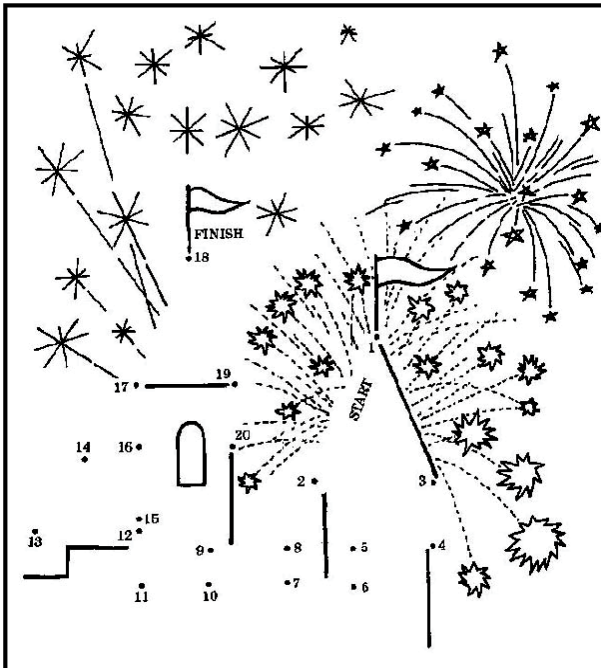
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I	D	J	S	O	Y	L	E	L	E	N	V	E	ALVIN
E	E	I	I	I	N	M	J	Y	A	O	E	M	SIMON
R	L	M	V	H	M	E	C	I	R	T	A	E	THEODORE
N	E	E	C	A	A	O	B	E	Y	N	T	B	DAVID
O	B	L	A	N	D	R	N	S	T	S	S	A	BEATRICE
T	D	S	E	N	I	A	H	J	N	I	E	T	BRITTANY
R	L	T	E	T	O	N	N	B	E	E	V	N	JEANETTE
S	T	L	T	R	E	R	E	L	I	I	I	E	ELEANOR
E	Y	A	T	T	I	Y	E	L	V	T	L	N	LILY
A	N	R	L	O	R	I	R	H	R	E	L	A	SEVILLE
Y	E	E	R	O	D	O	E	H	T	C	E	T	MILLER
H	R	L	T	N	Y	B	I	L	R	E	C	O	
N	I	V	L	A	T	I	D	L	I	L	Y	I	
T	A	M	L	V	H	A	L	A	J	T	L	V	



Dot to Dot



### McDonalds Children's Colouring Competition

Prizes: Free Family Meal From  
McDonald's, Maynooth

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

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

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

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

October Winners :

Age: 3 -5: Amelia Holmes. Castle Dawson

Age: 6 -7: Charlotte Favre. Rockfield Park

Age: 8 & Over:

Vicky Alexander, Rockfield Close

Prizes for Colouring Competition can be collected at:

Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.  
Entries must arrive before: Tuesday 18th November 2014





# McDonald's



## November 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](http://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.

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

### Arthritis Ireland

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

### Maynooth Tidy Towns

Volunteers required to help with this work.  
Contact Number  
087 3153189

### Men's Sheds

Weekly meetings take place every Wednesday at 11.am at the Garden Centre Dublin Road Maynooth.  
For further details contact  
John Fleming  
087 2041334

### 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](http://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

### Maynooth Community Church

MAYNOOTH COMMUNITY CHURCH  
1st Floor Manor Mills  
Service times  
every Sunday morning  
from 10.30 am  
[www.maynoothcc.org](http://www.maynoothcc.org)

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*\*Not valid with any other offer or discount, no cash value. Non-members only. Valid only at participating locations. Offer valid from 12.12.2014. Restrictions may apply, please see your local club for details. © 2014 Curves International, Inc.*

### MAYNOOTH GOSPEL CHOIR'S ANNUAL PERFORMANCE



Maynooth Gospel Choir had its annual performance recently in St. Mary's Church, Maynooth and it went down a treat! **Let It Rise: An Evening With The Maynooth Gospel Choir** proved an uplifting and joyful experience for all who attended.

The Gospel sound is definitely infectious and the choir had the whole church on their feet tapping and clapping. Everyone present got carried away with the choir's positive attitude.

Over the years, the choir have appeared on RTÉ's **Don't Tell The Bride**, **The Saturday Night Show** with Brendan O'Connor and featured on **Radio 2fm** and **Today FM**. They opened the **Dublin City Soul Festival** this year. At the start of October, the Gospel Choir performed with Kildare man Connor McKeon in the National Concert Hall. This event was titled **Turn The Tide of Suicide** and featured popular singers Brian Kennedy and Frances Black.

The Gospel Choir were also part of the opening ceremony of the Eucharistic Congress when Ireland hosted the event in 2012. Maynooth Gospel Choir has also toured extensively with Jack L, performing in large (Cork Opera House) and small venues (regional theatres in industrial estates!) all over the country. They also support charity events on a regular basis.

If you missed their annual performance, then don't worry you can catch our local Gospel Choir at 6pm Mass in St. Mary's Church, Maynooth on the first Sunday of every month!





# BRADY'S

CLOCK HOUSE

**BAR - LOUNGE - RESTAURANT**  
**Main Street Maynooth**

**B2 Newly Refurbished Late Bar Now Open.**  
**One of the Hottest Centres of Maynooth's**  
**Vibrant Nightlife with Cocktail Bar**  
**& Smoking Terrace**

**Parties Catered For to book**  
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**Web: [www.bradysbarmaynooth.ie](http://www.bradysbarmaynooth.ie) - Tel: 01-5054725**

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# Labour Advice Service



**Emmet Stagg TD**

**Every Monday at 4.00 pm in  
McMahon's  
(Formerly Caulfield's)  
(Except Bank Holiday Weekends)**

**Dáil contact Numbers  
01-6183013/6183797**