



# Maynooth Newsletter



Serving the people of Maynooth

June 2015

Local News

Free



## Maynooth Summer Festival 2015

Friday 10th July to Sunday 12th July

FÉILE MAIGH NUADH 2015



For updates on the Summer Festival follow links for Facebook: [www.facebook.com/MaynoothFestival](http://www.facebook.com/MaynoothFestival) - Twitter: <https://twitter.com/MaynoothFest> - Web: <http://www.maynoothcc.com>. For updates on the Fleadh Cheoil visit: [www.leinsterfleadh.ie](http://www.leinsterfleadh.ie) you can also follow the Fleadh on Facebook and Twitter

### Maynooth Education Campus presents a new HP ProDesk Computer to Maynooth Community Council's Community Employment Scheme



Mr Johnny Nevin said Maynooth Education Campus were delighted to support the Community Employment Scheme and thanked Maynooth Community Council and the staff of the Maynooth Newsletter for their advice and technical assistance in producing the Maynooth 10k Times (The event newspaper). The Maynooth 10k & 5k Family Run were held on Sunday 17th May starting in St. Patrick's and finishing in Carton Avenue. The 3k Student Run on Friday 15th May was held in St. Patrick's College.

*Photo L to R: Gerry Quinn Maynooth 10k, Johnny Nevin (Maynooth Post Primary), John Doogan (Supervisor MCC CES) and Siobhan Mc Cauley, (Maynooth Community College)*

### Maynooth 10K A Great Success

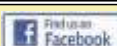
Speaking to the Maynooth Newsletter Gerry Quinn (event organiser) said the 10k, 5k & 3k (run on Friday) attracted over 1,100 participants and raised almost €25,000. He thanked An Garda Síochána, Kildare County Council, St Patrick's College, Carton House, the Business Community, Maynooth Community Council and the people of Maynooth for their generosity and support. He praised and thanked the Maynooth Education Campus PTA and all those who worked hard to make the events a great success. All funds raised are used for the development of multi-purpose playing fields, a walking/running track for school and Community use.

*(See photos on page 16)*

*Below an aerial photo of St. Patricks College, courtesy of Joe and Mick at Drone Craft, taken on the day of the 10K*



This publication is produced by Maynooth Community Council's Community Employment Scheme, supported by the Department of Social Protection, which is funded by the Irish Government.



Maynooth Community Council, Unit 5, Tesco's S.C. Carton Park, Maynooth. Phone - 01-6285922 - Email [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net) No. 436



# Oak Alley Restaurant & Cocktail Bar

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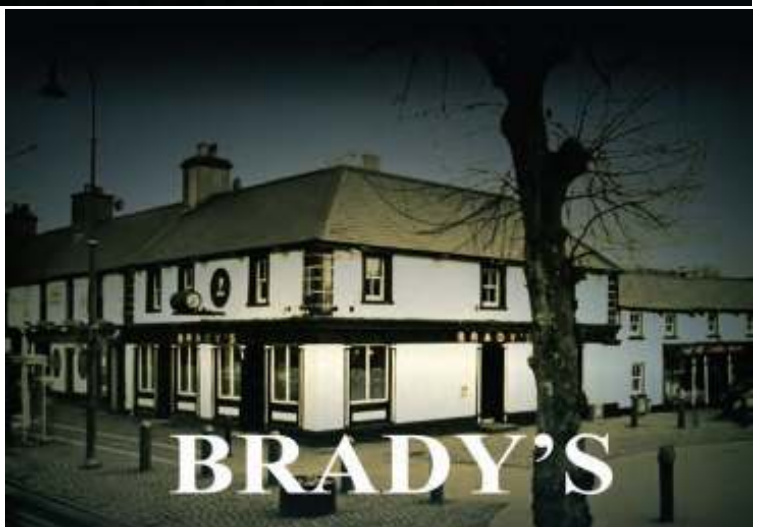
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## Ticks



As we approach the Summer months and the temperature rises, some of you when petting your dogs and cats will notice something like a very large black bulging skin tag attached to your dogs skin. These on closer inspection will be identified as ticks. .

Ticks are among the most serious parasites of domestic animals. Each species of ticks is adapted to a certain range of temperature. The one we are concerned with is the family Ixodes. They have brown legs and prominent mouth parts which along with its head burys itself into your pets skin. Then they start to suck blood. A fully grown adult female tick could remove anything from 0.5ml – 2.0ml of blood from an animal. Generally ticks live in long densely uncultivated grassy lands and as your dog runs through the tick attaches itself to the body and head.

These ticks can harm their hosts by causing infection at the site of their bite, by sucking blood or by transmitting viruses, bacteria or protozoa to the animal they have bitten.

In the bovine population these ticks can transmit a protozoa called Babesia. This then causes a serious and sometimes fatal disease called 'Redwater'. The greatest infection rate is seen in young animals 6 to 12 months of age and is uncommon in



animals over 5 years. This is called reverse age resistance. These infected animals show signs of anaemia as the urine will be dark red in colour. They have very high respiratory and heart rates. The animals that survive after possibly been given a blood transfusion are immune for life.

Lyme disease, although initially a disease of north America is now being diagnosed in dogs in Britain. This disease is caused by a bacteria transmitted by a bite of a tick. This condition can be quite difficult to diagnose.



In the dog and cat population it is important to apply the correct 'Spot Ons' to prevent these tick bites. Also, keeping your dog on a lead when walking through woodland, the habitat of the tick, is a good idea.

It is advisable to remove these ticks as quick as possible when they are noticed. They can be removed with a tweezers or a special tick hook pulling upwards and away from the skin.



**For further advice on prevention and removal of ticks ring  
Maynooth Veterinary Clinic 01 6289467 or Clane  
Veterinary Clinic 045 982763**



**FAMILY FUN DAY**  
**FUN DOG SHOW**  
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REGISTRATION FROM 12PM  
 FOR MORE DETAILS CONTACT

**JUDGING STARTS AT 1.30PM**  
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7. BEST COSTUME
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# Community Council Notes

## Tributes to Dr. Muireann Ní Bhrolcháin, Secretary, Maynooth Community Council who passed on April 18th 2015

### Standing orders were suspended .

A minute silence was observed in Muireann's memory

Two letters of condolence from the Maynooth Parish Pastoral Council and Educate Together School were read. Other messages of condolence were received by the MCC Offices over the past number of weeks.

Tom McMullon: Spoke of his shock on hearing of Muireann's passing. Muireann was the rock at the back of the MCC. There were times when MCC would have folded over the years but didn't because of Muireann. She was a leading example of one who wished to make Maynooth a better place. MCC has done a lot of good work since its inception all those years ago and Muireann was central to that.

Paul Croghan: Paid tribute to Muireann's commitment to MCC. As a member of the Labour Party she was able to separate her political views from those of MCC which has no political affiliation. She recognised people who would work well for Maynooth and to that end it did not matter what their political affiliations were. She was also instrumental in obtaining the Community Space. Muireann was able to make hard choices and she was willing to put her name to such. It will be difficult to find her replacement.

Gabriel Martin: Paid tribute to Muireann for her dedication to MCC. He played a recording of Muireann singing a traditional Irish song *Dónall Óg* which she sang when she was twenty-one on Seán Bán's programme on RTÉ Radio na Gaeltachta in 1977. Gabriel related the story of how Muireann was in the company of a well know sean nós singer and when asked to sing his reply was why on earth he would be chosen to sing when Muireann was there.

John McGinley: I knew Muireann since 1984 when she was a fantastic political activist. She loved canvassing. She canvassed for me, for Emmet Stagg, for Mary Robinson and for Michael D. Higgins. She was great company and there was many a late night in Kilcar, Co Donegal with music and song. She was active on the St. Patrick's Day Parade.

I had many a run-in with Muireann but it was all forgotten about the next day. The office training scheme was of the highest standard which she oversaw. Don and her girls will miss her and when she heard of her fate her regret was that she would miss seeing her granddaughter grow up. She is sadly missed by the Labour Party and community. One doesn't appreciate someone until they are gone. Muireann will be a very hard person to replace on the council. She will be sadly missed.

Dominic Nyland: I have known Muireann since 1984. We were thrown in at the deep end at the beginning. We went through some scrapes together. I think I can say that I never had a row with her, we saw things in the same way and we read people in the same way. We had a good working relationship. She defended the office through turbulent times and when it was almost on its knees she stood up to the powers that be to ensure its future. She and I set up many a late night proofing John Drennan's *Cannonballs and Croziers*. It is with amusement that I recall having to renegotiate for the rent for the office along with Muireann. Trevor came for the discussion and when he saw Muireann he said there was just no point. I was shocked when I heard

of her passing. It was a pleasure to know her and we had some good times and those will be my abiding memories of her.

Willie Sauls: I recall the sponsored swim in the Canal for the MCC. Muireann and I took part. Someone was to feed the swans at the other end of the canal to keep them away from the swimmers, but that did not work out. An anxious pen took after Muireann and myself and there was nothing to do but head for the nearest bank and just in the nick of time. As already mentioned Muireann loved canvassing. One time she canvassed with my sister in Timard, they were back in the house in 15 minutes. Dogs put an early end to that evening's canvassing. On the other hand Muireann had a great admiration for cats.

Mieke Saunders: I did not know Muireann very well and I was so shocked to hear of her illness and passing. She was a person that was full of life. As a Christian I would like to say to the group that that through belief in God there is hope even in death.

Josie Moore: I knew of Muireann since the 1980s when her children were involved in the Summer Projects. The Senior Citizens are now producing their fourth book and it was the first one *Recollections: memories by senior citizens of Maynooth celebrating Active Age Week and European Year of Older People 1993* which I was compiling in which Muireann was very helpful. I was introduced to Muireann by Nora McDermott, the then MCC office manager. It was through that meeting that Muireann offered guidance on the publication. She would check in regularly with Nora to see how the publication was going. She was extremely patient and helpful and guided me in the right direction.

Naoise Ó Cearúil: The first time I knew of Muireann was when I was about 6 years of age and she was having an argument with my father in Irish about the setting up of the Gaeilscoil. She was a formidable woman in my eyes at that time. I used to do the colouring competitions in the *Newsletter*. I went to the office to drop it in and she greeted me with a hug and a smile. That changed my mind set. Later I came to know about her through the MCC and the work she carried out as a community activist. As a former student of Maynooth University I witnessed how she was very well liked and respected by her students.

Hilda Dunne: I didn't know Muireann very well personally. She was supportive to the Maynooth Local History Group and was always encouraging to what was going on. She will be sadly missed.

Adrienne Flynn: Muireann told me a while ago that it is the community groups and individuals who can make their place a better and that is why she got involved. She believed in volunteering to make your own place. She and I did the canvassing for the "Taste of Maynooth Raffle" for the Festival. We received great support from all the local restaurants. She was supportive and generous with her talent.

Mattie Callaghan: Muireann would always thank Maynooth Tidy Towns for the work they were doing. She was instrumental in helping them through difficult periods. She was a member of Greenfield Residence Association and was there in 1986 when we won the Tidiest Estate and she was involved in Maynooth Community Games. She will be sadly missed.

Richard Farrell: Muireann was there in the early days of Greenfield Residence Association and she and John McGinley concerned themselves with the in many different

situations that arose for the association at the time. She was always interested and encouraging, telling us to keep going even through difficult times of our own FAS Scheme in the Harbour. I have to say that the most recent transition to the current community employment scheme has been one of the most seamless thanks to Muireann.

Keith McCrory: My first encounter with Muireann was when she stood outside my door canvassing. We spent almost an hour talking. She had a warm personality and a sharp mind and it is clear that she made a great contribution to the community.

Peter Garrard: I never knew Muireann as a friend. She was totally 100% behind the Scouts/Geraldine Hall Project. She was always very encouraging and supportive. Muireann's support of our project has helped the Scouts survive for the next long number of years.

Susan Durack: Muireann was a founding member of MCC. She was one of its original sponsors and later a director, a post that carried a responsibility for the governance of the Community Employment Scheme, which she saw through some turbulent times down through the years. She carried out her role of Secretary efficiently and professionally.

Muireann was very proud of the *Maynooth Newsletter* which she transformed. She was responsible for changing the format of the publication making it a free newsletter which is widely delivered to our homes in Maynooth today. It became the main source of income for the office.

She took the initiative to digitise back issues of the *Newsletter* starting from the first issue in 1975. It is thanks to her foresight that we now have a digitised open access archive which is a valuable asset to the people of Maynooth at home and abroad. It is a valuable legacy for the town of Maynooth.

Not only was she editor of the *Newsletter* but she also contributed articles. Muireann played a key role in the Maynooth Festival and St. Patrick's Day Parade down through the years. She took an active part in fundraising and we could always count on her energy, ideas and support. She gave of her talents, skills, time freely and generously and was very encouraging to people.

She was a wonderful campaigner for the MCC and up to recently was endeavouring to secure a much needed additional post for the office.

She was a writer of teenage fiction in the Irish language and she was a scriptwriter for the Irish TV soap, *Ros na Rún* which she enjoyed tremendously. As we witnessed earlier she was a wonderful singer and by all accounts was a fine actress in her day. In her academic life she was a member of Maynooth University Governing Authority. As a senior lecturer she was well liked and respected by her students, she was a natural teacher. Muireann was also heavily involved in the Save Tara Campaign.

Muireann was a mother and more recently a grandmother and role which she loved. When we think of Muireann we think of her- leadership, dedication, loyalty, fairness, kindness, generosity, passion and spirit. For me personally I got to know her more through working with her on the editorial board of the *Newsletter* and on the Festival Committee, she was an inspirational lady and her passing leaves a deep void. Our thoughts and condolences are with her partner Don, daughters Eithne and Rachel and granddaughter Cara. Aireoidimid go mór uainn thú.

# TECHNOLOGY CORNER

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

### Phishing for Trouble

If you have ever worked with or around computers, you have likely been informed of the dangers of clicking suspicious links in emails. Anyone with an email address has at some point received not only spam but also attempts to gain access to their computer and information. It's a common but serious problem, and scammers are getting more creative and advanced in their ability to target their victims.

One of the most common types of emails scams is phishing: the attempt to trick users into installing malware onto their computer or providing illegal access to private information such as usernames, passwords, credit card details, address books, or other sensitive information. Phishing emails are designed to trick you into clicking on a malicious link or visiting a malicious site. The websites can be extremely sophisticated and appear to be legitimate, but they install malware and collect information that can be used in credit card scams or even full-blown identity theft.

A lot of malicious Internet traffic can be prevented from entering vulnerable ports with security products, firewalls, and other such measures. However, email is generally considered to be trusted traffic and allowed to enter networks. This is the main reason why 91% of all hacking attempts originate from email. Email filters can catch many phishing attempts, but they will never catch all attempts, especially as scammers become more adept at finding ways around them.

While we'd all like to imagine that we would never be fooled by a suspicious email, phishing attempts succeed at an alarming rate and have even fooled very powerful and security-conscious companies. Even companies whose entire business is Internet security have been fooled by phishing emails.



RSA Security is one of the biggest Internet security firms in the world. They are responsible for one of the first practical public key cryptography systems which is widely used today for secure data transmission. They provide several notable security products, including a SecurID two-factor authentication system. In March of 2011, attackers sent two different targeted phishing emails to 4 employees. The email contained a malicious attachment with the name '2011 Recruitment Plan.xls' and tricked one of the recipients into opening the attachment. It contained a zero-day exploit that used a vulnerability in Adobe Flash Player to install a backdoor on the victim's computer. The backdoor allowed attackers to map out the more valuable areas of the RSA network and eventually steal sensitive information relating to the company's SecurID two-factor authentication system.

Initially, RSA said that none of their customers could be at risk from the data obtained. Later, they had to replace most of their security tokens after multiple defence contractors discovered hackers accessing their network using RSA keys. A Finnish security company investigated the attack and discovered that neither the phishing email nor the malicious backdoor were very advanced. Hacking a security giant like RSA was accomplished with little sophistication but had enormous consequences.

RSA is far from the only surprising victim of successful phishing attacks. The Oak Ridge National Laboratory – a national science and technology laboratory for the US Department of Energy – was also hacked in 2011 due to a phishing email. One of the lab's main focuses is on national security, and it is home to several of the world's top supercomputers. A phishing email that appeared to come from the Human Resources Department contained a link to a webpage that downloaded

malware onto victim's computers. Of the 530 lab employees targeted with the email, 57 clicked on the malicious link. ORNL is a high-security lab that conducts classified research for the US government, including work on nuclear non-proliferation and production. Ironically, the lab also researches cybersecurity and phishing attacks.

In recent years, a worrying number of large companies have been the target of successful phishing attacks. In 2013, 110 million credit card records were stolen from the US megastore Target through a phishing subcontractor. The IT security staff was fired, but the ramifications of the attack are still being felt throughout the US. In 2014, a hacking website sold the personal and credit card details of more than 100 million Home Depot customers after a successful phishing attack. Two months later, phishers gained administrative access to ICANN – the Internet Corporation for Assigned Names and Numbers, which is responsible for maintaining the Internet's global Domain Name System and preserving the operational stability of the Internet.

A big wave of phishing attacks hit the Irish banking sector starting in 2006. Phishing scams targeting customers of banks were relatively uncommon in Ireland at the time and have been extremely successful. This led to Irish banks scrambling to educate customers on phishing and to maintain a policy on public awareness of attempts.

Not even governments themselves are immune: in the past several months, the White House has struggled to upgrade its security after discovering that Russian hackers had accessed several sensitive parts of the government computer system. The White House intrusion began with a phishing email that purported to come from the US State Department. In October of last year, White House security officials reported that they had discovered suspicious activity in a network that serves the executive office of the president. After months of security efforts and upgrades, the US State Department is still struggling to eradicate the Russian hackers from their system.

This and many of these other hacks are a good example of one of the most dangerous cyberattacks people face – spear-phishing. Spear-phishing is an extremely successful type of phishing attack. It uses targeted emails that look like they are from someone you know, someone in your company, or a trusted business. People (and email filters) are pretty good at recognising general phishing attempts – those general emails that just contain a random link, or emails from a random bank about your non-existent account.

However, many people trust emails that appear to come from someone that they know. Cybercriminals often use a technique called email spoofing in spear-phishing. Spoofing is sending an email with a forged sender address to mislead people about the origin of a message. Because the core protocols of email do not have any mechanism for authentication, it is a simple process to change the sender address to something else. People tend to trust emails that appear to be from sources they recognise or people in their address book. Hackers copy email address books and any contact lists so that they can use them in spoofing attacks.

With spear-phishing, cybercriminals can send emails that appear to be from a trusted source. Then when you click on the link, it will take you to a fake page that often installs malicious software on your computer. This software will allow them to do things like check your browser history and determine which social networks you use and where you shop, so they can send you targeted emails that appear to come from the sites you use. If your browser history shows that prior to the attack, you had logged into your bank, they will send you an email that appears to come from your bank saying you need to change your password for security reasons. Once you do this, they will have your banking details.

Phishing causes a lot of damage to individuals, businesses, and even governments. It can result in business or personal losses through simply denying people access to their email and other accounts. Financial losses are the biggest source of damage from phishing, though. In 2005, 1 in 20 computer users had lost money to phishing scams, but financial losses have seen a dramatic rise since 2007. In 2014, the estimated annual impact of phishing worldwide was nearly €4.5 billion.

Over half of Internet users get at least 1 phishing email per day. So how can you protect yourself against phishing? The best way is to learn how to detect a phish attempt. You cannot rely on email filters to catch all scams due to the rise of email spoofing and spear-phishing. Here is a general guideline of how to identify phishing emails:

- **They almost always try to convince you to open an attachment or click a link that will take you to another page.** Sometimes the attachments can sound innocuous (like the one that fooled the RSA employee) and the linked webpages can appear very legitimate. It is easy to create a webpage that mimics a real bank or business by copying logos and design elements.
- **Watch for legitimate links mixed with fake links.** Sometimes the email will link to the privacy page or other irrelevant page of a real business but also contain a fake link to their scam site that is subtly different. Another technique is to appear to link to a legitimate site but clicking it causes a pop-up to appear that requests you to log in.
- **If you are uncertain if a link purporting to come from your bank or another business is legitimate, do not click the link.** Instead log into your account by opening a new page and typing your bank/business web address directly into the address bar of your browser (so open a page and type [www.aib.ie](http://www.aib.ie) rather than clicking on a link that says it comes from AIB).
- **Never make confidential inquiries through links provided in an email.**
- **Watch out for generic greetings.** Phishing emails are often sent in large batches so tend to use a generic greeting ('Dear PayPal customer'). Legitimate emails from a company to its customers will nearly always contain some identifying information that is not available to phishers, such as your name or a partial account number. However, spear-phishing uses targeted personalised emails, so the inclusion of personal information does not guarantee that it is legitimate.
- **Be careful that you distinguish between the first few digits of your account/credit card and the last few.** The first few numbers are generally the same for all customers of a financial institution, so some phishing emails use this information to mimic legitimate bank emails.
- **Check for forged links.** If a link has a name you recognise in it, it doesn't mean it links to that site. Roll your mouse over the link and check if it matches what appears in the email. If there is any discrepancy, don't click the link. Websites where it is safe to enter personal information also begin with 'https' rather than 'http' – the 's' stands for 'secure'. If you don't see the 'https', don't proceed.



- **Be suspicious of any request for personal information.** Legitimate businesses will *never* request your password or other sensitive information through email.
- **Be cautious when an email contains a sense of urgency.** Cybercriminals often trick people by creating a sense of emergency. They accomplish this by making you think something has happened to your account that requires immediate action. Do not click links in emails that contain phrases like 'your account will be closed', 'your account has been compromised', or 'urgent action required'. If you are worried about your account, it is best to first contact the business directly to check if there is anything wrong.
- **Look for a sender address that is similar to, but not the same as, a company's official email.** However, due to email spoofing, this technique will not protect you from everything.
- **If you have even the slightest doubt about an email, do not click any links it contains.**

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



# 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/)**

## **Cllr. McGinley Secures Agreement on Funding for Maynooth Projects:**

Cllr. John McGinley submitted the following motion for the consideration of the Maynooth Municipal District (MD) of the Council:

“That the following projects be funded from the Capital Programme 2016;

1. Provision of a footpath from Rockfield to the Educate Together School on Celbridge Road, Maynooth
2. Provision of traffic signals at the Straffan Road/ Meadowbrook Link Road Junction.

John was given the following reply by Council Officials:

“Both of the above projects were submitted to the National Transport Authority (NTA) for funding for 2015 and will be submitted again at the end of this year as candidate projects for funding in 2016. However, if the Members are in agreement they can also be considered for inclusion in the Capital Programme for 2016.”

Cllr. McGinley’s motion was agreed unanimously and in his view the two Projects will be included in the Capital Programme 2016 when the Minutes of the Maynooth MD meeting are approved at the June Council meeting.

## **Cllr. McGinley Gets Agreement on Beaufield Gardens Footpaths**

Cllr. John McGinley submitted the following motion for the consideration of the Maynooth Municipal District (MD) of the Council:

That the footpaths in Beaufield Gardens, Maynooth be repaired now that it has been taken in charge, particularly those outside house numbers (details supplied).

John was given the following reply at the Maynooth MD meeting on 13 May:

“The details will be passed to the Overseer for attention later in the month.”

## **Update on Pay Parking for Maynooth**

Cllr. John McGinley was given the following update on the provision of Pay Parking for Maynooth at the Maynooth MD meeting on 13 May:

“Following a recent public procurement competition the new contract for the enforcement of Pay Parking will soon be finalised. This procurement competition included the town of Maynooth. Roads Transportation and Public Safety is currently working with the Procurement Section on finalising a tender for the purchase and maintenance of pay parking machines which are required for Maynooth before enforcement commences. A separate tender document for a cash collection service for pay parking is also in draft form. These tenders should be advertised shortly. The members will be updated on progress.”

Cllr. McGinley pointed out that it is ridiculous that there has to be three contracts (Enforcement, Maintenance and Cash Collection) and that the sooner that the Council do this in-house the better for all concerned. It is already done in-house in Naas and Athy.

## **Grants Approved for Maynooth Festivals**

On the proposal of Cllr. John McGinley the following Grants were approved for Maynooth Festivals at the Maynooth MD meeting on 13 May:

1. €10,000 for Fleadh Cheoil Laighean Maynooth
2. €1,500 for Maynooth Community Council St. Patrick’s Day Parade

## **Cllr. McGinley Calls on Kildare County Council to Support “Let’s Go Mental”**

Cllr. John McGinley has submitted the following motion for the consideration of the Council:

“That this Council supports Comhairle na Nog’s Let’s

Go Mental events throughout the county.”

## **Stagg Calls on Garda Commissioner to Increase Garda Numbers in Kildare**

Deputy Emmet Stagg has written to the Garda Commissioner Noirín O’Sullivan calling on her to increase Garda numbers in the Kildare Division and to either transfer Gardai from other Divisions to Kildare or use the recruitment of the additional 550 Gardai the Government has sanctioned to begin the process of correcting the imbalance of Garda Resources in Kildare which has the lowest number of Gardai to population at 1 Garda for every 697 people.

In his submission to the Garda Commissioner Deputy Stagg stated the manning levels of Gardai in the Kildare Division had been a bone of contention with the Public and Public Representatives for many, many years. He also stated that he accepted that in Cities there had to be a higher ratio of Gardai to the Public. However Deputy Stagg stated that some divisions had extraordinarily high numbers of Gardai and there was no justification for this.

Two divisions stand out as been extremely poorly resourced, Kildare with 1 Garda for every 697 people and Meath with one Garda for every 644 people. The average for the State is 1 Garda for every 416 people.

Deputy Stagg accepted that it was the Commissioners prerogative to allocate Gardai throughout the State but suggested that a bonus be applied to the Kildare and Meath Divisions. Deputy Stagg suggested that if the Garda Commissioner was allocating 125 Gardai throughout the State that in the first instance 10 would be assigned to Kildare and 8 to Meath. The remaining 107 would then be allocated in the normal fashion with both Kildare and Meath Divisions receiving a portion of the 107 also. In this way the imbalance would be reduced overtime.

Concluding Deputy Stagg stated that he would welcome the Commissioners views and fully respected her independence but asked that the Commissioner accept that Deputy Stagg was writing in the interests of his Constituents.

## **9 Kildare Schools Including Maynooth Post Primary Receive Grants for Design and Communication Graphics Programme**

Deputy Emmet Stagg has been advised by his colleague the Minister for Education, Jan O’Sullivan T.D., that grants have been awarded to 9 secondary schools in Kildare North to help implement the Design and Communication Graphics curriculum.

Introduced in 2007, Design and Communication Graphics is one of the main Leaving Certificate subjects where information technology is a central requirement in assessment methodology. Last year alone over 5,400 students in the State sat the subject for Leaving Certificate.

Deputy Stagg stated that the Government recognises the importance of DSG as it directly contributes to the key skills required in Irelands knowledge-based economy. It incorporates principles of science, materials, manufacture, design, technology and information technology. The Grants provide funding for computers whilst the Department funds the provision of software directly.

Schools in Kildare North benefitting from the Grants are:

Salesian College, Celbridge  
Scoil Dara, Kilcock  
Mean Scoil Iognaid Ris, Naas  
Confey Community College, Leixlip  
Maynooth Post Primary School, Maynooth  
Pipers Hill College, Naas  
St. Farnan’s Post Primary, Prosperous  
Colaiste Chiarain, Leixlip

Scoil Mhuire Community College, Clane.

In conclusion Deputy Stagg congratulated the 9 schools on their involvement in this most important curriculum development which benefits the students and the State.

## **Stagg calls on Transport Minister to Redesignate N4 from M50 to Con Colbert Road to National Road Status**

Deputy Emmet Stagg has been advised by South Dublin Co. Council that designation of the N4 from the M50 to Con Colbert Road from National Road to Regional Road Status was carried out by way of statutory instrument in 2012 and he has now called for the designation to be reversed.

South Dublin County Council also advised Deputy Stagg that the reason for the downgrading of the status of the road was policy agreed a few years ago that the National Road Network would run from the M50 to the Regional Cities and Towns.

Describing the downgrading of the status of the road as shortsighted Deputy Stagg stated that the best way of securing funding to remove the traffic lights at Palmerstown and their replacement with an Interchange or Underpass was if the road was classified as a National Road. He has now made a case to Minister Pascal Donohue to classify the Road as a National Road given the serious traffic tailbacks in the morning and evenings during rush hour.

## **Superintendent Responds to Stagg over No Community Gardai in Kildare**

Chief Superintendent John Mc Polin has responded to Deputy Emmet Stagg in relation to the fact that there are no Community Gardai in the Kildare Division, the only Garda Division in the State with no Community Gardai. The response follows on from Deputy Stagg raising the issue with the Garda Commissioner Noirín O’Sullivan. The Chief Superintendent advised Deputy Stagg that there is a strong emphasis on community engagement in the Kildare Division which is effected in a number of ways principally by interaction between Gardai and Community Alert/Neighbourhood Watch Groups. The Chief Superintendent pointed out that Gardai regularly attend meetings of such groups and discuss crime prevention measures.

Other initiatives operated in the Kildare Division were the Text Alert Initiative, the weekly Garda Slot on KFM Radio, the attendance by the Divisional Crime Prevention Sergeant at various events around the Division where business and groups exhibited home security products which have proven to be invaluable opportunities for local people to interact with local members of An Garda Síochána. The Joint Policing Committee was also pointed out as another conduit where local residents can channel feedback to Gardai. In terms of more specific communities the Chief Superintendent pointed to Business Watch and Hospital Watch in Naas as examples of Schemes where Gardai interact in a more focussed manner with specific communities.

The Chief Superintendent concluded by stating to Deputy Stagg that whilst there was no dedicated Community Policing Unit in the Kildare Division at present, it is hoped that with the influx of future Probationers into the Division, and allocation of extra resources, due consideration may be given to setting up a dedicated Community Policing Unit in the Kildare Division.

Deputy Stagg thanked the Chief Superintendent for his response and whilst accepting that Gardai in the Kildare Division were engaged with the community in many ways as reflected in his response, he called on the Chief Superintendent to set up a dedicated Community Policing Unit in Kildare from additional resources which should flow from the additional recruitment of Gardai now underway.



# Know Your Rights

## Rights of au pairs

### Question

I am thinking of getting an au pair to live with us and to look after the children as I am going back to full-time work next month. What are the rules about employing au pairs?

### Answer

An au pair is a person who is treated as a family member in exchange for certain services, such as a limited amount of light housework or help minding children. It is a voluntary arrangement between a private household and a private individual. The au pair is usually given room and board and paid weekly pocket-money and is not considered to be an employee.

However, simply using the term au pair to describe an arrangement between consenting parties does not mean that the person is not an employee. If a person is carrying out a duty for another person in exchange for payment, a contractual relationship may exist. Contract law and employment legislation are generally used to establish whether or not a person is an employee.

If you employ someone to live in your house and look after your children while you are working full-time, they would be considered a domestic worker. Domestic workers have various employment rights. These include the right to a written contract of employment, a minimum wage, rest periods and breaks, annual leave and public holidays. The maximum hours of work that an employee can work in a week is 48 hours on average. The employer must keep a record of how many hours a domestic worker is employed.

Domestic workers pay tax, PRSI and the Universal Social Charge and it is the responsibility of the employer to deduct this from the worker's wages and also to pay the employer's PRSI contribution on their behalf.

A leaflet on the employment rights of domestic workers is available on [workplacerelations.ie](http://workplacerelations.ie).

## Better Energy Homes Scheme

### Question

Our house is quite chilly, so we'd like to make it more comfortable and save on our heating bills. Are there any grants for this type of work?

### Answer

You can apply for the Better Energy Homes Scheme, which provides grants to homeowners to improve energy efficiency in their homes. (It is also available to landlords and owners of more than one property.) The Sustainable Energy Authority of Ireland (SEAI) administers the scheme.

You can use the Home Energy Self Survey to identify areas in your home that could be improved to increase energy efficiency. You can also get a Building Energy Rating (BER) done if you are uncertain about your energy-saving options or what work to get done first.

Grants are available for the following types of work: roof insulation; wall insulation; upgrade of heating controls; installing a high-efficiency boiler; solar heating; and a BER after the energy-saving work is carried out.

To qualify for a grant, you must own a dwelling built before 2006; use a contractor from SEAI's registered list; use newly fitted materials and products; have work done that complies with the required standards; have a BER carried out after the works are done and

use a BER assessor from SEAI's National Register. You must have grant approval before you buy materials or start work.

Grants for qualifying measures range from a maximum of €300 for attic or cavity wall insulation to a maximum of €4,500 for external wall insulation on a detached house. Grants are paid after the work is completed and you have paid your contractor.

If you get three qualifying measures done, a bonus of €300 is payable on top of the grants. (A BER doesn't count as a measure for this bonus.) A further €100 is payable on completion of a fourth measure. Full details of grants and bonuses are available on [seai.ie](http://seai.ie).

If you are also claiming a tax credit under the Home Renovation Incentive, the amount of expenditure that qualifies for the credit will be reduced. You can contact SEAI at 1850 927 000 or [info@betterenergyhomes.ie](mailto:info@betterenergyhomes.ie).

## Parental leave

### Question

What is parental leave? Can both parents take it?

### Answer

Each parent of an eligible child may take up to 18 weeks parental leave. In most cases an eligible child is under eight. However if your child has a disability or a long-term illness, you can take parental leave up to the child's 16th birthday. If you adopt a child between the ages of six and eight, you can take leave on behalf of that child up to two years after the date of the adoption order. (Your contract of employment may also provide for an extended age limit.)

The 18 weeks per child may be taken in one continuous period or in two separate blocks of a minimum of six weeks. There must be a gap of at least 10 weeks between the two periods of parental leave per child. However, if your employer agrees you can separate your leave into periods of days or even hours.

Taking parental leave does not affect your other employment rights. Apart from the loss of pay and pension contributions, your position remains as if no parental leave had been taken. This means, for example that time spent on parental leave can be used to accumulate your annual leave entitlement. A public holiday that falls while you are on parental leave and on a day when you would normally be working is added to your period of leave.

When you return to work after taking parental leave, you are entitled to ask for a change in your work pattern or working hours for a set period. Your employer must consider your request but is not obliged to grant it.

Both parents have an equal separate entitlement to parental leave. Unless you and your partner work for the same employer, you can only claim your own parental leave entitlement (up to 18 weeks per child). If you both work for the same employer, and your employer agrees, you may transfer 14 weeks of your parental leave entitlement to each other.

## Tax and starting work

### Question

I'm hoping to get a job over the summer. What do I need to know about tax when I start a job?

### Answer

As an employee you are liable to pay tax on your earnings under the PAYE (Pay As You Earn) system. This means that your employer deducts the

income tax, PRSI and the Universal Social Charge you owe directly from your wages. To ensure that your new employer deducts the right amount of tax from your pay you will need to do two things:

- Give your employer your Personal Public Service Number (PPSN). This number is your unique personal identification number for public services. Your employer will then let your tax office know that you have started work.
- Apply for a certificate of tax credits and standard rate cut off point. You will need to complete an application form to do this. It is called Form 12A Application for a Tax Credit Certificate. If you are registered with Revenue's PAYE Anytime service you can view your tax credit certificate online.

To ensure that your employer and the tax office have time to sort everything out before your first payday, it is advisable to do this as soon as you accept a job offer (even for part-time or holiday employment).

The amount of income tax you actually pay depends on your earnings, your tax rate band and the amount of your tax credits. Tax is charged as a percentage of your income. The percentage that you pay depends on the amount of your income. The first part of your income, up to a certain amount, is taxed at 20%. This is known as the standard rate of tax and the amount that it applies to is known as the standard rate tax band. Earnings above this amount are taxed at the higher rate (40%).

Tax credits reduce the amount of tax that you are likely to pay. If your tax liability is less than your tax credits, you do not pay tax. If your tax liability is more than your tax credits, the tax due is the difference between the two.

Your employer must give you a payslip, showing a breakdown of your weekly, fortnightly or monthly salary and all the deductions made.

***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.***

### ***For Motherhood***

*Oh good Saint Gerard, powerful intercessor before God and wonderworker of our day, confidently I call upon you and seek your aid. On earth you always fulfilled Gods designs: help me now to do the holy will of God. Implore the Master of life, from whom all paternity proceeds, to render me fruitful in offspring, that I may raise up children to God in this life, and in the world to come heirs to the kingdom of His Glory. Amen*

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## IRISH FAMINE SUMMER SCHOOL – 17-21 JUNE 2015

In April last, as part of the preparations and publicity for the Irish Famine Summer School, which will be held between 17-21 June 2015 at Strokestown Park, Co Roscommon, – the Irish National Famine Museum, a group of five people from Strokestown undertook a walk to Dublin over five days, re-enacting the path that the Strokestown 1,490 tenants would have taken in 1847. On each of their stops they met with a local history group arriving in Maynooth on Tuesday 21 April, their last stop on the way to the quays in Dublin.

Members of the Maynooth Local History Group arranged to meet with them and thanks to Marian Lyons of the History Department at Maynooth University and Dr Ciarán Reilly, the group was in a position to present two short talks. The first was given by Matt Kennedy on ‘Pre-Famine Ireland – Boom & Bust’ and the second, ‘Bliain an Air’ (The Year of Slaughter) Famine in Ireland and Katherine Conolly’s Relief Works’, was given by Rita Edwards. Below is a brief summary of the second talk. ‘Bliain an Air’ – whilst most of us are familiar with the history of the Great Famine of 1845-1848, we are less familiar with the famine which took place between December 1739 and September 1741, which went down in folk memory as Bliain an Áir, which can be translated as the year of slaughter or desolation.

After about ten years of relatively mild winters, towards the end of 1739, temperatures plummeted and much of Europe and Ireland suffered from persistent frost which resulted in lakes and rivers being frozen over for unprecedented long periods of time. This event in European history is now known as ‘The Little Ice Age’. While there are no readings for Ireland, in England it was recorded that indoor temperatures during January 1740 dropped to -10F.

On 29 December 1739, a violent storm rolled in over Ireland from the east and it got so cold that liquids froze indoors and ice floes appeared at the mouths of rivers, causing chaos along the coast. Quays became icebound and trade came to a stop. The wider economy stagnated. While most country people had access to turf, the price of coal soared and many living in the towns couldn’t afford it. At one stage fourteen people were arrested for felling trees in the Phoenix Park in Dublin.

As early as 1 January 1740 it was noticed that most of the potatoes in cabins and gardens and fields had been destroyed and throughout 1740 weather patterns remained unpredictable. While the frost was mostly gone by late February, temperatures remained low and cold winds, this time from the north continued. In the countryside, there was an eerie silence as many birds and animals had perished. Then there was a drought. Streams ran dry. As a result of the drought, there was no water available to put out town fires. The town of Moate in Co Westmeath, lost twenty houses in June.

By mid-summer the country was moving towards an appalling social crisis. The harvest was late. Growth was stunted and wheat and oats were of a poor quality. Fodder was scarce and more animals died. The numbers of beggars increased both in the towns and in the countryside. There were reports of disease. Riots took place on the quays and in the towns. Prices remained high. Bread shops were broken into. The army was called out to patrol the streets. People became ill from eating rotten potatoes. There were epidemics of fevers and smallpox in parts of the country.

Then the prisons became overcrowded – with disease rampant – they became death traps. At one sitting in Naas, the Judge took pity on the poor wretches that appeared before him that he dismissed them with a warning.

There were blizzards in October which brought snow to the east coast. Storms in November were followed by heavy rain, with more snow and frost. On 9 December there was a massive downpour which brought widespread flooding and several houses and entire trees were washed into the Liffey. The following day, temperatures plummeted again which brought more snow, two feet deep in places. This time the rivers froze for about ten days and this was followed by another storm when the temperatures shot up again, with more rain.

While there was some organised relief for the poor in the towns towards the end of the year, (3,000 Dubliners turned up daily at the workhouse in Dublin) outside the towns it was left to Protestant merchants, landowners or their agents to look after those in need. If they were absent it was left to the clergy of the Established Church and ‘estated women’.

In north Kildare, one of the most impressive of these women was Katherine Conolly, widow of Speaker William Conolly (d. 1729) of Castletown House. A member of her family noted in 1740 that “My sister Conolly is building an Obelisk to answer a view from the back of Castletown House. It will cost three or four hundred pounds at least, but I believe more. I really don’t know how she can do so much and live as she does.”

Katherine, (née Conyngham) who had brought a dowry of £2,300 to her marriage, lived well. But Katherine had what we would call today, a social conscience. She commissioned a stone structure ten years after William’s death, it is said both to honour his memory and to provide employment for hundreds of the poor of Celbridge. The structure took the form of an Obelisk – a tall four-sided shaft of stone that tapers to a point.

The typical obelisk is cleverly copied in the Maynooth/Kilmacredock Lane monument. Tradition tells us that human chains were formed to move stone from the quarries in Leixlip and elsewhere in order to build it. Now known as Conolly’s Folly, the Obelisk was built on land that was near to, but not on, the Conolly estate. This unique structure, which cost £400, was designed by architect Richard Cassels.

In 1898, Lord Walter FitzGerald, who wasn’t too impressed with its design, writing in the Journal of the Co Kildare Archaeological Society described the Obelisk in detail and concluded by saying: “If for no other purpose, this unsightly structure acts as a good landmark to those out hunting”!

One of Katherine Conolly’s other projects was the ‘Wonderful Barn’. We are told that she had the barn built as a food store in case of further famines. Again Lord Walter comments: “From the windows on the north-east side of Castletown House, at the end of an opening in the trees is seen a mile off an unsightly building ... which was probably the Home Farm as it was built by the Conolly family. A conical tower stands at each corner of the haggard-enclosure wall. Over the doorway of the large one is inserted a mural tablet on which is incised: 1743 EXECUT’D BY: JOHN GLIN”.

It is thought that 38 per cent of an estimated population of 2.4 million – between 300,000-480,000 people died in Ireland during this period, with rates highest in the south and east of the country.

When 1741 came to an end conditions gradually improved, and although additional famines occurred periodically during the eighteenth century, the population of the country entered a period of unprecedented growth.

This unprecedented growth in population abruptly ended during the Great Famine of 1845-48, which, unlike other famines was unique in ‘cause, scale and timing’ persisting over several years. However, proportionally, a greater number of the population of Ireland died during the ‘Great Frost’ of 1740-41 – now remembered, or forgotten as Bliain an Áir.

**Main Source: David Dickson, *Arctic Ireland; the Extraordinary Story of the Great Frost and Forgotten Famine of 1740-41* (1997).**  
**Full details re the 2015 Summer School can be seen at: [www.irishfaminesummerschool.com](http://www.irishfaminesummerschool.com)**





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#### ART SUMMER CAMPS BY NINA PATTERSON 6-12 YEARS

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MON 20<sup>TH</sup> - FRI 24<sup>TH</sup> JULY '15 ENFIELD

MON 27<sup>TH</sup> - FRI 31<sup>ST</sup> JULY '15 KILCOCK

TUES 4<sup>TH</sup> - FRI 7<sup>TH</sup> AUG '15 JOHNSTOWNBRIDGE

MON 17<sup>TH</sup> - FRI 21<sup>ST</sup> AUG '15 MAYNOOTH

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### Maynooth Golf Society

**Results Sheet 2015**  
**Millicent Golf Club 09/05/2015**  
**Eddie Kavanagh Cup**  
**Sponsored by McMahons**

1st Prize	Derek Murray	41pts
2nd Prize	Martin Sheils	40pts
3rd Prize	William Farrelly	38pts
4th Prize	Marty Maguire	37pts
5th Prize	Darren Moran	36pts
6th Prize	Sean Farrelly	34pts B9
7th Prize	Tom Coffey	34pts
Front 9	Norman Kavanagh	21pts
Back 9	Paul Farrelly	18pts
Visitor	D Gallen	33pts
Nearest the Pin	Darren Moran	
Over 50's	Mick O'Rourke	
2's Club	Norman Kavanagh, Derek Murray, Tom Coffey, Paul Farrelly, Eamon Murphy	

Next outing: Weekend Away Christy Kenny Cup  
to Roscrea/Nenagh 22/23 May



The Maynooth Conference of Saint Vincent de Paul is holding its annual street collection on Friday 26th and Saturday 27th June. This year, we are short of volunteers to help with the collection. If anyone should have a free hour or two to spare on either of the above dates and is willing to help out we would be delighted and grateful to hear from you. To contact us, please text 087 0978761 with your name and contact details. You will be contacted by phone soon afterwards to discuss your availability.

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**Copy date for the July issue of the Maynooth  
Newsletter is Tuesday 23rd June 2015**



# June Special Offers

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## *A Hidden Gem in the Heart of Maynooth*

Glenroyal Beauty Salon opened its doors in December 2011 and is considered by many to be a hidden gem tucked away inside the Glenroyal Leisure Club. In the 3 years since its inception, the Glenroyal Beauty Salon has built a loyal client base from Maynooth itself and surrounding areas, while also welcoming hotel guests and visitors to the area.

The therapists in the Glenroyal Beauty Salon are professional, friendly and extremely good at everything they do. Lisa, a senior therapist with the salon since its opening, has almost a decade of experience in the beauty industry and is highly qualified in many areas, achieving the level of 'specialist' with the highly acclaimed Dermalogica skin care range. Aoife, is another highly sought-after therapist with the salon and is also trained in a wide range of treatments. These girls form the backbone of the salon's continuing success.

Whether treating yourself to a luxurious treatment or just getting a little 'routine maintenance', the Glenroyal Beauty Salon has you covered. They offer everything you'd expect from a beauty salon – waxing, manicures, pedicures, facials & massage. However they also offer treatments that go beyond the routine and basic to the innovative and exciting. Enter the Minimi Body Wrap!

What is a Minimi (pronounced mini me) Body Wrap? Simply put, a Minimi wrap is a non-invasive treatment offering you a better body. It can help you to drop a dress size after just one treatment by providing permanent fat (not fluid) loss. The added anti-cellulite ingredient will achieve a noticeable improvement in the appearance of cellulite dimples, in addition to the inch loss. Results can be seen immediately but will also progress over the 72 hours following the relaxing treatment. The Glenroyal Beauty Salon offer a great discount if you book a course of these amazing wraps.

Glenroyal Beauty Salon's skin care range is largely built upon the highly-respected Dermalogica brand. The therapists are very knowledgeable in this area and offer a free detailed analysis of your skin and personalised skincare recommendations.

Lycon wax is available for all your hair removal needs at the salon. It is marketed as 'the only wax worth taking your clothes off for' and this may very well be true. It can remove stubborn hair as short as 1mm, removing the need for longer regrowth time and thanks to the pre-wax oil that is applied to your skin, this clever wax shrink-wraps just the hair (and not your skin) making the whole experience almost pain-free.

The latest addition to the salon's expanding product range is Fuschia Make Up. Fuschia is a fantastic multi-award winning Irish Mineral Make-Up that provides long-lasting, flawless coverage. Glenroyal Beauty Salon use Fuschia products in their make-up applications and also retail the brand so when you find the colour palette that suits you, it's easy to stay stocked up.

It's great to see a company which was set up in the midst of a recession, thriving. This is largely due to the quality and range of treatments on offer, the professionalism and friendliness of the staff who receive on-going training to stay ahead of the trends and the great value for money on treatments which is only compounded by exciting special offers each month.

Glenroyal Beauty Salon is open late 6 nights a week. Find Glenroyal Beauty Salon on Facebook and follow them on Twitter for news, special offers and competitions. Don't forget, leisure club members get 10% discount on treatments.





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### Tiffin – your personal chef

A new business has opened up in Maynooth. Owner and chef Adrian Macholl is offering a daily food service. In India, “Tiffin” refers to a light meal eaten during lunch. Adrian’s philosophy is based on his understanding that people may not have time to cook food every day, and many workplaces do not have a canteen or even eating areas for workers. That’s why Tiffin’s homemade food service delivers hot meals to people’s doors 5 days a week. Tiffin’s new service is the only one that combines a delivery of healthy nutrition and tasty meals to subscriber’s door or workplace with a weekly or monthly subscription. They deliver all of their meals in tiffin boxes – special 3 tiered containers with a tasty dish in each one. They do this as it helps to keep the meals fresher and hotter for much longer. These boxes are stainless steel which makes them easy to clean, hygienic, and environmentally friendly.

### The Menu

Instead of a monotonous and stale menu, Tiffin offers subscribers different varieties in the week to ensure people do not get bored of eating the same kind of food. Every subscriber will have the option of selecting 5 dishes out of 10 each week. Each Tiffin meal consists of a soup of the day, a meat/fish dish, and a side order. Menus for the following week will be handed out to each subscriber every Monday on the first delivery, and people will have time until Thursday to choose which dishes they prefer. If this doesn’t suit, or they do not get a completed menu back from, they will always provide subscribers with the special of the day, taking into account any special dietary requirements or preferences they know about. People can select their time of delivery.

### The Price

At Tiffin, they consider it their mission to offer competitive prices for the high-quality food they provide. Adrian works hard to purchase ingredients at aggressive prices so that subscribers can select from a variety of low cost meal packages. They offer a one week trial package for just €20 and are offering 20% off regular packages for the first 50 subscribers.

### Corporate Events and Work Parties

Tiffin also caters for corporate events and work parties. Their facilities are located in Maynooth GAA Club, and Tiffin’s Tavern can comfortably accommodate 100 people in the restaurant, dance floor, and bar. They have large off road car parking for patrons.



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## Maynooth Tidy Towns Notes



At time of writing our Annual Collection is taking place. Thanks to all who volunteered from Maynooth Flower and Garden Club, U3A, Men’s Shed, committee members and MTT volunteers who helped and to all in Maynooth who so generously contributed to our collection. National Tidy Towns Application entry has been sent to Dept. of Environment in Mayo. Judging can take place from early June to late August we ask all members of the community to keep Maynooth clean and tidy. Residents Associations please keep your estates and public areas near you litter free and tidy.



Major project this year for us has been the cleaning, repairing and painting of the Railings of the Canal at the Railway Station. Thanks to all who worked on this project.



MuttMitts Boxes have been installed at various locations around Maynooth on a trial basis. We ask All Dog Owners to use and dispose and nearest litter bin.



Second Bug Hotel is nearly for occupation in Manor Mills Shopping Centre near the Mill Wheel and third Bug Hotel will be opposite Larine Garden Centre shortly.

You will have noticed that at the Straffan Rd/Celbridge Junction new bed with Heathers have been planted. Many thanks all Tidy Towns personnel who prepared and planted this area. We will in due course finish the other 2 beds. Thanks to Sap, Aidan Burke Turf Lawn Sales who generously sponsored materials.

The following schools have been presented with Water Butts and Compost Bins - Maynooth Educate Together NS, Presentation Girls NS, Gaelscoil Uí Fhiaich NS, and the Maynooth Post Primary. We wish to say farewell and thanks to Tracey Lauriault of Maynooth University who is returning to Canada for all her work with Maynooth Tidy Towns. You will be missed.



**Richard Farrell**

**PRO Maynooth Tidy Towns - 087 3153189 and on Facebook**



## BARBECUES AND PICNICS

\*\*\*\*\*

*Here comes Summer and the wonderful flavours it has to offer.*

*Barbecuing is a great way to cook and to make healthy food even tastier.*

*With some creative thinking you can cook a meal that can make outdoor dining a pleasure, whether at home or packed in a picnic basket for a day on the beach.*

*Salads are an essential part of any barbecue or picnic and many varieties of lettuce leaves are now available. A good potato salad coupled with some interesting slaw, some grilled vegetables and your meal is complete.*

\*\*\*\*\*

### TARRAGON POTATO SALAD



- \* 4lbs potatoes (cooked and peeled)
- \* 125ml bottle white wine
- \* 2 pink shallots sliced into very thin rings
- \* 2 tablespoons red wine vinegar
- \* 2 teaspoons Dijon mustard and 60ml olive oil
- \* Salt and pepper
- \* Couple handfuls torn fresh tarragon and chives

Slice the cooked and peeled potatoes into a bowl and pour over the white wine and mix until absorbed. Put the shallots in a bowl and pour over the red wine vinegar. Leave to macerate 5 minutes, then drain thoroughly.

Add shallots, tarragon and chives to the potatoes. Season with salt and pepper, toss and serve.

\*\*\*\*\*

### HALLOUMI KEBABS WITH THYME AND LEMON

Make a baste with some thyme olive oil, lemon juice, mustard and seasoning and thread some skewers with halloumi cheese, cherry tomatoes, red onion and courgette. Brush with the baste and cook for 4/5 minutes until the cheese begins to soften and turns golden and the vegetables are tender.



\*\*\*\*\*

### BARBECUED PORK WITH SAGE AND LEMON

Make a paste with the juice from 1 1/2 lemons and zest of 3 lemons, some Chopped sage and plenty of seasoning. Butterfly 450g of pork tenderloin and flatten slightly. Make deep slashes in the meat and rub the paste all over and well into the slashes. Brush the meat with oil and paste side down barbecue for 6/8 minutes. Turn and cook for same amount of time until cooked through.

\*\*\*\*\*

### RED CABBAGE SLAW

- \* 1/2 cup freshly squeezed orange juice and 1/4 cup lime juice
- \* 1/2 small red onion coarsely chopped
- \* 1/4 cup fresh basil leaves and 2 tbsps chopped coriander
- \* 1 tbslp honey and 1/2 cup canola oil
- \* 1/2 head red cabbage finely chopped

Combine all the ingredients except the cabbage in a blender until smooth. Place cabbage in a bowl and toss with the vinaigrette. Season with the salt and pepper. Sit for 30 minutes before serving.

\*\*\*\*\*

### SPATCHCOCK CHICKEN

- \* 1 whole chicken (1 1/2kg) butterflied
- \* 4 red chillies, 3 cloves garlic
- \* 2 teaspoons sweet paprika
- \* 2 tablespoons red wine vinegar
- \* 2 tablespoons chopped parsley, 2 tablespoons olive oil



Make a paste with chillies, garlic and a good pinch of salt, then add the paprika, vinegar, parsley and olive oil. Smear over chicken and leave to marinate over night. Light the barbecue and when flames have died down place the chicken in the middle skin side down and cook until nicely charred, about 15/20 minutes. Flip over and continue to cook till juices run clear. Serve with lemon wedges and tabasco if you like it hot.

Ask your butcher to butterfly the chicken for you when you purchase, it will make life much easier. Enjoy!



## June Gardening



June is a fantastic month for gardening. The summer solstice – the longest day of the year – is coming up on June 21st. Plants will be soaking up the extra hours of daylight and experiencing their biggest period of growth during the long days. There's a lot to keep you busy in the garden this month, but it's also the time during which you will really start reaping the rewards for all of your hard work.

Unfortunately, weeds also love the extra hours of daylight and will experience rapid



growth. One of your biggest challenges this month will be to keep on top of weeding. Hoe borders regularly to keep weeds down. Don't let seed heads develop or your problems will multiply. The best time to pull weeds is after a light rainfall as the ground will be softer. Cut your grass frequently during this summer growth period to keep your lawn flourishing and healthy. Fertilise your lawn before any really hot weather arrives.

You'll want to water plants more frequently during the longer days and warmer weather.

Plants in pots, hanging baskets and containers can dry out within a few hours, so pay special attention to watering them. Newly planted trees and shrubs also need regular watering to avoid shrivelled pressure. Leafy green vegetables are also vulnerable to drying out in warm weather. Water other plants deeply, but less frequently, to encourage them to grow deeper root systems that will protect them during warm weather.

Collecting rainwater or using kitchen water that is not too greasy or soapy is a good way to conserve water.



Once a week, go through your garden and cut off dead and faded flowers. This process is called deadheading, and it is an important part of keeping plants blooming well throughout the season. It also prevents plants from going to seed and protects them from many fungal diseases. Wait to remove foliage from spring-flowering bulbs until they have gone fully yellow. The foliage should be easy to remove. If it is difficult to pull up, that means the bulb is still absorbing sunlight for next year's growth. Cut back and deadhead Oriental poppies after flowering. Cutting them right back to ground level will stimulate growth of fresh new foliage and perhaps even some new blooms. Mulching and feeding will help to support this new growth.



Cool season annuals such as pansies, nemesia and diascia will start to fade with the onset of warm weather. Replace them with summer heat-loving annuals like petunias, salvia and angelonia. You can plant out dahlias and cannas now that the danger of frost has passed. Gaps in herbaceous borders can be filled with annual bedding. You can sow fast-growing, late flowering annuals such as Calendula, Godetia and Clarkia. Perennials

such as hollyhock, delphiniums and lupins can be sown directly outside once the seed heads have ripened and started to split naturally. Prick out indoor sowings when they are large enough to handle without damage, planting them out once they are robust.

Harvest early season fruits and vegetables such as strawberries, lettuce, radishes and peas when they are at the peak maturity. This is usually when they are full size and have good colour but before they get overripe. Strawberries and other small fruits may need netting to keep the birds away. All warm-season plants including tomatoes and peppers can be safely planted in June. If tomato plants are leggy, they aren't getting enough sun. Try planting them a bit deeper to encourage root growth. Make sure to fertilise plants and especially vegetables regularly or they will suffer during this high-growth period.

Water-soluble fertilisers are best, though slow release types can also be handy. Houseplants will also need regular fertilising now that the light is lasting.

Continue to remove blanket and duckweed from ponds. Once new plantings have been established, you can start to stock new fish ponds with fish. Once the water is warm, you can start stocking and feeding.



**Life's a garden – dig it!**





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# Pictures Maynooth 10k & 5k Family Run

Photo's by John Boyd, Mark Colfer, & Rory O'Connor



Warming up to compete in the 10k & family 5k in the grounds of St Patrick's College



Luke McDonald cross the finish line in Carton Avenue to win the Family 5k run



Pictured prior to the race at the stewards meeting L to R Liam Tilly, Una Philips, Catherine Heslin, Gerry Quinn & John O'Regan



Enjoying a day out at the 10k



Winner of the 10k Kevin Barker



Under Starters Orders



Registration in full swing in MPP School



A welcome drink from the water stand in Carton







# Fleadh Cheoil Laighean Maigh Nuad 2015

## Fleadh Cheoil 2015 Launch

A wonderful night was had by all at the launch of Fleadh Cheoil Laighean on April 29<sup>th</sup> in the Phoenix Building, Maynooth University. Guests were greeted at the door by three harpists from the Kiltel/ Eadestown branch of Comhaltas before entering the function room where local musicians from the Maynooth branch entertained throughout the evening, joined by TG4 Young Musician of the Year, Maitiú Ó Casaide on uilleann pipes and Aimee Farrell Courtney on bodhrán.



Deputy-President and Registrar of Maynooth University, Professor Aidan Mulkeen welcomed everybody to the University and the Chairperson of Fleadh Cheoil Laighean, Seán Tracey, outlined plans for a week of events and thanked the local community for their support. He gave special thanks to all the sponsors who had supported the Fleadh and the fundraisers.



The launch marked the final engagement for the President of Comhaltas, Vincent Jordan as his term expired a few days after the launch. Everybody was thrilled by the effort he made to attend and

appreciated the journey he made from Birmingham. Vincent spoke of the wonderful three years he had as Uachtarán and promised that he would attend the Fleadh enjoying the sessions and the various events around the town.

The Cathaoirleach of the Leinster Council then launched Fleadh Cheoil Laighean 2015. He paid special tribute to three Maynooth University scholars who had worked tirelessly to promote the Irish language – an Cairdinéal Tomás Ó Fiaich, an tAthair Pádraig Ó Fiannachta & an tAthair Eoghan Ó Gramhnaigh and declared that he was confident that this Fleadh would be the best yet given the amount of work and planning being undertaken.

Music continued into the night as friends from near and far enjoyed the refreshments and there was real sense of excitement and anticipation in the air as Maynooth gets ready to host around 10,000 visitors. Fleadh Cheoil Laighean wishes to thank everybody who came and participated and to the musicians who created a lovely atmosphere. Thank you also to Michael Rafter and to Maynooth University who left no stone unturned and made it a very special night.



## 50km Cycle Fundraiser

The 50km Cycle fundraiser took place on May 9<sup>th</sup>. Cyclists came from near and far to support Fleadh Cheoil Laighean, ensuring a very successful fundraiser. Thankfully the weather was sunny as the cyclists took in Dunoyne, Summerhill and Kilcock before finishing back at Maynooth GAA Club. The day was rounded off with a session in the GAA Club that night where there were tunes played and songs sung long into the night. Fleadh Cheoil Laighean wish to thank everybody who contributed to the day!

**Fleadh Cheoil Laighean 2015**

6th - 12th July

**Fleadh Cheoil Laighean Maigh Nuad 2015**

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## Tesco Chip Fund

We are delighted that Tesco have included Fleadh Cheoil Laighean as a nominated charity for the next six weeks as part of the Tesco Community Fund in both the Maynooth and Celbridge stores. Every six weeks, each local Tesco store donates up to €1,000 to help three good causes in the area. This could be anything, from a new playground, to helping the elderly, to fixing a leaky roof for the local school - whatever helps the community most. Each shopper receives a goodwill token which can be used to vote for the cause that means the most to them. There is a notice board with information on the three charities and underneath each piece is a funnel where shoppers place their blue chip. Money from the Tesco Community Fund will be shared out according to the number of tokens each cause receives. Thank you for all your support!!



[www.leinsterfleadh.ie](http://www.leinsterfleadh.ie)

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## Tuilleadh eolais / Further information

Colm Ó hArgáin

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### Darkness into Light Maynooth walk

On Saturday morning 9th May at 4.15am upwards of 3,000 walkers and runners turned up in the middle of the night to raise awareness for suicide prevention and the help available through places like Pieta House. Orla Fitzsimons, a Kilcock native and Maynooth University alumni who was part of the recent 6 Nations Championship Irish Women's Rugby team, was on hand to help send the walkers on their way.

It was a moving and inspiring event and a true representation of the community spirit that is alive and well in Maynooth and the greater North Kildare region. The support from so many local businesses, Gardai, the University, community organisations, and more than 120 volunteers was just incredible.



Photographs Courtesy of Rebecca Doolin, Director of External Relations in Maynooth University.



### Culture Night Kildare, Friday 18th September 2015

A great big 'thank you' to all the people who helped to make Culture Night Kildare 2014 such a great success. Over 8,160 people participated in fifty nine events across the County. Kildare County Council extend its gratitude to all those who took the time and effort to organise events.

Culture Night is a unique opportunity to celebrate the rich arts scene in Co Kildare. It helps to create an awareness and interest in the availability and diversity of cultural organisations such as galleries, theatres, historic sites, museums, public spaces, churches, nature parks, libraries, etc. that are available at local level. Last year a range of agencies including NUI Maynooth, OPW, Bat Conservation of Ireland, Bird Watch Ireland, Irish Peatland Conservation Council and groups such as the County Kildare Orchestra, the Ballymore Eustace Concert Band, the Liffey Valley Orchestra embraced the night to bring new cultural experiences to its visitors.

If you or your organisation, club or group would like to hold an event as part of Culture Night Kildare 2015 then we would love to hear from you. If you are an individual with a great idea, please get in contact and let's work together to make it a reality.

To find out how to get involved please contact us at [culturenightkildare@gmail.com](mailto:culturenightkildare@gmail.com). The deadline to be included in the programme of events is the 10th of June. This year Culture Night takes place on Friday 18th September with additional events on Saturday 19th and Sunday 20th of September.

To find out what is happening in your area watch out for our programmes in local libraries, visit the website <http://www.kildare.ie/> or join our Facebook page 'Arts in Kildare'.

Best regards,  
Federica Petronilli  
Culture Night Co-ordinator  
Kildare County Council

083 169 8936 <http://www.culturenight.ie/> <http://www.kildare.ie/artservice>



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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

#### 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

1st Floor Manor Mills (entrance next to Chill)  
Service times every Sunday morning from 10.30 am  
[www.maynoothcc.org](http://www.maynoothcc.org)  
Everyone most welcome



# Maynooth Summer Festival 2015

Friday 10th July to Sunday 12th July

## FÉILE MAIGH NUADH 2015

### PHOTOGRAPHY COMPETITION

This years festival will see the introduction of some new events, one of these is an online Photography Competition.

Do you have a keen eye, have you the patience to wait for that perfect moment? We want to see your talent! Send us your photographs based on the theme 'My Maynooth'. Our email address is maynoothfest15@gmail.com or upload them to our facebook page in Album of same name and our judges, who are locals and have experience in photography and arts will award a prize for the best. Check [www.facebook.com/MaynoothFestival](http://www.facebook.com/MaynoothFestival) or @MaynoothFestival on twitter for more details and to keep up to date with what's on for the festival.

### FOOTBALL BLITZ

An old favourite is being revived this year -

get your buddies, work mates, sisters, Dads anyone you know with a bit of tekkers...the football blitz is back!!

We are looking for 12, 5-a-side teams to take part, age 16 years upwards. If interested contact us at maynoothfest15@gmail.com or message us on our facebook page. Event will only go ahead if sufficient entries are received.

### TASTE OF MAYNOOTH RAFFLE

As a result of its popularity over the past few years, the 'Taste of Maynooth' raffle will again be a feature of this years Community Festival which will take place over the weekend of 10-12 July in conjunction with the Leinster Fleadh.

Tickets will be on sale in the coming weeks at various locations and also at all the events planned for the Festival. There will be the usual huge array of prizes which have

been kindly donated by local businesses. Tickets are priced at €2 each, 3 for €5, and 6 for €10.

### CALLING ALL BUSINESSES

As part of this years Festival we will be running a 'Service Person of the Year' Award. We ask local businesses to nominate a staff member to enter the competition. Sponsorship cards will be provided and customers can vote for their preferred nominee. You can vote as many times as you wish with each vote costing €1. Monies raised will go towards the running of next years Festival as we aim to make each consecutive year bigger and better.

If you haven't been contacted by a Festival Committee member and would like to be involved, please contact: Paul at maynoothfest15@gmail.com

### Success in Small Steps ( Toastmasters speech craft techniques)



2+2=5, 6 or even more at every toastmasters meeting, it's amazing the return you get by putting in a little effort. More experienced members take delight in new members progressing in speech craft and leadership skills. Each meeting is an opportunity to experience something truly amazing the ability to speak in a positive environment, and in no time the mathematics do stack up.

Bringing the learning experience of speech craft near to you has being helped by the new club in Clane, venue GAA Club, to facilitate attendance Clane meets on the 1st and 3rd Wednesday of each month. Talk to Maureen at 087 2258020.

Maynooth meets on the 2nd and 4th Monday of each month at Glenroyal Hotel. Talk to Peter at 0868752336

So come along, push the door, slowly let it open to an opportunity the freedom of speech, a tool of great value in everyday life be it social, business or just everyday discussions

#### What do members say:

#### Yvonne - member of Clane Toastmasters 2015

*Being a member of a supportive, energetic and fun Club like Clane Toastmasters, I have been able to step out of my comfort zone to discover and develop my speaking skills in a safe and encouraging environment*

#### Donal - member of Maynooth Toastmasters 2015

*Toastmasters empowers me in both my personal and professional lives*

## Editorial

In my time, which is close to twenty three years, as a volunteer with Maynooth Community Council helping to manage the recruitment and training of staff working in our office, unfortunately a small number of staff decided to take their own lives. I have asked myself many times why I never suspected that these people were even thinking about suicide. But in all cases, I was clearly not the only one who missed the signs. There is no doubt that there are people of all ages and both sexes suffering in our community and to access the correct supports can be challenging.

The sight of thousands of people dressed in yellow walking in Maynooth early in the morning on Saturday 9<sup>th</sup> May would seem unusual to people coming home from working the night shift. Even the hardiest of late night revellers would normally be home by then. However, with signs of little effort close to three thousand people took part in the early morning "Darkness into Light" fund-raiser for Pieta House which shows that the people of Maynooth and the surrounding areas care and are supportive of issues that are important for all of us such as suicide and mental health. Let nobody feel alone in a community with such caring neighbours and friends.

The Maynooth Educational Campus fund-raising event took place on Sunday May 17<sup>th</sup> and is now an annual feature in all our calendars. I know that anybody else planning other events in Maynooth will always check the date for the Maynooth 10k run before setting their date. While the money raised goes towards the funding of sports facilities for the post-primary schools, this may be secondary to the fact that many people prepare for this event and then go out and run for the fun with their neighbours and friends. This year the Maynooth Educate Together Primary school held a 5km run in March and it was in effect the curtain raiser for people who were preparing for the Maynooth 10k. Funding of school facilities is a debate for another time but for now we can be proud of the fact that when an event in Maynooth is for a good cause the people of the town come out and support them.

Paul Croghan



# Sudoku Challenge

2015

Entries must arrive before:  
Tuesday the 23<sup>rd</sup> of June



**Congratulations to  
May Winner:**

**Patrick O'Donoghue  
Kingsbry  
Maynooth**

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

**Difficult**

		5			2	7		
4				7		2		1
			9			3	5	6
3						6		
		1	7		4	5		
		4						9
5	1	2			9			
7		8		6				5
		6	4			1		

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

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

Collect prize from Newsletter Office

**Super Difficult**

							8	
					2		7	3
	2			7		9		
7				3	5	2		9
		5				7		
3		2	9	8				1
		9		4			5	
4	3		1					
	6							

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

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

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

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## Drama News An Nuadha Players Community Theatre

Hi, all you people who love the smell of the grease paint and the roar of the crowd. The good news is *The Hostage* has come to town. Playing in the Presentation Girl's School Maynooth 4/5/6th June, this is a show not to be missed. A lot of work and sweat has gone into getting Brendan Behan's play to the stage but as last year was his 50th anniversary it was worth the fights, the abuse of the cast by the director, and foul language by some of the cast members, to arrive where we are!! You will have seen the very striking black and yellow posters round the town by now, but just to clarify these posters had nothing to do with same sex marriage or 21 year olds getting free accommodation in the Aras. The posters are for *The Hostage*, so come along and see just what a great playwright Behan was. It's vulgar, it's fun, it's sad and it's happy and it has songs you can sing along with. What more could anyone want for €10 at the door. (This money can be claimed back from the taxman as entertainment tax, or maybe I just dreamed that). Doors open for *The Hostage* at 7.30pm. For more information contact: 085-1413518 / 086-8068068 or check us out on Facebook. Our address is at the top of the page.

I would like to thank the Presentation Girl's school, the Scouts at the Geraldine hall, Maynooth Soccer Club and Maynooth University for the use of whatever space is available for rehearsal and performance. The Group would not exist without the cooperation of these people. I always find it amazing that between Leixlip, Celbridge and Maynooth there is no Community Arts Centre - a place where all groups can meet in proper surroundings and go about their business, a place where the arts can flourish and young people get a taste of something that could shape their future. It's a proven fact that participation in the arts can awaken a young mind to a talent they were not aware of. It can just give you a hobby that stays with you forever and provide a different platform for social integration. The ancient Greeks had the right idea: during good times and the bad times they promoted the arts. So here's three cheers for Aristotle and his pals.

An Nuadha Players will be having play readings for fun in June. Why not come along and participate in what is always a good night. You may like it so much you might join the group. Check our web site for more information.

In the past few years mobile phones in the theatre have become a problem for playgoers and actors alike. Recently Kevin Spacey was giving his performance of Richard III, a difficult part for any actor. A mobile lit up and made that awful sound you do not want to hear when you are attending a play. The owner of the phone pretended it was not his - I imagine he hoped it would stop ringing. Spacey stopped what he was doing and said to the owner of the phone: 'you answer it or I f\*\*\*\*\*g well will'. Another mobile incident happened to Spacey during a performance. This time his retort to the audience member was, 'Tell them we're busy!' To all theatre goers who have mobile phones, stop upsetting Kevin Spacey!

A big congratulations to The Palace Players from Fermoy who were the overall winners at All Ireland Drama Festival with their production of Tom Murphy's 'Conversations on a homecoming'. It was a really good production and a fitting tribute to the author who celebrates his 80th birthday this year.

See you at *'The Hostage'*.

**Terry Nealon**

FACEBOOK.COM/ANNUADHA@ANNUADHA2000  
annuadhaplayers@gmail.com

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## Kildare Library Services Short Story Workshops: Hazel Gaynor

*Over 18's only and not suitable for beginners.*

*Participants must sign up for both workshops.*

Branch	June Workshop	July Workshop
Maynooth 01 6285530	Saturday 6th: 10.30am	Saturday July 18th: 10.30pm
Leixlip: 01 60600500	Saturday 13th: 10.30am	Thursday July 2nd: 7.00pm
Celbridge: 01 6272207	Saturday 20th: 10.30am	Thursday July 16th: 7.00pm
Rathangan: 045 528078	Saturday 27th: 10.30am	Thursday July 23rd: 6.45pm

**The Competition:** These workshops will prepare participants to enter their work in the inaugural Kildare Readers Festival Short Story Award. The theme for Hazel's workshops and for this year's competition relates to journeys, with stories either focused on or loosely based on that theme. Hazel's novel, *THE GIRL WHO CAME HOME*, inspired by true events, poignantly blends fact and fiction to explore the Titanic tragedy's impact and its lasting repercussions on survivors and their descendants, so Hazel will have lots of tips for participants!

**Maximum Length:** Up to 2000 words

**Closing Date for Competition entries:** Monday, August 31st.

**Entries to be sent via email** to [krf@kildarecoco.ie](mailto:krf@kildarecoco.ie) and marked 'Short Story Comp Theme Journey'

**Postal entries can be addressed to:** Caroline Farrell, Maynooth Community Library, Main Street, Maynooth, County Kildare

**Winners Announced:** Maynooth University Library KRF Fringe Event - Tuesday 13th October

**Prizes:** Winner - €300. Two Runner-up Prizes of €100 each

**Hazel Gaynor** lives in Kildare and is the author of New York Times best seller *'The Girl Who Came Home'* which is also the RNA Historical Romantic Novel of the Year. Her new novel is *'The Memory of Violets'*. She was also the recipient of the Kildare County Arts Cecil Day Lewis Award for Emerging Writers in 2012.



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**C: 06/07/15 - 17/07/15**

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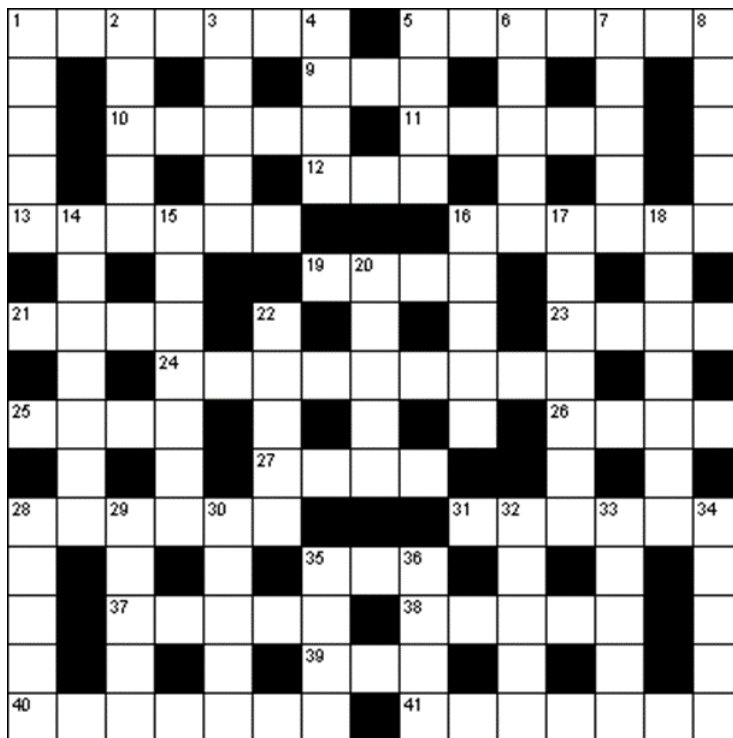


## Clues Across

## June Crossword - No: 436

## Clues Down

1. Slackens (7)
5. Not blind (7)
9. Metal container used for frying (3)
10. Adherent of Hinduism (5)
11. Customary (5)
12. Domesticated canid (3)
13. Recluse (6)
16. Ample (6)
19. Silent (4)
21. Abrading tool (4)
23. Engage in prayer (4)
24. Sale of goods in quantity (9)
25. One of the divisions of a window (4)
26. Tears (4)
27. Ascend (4)
28. Make whiter (6)
31. Having barbs (6)
35. Condensed moisture (3)
37. Managed (5)
38. Happen (5)
39. Inquire of (3)
40. Faithfulness (7)
41. Went in (7)



1. Gate fastener (5)
2. Opposite one of two (5)
3. Boredom (5)
4. Potato (4)
5. Cosy (4)
6. Porridge (5)
7. Claw (5)
8. Short and stout (5)
14. Tomb inscription (7)
15. Inflatable life jacket (3,4)
16. Foot-operated lever (5)
17. Ruler of an empire (7)
18. Tread underfoot (7)
20. Consumers (5)
22. Feel grief (5)
28. Spin (5)
29. Characterized by itching (5)
30. Eject (5)
32. Racecourse (5)
33. Tree insect (5)
34. Shaped like a dome (5)
35. June 6, 1944 (1-3)
36. Roused (4)

## Answers to Crossword No 435

Special Prize  
Book Voucher

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

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

Entries in before:  
Tuesday 23<sup>rd</sup> June

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

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

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

Winner of Crossword  
No. 435 May

**Carla Kerr**  
Kingsbry  
Maynooth

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

## Collect prize from:

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**Maynooth Bookshop**  
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# FILM/DVD MONTHLY BY BERNIE CLAXTON

## THE FALL by Alan Cubitt

### Starring Gillian Anderson & Jamie Dornan



In May 2013 a new crime drama about a serial killer in Northern Ireland hit television screens in the U.K. and Ireland. The award-winning *The Fall* is a BBC/RTE co-production which has spanned two series to date. Created by writer Alan Cubitt (who also directed the second series), *The Fall* has imaginatively reconfigured dramas involving serial killers into new and interesting directions.

In a post-Troubles Belfast, a killer of women is on the loose. High-ranking Detective Superintendent Stella Gibson (Gillian Anderson) is called in by the Police Service of Northern Ireland to conduct a review of a murder (involving a female architect) that's 28 days old. Gibson comes as an outsider, from the Metropolitan Police in London, to give a fresh perspective and reassess what might have been missed. Soon enough, the sharp detective is dotting the lines and making links between this case and other unsolved murders of women in Belfast.



So far, we are in predictable TV crime drama land. However, *The Fall* has a trump card up its sleeve. Writer Alan Cubitt upends viewers' expectations by dispensing with the usual red herrings and list of potential suspects for the murders. From the get-go we know who the killer is.

Our killer, surprisingly, is the epitome of normality. Leading a double life, he has the chilling ability – in Cubitt's words – to 'compartmentalise.' By day, Paul Spector (Jamie Dornan) is a functioning, devoted family man and responsible bereavement counsellor. His night-time activities are, however, a horse of a different colour. For Spector has a penchant for stalking, torturing and murdering young, career-minded, attractive women.



Prepare to spend a lot of time with this character as he shares equivalent screen space with his female adversary and relentless pursuer, Detective Stella Gibson. This clever plot device on the part of writer Cubitt allows the viewer to enter the dark world, mind-set and twisted pathology of his serial killer. Disconcertingly, we get to occupy the headspace of a sexual psychopath.

From the beginning of *The Fall*, the viewer follows a balaclava-clad Spector on his nocturnal treks through the houses of his potential victims. There is a ritualistic and intimate aspect to his crimes. As a precursor to the killings, the murderer carefully studies his intended targets; gathering detailed information about the women, breaking into their empty homes to spend time sniffing their clothes (it's almost feral), and rummaging through their underwear drawers for mementoes. The women, as Stella correctly determines "are not victims of chance" but rather "victims of choice". For Spector harbours a deep seated loathing of professional women.

Paul Spector's victims are not just the unfortunate women he ties up and strangles. His wife Sally-Ann (played by the excellent Bronagh Waugh) and young

child, Olivia, suffer the fallout from his actions. Sally-Ann works as a postnatal nurse caring for sick babies. Ostensibly, the marriage appears a happy one but cracks appear when Paul has to fabricate a lie about their babysitter in order to cover his murderous tracks.



The counsellor's daughter also suffers night terrors and her childish drawings display disturbing images. The 'humanity' of Spector is delineated in the many tender scenes with Olivia. Seemingly, the killer is capable of a form of love when it comes to children. This complexity in Spector makes for uneasy viewing as we try to reconcile this warmth with the utter savagery he displays in his other existence as a serial killer. Indeed, Jamie Dornan had problems with this aspect to his role and decided to approach Spector 'as two different characters'.

If Spector is a compelling, if perverse, watch for the viewer, his hunter, the enigmatic Stella Gibson, is equally as fascinating. This is helped in no small measure by the stunning performance of Gillian Anderson (of *X-Files* fame). In the male-dominated arena of the PSNI, Stella manages to hold her own both as a woman and an outsider to Northern Ireland policing practices. Anderson's Stella is confident, non-conforming and tenacious, exhibiting a cool detached logic in all her deliberations and interactions with people. The glacial beauty possesses a fierce intellect and an assured sexuality. This is in stark contrast to her fiery male colleagues (especially John Lynch's agitated DC Burns) who seem threatened by Stella icy self-containment.



When the first series of *The Fall* aired in 2013, inevitable accusations of misogyny were levelled against Alan Cubitt. He was accused of glamorizing violence against women. Certainly, there is a voyeuristic element to *The Fall*. The murder sequences are pristine and shot in an almost stylistic fashion. After strangling the women, Dornan's Spector gently bathes and poses the nude bodies for a bizarre photo-shoot. As the camera lingers a little too lovingly over the posed lifeless forms of the women, are we the viewers complicit in this voyeurism?

Cubitt countered criticism of *The Fall* by saying the programme "sets out to explore a complex and difficult subject (violence perpetrated by men against women), which always runs the risk of being held up as an example of it rather than a critique of it." In interviews, Cubitt has stated that he is more interested in the obsessive pathology of Spector, what motivates an individual like him to perpetrate the acts he does? What makes him tick?

If nothing else, Stella Gibson represents a mouthpiece for these silenced women. She is determined not to box them into the reductive 'whore/Madonna' terms of a serial killer or the gutter press: "The killer dehumanises the victims. Let's do the opposite and keep them alive."

Apart from the central theme, a few subplots capture our attention. Paul 'counsels' a couple in an abusive relationship (while doodling obscene images of the woman on his file) who have lost their son. This has ramifications for Paul that he never envisaged.

Meanwhile a drugs and prostitution ring in the PSNI points to wider corruption within that force. The biggest subplot though involves teenager babysitter Katie (Aisling Franciosi), and her passionate infatuation with Paul Spector. She composes songs for him on YouTube and uses provocation to capture his interest.

In fairly risqué scenes, Katie throws herself at the aggressive Spector, hoping for love but ending up as a pawn in his twisted mind-games. Spector is coolly calculating and manipulative in his interactions with the Lolita-type teenager (who may or may not believe that he is the Belfast Strangler).



However, these events are just side-shows to the main event. Despite an element of predictability gradually creeping in to *The Fall* (after the first series), the enticing cat and mouse game between Stella Gibson and Paul Spector is the cardinal reason for watching *The Fall*. In a memorable telephone exchange between Stella and Paul at the end of Series 1, the latter tells the detective "we are very alike – you and me". Spector sees in Stella his intellectual equal. He has a grudging respect for her as she is the only person to challenge him. "We are both driven by a will to power, a desire to control everything and everyone....obsessive, ruthless..."



For Stella and Paul are the flip sides of the same coin concealing layers of anger beneath a surface of calm. It is this tension (possibly sexual) that propels the drama forward to an inevitable show-down between the two protagonists. It's what we have been waiting for. Jamie Dornan, in an interview with the *LA Times* goes so far as to suggest that Paul Spector may also be a little in love with his blonde adversary.

The comparisons between Dornan's roles as Spector and Christian Grey in *50 Shades of Grey* are inescapable. Both men are control-freaks, with 'mommy issues' and inclined towards sexual sadism. Jamie Dornan is mesmerising and disturbing, by turns, as the highly attractive and egotistical serial killer. He cunningly hides his depravity under a cloak of deceptive ordinariness. Spector's anger is only sated by dominating and throttling women in positions of power.

Set in an atmospheric Belfast, Cubitt's psychological battle of wills moves at a slower pace than most crime dramas in the genre. It is all the better for it as we get an insight into human nature and how evil can lurk in the most banal of places. *The Fall* explores attitudes towards women in society and posits wider questions about the reasons for male violence in the modern world. Above all it is a showcase for two major acting talents. Gillian Anderson and Jamie Dornan are superb sparring partners as Stella and Paul making *The Fall* compulsive viewing indeed.







## Why we do it:

### SpunOut.ie is Ireland's youth information website created by young people, for young people.

We provide information to 100,000 readers each month.

The information needs of Ireland's young people is ever changing and SpunOut.ie provides young people with a space to have their questions answered, receive advice from other readers with lived experiences and to share their views with the SpunOut.ie community. Our vision is for an Ireland where young people are empowered with the information they need to live happy, healthy and active lives.

SpunOut.ie aims to educate and inform our readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally. We believe in prevention and intervention in order to reduce harm amongst our peer group. We believe young people should have easy access to relevant, reliable, and non-judgemental information and we are proud to provide a dynamic, responsive website full of up-to-date, factual information, free of any shame or bias. We serve the young people of Ireland between the ages of 16 and 25. All information about the governance of SpunOut.ie can be found in our Governance section.

## What we do

At SpunOut.ie, we provide information on a host of different topics; from employment & education, to mental & physical health.

Our editorial team pen all of our professionally proofed content and liaise with relevant subject matter experts to ensure we provide factual and up-to-date information to our readership. SpunOut.ie also provides a space for young people to have their voices heard. We do this by publishing articles written by readers aged 16 to 25 in the Opinion section on the site. We also engage with our peers through our campaigns, offline events and media contributions on topics which affect us.

## Study tips

Get into those good study habits!

When exams are looming, everyone needs good study habits. Try to develop the habit of studying over a period of time and it will become as natural as breathing!

- Draw up a study timetable and a subject/topic hot list. Aim to have a clear target of what you want to achieve.
- Try to develop coping skills to manage shortcomings such as lapses in concentration, a tendency to 'learn off' material that you don't fully understand, the urge to learn too many things at once, etc.
- Spread out tasks over short periods of time and take brief breaks every 20 minutes or so. It's a good idea to include a reward to enjoy at the end of a long study session.
- Follow daily routines such as studying at the same time each day and in the same place, with distractions switched off or removed. Some say it's best to try to simulate exam conditions as much as possible in your study area and that we remember best under conditions that resemble those in which the original learning took place. However, others find they study better when they have music (or even the TV!) on in the background. Figure out which way works best for you.
- Begin with something fairly difficult, even a topic you don't like. Achievement boosts confidence and energy for the rest of the session.
- Pose questions about the subject matter before, during, and at the end of a session. Self-test as you go along. Revision is an on-going process, not just a priority in the days before exams.
- Know that question-answering techniques are a huge part of exam preparation. Ask for help from your teachers on how best to answer exam questions in each subject.
- Study sample questions set by teachers (as well as previous exam questions) to ensure that the material you are learning can be applied to the types of questions that come up in exams.
- Take part in occasional study groups with other students to discuss difficult aspects of a subject, to share knowledge and techniques, to teach one another and to inject extra motivation into your study. And remember it can be good fun!
- Seek advice from a teacher or parents if stress sets in or problems arise. Parents have been there, done that, and know a lot more than you think!
- Above all: don't spend days drawing up elaborate plans.

Find out what you have to do, how to do it, and then do it! Hopefully you will find this helpful. Just remember - it's important to stay healthy, drink a good bit of water, take a walk or some exercise after studying, and to take regular breaks.

## Study techniques

We all learn differently, so make sure you try a few different study techniques.

"It has been found that people learn in different ways through various learning styles"

When it comes to exams we all stress out worrying how we're going to study or work out the time to. Some people find it very hard to sit and stare at the ton of notes and books in front of them, it can be a very stomach sinking sight, which results in a lot of people leaving it till the last minute.

There is good news out there, as there are other ways to study. It has been found that people learn in different ways through various learning styles. We use each of these learning methods throughout life but each person is different and may find one technique easier than the other.

**Sight:** Those who prefer to study visually find it easier to learn through reading, writing or observing information.

**Sound:** Have you ever noticed that when listening to a song you find yourself remembering more and more of the lyrics? You can use this to study as well. Just record yourself reading the notes or if there are any MP3s on the subject and listen to them a few times.

**Movement:** Some people just can't sit still as they prefer the 'hands on' approach to studying, and learn by doing. This can be anything from lab experiments to simply walking around while reading.

These are the three learning styles that people relate differently to and have proved to be very effective for people. Go to [www.edutopia.org/multiple-intelligences-learning-styles-quiz](http://www.edutopia.org/multiple-intelligences-learning-styles-quiz) in order to see what learning style you are most suited.

There's also the question of whether you study on your own or with your mates. There are a few pros and cons with each, for example when studying alone you have no distractions from doing your work, but you might have trouble understanding one or two of the questions without help. Studying with friends you can bounce questions off one another and work together to solve them. However, we all know that if you're doing something boring with your mates one of you are going to start messing and no study will be done. So you need to find a middle ground, maybe study alone most of the week and meet up with friends once or twice a week to discuss any problems or simply relax a bit.

## Other tips for studying:

- Study for 45 minutes and have a 15 minute break before starting again.
- Treat yourself at the end of each study lesson in order to stay motivated to finish.
- Turn your mobile phone off or place it on silent in another room to prevent distractions.
- To deal with stress perhaps take an hour each day away from studying to do something that you love or meditate.
- Don't starve yourself or you'll end up losing focus or even making yourself ill.
- If there is something on your mind nagging you perhaps release it by writing it down in a journal and having a rant to get it off your chest.
- It's easy to get stressed out when studying, this is completely natural, but make sure you talk to someone to stop yourself from becoming completely overwhelmed.

## Exam survival

### Tips on prepping for your exams.

#### Preparing yourself

Exams are an inevitable factor in student life. The weeks before the exam can be very stressful, take some time to do exam prep and get ready, print notes, talk to the lecturer, anything that will help.

#### Here are some tips:

- Make a study plan. Ask your friends or classmates to help with this and try to be realistic about how much study you can get through every day.
- Don't compare yourself to your friends. Everybody has a different way of preparing for exams and what suits someone else might not work for you.
- Avoid cutting out large parts of the course just because you don't like them. Those topics might just be the ones that end up on the exam paper.

## Studying

Study is the five letter word we dislike but it comes hand in hand with exams. One of the best ways of getting through exam time is to have a good plan for how to study well, look after yourself and manage your time.

- Arrange your study space to ensure that it's warm, quiet and comfortable and free from distraction.
- Don't feel obliged to just sit in front of a book with a highlighter; there are many different ways to study. You should pick whatever works for you. Different courses and classes require different methods of study.
- Condense your notes into 2-4 simple revision sheets with key phrases or equations to revise before the exam.
- Avoid exam stress
- Exam stress can be overwhelming. If it all seems to be getting on top of you, there are plenty of things you can do to keep calm and get perspective.
- Be active. Don't spend all your time inside studying. Go out and do something active, go for a walk or a run.
- Don't leave yourself without time to study - If it's too late to revise properly and you're cramming, then listen to your body and rest when you need to. Otherwise you risk burn out.

## Easily distracted?

Try downloading an app on your internet browser that can block various websites for a certain length of time.

For example:

### The Night Before

- Check your timetable for the correct time and location of your exam.
- Set your alarm before going to bed and plan how you will get to the exam venue, with plenty of time to get settled.
- After study, switch off your brain to sleep, do something to relax.
- Try to avoid browsing the internet after study; you are most likely using your laptop to study so take a break from staring at the screen
- If you have trouble sleeping try natural sleep aids like herbal teas or meditation.
- Get everything you need for your exam ready (stationery, calculator etc.).

## The Day of the Exam

- Make sure you have worked out how you will approach the paper: how many questions do you need to answer? How long do you have for each question?
- Eat light balanced meals with slow energy release foods.
- Keep hydrated: your brain is a machine. Avoid energy drinks.
- If you are worried about nerves or anxiety, address it before your exam – take a walk or talk to someone such as the Welfare Officer in your Students' Union.

## During the Exam

- Take a deep breath before opening your paper and use the first few minutes to read each question marking the ones you will attempt.
- If you have questions or concerns about the paper, alert the invigilator.
- Keep hydrated – that's why you brought the water. Stick to your time allocation for each question.
- Don't give up: if you are running into trouble and can't focus, take a break or start another question.
- Allow time at the end of the exam to review your answers. Key ideas often pop up when re-reading the text that you've written.

## After the exam

- Make sure you have handed up everything you need to submit.
- File away your exam paper with your notes.
- Take a short study break; get some downtime before tackling the next module.
- If you are feeling stressed or worried, talk to someone you trust.

## Exam what if's...

What if I'm late for the exam?

Go to the exam room/hall and see if you will be admitted.

Contact your department, the exams office and/or your Students' Union if you run into difficulty.

What if I miss an exam or I'm too sick to sit the exam?

Every school/college has a procedure for instances where a student misses an exam. Contact your head teacher, department and your Students' Union. Make sure to keep doctors' notes, as you may need to submit a copy.

What if I sat the exam but I'm not happy with it?

If there was an issue with the paper, contact the teacher/lecturer responsible as soon as the exam is over. If you are unhappy with how the exam went for you, wait for the results before taking action. You can then talk to your teacher/Students' Union about appeals and/or viewing the script. Remember, the Students' Union and the exams office are there to talk and support you with exam results. And there is always the option to repeat the exams.



# McDonald's Maynooth

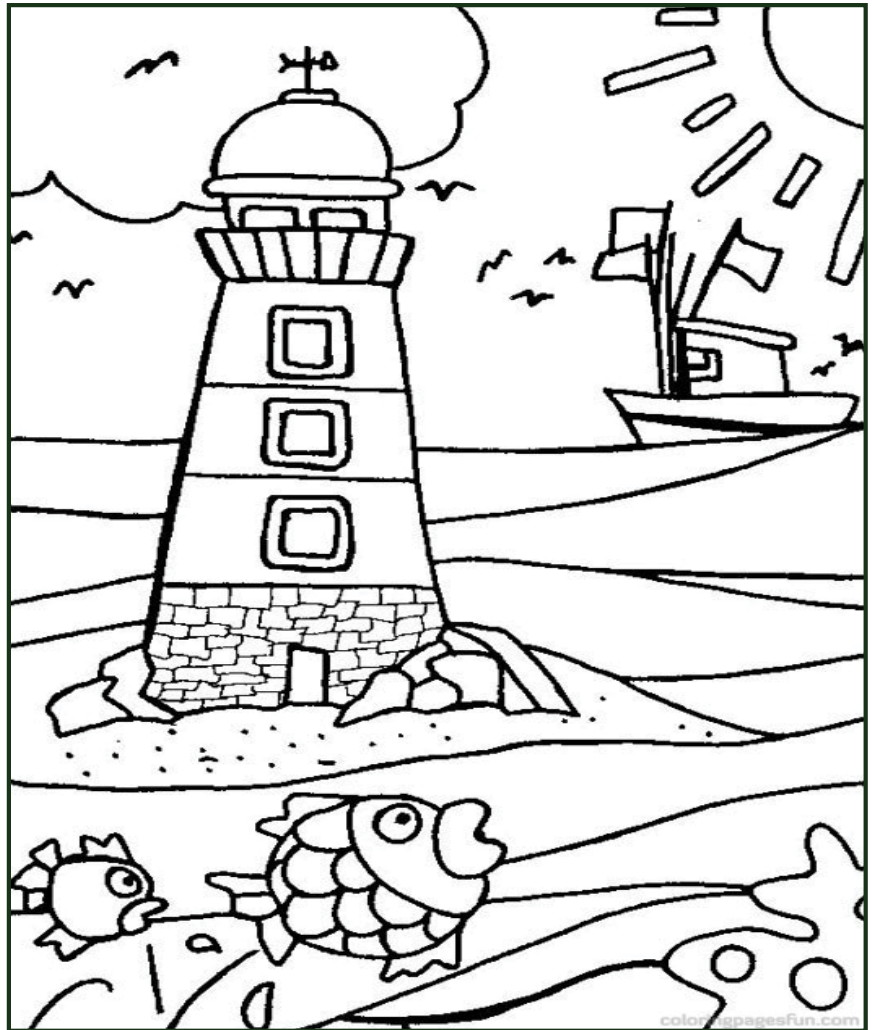
## Proud Sponsor of the Colouring Competition



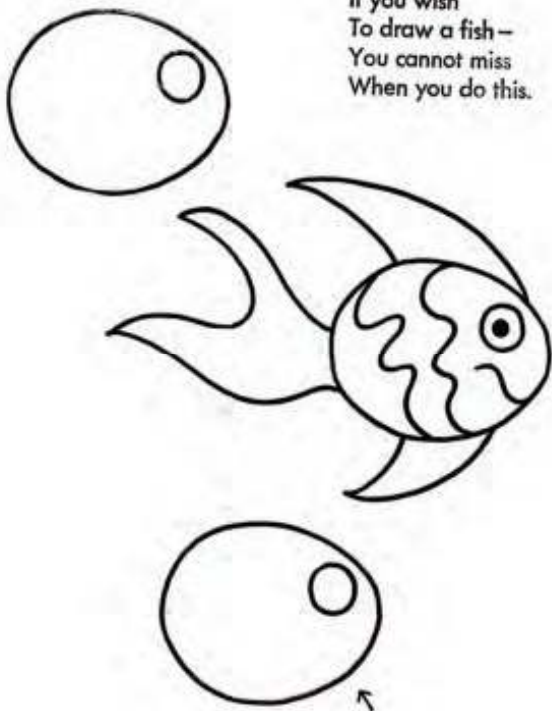
### Picnic Word Search



basket      blanket      cake      cheese  
cookies      drinks      eggs      grapes  
juice      napkins      sandwiches      sausages



If you wish  
To draw a fish –  
You cannot miss  
When you do this.



### McDonalds Children's Colouring Competition

Prizes: Free Family Meal From  
McDonald's, Maynooth

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

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

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

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

#### May Winners :

Age: 3 - 5: No Entries  
Age: 6 - 7: Molly Morris,  
Greenfield Maynooth  
Age: 8 & Over: Ruth Makiese,  
Moyglare Hall Maynooth

Prizes for Colouring Competition can be collected at:

Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.  
Entries must arrive before: Tuesday 23rd June 2015





# **McDonald's Advert**

**Gerard Mulcahy-Traditional Craft Butcher**

Est. 1984

Mon-Fri - 8.30 to 6.30  
Sat 8.00am to 6.00pm

**Greenfield Shopping Centre  
Maynooth**

PHONE 6286317

**Monthly Special**  
2lb Mulcahy Award Winning  
Pork Sausages for €5.00  
Mulcahy Home Cure Pale Back  
Rashers Low Salt  
Award Winning  
Black & White Pudding

**Full Range  
Quality BBQ Meats**

Home Made Cooked Ham  
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Mulcahy Coleslaw

**Celebrating 31 Years in Business**  
**Free Draw during June**  
1st Prize: Side of New Season Lamb  
2nd Prize: Leg of Lamb & Centre Loin Lamb Chops  
3rd Prize: Shoulder of Lamb  
4th Prize: Rack of Lamb

Mulcahy's  
Home Cured (low salt)  
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Mulcahy's  
Home Made  
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## Maynooth Senior Citizens Committee

We celebrated "Bealtaine" in style on Sunday May 17th as promised and what an enjoyable day it was. It was well attended not only by our own members but people from all the surrounding towns, who are always welcome as they add to the enjoyment of the occasion. This is networking at its best. As for the display of art, crafts and needlework it was second to none. This of course is what the tradition of "Bealtaine" is about, celebrating all things Irish.

Our next Tea-dance will take place on Sunday June 21st and that evening our members will all head off to Kerdiffstown for a welcome break. On July 19th we will hold our final Tea-dance for the Summer and our morning club will also close for August. In the mean time we hope to have our "Golden Jubilee Book" in the shops by the middle of June. This book will be on sale in the "Maynooth Book Shop", "Maynooth Photo Centre", "Supervalu" "News 4 U" and "Donovans" in Greenfield Shopping Centre. Many thanks to all these businesses who have agreed to sell our book without any financial benefit whatsoever.

Don't forget that our bus is available all year for the 7pm Mass each Saturday, even when the club is closed. If there is any Senior Citizens not yet using this service and wish to do so, you can phone me on 087 9002296 or Patricia on 087 7661116.

Finally, I began these notes on the subject of "Bealtaine" and as I wrote I was reminded of Muireann Ní Bhrolcháin. In the May Newsletter she would usually have an interesting piece on "Bealtaine" or the many traditions surrounding that occasion. She had a great ability to link tradition and all things Irish with the new world. What a great loss she is to our community and our country.  
"Ar Deis De go raibh a hanam"

**Josephine Moore**  
Chairperson.

**YOU DESERVE  
30 MINUTES  
— OF YOUR —  
OWN TIME**



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at Curves**

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\*Offer based on first visit only. Not valid with any other offer or discount. No cash value. Non-refundable. Valid only at participating locations. Restrictions apply. See local club for details. © 2019 Curves International, Inc.



## Summer Book Club at Carton House

This summer Maynooth Community Library will host a monthly book club in the historic surroundings of Carton House. We are starting with William Trevor's Love and Summer. Our first meeting will be on Wednesday 24th June, 10am to 11.30am.

Meet at the reception of Carton House.

**Booking Essential. Please phone (01) 6285530 or email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)**

Maynooth Community, Main Street, Maynooth, Co. Kildare





## La Maison DONATELLO'S

Town Centre Mall, Maynooth, Co. Kildare - Tel 016289660 - Email: eat@donatellos.info - web: www.donatellos.info



**OPENING HOURS: Mon - Sat: 5pm till late**

**Sun: 4pm till late**

Our new stylish & elegant décor alongside an exquisite menu of rustic French dishes & authentic Italian cuisine delivers a new concept of dining.

### French

*Soupe a L'oignon*  
*Pate de Campagne*  
*Potted Clogherhead Crab*  
*Tartine Asparagus (V)*

#### Main Courses

*Corsican Guinea Fowl*  
*Supreme of Guinea Fowl with a Pumpkin and Vanilla Puree, Cardamom*  
*Juniper berry glaze and Potato Fondant*  
*Butternut Squash Risotto (V)*  
*Risotto with fresh Sage*

*Beef Bourguignon*  
*Beef marinated in a Burgundy Red Jus & slowly braised for 8 hours, with a typical French bouquet garni and a millefeuille Pastry*

#### *Fillet of Irish Beef*

*10 oz prime dry aged & hung premium Irish Beef Fillet served on pomme mash, carrot and parsnip puree; with a choice of sauces :*

- *Black Peppercorn*
- *Fungi (Mushroom)*
- *Cafe de Paris Butler*

### Italian

*Pan Con aglio*  
*Insalata Capresa di Bufala (V)*  
*Bruschetta ail Pomodora (V)*  
*Antipasto Misto*  
*Chicken Wings*  
*Crostini*

#### Main Courses

*Penne Matriciana*  
*Spaghetti Carbonara*  
*Linguini con Cozze*  
*Lasagne*  
*Chicken Monti Biance*  
*Polo Parmigiano*  
*Filetto Pizzola*  
*Plus our full Gourmet Pizza Menu*



### **ROYAL CANAL AMENITY GROUP (RCAG)**



Twenty Five years have passed since we hosted a party at the Harbour to celebrate its official restoration.

In those days the restoration scheme cost a lot of money which RCAG funded through holding a Maynooth Spring Fair, Miss Royal Canal and house to house and Church Gate collections.

The Steam Train was another Fundraiser.

We are currently organising a "Walk and Talk" from Maynooth Harbour to Jackson Bridge (the 14th Lock) in June. RCAG will have a Boat at the 14th Lock to demonstrate how the Lock is negotiated. Everybody is welcome and the event details will be in the Local Media, Maynooth Facebook and also on our Site: [www.royalcanal.ie](http://www.royalcanal.ie).

Do you know that a cycle path from Galway to Moscow is well under way. This cycle path will use the Royal Canal from Mullingar to Dublin. Most of the infrastructure has been put in place in Counties Longford, Westmeath and Dublin but has not started yet in Counties Kildare and Meath. RCAG has contacted every TD and Councillor in both Counties to alert them and to request their assistance.

COME AND BE ACTIVE WITH  
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**CHARITY**  
Superheroes are encouraged and welcome!  
[www.pws5km.com](http://www.pws5km.com)

**RUN • JOG • WALK**  
Even if you are a novice walker it's a 5K so it's a nice distance in which to stretch your legs & help raise money!

**5K**



**SUNDAY 21st JUNE**  
at 2pm in Maynooth  
University South Campus



Prader Willi Syndrome  
Association of Ireland

register online:  
[www.pws5km.com](http://www.pws5km.com)  
or register on the day

Facepainting and  
refreshments on the day!

**CHILD** €5 (0-16)  
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(max 2 adults and max 5 kids)

# 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**