

Maynooth Newsletter



November 2015

Local News

Serving the people of Maynooth

FREE

Pop-Up Employment Information Fair in Maynooth A Great Success



For the second year running, Maynooth Community Space hosted a pop-up Employment Information Fair. The event was held at the end of September to offer advice on employment and training to the unemployed.

With over 120 seeking advice over the course of the morning, the fair was deemed a great success. It was organised by County Kildare LEADER Partnership with the support of Maynooth Community Council.

There were also information stands on the day hosted by the following:

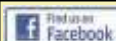
- Department of Social Protection

- Maynooth University
- KWETB / VTOS
- Citizens Information Centre
- INOU
- Obair – Local Employment Service
- National College of Ireland
- Kildare Volunteer Centre
- QED Training.

Following on from the success of the Jobs Information Fair, County Kildare LEADER Partnership will host a Kickstart Programme in the Community Space to assist the unemployed to return to work. Further information on future events in the area can be found on www.countykildarelp.ie



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 No. 441

Oak Alley Restaurant & Cocktail Bar

AS THEY DO IT DOWN IN NEW ORLEANS

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maynoothvet@gmail.com

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046 9772700
edenderryvet@gmail.com

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***The only 24/7 emergency on call vet service located in Maynooth
(Restricted to registered clients)***



Exercise and Play for your Dog

Henry Ford once said of exercise "if you are well you don't need it and if you are sick you shouldn't do it"! Today we tend to take a more holistic view of exercise.

Play and exercise for your dog are very important both for their good health and as an ideal way to help socialise them. Lack of exercise can result in behavioural problems such as digging, chewing, over excitability and general unruliness. Walking your dog is a great way to relax and get some exercise for yourself. If you are starting to walk your new puppy please ensure that he has completed his course of vaccinations at least one week before you take him out in public. Before you reach this stage you can introduce him to short spells of lead work in your garden. Place your puppy on a lead and with small treats or a favourite toy, encourage him to follow you. This early training is an ideal way to get your puppy to interact with you and also gives you an opportunity to show that you are the leader and the one who controls the activity.



It is very important to consider how much exercise your dog needs. The important factors are:

- Age – young dogs require much more exercise than older ones.
- Breed – toy breeds will require less exercise than working breeds who can sustain long periods of activity. One of my own dogs, a retriever, will swim for long periods and will then look for a walk as if she has done no exercise.
- Health – if your dog has a known health problem, for example a heart

condition, this has to be allowed for in his exercise programme.

It is quite common when a dog is presented at Maynooth Veterinary Clinic for the owner to say that he is not willing to exercise as he used to. This can sometimes be the early signs of arthritis but many other conditions have to be considered as well.

- Diet – we have seen cases where dogs are losing weight due to over exercise and an insufficient diet. It is very important that your dog's energy requirements are provided in his diet. At Maynooth Veterinary Clinic, Newtown Grove, we are very happy to advise on this matter.
- Routine – your dog should be exercised every day. Some dogs will require a morning and evening walk. It is helpful to vary the route and activity that you take them on as this provides stimulation and helps them to socialise. It is now clear that your dogs exercise requirements are very much an individual matter that need some thought. It is important that the type of play and exercise that you engage your dog in is controlled by you. A dog that becomes over excited is difficult to control and it is unwise to let him think that he is the one who is in charge. Games such as "chase" can be great fun but you have to consider whether you are interfering with other peoples recreational enjoyment.

Exercise and play for your dog should be an enjoyable and beneficial activity for both dog and owner. As humans we are all guilty of letting it lapse occasionally but hopefully this article will prompt us to address this matter.



The Company & Pieta House



On Friday 27th November there will be a charity gig in Maynooth GAA club to raise funds for Pieta House. The gig will feature members of local band 'The Company', a group of local musicians who will be familiar to GAA patrons from the Sunday night session that has been a regular feature now for the last few years. Pieta House is well known nationwide for the work they do to address mental health concerns nationwide. The Lucan based charity provides free therapeutic support to people who are suicidal and who are self-harming. This is a crucial resource in the community in the context of the continuing stigma suffered by those of us, of all ages and walks of life, for whom emotional distress has become unmanageable. It

is clear that health services are unable to provide adequate support and so a community response such as Pieta House needs and deserves local support, especially at this time of year.

Though the members of 'The Company' see this as a serious matter that deserves serious attention – they are keen too that this will be a fun night with lots of great music – folk, rock, trad, – that promises to be a great start to the Christmas celebrations. 'The Company' are in good company on the night and will be supported by a number of other Kildare based acts. 'Push for Porter', a local trad group that will be known to many from their regular Newtown Inn spot on a Thursday night, will entertain with their polished tunes. Brian O Kane will again this year lend his voice and Naas based group 'Myles Fancy' will play lots of your favourite songs.

'Sidewinder' will provide a suitable finale to a fun musical evening supporting an important cause. Tony Savino, distinctive voice and tuxedo to match, will comper the evening, including a raffle with a host of locally donated prizes.

If you were at this event last year you will recall the sense of fun and of community spirit that was palpable on the night. If you weren't, then don't miss out this year. Tickets are a modest €5 and are available from Maynooth GAA and from KnB music in the Square in Maynooth. Come along at 9.00pm on the 27th November and support what promises again to be a fun night out for a very worthy and important cause.



Kildare North General Election Candidate

Working for You

Cllr. Frank O'Rourke

Please feel free to contact me about any local or national issue.
Frank

Your General Election Candidate



M: 087 - 255 5257

E: frankorourke1@gmail.com

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Do you Support a Local Team - I do

My team works and plays for free especially during the summer months, and provides an unrivalled level of service to the community. My team helps to provide crops like apples, blackcurrants, strawberries, blueberries, tomatoes, peppers and that most important Halloween item Pumpkin. My team are the often unsung heroes - Pollinating Insects.



I hope Educational Institutions, Schools, Community groups and especially you will download a FREE copy of the All-Ireland Pollinator Plan 2015-2020 from National Biodiversity Data Centre. It's full of useful information and facts, especially how everyone can help to foster pollinating insects in the community.



It's a well established fact that single flowers are of benefit to insects where as double flowers are not. Many favourite summer bedding plants i.e. Geraniums, Petunias, Double Flowered Begonias do not provide food resources for pollinating insects. Lots of plants do some good, examples being Borage, Catmints, Mints, Spring flowering bulbs, Crocus, Muscari and Summer flowering Allium.

How to plant an insect friendly garden and attract beautiful butterfly's, helpful bees and other beneficial insects comes in the next instalment. Fishermen know what's the best bait, Supermarkets know how to catch customers. With the right plant choice your garden can set the bait and get pollinating insects.

Peter W Cuthbert BSc Agr



Community Council Notes

Notes from Maynooth Community Council Meeting of Monday 12th October 2015 held in Maynooth Community Space at 8pm.

St. Patrick's Day and St. Patrick's Foundation Breakfast - Proposed plans for 2016

Keith McCrory addressed the meeting and requested support from Maynooth Community Council for an idea to include the St. Patrick's Foundation involvement in St. Patrick's Day. Naoise O Cearúil (St. Patrick's Day Parade) and Keith are working together on a plan. The idea is to try to create a venue near where the Parade ends. Carton House has been a fantastic venue in the past but it would be more apt to have the venue near the parade for 2016.

It was proposed to have:

- A (8.30-9.45am) in a marquee in the Carton Retail Car Park
- An international lunch celebrating different cultures Irish and Northern Irish in 2016
- Various activities would be included – family fun activities and community groups would be involved
- It would finish off at 6pm with a concert.

It would be a partnership between the Maynooth Community Council, The Parade Committee and St. Patrick's Foundation representatives. There was some discussion around funding, grants and charges. Some aspects of the day would be ticketed with a mind to affordability. Maynooth Community Council supported the proposal – planning to proceed.

TLC Christmas Programme

A request from an employee of TLC Nursing Home was received for Maynooth choirs, musicians, dancing groups to visit and entertain residents of the Nursing Home. MCC will send out a notice to its membership with contact details if anyone/group would like to take part. Already Comhaltas Ceoltóirí Éireann Craobh Mhaigh Nuad has offered to play in the nursing home. Anyone who would like to participate should contact aurelija@tlccentre.ie.

Events - New developments

A proposal: To form a sub-committee for the development of Events and Arts in Maynooth Town. The proposal was put forward by Jacqueline Farrell (MCC). "The purpose of this committee will be to create a network of local artists, crafts people, musicians, dance and drama groups, and showcase our local talent to its best at year round events..." The proposal was welcomed and endorsed by MCC.

Festivals Committee

Paul Daly outlined the proposed new calendar that will be coming out for Christmas. The calendar is a collection of Maynooth photographs that were submitted during the Maynooth Summer Festival for an online exhibition. Proceeds will go to Maynooth Vincent de Paul. There will be a Christmas Fair on 5/6 December in Maynooth Castle. It is proposed to have 25-35 crafts people from the Maynooth community. This is to showcase Maynooth talents and to encourage people to shop locally.

A calendar of events will be devised which will showcase all that is going on such as the Maynooth Festival, Christmas Fair, St. Patrick's Day Parade and more. This was especially welcomed as various groups run fundraising events throughout the year resulting in overlapping of dates. A calendar would ensure that each event would garner as much support as possible at a given time.

These initiatives were warmly welcomed and encouraged by the membership. Volunteers will be

needed to see it all through. It was also proposed that the *Newsletter* include the calendar of events if not on the first page then page three.

Andrew McMullon steps down as Festival chairman

Andrew McMullon informed the meeting that he was stepping down as chair of the festival committee due to work commitments. Andrew was chair for the last fifteen years. Thanks were expressed to Andrew on his hard work with the committee down through the years and that only for him the festival may have folded. He got it through every year. His commitment, good humour and patience stood him in good stead and he had been a great support to new members who came on board the festival committee. Andrew nominated Paul Daly to take over as Festival Chairman which was agreed. There was a round of applause.

Local Matters Tidy Towns

Congratulations to Maynooth Tidy Towns on achieving a silver reward for the town of Maynooth. They are delighted with the progress that the group have made with two bronze in 2013 and 2014 respectively and the silver in 2015. Thanks was expressed to all who helped – the Sunday morning, Saturday and Wednesday volunteers, Maynooth Community Council Festival Committee, Fleadh Committee, the business community, and the local area engineer. Marian McCauley was also thanked for her work on collecting for recycling. Maynooth Community Council CE workers were thanked for their work in the Harbour and they have kept the Harbour to a high standard (See report inside). It was reported that MTT has already spent their recent *Intel Pride of Place* award of €10,000 on two compactors for the main street.

A question was raised through MTT about the provision of toilet facilities in Harbour Area. People would not like to see something similar to that which we had in the Square and suggested that facilities might be provided through negotiations with Iarnród Éireann. Oil Pollution in the Joan Slade River was reported to the local Engineer – in hand.

Senior Citizens

Maynooth Senior Citizens Golden Jubilee celebrations were a great success. Over 200 people attended. There was an ecumenical service and the launch of their book to mark the event in the Scouts Hall followed by refreshments in the Glenroyal. The presence of the Circus in the Harbour Field did not deter the celebrations!

A Tea Dance was held on Sunday 18 October. The Tony Smith Walk will take place on 22 November. Cards and tickets will be available in the coming week. The annual Sale of Work will take place on the 15 November in the Aula Maxima, Maynooth University. Observation: The potholed path on the Dunboyne Road is especially difficult for those using rollators. It was reported that the paths were to be done in the next couple of weeks.

Girl Guides

This is a new group to the Maynooth Community Council. Maynooth Girl Guides have now become a 'District' within the organisation. There is a membership of 65 and more members are welcome. They meet in the Maynooth Post Primary School – membership can be followed up there. Younger girls meet in the Scouts Den. The Maynooth branch would like to get more involved in the community.

ICA

The ICA visited Lisburn on 3rd October. They will have their Christmas night on 11th December in the Glenroyal.

Maynooth Students' Union

Naoise Ó Cearúil introduced Matt O' Boyle the new incoming Maynooth Students Union president to MCC. He has taken over from Ben Finnegan. Matt said he is looking forward to working on the Community Council and outlined a number of initiatives such as the upcoming Social Justice Week in Maynooth University and the introduction of a clean-up system. MU orientation leaders and tour guides wore Tee Shirts with the slogan "Respect Maynooth Town", and their societies would be very interested in taking part in community events. MCC requested that they contribute to the *Newsletter*.

Brochures for Social Justice Week were circulated at the meeting.

Maynooth Branch Comhaltas Ceoltóirí Éireann

Music classes have resumed on Wednesday nights in the Maynooth Post Primary School from 7pm to 9.30pm. As a result of the success of the Leinster Fleadh they have now taken on more students and teachers.

Educate Together

The Spooky Sponsored Walk took place on 22 October in Maynooth University. There will be "a one day together event" in November.

AOB

Question was raised about the possibility of introducing a 30k speed limit in estates. Naoise O Cearúil noted that these could not be policed and it would be up to residents to apply it and it is generally not requested by Residents. The entrance/exit point at the new Hayfield Estate was raised. Planning permission for this estate was given 7 years ago. It was thought that this would add to the congestion on the Meadowbrook link road and was unsafe. Lights are urgently needed before that estate is complete.

The lack of a bicycle lane opposite the Church on the town side was raised. This will be addressed with the new North/South corridor plan. It was noted that no new markings will be done in the Maynooth area at this time.

Concerns Raised:

Students crossing en-masse from Maynooth Post Primary to Dunnes at the lights is dangerous. Zebra Crossing at Convent is dangerous and insufficient space between it and parking bay. Iron bar at end of Carton Avenue/Blacklion needs to be replaced. Moyglare Road traffic is disadvantaged by traffic signals. Lighting needed at Maxol and beginning of Celbridge Road.

Election of Officers – Maynooth Community Council 2015

An EGM was held at the end of the ordinary meeting for the election of officers:
Elected. Tom McMullon (Chair), Adrienne Flynn (Vice -Chair), Sean Treacy (Treasurer), Andrew McMullon (Assistant Treasurer), Susan Durack (Secretary), Paul Daly (PRO), Paul Croghan (PDO).

**Copy date for the Dec/Jan
issue of the Maynooth
Newsletter is Tuesday 17th
November 2015**

Know Your Rights

Free legal advice

Question

I need legal advice on separating from my husband but I can't afford to go to a solicitor. Where can I get help?

Answer

Free Legal Advice Centres (FLAC) is an organisation that promotes equal access to justice for all. You can access basic, confidential and free legal advice across all areas of law in a network of centres around Ireland. These are usually located in the local Citizens Information Centre. Some are drop-in clinics, where you will be seen on a first-come, first-served basis. Other clinics are by appointment only, and you will have to call in advance to book a place.

When you visit a FLAC clinic you should bring along any relevant documentation or correspondence. You will meet a volunteer lawyer – either a solicitor or a barrister. You can ask a question on any area of law. However if you have already consulted a solicitor about the same matter, the volunteer adviser cannot offer guidance on that issue.

Your volunteer adviser will help you to establish whether there is a legal solution to your problem, explain what options are open to you and direct you to further assistance where appropriate.

Volunteer advisers cannot provide legal representation, which means they cannot take a case for you or go to court on your behalf. They also cannot refer you to a lawyer in private practice, so you should contact the Law Society for a list of solicitors in your area or for a particular area of law.

If you have a low income, you may be eligible for legal assistance from the State on a civil matter. The Legal Aid Board is responsible for the provision of civil legal aid and advice. Your FLAC adviser can help to establish this and you may then go to your local law centre to apply for civil legal aid. You will then have to undergo a means test and a merits test.

For criminal matters, there is a separate State criminal legal aid scheme, operated through the courts and administered by the Legal Aid Board.

Funding for college

Question

I'm unemployed and thinking about going to college. What funding is available for this?

Answer

Most undergraduate students attending publicly funded third-level courses for the first time will qualify for the Free Fees Initiative. You must meet criteria as regards residence, nationality and immigration status, as well as course requirements. If you qualify for free fees you do not have to pay tuition fees. There is a separate Student Contribution, which you pay to the college.

The student grant is the main financial support for students. The grant can cover all or part of your fees (if they are not already covered), the Student Contribution and provide some maintenance. To qualify for a grant, you and your course must meet certain criteria and you must pass a means test.

The Back to Education Allowance is available to people who have been getting certain social welfare payments

for a set period of time before starting their course. You cannot get a Back to Education Allowance and the maintenance portion of a student grant at the same time. If you are eligible for both, you should find out which would be of more benefit to you.

The Free Fees Initiative, the student grant and the Back to Education Allowance all have rules regarding progression from previous studies. However, there are exceptions. If you intend to start a course at a level you have studied before, you should check out whether the rules on progression apply to your situation. If you do not qualify for the Free Fees Initiative or the student grant you should find out whether Springboard can help you to return to education. Springboard provides free higher education courses for people who are unemployed.

If you have to pay tuition fees and a Student Contribution, you may qualify for tax relief. You can find out more about sources of funding, including the Student Assistance Fund for students experiencing financial hardship, on studentfinance.ie.

Noisy neighbours

Question

Our new neighbours often have noisy parties and keep our children awake at nights. We don't want to call the Gardai but what else can we do?

Answer

Noise nuisance can be a really difficult problem, especially if your family's sleep is disturbed. The Gardai may ask someone to lower the noise coming from a dwelling but they do not have the power to enter a dwelling with the intention of simply asking someone to lower the noise.

There is a useful leaflet published by the Free Legal Advice Centres (FLAC), which covers issues (including noise) that arise between neighbours. FLAC recommends that you should first talk to your neighbours about the noise and explain how it is affecting your family. Keep a note of these discussions. You can also keep a noise diary, noting type of noise, time, date and duration and its effects on your family.

If this doesn't work, you can write to your neighbours, giving details of the noise and its effects. You may wish to suggest mediation and/or legal action if the matter cannot be resolved. Keep copies of all correspondence.

If the neighbours are tenants and you don't get a satisfactory response from them, you can complain to the landlord – whether this is a private landlord, a local authority or a housing association.

Private tenants have an obligation not to engage in anti-social behaviour, which includes persistent noise that interferes with the peaceful occupation of other dwellings. You may complain to the Private Residential Tenancies Board (PRTB) if the landlord fails to enforce this obligation.

Tenants of local authority housing are also obliged to avoid any nuisance (including noise) to the occupiers of any other dwelling. If the noise persists, the tenants are in breach of their tenancy agreement and the local authority can take steps to enforce the terms of the agreement.

If the noise continues to be a problem, you can complain to the District Court about it. You must then serve notice

on your noisy neighbours, using the Environmental Protection Agency Act 1992 - noise form of notice. If the court finds in your favour, it can order your neighbours to take measures to prevent or limit the noise.

Definition of refugee

Question

I'm not very clear on the difference between an asylum seeker and a refugee. Can you explain?

Answer

The term refugee is commonly used to describe several categories of people. These categories of people may have different legal statuses and, as a result, they may have varying rights and obligations. The 1951 Convention relating to the Status of Refugees (often called the Geneva Convention) is the key legal document in defining who is a refugee, their rights and the legal obligations of states.

A refugee in Irish law is someone who "owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his or her nationality and is unable or, owing to such fear, unwilling to avail himself or herself of the protection of that country..." (Section 2 of the Refugee Act 1996 which mirrors Article 1 of the Geneva Convention).

- An asylum seeker is a person who seeks to be recognised as a refugee.
- A convention refugee is a person who has been granted refugee status under the terms of the Geneva Convention.
- A programme refugee is a person who has been invited to Ireland under a Government decision in response to a humanitarian request, usually from the United Nations High Commissioner for Refugees (UNHCR).

You can read updates on resettlement and relocation programmes on the Department of Justice and Equality's website, justice.ie.

Someone who is applying to be recognised as a refugee may also make an application for subsidiary protection. A person eligible for subsidiary protection is someone who does not qualify as a refugee but who would face a real risk of suffering serious harm if they returned to their country of origin. A person who does not fully meet the requirements of the definition of refugee may be granted leave to remain in the State for humanitarian or other compelling reasons. Leave to remain may also be granted to people who have been refused a declaration as a refugee and are not eligible for subsidiary protection.

***Further information is available from the Citizens Information Centre below
Maynooth CIC
Dublin Road
Maynooth***

***Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.
Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service - 076107 4000***

Maynooth Labour News

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

Maynooth Pay Parking By-Laws

Cllr. McGinley again demanded at the Maynooth Municipal District (MD) meeting of the Council on 15 October that the Parking By-Laws for Maynooth be implemented without any further delay.

He pointed out that as the proposed Water Works on the Back Lane would not start until June 2016, that the rest of the pay parking should commence now. The new Director of Services, Niall Morrissey, told Cllr. McGinley that he would examine how long the Water Works in the Back Lane would take and that he would get back to John in a few days.

Traffic Management Plan for Maynooth

Cllr. McGinley was advised at the Maynooth MD meeting on 15 October that "The tender documents for the procurement process are being reviewed at present and the project is expected to be tendered shortly."

Straffan Road/ Meadowbrook Link Road Junction

Cllr. John McGinley sent the following E mail to Councils Roads Senior Executive Engineer on 15 October:

"Re: Hayfield Site Opposite ESSO on Straffan Road, Maynooth, Planning Ref: 08/2174

Condition 42 of Planning calls for the provision of traffic signals at the Straffan Road/Meadowbrook Link Road junction—co-ordinated by way of SCOOT system—prior to the opening of the development.

I am concerned that the development will be opened without the traffic signals in place. And if this happens there will be total chaos at the junction (it is bad enough at present)

Can you please let me know what steps are being taken to ensure that the signals are in place before the development opens."

John got the following reply:

"A traffic management plan/analysis is in the process of being carried out on this section of the Straffan Road from the Meadowbrook junction to the motorway including all junctions.

A Consultant should be appointed shortly for this work and this plan/analysis is being managed by the KCC Traffic Management Section.

The Senior Engineer requested that this plan/analysis be carried out before any traffic lights are installed at the Meadowbrook junction."

As this Traffic Management Plan covers the whole of Maynooth, and will take a considerable length of time, Cllr. McGinley has asked that the section from the Meadowbrook Link Road to the M4 be carried out and signed off on first so that the lights (or preferably a roundabout) can be put in place.

Cllr. McGinley Seeks Information on the Number of Social and Affordable Houses Transferred to the Council Recently in Maynooth

Cllr. John McGinley submitted the following Question for answer at the Maynooth MD Meeting on 15 October: *"How many social and affordable houses have been transferred to the council from the new housing estates that have been built or are under construction in Moyglare Hall, Newtown Hall, Griffin Rath, Castlepark and Hayfield, Maynooth?"*

John was given the following reply:

"The following table outlines the position:

	Social	Affordable
Moyglare Hall	17	41
Newtown Hall	1	0
Griffin Rath	6	0
Castlepark	2	0

A number of other units have been negotiated or are under negotiation in the relevant areas."

Cllr. McGinley stated that the reply made for very depressing reading as by Law the following number of houses should have been transferred to the Council:

	Social	Affordable
Moyglare Hall	42	63
Newtown Hall	19	29
Griffin Rath	19	29
Castlepark	11	17
Total	91	138

This means that the Council are losing out on 65 Social and 97 Affordable houses in Maynooth alone.

John pointed out that as the housing provision was the biggest issue countrywide at present that it was unforgivable that the Council did not ensure that it got the maximum number of houses provided for by Law. Stating "negotiations are still underway" is not good enough as Castlepark and Griffin Rath have been completed and Newtown Hall and Moyglare Hall are close to completion.

Maynooth Town North South Corridor Improvements for Cyclists, Pedestrians and vulnerable Road Users up for Approval

Following Public Consultation the Planners Report on the Submissions Received was presented to Councillors for approval at the Maynooth MD Meeting on 15 October

Cllr. John McGinley proposed that the proposal to remove the right turning lanes at Old Greenfield, Silken Vale and the Train Station be removed as it made no sense and would lead to traffic build ups to the traffic signals at The Square. It looks as if John's proposal will be beaten as it looks as if only one of the other eight Councillors will support him. A decision on the Plan has been deferred to the next Meeting on 11 November.

If you agree that the right turning lanes should remain Cllr. McGinley strongly recommends that you make your views known to the other eight Councillors before a decision is made on 11 November.

Cllr. McGinley Asks for the Footpath at Celbridge Road/Rail Park to be Widened

Cllr. John McGinley submitted the following Motion for the consideration of the Maynooth MD Meeting on 15 October:

"That the footpath at the Celbridge Road/Straffan Road Junction, at the Rail Park side, be widened as it is too narrow to facilitate the volume of pedestrian traffic using it."

John got the following reply:

"The Municipal District Office will cut the vegetation back as close as possible but there are private property boundaries at the back of the path which limit the available width of the footpath."

John asked the Area Engineer to discuss the issue with the adjoining properties to see if a solution could be found.

Cllr. McGinley Asks for Safety Improvements on Newtown Road, Maynooth

Cllr. John McGinley submitted the following Question for answer at the Maynooth MD Meeting on 15 October: *"Can the council erect a flashing 'Your Speed' sign between the M4 bridge and the 50km/h signs on the Newtown Road (Rathcoffey Road) in order to help slow down traffic?"*

John got the following reply:

"The Municipal District Office has agreed to erect speed radar at this location to evaluate the current characteristics of this road."

John pointed out that the 50km/hr speed limit was being ignored and the significant incline down from the M4 bridge was a factor. Also, one of the signs is covered by shrubbery. John further stated that the Newtown Road was highly pedestrianised and that as the cost of the "Your Speed" sign was only €3,000, the Council should proceed with its installation.

Cllr. McGinley Asks for Safety Improvements at The Walk, Moyglare Hall

Cllr. John McGinley submitted the following Motion for the consideration of the Maynooth MD Meeting on 15 October:

"That the developer of Moyglare Hall, Maynooth, be asked to landscape the central area of The Walk, in order to provide a public amenity and in the interests of public safety, now that the council and An Bord Pleanála have refused permission for buildings here.

"There is no requirement in the original planning permission to provide a public amenity in this location and consequently the Planning Authority cannot require the developer to landscape the central area of The Walk as requested. However, the Council will contact the developer and request any health and safety issues in this area to be addressed as a matter of urgency."

John agreed that there was no requirement under Planning to do as he requested but, he felt that if the Council wrote to the Developer suggesting that he landscape this very rough central area that the Developer might take action.

17% Fall in Live Register Figures for Maynooth and 20% Fall for Newbridge - Stagg

Deputy Emmet Stagg has welcomed the fall in the Live Register Figures published this week which show a 17% fall in the Live Register Figures for Maynooth Labour Exchange and a 20% fall in the Live Register Figures for Newbridge Labour Exchange when compared with September 2011.

Overall stated Deputy Stagg the Live Register for Co. Kildare has fallen from 18,084 in September 2011, to 15,011 in September, 2015, a 17% decrease.

The further fall confirms the downward trend in unemployment stated Deputy Stagg but we cannot be complacent as unemployment is still far too high. Exiting the bailout and economic recovery will only be meaningful for people when they see real improvements in their lives and the most important way to achieve that is by creating more jobs which is the clear focus of the Government. Labour is committed to reaching Full Employment by 2018.

The Government stated Deputy Stagg through its Action Plan on Jobs is committed to creating 40,000 additional jobs in 2015 and getting the Unemployment Rate below 9% from a high of 15.1% three years ago. We can deliver on this commitment given the fact that between January 2012 and September 2015 the numbers employed in the State rose from 1,825,000 to 1,958,700.

Cllr. John McGinley can be contacted at: 6285293 or 087 9890645

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Web: www.labour.ie/johnmcginley/

Maynooth Fianna Fáil Notes – November 2015

Contact: Cllr. Naoise Ó Cearúil / cllrnaoise@gmail.com / (086) 728 0050
General Election Candidates: Cllr. James Lawless, Cllr. Frank O'Rourke

Cllr. Ó Cearúil criticises Maynooth M.D. Budget Allocation
 Cathaoirleach of the Maynooth Municipal District, Cllr. Naoise Ó Cearúil has voiced his frustration at the disproportionate funding received by the Maynooth M.D. for 2016. The relevant gross expenditure for 2016 in the Maynooth Area will be €491,572, this is in comparison to Celbridge/Leixlip with €578,529 and Naas with €677,007.

Ó Cearúil noted how the Maynooth area is the largest geographical area in the county with these funds to be divided between communities from Maynooth as far as Derrinturn.

“How Celbridge/Leixlip can receive €80,000 more than Maynooth is beyond me considering they cater for two towns and Ardcloy. In this area we have Maynooth, Kilcock, Clane, Prosperous, Derrinturn, Donadea, Johnstownbridge, Broadford and the surrounding areas. This will limit us councillors in the Maynooth area in terms of projects to undertake in 2016.”, stated Ó Cearúil. One example of the inequality in the budget is €6,050 in grants being allocated to Tidy Towns in the Maynooth MD but €26,950 in the Naas MD.

Cllr. Ó Cearúil over-ruled in attempt at addressing issues at Carton Avenue

Cllr. Naoise Ó Cearúil was over-ruled by his fellow councillors in an attempt to have the curb surrounding the Carton Avenue entrance moved back a metre. Cllr. Ó Cearúil argued that by moving the curb back, there would be room for cars to move off to the left from the Dunboyne Road.

Maynooth North-South Corridor

A decision on the Maynooth North-South Corridor has been postponed until the November meeting of the Maynooth Municipal District. Both Cllr. Ó Cearúil and Cllr. McGinley highlighted that they are opposed to the removal of the right turning lanes on the Straffan Road. This followed submissions from many residents. There are still some

outstanding issues that Maynooth Cycling Group have raised.

Yellow Box outside St. Mary's R.C. Church to be repainted
 Following a motion by councillor Ó Cearúil, the yellow box outside Maynooth Parish Church will be re-painted. The Area Engineer will also meet Cllr. Ó Cearúil at the site to see the possibility of extending the box. Mass-goers are currently finding it difficult to exit the church grounds.

Works on the Dunboyne Road footpaths have started
 Improvement works have commenced on the footpaths on the Dunboyne road after major improvements to the Moyglare Road footpaths.

Manor Mills Celebrates 10 Year Anniversary and Local Heroes

Manor Mills celebrated their 10 year anniversary recently with a prize giving ceremony for local heroes and a family fun day. Cllr. Naoise Ó Cearúil, as Cathaoirleach of Maynooth gave out the prizes to Maynooth's local heroes. Maynooth Community Council Chairperson, Tom McMullon was a recipient of one of the local hero awards.

Representations

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

Local Issues; Grants for Older People; College Grants (SUSI); Housing Issues; Planning Issues; Medical Card Issues; and Business Start Ups.

You can contact Naoise by telephone on (086) 728 0050, email cllrnaoise@gmail.com or via facebook.com/naoiseocearuil

Cllr. James LAWLESS - Kildare North Updates

As your Kildare North general election candidate, I have been working around Maynooth over recent months and engaging with different individuals and groups, in close

collaboration with my local colleague Cllr Naoise Ó Cearúil. Please feel free to contact me if I may be of assistance on any matter.

I enclose below some queries that have been raised with me and responses:

1) Footpath repairs on the old Dunboyne road. A number of residents in Castlepark and Pebble Hill had raised the condition of the footpath into the town. This is decayed and can be difficult to navigate with buggies etc. I am pleased to report that after discussions with the local engineering office I can confirm these footpaths are scheduled for repair in the upcoming weeks.

2) Recycling Centre in North Kildare; Residents have raised with me a concern that there was no recycling centre in the north of the county. I have raised this with the environment section and expressions of interest were recently invited for suitable sites in the north county area. While the formal consultation has now concluded, if anyone has ideas or suggestions for suitable sites please contact me.

3) Traffic Management at Straffan Road junction. I am aware of the frustration and concern of residents using the Straffan road / Meadowbrook Link Road junction and the difficulties exiting onto that road at busy times. The engineering office has advised that discussions are ongoing with the NRA due to the proximity of that junction to the M4 ramps but that a design is in progress. I have stressed that this junction must be tackled as a priority issue.

I am canvassing the town on an ongoing basis and am happy to arrange clinics with anyone who would like to see me. Please contact me on details below.

Cllr. James Lawless

Kildare County Council

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Broadband access for Newtown Residents must be a priority says Cllr. O'Rourke

Local Fianna Fáil General Election candidate, Cllr Frank O'Rourke, has called on the Department of Communication and the Minister for Communications, to have broadband access for Newtown and surrounding areas a priority for this Department.

‘In recent days, I have met with many residents in Newtown and surrounding areas in Kildare, who are very concerned about the poor broadband connectivity in the area.’

‘At a time when we are trying to encourage people to work from home, to encourage and nurture small businesses, support exiting businesses and ensure that people have reliable access to broadband, we see that little or no progress has been made to provide a Broadband service for Newtown and surrounding areas. Kildare is home to world class IT companies and it beggars belief that homes and businesses within a couple of miles of these companies have little or no broadband access.’

‘I am currently working with Eircom, on what is known as the next generation access, in replacing the existing copper based telecommunications network and upgrade it to a fibre optic system in the Maynooth Celbridge area. Once this is completed, these areas will have access to significantly enhanced telecommunications services.’ Stated Cllr O'Rourke

‘Areas like Newtown needs to be prioritised for getting quality high speed broadband, and I am calling on the Minister to deliver on his promise to deliver this quality high-speed broadband access for areas like Newtown and other areas in Kildare.’ Concluded Cllr O'Rourke who pledged to keep the pressure on the Government to deliver quality broadband access for Newtown and other areas in Kildare.

FF calls for expanded civilian recruitment with Gardai
Civilians should be posted to garda stations to carry out administrative work

Fianna Fáil has called for an expansion of the civilian recruitment programme within An Garda Síochána to free up gardai for community duties. According to Kildare North General Election Candidate, Cllr Frank O'Rourke,

sustained cuts to garda resources have left many gardai who should be on the beat stuck in garda stations filling out paper work. Cllr O'Rourke explained, “The gardai are currently overburdened with paperwork and administrative duties. Given the huge reduction in garda numbers over the past 5 years, it is a shame that our highly qualified gardai are often stuck to their desks doing basic work that could be carried out by clerical staff. “The reality is that gardai in every community across the country are being expected to do a lot more with a lot less resources.

We should be utilising their skills and training, by ensuring that they are out and about in the community preventing and investigating crime. It is a complete waste to have them stuck indoors stamping forms and answering the phone.

“I am calling on the Minister for Justice Frances Fitzgerald and the Garda Commissioner Nóirín O'Sullivan to consider posting civilian employees to garda stations to carry out basic clerical work and allow gardai to get away from desk work. This could include answering phones and processing forms relating to motor tax, social welfare payments, electoral register changes and passport renewals. It would allow our highly trained gardai to get out into the community and do the job that they were trained to do. “It is crucial that these clerical staff would not be seen as a replacement for qualified gardai. Rather, this system must be used in tandem with an accelerated garda recruitment process. Garda numbers have fallen to dangerously low levels. In my own county of Kildare, there is now just 1 garda for every 650 people. There is no doubt that the cuts to garda resources have had a direct impact on crime levels. We need more gardai and we need a better system to ensure that our trained professionals are not wasted on basic paperwork.”

New figures reveal 22% jump in housing waiting lists in Kildare - O'Rourke

FOI request by FF reveals a surge in number of people needing housing - Govt using outdated figures that mask the true extent of housing crisis

New figures obtained by Cllr Frank O'Rourke have revealed a surge of 22% in the social housing waiting list in

Kildare in less than two years. Cllr O'Rourke General Election Candidate for Kildare North made the revelation following a Freedom of Information request made by Fianna Fáil to Kildare County Council to obtain the most up to date figures for the social housing waiting list in the county.

The figures returned reveal that the Government has grossly underplayed the extent of the housing crisis. “The official government figure states that there are 5,454 people on the housing waiting list in Kildare. However data revealed to Fianna Fáil shows that this has jumped by 22% to over 6,668 households” said Cllr O'Rourke. “These figures are truly shocking. Minister Kelly claims that he has the housing crisis under control. However these figures reveal that the crisis is far worse than we imagined. The government is significantly understating the extent of the crisis, using figures that are actually two years out of date. “The government has to start facing up to the reality of the housing emergency. Up until the end of 2014 it only built 1,252 new units nationally, compared to 15,000 units built between 2007-2010. This is the primary cause of this emergency. I have been fighting for greater investment in housing in Kildare to tackle this crisis head on. Unfortunately the Government has not been proactive on this issue and has allowed a major crisis to emerge as a result.

“The most worrying aspect is the fact that the housing crisis is accelerating year on year. The figures we have obtained clearly show this. However despite this the Government is seemingly more interested in prioritising tax cuts for the rich rather than investing in housing and public services. “We have to start getting to grips with it by building homes that families want to live in. Fianna Fáil is proposing a new national housing roadmap to build 150,000 new homes by 2021 including 45,000 social housing units. I am urging the Government to give strong consideration to our fully costed plans,” said Cllr O'Rourke.

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EDITORIAL

Maynooth Community Council holds elections every three years where the full council membership steps down and members are elected from the electoral areas around the town. The newly elected council met for their first meeting on October 12th and it was great to see many of the longstanding members returned together with many first time members. The meetings take place in Maynooth Community Space which is operated by Maynooth Community Council and there was not an empty chair to be found by the start of the meeting. The report from the meeting can be found elsewhere in this newspaper.

The new council got off to a good start with a number of decisions to support activities in the community. That is one of the main benefits of having a community council which has been in existence since 1984. Many things have been tried before but the council has always been open to new ideas. With many successes under their belt such as this newspaper, the public office, the environmental project maintaining

Maynooth Harbour and the aforementioned Community Space. Annual events such as the St. Patrick's Day Parade and the Community Festival are also organised by Maynooth Community Council so there is no doubt that Maynooth is a better place because of the ongoing work of Maynooth Community Council.

A decision to put an events sub-committee in place was taken at the first meeting of the new council means that a range of new activities will be supported throughout the year. The upcoming Christmas Fair is one such event. There are more ambitious plans to arrange a number of arts and cultural events in Maynooth to bring together the various artistic disciplines to support each other. Such an initiative is best led by a body such as Maynooth Community Council because they have a very successful track record. I am sure that as things progress you will be hearing more about the activities of this new sub-committee. They have my best wishes and support to get things going.

Paul Croghan

Maynooth University student wins 2015 Wesley Cocker Award

Award recognises contribution in chemistry relevant to Irish industry

Alice Blumlein has been awarded the 2015 Wesley Cocker Prize from the Society of Chemical Industry, All Ireland Group. Professor Cocker was instrumental in establishing the Irish Section of the Society of Chemical Industry in 1947. The award, named in his honour, is given to the best paper or patent by a student on a topic of relevance to industrial chemistry.

Blumlein, who won the award for her work on tough protein gels, explained: "A bigel is composed of two discrete interpenetrating networks, with both networks contributing to the mechanical properties of the bigel. My research describes, for the first time, an all-protein bigel with properties of both parent gels. This hydrogel may have applications that include drug delivery and cell scaffolds or as a biomimetic."

The research was conducted in the Soft Matter research group in the Maynooth University Department of Chemistry under the supervision of Dr Jennifer McManus. The project was funded by a Maynooth University Teaching Fellowship to Alice Blumlein and an SFI Stokes Lectureship to Dr McManus.

MAYNOOTH MAN RECEIVES SPECIAL AWARD IN ENGINEERING

Maynooth man Kevin Tracey has recently been awarded the Ing. EurEta title by the European Higher Engineering and Technical Professionals Association in Brussels in Belgium.

Kevin, a registered Chartered Engineer and European Engineer with vast experience on many major National and International Projects including Intel, has gained extensive work practice in the areas of Consulting Engineering and Forensics

We wish to congratulate him and his family on his achievement.

Home Security

Christmas Holidays

Christmas holidays are a special time when families and friends come together to celebrate the season. It is also the time of year where families and friends are most generous and practice the tradition of gift giving. It should be a joyous and happy time for all of us. Unfortunately for us, home burglars view the holiday season a little differently. For them, it is a time of opportunity to burglarize your home for cash, credit cards, and all the new gifts of small electronics, computers, jewellery, and easily sold valuables.

Here are a few tips of what they look for when shopping for a house to burglarize. These tips will help you enjoy the holidays without incident.

- Burglars look for an easy entry with good escape routes. Don't openly display your Christmas tree and gifts in the front window so it's easily visible from the street. It's too tempting for them to smash the window and grab the wrapped packages.
- Burglars look for occupancy cues like outdoor lights burning 24 hours a day, piled up newspapers, or advertising flyers hanging on the door knob. Use an inexpensive light timer when you are away and ask a neighbour to keep the front of your home clean of papers and debris.
- Burglars know to look for the hidden door key near the front entrance. Don't hide spare keys under rocks, in flowerpots, or above door ledges. Instead give the spare key to a trusted neighbour.
- Burglars prefer to enter through unlocked doors or windows. Sliding windows that are not secure can be seen from distance. One holiday problem

can occur when exterior Christmas light extension cords are run inside through a window and prevent it from being secured. Hire an electrician to install an inexpensive exterior outlet for your holiday lights.

- Don't post your family name on your mailbox or on you house. A burglar can call directory assistance to get your telephone number and call your home while in front of your house to confirm that you are away.
- Don't leave descriptive telephone answering machine messages like, "You've reached the Wilson's...we're away skiing for the Christmas holidays...please leave a message." Burglars love to hear that they have plenty of time to break in and completely ransack your home.
- After Christmas day, don't pile up empty gift boxes from your new computer, DVD player, or stereo receiver on the street for the bin man. Burglars appreciate knowing that you have expensive gifts inside for them to steal. Break them down or cut them up to conceal the items better. After a lucrative burglary, the chances of being burglarized again are increased to steal the new replacement products.
- Last, but not least, fortify your home by installing solid core doors, heavy duty locks, longer screws in the lock strike plates and door hinges, and install secondary security devices on all accessible sliding windows.

Distraction burglary

Distraction burglary is any crime where a falsehood, trick or distraction is used to gain access to a property to commit burglary. Victims of distraction burglary can suffer terribly both emotionally and physically.

Violence is increasingly being used by offenders

against the elderly in order to gain entry to their homes and steal their property. Unfortunately, some victims suffer a decline in health and even die as a result of the trauma caused.

Did you know...?

The average age of a victim of distraction burglary is 81-years-old.

Crime prevention advice - Distraction burglary:

If you're not sure who is at your door, don't open it. Check the identity of the caller by calling the company they are purporting to be from i.e. gas, electricity, water, police. Use the telephone numbers listed in your local directory or provided independently by your service provider – Do not use any telephone numbers provided by the caller – they may be bogus.

Telephone a neighbour or friend nearby to come along and check out the caller before you open the door to them. Some areas in the country have "Neighbourhood Watch Schemes" you can sign up to. Check with your local police to find out if there is one in your area. Don't keep large quantities of cash at home; put it in the bank where it is safe. Keep doors locked and windows secure at all times. Ensure that if you do let somebody in to your home, that you close the door behind them – distraction burglars often work in teams, where one will distract you whilst others sneak in through the insecure door.

If somebody asks for your help – needs to make a telephone call, lost a ball in your garden, needs a drink or pen and paper for example, refer them to a younger neighbour or assist them through a closed door. Alternatively, call a friend or neighbour to come and assist.

Not sure? Don't open the door!



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Maynooth GAA Club Lotto Results

E-mail secretary.maynooth.kildare@gaa.com to join

Week	Numbers	Jackpot	3 x €25 winners
02-Sep	11, 12, 16, 17	€3,000	Proinsias Breathnach, John Kelly, Brendan Ashe
09-Sep	6, 8, 11, 24	€3,050	Sean Flood, Garreth Kelly, Billy White
16-Sep	2, 15, 18, 24	€3,100	Aine McGarry, Johnny Nevin, Grainne Dunne
22-Sep	12, 17, 18, 21	€3,150	Paul Qualter, Denis Heneghan, Barbara Jordan
29-Sep	1, 9, 15, 22	€3,200	Eleanor Jones, Nuala/Padraig Forde, Edel Hennessey
06-Oct	6, 9, 10, 24	€3,250	Clann Uí Cheallaigh; Martin O'Sullivan; Pat Power
13-Oct	4, 11, 20, 21	€3,300	Anthony Casey; Brian O'Kane; Ronan Hever

Maynooth Town FC Lotto Results 2015

www.maynoothtownfc.com - Join Us On Facebook

W/End	Numbers	Jackpot	3 x €35 Winners
06-Sep	3,4,23,26	€2,550	Mick & Mags - Terry Hinds - Kenneth Kenny
13-Sep	4,5,22,26	€2,600	Damien Bracken - Phillip Hynes - Sean Mahon
20-Sep	1,10,23,27	€2,650	Ann Ruane - Orla Mc Mahon - Miriam Maher
27-Sep	7,15,20,25	€2,700	Gina Folan - Tozzie - Ollie Durack
04-Oct	6,11,14,27	€2,750	Maurice Byrne - Leisa Garvey - Mary Mc Grath
11-Oct	4,7,8,16	€2,800	John Gannon - Tom Monnelly - Michael O'Rourke
18-Oct	6,7,22,26	€2,850	Aidan & Siobhan O'Brien - Mick Ryan - Viv Mc Tiernan

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Fitness for Christmas

Christmas can be great motivation to get into that “little red dress”. Exercise not only boosts your metabolism but it makes you look and feel great. It also energises you and helps lower stress which can come in handy in the run up to the Christmas rush!

It may just be over a month until Christmas but it’s never too late to start making changes to your health and fitness routine that will have you looking and feeling great for this festive season. So let’s countdown those weeks by doing the following:

Setting Achievable Goals

When we are trying to lose weight or get in shape we often lose sight of what is realistic and what is possible in a certain period of time. Take each day as it comes and set small realistic goals which will ultimately have an accumulative effect.

At the Glenroyal Leisure Club, our expert fitness instructors can tailor a workout programme to suit your goals, helping to get you on the right track & maximise your results. Ask us about our ‘6 Week Fit-Mas Challenge’.

Organising a Routine to Suit the Festive Season

Everyone can appreciate how busy and stressful the Christmas season can be, therefore, organisation is key to success. The Glenroyal Leisure Club offers flexible opening hours, a variety of fitness classes and an expert team on hand at all times to help maximise workout results. We all use technology to help us plan our day and the Glenroyal Leisure Club is embracing these technological advances with the introduction of our easy to use mobile app. Signing up for a class couldn’t get much easier! With a number of classes to suit all fitness levels and schedules, make the plan to put yourself first and stick to it!

Keep your Meals on Santa’s nice list

Food is a huge part of the holiday season and there’s no better way to celebrate than a big family dinner, or those tasty little nibbles at a party. If you’re dining out then opt for lighter dishes, such as tomato based sauces rather than creamy. Eat before you go to a party, that way you’re less inclined to overindulge in party snacks. Planning ahead will help you make better choices and it all adds up.

Ignore the “I’ll Start in the New Year” Mentality

It’s never a good idea to leave things on the long finger and that includes fitness! Ignore the tradition of starting in the New Year, it won’t do you any favours in the long run. Plus if you start before the holiday season you have the routine nailed before the New Year and you also have the head start on friends and colleagues trying to lose those post-Christmas pounds. You’ll be thankful for all that extra energy to cope with the Christmas chaos.

If you’re struggling, sing, shout and ask for the right help!

Getting started is not always easy, but it’s a lot easier with the right support network. Ask your friends and family to get involved with your fitness lifestyle and everyone will reap the rewards. Also some competition in the office is always healthy! With excellent membership options available, sign up with the Glenroyal Leisure Club to kick-start your fitness for Christmas challenge. Our friendly fitness instructors are always on hand to help, all you have to do is sign up and get started.

WING TSUN - IEWTO

Maynooth

Self – Defence Class

Venue: Maynooth Community Space
Unit 11 Carton Park (Tesco)
Shopping Centre
Maynooth



Class Times
Wednesday 8 - 10pm
Sunday 10am - 12pm
Class Sizes Limited

Instructor

Si-Hing Barry Smith 1st HG

Contact - Barry Smith
Phone: 087 4504869
E-Mail: barrysmith265@gmail.com

Maynooth Tidy Towns

Thank you to all who have congratulated us on winning our first Silver Medal in the National Tidy Towns competition. You can read the judges full report on page 23. In the Helix on the 28th September we also won a Value Water Award which was sponsored by Irish Water. Marian Cawley was also honoured as one of the 10 Supervalu Local Heroes, many people have said well deserved. As you are aware we have installed the 2 Solar Big Belly Compactors in the Main St, one outside Supermacs and the other outside Maximus/Mizzoni supported by Intel Pride of Place competition.

Richard Farrell
PRO Maynooth Tidy Towns.



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'Twas the night before Christmas, when all through the house not a creature was stirring not even a mouse'

Some families like the tried and tested Christmas recipes that have been handed down through generations, but I like to try something different each year and so I came across some recipes in a very old cookery book by Nell Heaton (courtesy of Mr Tom McMullon) called THE COMPLETE HOSTESS. I hope you try them and enjoy.

PLUMP PUDDING

- 1/2 lb stale breadcrumbs
- 1/2 pint scalded milk
- 6oz brown sugar
- 5 eggs
- 1/2 lb raisins
- 4 oz chopped walnuts
- 2 oz sultanas
- 1/4 lb grated carrot
- 1/2 lb grated suet
- 1/4 pint brandy
- 1/2 teaspoon grated nutmeg
- 3/4 teaspoon cinnamon
- 1/3 teaspoon ground cloves
- 1/2 teaspoon finely grated lemon peel
- 1/3 teaspoon ground mace
- 1 1/2 teaspoons of salt



Soak the breadcrumbs in milk for an hour, add sugar, beaten egg yolk, raisins, currants, sultanas, lemon peel, walnuts and mixed peel. Add the suet and beat up by hand, using a wooden spoon. Add brandy, spices and salt. Add the stiffly whisked whites of eggs. Turn into a buttered bowl and steam for 6 hours. Unmould and serve garnished with a sprig of holly, surround with burning brandy.

CHRISTMAS CAKE

- 1 lb butter
- 1 lb sugar
- 3 teaspoons coffee essence
- Grated rind of one lemon
- 8 eggs
- 1 lb sultanas
- 2 lbs currants
- 1/2 lb candied peel
- 1/2 lb glacé cherries
- 2 oz ground almonds
- 2 heaped teaspoons cocoa
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 2 1/2 fluid ozs brandy
- 2 tablespoons sherry
- 1 1/2 lb plain flour
- A large pinch of salt



Mix all the fruits together except the cherries. Soak in the sherry overnight. Sieve the flour, salt, cocoa and spice and beat the eggs. Cream the butter thoroughly, add the sugar and cream again, adding the coffee essence. Add the well beaten eggs by degrees with plenty of beating between each addition. Mix in a third of the sieved flour lightly. Mix in the fruit, add the cherries and lastly gradually add the remaining sifted flour. Put the mixture into an 11 inch cake tin which has been previously lined. Place the cake in a very moderate oven and bake for about 5 hours. Pour brandy over warm cake. When cool wrap in greaseproof paper and store in an airtight tin.

ALMOND ICING

Mix together 1/2 lb ground almonds and 1/2 lb caster sugar. To this mixture add 1 egg, 2-3 drops of almond essence, 1 teaspoon of lemon juice and 1 teaspoon of sherry. Whisk all together to bind and roll into clingfilm. Leave in the fridge for a couple of hours before use.



The Benefits of Houseplants



The days are short and the weather is turning frosty and cold, which means winter has arrived. When the frost hits, it's difficult to do much outdoor gardening, and we tend to close our windows tight to keep all the warm air in. That's good for staying warm, but bad for air quality. This month, we'll take a look at how people can make their living environment healthier and more stress-free with houseplants.

Houseplants have become an increasing area of scientific study, and people are becoming more aware of the many benefits of including plants in both personal and office spaces. NASA first began research into houseplants and their ability to purify the air in 1989. The space agency has a vested interest in determining how houseplants can benefit indoor environments as improving air quality is a critical issue in space stations. NASA's clean air study was a catalyst for further research into the benefits of houseplants.

These studies have shown that houseplants have a variety of quantifiable benefits. Modern building practices may be making buildings more efficient, but it comes at a cost. The rooms in which we live and work are now more tightly sealed than ever before, which leads to the air inside being up to 10 times more polluted than the air outside. This results in greater exposure to chemicals emitted from building materials and the air we exhale.

There has been a rise in office workers suffering from asthma, headaches, sinus problems, allergies, and poor concentration, and the phenomenon has been linked to poor indoor air quality. This is called Sick Building Syndrome, where people experience acute health problems from spending time in a building with poor air quality.



The air in homes and offices contains many chemicals that are released as by-products of industrial building supplies, cleaning agents, office equipment, and other sources. The most common chemicals include benzene, formaldehyde, trichloroethylene, xylene, and ammonia, and exposure to all of these is linked to adverse health effects in humans.

Formaldehyde is extensively used in modern industry and is found in almost all paper products, including toilet tissue and paper towels, as well as synthetic fabrics, particle board, and plywood. Trichloroethylene is found in inks, paints, lacquers, varnishes, adhesives, and paint remover/stripper. Benzene is used to make plastics, resins, synthetic fibres, rubber, dyes, detergents, and pesticides. Ammonia is found in most window and household cleaning products as well as floor finishing. Xylene is found in printing products, rubbers, paints, leather, tobacco smoke, and vehicle exhaust.



These chemicals and their by-products are impossible to avoid indoors. However, NASA's clean air research has determined that we can reduce our exposure to these harmful chemicals with houseplants, as they filter the air and break down chemicals in it. Rooms with a plant in them also have 50-60% less airborne mould spores and bacteria. This probably explains why offices that incorporate plants into the décor show a proven reduction in employee sick days. A Berkeley

study revealed that 40 percent of all sick days are related to poor indoor air quality. Multiple studies show that using plants in interior spaces decreases the incidence of flu, colds, sore throats and coughs by 30%.

Plants also benefit us psychologically. Houseplants have proven to reduce stress and tension and improve mood. Working in view of a plant increases memory retention by 20%, and offices with plants demonstrate increased employee productivity and accuracy. They also improve healing – research has shown that hospital patients given houseplants while recovering from surgery have lower blood-pressure, report less pain and anxiety, and recover faster. Visual exposure to plants reduces blood pressure and lessens stress in just five minutes.

NASA research suggests having at least one plant per 100 square feet of home or office space. Next month we'll take a more detailed look at how to care for houseplants and which ones are best at purifying the air.

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- Fungi (Mushroom)
- Cafe de Paris Butler

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Maynooth Macra na Feirme

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TECHNOLOGY CORNER

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

The Essential Podcast Guide

Long before the advent of television, broadcast radio has been bringing people together to listen to news, stories, and discussions. People can find great pleasure listening to the radio in the background while doing other tasks, and it's a handy source of information. In the Internet age, a new medium for communication is causing many in the radio business to reconsider some of the established practices and preconceptions about audiences, consumption, production, and distribution. The most popular form of audio entertainment is no longer the radio but the podcast, and it is opening up a new world of possibilities.



Once an obscure method of spreading information, podcasts have become a recognised medium for distributing audio content. Podcast is a portmanteau of the words "pod" – from iPod – and "broadcast". Despite the etymology, Apple did not invent the word (or the medium) – the term was first coined in 2004 by a journalist for The Guardian. At the time, iPods were the definitive choice for listening to portable audio files, though an Apple product is not required to listen to them.

Podcasts are a converged medium that brings together audio, the Internet, and the portable media player (though you can also listen to them on your computer). It's a form of digital media consisting of serial audio episodes that can be subscribed to and downloaded or streamed over the Internet. These audio files contain everything from music to comedy to fictional narratives, though the format is frequently that of a talk radio show.

There are many benefits to podcasts: the medium contains something for every interest and listener, they can be downloaded or streamed onto a variety of devices to be enjoyed whenever and wherever you like, and almost every podcast is completely free. Their accessibility, portability, and variety has turned them into one of the most popular forms of media. Podcasting contrasts with webcasting (Internet streaming) in that webcasting generally isn't designed for offline listening to user-selected content.

You can find a stunning array of new and interesting content from the Internet for free, whether you are interested in cars, cooking, technology, sports, science, history, comedy, self-improvement, art, or any topic you've ever wanted to know more about. You can listen to what you want, when you want, and how you want. You can find shows to listen to on your phone, tablet, or computer every day. You can wake up and automatically have new shows ready to listen to while you commute to work.

The podcast experience opens up a whole new world of entertainment, creativity, and learning to people. It offers free, original, and interesting content and provides an amazing way to share information across the Internet. No single person or corporation owns the technology; it is free to listen to and create content, which departs from the traditional model of "gate-kept" media and production tools.

Anyone can create their own radio-style show and broadcast it to the world in very little time and at very little cost. All that's required is a computer, a mic, and the Internet. In this sense, it is very much a horizontal media form: producers are consumers, and consumers become producers and engage in conversations with each other. It has levelled the playing field and allows people to share their passions and interests in creative new formats. Because of this, it contains personality and variety that is lacking in conglomerate, pre-programmed media.

As there is no financial or professional barrier to creating podcasts, everyone from individuals who want to share their interests to public radio professionals are making them.

However, just because podcasts are free and open to public creation does not mean that they lack quality. Most podcasts are made by people who are very passionate about their subject, and that passion carries across to the listener. Clubs and organisations can post their discussions. People obsessed with fountain pens or cameras or mycology are making programmes for other people who share their interests. Writers are creating serialised novels, and some stand-up comedians have gone from relatively unknown to huge Internet successes through their podcasts. In addition, many major media outlets are also now offering podcasts.

Most podcasts are also commercial-free. Because the production cost is so low, podcasters don't require public sponsorship to operate. Those that do incorporate advertising generally do so in a way far less intrusive than what we find in radio or television.

No two podcasts are the same, and there is something for everyone with this exciting and growing medium.

How to find and listen to podcasts

Enjoying podcasts is easy, and you are in control of the audio experience. You can pause, rewind, repeat episodes, change the playback speed, and transfer, store, or delete them at your convenience. It's up to you where and how you want to listen to them. Any Internet-enabled device can play podcasts, though as their name suggests, they lend themselves well to listening to them on the go with a mobile device.

On computers, listening to a podcast is as simple as clicking on the file in a web browser and letting it play. There are many ways to get podcasts on your mobile device, and if you don't have a smartphone (or iPod Touch), the easiest way to do that is through iTunes. Just navigate to the Podcast tab of the iTunes Store, browse, download, and put them onto your audio player.

Probably the most popular way to find and listen to podcasts is using a dedicated podcast app on a smartphone. This software is often referred to as a podcatcher or podcast aggregator. These apps let you explore, subscribe to, download, and listen to programs, all in one place. Apple iPhones have a Podcasts app that comes standard on the current iOS. Originally a rather poor and buggy offering, Apple has recently improved it in order to keep up with the strong competition from other independent apps. Android users also have many options for finding and enjoying podcasts. We will discuss some of the most popular apps on the following page

On a computer you can either download episodes or stream them online. Some podcast apps require that you download each episode onto your device, whereas other apps give you a choice to either download episodes or stream them. This can be handy if you don't have a lot of free space or want to avoid cluttering your device, but keep in mind your data allowance if you are not connected to wifi. Podcasts tend to be bigger than music files as they are often longer, so they take up a bit more space on mobile device. If you listen to podcasts often, you will want to regularly delete older episodes to free up space.



You can either listen to shows individually, or if you find a podcast that you really enjoy, you can subscribe to it so that all new episodes and updates are automatically downloaded. That

removes much of the hassle of acquiring new shows or keeping up with a release schedule. This ease and convenience of this automatic delivery is powerful, and it is one of the things that sets podcasts apart. You can unsubscribe or stop receiving updates at any time.

The Best Podcast Apps

Podcasting apps, also known as podcatchers, do more than just play your podcasts. The best-in-class examples automatically download and sort the newest episodes of your subscribed podcasts, help manage your subscriptions, and can also include a variety of other features. Here is a collection of some of the most popular podcasting apps for iOS and Android devices.

Podcasts (iOS, free)

Apple's own app is a standard feature on iOS devices, and it is a decent option for people new to podcasts. It's an easy to use client that allows users to search for and subscribe to individual podcasts from inside the app, and you can view podcast charts from the iTunes Store. There's also a useful "My Stations" feature, which allows you to create playlists of shows. You can also use Siri to play episodes from the app. However, it can be a little slow, and the UI is bland. It covers the basics and offers reasonable functionality.

Overcast (iOS, limited free or €4.99 unlimited)



Overcast is one of the top new podcatchers. Its strengths are numerous, and there's little to criticise about it. It provides solid basics like episode downloads, notifications of new releases, offline play, and podcast discovery. In addition, Voice Boost normalises the sound levels of speech, automatically boosting quiet voices and lowering loud ones. Smart Speed automatically cuts away at gaps and silence in the podcast, speeding up play without distorting audio. Some of Overcast's features are locked or limited in the free tier, which can be unlocked with a €4.99 in-app purchase.

Castro (iOS, €3.99)

Unlike other podcatchers, Castro's primary virtue is its simplicity and ease of use. It's a good app for people who don't listen to many podcasts or have a small capacity device. This podcatcher isn't cluttered with too many complex features, but that's not to say Castro is bare bones. It includes dynamic storage management, automatic episode downloads and episode streaming, but it's the clean design and interface that are the main selling points.

Instacast (iOS, free with in-app purchases)

The latest incarnation of this app, Instacast 5, sports a redesigned media player with easy swipe access to an episode's chapters, a Night mode that can be toggled or set to automatically trigger based on time of day, keyword search tools and more have been added to an already feature-packed podcast app. The core of the app is free, with Night Mode and Text Search available as in-app purchases.

iCatcher (iOS, €2.99)

iCatcher! features many configurable settings, tweaks and features. Users can subscribe to and download their favourite podcasts from within the app, with Wi-Fi and cellular download options available, as well as background and multi-episode downloads. The player can accommodate variable playback speeds, a sleep timer, multi touch controls, quick jump/back buttons and more. If you like customising your player, iCatcher! is definitely worth a look.

TECHNOLOGY CORNER

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

The Essential Podcast Guide Continued

Downcast (iOS, €2.99)

Downcast is a critically-acclaimed podcast app with good reason. A robust online search for podcast subscriptions, auto-downloading and the ability to import and export OMPL podcast feeds help you ensure your podcasts stay up-to-date. A highly customisable playlist maker lets you selectively build your playlists on the go, while numerous playback options (such as episode streaming, variable speed playback, video podcast support and more) allow you to play your content however you like.

Player FM (Android, free)

Originally a browser-based podcatcher, Player FM has since branched out with its own Android app. It offers users powerful podcast discovery tools as well as solid playback, subscription, and management features. Users can search for podcasts based on broad topics and sub-topics, or subscribe to individual shows, download episodes for offline play, and set the app to automatically delete played episodes in order to make space for new downloads. Playback options include variable play speed, sleep timers and even the ability to launch episodes from Android Wear smartwatches.

Pocket Casts (Android and iOS, €3.99)



Pocket Casts is a cross-platform app that makes it easy to jump between devices, and the web player allows you to listen on your computer as well. It showcases subscribed podcasts in tile format. A smart playlisting feature helps you sort and categorise your downloaded content for easy listening. Pocket Casts also includes video podcast support, auto-downloading, and automatic cleanup of downloaded episodes to save storage space. Other helpful playback features include quick skip forward and back buttons with configurable time intervals, a sleep timer, and Android widgets.

DoggCatcher (Android, €3.44)

Ideal for power users, DoggCatcher is filled with a huge amount of functions including advanced search, variable playback speeds, auto-downloading, feed customization, auto-cleanup, UI customisation, and even the ability to run episode diagnostics and send logs to the developer. This is a powerful app, and constant updates keep it on the edge.

Beyondpod (Android, free 7 day trial, €7.65 purchase)

With numerous power features and advanced categorisation, file management, and search functions, Beyondpod is great for those dealing with a lot of podcasts and consuming a broad spectrum of content. Navigating content as it plays is also easy as playback options are placed in one spot within the app's UI. Fine grained download settings give users control of how much the app downloads in the background. It's pricey but may be worth it if you're a heavy podcast user, and the free trial is a nice touch that allows you to test before you buy.

Stitcher (Android, free)

Stitcher may be mostly known as an Internet radio service, but it's also a great podcast service. You can browse and add all of your favourite podcasts, then "stitch" them together into stations for listening in the order you want. You can also keep up with breaking and daily news through a variety of top news programs to mix it up from your normal weekly podcasts. It's still sticking to its older-style of design that doesn't quite look as modern as Pocket Casts and Player FM do, but it's functional and familiar with a lot of features for a free app.

Top Podcast Picks

You can find podcasts on any topic you could imagine, so search whatever interests catch your fancy. To get you started, here is a small selection of some of the best and most popular podcasts available now.

Stuff You Should Know

Let's face it – there are a lot of things that we should know but don't quite have time to research. Who has the time to google everything? Far better to absorb it while exercising, commuting, or cooking from this conversational and highly entertaining podcast by howstuffworks.com. On SYSK, a rotating pro-am panel discusses everything from How Bitcoin Works to How Ocean Currents Work in what feels like the world's most well-informed pub conversation.

Little Atoms

Pamper your brain with books, ideas, the arts, politics and whatever else comes up in an engaging, irreverent and unashamedly intellectual podcast. The lo-fi production values compound the impression of rubbing leather-padded jacket elbows with a splendidly down-at-heel slice of the intelligentsia.

The Bugle

Billing itself as an "audio newspaper for a visual world", this satirical news show co-hosted by Andy Zaltzman (in London) and John Oliver (in New York) has been going strong since 2007. The comedy duo deadpan their way through current affairs in this brilliantly rambling "newspaper for the ears".

The Pod Delusion

This cheerfully sceptical "podcast about interesting things" looks at the world from a fiercely rationalist perspective. It's a partner of the British Humanist Association. Each episode takes a leisurely but eye-opening look at issues as varied as the iffy history of Assassin's Creed, Greece's Golden Dawn, and the non-human civil rights of captive killer whales. It'll give you hope that the world isn't really vanishing down a wormhole of superstition and make you feel about 50% smarter.

Pop Culture Happy Hour

America's state-funded National Public Radio has got a grip on movies, music and the Internet that's beyond broadcasters. In this weekly roundtable, pundits dig into the thinking person's entertainment story of the week, be it Mad Men, Downton Abbey or the shambolic VMAs.

Kermode and Mayo's Film Review

Led by two of the finest and most likeable communicators in radio, the podcast version of Mark Kermode's and Simon Mayo's weekly 5 Live show is an unalloyed pleasure. For the uninitiated, it involves verbose, terrifically expressive movie reviews, down-to-earth questioning of said reviews, listener correspondence, good-natured bickering, interviews, and regular appearances by actors.

Radio Lab

This oblique documentary series Radiolab, from New York's public station WNYC, riffs on a big subject like colour, time or numbers until it becomes a sound experience in its own right. Hard facts collide with a playful sonic approach and the effect is like a dream where you learn things. Episodes have focused in on everything from human attempts to communicate with dolphins (Hello) to the social experiments being undertaken at Facebook (The Trust Engineers).



The Football Ramble

Hosted by a quartet of exuberant, knowledgeable and quick-witted football fans – including the Absolute radio presenter Pete Donaldson and the stand-up comic Jim Campbell – this long-running series provides a weekly fix of global soccer news, analysis and banter. It manages the rare feat of being both funny and informative.



The Thrilling Adventure Hour

These brilliant episodes offer a spot-on recreation of old-time US radio drama from the 1930s and 40s that both sends up these corny, wholesome wireless serials and also shows real affection for a homespun era before irony ruined everything. Fake serials including Sparks Nevada, Marshal On Mars, Amelia Earheart, Fearless Flier and Down in Moonshine Holler are rendered with songs, wisecracks and handmade sound effects before a live audience in Hollywood.

WTF with Marc Maron

This high-intensity interview podcast is about as far as you can imagine from a chummy little chat between showbusiness insiders. Having paid his dues both in performance and his personal life, LA-based stand-up comic Marc Maron persuades a stellar line-up to come round to his garage (yes, his garage) and open up in ways that conventional media seldom sees. Robin Williams, Edgar Wright, and Josh Homme have been among the guests in an interview series unlike any other.

99% Invisible

You know that an item of design is good if you barely notice it – hence the name of this reliably mind-boggling exploration of product design, architecture, fashion technology and any and everything designed for KALW in San Francisco. Roman Mars's bite-sized show (15-30 minutes) is as vivid as you could wish, exploring everything from DIY spacesuits to the aesthetic of Looney Tunes cartoons.

Oxford Biography

The thing with history is they keep making more of it. Fill in the blanks with this admirably straightforward series of capsule life stories from the Oxford Dictionary of National Biography. Each episode gives without judgment or bias an account of one Briton's life, researched by professional historians. There are 180 available and their span is boggling, taking in everyone from Lord Haw-Haw to Freddie Mercury.

The Naked Scientists

Created and co-presented by a Cambridge-based virologist called Dr Chris Smith, this whip-smart, long-running podcast manages to convey big scientific ideas and breakthroughs with clarity, wit, and a refreshing lack of jargon.



Here Be Monsters

This describes itself as "a podcast exploring the dark corners of the human mind." Although episodes vary in format, with documentary-style investigations into topics such as placenta eating, cricket noises, depression and crows. The show really shines when single subjects take over the mic, talking about hairy travel escapades, personal demons and experiences with the ineffable or unknown.

This American Life

Don't let the name put off Irish listeners. One of the most-loved podcasts of them all, WBEZ Chicago's podcast has a more or less permanent spot on iTunes' Top 10 Podcasts, and it is well deserved. In each episode, host Mr Ira Glass takes listeners through a series of stories, many about real people, on a particular theme such as, "superpowers" or "poultry". It's charming, unexpected, often weird, but always heartwarming.

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Irish Girl Guides

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

History Group

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

Community Library

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

Bridge Club

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

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

University of Third Age (U3A)

Weekly meetings on Fridays at 11am in Maynooth Community Space Unit 11/12 Tesco SC Carton Park, Maynooth New Members Welcome

Maynooth 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 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

Maynooth Community Church

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

Kildare Intercultural Action Group (KIA)

Meetings takes place 3rd Saturday of the month at 3pm. In Maynooth Community Space Tesco SC Carton Park Maynooth For further information. Contact Maeve at 0873459185 www.facebook.com/kiamaynooth



By Terry Nealon

Hi Folks here we are back again after a really great year of good productions. The year started with *The Hostage* by Brendan Behan. This was such a success for us but unfortunately we could not accommodate the many people who turned up for each performance. For our summer productions we went to the wonderful ancient walls of Maynooth Castle. With three original plays on the same night (is this good value or what). The night started with *Breathing Lessons* by Martina Reilly followed by *Baggage* and completing the programme *Blue Wine* by Rory Griffin. All written by local people. This is what Community Theatre is all about. The whole event was a great success.

Now it's that time of year again and An Nuadha Players have sprinkled themselves in fairy dust to produce our new original pantomime *The Snow Queen* written and directed by Martin Higgins. This is an all new show by Martin and he is guaranteeing lots of laughs and thigh slapping. At this moment the cast are rehearsing three nights a week to make this panto the best panto in North Kildare, no make that Ireland. Yes the best Panto in Ireland.

Performances at the Aula Maxima Maynooth University December 10th – 13th Thursday 7.30pm / Friday 7.30pm - Saturday 2.30pm & 7.30pm - Sunday 2.30pm.

Admission: Adults €13 - Child/Student €10 - Family Ticket (2+2, 1+3) €40 – Groups (10+) €9 per person: Bookings 086-8068068 find us on Facebook.com/annuadha

With 1916 looming large, lots of activities are planned in the Kildare area and all over the country to remember the men and women who took part in the Easter Rising.

An Nuadha Players will perform a play written by Martina Reilly to be performed on the Easter weekend. It will tell the story of the men who walked to Dublin to take part in the planned rising. They walked down the canal towards Dublin and into history. It's a great story to tell and no one better than Martina to tell it. You will hear stories of how the men handled the situation they found themselves in and what happened when they got to the GPO. The performance will include the walk down the canal ending at Carton House which will be the back drop for the GPO Dublin.

As this is a very big undertaking for Martina, you can help greatly if you happen to shop in Tesco. Use your blue token to help make this production the best it can be. The more people involved the better so if you would like to take part ring 086-8068068.

In June An Nuadha will perform another new play written by Terry Nealon which covers the period of 1965 to 66. This deals with the first 50 years of the rising. The play is written through the eyes of 13 women who worked in the inner city. Have lives changed in 50 years? What does the rising mean to them? This is a true story which gives us another view.

Looking forward to the whole event.

Mind the trams. / Terry Nealon

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I say John this really is a good Panto



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7.30pm Saturday, 28th November 2015

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BINGO

Maynooth Scouts Bingo Night

**Maynooth Scouts will commence
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Tidy Towns Competition 2015 Adjudication Report

Centre: Maynooth

County: Kildare

Category: F

Ref: 377 Mark: 305

Date(s): 24/06/2015

	Maximum Mark	Mark Awarded 2014	Mark Awarded 2015
Community Involvement & Planning	60	52	52
Built Environment and Streetscape	50	40	40
Landscaping and Open Spaces	50	45	45
Wildlife, Habitats and Natural Amenities	50	32	33
Sustainable Waste and Resource Management	50	15	17
Tidiness and Litter Control	90	51	53
Residential Streets & Housing Areas	50	29	30
Approach Roads, Streets & Lanes	50	35	35
TOTAL MARK	450	299	305

Community Involvement & Planning / Rannpháirtíocht an Phobail & Pleanáil:

Many thanks for your entry in this year's Tidy Towns Competition. Congratulations Maynooth on being Ireland's Best Kept Town! Titanic news indeed. Well done.

Thank you for a most complete entry. This was however a little weighty and there was material which could have been reduced or omitted altogether. The adjudicator is aware of how much work goes into assembling entries as good as this so your pardon is sought for any critical comments thereupon. However, it is recommended that you reduce the volume in next year's entry. This is in order to ensure that no important information is overlooked - hidden by unnecessary materials. All that said, your entry was very clear and well-illustrated.

Your overall structure as a group is demonstrably good. You very obviously engage well with your community. You use traditional means as well such as the Maynooth Newsletter, County newspapers and radio. The adjudicator loved the idea of business cards - great! However, the sandwich boards at work sites are hard to beat. You gave a long list of organisations that support you and your work. The adjudicator learned a lot from your entry form in this category - including the University's Fair Trade status and that you have a Transition Movement group in Maynooth. This makes for a very active and dynamic town. You are without doubt plugged in to the next generation who'll be coming up to take over from us. You've a most comprehensive entry on your work with schools, colleges and even the university.

Built Environment and Streetscape / An Timpeallacht Thógtha agus Sráid-dreacha:

Thank you for a very clear and well-illustrated submission here also. The adjudicator was grateful for the brief introduction to the history of your beautiful town. There have been some substantial and positive changes to your Built Environment & Streetscape. Thank you for the photos - including 'before and after' pictures that are most useful - of your work. Your drawing up of a plan speaks well of your organisation. You have some very common sense proposals that would be readily achieved.

You have a bright and lively commercial streetscape. Shop fronts that caught the eye included: Permanent TSB, Brady's Pub, Oak Alley, The Avenue, Siopa Mílseáin, and Bistro 53. Also, Uí Neill's, the Coffee Lounge Brady's Property Partners could look better. The Roost Bar will be in need of painting soon. The adjudicator admired the use of an empty shop for Tidy Towns display but this could be done much better. Manor Mills Shopping centre was well kept. Could the Kilcullen Road side windows be made to look brighter and more cheerful? They are so dark and forbidding. Nearby, what's the little derelict building beside the Catholic Church? It's in poor repair although it has

been painted previously.

The Castle is gorgeous and today was the first day that the adjudicator had time to properly look around. It's good to read that you are taking a role in the fate of Buckley's - a lovely old house. Could the Vet's sign be removed, please? It has no place on such a building. The lovely new benches in front of the Carton Avenue entrance were gratefully used.

Landscaping and Open Spaces / Tírdhreachú agus Spásanna Oscailte:

Again, you've set out your achievements and plans really clearly in your submission. It's very interesting for the adjudicator to get such good levels of detail on the various projects - including the dreaded bottom line! You aim to consolidate your efforts and that is to be applauded. It's great to read of collaborations such as that with the University, the shopping centre and Kildare County Council. Well done on your assessment and plans on the Japanese knotweed. Please let us know how initiatives such as the Blacklion Site go ('before and after' pictures please!).

Court House Square looked sharp and busy on adjudication day and the trees here were admired. The great work in front of Carton Avenue entrance was much appreciated. The adjudicator was struck by the high numbers of walkers and other visitors here on this morning. The 'heartland' of your town - the University entrance and castle looked so well (and also very busy!). The shopping centre played its part by the display of some super hanging baskets and the hugely long troughs of flowers. It may be argued that bedding plants are not resource-efficient and this is something you may wish to revisit in your plans. Nearby there are beautifully symmetric round beds at the junction of Kilcullen Road and Mill Street. There was also great work done at the grotto of the RC Church. Nice consistent planting was noted in the planters on the lampposts throughout the town.

Wildlife, Habitats and Natural Amenities / Fiadhúlra, Gnáthóga agus Taitneamhachtaí Nádurtha:

A nicely wide-ranging submission was received from you for this category. This included practical conservation work, interpretation, management and maintenance as well as planning. All good. However, you have included works completed in 2013 so please don't mention prior work unless it is absolutely relevant to this year's or ongoing projects. Be sure now that the people/organisations you cite are actively involved. You have a good grasp of the tasks at hand and where your priorities lie. You also include plans for cycling, the current use of the canal for sports and angling. Very good. You've not mentioned the canal's national designation as a Natural Heritage Area. You should. Overall your plans are 'bang-on' and well thought through.

Your new bug hotels were admired. The Mill Wheel and turf stack looked great. Keep us updated on your

projects with volunteers, residents and groups such as the IWT.

Sustainable Waste and Resource Management / Bainistiú Acmhainní agus Dramhaíola Inbhuanaíthe:

Your status as a University Town really gives you opportunities for partnership that would be rarely enjoyed elsewhere. The Green Campus project, for example is a great initiative. You have a coordinated approach in terms of working with the schools. Green Waste has been a priority for us it seems and its good to read of community composting initiatives. The shop local project is definitely worth supporting. You list a number of measures that this adjudicator hasn't yet seen in other towns - e.g. Electric Car charging points, lower wattage lights along with brighter road markings and of course, the Green Campus project. You could explore more measures such as 2nd hand books for college students and benefits to charities. You are doing very well in this category and the adjudicator advises you to stay on this track. Well done.

Tidiness and Litter Control / Slachtmhaireacht agus Rialú Bruscair:

The adjudicator was impressed with the detail supplied by you on your approach to the very many aspects of this category. You certainly have a lot to do but as your recent accolade proves - you are well up to the task. Co-operation is key and this you have achieved with community, businesses, educational institutes and local authority. There are some issues that will never 'go away' or be ultimately solved. However, you have a plan and you have demonstrably effective systems in place and that is what attracts points in this category. Litter is an issue for Maynooth. This is so throughout your commercial areas and onto your hinterlands. Cigarette butts make up a substantial proportion of the litter noted but chewing-gum wasn't far behind. The painting of junction boxes creates wonderful colour on otherwise drab surfaces. The bottle banks were in good condition. Some graffiti was noted on Doctor's Lane. The lettering on the Tree of Liberty Stone is once again in need of painting. The signage at the entrance to the girls' school adjacent rather spoils the nice stone piers here. There is an empty sign pole at the corner of Convent Lane and Main Street. The railings opposite the castle are in need of painting soon. The benches in front of Bank of Ireland and opposite are in need of painting. There is a damaged stop sign at Kelly's Lane and an empty sign pole beside the Garda Station.

Residential Streets & Housing Areas / Sráideanna Cónaithe & Ceantair Tithíochta:

Your Two-Route approach is understood and makes perfect sense. This again is a category in which

(Continued on page 24)

Tidy Towns Competition 2015 Adjudication Report (Cont.)

(Continued from page 23)

progress depends upon co-operation. Your role is clearly understood, it appears. You give numerous examples of focused efforts, taking into account last year's adjudicator's comments and this is to be applauded. Once again, work in this category will never be 'complete' - but: if you continue to encourage, cajole and work alongside your residents, your workload will diminish in a linear fashion. Your plans are sound. The adjudicator was most taken with the Advice Line for residents. Some graffiti was seen in Meadowview in predictable places such as junction boxes. There was some litter here as well. Beaufield generally looked well. Some overuse of herbicide on path edges was seen. The beautiful mature trees here

were admired.

Approach Roads, Streets & Lanes / Bóithre Isteach, Sráideanna & Lánai:

Again, a clear submission in this final category. This showed focus and a good degree of detail. What impressed this adjudicator most however was the clear evidence of your interaction with local authority, businesses and planning. Your entry on the proposed walk/cycleway and your submission on the Court House Square being cases in point. You have your eyes on problem areas and a plan to tackle these. Well done. The Straffan Road roundabout was admired for its contemporary design. It was great to be in a town with so many clear, good quality cycle lanes and to see so

many people using them. Could the on-street bike lanes be better marked? Newtown Road has both bike lanes and good quality road surfaces. Perhaps car-parking should be more controlled on Parson Street. The stone name signs were much admired. The Historical Walking Tour is excellent. The information boards at Carton Avenue are first class. The walk along the river at the shopping centre is a really nice surprise.

Concluding Remarks:

A really enjoyable first visit to Maynooth was had. It was great to see the results of your work on the ground. You are now in the upper echelons of the competition and great things could be ahead. Good luck!

Difficult

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

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

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

Collect prize from Newsletter Office

Sudoku Challenge

2015

Entries must arrive before:
Tuesday 17th November



Congratulations to October Winner:

Elizabeth Kelly
Pebble Hill
Maynooth

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

Super Difficult

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

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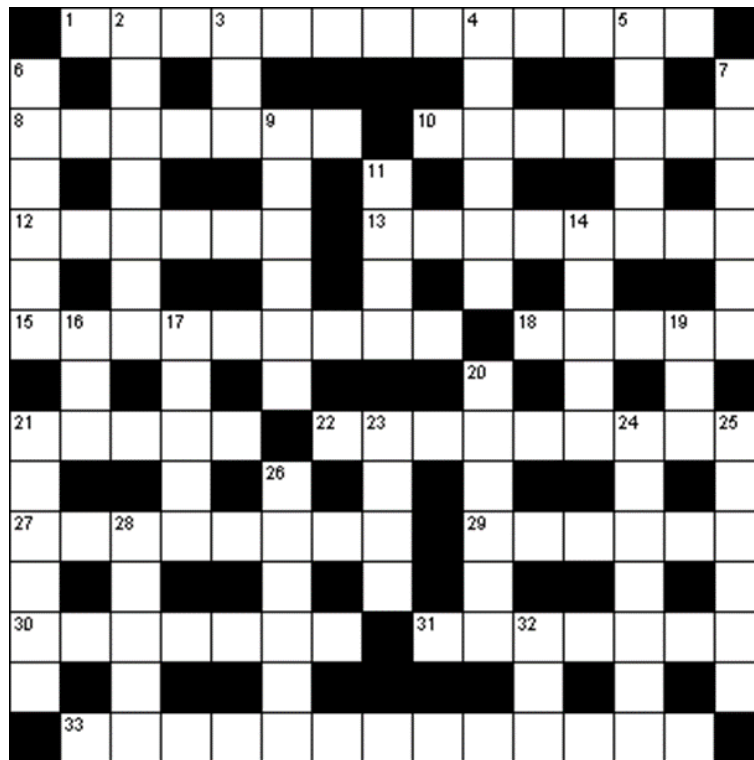
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Clues Across

November Crossword - (No: 441)

Clues Down

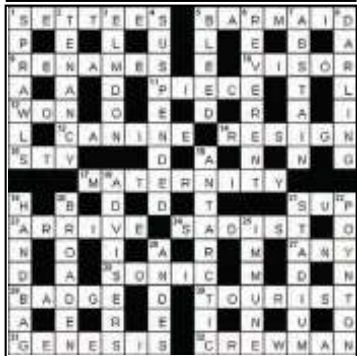
1. Reflection (13)
 8. Uppermost part of a tree (7)
 10. Graceful antelope (7)
 12. Raved (6)
 13. Burn without flame (8)
 15. Holy Communion (9)
 18. Musical instrument (5)
 21. Muzzle (5)
 22. Cemetery (9)
 27. Textile fabric (8)
 29. No one (6)
 30. Not strict (7)
 31. Die (7)
 33. Telephone directory (9,4)



2. Living in the ocean (7)
 3. Make lace (3)
 4. River in N South America (6)
 5. Greased (5)
 6. Die from lack of food (6)
 7. Eccentric person (6)
 9. Commands (6)
 11. Employs (4)
 14. Covered with leaves (5)
 16. Vase (3)
 17. Residence (5)
 19. Glass container (3)
 20. Wide street (6)
 21. In a simple manner (6)
 23. Depend (4)
 24. Pear-shaped fruit (7)
 25. Scottish town (6)
 26. Abduct (6)
 28. Shade (5)
 32. Taxicab (3)



Answers to Crossword No 440

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Winner of Crossword
No. 440 October

Patrick O'Donoghue
Kingsbry
Maynooth

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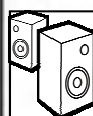
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United me and my pet belong,
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Gives so much back to me,
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My German Shepherd, I adore,
For it means the entire world to me,
Fills me up with licks galore,
A blessing from Heaven's eternity.

Paddy Murray



**Copy date for the
Dec/Jan issue of the
Maynooth Newsletter
is Tuesday
17th November 2015**

Maynooth Senior Citizens Committee

Our Halloween Tea-Dance was well attended on Sun. Oct 18th and many entered into the spirit of the occasion by coming in fancy dress. There were lots of prizes but the over-all winner was Katy and Kevin Cullen from Palmerstown. Many thanks to all those who took the trouble to dress up and add to the enjoyment of the day. You could say the atmosphere was "terrifying". Music was provided by "Unity" who never fail to please. The one component missing on the day was the "Tony Smith Memorial Walk" which is organised by the Labour Party and has taken place on this day for many years. I understand the walk will now take place on Sun. Nov. 22nd from McMahon's pub.

Our next date for your diary will be Sun. Nov. 15th which is the date for our annual "Sale of Work. This is a very important date in our calendar as it is our main fundraising event. As usual our people will be calling to your door, so now would be a good time to clear out your attic. Remember what is one person's trash is another's treasure. A word of caution though, by now you will know our collectors but if in doubt check them out. Our committee carry I.D, our helpers are usually from the area and they are always adults, we never send children. Alternatively items can be brought to the Aula Maxima in Maynooth College on Sat. afternoon Nov. 14th or Sun Morning Nov. 15th. Tickets for our Monster Hamper will be on sale at Manor Mills on Fri Oct 30th and at SuperValu on Nov. 5th, 6th & 7th. The draw will take place at the sale of work on Nov. 15th. Doors will open at 3pm, so please come along and enjoy a great afternoon where you could win anything from hampers to the hard stuff or tea-sets to televisions. However if you are not lucky on the day you will have the consolation of knowing that you supported a great cause. Many people benefit from you generosity each year so we thank you in advance.

As you will know by now SuperValu have given our Senior Citizens a special shopping night / party for many years now and they will continue to do so, with one small change. Our shopping extravaganza will now take place on **Sunday Afternoon at 3pm on Dec. 6th**. All our Senior Citizens are welcome and transport is available if needed.

Our final date for 2015 is Dec 20th which is our Christmas Dinner which will take place as usual in the Glenroyal Hotel at 4pm. Those wishing to attend should have their names in by Dec 1st. There is a lot of information here for you to take in, but I hope you do. Finally, may I remind you that our book "The Golden Years" is still on sale at SuperValu, Maynooth Bookshop, Maynooth Photo Centre, News 4 U and Donovan's Shop. It comes in soft and hardbound and would make a great Christmas present. May I take this opportunity to thank you all for your support during the year and may I wish you a very happy Christmas time and peace throughout 2016.

Josephine Moore.
Chairperson



MAYNOOTH SENIOR CITIZENS COMMITTEE



ANNUAL SALE OF WORK will take place in the

**Aula Maxima, Maynooth College
On Sunday November 15th 2015
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Kildare Planning Applications for Maynooth Area

From 20/7/2015 to 23/10/2015 - Information from Kildare County Council Website

App. Num	Authority	Applicant Name	Development Address	Application Date
15918	Kildare County Council	Gabriel and Clare Martin	Leinster Park, Maynooth, Co. Kildare.	15/10/2015
15921	Kildare County Council	Fiona McEvoy	9 Temple Wood, Carton Demesne, Maynooth	15/10/2015
15922	Kildare County Council	Martin J. McMahon	Ivy House, Court House Square, Maynooth	15/10/2015
15900	Kildare County Council	Authorized Property Company Limited,	Glenroyal Hotel, Straffan Road, Maynooth	09/10/2015
15899	Kildare County Council	Stephen and Deirdre Molloy	Toolestown House, Straffan Road (R406), Maynooth	08/10/2015
15886	Kildare County Council	Damien Doyle	Moyglare Nursing Home, Moyglare Road, Maynooth	06/10/2015
15877	Kildare County Council	Stephen and Deirdre Molloy	Toolestown House, Straffan Road (R406), Maynooth	02/10/2015
15855	Kildare County Council	Mary Lennon	Kilmacredock Lower, Maynooth, Co Kildare	25/09/2015
15844	Kildare County Council	Eamonn & Ann McCauley	225 Maynooth Road, Celbridge, Co Kildare	23/09/2015
15846	Kildare County Council	Michael & Patricia O Reilly	Blackrock, Maynooth Road, Celbridge	23/09/2015
15837	Kildare County Council	Jill Robinson	Crinstown, Maynooth, Co. Kildare	21/09/2015
15814	Kildare County Council	Jill Robinson	R408 at Crinstown, Maynooth, Co Kildare	11/09/2015
15815	Kildare County Council	Michael Geraghty Jnr	Barberstown Upper, Maynooth, Co Kildare	11/09/2015
15816	Kildare County Council	Joe, Mary and Ruth Murphy	6 Leinster Park, Maynooth, Co. Kildare	11/09/2015
15806	Kildare County Council	Fergal & Rita Flynn	169 Kingsbry, Maynooth	09/09/2015
15796	Kildare County Council	Jill Robinson	Crinstown, Maynooth, Co. Kildare	07/09/2015
15787	Kildare County Council	Paul Brangan,	Barberstown Lower, Maynooth, Co. Kildare.	03/09/2015
15772	Kildare County Council	Kieran and Judith O'Shea	77 Leinster Wood South, Carton Demesne, Maynooth	28/08/2015
15760	Kildare County Council	Colm Mayock	Baltracey, Maynooth, Co. Kildare.	25/08/2015
15749	Kildare County Council	Rachel Byrden	21 Parkland Crescent, Maynooth, Co. Kildare.	24/08/2015
15705	Kildare County Council	Cathy Ennis	Cormickstown, Maynooth, Co. Kildare.	11/08/2015
15690	Kildare County Council	Rodica Turcanu	Between 346A and 345 Old Greenfield Maynooth.	07/08/2015
15685	Kildare County Council	Specialist Independent Building Services Limited	Maynooth Mall, Main Street/ Mill Street, Maynooth	06/08/2015
15678	Kildare County Council	Aine Daly	Laragh, Maynooth, Co.Kildare	04/08/2015
15667	Kildare County Council	Aidan McGreevy	Barrogstown, Maynooth, Co. Kildare.	31/07/2015
15646	Kildare County Council	Damien Rooney and Karen Corrigan	2 Ashleigh Grove, Newtown, Maynooth	28/07/2015
15649	Kildare County Council	Patrick Fallon	Ballycurraghan, Maynooth, Co. Kildare.	28/07/2015
15628	Kildare County Council	Thomas Henrick	555 O'Neill Park, Maynooth, Co. Kildare	22/07/2015
15623	Kildare County Council	Gary Fleming	126 Rail Park, Maynooth, Co. Kildare	21/07/2015
15613	Kildare County Council	Rodica Turcanu	Between 346A & 345, Old Greenfields, Maynooth	20/07/2015

Kildare Enforcement Notices for Maynooth Area

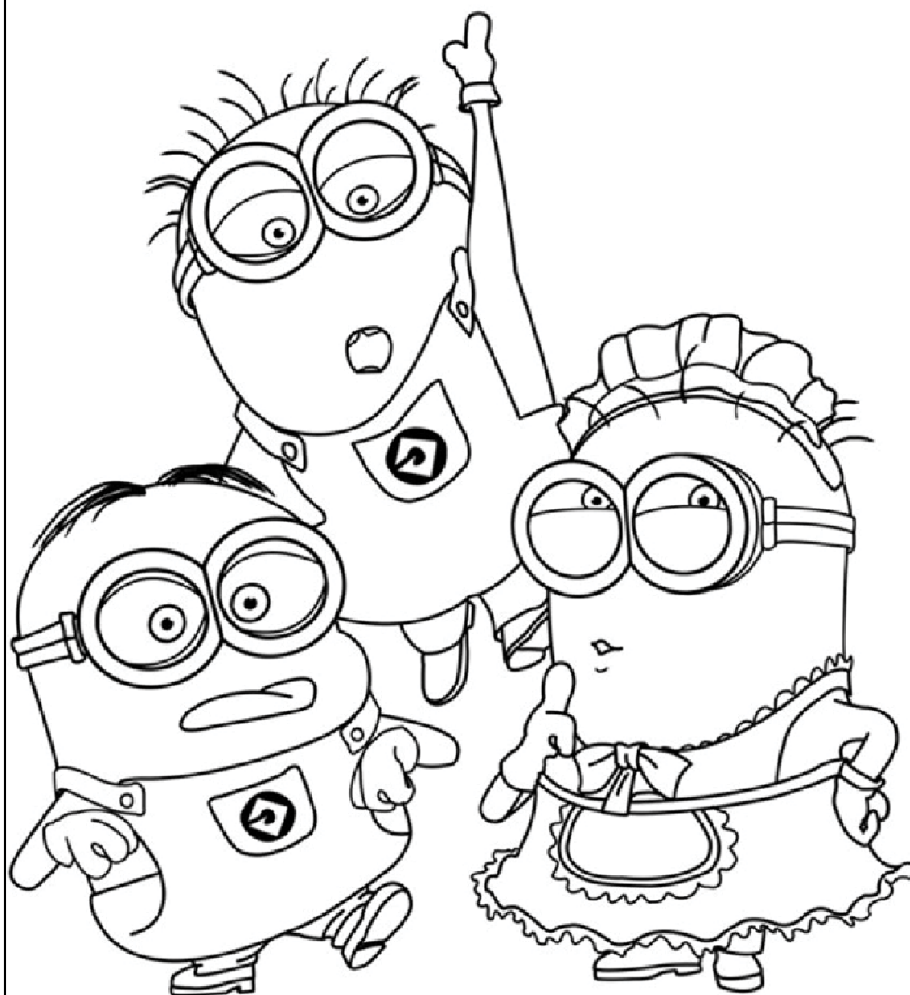
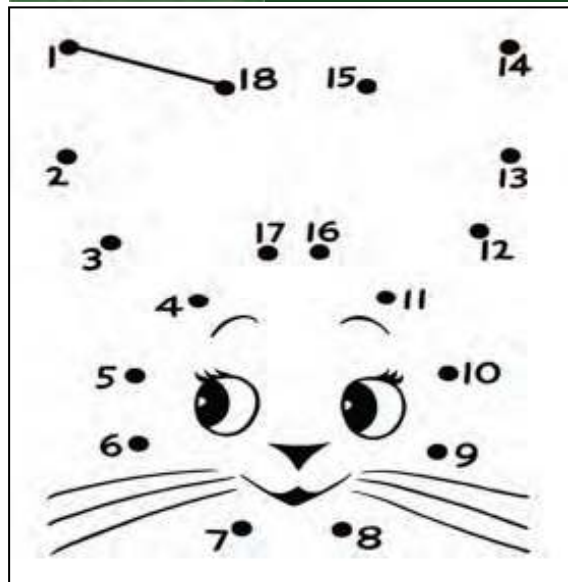
From 7/7/2015 to 14/10/2015 - Information from Kildare County Council Website

Enf. ID	Authority	Location	Plan Ref.	Date Received	Name
UD6658	Kildare County Council	Greenfield, Maynooth	08/2174	07/07/2015	Owner (1)N/a Dowdstown Dev...
UD6665	Kildare County Council	Straffan Road, Maynooth, Co. Kildare	08/2174	13/07/2015	Owner (1)Garret Fitzsimons
UD6688	Kildare County Council	25 College Green, Maynooth, Co. Kildare	08/1706	20/08/2015	Owner (1)Brian Connaughton
UD6690	Kildare County Council	Dunboyne Rd, Maynooth, Co. Kildare		01/09/2015	Owner (1)Meadow Lodge Fish...
UD6700	Kildare County Council	Hayfield, Maynooth		14/10/2015	Owner (1)N/a N/a



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Age: 3-5: Emilia Harrington
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Maynooth.

Age: 6-7: Aoife Guinan
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Maynooth.

Age: 8
& Over: Nina Spila
Straffan Wood
Maynooth.



Prizes for Colouring Competition can be collected at:
Maynooth Community Council Office, Unit 5, Tesco Shopping Centre.
Entries must arrive before: Tuesday 17th November 2015



Manor Mills 10th Anniversary Celebrations



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Manor Mills 10th Anniversary (Cont)



**Copy date for the Dec/Jan
issue of the Maynooth
Newsletter is Tuesday
17th November 2015**



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FILM/DVD MONTHLY BY BERNIE CLAXTON

FILM REVIEW: MACBETH (2015)

STARRING: MICHAEL FASSBENDER & MARION COTILLARD



Shakespeare's Scottish play, *Macbeth* has had its fair share of adaptations via stage, television and screen in the last 400 years. Directors as diverse as Orson Welles, Roman Polanski and Akira Kurosawa have all imprinted their unique stamp on the classic text. The latest director to tackle the Bard's verse is Australian director, Justin Kurzel. Though still firmly rooted in its 11th-century period setting, Kurzel has given Shakespeare's story and protagonists a slight tweak and modern sensibility. Premiered at the Cannes film Festival, this new take on an oh-so-familiar tale of feudal ambition, murder and madness is especially potent and visceral.



Macbeth is probably the greatest and grimmest of the Shakespearean tragedies. With its leaner text, remarkable characters, and rigorous plotting, it lends itself, particularly well, to cinematic expression. Kurzel takes full advantage of the visual emphasis in his inspired re-imagining of *Macbeth*.

We start not with the 'hurly-burly' of the prophetic witches but with a haunting scene of death. The Thane of Glamis, Macbeth (Michael Fassbender) and his lady wife (Marion Cotillard) oversee the bleak funeral ritual of their young son. It's a heart-wrenching moment and the Macbeths' visible pain and suffering is indelibly etched across their ashen faces. It is also an eerie wordless scene-setter not included in Shakespeare's play but hinted at indirectly. This frozen moment in time provides the tragic impetus for what is to follow.



Soon we are thrust into bloody mayhem and carnage as Macbeth and his boy-soldiers take on the enemies of their Scottish King, Duncan (David Thewlis). The latter's callow youth is emphasised by the fear etched on their pale faces and shivering limbs before the ensuing battle. Macbeth, the warrior-noble, is exceptionally brave and steely on the field of battle and savagely sees off all comers. Kurzel's first battle sequence is a striking piece of cinema. Making vivid use of slow-motion and freeze-frame techniques serves to accentuate every blow and ferocious action of the desperate battle. After the guttural war cry, body parts are hacked, sliced, pierced and eviscerated in a vicious and bloody fashion. Summary justice predominates in this barren environment. A dog greedily licks the wounds of the slaughtered. The black muddy, stripy war paint on the soldiers' faces might be *Braveheart*-inspired but the stylistic choices of Kurzel nods towards searing CGI epics like *300*.



There is a surreal moment when Fassbender's Macbeth seems suspended in time, mid-carnage, noticing 'the weird sisters' (curiously un-witch-like in appearance) on the heath. Is he hallucinating? Apparently not as, soon afterwards, the nobleman and his comrade-in-arms Banquo (Paddy Considine) are privy to the mysterious witches' soothsaying. Macbeth will become Thane of Cawdor and then king. Banquo is fated to be the father of kings.

When Macbeth returns to his wife with his fortuitous

news, her only response is to encourage her husband in the traitorous act of regicide. In an electric scene between the two, Cotillard's pent-up Lady Macbeth uses her sexuality to assuage any nagging doubts on Macbeth's part - 'screw your courage to the sticking place.'



Fassbender's Macbeth soon puts the lie to his wife's fear that he may be 'too full o' the milk of human kindness/to catch the nearest way'. He proves his mettle in particularly gruesome fashion, as King Duncan's deathbed stabbing is horrifically graphic. As in the opening battle sequence, Kurzel's camera does not shy away from the wholesale butchery. The pivotal scene of Duncan's brutal despatch, a guest in the Macbeths' home, violates all the rules of kinship and *Xenia* (hospitality). Macbeth does not stop there, though, as he soon outstrips his wife in his lust for blood. 'Blood will have blood'.

In this way, Kurzel's screen version of *Macbeth* gives due warning from the outset. It will be as harsh, desolate and unforgiving as the austere and chilly vistas of the Scottish landscape. The film was actually shot, for the most part on the exposed beautiful Hebridean Island of Skye. This is a *Macbeth* of mud, guts, mist, flames and blood. As framed by Kurzel's cinematographer Adam Arkapaw (who worked on the excellent first series of *True Detective*), 11th-century Scotland is re-imagined as a semi-mythical kingdom of blood-red skies, marshland and wind-swept rugged ridges.



Kurzel attempts to pare back the Shakespearean verse without sacrificing the essential integrity of the original. Screenwriters (Jacob Koscoff, Todd Louiso and Michael Lesslie) rearrange and revise crucial segments from the play. Dialogue is cut and the visual impact is heightened giving this *Macbeth* a lyrical flourish and style.

Any production of *Macbeth* is only as good as its central players. In Michael Fassbender and Marion Cotillard, we have one of the sexiest and most powerful screen couplings ever. Fassbender's battle-weary Macbeth is a haunted man lacerated and unhinged by demons, guilt and misplaced ambition. It's an electrifyingly earthy performance by the Irish actor, who enacts the part of a man tortured in equal measure by the loss of his child and by the mental scars of combat. Racked by corrosive grief and self-doubt, murderous ambition fills the aching void. His gradual paranoid descent into madness and his own personal hell is something to behold. This is illustrated to striking effect in the metaphorical final red-filtered battle sequence.



Through the filter of modern psychology, Macbeth - in Kurzel's interpretation - is a victim of Post-Traumatic Stress Disorder. The director has asserted he 'wasn't interested in Macbeth wanting to be powerful but rather in wanting to run away from something'. The spectre of death informs every act and consequence. This is no more evident than in the famous Banquet scene, when Macbeth, in his delirium, conjures up

visions of his murdered friend, Banquo. Fassbender delivers his lines with frightening intensity and we need little convincing that here, indeed, is a man whose mind is 'full of scorpions'.



The French actress, Marion Cotillard is a force to be reckoned with. Her Oscar-winning turn as Edith Piaf in *La Vie en Rose* marked her out as an actress of immense ability. As with her 'little bird', Cotillard brings equal layers of vulnerability, empathy and tenacity to the role of Lady Macbeth. Spurred on by gnawing grief, she eventually shares in her husband's madness if not his continued killing spree. This Lady Macbeth doesn't feel as scheming as in previous incarnations. Cotillard more than holds her own against Fassbender's impassioned performance. Her speeches in aching close-up magnifies her devastating power as an actress. Lady Macbeth's guilt is handled with a brooding intensity which banishes all sense of theatricality. Cotillard's famous sleep-walking soliloquy, visualised in a glacial snow-flaked chapel setting, is especially shattering in its emotional impact.



Kurzel's lens often zones in to give us extreme close-ups of both the actors' eloquent faces. Intimacy is very much a part of this film. With such expressive faces on show, the viewer is able to read the thoughts and feelings of the actors far better than the spoken word. Even in spoken dialogue, the emphasis is naturalistic, quiet and intimate with no shouting to the rafters as in theatrical productions. Each word, each line is subtly dialled down to cinematic effect. The Macbeths are the medieval damaged couple par excellence. In a modern setting they would be receiving lots of therapy!

The supporting cast are equally impressive: Paddy Considine's Banquo is quietly effective as the betrayed noble man; Sean Harris's Macduff is wonderfully vengeful; As Malcolm, Jack Reynor epitomises the troubled heir to Duncan's crown.



The film is eerily populated with ghosts and children (sometimes at the same time). Macbeth receives the knife ('Is this a dagger which I see before me') that kills Duncan from the spectre of a boy-soldier slain in battle. Lady Macbeth recites her 'To bed' speech to her dead child. Children are frequently the victims of random cruelty in this universe. Macbeth slays his enemy's - Macduff - wife and children in a most barbarous fashion. His action in this is terribly heinous in that it chillingly echoes the funeral pyre of his dead child at the outset.

Justin Kurzel's new vision for this age-old tale of execution and insanity is remarkable for its use of wintry palettes, jagged photography, distinctive red-saturated battle visuals, a mournful strings-infused dirge of a score by Jed Kurzel, and a succinct poetic script. Above all, Macbeth's charismatic leading stars, Fassbender and Cotillard, make *Macbeth* the must-see film experience of 2015. They imbue their roles with complexity and surprising humanity, combining intense sexual chemistry and powerful acting to magical effect. *All Hail Macbeth*.

Labour Advice Service



Emmet Stagg TD

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