



# Maynooth Newsletter

Serving the People of Maynooth



**Local News August 2019**

**Issue No. 482 FREE**

This publication is produced by Maynooth Community Employment Project, supported by the Department of Employment Affairs & Social Protection, which is funded by the Irish Government.

*The views & opinions expressed in this Publication are those of the contributors.*



**CELEBRATING  
50 YEARS**



**1969-2019**

## Big Day for the Town!

**FAI Extra.ie Senior Cup 1st Round  
Maynooth University Town v Waterford FC  
Sunday 11th August 3pm Rathcoffey Road**

Admission prices: Adults: €10 Senior Citizens/Students: €5 Under 16's: Free

Sunday 11th August 2019 is a historic day for Maynooth Town Football Club -when our club seniors, Maynooth University Town meet Waterford F.C. in the 1st Round of the FAI Extra.ie Senior Cup.

Our collaboration and partnership with Maynooth University at senior level, has raised the standards of club senior football and provided a pathway for our young players at club and college, to play at the highest level on days like these.

What a day for club, university and town, celebrating our 50th year as a club with the biggest home game ever! We are expecting a capacity crowd at our club venue Rathcoffey Road.

It will be a big challenge against premier opposition Waterford FC. The Town are still in pre-season mode, having won promotion to Leinster Senior League top flight but will be to be ready for the day.

While the team prepare for the game, behind the scenes lots of work is going on to meet FAI requirements.

With limited parking available on site we would urge as many people as possible to walk to the venue, a distance of 2.4km from Main Street.

Stay tuned to Maynooth Town FC Facebook page for further match details and arrangements closer to the date.



Work commences on one of the requirements to host the big game. Foundations are being laid for dug-outs for the 4th Official and the teams.



**Please keep Maynooth clean and tidy as National Tidy Towns judging commenced on 8<sup>th</sup> June and will continue until the end of August.**



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email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086





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### St. Mary's Brass & Reed Band

Firstly we would like to thank all those who supported our collections in Tesco, Supervalu and Manor Mills last month and also the management of the three centres for allowing us to collect. Like everything else our costs are going up, particularly heating oil, and the income from these collections are a great help towards those expenses. We are currently on the lookout for a Main Sponsor to help with these costs and if you or anyone you know would like to talk to us please contact Paddy on 087 2537 906. We have a number of high profile events already planned for next year and a sponsor can be assured of wide exposure at all of these.

The big event last month was our trip to a band competition in Limerick University on July 27th where we were competing against local and American bands, hopefully we will have news on it next month Newsletter.

Because the Band has been so busy we are closing for holidays until Monday 12th August to prepare for Culture Night in the Church of Ireland on 20th September and our joint Concert with the Garda Band in October, more news on these next month.



We extend a warm invitation to any musicians living in Maynooth and the surrounding areas to feel free on Monday nights (bank holidays excepted) to join us in the Band Hall on Pound Lane between 7.45 and 9.45 where you will be made most welcome. In recent months we have had players from Lucan, Celbridge and Mullingar come to join us. We are a very welcoming band, we have an excellent conductor and we have a very busy programme over the next year.

**You can call Paddy on 087 2537 906 if you need any further information.**

International Stage Legends in association with Platinum Events Theatre Productions presents

# ELVIS

ELVIS IS BACK  
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We look forward to seeing you soon.



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## Maynooth Golf Society John Sauls Captain's Day

**Sponsored by**

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Coolattin Golf Club 20.07.2019**

1 <sup>st</sup>	Paul Farrelly (10)	40pts
2 <sup>nd</sup>	Derek Murray (9)	36pts
3 <sup>rd</sup>	Danny Finnan (13)	33ptsB9
4 <sup>th</sup>	Declan Byrne (23)	33pts
5 <sup>th</sup>	Marty Maguire (23)	31ptsB9
7 <sup>th</sup>	Tom Flatley (28)	30pts
8 <sup>th</sup>	Brendan Bean (23)	29ptsB9
9 <sup>th</sup>	John Muray (26)	29pts
10 <sup>th</sup>	Eamonn Murphy (16)	29pts
Visitors	Darren Harrington (15)	34pts
F9	John Thompson	16pts
B9	John Carroll	16pts
NP	Eamonn Murphy	
2's	Paul Farrelly	



**Next Outing is to Trim on Saturday the 17<sup>th</sup> of August**



# Maynooth Newsletter

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**Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086**

The opinions and statements expressed in the articles are those of the contributors and not necessarily those of the Editorial Board. All materials to be included in the next edition of the Newsletter should be sent by e-mail or addressed to:

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## Mission Statement

The Maynooth Newsletter is a community focused publication available free to the people of Maynooth. It plays an important role in gathering together, recording and distributing community based news.

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.

The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

The Editorial Board endeavours to ensure independence and balance in the Newsletter content and reserves the right to omit/edit or abridge material which in its opinion might render the Newsletter as a promoter of sectional interests.

In addition we undertake the following:

In the case of errors of fact we will publish corrections when we become aware of such.

In the case of unwittingly or unfairly impugning the reputation of any person we hereby offer that person the right to reply.

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.

Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

## Maynooth Newsletter Archives

The management and staff of the Maynooth Community Employment Project started a project in March 2011 to acquire and digitise all available issues of the Maynooth Newsletter dating back to 1975. These back issues along with current issues are available by following the archive link on our webpage -

[www.maynoothcep.com](http://www.maynoothcep.com).

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load.

The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

## Editorial Board

**Maynooth Newsletter**



**Copy date for the next edition of the  
Maynooth Newsletter will be  
Tuesday 20th August 2019**

# Editorial

As a community activist for almost thirty years, I have been involved in many local organisations in Maynooth, Countywide and National including a number of statutory bodies. I had the pleasure of serving as the inaugural Chairperson of the “County Kildare Heritage Forum” which launched and implemented the first formal heritage plan for County Kildare.

The Heritage Plan 2005-2011 which was funded by national and local funding agencies including Kildare County Council included a broad range of initiatives covering the tangible - our historical sites, buildings, monuments, artefacts and archives, the natural - our waterways, landscapes, woodlands, bogs, uplands, native wildlife, insects, plants, trees, birds and animals and the intangible - our customs, sports, music, dance, folklore, crafts, skills, and knowledge.

The projects were delivered over the life of the plan with annual funding secured for specific projects under the various initiatives.

“Heritage Week 2019” takes place from 17th -25th August and this is the fourteenth year of the event since the Heritage Council first began co-ordinating the week in 2005. This year The Heritage Council’s chosen theme for Heritage Week is the celebration of Pastimes and Past Times.

Maynooth University (Russell Library) will host an exciting exhibition 18th and 19th Century Pastimes on the 19th/21st/22nd August from 10am -5pm with tours on an hourly basis up to 4pm. There is free access to public sites during Heritage Week so you should check out the local events on [www.heritageweek.ie](http://www.heritageweek.ie).

Of course despite the formally recognised importance of our heritage there is no doubt that there continues to be a threat to many aspects of our heritage. It is really important that we instill in future generations the value and importance of our heritage.

As well as the more obvious heritage in Maynooth such as Maynooth Castle, Carton Avenue Lime Tree Walk and the Royal Canal, Maynooth Town Centre with the narrow back streets remains one of the best planned landlord towns in Ireland when these cottages were built as housing for the staff working in Carton House and Estate.

All at the Maynooth Newsletter & Maynooth Community Employment Project extend their “Best Wishes” to Maynooth University Town Football Club in their FAI Senior Cup match against Waterford F.C. on Sunday 11th August 2019 in the Rathcoffey Road. The Rathcoffey Road facilities are maintained by participants of the Maynooth Community Employment Project and we are proud to play our part in such an historic game in Maynooth.

**Paul Croghan  
Editor**



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## Cllr. Angela Feeney Maynooth Labour News

E mail: [angelaemfeeney@gmail.com](mailto:angelaemfeeney@gmail.com) - Phone: 0872381962



### Main Street Footpaths Must be Upgraded :

At KCC Maynooth MD meeting on July 5th Cllr Angela Feeney asked the Council to confirm when the new footpath will be laid between Fitzgerald, Brady, O'Flaherty, Estate Agents and The Square, Maynooth and what the plans are for replacing the rest of the footpath on Main Street. The Council stated it is currently liaising with Irish Public Bodies (IPB), in relation to approval of a proposal to renew the footpaths in this location. The funding allocation will determine the volume of works which can be undertaken. It is envisaged that the initial section will be tendered in Quarter 3, 2019. Cllr Feeney commented at the MD that this work was supposed to be have been done last year, funded by the Council's Insurer. She welcomed the report but requested more information on the design and details of the type of path being laid? She asked if the same type of material will be used in the refurbishment of the Square for which the MD made 200k available this year. Will the new footpaths be the same as the ones being laid in Celbridge at the moment, which look great. The area engineer confirmed the footpaths in Maynooth would be the same as in Celbridge, ash coloured and that there would be continuity throughout the Main Street and the Square. Cllr Feeney added that if there is not enough funding from IPM the Pay Parking surplus can be used next year and following years.

### Cllr Feeney response to Motion on Free Pay Parking on Saturdays in Maynooth.

Cllr Feeney stated that she would not support this motion. Pay parking is working well in Maynooth and she has seen how it has benefited residents, visitors and businesses in the town. Offering free Saturday parking would clog up parking spaces and work against the locals and business people of Maynooth. If pay parking is a good idea from Monday to Friday it is even more so on a Saturday. If this would benefit people of Maynooth Cllr Feeney would be the first to support it but it would not. This will benefit those who want to leave our town to shop, leave our town to work and leave our town to eat. As one business representative said this would become a 'free park and ride facility for Dublin'. Pay parking has also encouraged people who live in close proximity of the town to walk and cycle more. Saturday is the busiest day for the town and there are ample car parking spaces, one car park on Leinster street is never full. I surveyed business representatives and they are against it. The pay-parking bye-laws will be subject to an overall review in the coming years.

### Celbridge Road Footpath and Cycle Lane:

Where the safety of children going to the schools on the Celbridge Road is concerned, finding a solution that works best for all is at heart here. In response to Cllr Durkan's motion on this, Cllr Feeney agreed that safety comes first and that we do not want to wait for a serious accident to move on this. Cllr Feeney suggested that it would be preferable to put a cycle path on the other side of the Celbridge Road given that the Council has re-zoned land for housing the whole length of the road up to the Schools. Land would be available free of charge as a result of the re-zoning. The added benefit of any proposed work on the Lawrence Avenue side would be to improve the drainage (Lawrence Avenue floods regularly), the retention and replacement of trees and hedging. The proposal is going for public consultation and allows for all views to be captured through submissions via KCC website or at KCC, Corporate Services, Naas. Have your say!

### Carton Avenue

Cllr Feeney asked if the Council is going to get the Developer to narrow the 4m wide 'bridge' as it is a complete eyesore at present and detracts from the beauty of the Avenue. The Avenue is a heritage site it is one of the few tranquil places left in what is becoming a more urban landscape in Maynooth and there are concerns about future openings of a similar nature. While accessibility and permeability is important, nobody has ever had a problem with this as evidenced by previous smaller more discreet openings onto the Avenue which happened almost without being noticed - it is the scale of this that is at issue. The Council stated that the recommendation at the April 12th meeting to narrow the bridge was noted but as the matter is an executive function, no change can take place. Cllr Feeney voiced her disappointment and said the matter would not go away. She also stated that a letter was sent by a member of CAPS to the Department and the reply states that a Part 8 was required for the bridge.

### Cllr Feeney's Clinic

Cllr Feeney will be holding a monthly clinic commencing in September to offer assistance with any personal or local issues you may have. Further details will issue soon.

*Go Raibh Míle Maith Agaibh.*

## Maynooth University and St Patrick's College win 2019 Green Flag Award

**Maynooth is the first university campus in the Republic of Ireland to receive the award**

Maynooth University campus and St Patrick's College, Maynooth, were awarded the prestigious 2019 Green Flag Awards for Parks and Green Spaces, following the recent expansion of the international excellence accreditation to university campuses and historic cemeteries.

Maynooth is the first university campus in the Republic of Ireland to receive the award.

More than 250 park and garden staff, volunteers, and enthusiasts gathered to witness this year's event, held in Maynooth University's Aula Maxima Hall.

Awarded for meeting exceeding tough environmental standards in green space management and excellence of visitor attractions, the Green Flag Award for Parks and Green Spaces is the mark of a quality park or green space and is recognised throughout the world.

A new entrant and winner for the first time, Maynooth University and St Patrick's College in Maynooth, County Kildare, also provided this year's venue to celebrate the 60 Irish Parks and Gardens from across the Republic of Ireland who are receiving their 2019 Green Flags.

Coordinated by An Taisce Environment Education, the 2019 awards were open to public town parks, country parks, gardens, cemeteries, and green spaces from across the whole country.

Dr Joe Larragy, Chair of Maynooth Green Campus, said: "We are delighted and honoured that Maynooth University and St Patrick's



College Maynooth, who share the campus, were selected to host this year's awards in association with An Taisce

"Maynooth Green Campus extends its congratulations to Stephen Seaman and his team in the Maynooth campus grounds department, to staff and student volunteers, on winning the Green flag for Parks and Green Spaces. "This is another milestone following the award of the Green Campus Flag in 2018 to Maynooth Green Campus, a partnership between Maynooth University, St Patrick's College, and Trócaire, for its work on water, waste, energy, travel & transport, biodiversity and climate justice", he added.

Of a total 17 countries whose parks met the standard this year, there were more Green Flag Awards secured by Irish parks and gardens than by any country, other than the UK where the scheme originated in 1996.

This year participating countries included: Australia, Belgium, England, Finland, Germany, Mexico, Netherlands, New Zealand, Northern Ireland, Portugal, Republic of Ireland, Scotland, Spain, Sweden, Turkey, United Arab Emirates and Wales.



## Royal Canal Amenity Group

Education ~ Heritage ~ Recreation

### MID SUMMER WALK

The mid summer walk took place on mid-summers day 21st June 2019. This walk which takes place between Ashtown and Castleknock is organised in the main by the Spaine family from Ashtown. The walk commenced at 7.15 pm and the walkers walked to the twelfth lock. Here the walkers were greeted by chairman Mr Matt Kennedy after which they availed of light refreshments including strawberries and cream. A local traditional group provided entertainment for the walkers

Chief organiser Mr Noel Spaine addressed the crowd and thanked them for participation and support. Noel, one of our longest serving members has been organising this walk for a long number of years.

### ROYAL CANAL TOUR

Booking for this tour has now closed and final preparations are now being completed. It promises to be an enjoyable trip so good luck and enjoy to all taking part.

### HERITAGE WALKS

The annual heritage walks take place in early August and members of the Royal Canal Amenity Group will be conducting guided walks on both the Royal and Grand Canals. Walks on the Royal commence at Binns Bridge Drumcondra, while walks on the Grand commence at Mount Street Bridge.



Noel Spaine addresses the walkers  
Photo: Janet Leech



Walkers enjoying the walk.  
Photo: Janet Leech

*Full details and times are available on our website at [www.royalcanal.ie](http://www.royalcanal.ie).*



## Emmet Stagg Kildare North Labour General Election Candidate

Phone: - 01-627 2149 - E mail: [emmet.stagg@votelabour.ie](mailto:emmet.stagg@votelabour.ie) - Web: [www.labour.ie/emmetstagg](http://www.labour.ie/emmetstagg)



### Tender Report Awaited for Maynooth Education Campus - Stagg

Labour General Election Candidate Emmet Stagg has been in further contact with the Minister for Education in relation to the appointment of a contractor to complete the Construction of the Maynooth Education Campus on the Moyglare Road, Maynooth.

7 contractors were invited to tender for the completion of the Education Campus by the revised closing date of June 11th last.

The Minister has now advised Mr. Stagg that the assessment of the Tenders by the Design Team is now complete and that the Tender Report is awaited from the Design Team. Once the Tender Report is approved by KWETB it will be issued to the Department for Review.

The Minister concluded that it is expected that the successful contractor will recommence work on site in Quarter 3, 2019 and the two new schools and Shared Sports Facility will be available for occupation prior to September 2020.

Labour's Emmet Stagg has vowed to keep the pressure on the Minister and KWETB until we get the completion works actually started on the ground.

### New Maynooth Gaelscoil to Open in September on Interim Basis at Gaelscoil Uí Fhiaich

Following the refusal of Planning Permission on June 21st last for the New Gaelscoil in Maynooth to be located in Temporary Buildings at the Maynooth Education Campus on the Moyglare Road, Maynooth, Labour's Emmet Stagg was in contact with the Minister for Education and Skills to ensure that the Department assisted An Foras Patrunachta in securing alternative accommodation to ensure that the School would open this September.

The Minister has now advised Mr. Stagg that his Department has been in constant contact with the Patron Body, An Foras Patrunachta concerning a number of interim arrangements to ensure the New School opens for September 2019. The Minister further advised Mr. Stagg that An Foras Patrunachta have made interim arrangements for the school to open in accommodation in Gaelscoil Uí Fhiaich on the Celbridge Road, Maynooth and that parents of enrolled children have been notified of the position.

Welcoming the news that the New Gaelscoil opening will proceed Labour's Emmet Stagg stated that this will come as a relief to the parents of the pupils enrolled and he congratulated the Patron on successfully remedying the position in a short time frame.

### Further Mill Street Apartment Proposal in Pipeline as Consultation Commences with An Bord Pleanala

Emmet Stagg has stated that a further proposal for the development of apartments on Mill Street, Maynooth, adjacent to St. Mary's Catholic Church, is in the pipeline and that the Community of Maynooth must remain vigilant in relation to the proposals given the prominent location of the site.

The previous proposal was for 135 apartments ranging from 3 storey's fronting Mill Street, to 4 to 5 storey's to the rear and was comprehensively refused planning permission by An Bord Pleanala.

The applicants have commenced a Consultation with An Bord Pleanala in relation to a proposal for 120 apartments at the site under the Strategic Housing Development Rules.

It is not possible for members of the Public to make submissions at this stage, but An Bord Pleanala will form an opinion as to whether the documents submitted by the applicants constitute a reasonable basis for an application or whether further consideration or amendment to the documents is required. They would have went through this process with the previous ill-fated planning application previously.

An Bord Pleanala are due to issue their opinion by 28th August next and at that stage the applicants will, presumably lodge a planning application where members of the Public can have their say on the proposals.

Emmet Stagg stated that the prominent site was in close proximity to St. Mary's Church which is a protected structure and any development of the site would be highly visible from the Lyreen River and Lyreen Area of Maynooth, and because of this it must respect the Character of the Town Centre.

### Permission Granted for Additional 34 Car Parking Spaces at Maynooth Train Station Will Bring Total Spaces Available to 257

Kildare North Labour General Election Candidate Emmet Stagg has welcomed the decision by Kildare Co. Council on July 2nd to grant planning permission for the provision of an additional 34 car parking spaces at Maynooth Train Station adjacent to Bond Bridge.

The decision is welcome as Iarnrod Eireann commenced work on Monday July 8th last on an extension on the south side of the Station providing an additional 38 car parking spaces. It is anticipated that this work will take 14 weeks to complete.

Construction on the extension, which has just been granted planning permission, is expected to commence in the Autumn and with both extensions it will bring the total number of car parking spaces available at Maynooth Train Station to 257.

In addition to the additional car parking, Mr. Stagg stated that an additional 65 bicycle parking spaces are also being provided bringing the total to 109 bicycle parking spaces at the Train Station.

Emmet Stagg stated that the provision of the additional car parking and bicycle parking spaces at Maynooth Train Station will go some way towards relieving the existing pressure for spaces at the Station.

### Negotiations at Advanced Stage for Purchase of Extra 41 Rail Carriages - Stagg

Emmet Stagg has been pressing Iarnrod Eireann in relation to the provision of additional capacity on existing services on the Maynooth to Connolly Line.

Two options are being looked at to provide extra capacity, before the Major Fleet Order announced last May, the Purchase of 41 additional rail carriages from the manufacturer of the 2007-2012 fleet, and the possibility of securing second hand carriages through purchase or lease.

In relation to the purchase of 41 additional carriages, Iarnrod Eireann have advised Mr. Stagg, that they are at an advanced stage of negotiation with an existing supplier for an extra 41 rail carriages, which will enable them to increase capacity on a number of Commuter and Intercity services.

Subject to the completion of negotiations, and the approval of the Department of Public Expenditure and Reform, these extra carriages will enter service in late 2021.

Concerning the possible purchase or lease of second hand carriages, Iarnrod Eireann have advised Mr. Stagg that this option is being evaluated, given the modifications involved to the fleet to deal with the different track gauge in Ireland and that an outcome of this evaluation is expected in the coming months, which will establish if this option is viable, and the timescales for any fleet acquisition and modifications required.

Emmet Stagg stated that whilst both options will take some time to deliver extra capacity to the Maynooth Line they must be looked at and everything possible to improve capacity must be done by Iarnrod Eireann.

### Resurfacing of M4 Will Reduce Noise from Motorway Traffic in Maynooth and Kilcock

Labour's Emmet Stagg has welcomed the publication of Notices of Temporary Closures both Eastbound and Westbound between Junction 6 Celbridge and Junction 8 Kilcock on the M4 between Mid August and Mid October for resurfacing of the Motorway, as the new tarmacadam is a low noise surface.

Mr. Stagg stated that the current surface on the M4 dates from 1994 and that both himself and former Co. Councillor John McGinley had sought the provision of Low Noise Tarmacadam for a number of years.

Mr. Stagg stated that he had pointed out to Transport Infrastructure Ireland that the M4 as it passed Maynooth and Kilcock is defined as a major road under the Environmental Noise Directive and Environmental Noise Regulations and had traffic volumes 5 times the threshold.

The Noise from the constant traffic has had a serious impact on residents in Maynooth and Kilcock living near the Motorway. In February 2018 TII indicated to Mr. Stagg that they were currently reviewing pavement conditions on this stretch of Motorway, which would assist them in the preparation of future works programmes and the prioritisation of necessary road pavement works.

Mr. Stagg stated that the Municipal Engineer has now confirmed to him that TII have indicated that a low noise surface Stone Mastic Asphalt is being used in the resurfacing. This stated Mr. Stagg should bring some relief from the noise to residents in Maynooth and Kilcock living near the Motorway.

In conclusion Labour's Emmet Stagg stated that if following the installation of the Low Noise Surface there continues to be an unacceptable noise emission from the Motorway Traffic he will work with newly elected Cllr. Angela Feeney in seeking the provision of noise reduction barriers at residential areas adjacent to the M4.





### *Eat well Drink well and Exercise well over the Summer*

The key messages from Healthy Food for Life are:  
**Eat** more vegetables, salad and fruit - up to seven servings a day.

**Limit** intake of high fat, sugar and salt in food and drinks.

**Size** matters: use the Food Pyramid as a guide for serving sizes.

**Increase** your physical activity levels.

**Small** changes can make a big difference... so start today!

#### **Healthy eating for kids**

We all want our kids to have the best possible start in life so getting their diet right is of huge *importance*. *Children are better at making changes when the whole family do it together.*

Knowing how much food to give your child can be difficult as it can depend on their age and activity levels. Portion size is a good place to start and is something you can introduce gradually for everyone in the family.

As a rule of thumb, a 5-year old should eat about half the amount that an adult does. Many adults eat larger portions than they need also. Try giving everyone smaller portions on their plates to start with and they can have more after if they're still hungry. Using smaller plates, for children and adults, can help.

#### **Cooking healthy meals**

Dinner is a busy time in any house. After a long day at work or school, preparing a healthy dinner when

you are hungry and tired might be the last thing you feel like doing.

Many recipes can be made healthy without losing the taste. Here are a few tips that will help you adapt your favourite recipes to reduce fat, sugar, salt, calories and increase fibre without changing your diet radically.

**Cut** down on fats: if frying, use a non-stick pan and less oil than the recipe suggests

**Cut** down on salt: replace salt with alternative seasonings such as pepper, herbs, spices, lemon juice, vinegar or mustard

**Sauces** and dips: choose tomato-based sauces and replace cream, whole milk and sour cream with semi-skimmed and skimmed milk, or low-fat yoghurt

**Cheese:** use strongly flavoured cheeses like mature cheddar or blue cheese in savoury dishes - you can use less and still get all the flavour

#### **What you drink matters too**

The amount of fluid we need depends on how active we are and how warm it is. To stay healthy, we should drink at least 8 cups or 1.6 litres per day. Water and milk are the best choices. Get into the habit of drinking water with all meals and carry it as a thirst quencher. Still water is kinder to teeth than sparkling varieties.

Drinking a large glass of wine is like eating a slice of pizza, when it comes to calories. If you drink a lot, it's likely to have an impact on your weight over time, as well as your general health.

#### **Losing weight**

When trying to lose weight people often focus on one thing, the pounds or the kilogrammes lost. But you can be more successful if you focus on eating healthier foods, and being more active will lead to keeping the weight off.

#### **Some tips are:**

Keep track of your food intake, it will make you aware of your eating habits and will help you spot

problem areas

Planning and setting goals is crucial to your success  
Rewarding your success will help keep you motivated.

#### **Keep up the exercise regime**

Before you hide those running shoes in the wardrobe, remember summer exercise doesn't have to stop because of the rising temperatures. On very hot days, change your exercise plan and take it indoors. Take a class, or try an online workout. It's best not to workout in the blazing sunshine, but on a cooler day there's nothing to stop you heading out for a run or bike ride – take plenty of water and wear SPF (see p13 in Newsletter)

#### **Beware of 'healthy' smoothies**

Fruit smoothies are a great way to get keep refreshed throughout the summer, but watch out for smoothies made with frozen yoghurts, ice cream or too much fruit, as they're loaded with hidden calories! A better option is a green smoothie, made with both fruit and veggies – still sweet and delicious, but much lower in sugar.



#### **Tackle hay fever**

Summer can be unbearable at times for hay fever sufferers. Make sure you vacuum and clean your home regularly to get rid of excess pollen, and try to shower and change clothes after you've been outside. Sadly there's no miracle treatment, but get to your pharmacy to stock up on anti-histamine products and nasal sprays. Streaming eyes? Sunglasses are your friend!



## **Saturday & Sunday Markets**

Every Saturday and Sunday Markets set up and spring to life in a flourish of fresh fruit, crafts and scrumptious ethnic foods. There is a wonderful selection of foods from around the world as well as local & speciality foods, so you are sure to find something to suit your taste.

If its crafts that you are interested in then you will find an abundance of handmade goods from hand-made jewellery, paintings, clothes and more. Why not spend the day at one of these markets in the midst of a lively thriving market environment.

#### **Dublin Markets**

- Temple Bar Food Market: Sat 10:00-16:30 on Meeting House Square [www.facebook.com/TempleBarFoodMarket/](http://www.facebook.com/TempleBarFoodMarket/)
- Honest2Goodness Market: Sat 09:00-15:00 in Dublin Ind. Estate, Glasnevin [www.facebook.com/GlasnevinMarket/](http://www.facebook.com/GlasnevinMarket/)
- Bushy Park Market: Sat 10:00-16:00 in Bushy Park, Terenure [www.facebook.com/bushyparkmarket/](http://www.facebook.com/bushyparkmarket/)
- Red Stables Market: Sat 10:00-16:00 at the Red Stables in St. Anne's Park, Raheney [www.facebook.com/RedStablesMarket/](http://www.facebook.com/RedStablesMarket/)

- The Super Natural Food Market: Sat 09:00-15:00 at St. Andrews Resource Centre in Pearse Street [www.facebook.com/thesupernaturalfoodmarket](http://www.facebook.com/thesupernaturalfoodmarket)

- Marley Park Market: Sat 10:00-16:00 / Sun 11:00-16:00 Grange Road, Rathfarnham [www.dlrcoco.ie/en/parks-outdoors/markets/marlay-park-market](http://www.dlrcoco.ie/en/parks-outdoors/markets/marlay-park-market)

- Dun Laoghaire People's Park Market: Sun 11:00-16:00 People's Park, Dun Laoghaire [www.dlrcoco.ie/en/parks-outdoors/markets/peoples-](http://www.dlrcoco.ie/en/parks-outdoors/markets/peoples-)

#### **Kildare Markets**

- Naas Farmers Market is situated behind Trax Brasserie, just off Friary Lane in Naas, Co. Kildare. Open every Saturday 10:00-1500
- Castletown Celbridge Co. Kildare  
The Castletown Markets and Craft Fairs will take place in the recently restored Stable Wing and Courtyard on the last Sunday of the Month between May and October (11am- 5pm).



**Great stalls, great music, great staff,  
a perfect day.**

(courtesy of [www.dublinkildaremarkets.ie](http://www.dublinkildaremarkets.ie))

**Copy date for the next edition of the Maynooth Newsletter will be  
Tuesday 20th August 2019**





## Small Adverts/Local Services



### THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen

Say this prayer for three days, promise publication and prayer & favour will be granted no matter how impossible.

Thanksgiving for favour received

Never known to fail  
Thanksgiving K.M.

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Thanksgiving for favour received

Never known to fail EPL



**Join us if you have an hour to spare!**

**Meet Courthouse Square:**

**Saturday Mornings @ 10am  
Wednesday Evenings @ 7pm.**

**All equipment provided.**

### LOCAL PESTCONTROL SERVICES

**Local Man - Removal of Rodents/Flies/ Ants/Wasp Nests/Cockroaches etc.**

**All Forms of Pest Control  
Unmarked Vehicle**

**Phone John: 087-6705124**

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Say this prayer for three days, promise publication and favour will be granted no matter how impossible.

Never known to fail  
Thanksgiving M

### Excavation Services & Hire

**Contact Bernard**

**087-2630621/087-2961785  
01-6242287**

**Foundations - Drainage - Footpaths  
Garden Works -Tree Surgery  
and Landscaping**

**FULLY INSURED  
SAFETY COMPLIANT  
C2 REGISTERED**

**FREE QUOTES**



### The Alzheimer Café Leixlip Co Kildare

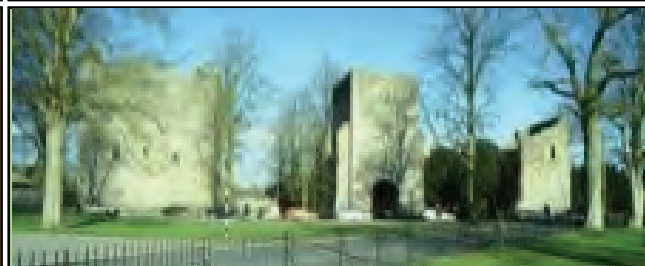


The Alzheimer Cafe is a safe and relaxed place where people with dementia, their partners, families and friends, and health and social care professionals come together for a unique blend of education and support.

The Cafe is a place where people can chat, share experiences, and learn more about dementia.

**Attendance is free of charge and there is plenty of parking available**

**www.alzheimercafeleixlip.ie  
Phone 087 7418512**



### Maynooth Castle

Address: Maynooth, Co. Kildare.  
Telephone No: + 353 1 628 6744.  
Email: maynoothcastle@opw.ie

#### Opening Hours 2019

Open 7 days a week  
From 10am to 5.45pm  
Until 25th September

**In addition to tours in English tours are also offered in German & French on certain days.  
Please phone in advance to avoid disappointment**

### Plumbing Services



**Showers Replaced  
Showers Installed - Triton, Mira etc.  
Kitchen Taps/Basin Taps/Outside Taps Fitted**

**Cylinders, Immersions, Radiators  
Attic Tanks, Basins  
Baths & WC Replaced etc.**

**Complete Bathroom Renovations  
Shower Doors, Shower Screens Fitted**

**Contact: Paul Bradley  
087 959 8840**

### Leaving Cert. Teacher(s) needed for Homeschooled Student

**Teachers required for HomeSchool Student completing Leaving Cert this coming year**

**Required from Sept. We are looking for teachers to cover the following subjects:**

- Irish (Ordinary Level)
- Maths (Ordinary Level)
- English (Higher Level)
- French (Higher Level)

**Covered under Home Tuition Scheme with excellent rates**

**Please contact Lesley @  
087 654 6053 for details**

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Thanksgiving for favour received

Never known to fail M

### THE MIRACLE PRAYER

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Say this prayer for three days, promise publication and prayer & favour will be granted no matter how impossible.  
Thanksgiving for favour received

Never known to fail G & M





## Frank O'Rourke T.D. Kildare North

Contact Details: Dail Office: 01 6183109 - Mobile: 087 2555257 - e-mail: [frank.orourke@oireachtas.ie](mailto:frank.orourke@oireachtas.ie) - [f /Frank O'Rourke](https://www.facebook.com/FrankO'Rourke)  
Clinics: Monday in the Glenroyal Hotel - Constituency Office: Main Street Celbridge.



**Blanchardstown Hospital Link needed on 139 Orbital Bus Route says O'Rourke**  
Local Fianna Fáil TD, Frank O'Rourke, has pressed for additional services to be provided on the orbital bus Route 139, including a link to Blanchardstown Hospital.

"Last year, after my persistent campaign, Bus Route 139, linking Naas to Blanchardstown via Clane, Rathcoffey, Maynooth and Leixlip, commenced. Since then, the route has attracted additional number of passengers."

"There is a growing demand for this bus service as it links significant population and activity centres, and we need it now to connect to Blanchardstown. There are nine services each way, seven days a week, with first departures at 07.15 and last departures at 22.35."

"I have made representations to the NTA to have this service connect to Blanchardstown Hospital. I also believe that we need to increase the frequency of the bus service. Once we have a regular and reliable bus service, we will continue to attract additional passenger numbers."

"I will continue to fight for a better public transport services for North Kildare and I believe that linking Route 139 to Blanchardstown Hospital will be another incremental improvement to the services we have" concluded Deputy O'Rourke.

### **Departure of Leisure Insurer from market puts businesses and jobs in Kildare at risk – O'Rourke**

Fianna Fáil TD for Kildare North, Frank O'Rourke has said the Government must hold an emergency meeting with the insurance industry amid reports that Leisure Insure is departing the Irish insurance market.

Deputy O'Rourke commented, "Leisure Insure have been providing insurance to the sport, leisure and entertainment industries in Ireland and the UK for more than 20 years and their departure will be devastating to the leisure and recreational sectors."

"We have all heard stories over the past year of play centre owners and entertainment companies going out of business due to extortionate insurance and public liability premiums so unfortunately this does not come as a surprise."

"What we're talking about here are activities such as paintball, bouncy castles and other inflatables, airsoft sites and indoor and outdoor adventure centres. Places where our children go to have fun and enjoy themselves with friends."

"However, as a result of a high number of claims, many insurance providers won't even cover the leisure and recreational sectors. Leisure Insure is one of the last remaining firms to provide this cover in Ireland and their departure from the market will put businesses and jobs at risk."

"The simple fact is that public liability insurance for the leisure industry is not an attractive business. Not one of the main insurers in the Irish market will provide cover to parts of the leisure industry. The failure of the government to implement insurance reform has led us to this crisis point."

"The Government needs to hold an immediate crisis meeting with the insurance industry in light of this decision to find a way of ensuring that viable businesses can continue to access insurance cover at reasonable rates," he concluded.

### **There must be deterrents for insurance fraud – O'Rourke**

Fianna Fáil TD for Kildare North, Frank O'Rourke has said the shocking video clip released by the Alliance for Insurance Reform, of a woman placing a piece of glass in her mouth before pretending to choke in a pub in Kildare, is yet another horrific example of the need to tackle insurance fraud.

Deputy O'Rourke said that small businesses are continuing to suffer due to lack of Government action on the matter. He said there needs to be harsher sanctions on those who are convicted of insurance fraud.

He said, "This brazen and blatant attempt to defraud a business in Kildare is disgusting. It's a clear illustration of what small businesses up and down the country are up against. The individual should feel the full vigour of the law but unfortunately there is no practical way of prosecuting somebody for insurance fraud."

"For perpetrators, there is no downside or deterrent. Currently, the worst that can happen is that the case is simply thrown out. Of course, the defendant is often stuck with large legal expenses defending themselves against a fraudulent claim."

"Fianna Fáil is the only party which is pushing the insurance reform agenda and has

brought forward the majority of legislation relating to insurance during this Dáil term. Our Civil Liability and Courts (Amendment) Bill 2019 will ensure that those who bring fraudulent claims will have to pay the legal expenses for the defendant. This would at least ensure that they will not walk away scot-free when they are convicted", he concluded.

### **O'Rourke presses for noise reducing measure on M4.**

Local Fianna Fáil TD, Frank O'Rourke, has called on Transport Infrastructure Ireland (TII) and Kildare County Council to provide for noise reducing measures on the M4.

"Over the years, there have been many calls for noise reducing measures to be provided on the M4 to deal with the concerns of people living in Kilcock, Maynooth and Leixlip."

"I have raised this point with Kildare County Council, Transport Infrastructure Ireland (TII) and I am again calling on these parties to address this problem. As I have seen for myself, the noise being emitted from traffic from the M4 is excessive for people living adjacent to the M4 in Kilcock, Maynooth and Leixlip."

"EU legislation, transposed into Irish Law, now governs the traffic generated noise and we need either to provide noise barriers or other noise reducing measure such as low noise surfacing to reduce the road noise being emitted from the M4."

### **Irish Mortgage rates too high says O'Rourke**

Local Fianna Fáil TD, Frank O'Rourke, has again called for Government action in relation to the high mortgage rates in Ireland as compared to the average EU rates.

"Irish banks are charging their customers higher mortgage rates, at a time when rates across the EU are falling. Irish Banks have increased the cost of taking out a mortgage, at a time when trends in Europe are lowering their rates."

"My understanding from the Central Bank is that Irish mortgage rates are the second most expensive in the EU. The April average interest rate on a new mortgage was 3.03pc, up from 3% in March. This compares with the average rate for the euro area of 1.7pc, down from 1.74pc in March."

To put this in real money terms, the average first-time buyer is paying an extra €154 a month for their mortgage, based on a loan of €225,000 paid back over 30 years.

"With our spokesperson on Finance, Michael McGrath TD, I continue to put pressure on the Government to deal with this inequality. I have repeatedly called on the Government to address the rising cost of living issues; such as Mortgage Rates and Insurance rates." concluded Deputy O'Rourke

### **O'Rourke calls for dementia-specific day care centre in North Kildare**

Fianna Fáil TD for Kildare North, Frank O'Rourke, has called for the provision of a dementia-specific day care centre in north Kildare. There is no day centre in north Kildare for people with dementia, an area with a population of approximately 120,000.

"There are currently 1,229 people with dementia in Kildare so that's quite a significant number of people who require a service which is simply not in place. We know that where a person has dementia there are three family members also directly affected. They provide care for them on a day-to-day voluntary basis and their own health deteriorates as a result."

"Providing a two-day per week care centre to help people living with dementia in north Kildare has been costed at approximately €70,000. In the grand scheme of things this is reasonable money, yet people living with dementia in north Kildare are starved of services at the moment because the funding is not available."

"As it stands, most people living with dementia in this region must travel to other locations like Dublin and south Kildare to access services. They should be able to access care as close to their community as possible and without impediments. The nature of the disease is such that routine and consistency are key to helping a person cope."

"It's worth remembering that over the next 30 years, the number of people in Ireland over the age of 65 will double and the number over the age of 85 will quadruple, while the population of north Kildare is rising rapidly. It is not unreasonable to request support for some of our most vulnerable people and their families. I will continue to advocate for this essential service to both the Minister for Health and the Minister of State for Older People", concluded Deputy O'Rourke.



# KNOW YOUR RIGHTS

*Citizens Information Centre, 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 [www.citizensinformation.ie](http://www.citizensinformation.ie) and from the Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121*



## Question

I have a second property, which I would like to rent out to visitors for short stays? Are there any procedures I need to follow?

## Answer

Yes, there are new regulations for short-term lettings that you may need to follow. These regulations came into effect on 1 July. They aim to bring properties used for short-term tourist lettings in Rent Pressure Zones (RPZs) back to the long-term rental market. The regulations cover people who let out property for short stays (less than 14 days) in RPZs, which are areas where rents are highest and rising quickly. The Residential Tenancies Board has a rent pressure zone calculator where you can check if your property is in an RPZ to see if the regulations apply to you.

If your property is in an RPZ and you want to let it out on a short-term basis for the first time, you will need to get planning permission so it can be used for tourism and short-term letting purposes. If you are already renting your property on a short-term basis, you will need to apply for retention permission.

You apply for planning permission to the local planning authority, who will decide on your application within eight weeks. However, it should be noted that in areas of high housing demand, where there is high rent inflation, insufficient supply and lots of applications, it is unlikely that permission will be granted.

The regulations do not apply if your property is outside an RPZ. They also do not apply if your property is a holiday home, or is used for longer-term flexible lettings, or is a normal letting used for longer stays of more than 14 days.

**The Department of Housing, Planning and Local Government website has an FAQ document about the regulations, which includes further information.**

**Further information is available from the Citizens Information Centre above.**

## Question

My Irish passport will expire soon. What is the easiest way to renew it?

## Answer

There are a number of different ways to renew your passport. You can renew your passport online or by post or in person at a Passport Office.

The Online Renewal Service takes about 10 working days to process your application, if all your documents are in order. However, this does not include the time it will take for your passport to be delivered to you by post. An online renewal application for a standard 10-year passport costs €75.

You can submit a paper application using An Post's Passport Express service. It takes about 15 working days (if your application form is filled in correctly and your documents are in order). The application fee for a standard 10-year passport using this service costs €89.50.

During busy periods, for example, during the summer months, the Online Renewal Service and Passport Express service can have longer turn-around times. You can check current processing times on the Passport Service website.

If you are due to travel in less than 3 weeks, you can apply in person to the Passport Office in Dublin or Cork. You can't just drop-in, you need to book an appointment online. The Dublin Passport Office has a Rapid Renewal Service for adults and children who need to travel in less than 3 working days. This service costs more. You can book an appointment for this service online. If you cannot secure an urgent appointment online you should contact the **Passport Service on (01) 671 1633**.

The Passport Service recommends that you apply for your passport renewal at least 6 weeks before your planned travel date.

## Marriage counselling, Child counselling in relation to parental separation, Marriage preparation, and Bereavement counselling and support.

### General description of the Scheme

This is a non-statutory scheme of once-off grants to voluntary organisations providing the following services

### Marriage counselling, Child counselling in relation to parental separation, Marriage preparation, and Bereavement counselling and support.

The focus of the scheme is on the development of support services in the community for families to enhance stability in family life and to assist families and their members to deal with difficult periods which they may experience. The aim is to ensure a larger and more accessible service, to ensure the highest level of service possible and that the service is delivered at low cost to the client.

### Information Leaflet

FSA2: Grants, Marriage, Child and Bereavement Counselling Services (updated as required)

### Administration

The scheme is administered by  
Family Support Agency  
Floor 4

St. Stephen's Green House

Earlsfort Terrace

Dublin 2

**Ph: (01) 6114100**

**Further information is available from the Citizens Information Centre above.**

**Also available on [scope@ciboard.ie](mailto:scope@ciboard.ie)**

## New Labelling to Make Recycling Easier

The Minister for Communications, Climate Action and Environment, Richard Bruton T.D. has launched a new labelling system, unique to Ireland, to make it easier for people to recycle. The Climate Action Plan to tackle climate breakdown, which was published by Minister Bruton earlier this week, commits to working with industry to improve labelling to avoid confusion or ambiguity.



Proper segregation of waste is crucial. It minimizes the amount of waste ending up in landfill and helps us use our resources more effectively. The three new labels being launched today are voluntary for use by producers, manufacturers and retailers. The labels clearly identify whether an item is widely recycled, whether it is not recyclable, and whether more information should be sought before deciding how to dispose.

These new labels are being introduced at a time when two thirds of the plastic used by industry in packaging is non-recyclable in Ireland today. This is just one initiative being put forward to encourage enterprise to reduce their use of non-recyclable materials and use recycled, recyclable packaging.

Minister Bruton said,

People want to do the right thing when it comes to recycling but it can sometimes be confusing especially with plastics, to know which bin to use. It is easy to confuse the symbol which indicates that a manufacturer contributes to the cost of recycling with the symbol which means that the item is itself recyclable.

These new labels will clearly show when to recycle or dispose of an item and I encourage all retailers, manufacturers and producers to take up this useful initiative. I'd also like to take this opportunity to encourage all retailers who haven't already, to sign up to the Repak Plastics Pledge, which is making a real difference in reducing packaging waste.

Co-operation between the Department, local authorities, Repak and the waste collection industry led to the development a single unified national recycling list for household waste collection in November, 2017.

The Repak Plastics Pledge, which commits signatories to reducing plastic packaging waste and helping Ireland increase packaging recycling rates, will see over 10,600 tonnes of plastic packaging diverted from waste this year.

Mywaste.ie, funded by the Department of Communications, Climate Action and Environment, is the government's one stop shop providing householders with all the advice they need to prevent and manage waste.

Declan Breen from [mywaste.ie](http://mywaste.ie) said,

We already have interest from major retailers in the new labelling system, and we look forward to rolling it out free of charge to producers, manufacturers and retailers.

**To learn more about the new recycling label system and to apply for labels see [www.mywaste.ie](http://www.mywaste.ie).**







## MAYNOOTH CYCLING CAMPAIGN

### Velo-City 2019

Well Velo-City 2019 has come and gone.

There is so much which could be said about the conference itself but that is for another time.

One of the things of note around the conference was the comments on Twitter of visitors - cycling activists, politicians, planners, engineers - about the quality of cycling infrastructure provided by Dublin City.

Klaus Bondam, CEO of The Danish Cyclists' Federation, former deputy mayor of Copenhagen and former MEP with the Liberal group in the European Parliament criticised Dublin City Council's lack of commitment to new safe segregated bicycle facilities and added that "the physical absence of Dublin and Irish high-level politicians except at photo opp's [sic] has been noticed". This was a reference to Minister Shane Ross's brief appearance at Velo-City at which he said how important the conference was but disappeared after the opening - never to be seen again. Klaus Bondam added that "Several European mayors have attended for several days".

One of the most influential bloggers, Mark Wagenbuur of the Bicycle Dutch, wrote I couldn't remember when I last felt afraid on my bicycle. Not just anxious, but genuinely fearing for my life. I do now, after I cycled in Dublin last week. Cycling in Dublin made me feel 12 again, in a bad way. It reminded me of what traffic was like in the Netherlands in the late 1970s, when cycling and cycling safety were at an all time low. Brian Salmon from the UK tweeted "Cycled in 30+ cities, mostly in Europe. Dublin definitely the worst for safe cycle provision".

There were loads of other comments - some by people who had attended Velo-City when it was previously held in Dublin in 2005 and who were disappointed at the lack of progress since. Such comments were no surprise to Irish cycling campaigners who have been making the same points for more than 10 years and who have been repeatedly ignored by central and local government.

### Velo-City Parade

One of the highlights of the conference is the Velo-City parade when delegates join with local people in a mass cycle around the city in which the conference is taking place. Dublin Cycling Campaign proposed a route through the city centre highlighting the history/ architecture of Georgian Dublin but the Garda Síochána opposed this. Instead a route from the conference centre to St. Anne's Park was selected at a time starting in the mid-afternoon. Delegates, who had experience of other such parades, felt that the timing, location and short distance were chosen in order to avoid disrupting traffic flow rather than demonstrating the potential contribution of cycling to an efficient transport system.

### Joint Oireachtas Committee on Climate Change

Two of the leading speakers were invited to address the Joint Oireachtas Committee on Climate Change - Dr. Rachel Aldred of the University of Westminster and Brian Deegan of Urban Movement (Consulting Engineer). Both gave an impressive presentation and answered questions from the committee members. Their appearance is available on Oireachtas TV and Brian Deegan's opening statement can be found at . Moyglare Road [https://data.oireachtas.ie/ie/oireachtas/committee/dail/32/joint\\_committee\\_on\\_climate\\_action/submissions/2019-06-27\\_opening-statement-brian-deegan-principal-design-engineer-urban-movement\\_en.pdf](https://data.oireachtas.ie/ie/oireachtas/committee/dail/32/joint_committee_on_climate_action/submissions/2019-06-27_opening-statement-brian-deegan-principal-design-engineer-urban-movement_en.pdf) . It includes a description of the innovative public consultation which is ongoing in Manchester.

### Moyglare Road

Work continues providing cycle facilities on the Moyglare Road. For those who think that standards in Kildare are higher than in Dublin, they aren't. Although the design is supposed to prioritise walking and cycling and the County Development Plan refers to the reallocation of road space to active transport, instead additional space at critical locations has been allocated to motor vehicles. This is at a time when the EPA report that parts of Dublin have potentially high levels of NO2 which is mainly produced by traffic emissions.



*Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on meetings and activities is available on our website. We are affiliated to Cyclist.ie, the Irish Cyclist Advocacy Network and through it to the European Cycling Federation*



**O'NEILL'S - IN THE HEART OF MAYNOOTH**

**O'Neill's**  
Bar & Steakhouse

**Main Street, Maynooth, Co. Kildare**  
T. 01 6286255 E. [info@oneillsbar.ie](mailto:info@oneillsbar.ie)

O'Neill's Bar & Steakhouse is a family run traditional style bar in the heart of Maynooth.  
We are renowned for our quality food, service and our warm welcome.  
Food is served daily from 12pm, full A La Carte menu available from 5pm.  
Live music every Thursday & Saturday night.

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

## Thinking of replacing your PVC Windows?

### WHAT TO DO NEXT

#### Download Your Free Guide Book:

#### **'7 Big Mistakes people make when buying PVC Windows'.**

In this book you will learn:

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***Make sure you  
are protecting  
your skin***

***We all love the sunshine but we cannot forget the need  
to protect our skin from the sun***

There was a sharp rise in temperatures and sunlight over the last few weeks-and something similar to come in the coming months. We all need to be aware of increased **Sun Exposure** and the increased need to protect our vulnerable skin from the ultraviolet (UV) rays. There are three options for sun protection: sun screen, sunblock and stay out of the sun. Sunscreen is formulated to create a layer that absorbs UV rays while continuing the tanning process.

The sunscreen protection can be used in a spray or a cream and should be reapplied every 2 hours approx. or depending on the sun exposure. Sunblock however creates a protective barrier that does not allow anything to go through to the skin. The sunblock formula is suitable for people who have sensitive skin, this also comes in a cream or a spray and should also be reapplied every two to three hours.

The most important areas to apply sun protection are on the face, neck, chest, ears, shoulders and the back of the neck. Don't forget about the soles of the feet.

The face and neck are more vulnerable than other places on the body because these are the most sensitive areas, and UV rays are always hitting those areas, especially in the summer. Sun protection should be applied every day in all seasons to these areas and should be at least SPF 15. Without proper use of your sunscreen/sunblock and taking breaks from the sun, you can face an increased chance of sunburn and damage to the skin.

Harmful UV rays are linked to all types of skin cancers, and with many people in Ireland being particularly vulnerable to sun exposure, it is best to prevent any such damage by taking the right precautions. Remember it is very important to protect the scalp, especially if you have thinning hair and also wear a hat. Keep up with the expiration dates on all products.

### **Children**

Even when we do our best to prevent sunburn, it sometimes happens. It's easy to miss a spot when applying sunscreen (especially if you've got a squirmy kid).

Sometimes we can't keep up with reapplying when kids are active or in and out of the water. Sometimes we get caught off guard by a really sunny day — and sometimes we just forget to bring sunscreen on an outing.

Here's what you should do if your child gets sunburned.

Get them out of the sun. This sounds obvious, but it's worth stating. If your child is getting sunburned, either find or make some shade, or go indoors. Staying out in the sun is likely to make things worse (and a sunburn may be a sign of too much time in the sun), which can put **kids at risk of heat exhaustion or even heat stroke.**

Use cool water. A cool bath or shower can soothe sunburn, as can a cool, damp towel or cloth (which may be your best bet on the way home from the beach). Do it throughout the day if it helps.

Use products that contain aloe vera. This is widely available in lotions and gels (you can scoop your own gel out of aloe vera leaves), and can be very soothing to sunburned skin. Don't use anything that contains petroleum, as it can trap heat inside the skin. And while it may be tempting to use products that contain benzocaine or lidocaine, as they are marketed to help pain from cuts and scratches, don't — they can irritate sunburns.

Make sure your child stays hydrated. Burned skin doesn't keep fluid inside as well, so anyone with a burn needs to drink more than usual. Fill a water bottle, and have your child drink from it frequently.

Consider using ibuprofen. It can help with pain and swelling. If you're not sure of your child's dosage, call your doctor.

Leave blisters be. If there are blisters that means that the burn is a second-degree burn, which is more serious. Don't pop them, just leave them alone.

Protect sunburned skin by dressing your child in lightweight, tightly woven clothing that blocks the sun. It's not a bad idea, if possible, to stay out of the sun for a bit, especially after a bad sunburn. Do some fun indoor activities instead.

If your child has cramping, nausea, vomiting, dizziness, or sleepiness that doesn't get better once you get them inside and cooled off, call your doctor right away. Hopefully this won't happen, but heat can be dangerous.

Along with being careful about outside activities, the best way to prevent sunburn is to **choose and use sunscreen wisely.**

**Even though the occasional sunburn is inevitable and manageable, the skin damage from sunburns can increase the risk of skin cancer. So next time, be extra careful.**

(information courtesy of Juliana Reyes <https://dublingazette.com>)





## Family Fun things to do this August

**Maynooth Castle** Maynooth Castle, a ruined 13<sup>th</sup> century castle which was built at the junction of two streams and became the home of the Fitzgerald family before its expansion by Sir John Fitzgerald in the 15<sup>th</sup> century. The Fitzgeralds would later become the Earls of Kildare; Maynooth Castle was known as one of the largest and richest Earls' houses in Ireland.



Today, the atmospheric castle lies in ruins - only the ruins of the main entrance gateway on the southern side remain. Restoration work on the castle was undertaken by the Office of Public Works in 2000 in order to develop it into an Irish Heritage Site. An exhibition on the history of Maynooth Castle and the Fitzgerald family is on display at the on-site visitor centre.

**Summer opening hours: Open daily until 25th September from 10am until 7.45pm. Tel. 01 6286744**

**Donadea Forest Park** is situated in northwest Kildare and comprises of approximately 243 hectares of mixed woodland. It is part of the old Aylmer family estate. The last of the Aylmers, Miss Caroline died in 1935 leaving the property to the Church of Ireland, who in turn sold it to the State. There are many historical features including the remains of the castle, walled gardens, church, tower, ice house, boat house and Lime Tree Avenue. There is also a 2.3 hectare lake with ducks and other birds and a wonderful display of water-lilies in the summer. Walled streams form part of the drainage of the park. There are many different walks through the forest, including the 5km Aylmer loop, the lake walk (wheelchair accessible) and a nature trail with stops. A small café serves light refreshments and is open year round. The park is a designated National Heritage Area. There is a 9/11 Memorial at Donadea. The memorial was inspired by the memory of Sean Tallon, a young fire fighter, whose family had emigrated from Donadea.



### Car Park 460 spaces

Car park opens at 7am (April to September) and 8am (October to March)

Car park closes at 9pm (April to September) and 5pm (October to March)

Parking Fee: €5.00 per Car (Coins Only) Annual Access Card €40.00

Toilet facilities are only available during café opening hours.

Tea/coffee facilities.



**All this Information is given in good faith. Readers are advised to check with all venues prior to planning any visits. Enjoy your trips.**

**The National Botanic Gardens** Glasnevin, are open every day, all year round.



The Gardens are open every day throughout the year, except Christmas Day. There is no admission fee to walk and explore. The National Botanic Gardens, Glasnevin can also be accessed by guided tours all year round. **Check website for more information.** The National Botanic Gardens are open every day in Glasnevin and are free to enter and explore.

From Sunday 3rd March 2019 we revert to Summer Opening Hours

Open daily 9am to 5pm weekdays

10am to 6pm Sat, Sun & Public Holidays

Winter Opening Hours: 9am to 4.30pm weekdays, 10am to 4.30pm Sat, Sun & Public Holidays.

Usually Winter Opening Hours begin in mid-October.

An announcement will be made of the date we begin winter hours.

Visit [botanicgardens@opw.ie](mailto:botanicgardens@opw.ie) for more information



**Spot wild deer in Dublin's Phoenix Park** While Dublin may be better known for its nightlife and historical attractions, our great little city has a super range of things to do for family city breaks. Every week nature lovers flock to the Phoenix Park -Europe's largest walled urban park. This 352 year old park spanning 7 KM square lies within shouting distance of the city. One of the best things about the Phoenix Park, aside from the fact that it's FREE, is that you walk amongst the many wild deer who live in the park (Please don't feed our Fallow Friends!) making it ideal for an afternoon of family fun or a stroll in the park



**We look forward to welcoming you to our Third Generation Family Farm**

### Rathmuck, Co Kildare

With us, you and your family can experience all that is great about country life. We do not charge visitors to our Open Farm; entry to our farm is Free. We offer visitors a family friendly, buggy and wheelchair accessible destination. Visitors can see a wide variety of animals in a natural and relaxed setting. We are home to many friendly animals including; Wallabies, Mara, Pigs, Goats, Ponies, Deer &

Sheep. We also house a large range & variety of birds including; Ostrich, Black Swans, Ducks, Geese, Chickens, Guinea Fowl and most beautiful of all our Peahen and Peacock. Sexton, who runs the business with his wife Susan, is the third generation of his family to work this 150 acre beef and horse farm that has grown in size and stature from the 20-acre Land Commission plot his grandparents owned. In that time, the small shop has also grown. From the moment you drive through the gates, you know you are in for something special, everyone gets a thrill to see the hens and ducks waddling about the gardens. The shop has a relaxed, welcoming feel. It's a sheer pleasure to spend time in.

### General Opening Hours

Monday to Friday - 9am to 5pm

Saturday - 9am to 3pm

Ph: 045-526774

Closed Sunday and Public Holidays (our animals love their day off, keeps them happy so they are all the better when you see them)

Hours may vary due to seasonal events, please see social media for details



### You're ready for your holidays—but have you checked if the car is?

For families that are planning a holiday with the car, either at home or abroad this summer, German tyre-maker, Continental Tyres, is advising that some simple car checks before heading off could save a lot of trouble. Here are four simple vehicle safety checks that any driver can do to their car to help keep families safe during the annual migration.

**Give the car's interior a clean.** The majority of motorists are not particularly careful about keeping their cars very clean – inside or out. A recent Continental Tyres survey of 2,000 motorists showed that one in five claimed to tidy the inside of their car just once a year, generally when it is facing an NCT or garage visit. However, when you are embarking on a long journey such as heading off on holiday, it is important to have the cabin area of the car clear of the usual clutter that can accumulate. For example, an empty can, bottle or other piece of rubbish rolling under the brake pedal while driving could have very serious consequences.

**Check the car's tyres** Studies show that the highest number of tyre-related incidents occur during the summer months. Families heading off on holiday in cars more heavily laden than usual are especially vulnerable. A damaged tyre is more likely to fail when carrying a heavier load on a much longer trip than usual, such as with a heavily laden car with people and baggage. This is exactly what happens when a family departs on holiday in their car, and that's why it is crucially important to thoroughly check the tyres. The next time you fill up the car with fuel, check the air pressures in your tyres and inspect the tread depth of all four tyres, not forgetting the spare wheel, if you have one. If there are any bulges or cracks, take your car to a reputable tyre dealer to have them professionally checked. Tyres are your only point of contact with the road, so it is very important to regularly check on their condition.

**Check the car's windscreen wipers** On holiday, we are all hoping for good weather but sometimes it doesn't always go according to plan, so be ready for some of those sudden, heavy summer downpours. So, make sure to check the condition of your car's wiper blades. Lift the front and rear windscreen wipers away from the glass and check that their rubber blade isn't worn down or peeling away from its base. If they are not totally clearing the water, see about replacing them before you set off.

**Check the car's lights** Driving with defective lights is both illegal and dangerous for you and for other road users. So, take a couple of minutes to ask a family member or friend to walk around your car as you switch on the side lights, the headlights, operate the main beam and then check the indicators and brake lights. Don't forget the fog lamps and reversing lights. If you are travelling to the continent, don't forget to use headlamp converter stickers so that your headlights do not dazzle oncoming traffic.

**Check the car's service schedule** Occasionally checking the level of oil in the engine is not enough to keep your car in good health. It should be serviced according to the vehicle manufacturer's recommended service schedule, which can be found in the car's handbook.

During its service, important items such as the tyres, brakes, suspension, engine, exhaust and transmission will all be inspected. Simple items such as the filters will be changed – important when you are embarking on a long drive, perhaps (hopefully) in warm weather. You don't want to circulate dirty air in the car or – even worse – risk a breakdown because an old fuel filter is clogged with debris.

### Drive carefully

Courtesy of Declan Glynn

<https://dublingazette.com>



## Maynooth Town Football Club

**It's been a busy 50th summer for MTFC laden with a host of activities for our young players!**

### Summer Soccer Blitz

The Annual Soccer Blitz took place on w/e 22nd/23rd June with a huge turnout at Rathcoffey Road. While Saturday was a good weather day, the elements conspired a bit on Sunday with some heavy rain but that in no way deterred the fun and enjoyment being had by all.

We had 6 tournaments, 30 teams, 78 games, loads of goals and over 240 players (192 boys & 48 girls) playing football with a fantastic attitude. It was a big logistical exercise that ran like clockwork thanks to Michael, Miriam, all the young players who acted as managers on each day, with the back up of coaches, referees and parents assistance.



### New Soccer Teen Camp

The introduction of our new soccer camp initiative for teens in July (12-16 yrs.) proved to be an outstanding success. Led by Gary Daly, it had an innovative mix of individual and team building skills, strategies and tactics, confidence building and talks on fitness, nutrition, and code of conduct as well as performance analysis. The participants overwhelmingly endorsed the camp, so much so that we are hosting another due to popular demand from 19th-23rd Aug - see Maynooth Town FC Facebook page for full details re registration etc.

### Summer Soccer Camp 1&2 (5-12 yrs.)

Gary, Aibhinn, Conor, Sean and Mike are back with another camp of fun and skills for 5-12 year olds this summer. The first camp in July had over 60 participants and was enjoyed by all. Summer Camp 2 takes place from 6th - 19th August price €40. All coaches are FAI registered with a selection first aid trained too. Make sure you don't miss out by registering on Maynooth Town FC Facebook page or contact miriammtfc@outlook.ie.



### Maynooth Town FC 2 Real Madrid 3

MTFC u/14&15 side entertained a team from Real Madrid Foundation at Rathcoffey Road in early July. After an entertaining and close fought game, where MTFC established a foothold in the second half, Madrid squeezed out a winner in the last minute. The visitors were participants in the Real Madrid Foundation soccer camp held in Maynooth University.



### MTFC Supporting Pieta House

The Maynooth Pub/Restaurant 7 aside league supporting Pieta House continues each Wednesday night until 21st August at MTFC Rathcoffey Road. Eight weeks of football bringing the community together over the summer, while supporting a very important cause.

### Next Season Team Registrations

Open in August so watch out on Maynooth Town FC Facebook page or contact miriammtfc@outlook.com

### MTFC/MCEP Partnership

MTFC wishes to acknowledge and say thanks to our MCEP Grounds and Building Team who keep and maintain our pitches, grounds and club building in pristine condition every week. The team are participants in MCEP (Maynooth Community Employment Project).

MCEP (CLG) is a not for profit company with a voluntary Board of Directors supported by the Department of Social Protection which provides services of social value to the community including services to the soccer club, the harbour and canal amenity, community newsletter, and management of the community space. The services provided by MCEP are invaluable to club and the wider community, delivered professionally and efficiently that have a positive social impact locally and are greatly appreciated by Maynooth Town F.C.

It really is a pleasure to walk into our grounds on any day but particularly on match day to see pitches cut, laid out and ready to go. Many visiting teams have commented favourably on our facilities. Some might think it happens by magic but it is all down to the combined efforts, each week, of the staff of the Maynooth Community Employment Project - our unsung heroes who make it all happen.

*Needless to say they are going above and beyond to get everything ready for The big game on the 11th August.*



## MOYGLARE ROAD

Work on the first section of the new cycle and pedestrian route on the Moyglare Road is progressing outside the Maynooth GAA Club pitches.

These works will continue with other parts of the route also started such as the junction of the Moyglare Road with the Kilcock Road.

The entire project will take a number of months to complete with a number of temporary traffic signals to ensure safety for road users and traffic delays will occur.



## Maynooth Educate Together new school building

Phase one of Maynooth Educate Together NS new school building is nearing completion. The new building includes a multi-purpose hall (pictured). The current temporary building will be removed to make room for the building of phase 2 which consists of another eight classrooms.

The school moves into the new building early in the next school year with the entire building expected to be completed by Easter 2020.

The school is still enrolling Junior infants to start this year.





# NATIONAL HERITAGE WEEK

An Chomhairle Oidhreachta  
The Heritage Council



## National Heritage Week 17-25 August 2019

### July Days at Maynooth Castle by OPW Guide Moira Devery

#### Visitors to the Castle

Among our many individual visitors we were delighted to welcome three Gaelgóri from Connemara (see photo). We also chatted with a lovely couple from Arizona who were celebrating their 30th wedding anniversary in Ireland and just a few days ago we had a flying visit from two OPW gardeners who had been attending a celebration event at Maynooth University having been awarded prizes from their work at OPW sites in Killarney and at Derrynane House. Two other visitors were Dina Depestel and Hugo Magielse from Antwerp in Belgium (see photo) who are known to many set dancers in Ireland as they have been coming here for the last 30 years or more. Hugo teaches set dancing in Antwerp and in Brussels and travels long distances to meet up and dance with other set dancers. Set dancing is amazingly good for one's physical and mental

Hugo Magielse, Moira Devery OPW Guide, Dina Depestel

health involving fun exercise, social contacts, eye, hand and foot co-ordination. It is said to decrease the risk of developing dementia and Alzheimer's disease. All you need is a pair of leather-soled shoes, a willingness to learn/have fun and a small purse. A 3 1/2 hour céili costs 12€ in Dublin and 10€ down the country including refreshments. Once you've learned the basic moves you can dance any one of hundreds of set dances. See sets.ie for details of classes and céilithe.

In July we also welcome many young Italian and Spanish students who are here in Ireland to learn English. We are even picking up some of their language and can surprise them by saying "Attentione ragazzi!" (Attention, boys and girls). Many of Maynooth University's summer school students come alone on a visit or as part of a group. And while we are very happy to give tours of the castle to groups, we kindly ask the organisers to phone up and book in the groups and to adhere to the time arranged. Turning

up 45 minutes late without any notice is not simply discourteous but also difficult for the OPW guiding staff, in particular due to the unexpected illness of a staff member. Having only four guides instead of five may mean that Maynooth Castle is closed on Mondays and Tuesdays in September so please check with us on 01-6286744 if you are planning to visit us in September. One recent group from Florence came in with their leader Guido and sang an Italian song and also the Italian national anthem (photo). Yours truly had to sing Amhrán na bhFiann for them then! They were fascinated to learn about the Italian connections to the Fitzgeralds including the fact that the 11th (Wizard) Earl, Gerald, rescued from the claws of Henry VIII with his brother Edward, spent many years in Florence with the Medici family.

#### Wildlife Escapades at the Castle

Just a few weeks ago visitors to the grounds found a baby duckling lying stunned on its back near the gatehouse (possibly dropped from the beak of a predatory bird??). They carried it gently into the reception area where OPW staff Alan and Katherine looked after it while working at the desk. After a while it recovered and started chirping merrily while hopping from one side of the desk to the other. The duckling captured the hearts of the staff and visitors and even more so, when a short time later, a loud concerned quacking was heard from the grounds. Yes, you've guessed it! Mother Duck was out searching for her lost duckling followed by five little siblings in tow. Alan and Katherine brought the lost young duckling out close to where Mum was quacking. They took a short video of the reunification and were surprised to see Mother Duck merely give the lost duckling a short reprimanding look before letting it step in behind her. No joyful kiss or loving nudges. Oh no! The look seemed to say "Where have you been, you little brat; I've been searching for you for the last hour!" Mother Duck, who incidentally lives on the Lyreen River behind

the castle, then proceeded to flick the ducklings back over the wall one by one with her beak to get them home. What a sight that must have been!

#### Heritage Week

Our trad music session will take place on Saturday 17 August at 3pm instead of Sunday 18.8 due to the All Ireland Hurling Championship on the Sunday afternoon. All welcome. On Sunday 18.8. at 12 midday Moira's Medieval Music will take place with live musicians (to be confirmed). This talk/tour will be repeated twice either with some live music or with recordings. A talk will be given on the Fitzgerald Collection: Books and Paintings by Cora MacDonagh on Monday 19.8. at 3pm following on from Mary Henry's talk on Medieval Fashion at 2pm. On Tuesday August 20 at 4pm Dr. Deirdre McGowan will give a lively talk entitled "An historical survey of Irish marriage". Wednesday is Children's Day with Storytelling at 11am and Arts and Crafts in the afternoon. Mary Henry's talk on Medieval Fashions will be repeated on three days in Heritage Week. Due to illness there will be no Medieval Medicine tour. Joe will be giving a talk/tour on "The Marriage of Eva and Strongbow" on Sat. 17 at 2pm and Alan will also give his talk/tour on the Silken Thomas Rebellion on Saturday 17.



Katherine Colthurst & the lost duckling



Brid & Séan Mac Donncha (An Cheathrú Rua) agus Caitríona Ní Dhonncha (Indreabhán)

**All events are free as is admission to the Castle.**  
**For more exact details, please phone the Castle between 10 & 17:30 at 01-6286744.**

#### Further Information

Each year, during the last week of August, many national and hundreds of local community organisations participate by organising events throughout the country. Many of the events that take place during the week are free and the programme highlights the abundance of great work that is carried

out in all communities in Ireland to preserve and promote our natural, built and cultural heritage.

The Heritage Council assumed the role of coordinator of National Heritage Week from the Department of the Environment, Heritage & Local Government in 2005. Since then the week has grown into a highly successful programme of over 2,000 events which take place during the last week of August each year. For further information about the Heritage Council including our initiatives, grants programs, history and structure visit [Heritage Council website 2019](http://Heritage Council website 2019)

The aim of Heritage Week is to build awareness and education about our heritage, thereby encouraging its conservation and preservation. We're encouraging everyone young and old to get outdoors more often and value what our natural world has to offer. Protecting our natural heritage is so important to every aspect of our lives; jobs, tourism, water, food, health and wellbeing.

For further information visit the :  
[Heritage Council website 2019](http://Heritage Council website 2019)

#### The Heritage Card

Get free admission to all fee-paying OPW Heritage Sites in Ireland for one year from the date of first use with the Heritage Card! Heritage Cards are available from the ticket desk in Dublin Castle and represent great value: in Dublin, for example, you can get free entry to Dublin Castle, Kilmainham Gaol, or Casino Marino with the Heritage Card. To see a full list of OPW Heritage Sites in Dublin and around the country, please check website

At the National Botanic Gardens, Glasnevin, entry is free for all but guided tours require a paid ticket (except for the free Sunday tours). Holders of the Heritage Card may access these guided tours for free on production of a valid Heritage Card.

The Heritage Card costs as follows:

Adult €40 Senior (60+) €30 Student (valid student ID required) €10.00  
Child (12-17) €10 Family (max. 2 adults & 5 children) €90  
Check Website for more information on the OPW Heritage Card.







### Maynooth Senior Citizens Committee

We finished off our summer events with a trip to Kildare Stud and Japanese Gardens on July 21st. This was a most enjoyable day and despite the rain catching up on us in the evening, many of us managed to take the guided tour around the stud. We finished the day with a lovely meal at Kildare House Hotel made all the more enjoyable by their efficient and helpful staff. (See pics) Many thanks to Barton's Transport who sponsor the coaches each year and to their drivers, Peter and Peadar for their courtesy and kindness to all our people. Our club is now closed for a month while our committee take a welcome break.

Our morning club will reopen on Tuesday September 3rd and on Thursday September 5th we will introduce painting classes, courtesy of Susan Durack, from our own Castle Keep Art Group. Any older / retired people who wish to avail of this opportunity, just come along, you will be most welcome. We plan to have the Art on two Thursdays each month and crafts and needlework on the other two. If none of these are for you, then come along with your own suggestions or just have a cuppa and a chat. Making new friends is always a bonus. You will find us in the Geraldine Hall on Leinster Street. (Scouts Hall on the Harbour)

In the meantime, may I wish you all a very pleasant summer wherever you are?

*Josephine Moore. - Chairperson.*



Please call us on 01 6290909  
or email [events@glenroyal.ie](mailto:events@glenroyal.ie) for any enquiry or to make a reservation



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## August Events at Maynooth Community Library

### All of our events are **free of charge** and open to everyone

For further information contact: [www.kildare.ie/library](http://www.kildare.ie/library) [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) Ph.: 01-6285530



[facebook.com/KildareCountyLibraryService](https://facebook.com/KildareCountyLibraryService)



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

*The Library will be closed on Saturday 3<sup>rd</sup> and Monday 5<sup>th</sup> August for the Bank Holiday Weekend*

*Extended Opening Hours coming soon – check FB, Twitter or our website for more information!*

#### Children's Events

##### **3 Day "Telling Tales" Story Writing Camp**

29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> July

11.30am – 12.30pm

Ages: 8-12 years

**With author Debbie Thomas**

Stories live everywhere: up trees, around the corner, under the sofa and of course inside heads. Come and invent your own characters, pack them off on adventures and decide just how happily-ever-after they should live. In 3 workshops, children's writer Debbie Thomas will help you explore the wonderful world of stories and how to wow the world with your own.

**Session 1: Look who's talking.** Jack might have cheered when he chopped the beanstalk down, but how did the beanstalk feel? Find ideas for stories by exploring different viewpoints.

**Session 2: What a character.** Creating heroes, villains and everything in between.

**Session 3: Knotty plots and setting the scene.** The what, where and when of stories

**Booking Required**

##### **3 Day Coding Camp**

Wednesday 7<sup>th</sup>, Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> August

Kano: 10.30am – 12.20pm (Ages 7 – 12)

Mindstorm: 2pm – 4pm (Ages 12+)

Kano and Mindstorm kits supplied!!

Places limited – booking required

##### **Kids Secret Cinema**

Saturday 31<sup>st</sup> August

2.30pm – 4.00pm

This month's secret cinema is a summer themed heart-warming family film about a dolphin who, after getting caught in a trap, learns to swim again with the help of a miracle!

Rated G

All Welcome

#### Maynooth Library "Our Environment" Awareness Day -12<sup>th</sup> August

##### **Environmental Awareness Workshop with Aidan from EnviroKids**

Monday 12<sup>th</sup> August, 11am – 12pm

5 - 10 year olds

Children will enjoy this fun, interactive workshop while learning how to care for the environment! Children will be engaged throughout and will leave with new knowledge they can share with their families – helping them live a greener life!

**Booking Required**

##### **"Think Before You Flush"**

Monday 12<sup>th</sup> August 2pm- 5pm

With Irish Water and An Taisce

Call in and find out more information on what you can flush and what you shouldn't!

**Drop in- no booking required**

##### **Make a Light House Art and Craft Workshop**

Saturday 17<sup>th</sup> August

2.30pm – 3.30pm

Ages 7- 10 years

Children will create and decorate a colourful light house using colored card, kitchen rolls and decorations

**Booking Required**

##### **Glitter Hanging Stars Workshop**

Thursday 15<sup>th</sup> August, 2.30– 3.50 pm

Make a 'summer stars' hanging light-catcher with Annah. Decorate a star, mount them onto CD's and hang inside your window so they can turn in the breeze and reflect the light!

**Booking Required**

##### **'Relaxed' Storytime with Helena Byrne**

Thursday 22<sup>nd</sup> August 11am- 11.45am

Stories for all, family friendly and ASD friendly

**Booking Required**

#### National Heritage Week Event

**Saturday 24<sup>th</sup> August 3pm Booking Required**

"Lord Walter FitzGerald's Contribution to Heritage in County Kildare and Surrounding Counties"

Hugh Crawford (President CKAS), Mario Corrigan (CKAS and KLS) and Tom Keegan (Librarian CKAS) will present on Lord Walter FitzGerald's contribution to the heritage of Co. Kildare.

The Kildare Observer 24 October 1898 - from the Daily Independent "Lord Walter Fitzgerald resides at Kilkea Castle, Co Kildare, a charming old residence which has been for centuries one of the family places of the Earls of Kildare... Lord Walter takes a keen interest in the life and times of Lord Edward, for he is a thorough Irishman, and delights to dwell upon the glorious traditions of the House of Geraldine. He is a well known archaeologist and is an authority upon Celtic nomenclature..."

#### Summer Stars Story Time

##### **Story Time**

**Friday 2<sup>nd</sup> August 10am – 11am for 2-5 year olds**

Spend some quality time with your toddler – join in the songs and rhymes!

**No booking required**

##### **Teddy Bear Story Time**

**Friday 9<sup>th</sup> August 10am – 11am for 2-5 year olds**

This week's stories are all about teddy bears – big and small! Teddy Bears can bring their favourite owner along to listen and join in some fun teddy bear rhymes and songs!

**No booking required**

##### **Story Time**

**Friday 16<sup>th</sup> August 10am – 11am for 2-5 year olds**

Come along and listen to some favourite stories – join in the fun songs and rhymes

**No booking required**

##### **Jungle Animals Story Time**

**Friday 23<sup>rd</sup> August 10 am- 11am for 2-5 year olds**

This week is all about Jungle animals! Get ready to leap, stomp and roar along with the animals in "Walking Through the Jungle" by Julie Lacome and "Monkey and Me" by Emily Gravett

**No booking required**

##### **Starting School Story Time**

**Friday 30<sup>th</sup> August 10 am- 11am for 2-5 year olds**

This week's stories and songs are all about getting ready to start pre-school, Montessori and primary school!

**No booking required**

#### Regular Events

##### **Craft Club**

**Every Monday from 11.30am – 1pm**

Bring along your various crafts to inspire and to be inspired – or just to work on!

Different short demonstrations will take place during the year.

Who knows – maybe a new craft will grab your fancy...

**No Booking Required**

##### **Family Board Games**

**Saturday 17<sup>th</sup> August**

**10am – 12pm**

Chess, Draughts, Cluedo and Boggle will be available – or feel free to bring along a family favourite!

**All welcome**

##### **FitLine**

**Thursday 08<sup>th</sup> and 22<sup>nd</sup> August 10 am -12 noon**

Go for Life FitLine is a free telephone service for people over 50 giving you the information and encouragement you need to get more physically active. (In association with The National Programme for Sport and Physical Activity for Older People). **Please note this is a telephone service only. For more information call 1800 303 545.**

##### **Make Time**

**Thursday 1<sup>st</sup> and 15<sup>th</sup> August, 6pm – 7:45pm**

A time and space to craft and chat on the 1st and 3rd Thursday evening of each month. Get together with like-minded makers to work on your latest project and swap tips over tea.

**No booking required.**

##### **Maynooth Women's Group**

**Saturday 10<sup>th</sup> August, 11am**

New members welcome.

**Contact the library for further details.**

##### **Ciorcal Comhrá / Irish Language Conversation Group**

**Tuesdays 11am – 12 noon**

This is an informal group for adults who would like to meet on a weekly basis to use and practice their conversational Irish.

**No booking required. All welcome.**

##### **Maynooth Creative Writing Group**

**Tuesday 6<sup>th</sup> and 20<sup>th</sup> August 6:15pm**

A bi-monthly meeting for writers in the Maynooth area. Beginner writers always welcome.

**No booking required.**



## August Events at Maynooth Community Library Cont/...

(Continued from page 18)

### Spanish Conversation Exchange

**Thursdays, 6:30pm – 7:30pm**

An informal meeting where people can practice and converse in Spanish. All adults welcome from novice to expert.. *No booking required.*

### Relocation to Ireland: Women's Meet Up

**Saturday 10<sup>th</sup> and 24<sup>th</sup> August 3 pm**

A gathering of women who have moved to Ireland and would like to meet up with other women who have also made this country their home. The library is a meeting place to chat, make new friends and share stories – good and bad – about their transition from their native land to their present address.

Returning expat women are also welcome to share their experiences.

**All Welcome**

### All Aboard' Adult Board Games night

**Thursday 29<sup>th</sup> August 6.00 pm**

Following the success of our bi-monthly family-friendly board games mornings, Maynooth Community Library has launched a monthly adult board game night - 'All Aboard.' Join us in our multipurpose space on the last Thursday of the month from 6pm with your favourite board game for a digital detox - from backgammon to Buckaroo, chess to Catan. Board games aren't just for Christmas!

### Book & Film Clubs

The following book & film clubs meet regularly at Maynooth Community Library. Please contact us if you are interested in joining a book club or starting one.

#### The Village Book Club

**Monday 19<sup>th</sup> August 10.30am – 11.30am**

#### Ex Libris Book Club

**Wednesday 28<sup>th</sup> August 11am**

This book club is now fully booked but please register your interest in book clubs with library staff if interested.

#### Readers of the Lost Ark Science Fiction Book Club

**Tuesday 13<sup>th</sup> August 6.30pm- 7.30pm**

#### Read & Catch-up

**Thursday 15<sup>th</sup> August , 11.00 am**

#### Jane Austen Book Club

**Thursday 29<sup>th</sup> August 11am- 12 pm**

#### Reel Good Film Club

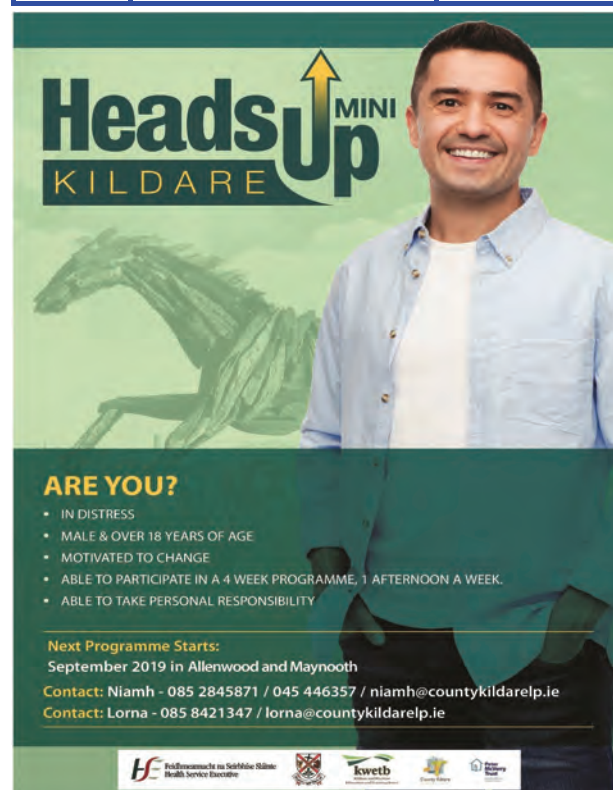
**Tuesday 27<sup>th</sup> August: Screening 5pm Discussion 7pm**

All are welcome to come watch the film at 5pm and discuss it at 7pm. Adults Only.

## Kildare Planning Applications for Maynooth Area

Planning Applications received from 21/06/2019 To 26/07/2019 Information from Kildare County Council Website

App Num	Authority	Applicant Name	Development Address	App Date
19799	Kildare County Council	Anthony Gaffney	86 Leinster Wood, Carton Demense, Maynooth, Co. Kildare.	15/07/2019
19791	Kildare County Council	Mark Kennedy	18 Meadowbrook Close, Maynooth, Co. Kildare.	11/07/2019
19769	Kildare County Council	Mostafa and Ann Hafdioui	5 Parklands Close, Maynooth, Co. Kildare.	05/07/2019
19770	Kildare County Council	Brendan Bean	13 Parklands Close, Maynooth, Co. Kildare.	05/07/2019
19772	Kildare County Council	Kildare and Wicklow Education and Training Board (KWETB)	Maynooth Education Campus, Moyglare Road, Maynooth, Co. Kildare.	05/07/2019
19730	Kildare County Council	Tesco Ireland Limited	Tesco Store, Carton Park Retail Campus, Dublin Road, Maynooth, Co. Kildare.	27/06/2019
19698	Kildare County Council	Matt Doyle	11 College Green, Maynooth, Co. Kildare.	21/06/2019



**Heads Up Kildare MINI**

**ARE YOU?**

- IN DISTRESS
- MALE & OVER 18 YEARS OF AGE
- MOTIVATED TO CHANGE
- ABLE TO PARTICIPATE IN A 4 WEEK PROGRAMME, 1 AFTERNOON A WEEK.
- ABLE TO TAKE PERSONAL RESPONSIBILITY

**Next Programme Starts:**  
September 2019 in Allenwood and Maynooth

**Contact:** Niamh - 085 2845871 / 045 446357 / [niamh@countykildarelp.ie](mailto:niamh@countykildarelp.ie)  
**Contact:** Lorna - 085 8421347 / [lorna@countykildarelp.ie](mailto:lorna@countykildarelp.ie)

The Mini Heads Up Programme is a brief programme for men who are struggling, would benefit from meeting others, develop a positive routine, increase mental health awareness and practice new positive coping strategies.

We are happy to announce that we will run a 4-week programme in September 2019 in Maynooth Community Space, Unit 11/12, Tesco Shopping Centre, Carton Retail Park, Maynooth, Co. Kildare. If you would like more information please contact Lorna at

085 8421347 or [lorna@countykildarelp.ie](mailto:lorna@countykildarelp.ie)





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## Official Opening of Community Sensory Garden



John Kavanagh, Chairman of Maynooth Tidy Towns, officially opened the Community Sensory Garden adjacent to the Maynooth Pastoral Centre on the Moyglare Road, on Saturday 27<sup>th</sup> July 2019



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**But, enough about us, why not pop in and tell us about you?**







around Maynooth and would be obliged if you have a dog to keep it on a leash and also clean up after the dog and disposed of in the nearest bin.

Our pollinating insects are in decline one third of our 99 bee species are at risk of extinction by choosing pollen-rich flowers for your garden, you will help provide much needed food for our Bumblebee's and other pollinating insects as well as creating a beautiful colourful garden. For more information see [www.pollinators.ie](http://www.pollinators.ie)



Learn more about the All Ireland pollinator plan 2015-2020 which Maynooth Tidy Towns are part of.

Once again when buying plants think Bee-Friendly/Butterfly Friendly as this is part of our Pollinating plan for Maynooth this year.

Our gates have been reinstated at the entrance to Carton Avenue. I'm sure you will agree it's a fantastic transformation. The gates were made in Scotland during the Georgian period 1714 - 1830. A little bit of history discovered by the painter after sandblasting.

The Main Gate at Carton Ave was removed and sandblasted and then repainted in white as it was originally.



Vincent Hannify tidy towns volunteer who took on the project of welding the railing at the other end of Carton Ave.

Maynooth University has been awarded a Green flag. Huge congratulations to MGC Stephen Seaman and his grounds team for winning an internationally recognised green flag for parks and green spaces from An Taisce the first University in Ireland to win.

We were invited by Intel to their Pride of Place Awards ceremony in Leixlip Manor Hotel on June 27th @ 7pm. We were invited in association with Maynooth University, Professor Sinéad Giloway and eConcepts Solutions.

The proposal is to develop a Maynooth Time Bank - a community network based

on 'alternative currency' system, on which participants can exchange services, skills and products in return for 'time credits' rather than money. (ie. where hours of service replace money). The entry was successful, we were worried as we were the last name out of the hat. We received a Cheque for €5,000 which will be used solely for this project.



Congratulations to all the other community groups from Maynooth who entered and won, Rockfield Residents Association, Maynooth Access Group. #PrideofPlaceMaynooth Tidy Towns and Maynooth University Green Committee were awarded a prize for their time bank project.



At time of writing The Sensory Garden adjacent to the Pastoral Centre, Moyglare Road, is due to be officially opened on Saturday 27th July @ 2pm by John Kavanagh.

At our Saturday morning clean up on 6th July we had a cake to celebrate a special happy birthday for Richard and Mary Farrell, 2 stalwarts of Tidy Towns for the past 40 years. In fact they were the founding members and Richard is still our PRO with lots of help from Mary. Enjoy the rest of the year from all of us.



Thanks also to Ted Robinson and Shoda for supplying the refreshments of tea and coffee.

Judging in the National Tidy Towns is ongoing until the end of August. We ask all residents Associations and businesses to make special effort to keep their areas tidy.

***If you wish to volunteer please contact us on 087-3153189 or on Facebook/Twitter***

***Richard Farrell - PRO Maynooth Tidy Towns***

## NATIONAL FAMINE WAY

Landlord Denis Mahon from Strokestown Park in Roscommon funded an assisted emigration scheme for the families on his estate in 1847 to help prevent their deaths as a result of the famine. The route that they walked took six days from Strokestown to Spencer Dock in Dublin Port and was mainly along the towpath of the Royal Canal and Maynooth was on the route. The structure (see photo) has been erected at a number of locations on the route including at Maynooth Harbour.

The shoes symbolise that people were given shoes on their departure from Strokestown and as these were often fully worn people donated shoes to them during the journey.



## Blessings of the Graves Donaghmore Graveyard



**Fr John Nevin and his brother Peter at the annual blessings of the Graves at Donaghmore Graveyard on Saturday 6th July.**





# Writers’ Corner - Short Stories/Articles from our Readers

## Failte Guc Alba: Welcome to Scotland

It’s a May day, sunny and warm. My wife and I are sitting in the front seat of a touring bus, heading out of Edinburgh for the Western Highlands. A crowd of older Swiss students with their supervisors, a middle-aged man and a glamorous woman, together with some Americans make up the rest of the passengers. Tom, the driver, a Daniel Craig look alike, has already convinced the woman that, despite what her travel printout may suggest, we are not going to stop at certain places. He then quotes lines from the song, “The Black Velvet Band” to mollify her and later plays it on the sound system. Yes, he’s really a James Bond!

As we pass through the suburbs, Tom points out an impressive building where Sean Connery and Tony Blair attended secondary school at £18,000 a term but we’re more interested in the older, romantic Scotland, our appetites having been whetted by a visit to Edinburgh Castle the previous day – we even saw the room where Mary Queen of Scots gave birth to James VI, the future James I of England! Soon we are passing Linlithgow Castle, where Mary was born, and Falkirk, where Bonnie Prince Charlie’s retreating Highlanders defeated an English force under General Hawley. Then we’re approaching Stirling.

In the distance we can see a flag flying on a hill, while nearer to us a large tower rises above the treetops. Tom tells us that the flag is at Bannockburn and the tower is the national monument to William Wallace – Mel Gibson’s “Braveheart” – whose defeat of the English at Stirling Bridge in 1297 set Scotland on the road to independence – a still live topic since Scotland will soon be holding a referendum on this very issue. It was Wallace’s bravery that inspired Robert the Bruce to oppose Edward I, leading to his 1314 victory at Bannockburn over “The Hammer of the Scots”. All of these places are now just a short distance away but Tom has no time to stop. Instead, he tells us how the English cut Wallace’s body into four parts, which they sent to different locations as a warning to the rebels. Not surprisingly, this display of ruthlessness only galvanised the Scots into further defiance. To complement his blood-soaked account, Tom plays stirring bagpipe music on the sound system.

As we approach the Trossachs, foothills of the Highlands and former stomping ground of Rob Roy Macgregor, Tom starts to talk about Hamish, who has appeared in numerous films and whom we are soon to meet. Hamish has long hair over his eyes, only speaks Gaelic and is very shy. We may feed him with slices of apple, which we must hold out to him on our flattened palms. During a pit stop at Kilmahog village, we find that Hamish is a shaggy, red-haired Highland bull with impressive winding horns! To our chagrin, he ignores our proffered titbits, preferring instead to crop the grass of his enclosure.

The further west we go the wilder and more deserted the landscape becomes, reminding me of parts of Wicklow. Mountains rise on either side and Highland cattle can be seen grazing in bleak, rushy fields. It was cattle like these that got Rob Roy outlawed when he borrowed money from the Duke of Montrose to help him buy a small herd and was unable to repay it. Twelve years after Rob Roy died in 1734 Bonnie Prince Charlie was defeated at Culloden, east of Inverness.

My heart leaps when I notice that the road signs about here are in Gaelic and English. One of the first things that caught my eye on landing at Edinburgh airport was a sign reading FAILTE GUC ALBA. Next morning when I turned on the television in our hotel room there was a children’s programme entirely in Gaelic, many words similar to our own Irish. Gaelic – pronounced “Gallic” – is not widely used in Scotland but there is an obvious desire to keep the language alive, evident in the use of bilingual signs in Edinburgh’s new parliament building. Now, if only we in Ireland and the Scots could devise a common version of the language?

Historically, the land through which we are travelling was a border area between two diverging cultures, the Gaelic Highlands and the English-speaking Lowlands. In the 12th Century King David I – who was later canonised – adopted “Inglis” as the official language and transformed what had been a Celtic society into a feudal one. Not that those cultural divisions were solely a matter of geography. Prior to King David’s time there were five ethnic groups in what is now Scotland: Picts, Britons, Angles, Scots and Norsemen, the latter holding the islands to the west and north. Later, during the reign of Mary Queen of Scots the reformation, spearheaded by men such as John Knox, intruded so that, just as here in Ireland, language and religion created fault lines that are only now disappearing.

Every once in a while Tom regales us with some titbit, his latest, that Highland cattle were originally black. Lowlanders paid Highlanders in cattle to avoid being raided, hence the word “blackmail”, maol being Gaelic for a hornless cow. I am about to observe that I had read that “mail” referred to the oatmeal which the landowners paid but content myself with recalling images of clansmen gathered round a steaming pot of porridge in some corrie. Stories about the Highlands featured in the comics and novels we read in secondary school – a pal of mine knew all about Rob Roy, clan gatherings and the shooting of Colin Roy Campbell, “the Red Fox”, by Alan Breck Stewart as described in Robert Louis Stevenson’s Kidnapped. Eventually we reach Oban, a pleasant port town with ferries sailing to Mull – looming up just beyond the bay – and other places in “Eileann Innse Gall”, the Hebrides. Iona, the island of Columba – or Colmcille – lies on the west side of Mull. After eating our sandwiches by the harbour we walk to the tourist office, where the woman in charge tells us that her mother, who was from one of the islands, spoke Gaelic. Having bought a few postcards we make a quick circuit of the nearby streets before hurrying back to the bus. Once everyone is on board, Tom heads eastward.

The road takes us past Ben Cruachan, on the left, and a deep, narrow valley on the right, with a single farmhouse at one end. We wonder how the family manage to survive the winter in this isolated spot. Before long we come to Loch Awe, where Tom stops so that we can take photos of Kilchurn Castle, a picturesque ruin on a small island near the far shore.

Kilchurn was the principal Campbell fortress before that family moved south to Inverary in the first half of the 15th Century. Flora MacDonald, who helped Bonnie Prince Charlie – disguised as her Irish spinning maid, Betty Burke – to escape from South Uist to Skye, was imprisoned here for a while before being sent to the Tower of London. On leaving Loch Awe, we head for Inverary, seat of the Duke of Argyll, a Campbell.

Today, Torquhil, the 13th Duke, is in Edinburgh, so his flag is not flying over the castle, an impressive building with round corner towers surmounted by conical spires that resembles a French chateau. The employees all wear kilts, one old man looking as if he might have stepped out of Kidnapped. The soft-spoken woman who shows us around is wearing a dark Black Watch tartan.

At £6 each the tour is certainly worthwhile. We visit the Great Hall, the armoury, an old kitchen and a bedroom with a sturdy four-poster bed, which, our guide tells us, is haunted. It seems that back in the 17th Century, when the family was living in a nearby tower house, they had in their employ a young Irish Catholic harpist. Raiders, that included Irish soldiers, wanted to kill the Duke but finding that he had fled they murdered the harpist and laid his dismembered body on the four-poster bed. Later, the bed was moved into the present building. Since then whenever a Campbell duke is about to die harp music is heard from this bedroom! The hushed voice in which the guide recounts her story would do justice to a shanachie.

Our guide also shows us a portrait of Torquhil’s wife, a young member of the Cadbury family, dubbed “Cadbury Rose” by the newspapers because of her beauty. Marriages of this sort may be a family tradition because back about 1760 John Campbell, the future 5th Duke, married Elizabeth Gunning, a beautiful though penniless Irish girl, whose portrait was painted by famous artists such as Cotes and Reynolds. Portraits of Duchess Elizabeth and her sister Maria, who married the Earl of Coventry, are proudly displayed in the castle.

Downstairs we have a conversation with another soft-spoken female guide, who tells us that the family is well liked by the local townspeople. When I mention the 1692 massacre of the Macdonalds of Glencoe, she explains that this was a result of government policy and I have enough gumption to leave it at that. We make our way back to the central hall, where, to my surprise, there is a display case with Rob Roy memorabilia, including his dirk and an actual letter written by him to the 4th Duke: it seems that Rob Roy was keeping him informed about what was happening in the Trossachs. Talk of history coming to life!

After leaving Inverary we swing north around Loch Fyne, then head towards Loch Lomond, a place I’m dying to see. The area around Loch Lomond and the Trossachs was turned into a national park in 2002, so that, like most of the Scottish countryside through which we have travelled, it remains unspoilt. Tom tells us that the loch is 25 miles long, 5 miles wide and 700 feet deep. When we reach it, however, he seems to pick up speed. Now, I realise that he has to make it to Edinburgh via Glasgow on schedule, but having travelled so far, the thought of catching mere glimpses of this renowned stretch of water through a bus window leaves me feeling cheated. I want to walk “by yon bonnie banks”, see the sun shining bright on the loch and gaze on Ben Lomond.

Mile after mile after mile passes; my spirits sinking lower and lower. Isn’t this stubborn Scot going to stop? I’m like David Balfour, running out of patience with Alan Breck Stewart. Then when I’ve almost given up hope, we’re heading down a side road! Does this mean that we’ll be let out? It does! Tom tells us we can leave the bus to take photos, so we all hurry to the door. On stepping down from the bus there is an iron railing to stop us from falling into the water, which beats ceaselessly against the rocky shore a few feet below.

The loch really is as enchanting as the song states, a vast expanse of water in a pristine setting – and there, on the far side, curving up pale against the sky, is Ben Lomond! No wonder the songwriter, living in some foreign land, wanted to again meet his true love here. Since we’ve arrived in his country we’ve been delighted, not just by the beauty of the scenery, but by the warmth and helpfulness of the people. Telling my wife to stand against the railing, I begin to focus the camera.

By P.G. Nerney



## The Focus

So last Sunday some of us heard the gospel readings about the Good Samaritan and the Sunday before about the sending out of 72 disciples to spread the message of Christ. And the homilies? I only heard instructions about the deportment of the messengers in the first instance and some advice about imitating the kindly actions of a genuine human being in the other. All good, indeed, but it's Christ I want to hear about. And I heard very little.

What was the message to be spread? Who was this Good Samaritan? Surely the Gospel is about Christ himself? It was his message that was worth spreading. The message that Jesus tirelessly promoted, that his Father is a God of compassion, a God who is on our side, who is the Father of the Prodigal and demands no obsequious crawthumping from those who have sinned and who, at his loving invitation, have turned back to Him.

Surely the Good Samaritan is Christ Himself, who spent every hour of his enlightened public life pouring oil and wine into the wounds of all those upon whom the evils of life had fallen, the blind, the lame, the lepers, the sinners, the betrayed, *the last, the least and the lost.*

GM

(Cont . On P24)





## Writers' Corner - Short Stories/Articles from our Readers/ Cont.

### Quandary

I'm not certain we've the right to set a trap baited with a piece of irresistible Mars Bar – fitting name since Mars was god of war – for the nighttime garden raider who filches our crocus bulbs.

I even wonder if he realizes those crocuses belong to us because we purchased them, took trouble to prepare the soil, pulled skutch grass, added fertilizer, willed the green tips to appear?

We'd probably forgive the thief if he admired those radiant blooms that, marking winter's exit, gladden us, and hastened to replant his loot so he could gaze in rapture on the treasures he appropriated.

But, baser even than the burglar who takes some priceless work of art for sale and not for viewing in his home, this fellow eats the thing he steals – and yet may physical hunger not cap that thrill the well-fed aesthete feels?

*By Colin Scott*

### An Deamhnaíoch Geiriséanach

Slabhra níos láidre, eagla níos mó,  
Fágtar anseo é, ní linne a chineál;  
Ag screadaíl d'oiche, i bhfolach de ló.

Níor tugadh grá duit a dhuine chóir,  
Go dtí gur tháinig an slánaitheoir.  
A thuig do chás ó bhun go barr,  
A d'aimsigh d'anam i bhfolach le náir.

I measc na n-uaigneanna.

Níor tugadh grá duit a dhuine ionúin,  
Nó gur tháinig Sé féin ag lorg lucht fáin;  
An slua in eagla romhat, lena slabhra tréan,  
I measc na n-uaigneanna do thearmann.

Cad é do scéal a fhear anaithnid?  
Cén mí-ádh a phléasc do chroí?  
Cá fhaid a chaith tú gan scéal a chlos,  
Ag réabadh do choirp le cloch garbh?

*GM*



Liam Reilly's group entertained the revelers outside Brady's during the Gin & Tonic Festival



## Catherine Murphy T.D. Social Democrats, Kildare North.

Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: [catherine.murphy@oireachtas.ie](mailto:catherine.murphy@oireachtas.ie)

### Information on Rail Capacity Issues July 2019

Catherine Murphy Welcomes the update to the rail capacity issues on the DART Extension Programme

The National Development Plan 2018 – 2027 (NDP) was announced by the Government on 16th February 2018. As part of the DART Extension Programme included in the NDP, it is intended that a DART service will be provided on the <Maynooth line and the Kildare line as far westwards as Maynooth and Celbridge respectively and to Drogheda on the Northern Line. A total of €2bn has been allocated to the DART Extension Programme under the NDP.

The initial sequencing of investment will focus on delivery of non-underground tunnel elements of the programme using the recently opened rail link and existing connector tunnel under the Phoenix Park. This includes buying additional fleet for the DART network and measures such as re-signalling, junction and station changes to provide expanded services. The next step will be to provide fast, high frequency electrified services to Drogheda on the Northern Line, Celbridge Hazelhatch on the Kildare Line, Maynooth and M3 Parkway on the Maynooth/Sligo Line, while continuing to provide DART services on the South-Eastern Line as far south as Greystones. It will; also include new stations to provide interchange with bus, Luas and Metro networks.

In line with the above provisions, it is intended to proceed with the acquisition of a bi-mode DART fleet (hybrid fleet) which can operate in full electric mode along sections of the line that are electrified and will operate in battery mode along non-electrified sections of the commuter rail network. This fleet type will allow the introduction of DART services on the relevant lines in advance of completion of the full electrification of the line. Electrification can then be provided subsequently to deliver a more energy efficient commuter rail network.

### Parental Leave Act Comes Into Force

We are delighted that our Parental Leave (Amendment) Act 2019 came into legal force today.

This means that eligible working parents can now give notice to their employers to start availing of the extra unpaid leave from 1st September 2019. There'll be more detailed information soon on the Citizens Information website which we'll let you know about.

Working parents live incredibly busy lives – constantly trying to balance the needs of their children with making ends meet.

Our legal reform is about improving work-life balance while providing job protection for working parents.

Our Parental Leave (Amendment) Bill 2017 extends unpaid parental leave for parents from the current four months (18 working weeks) to six months (26 weeks).

It also extends the age of a qualifying child from eight to 12 years. The Bill passed final stage in the Dáil on 14th May 2019 – and will enter into force in September 2019. The new leave entitlements will be phased in in two stages – four weeks in September 2019 and a further four weeks in September 2020.

### Childcare costs as barrier

Childcare costs can prove a huge barrier for women to return to the workforce – in some cases, women return simply to keep their job rather than gaining any extra income.

This reform is about improving work-life balance for parents, encouraging women to remain in the workforce and helping reduce childcare costs. For parents with pre-school children in particular, unpaid parental leave might often be a more economical alternative to paying for formal childcare.

### Here's how it will work

Parents can spread the 6 months (26 weeks) of unpaid work leave out over the years until their children reach the age of 12.

This time can be used to cover mid-terms or school summer holidays – or simply to maximise parents' time with their children in their early years. If parents have already taken all of their existing parental leave, they will be allowed an extra 8 weeks under our law – once they still have a qualifying child.

### Why it's a win-win

Our proposals are a win-win for working parents, for employers and for children. Extra leave helps with preventing absenteeism – when children are sick or have appointments.

It also helps employers to hold on to key employees – evidence suggests that many working mothers in particular don't return to work after having children because formal childcare is too costly.

Of course, children themselves benefit greatly from additional time spent with their parents in their early years in particular.

And parents who are less stressed with the demands of work and family life are able to devote more quality time to raising their children.

### We also want to see increased paid parental leave

Unpaid leave is not a substitute for paid parental leave, which the Social Democrats fully support up until 12 months.

Instead, it is a complimentary form of parental leave that offers parents additional flexibility in the work-life balance.

The Social Democrats are committed to the introduction of paid parental leave, and proposed such a move in each of our Alternative Budget proposals since 2016.

Under Dáil rules, opposition parties are prevented from proposing Bills where there is a cost to the State. This is why we have focused on unpaid parental leave in this Bill.

Ireland is well behind other countries when it comes to parental leave. Many countries allow parents four sets of leave – maternity, paternity, parental, and childcare/carers. According to the European Commission, the average duration of combined maternity and parental leave among Member States is 97.8 weeks. In Ireland this is only 60.



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# Maynooth Monthly Diary Planner

<b>Community Library</b>	<b>Maynooth Multiple Births</b>	<b>Bridge Club</b>
<b>Opening Times</b> Mondays & Fridays 2pm to 5pm Tuesdays & Thursdays 1pm to 8pm Wednesday 9.30am to 1pm & 2pm to 5pm Sat 9.30am to 1pm	Maynooth Multiple Births playgroup (twins triplets or more) meets the last Thursday of the month in Leixlip library between 10 & 12 noon. This is a great opportunity to meet parents just like you. For further details email: maynoothmultiplebirthclub@gmail.com	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 <a href="http://maynoothbridgeclub.com">maynoothbridgeclub.com</a> . Contact Katherine Cooney 086 8205910
<b>I.C.A.</b>	<b>MAYNOOTH LOCAL HISTORY GROUP</b>	<b>Arthritis Ireland</b>
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	Maynooth Local History Group Meets Last Thursday of each Month in The Glenroyal Hotel New Members Welcome Contact: MCEP Office for more details (Unit 5 Tesco's S.C. )	Arthritis Ireland Walking Group (Maynooth) Meeting Mondays 12-2pm in the Maynooth Community Space (Closed for August for Summer Break)
<b>University of Third Age (U3A)</b>	<b>Maynooth Parent &amp; Toddler Group</b>	<b>Maynooth Men's Sheds</b>
The U3A Group are currently on Summer Break until Friday 6th September	Maynooth Parents & Toddlers Group are currently on Summer Break	Weekly meetings take place every Wednesday at 11am at the Maynooth Lodge Fisheries Dunboyne Road Maynooth. For further details contact John Fleming - 087 2041334
<b>Maynooth Tidy Towns</b>	<b>St Joseph's Young Priests Society</b>	<b>Maynooth Community Church</b>
Volunteers required to help with this work. Contact Number 087 3153189 Meet every Saturday at 10.00am in the Square	St. Joseph's Young Priest's Society meet monthly on the second last Wednesday between 8pm and 9pm in Parish Centre, Maynooth. For further information contact Bernadette at 01-6286288 or Lena at 01-6285128.	1st Floor Manor Mills (entrance next to Chill) Service times every Sunday morning from 10.30am <a href="http://www.maynoothcc.org">www.maynoothcc.org</a> Everyone most welcome
<b>Maynooth Senior Citizens</b>	<b>DIARY ENTRIES</b>	<b>ST MARY'S BRASS &amp; REED BAND</b>
Our morning club continues on Tuesday and Thursday and new members are always welcome. Perhaps you are new to the parish or new to the age bracket, why not come along you might enjoy it. You will find us in the Geraldine Hall on Leinster St. Contact Josephine on 087 9002296 Our club will close on July 30th for summer recess and will reopen on September 3rd	E-mail details of your event before the copy date (2nd last Tuesday of each month) to be included in the next months edition. E-mail: <a href="mailto:office@maynoothcep.com">office@maynoothcep.com</a> Phone: 01-6285922	Rehearsals are held in the Band Hall on Pound Lane each Monday night (except Bank Holidays) from 7.45pm to 9.30pm and musicians living in Maynooth and the surrounding areas are most welcome. E-mail: <a href="mailto:sec@stmarysbandmaynooth.ie">sec@stmarysbandmaynooth.ie</a> Website: <a href="http://www.stmarysbandmaynooth.ie">www.stmarysbandmaynooth.ie</a>

*Diary entries are published free of charge for all non-fee paying Community Groups.  
 The content of the Monthly Planner Diary is published in good faith. All details should be checked with groups in advance*



## Clues Across

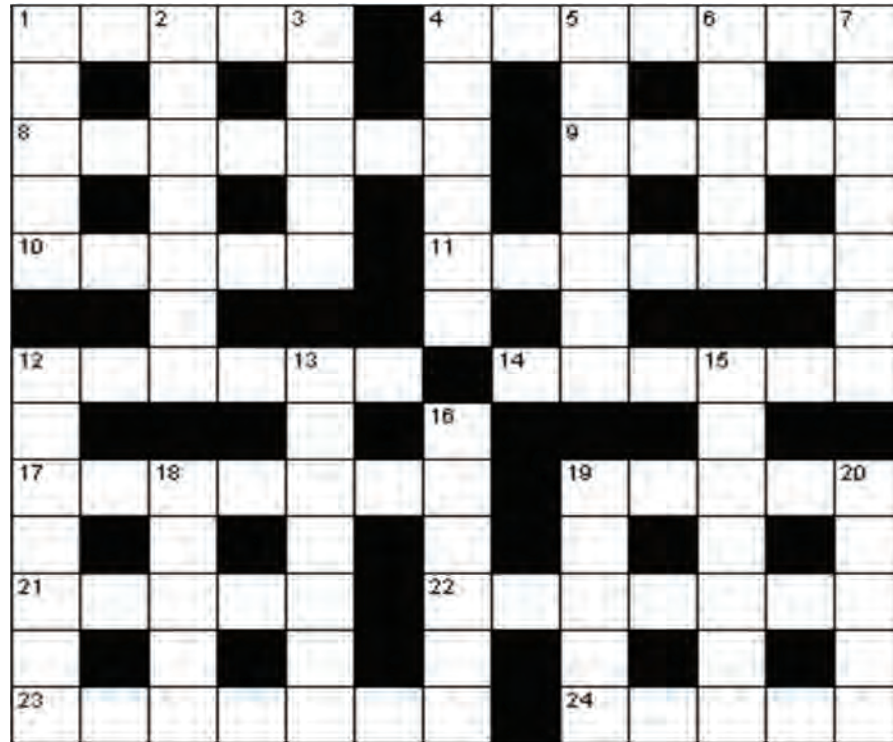
1. Dock (5)
4. Sore (5)
8. Rubbish (7)
9. Sacred song (5)
10. Boulders (5)
11. Sincere (7)
12. Real (6)
14. Blemished (6)
17. Ancient Japanese warrior (7)
19. Concur (5)
21. Ashen (5)
22. Before (7)
23. Least difficult (7)
24. Viper (5)



Due to technical error in Crossword No 481  
Clue No 25 Across was omitted.

We offer our apologies

## August 2019 Crossword - No. 482



## Clues Down

1. Bet (5)
2. Fruit (7)
3. Emblems (5)
4. Fragments (6)
5. Endanger (7)
6. Fire (5)
7. Restricted (7)
12. Relieve of blame (7)
13. Abbreviate (7)
15. Concerned (7)
16. Straight forward (6)
18. Relocates (5)
19. Main artery (5)
20. Mistake (5)



### Solutions to Crossword No 481

M	A	N	S	I	O	N	F	A	C	T	S
A	O	N	O	A	A	T					
G	A	I	N	S	M	A	C	A	B	R	E
N	S	I	A	E	B	R					
A	V	E	N	G	E	D	T	R	A	I	N
T	H	S									
E	N	M	I	T	Y	A	D	H	E	R	E
A											
A	L	L	O	W	E	A	R	N	E	S	T
M	A	H	A	I	A	R					
A	N	I	M	A	L	S	D	O	G	M	A
S	S	R	E	E	L	C					
S	H	E	L	F	D	E	S	S	E	R	T

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your fancy from the wide  
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Bookshop  
68 Main Street,  
Maynooth**

### Entries in before: Tuesday 20th August 2019

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

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

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

### Winner of Crossword No. 481

**Shane Ferguson  
Meadowbrook Cres.  
Maynooth**

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

Collect prize from  
**The Maynooth Bookshop  
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### Difficult

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

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

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

## Sudoku Challenge 2019

Entries must arrive to  
Newsletter Office before:  
20th August 2019

**Congratulations to  
Last Month's Winner:**

**Uelle Lill  
O'Neill's Park  
Maynooth**

**Collect prize from  
Newsletter Office**

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

### Super Difficult

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

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

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

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





## McDonald's Maynooth Proud Sponsor of the Colouring Competition Open to Children 3-6 years



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

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

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

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

Last Month's Winner:

**Alison Walsh  
Hayfield,  
Straffan Road,  
Maynooth**

Prize of a Free Family Meal for Colouring Competition can be collected at:

Maynooth Newsletter Office  
Unit 5, Tesco Shopping Centre.

**Entries must arrive before  
Tuesday 20th August 2019**

## Junior Puzzle Corner

### Help Mr Frog get to the Pool Party



### Seaside Word Merge

Can you find two small words in each of the following jumbles? The letters are in the right order, and you must use all the letters up.

Here is an example for you–

**CSRAHELBL**  
(crab and shell)

- BTOOWOKEL**  
(two things you may have in your beach bag)
- SBUPACDKEET**  
(two things you play with on the beach)
- SSHUANDE**  
(Sometimes you sit in the . . . Sometimes the . . .)
- DIRCEICRNEKAMS**  
(you can usually buy these near the beach)



### FIND THE HIDDEN WORDS

X	G	Z	G	F	B	H	K	S	V
U	D	C	S	G	S	T	S	R	Q
Y	F	D	I	T	M	A	L	E	R
W	L	B	A	N	R	N	E	W	S
I	H	T	G	G	C	X	S	O	Q
P	U	B	N	A	P	I	U	L	J
E	E	H	I	I	H	R	P	F	O
C	F	B	W	W	A	J	V	Z	M
M	D	E	S	N	H	L	E	B	S
A	N	T	S	K	T	F	H	F	S



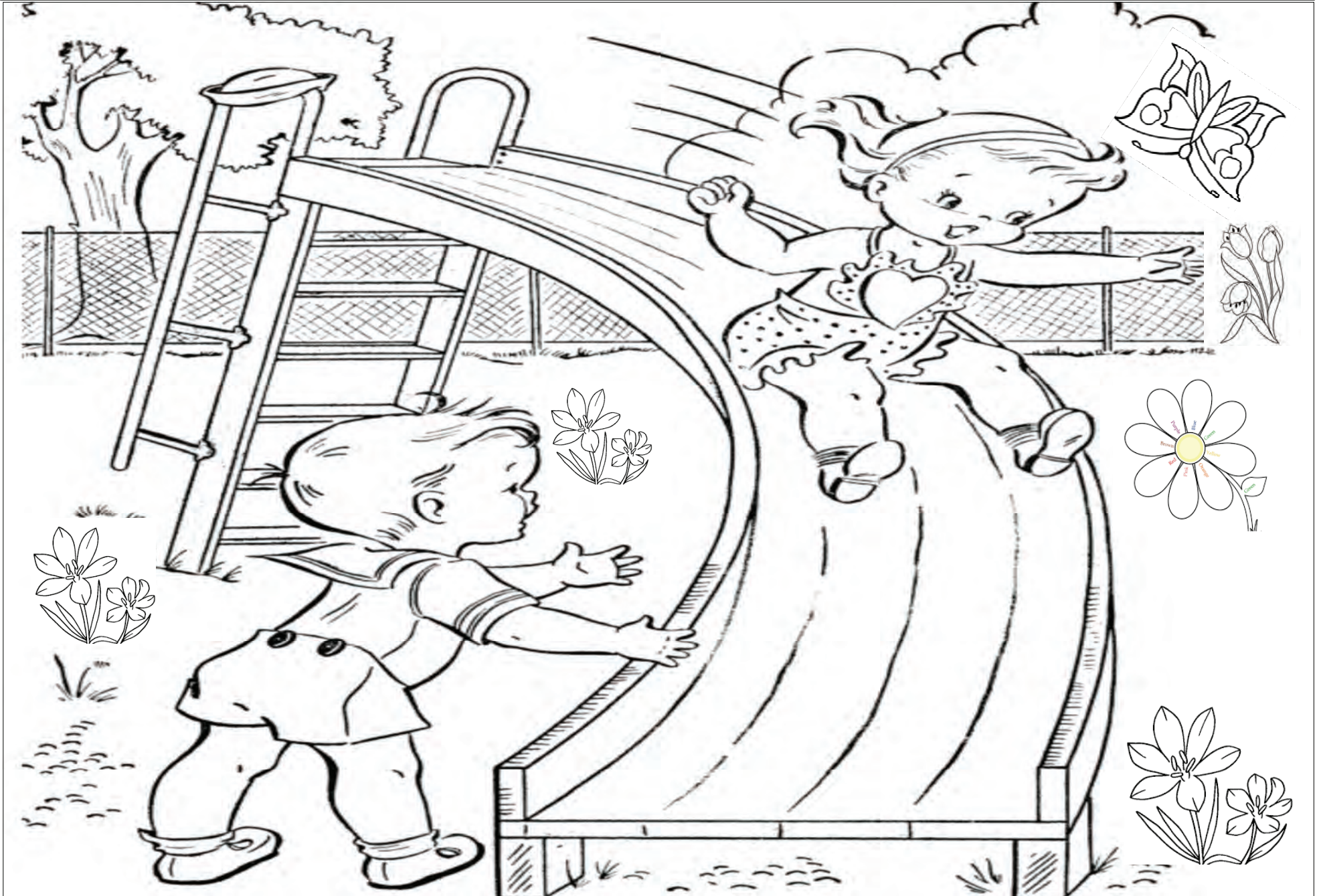
PICNIC  
SWING  
GRASS

STATUE  
ANTS  
FLOWERS








# Children’s Colouring Corner Extra





## Word Search Corner


pen 

nest 

paint 

zebra 

swing 

square 

D	T	S	E	N	Y
D	P	A	I	N	T
Z	E	B	R	A	P
S	W	I	N	G	E
N	P	G	X	P	N
S	Q	U	A	R	E



### Ice Cream Wordsearch



N	Y	T	A	E	D	N	R	D	Y	B	G	D	L	G	J
J	Y	B	U	G	C	V	W	I	S	I	B	R	F	N	I
N	I	E	A	T	Y	U	E	K	P	Q	R	E	R	K	C
D	C	T	H	Y	Y	I	A	C	R	B	C	T	M	N	D
Z	E	A	F	V	Z	Y	D	I	I	A	Y	S	S	Y	N
W	C	L	A	Y	N	I	N	A	N	C	Y	R	S	O	
N	R	O	T	L	P	S	U	W	K	A	D	O	O	G	J
H	E	C	W	X	L	T	S	G	L	N	W	E	M	F	D
U	A	O	H	X	C	I	F	Q	E	A	P	A	C	Q	Y
X	M	H	B	K	G	P	N	Y	S	S	P	E	F	S	Q
O	F	C	C	O	N	E	T	A	H	P	D	D	Y	E	B
A	L	V	V	Y	G	F	S	J	V	L	Y	V	G	E	R
T	I	F	M	J	Z	R	S	D	P	I	U	F	S	B	T
N	F	F	C	T	Y	H	U	Q	L	T	G	B	P	A	H
Y	B	D	Q	G	W	O	U	T	J	O	R	Y	W	U	P
M	P	G	Q	H	G	U	R	B	N	A	C	T	Q	C	O

banana split

cone

sprinkles

wafer

chocolate

ice cream

sundae

cold

oyster

vanilla





Summer days can be hot and dry, so water will need to be a top priority for both you and your garden this month. Watering your plants thoroughly and deeply is much better than watering often but lightly. It is best to water in the morning so that the foliage has had time to dry off before nightfall. Mulching will help retain moisture in the soil. Stay cool and find some shade! August can be a real scorcher.



**Planning**  
By August, some of the early spring and summer perennials have bloomed and are fading. Do you have plenty of other perennials with late summer and autumn interest that can take over for earlier bloomers this time of year? With a little planning, you can have colour in every part of your garden all season long. By now, you know which plants have met your expectations and those that have not. Did some plants thrive while others failed? Did they receive the proper amount of sun or shade, water, and fertilizer? Be sure to note all of this in your journal and search the Perennial Encyclopaedia for autumn bloomers. If you're unsure why something did not do well in your garden, look up the plant in the Perennial Encyclopaedia and read the instructions on how to grow it to be sure you're caring for it correctly. Take photos to help you remember your thoughts for future plantings.

**The Vegetable Garden**  
The Vegetable garden comes into its own in August, with plenty of delicious home grown produce to harvest. Here are some tasks to keep you busy this month: Water sweetcorn plants regularly and feed with tomato food to get the best cobs. Sweetcorn is ready to harvest when you can pop a corn with your thumbnail and the juices are milky. Apply a high-potash fertiliser such as tomato food once fruits start to form on pepper, cucumber and aubergine plants. Continue to feed tomato plants with a tomato fertiliser and remove lower leaves to help with air circulation and prevent disease. Pinch out the top of tomato plants to concentrate the growth into the fruit that has already formed. Aim to leave 5 or 6 trusses of fruit per plant. Cut back herbs to encourage a new flush of tasty leaves that you can harvest before the frost. Dry or freeze excess herbs to use in the kitchen later on. Thin parsley to help it establish a good root system before winter. There should be 25cm between each plant. Spring-sown carrots and beetroot will be ready to harvest now although they can be left in the ground to keep growing.



Continue to harvest second early potatoes now - perfect for salads! Start harvesting your main crop potatoes as the leaves yellow and die back. Store your potatoes in hessian sacks which exclude light but allow ventilation. Lift and dry onions, shallots and garlic once the foliage has flopped over and yellowed. Store them in onion bags to prevent mould developing. Harvest French and Runner beans little and often to prevent them from setting seed. Pick Runner beans regularly to prevent them becoming stringy and to make room for developing pods. Leaving mature pods to set seed can prevent further flowers developing and reduce your crop. Take cuttings of herbs such as rosemary, sage or mint now to bulk up supplies. Put cuttings in moist, well-drained potting compost (one part grit to one part compost) and place in a cold frame. Established clumps of chives can be divided now. On a sunny day, collect seeds of herbs such as dill, fennel, caraway and chervil and dry in a warm spot out of direct sunlight. Chervil must be sown immediately. Keep an eye out for potato and tomato blight and remove and destroy any affected plants immediately to prevent its spread. Read our 'How to stop blight' guide for more information. Check for cabbage white butterfly eggs under brassica leaves and squash any that you find. Alternatively use nematodes to kill the caterpillars. Clear away any diseased and spent foliage around your veg plants to discourage pests and diseases spreading office.

**The Fruit Garden**  
If you have plants fruiting in containers, make sure you give them a high potash liquid feed to keep them healthy and productive. Remember to feed your lemon tree (and other citrus fruit trees) throughout summer with a special citrus fertiliser. Plant out any rooted runners of strawberries for a good crop next year. Keep birds and squirrels off your berries with netting or old net curtains. Protect your crops with a bird scarer made from CDs tied to strings. Harvest your fruit trees - cherries, plums, peaches, nectarines and apricots should all be ripe now!



Early varieties of apple trees will be ready towards the end of the month. If you have a glut of autumn raspberries, blackberries or loganberries, freeze them on trays for a couple of hours and then bag them up to use over winter. Tidy up strawberry plants and remove any old straw from around the plants to improve ventilation and reduce the risk of pests and diseases. Prune the fruited stems of your blackcurrant bushes after harvesting. Cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing. Make rough sketches of your flower borders and vegetable plot to help plan for next year. Take lots of photos of your garden if you want to rearrange things over the winter - it's much easier to do this if you have a reference point. Think about which bulbs you would like for next spring - now's the time to order ready for autumn planting.

*A person who loves his or her work is like a plant in the right spot: their growth is maximised and the yield is greatest.*

**Low Carb Eggplant lasagne with the best turkey meat sauce and mozzarella**

**Prep. Time: 20 minutes**  
**Cook time: 1 hr 10 min**



- Ingredients:**
- \* 1 teaspoon olive oil
  - \* 1 pound lean 93% ground turkey
  - \* 1/2 yellow onion, minced
  - \* 1 small red bell pepper, diced
  - \* 3 garlic cloves, minced
  - \* 1 (15 oz.) can, no salt added diced tomatoes
  - \* 1 (6 oz.) can tomato paste
  - \* 1/2 cup water
  - \* 2 tablespoons fresh minced basil (8 large leaves)
  - \* 1 tablespoon dried oregano
  - \* 3/4 teaspoon salt, plus more if necessary
  - \* 1/8 teaspoon freshly ground black pepper
  - \* 1 large eggplant, cut lengthwise into 1/4 inch slices (about 6-8 large slices)
  - \* 1 cup part skim ricotta
  - \* 1 egg
  - \* 2 tablespoons parmesan cheese
  - \* 8 oz. mozzarella



- Method:**
1. Preheat the oven to 375 degrees F.
  2. Place olive oil in a large Dutch oven or pot over medium high heat.
  3. Once oil is hot, add in turkey and cook for 5-8 minutes or until turkey is no longer pink.
  4. Add in diced tomatoes, tomato paste, water, basil, dried oregano, fennel seeds, salt and pepper. Stir until well combined then reduce heat to low, cover and simmer. Stir every few minutes.
  5. Place sliced eggplant on large baking sheet coated with non-stick cooking spray. Sprinkle with salt and roast in the oven for 10-15 minutes to help dry out the eggplant a bit. This is a critical step. After eggplant is done cooking, remove or cut off it's skin.
  6. While eggplant is cooking, you can mix together the ricotta, parmesan and egg in a medium bowl until well combined. Once eggplant is done cooking, remove the turkey meat sauce from the heat and allow to cool a bit. After it has cooled off for a few minutes, add 1/2 cup of meat sauce to the ricotta mixture.
  7. To assemble lasagne, spread on 1/2 of the turkey meat sauce into the bottom of a 9x9 inch baking pan coated with non-stick cooking spray. Place half of eggplant slices evenly over meat sauce, spread half of the ricotta mixture, then brake in pieces half of the mozzarella and add it on top.
  8. Repeat layers again starting with the meat sauce, eggplant slices and ricotta mixture and finish with the rest of the mozzarella on top.
  9. Cover with foil and bake for 40 minutes. Remove foil and broil for 5-10 minutes or until cheese is golden brown and bubbly on top.
- Best served with a side salad.



**Cream cheese pound cake**  
**Hands-on Time: 15 min. Total time: 2 hr 50 min.**  
**Makes 12 servings**

- Ingredients:**
- 1 1/2 cups butter, softened
  - 1 package cream cheese (8 oz.), softened
  - 3 cups sugar
  - 6 large eggs
  - 1 - 1/2 teaspoon vanilla extract
  - 3 cups all purpose flour
  - Pinch of table salt
- Method:**
1. Beat butter and cream cheese at medium speed with an electric mixer for 2 minutes or until creamy: gradually add sugar, beating until mixture is light and fluffy. Add eggs, 1 at a time, beating until combined. Add vanilla extract and beat just until blended.
  2. Combine flour and salt in a small bowl: gradually add to butter mixture, beating at low speed just until blended after each addition. Pour batter into a greased and floured 10 inch tube pan.
  3. Bake at 150° C for 1 hr and 25 min. or until a wooden pick inserted in centre comes out clean. Cool cake pan on a wire rack for 10-15 min; remove from pan and let cool completely on wire rack. Top with fruit.







# FILM/DVD MONTHLY BY BERNIE CLAXTON

## DIRECTOR SPECIAL: DAVID LEAN MOVIES QUIZ



### BRIEF ENCOUNTER (1945)



1) Which British actor played the part of Doctor Alec Harvey in the story?

- a) James Mason
- b) David Niven
- c) Laurence Olivier
- d) Trevor Howard

2) Which piano concerto provided the film with its memorable theme music?

- a) Rachmaninov: Piano Concerto
- b) Liszt: Piano Concerto
- c) Shostakovich: Piano Concerto
- d) Schumann: Piano Concerto

3) What was the main setting for the film?

- a) A seaside town
- b) A railway station
- c) Wartime London
- d) A European city

### BRIDGE ON THE RIVER KWAI (1957)



4) In an Oscar-winning role, who played Lt. Colonel Nicholson in the classic 'Bridge on the River Kwai'?

- a) Sean Connery
- b) Richard Attenborough
- c) James Garner
- d) Alec Guinness

5) How was Lt. Colonel Nicholson punished for his stance against Colonel Saito?

- a) He was locked in an iron box in the blazing sun.
- b) He was whipped 40 times.
- c) He was shot in the foot.
- d) He was paraded in front of the other soldiers.

6) Which well-known American actor played US Navy Commander Shears in the film?

- a) James Stewart
- b) Henry Fonda
- c) Kirk Douglas
- d) William Holden

### LAWRENCE OF ARABIA (1962)



7) Who composed the memorable score for Lawrence of Arabia?

- a) Miklós Róza
- b) Maurice Jarré
- c) André Previn
- d) John Barry

8) What is Lawrence doing the first time we see him in 'Lawrence of Arabia'?

- a) painting a map with watercolours
- b) blowing out a match
- c) lighting a cigarette
- d) riding a motorbike

9) Which actor slowly and memorably emerges through a mirage in the film?

- a) Anthony Quinn
- b) Peter O'Toole
- c) Omar Sharif
- d) Alec Guinness

### DR ZHIVAGO (1965)



10) Who narrates the action of Doctor Zhivago?

- a) Omar Sharif
- b) Alec Guinness
- c) Tom Courtenay
- d) Ralph Richardson

11) How does Yuri (Omar Sharif) die?

- a) He freezes to death in Siberia
- b) In the war, he is captured and dies
- c) He has a heart attack in the street
- d) He dies of old age in Lara's arms

12) Which actor plays Lara's (Julie Christie) student revolutionary boyfriend?

- a) Rod Steiger
- b) Tom Courtney
- c) Albert Finney
- d) Alan Bates

### RYAN'S DAUGHTER (1970)



13) Who played the village simpleton in Ryan's Daughter?

- a) Trevor Howard
- b) John Mills
- c) John Hurt
- d) Leo McKern

14) Ryan's Daughter Rosy was played by a well-known actress in the 1970s. What was her name?

- a) Jenny Agutter
- b) Sarah Miles
- c) Jane Seymour








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