



#### **July 2019 Local News** Issue No. 481 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.



#### Childcare in Maynooth

In response to a Leinster Leader article from November 2018 and the corresponding meeting of the Maynooth Municipal District from November 2018, The Maynooth Planning Alliance also sought the voice of the providers in the Maynooth Planning Alliance decided to undertake two surveys of the childcare needs of Maynooth. The Leinster Leader article from November 2018 reported that at a Kildare County Council meeting; Councillors on the Maynooth Municipal District had questioned why a number of Maynooth developments had failed to provide crèches. They had been told that the housing developers in Maynooth stated that they have not provided crèches in some new housing estates because there is a lack of demand for crèche places. Permission had been granted and crèches were included as part of the planning conditions in housing developments at Castlepark, Griffinrath, Moyglare Hall and Newtown Hall.

The minutes from the meeting of the Maynooth Municipal District from November 2018 stated that it was clear from the report received from the Planning and Strategic Development Department; that crèches were not being provided and developers were not meeting planning permission conditions for the childcare service, including any Tusla registered childminder. provision of crèches. Councillor McGinley stated that the Building and Development Control Department should be making a greater effort to ensure planning permission conditions were met (Minutes).

Information obtained from the TUSLA website listed Maynooth as having 4 full day care providers and 6 sessional ECCE services. Both providers and parents were surveyed to gauge the childcare needs of the town.

The online parents' survey totaled 100 participants, who answered a series of 10 questions regarding place for full day care, ECCE and afterschool services. The responses generated from the parental survey indicated a lack of services in the town. Nearly half of the respondents indicated they must leave the town for their childcare needs with 97% saying that they did not feel there were enough full day care services in the town.

Overwhelmingly the respondents felt there were not enough of any type of service in the town, and as such 94 % felt there were not enough after-school services in the town. 94% said they felt there were not enough part time (5hrs) services in the town, and 73% felt there were not enough sessional ECCE services (3-3.5hrs) offered in the town. Respondents indicated they would like to see

additional services to make up these gaps, and that wrap around services offered in schools would be preferred for school age childcare.

town and asked if they had availabilities to expand their services to meet the increased needs of the town. Three of the ten providers responded to the survey. They indicated they run their services to capacity and that they do not have the ability to expand these services. One surprising finding of the parental survey was the lack of information regarding the National Childcare Scheme (NCS) with 64% of respondents not being aware of the changes to childcare subsidies.

A visit to the NCS website (information taken from http://ncs.gov.ie/home) informs that from October 2019, the National Childcare Scheme will replace all previous targeted childcare programmers with a single, streamlined and userfriendly Scheme to help parents meet the cost of quality childcare. (https:// ncs.gov.ie/parents) Supports are available for families with children aged between 24 weeks and 15 years who are attending any participating Tusla registered

Applications for the National Childcare Scheme are due to open in October 2019. There are two types of support available under the Scheme: a Universal subsidy and an Income Assessed subsidy. Applications can be made from October 2019 through the online application system using your verified MyGovID. For further information on MyGoveID please see https://www.mygovid.ie

The NCS will offer 'wrap-around' care for families, providing financial support towards the cost of care for hours spent outside of preschool or school. The ECCE (Early Childhood Care and Education programme) will not be affected by the NCS, additionally existing services such as the CCS and the CCSP will run simultaneously for the 2019/2020 programme year. Both the CCS and the CCSP programme will be merged with the NCS completely in 2020. If you have any questions regarding existing programs or the NCS contact www.dcya.gove.ie or eyqueries@dcya.gov.ie

Results of the Maynooth Childcare Survey are available on page 15



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



#### **Royal Canal Amenity Group**

#### Education ~~ Heritage ~~ Recreation

#### NATIONAL FAMINE WALK

This walk which commemorates the original walk undertaken by evicted tenants from Strokestown Park Co. Roscommon, during the dreadful famine in the 1840s. It took place between 25th - 30th May this year. The walkers walk from Strokestown to the custom House in Dublin, walking the full length of the Royal Canal.

At a number of points along the canal, including Maynooth, National Famine Plaques have been installed. You can view this plaque at Maynooth Harbour. It is hoped to launch this trek as a national walking trail.

The walkers arrived in Maynooth at about 5.30pm on Wednesday 29th May and were treated to light refreshments at the I.C.A. hall. The following morning the plaque was un-veiled by students and teachers from the Presentation Girls School Maynooth. After a talk with the young students, the walkers set off on the final stage of the walk.



Famine walkers greeted on arrival in Maynooth by **Chairman Matthew Kennedy** 



Students together with teacher Ms. Forde from the Presentation Girls' School Maynooth and famine walker Caroilín Callery unveil the famine plaque at Maynooth Harbour.

#### **ROYAL CANAL TOUR**

Bookings will soon close for this year's tour which will be to Bonnie Scotland and is set for the weekend of 6th. - 8th. September 2019. It will take in visits to Dumfries House (a Stately Home, like Carton), The famous Falkirk Wheel, The "Kelpies" and the house/museum of poet Robert Burns.

Travellers will stay two nights at the Leonardo Glasgow West Hotel and will have Dinner on the first night.

The price, which has been kept to the minimum, is: RCAG members €330.00, non-members €350.00 and children under 14 €300.00. Price includes travel, accommodation, entry to all venues & boat trip There are only a few places left book now to avoid disappointment.

Booking telephone: 01 687 7034 Book now! Booking closes on July 5th.



GREENWAY UPDATE

Work is progressing well at Moyvalley just north of Enfield. Most of the preliminary work is now completed and work on the next stage is in hand. Again sections will be closed to walkers / leisure

cyclists and any inconvenience is regretted.

In Longford a section of the branch line, which has been dry for many years, was recently rewatered. This disclosed a previously un-noticed leak which must be repaired before further re watering can ensue. This repair will take some time to complete.

#### THE LATE DR. IAN BATH

Doctor Ian Bath, who was a founding member of the Royal Canal Amenity group passed away on April 13th last in his ninety first year.

Dr Ian was born in London and received his education there, up to second level. Following this he went to Queens University in Belfast where he acquired his bachelor's degree. Moving Ar dheis lámh Dé go raibh a hAnam

to Trinity College Dublin he achieved his Master's degree followed later by a Doctorate. He remained at Trinity as a lecturer until his retirement.

A keen boating enthusiast on our inland waterways Dr Ian looked on in despair as the Royal Canal, which had been closed to navigation in 1961, fell into a serious state of deterioration. In the early 1970s, as a member of the Inland Waterways Association of Ireland (IWAI), Dr Ian believed that the Royal Canal could be saved; but not without a massive effort.

He convinced the Dublin branch of the association to form a sub-committee which would look at how various sections of the canal might be restored. With a view to discussing the possibilities of preserving and restoring the local stretches of the Royal Canal, Dr Ian convened a public meeting in Coolmine School. The meeting was attended by IWAI members, residents associations, local schools and other interested bodies. At the meeting an action group was formed and so, on the 4th April 1974 the Royal Canal Amenity Group came into being.

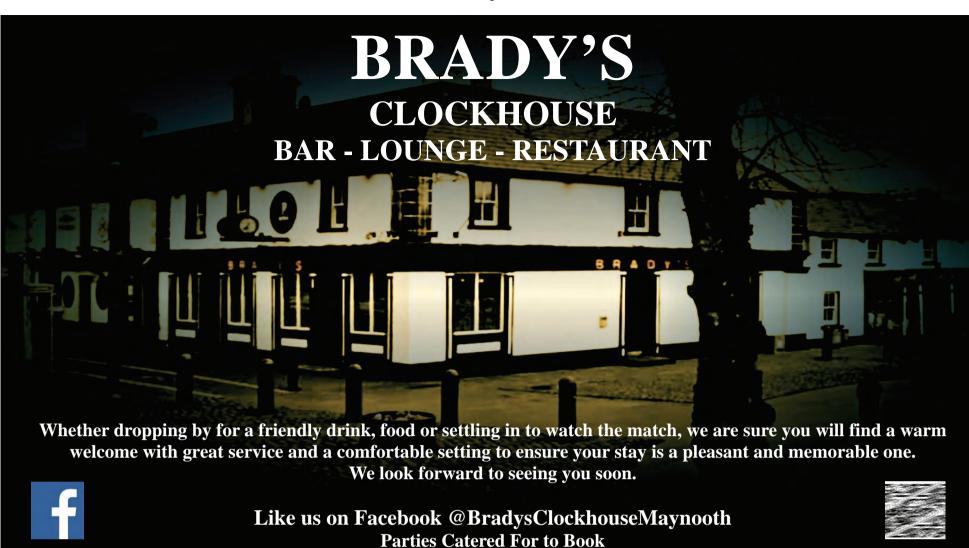
Following the formation of the Group, volunteer work parties began to clean up and clear sections of the canal towpaths in the Castleknock and Blanchardstown areas of Dublin. Following an agreement between the RCAG and CIE, then owners of the canal, the breast or top gate of the 12th Lock was repaired. This resulted in the 12 kilometre stretch between Blanchardstown and Leixlip being re-watered.

After many years of refurbishment, the canal was finally, fully reopened from Dublin to the Shannon in 2010. Dr Ian saw his vision and his dream fulfilled. In 2017 his Excellency, President Michael D Higgins unveiled a plaque in Clondra Co. Longford to celebrate the bi-centenary of the opening of the canal in 1817.

Dr Ian was the husband of the late Jean and father to Jacky & Caroline. While he will be

missed by his daughters and their families, they can derive some consolation from knowing that his vision led to the achievement of his lifelong dream - the reopening of the Royal Canal.





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

Following a very busy June with visits to Naas GAA and Prosperous Festival we are now down to rehearsing for our first visit to a Band Contest in Limerick University on 27th July where we will be competing against bands from Ireland and further afield so fingers crossed for a good outcome. We are not sure at

this stage if the Maynooth Community Festival will be going ahead but one way or another we will arrange for a recital in the Square in August or September. Something else to look forward to is a recital with the Garda Band in the Glenroyal Hotel on Wednesday 2nd October so watch out for times, etc.

There is a considerable amount of expense involved in running the band and our two collections per year go some way towards covering those costs. The first of these takes place on 20th and 21st of July in Tesco and Manor Mills and I know you will be generous as you have been in the past and we hope to provide a little music along the way to make your shopping a little more pleasant.



It's hard to believe that it is two years since we played at the Garden Party in the Aras and met the President and his wife and of course his ever present dog (see photo). Maybe we will meet him again before his tenure runs out.

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.



# Maynooth Golf Society MGS Weekend Away 2019

New Forest & Glasson GC 17/18 May

71pts

61pts

59pts

1 <sup>st</sup>	Eamonn Murphy
2 <sup>nd</sup>	Johnny Murray
3 <sup>rd</sup>	Mick Flynn
F18	Johnny Thompson
B18	Gerry Mc Ternan
NP1	John Saults
NP2	Martin Maguire
	Novt outing John Soult's Contain's

Next outing John Sault's Captain's Day in Coolattin Golf Club on July 20th.

#### **Maynooth Newsletter**

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.

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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:

The Editor, Maynooth Newsletter, Unit 5, Tesco S.C. Carton Retail Park, Maynooth, Co. Kildare. W23 F9F7

Tel: 01-6285922

E-mail: office@maynoothcep.com - Website: www.maynoothcep.com

#### **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.

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 23rd July 2019

#### **Editorial**

The 20<sup>th</sup> July marks fifty years since Neil Armstrong climbed down the ladder to be the first person to step on the surface of the moon with those famous words "that's one small step for a man, one giant leap for mankind" which marked another significant achievement for the human race in an era when many other significant advances were made in other spheres such as medicine and travel. I know many older readers will try to remember where they were on that important date in 1969. There is no doubt of the importance of that event to the future development of our interest in knowing more about the moon and other parts of the galaxy and the solar system.

Of course in the decades that followed Maynooth University played a significant part in the development of research in space through the work of Professor Susan McKenna Lawlor and her colleagues. Professor McKenna Lawlor founded Space Technology Ireland initially as a campus company to build instrumentation for space missions and she has also been involved with various experiments flown on ESA, NASA and Russian Space Agency missions. She developed a set of instruments to monitor the Martian solar wind on the Mars Express mission launched by the European Space Agency (ESA). The instruments were designed to collect clues to the mystery of water on Mars - where it is or was, where it came from and what happened to it.

Her work earned her one of the most prestigious honours available to space scientists - election to the International Academy of Astronautics. I expect that everyone in Maynooth is proud of her pioneering work.



Emeritus Professor Susan McKenna Lawlor (photo courtesy Maynooth University)

There has been a lot of publicity about the quality of broadband and the cost of the "National Broadband Plan" and whether or not such large amounts of money should be spent on bringing high speed broadband to the more remote parts of Ireland. Places like Maynooth has a reliable broadband service with a number of providers delivering a service either down telephone lines or on cable network systems. The supply is reliable but it is not necessarily fast. I have been checking my own speed which comes down a telephone line and I contacted a number of people around Maynooth to check their broadband speeds as well. The results show on my sample that the download speeds available in Maynooth range from 23mb/second to 39mb/second which means that Maynooth needs to get an improved broadband service as well. I have no doubt that many readers will now be running the online broadband speed test to check your speed and if you are currently getting faster broadband speeds count yourself lucky. Maynooth cannot be by-passed when high speed broadband is being rolled out. As is often said about things, that they cannot be rocket science and after all it is fifty years since man walked on the moon.

Paul Croghan - Editor



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#### Cllr. Angela Feeney Maynooth Labour News

E mail: angelaemfeeney@gmail.com - Phone: 0872381962



#### **Carton Avenue**

Cllr Angela Feeney, who supports the Carton Avenue Preservation Society attended the most recent meeting on June 10th. The continuing situation regarding the opening from Limetree Hall onto the Avenue is of concern to all members. Cllr Feeney stated at the meeting that at the Special Maynooth Municipal Council Meeting held on this matter on April 12th, that it was agreed that no work will be carried out on Carton Avenue until a Master Plan goes on Public Display and is approved by the MD. In addition, a recommendation was made to the Executive to reduce the width of the four metre bridge.

Cllr Feeney has submitted a question to the next meeting of Maynooth-Clane MD Council meeting on July 5th as follows:

"Following on from the Special Meeting of the Municipal District held on 12th April, 2019, could the Executive respond to the recommendation made to them to reduce the width of the four metre bridge from Limetree Hall Estate into Carton Avenue, Maynooth".

#### **Update on Footpaths on Main Street**

Cllr Feeney has requested that Kildare County Council provide an update on when the new footpath will be laid between Sherry Fitzgerald, Brady, O'Flaherty, *Go raibh mile maith agaibh.* 

Estate Agents and The Square Maynooth. This was supposed to be done last year and is funded by the Council's Insurer. Cllr Feeney has also requested what are the plans for replacing the rest of the footpath on Main Street Maynooth.

#### **Cllr Feeney nominated to Kildare Wicklow Education and Training Board (KWETB)**

Cllr Feeney has been successfully nominated to sit on KWETB. Given her experience and interest in education, Cllr Feeney welcomes the opportunity to work on the Committee and to advance educational projects to the benefit of our community and in partnership with all relevant stakeholders. Cllr Feeney has also been nominated to sit on the Transportation, Safety and Emergency Services Strategic Policy Committee, the Finance Committee and the Twinning Liaison Committee.

#### Thank you

Finally, I wish to thank everyone who voted for me and supported me during the local election campaign. It is an honour to serve the community I love so much and will do my very best to deliver for Maynooth while serving on the Council in the coming years. Go raibh mile maith agaibh.

#### MANOOTH CASTLE JUNE DAYS AT MAYNOOTH CASTLE

by Moira Devery (OPW Guide)
Are you one of the many people who live in
Maynooth and have never been to the Castle or
worse still do not know where the castle is
located? If so, there's still time to visit. We're
open seven days a week from 10am to 17:45



until September 25th. In addition to tours in English, we can now also offer tours in German and French on certain days. Please phone 01-6286744 in advance to avoid disappointment. Part of our job is protecting the national monument, so please do not be offended if we ask you not to climb on the walls. Many people enjoy using the grounds for a picnic or a stroll and also reading through the exhibition at their leisure.

#### MAYNOOTH CASTLE UPDATE:

Plans for Heritage Week in August (17-25) are progressing during the course of which OPW Guide Mary will offer a tour called "A History of Medieval Fashion". A few of our local Push for Porter musicians are busy practicing some medieval music to play for you as part of a tour about Medieval Music offered by Moira. Alan will offer his fascinating Silken Thomas/Rebellion of 1534 tour while Katherine will concentrate on her popular Medieval Medicine and Cures Tour.

#### **BLOOMSDAY - 16 June 2019**

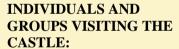
Bloomsday reminded us that James Joyce mentioned the FitzGeralds of Maynooth no less than four times in Ulysses. On page 295-6, during a conversation between Ned Lambert and a certain clergyman who was writing a book about the FitzGeralds, Ned tells him that there in St. Mary's Abbey in Dublin is where Silken Thomas declared himself a rebel against the English Crown in 1534. The clergyman responds that the mansion of the FitzGeralds was in Thomas Court at the time. Before he leaves the company of Ned Lambert, he hands him his card which states 'the reverend Hugh C. Love, Rathcoffey. Present address: Saint Michael's Sallins'. As soon as the reverend left, Ned realizes he forgot to mention how Garóid Mór FitzGerald had burned the Archbishop of Cashel's Cathedral because he thought the Archbishop was inside. Ned comments: "Hot members they were all of them, the Geraldines".

#### TALKS IN THE CASTLE:

We are planning to trial a short series of late afternoon talks once a month. There are many people with an amazing amount of knowledge and some of these people are happy to share this knowledge and to provide a free talk. One of these generous people is Dr. Deirdre McGowan, Head of Law at TU Dublin who will give a talk on "An historical Survey of Irish Marriage" during Heritage Week. The exact date is still to be decided but will probably be early in the week at around 4pm. Don't worry, the talks will be easy to listen to and not excessively academic.

#### SUMMER FESTIVAL:

We look forward to the Castle being used as one of the venues during the Summer Festival in August. Many locals have told us how happy they are to see the Castle being used as an amenity by the local population.



This week we had several school classes visit the Castle for a free tour including pupils from the Presentation School in Maynooth (Photo Opposite).

A group of international librarians who visited Maynooth University also came for a tour accompanied by Helen Fallon, (Photo Opposite) librarian at the John Paul II Library. The members of the Erasmus group came from 11 countries.

Finally, a father and son duo (Photo Opposite) visited us for at least the 9th time. Father Philipp has been visiting Maynooth for the past 25 years and comes to the Castle each time! They come to visit relatives locally every year and love coming to the Castle. Phillip said he was very pleased to see the schools bringing pupils into the Keep to help them appreciate the history of the FitzGeralds and Maynooth.



**Maynooth Presentation School class** 



Members of the Erasmus group visiting the Castle.



Phillip and Christopher Williams, proud visitors of Maynooth castle, annually. Related to Sarah and James Clerkin of Killeaney Lane, Co. Meath.



#### **Emmet Stagg Kildare North Labour General Election Candidate**

Phone: - 01-627 2149 - E mail: emmet.stagg@votelabour.ie - Web: www.labour ie/emmetstagg



#### John McGinley

#### Maynooth Labour Branch want to thank John McGinley for his 26 years of service to the people of Maynooth.

John has been an outstanding Co. Councillor for the Town and made it his mission to work in conjunction with the Local Community to improve the Town. Without John we would have no New Bond Bridge, our fantastic Children's Playground and we would not have succeeded in acquiring large tracts of amenity land for the Community on both sides of Carton Avenue and on the Moyglare Road. The Council Officials regularly said no to John on various projects, but John persisted and achieved success.

John was ably assisted by his wife Mary in his work, and we want to thank Mary for her constant work over the years with John in the background. Their proudest moment, and a proud time for Maynooth Labour Branch Members, was when John was Elected Mayor of Kildare in in 2005.

John will remain active with Maynooth Labour Branch working in conjunction with our members and newly elected Cllr. Angela Feeney, and Labour General Election Candidate Emmet Stagg to ensure that the interests of the Community of Maynooth are protected and that the Town continues to thrive into the future.

We wish John and Mary all the best for the future

#### Maynooth Swimming Pool Application Accepted Despite Being Late-Stagg

Kildare North Labour General Election Candidate Emmet Stagg has welcomed confirmation from the Minister for Transport, Tourism and Sport that the application by Kildare Co. Council for grant aid for the development of a Swimming Pool in Maynooth by Kildare Co. Council has been accepted despite the fact that it was delayed because of technical issues and missed the deadline date for applications of April 17th last.

The Minister advised Mr. Stagg that the Large Scale Sport Infrastructure Fund opened for applications on 19th November 2018 and the closing date for receipt of applications was 17th April 2019. 72 applications were received in total and officials in his department are currently undertaking an initial assessment of them.

The Minister further advised Mr. Stagg that an application has been received from Kildare County Council for funding for development of a swimming pool and multi-use facility in Maynooth. The application has been accepted and will be subject to assessment along with the other applications received. The Minister concluded by stating that in view of the detailed information contained in each application, it will take a number of months to have all of them assessed. Accordingly, it is expected that it will be towards the end of this year before allocations are announced.

Welcoming confirmation that the application has been accepted despite missing the 17th April deadline, Kildare North Labour General Election Candidate Emmet Stagg stated that the provision of a swimming pool and sports complex at Maynooth in a joint venture with Maynooth University was capable of delivering a Public Swimming Pool for North Kildare.

#### 6 Specialists Express Interest in being part of Team to Deliver DART to Maynooth - Stagg

Emmet Stagg has been in contact with Iarnród Éireann in relation to the process of putting in place a Multi-Disciplinary Consultancy Team to support the Expansion of DART to Maynooth.

Iarnród Éireann, stated Mr. Stagg, sought expressions of interest from specialists to support them in the delivery of DART to Maynooth and City Centre Enhancements with a closing date for expressions of interest of 13th May.

Iarnród Éireann have now advised Mr. Stagg that 6 Expressions of Interest were received from specialists to be part of the Multi-Disciplinary Team by the closing date of May 13th. Iarnród Éireann further advised Mr. Stagg that actual tenders will be invited from these specialists by the end of July, 2019, and the contract should be awarded by November.

Welcoming the progress Mr. Stagg stated that the successful applicant will play a pivotal role in developing the design and tender preparation for the project. In addition to providing DART to Maynooth, the project involves development and enhancements to City Centre Stations and Network, resignalling from Maynooth to Connolly/ Dockland and removal of the six level crossings along the Maynooth Line and provision of necessary bridge relief infrastructure.

#### Decision on Additional Car Parking at Maynooth Train Station Due on July 2nd

Iarnród Éireann have responded to the Further Information request issued by Kildare Co. Council in relation to the planning application for an additional 34 car parking spaces at Maynooth Train Station on lands adjoining Bond Bridge and Kildare North,

Labour General Election Candidate Emmet Stagg stated that a decision on the planning application is now due on July 2nd.

In their further information response, stated Mr. Stagg, Iarnród Éireann are providing an additional 44 bicycle parking spaces to the East of the existing station building and provision of a shared surface pedestrian footpath from the existing station building to the Bond Bridge pedestrian entrance.

Iarnród Éireann did investigate the possibility of a left turning access for vehicles and pedestrians from the train station at Bond Bridge onto the Rathcoffey Road, but concluded that it was not feasible to provide such an access.

In conclusion Kildare North Labour General Election Candidate Emmet Stagg stated that it was important that Kildare Co. Council gave the go ahead for the additional car parking as in conjunction with the 39 additional spaces being provided on the south side of the station, this will give us 73 additional car parking spaces this year.

# Deadline for Expressions of Interest for Provision of Accommodation for Delivery of Primary Care Services in Maynooth and Leixlip Extended - Stagg

Kildare North Labour General Election Candidate Emmet Stagg was in contact with the Primary Care Section of the HSE in relation to their request for Expressions of Interest for the provision of Accommodation for the delivery of Primary Care Services in both Maynooth and Leixlip.

The HSE, stated Mr. Stagg, placed ads on May 3rd in National Newspapers seeking submissions from individuals/companies who are developing or are planning to develop health facilities in both Maynooth and Leixlip, which would facilitate the delivery of primary health care in conjunction with local General Practitioners.

The HSE would enter into fixed term leases with the providers of the proposals selected for the provision of public healthcare in the primary care facilities. Submissions from interested parties had to be submitted to the HSE by Friday 31st May, but the HSE have now advised Mr. Stagg that the deadline has been extended to June 14th. The HSE also confirmed to Mr. Stagg that there has been interest in both Maynooth and Leixlip to date.

Mr. Stagg stated that this process is the route that saw the successful opening of the Celbridge Primary Care Centre in Celbridge. A similar move in Leixlip at the old ESB site did not get off the ground.

In conclusion Kildare North Labour General Election Candidate Emmet Stagg stated that the provision of Primary Care Facilities in both Maynooth and Leixlip would assist with the aim of providing 95% of people's day-to-day health and social care needs in a Community setting, and he hoped the current exercise by the HSE proves successful, but if it does not then the HSE will have to provide Primary Care Centres themselves in both Maynooth and Leixlip, similar to the excellent facility in Kilcock.

#### Garda Numbers in Kildare reach 395 - Stagg

Whilst disappointed that no new Probationer Gardaí were assigned to the Kildare Division following the attestation at Templemore in June, Kildare North Labour General Election Candidate Emmet Stagg has welcomed the fact that Garda Numbers in the Kildare Division have reached 395 members as of 28th May, 2019.

Mr. Stagg stated that 78% of all Probationer Gardaí attested in June were assigned to the Dublin Metropolitan Area and the Louth Division to deal with ongoing well documented Gangland Crime. The remaining 22% were assigned to Waterford, Meath, Cavan/Monaghan, Galway and Donegal Divisions.

There were no allocations to Kildare, Laois/Offaly, Westmeath, Wicklow, Sligo/Leitrim, Kilkenny/Carlow, Tipperary, Wexford, Cork, Kerry, Limerick, Clare, Mayo or Roscommon/Longford Divisions.

This is disappointing stated Mr. Stagg but this should be a one-off to deal with the Gangland Crime problem that continues in Dublin and has recently blown up in Drogheda in Co. Louth.

I have written to the Garda Commissioner acknowledging the difficulties facing An Garda Siochana in Dublin and Louth but calling on him to ensure that the Kildare Division is not left out of the next probationer Garda allocation in November and that we continue to receive transfers into the Division.

In relation to Transfers into the Kildare Division in the last 3 months, stated Mr. Stagg, we have a net gain of 4, which includes highly experienced officers, 3 additional Inspectors and 1 additional Sergeant.

In conclusion Kildare North Labour General Election Candidate Emmet Stagg stated that the campaign to get additional Garda assigned to the Kildare Division continues.

#### "BEE" A Positive Role Model

#### **Bees - the perfect pollinators**

If you look at the plate of food on your dinner table, bees have played their part either pollinating the many vegetables and

fruits we eat directly, or pollinating the food for the animals that we then consume. And that's not all bees do for us - honey and wax are two other important products that come courtesy of bees.

What did you have for breakfast today? Fresh fruit? Jam on toast? Dried fruit in your muesli or some grilled tomatoes. All of this was brought to you by bees. It's tempting to think bees just provide us with honey – but in fact they're behind much of the food we eat, including most fruit and vegetables. Bees are crucial to our economy – In a world without bees, our food would cost a lot more to produce and our economy would suffer.

#### What are the causes of bee decline?

Known causes of bee decline include things that affect us too. Chemical pesticides are largely to blame, habitat loss, disease, farming practices, pollution, invasive non-native plant and animal species, and climate change. Bee populations may also be vulnerable to other factors, such as the recent increase in atmospheric electromagnetic radiation as a result of growing numbers of mobile phones. The increased radiation given off by such devices may interfere with bees' ability to navigate.

#### Without bees, we're in trouble

The outlook for bees right now is quite bleak – and their drop in numbers is a sign of the plight of the natural world as a whole. Across society, we often undervalue nature and what it does for us. The truth is, if we want an economy that provides for everyone's needs in the long term, we need to look after our natural environment. Our politicians need to understand the importance of protecting the natural world – and protecting bees as key players in it.

#### Easy ways to help bees

You can make a difference where you live by doing a few simple things.

Planting flowers rich in nectar will really help bees find the food they need. Encouraging your friends and neighbours to do the same will help create bee-friendly communities.

Bees are crucial in the countryside but they're essential in the city too. A wild window box in the middle of the city has great value. A whole building covered in window boxes is even more useful and looks fantastic. Plant wild flowers in your garden. You can plant wild flower seeds in early spring.

#### Time to start planting

Choose flowers with pollen that bees can get at easily – single-flower varieties for example. Grow a range of plants that will provide a succession of flowers for as long as possible during the year – bees need nectar from very early spring until early winter. The great thing about gardening is that it's good for you as well as wildlife. Fresh air and gentle exercise improve health and wellbeing. The scale of your bee-friendly growing will depend on your outside space, but it all helps. If you don't have a garden, plant a window box or hanging basket. You could try:

- Flowering herbs try chives, sage and thyme.
- Low growers try crocus, bluebell, snowdrop and nasturtium.
- · Bushy plants try rosemary and lavender.
- · Trees try hawthorn, hazel, holly and willow.
- Fruit and vegetables try strawberries, tomatoes and beans
- Attractive ornamentals try achillea, allium, foxglove, verbena, aster, alyssum and sunflowers



#### **GET BUZZY**

#### Maynooth Senior Citizens Committee

Our Summer tea-dance took place on June 16th. This was an enjoyable afternoon with a great attendance, even the Sun came out. We danced the afternoon away to the wonderful music of "Unity". We also received the proceeds of the Tony Smith Memorial Walk from Emmet and Angela, which took place in April.

The amount raised was €2,370. Many thanks to all who support this fundraiser year on year. During this presentation Emmet recalled the huge contribution made by Ellie Leavey over many years when she walked miles to raise money for our organisation. We wish her well at this very sad time.

There will be no tea-dance in July as our summer Outing takes place on July 21st. All names should be in by July 1st. As usual the coaches for the day come courtesy of Barton Transport, one of our main supporters over many years. Our club will close on July 30th for summer recess and will reopen on September 3rd.

Our next tea-dance will take place on September 15th. A reminder to retired people out there who are interested in learning to paint, Susan Durack will give lessons free of charge at our morning club from September. You can contact any committee member or drop into us at the Geraldine Hall. In the meantime, I hope you all have a great Summer and enjoy your holidays wherever you.

Finally, may I express our sincere sympathy to the families of Tom Noone and John Leavey who passed away recently.

Suaimhness agus Siochain doibh.

Josephine Moore. Chairperson.



#### "Do Local and Act Global"

"Do local and act global" is the message from Concern Refugee Ration Challenge participant, Maynooth resident and local activist, Michael Kenny. Michael, a member of Maynooth Tidy Towns, lived on the exact rations provided to a Syrian refugee in a United Nations (UN) Refugee camp in Lebanon for one week (12-19 June) to highlight the work of Concern Worldwide and raise funds via https://my.rationchallenge.org.uk/mkenny.

There are 65.6 million forcibly displaced people worldwide because of persecution, conflict, violence, or human rights violations, according to the UN High



Maynooth Tidy Towns (MTT) 10am Saturday morning group and Michael Kenny, MTT member and Concern Refugee Ration Challenge participant

Commissioner for Refugees (UNHCR). The UN Refugee Ration pack for an adult for one week contains rice (1.97kg), plain flour (400g), lentils (170g), Dried chickpeas (85g), tinned sardines (120g), tinned kidney beans (400g), and vegetable oil (330ml). "Barely sufficient but boring and tasteless" according to Michael.

Michael is a lecturer in the Department of Adult & Community Education at Maynooth University and a volunteer director with the Irish NGO international humanitarian development agency Concern Worldwide and a volunteer trustee with ConcernUK. Michaels wide experience in development and refugee situations has solidified his commitment to continue contributing to development in extremely poor communities.



Michael is also very proud of his local work with the great Maynooth Tidy Towns team. This is "Do local and act global" in action.

A one minute video on the ration challenge is available at https://www.youtube.com/watch? v=LDCRrUTWKWM. Michael's ration challenge sponsorship page is https://my.rationchallenge.org.uk/mkenny -

Visitors welcome.



#### **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

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Never known to fail

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# Join us if you have an hour to spare!

**Meet Courthouse Square:** 

Saturday Mornings @ 10am Wednesday Evenings @ 7pm.

All equipment provided.

#### 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

# 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

#### 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.

Never known to fail D. & C.



#### **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

#### Home Security Tips During The Holidays

It is that time of year when there is a mass exodus of people heading off on their summer holidays. Whether they plan to go home or abroad, the issue is the same: their house/apartment will be unoccupied and is therefore a target for opportunistic thieves.

Heading on your summer holiday is a happy time, and so the idea of coming home to a home that has been burgled is an unsettling thought but there are ways you can prevent this from happening. Here are some helpful tips to ensure your home is kept secure whilst you enjoy your summer holiday.

#### Tips for Securing your Unoccupied Home

•A home that looks obviously unoccupied is an easy target. Fully drawn curtains are one usual give away of this so best to either leave them open or get a neighbour to pull them occasionally while you are away. Timer lighting will also help to put off potential break-ins and they are relatively inexpensive to install too.

- •With the advent of social media and the popularity of updating your profile to alert your friends that you are in sunnier climes, the danger is that an alert burglar will pick up on your social media updates and use this knowledge to know that your home is a good target. No matter how tempting it is, don't 'advertise' your holiday plans. Wait until you get home to post the pictures!
- •It sounds obvious but double check that all windows and doors are securely locked. Research shows that unlocked doors and windows are the primary way thieves access homes.
- •If labelling luggage, include your name, telephone number, email address and destination but leave your home address off. If your luggage goes astray and into the wrong hands, then they won't have your home address details so there will be no burglary fears.

If you manage to cover all the tips above, you should be able to travel and enjoy your holiday, safe in the knowledge that your home is secure until you return.



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





#### **Bill to Reduce Homelessness**

I have brought forward a Bill, the Housing (Homeless HAP) Bill 2019. The Bill seeks to introduce statutory rights for people who have been served with a tenancy termination and need to find alternative accommodation. The Bill will place an obligation on the relevant local authority to address the issue there and then, and not at the last minute, in terms of a decision on entitlement to Housing Assistance Payment (HAP).

#### 38 Kildare cyclists hospitalised in 2017 – O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke has called for greater investment "Reducing the high cost of Insurance is a priority for Fianna Fáil and for myself, it in cycling safety as it emerged that 38 cyclists were hospitalised in 2017. A total of 729 cyclists were hospitalised nationally for a range of injuries including head, spine and pelvis injuries.

Commenting on the matter Deputy O'Rourke said, "The number of hospitalisations of Kildare cyclists is quite high. In comparison, there were 22 hospitalised in Meath, 19 in Westmeath and six in Laois. We need to take steps to protect cyclists and make our roads safer for them.

Whether people are cycling for sport, pleasure or commuting for work or to college, they need to do so on roads that are not covered with potholes and uneven surfaces. While I acknowledge that not every road lends itself to having a dedicated cycle path, they should exist wherever possible.

Work on the 144km of the Royal Canal Greenway from Dublin, through Kildare, Meath and Westmeath is underway and I hope that having a dedicated cycleway will help to reduce these figures", concluded Deputy O'Rourke.

#### FF Bill to speed up housing adaptation grant decisions for people with disabilities reaches second stage - O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke has said he hopes to receive cross-party support for the Housing (Adaptation Grant for People with a Disability) Bill 2018.

Deputy O'Rourke, who introduced the Bill with Fianna Fáil Spokesperson on Social Protection, Willie O'Dea, said the Bill would ensure that a decision would be made on a housing adaptation grant within four weeks from the receipt of the application by the local authority.

Deputy O'Rourke explained, "Currently, I am hearing from constituents whose application is taking months to be approved. In the meantime, they are left in limbo, dependent on the help of others to shower, to dress or to get around their house. Others are kept in hospital or a care facility until such a time as they can return home, which is having a knock-on effect on the acute hospital network.

'The housing adaptation grant is vital for allowing older people or people with a disability to continue living independently in their own homes. The provision of stair-lifts; grab-rails; showers; wet-rooms and ramps along with extensions such as the installation of a downstairs bedroom or bathroom, are in many cases the only way in which a person can remain in their own home.

'I believe it is unfair for people to be left languishing on a list, waiting for a decision. They should be afforded the opportunity live and to grow old in the comfort of their own home", he concluded.

#### Reducing Insurance costs is Key Priority for O'Rourke

Local Fianna Fáil TD, Frank O'Rourke, has said that he will continue to press for progress on reducing the cost of insurance in Ireland. Deputy O'Rourke was speaking after meeting a number of businesses in Kildare.

Recently, I criticised the government for delaying legislation which would clamp down on insurance fraud. False and misleading claims have negative consequences for Irish policyholders and further drive up the cost of insurance premiums."

The cost of both motor insurance and business insurance remains stubbornly high for households and businesses across the country. The average annual cost of motor

insurance now stands at €750 compared with €450 in 2014, an increase of nearly 70%." "It is being reported that Charities are being forced to spend €1 out of every €10 they get on insurance, forcing many to curtail services. A survey of firms and voluntary community groups found that the cost of public and employer liability insurance was now a threat to their survival."

"This is all happening at a time when Insurance Companies have enjoyed a profits surge. A survey of 17 insurers conclude that they enjoyed an increase in profits in 2017 when compared to 2016."

is an issue I have regularly brought to the floor of the Dáil. It is unacceptable that after two years of the publication of the Cost of Insurance Working Group report, many of its recommendations have not been implemented."

"The government has been found wanting on insurance reform and tackling the high cost of insurance. This Government must provide greater focus on this issue and enacting our Bill would be one step towards achieving lower costs of insurance. We must focus on reducing the cost of living for people, such as insurance and mortgage rates."

#### 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."

#### 254 over 75s endure 24-hour ED wait in Naas Hospital in first three months of 2019 - O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke, has said the HSE is failing to meet its own target that all people aged 75 years and over attending emergency departments would be discharged or admitted within 24 hours.

Deputy O'Rourke was commenting as new information received by Fianna Fáil shows that 254 over 75s waited longer than 24-hours in Naas emergency department in the first three months of 2019.

Deputy O'Rourke explained, "The issues with Naas emergency department have been long documented but I believe it is particularly shameful that some of our most vulnerable people are treated in this manner.

"Sitting for hours in an emergency department is wearying, even for a person in the full of their health. To have a person, aged over 75, sit in such an uncomfortable and stressful setting for over 24-hours is cruel.

"Let me be very clear, the medical professionals and staff in Naas are working their very hardest and the fault for this lies solely at the feet of the Department and the HSE.

"A lack of basic bed capacity is a fundamental problem in health care in Ireland and if the Minister can't get to grips with even the basic problems, then we can expect to see thousands more over 75s languish in emergency departments across the country", he concluded.

#### **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 and from the
Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



#### **Back to School Clothing and Footwear Allowance June 2019**

#### **Ouestion**

I am getting Jobseeker's Allowance and my oldest child is starting school this year. Is there a payment to help with the costs of children going to school?

#### Answei

The Back to School Clothing and Footwear Allowance (BTSCFA) helps you meet the cost of uniforms and footwear for children going to school. Your children must be aged between 4 and 22 on or before 30 September 2019. If they are aged between 18 and 22 they must be in full-time second-level education in a recognised school or college.

To qualify, you must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment. People getting the Working Family Payment and the Back to Work Family Dividend can qualify for BTSCFA. Also, your total family income must be below a certain level for your family size. The Allowance is €150 for children aged between 4 and 11 and €275 for those aged between 12 and 22.

The Department of Employment Affairs and Social Protection pays the BTSCFA automatically to many families. This means that they do not have to apply for the payment. If you qualify automatically, you will be notified by 24 June 2019 and you will get your payment the week beginning 8 July 2019. If you do not get an automatic payment you must apply for the Allowance.

If any of your children are aged 18 or over, you must also apply for the Allowance for them and show evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

From 24 June 2019, you can apply for the Allowance online through mywelfare.ie. You must have a Public Services Card and a verified MyGovID account to apply online. You can also apply using an application form, which is available in all Intreo centres and Social Welfare Branch Offices and online from welfare.ie or you can request a form by texting Form BTSCFA followed by your name and address to 51909 or by emailing BSCFA@welfare.ie.

The closing date for applications is 30 September 2019. A dedicated phone line is available to answer your questions from 24 June 2019: (071) 919 3319.

If you are refused the Allowance, you can ask for a review of the decision.

#### **Public Services Card June 2019**

#### Question

What is the Public Services Card and how do I get one?

#### Answer

The Public Services Card (PSC) helps you to access a range of public services easily. The front of the card holds your name, photograph and signature, along with the card expiry date. The back of the card holds your PPS number and a card number. It also holds a magnetic stripe to enable social welfare payments such as pensions to be collected at post offices. If you are entitled to free travel, the card will also display this information in the top left-hand corner.

Your identity is fully authenticated when it is issued so it saves you having to give the same information to multiple organisations.

You can use the PSC as evidence of identity when applying for a driving licence or learner permit or if you are sitting the Driver Theory Test. In some cases a PSC is required. For example, all first-time passport applicants aged 18 and above who are resident in Ireland need to have one. All applicants for a certificate of naturalisation aged 18 or over who are resident in the State must have a PSC.

A Public Services Card is usually issued when you are allocated a PPS number. If you apply for, or are currently getting a social welfare payment (including Child Benefit) you will be asked to register for your Public Services Card. If you don't yet have a Public Services Card, you can make an appointment to get one either by using MyWelfare.ie or by calling into your local Intreo Centre or Social Welfare Branch Office. You will need to bring certain documents to prove your identity and a mobile phone that can be used to create a verified account. The process takes about 15 minutes and your PSC is posted out to you and is valid for seven years.

You can get more information on the Public Services Card from citizensinformation.ie and learn more about online public services at **MyGovID**.

Further information is available from the Citizens Information Centre above. Also available on scope@ciboard.ie

#### **BIRDWATCH IRELAND**

Red Kites have taken to Wicklow as their home as can be seen by the healthy numbers visible in the skies. Marc Ruddock, Project Manager for the Golden Eagle Trust, has an



impressive pedigree when it comes to reintroduction of raptors, and since Red Kites were first released July 2011, the project can be considered a remarkable success in Ireland.

We are all aware of the reduction of insects in general all over Europe, and the bar chart from a German study shows shocking decreases across a wide range of our other flying friends, the very kind of insects our Swift, Swallow and House Martin eat.

Lets hope the latest trend in re-wilding local community patches and even garden lawns will help reverse the trend.

# Insects are disappearing Decrease of insect populations over the past decade 68% Caddisflies 53% Butterflies 49% Beetles 46% Bees 37% Mayflies 37% Dragonflies 55% Stoneflies 41% Total decline of insects (past decade) Source: Sanchez-Bayo & Wyckhuys, Biological Conservation 2019

#### Top food safety tips for BBQs

Just because you're cooking outdoors, don't let your good habits in the kitchen go up in smoke when you light the barbecue – you want your friends and neighbours to go home with memories of a good time, not a tummy bug to remember you by. To make the most of your barbecue, here are some top food safety tips

#### Cook with confidence

The big issue when barbecuing is *making sure your food has been cooked thoroughly*, all the way through. This is particularly important when cooking poultry, pork, minced and skewered meats, such as burgers, sausages and kebabs on the barbecue - while the outside may look cooked (and in some cases burnt), the inside can still be raw.

We recommend these meats should always be cooked until they are piping hot all the way through, with no pink meat remaining and the juices run clear. If you've got lots of people visiting your barbecue and want to ensure that meat is thoroughly cooked, you can pre-cook meat in your kitchen oven just before you put it on the barbecue for flavour.

#### How to know it's cooked

When cooking foods on the barbecue, make sure to turn them regularly and move them around the grill to ensure they are cooked evenly on all sides – then remove them from the heat and place them on a clean plate. For meats that need to be cooked all the way through be sure to cut into the centre of them to check that:

- They are piping hot all the way through.
- There is no pink meat left.
- The juices run clear.

Steaks or whole meat joints of beef or lamb can be served rare as long as they are cooked on the outside as any harmful bacteria will be on the outside only, and not in the centre.





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

Regular walkers and visitors to Carton Avenue will have noticed that this year the grass is being cut differently, this is to allow wild flowers to develop and to feed the bees and butterflies and this is part of our biodiversity programme. Once again we thank Carton House for cutting the grass on this wonderful amenity for Maynooth.

Work on the Sensory Garden has now been completed and members of the public are very welcome to have a look around. A date for the opening will be announced in due course. Please watch our Facebook. Thanks to all who helped with this project.

Over the past number of weeks our teams on Saturday mornings and Wednesday evenings have been clearing and cleaning out the planting areas in various locations around Maynooth in preparation for new season planting. All weeds sprayed by Maynooth Tidy Towns with ECO Friendly solution.

This planting happened on Saturday the 2nd and 9th June a number volunteers of Maynooth Tidy Towns planted and watered hundreds of flowers the majority of which are bee and butterfly friendly. Also Sunday morning clean-ups are ongoing to the end of October, meeting in the Courthouse Square @ 7.45am.

We were joined by members of Maynooth Community Church on Saturday 15<sup>th</sup> June who assisted in tree pruning on the Main Street and were also involved in weeding in a number of locations. Afterwards we were treated to lunch in Manor Mills on the upper floor, where the church hold their service. Our thanks to Keith and members for their work and making us welcome.

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

Richard Farrell - PRO Maynooth Tidy Towns



#### **MAYNOOTH TIDY TOWNS**

PROTECTING THE ENVIROMENT CONTROL OF WEEDS IN AN ECO FRIENDLY MANNER

#### CHECK WITH OPERATOR FOR FULL DETAILS

1 Gallon Vinegar 2 Cups Epsom Salts 1/4 Eco-Friendly Dish Soap



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We are renowned for our quality food, service and our warm welcome.

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www.oneillsbar.ie

# Thinking of replacing your PVC Windows?

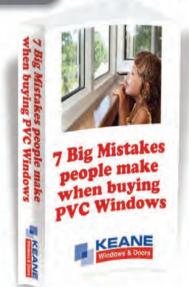
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# Community First Responders create strong chain of survival in Maynooth

The cardiac chain of survival is stronger in Maynooth since the establishment of a

Community First Responder (CFR) group in the town, according to both the National Ambulance Service and CFR Ireland. Both groups attended the official launch of Maynooth CFR last week and warmly welcomed another group to the growing network of CFR groups nationwide.

Darryl Coen, Operations Resource Manager with the National Ambulance Service, said that ambulance crews are reassured to know that quality CPR is being performed at the scene before they arrive. "In Ireland we have a 43% success rate for CPR and defibrillation, which is huge. We have a high rate of bystander CPR and we have a growing number of trained volunteers in the CFR network. If we arrive on the scene of a cardiac arrest and there has been no CPR administered, the outcome is not likely to be good. For our staff to know that there is already a team on scene giving quality CPR, is a great support and makes a real difference to the outcome for patients.

We look forward to working with Maynooth CFR and wish them all the best."

The chances of survival from a cardiac arrest decrease by 7-10 percent for each minute that CPR is not being performed. John Fitzsimons of CFR Ireland, reiterated the importance of early



Members of Maynooth CFR.



Members of Maynooth CFR with staff from the Maynooth ambulance station, John Fitzsimons from CFR Ireland (red t-shirt) and Darryl Coen, Operations Resource Manager with the National Ambulance Service.

intervention in cases of cardiac arrest. "We now have 230 Community First Responder groups nationwide, serving a huge number of people in their communities, not only by responding to cardiac emergencies, but by providing training to others in their communities to increase CPR skills. Early access to CPR and defibrillation are key steps in the cardiac chain of survival, before the ambulance arrives. The chain of survival is strong here in Maynooth because of this group so they should be very proud."

Chairperson of Maynooth CFR, Réada Cronin, thanked the other 17 members of the group and everyone who has supported them over the last year. "We have a great tradition of volunteerism in Ireland and it greatly enriches our communities. I'm so proud of what we've achieved this last year and the selfless people who've joined our group of volunteers.

Together we can make an extraordinary contribution to our community here in Maynooth and you can't get much better than that. Huge thanks to all of the individuals and businesses who have helped us along the way and continue to do so."

The group held their official launch in Maynooth GAA club on Wednesday 29th, with Maynooth fire service and ambulance station in attendance.

Maynooth CFR
are currently operating from
8pm Friday to 8am Monday
every week, with plans to recruit
more volunteers and expand hours
in the coming months.



Chairperson of Maynooth CFR Réada Cronin chat with John Fitzsimons from CFR Ireland and Darryl Coen, Operations Resource Manager with the National Ambulance Service.



First Responders: Cathy Lawlor, Maggie Lawlor, Darren Lee, Trish Traynor and Fiona Carroll at the recent launch night



#### ALOE VERA WONDER PLANT

Its various common names, include the First Aid Plant, the Miracle Plant and Nature's Soothing Healer. People have used the clear, odourless 'aloe gel' contained within its plump leaves to soothe minor cuts, grazes, insect bites, burns and other minor skin disorders such as dermatitis.

Aloe gel is also a popular ingredient in many cosmetics, sunscreens, ointments, shampoos, skin creams, and lotions. The plant is known for keeping skin hydrated and clear. It's rich in antioxidants such as vitamin A, vitamin C, and vitamin E, and it contains seven of the eight essential amino acids. It also improves skin elasticity thanks to an increase in collagen production.

You'll also find hair-care products containing Aloe Vera. Some apply the gel found inside the leaves directly to their hair and use it as a deep conditioner. It can leave a residue behind though, so be sure to rinse it out thoroughly.

Research suggests that when taken internally, aloe gel/juice may help people suffering from adult-onset diabetes, high blood pressure and high cholesterol, although such use is not recommended without strict medical supervision.

#### **How to care for Aloe Vera Plant**

Plant them in a cactus potting soil mix or a regular potting soil that has been amended with additional perlite or building sand. Also, make sure that the pot has plenty of drainage holes. Sunlight is key to a healthy Aloe Vera plant, so position it in a sunny spot. Whether indoors or outdoors, choose a place where your plant will receive plenty of light. Too much direct sunlight can cause the plant to dry out and turn the leaves brown — but too little light will stunt the plant's growth. It is also important to note that aloe can freeze in the winter if outside so use a pot you can easily bring indoors during freezes. If the plant is to be grown indoors, make sure the plant will receive enough indirect sunlight; south or west-facing windows are ideal.

It's a succulent plant that prefers dry, warm climates, so it doesn't need to be watered every day. A little neglect in watering isn't going to hurt it — in fact, it may actually help, because this drought-loving plant lives best in dry conditions. You should be careful not to overwater the plant as Aloe Vera plants cannot tolerate standing water. Water about every 3 weeks and even more sparingly during the winter. Use your finger to test dryness before watering. If the potting mix stays wet, the plants' roots can begin to rot.



The best part of Aloe Vera is the fact you can grow it in your own home with a little love and tenderness

#### Water Safety

As Ireland prepares for

more sunny spells and hot weather, people are being warned to take extra care in the water. Ahead of the sunshine. Irish Water Safety are urging people to take the appropriate steps to stay safe in the water and share their top tips for keeping safe in the

#### Inexperienced swimmers should swim "within their depth"

water this summer.

What we mean by casual are people who just swim a few times a year as opposed to the thousands of people who swim in triathlons or open water swimming, who swim maybe 12 months of the year, and who are well used to safe practices.

The main message is to swim within your depth and swim parallel to the shore. Then if you do feel sick or dizzy, you can just drop your feet and wade back onto the bank."

#### Swim in designated swimming areas

As much as possible, swim in designated bathing areas, like for instance Salthill where they can dive off the boards where they're being looked after carefully by lifeguards that are trained up to the best international practice. Then, things don't tend to go wrong. It's when they go off on their own unsupervised is when the trouble

starts and unfortunately, they're out of their depth and we lose more people unnecessarily.

#### Wear a life jacket

We want people going kayaking, sailing and angling particularly to wear a life jacket. It's really important to wear a life jacket no matter what you're doing. Although it can be sometimes quite hot and sometimes people feel a little uncomfortable especially in the midlands, but please leave your life jacket on. Your body will be very hot and susceptible to cold shock. Cold shock is the main contributing factor to drownings in our temperate climate.

#### Keep paddling pools supervised at all times.

We're very much against paddling pools because unfortunately parents have the best will in the world, may have a drink or a barbecue, and the phone rings and they get distracted. Young children drown in seconds, 20-40 seconds they'll be gone. Drowning is silent, so you won't hear them.

#### Avoid inflatables.

Don't use inflatable toys, they're absolutely lethal. The coast guard often rescues people out in Donegal bay, miles off shore, sitting in these inflatables because they've gotten blown away with off shore winds.

#### HOW MAYNOOTH TOWN VOTED

Local Elections 2019

A total of nine candidates contested the five seats in the Maynooth Electoral Area. Five outgoing councillors; Reada Cronin (SF), Timmy Durkan (FG), Teresa Murray (Ind), Naoise O'Cearuil (FF) and Paul Ward (FF), sought re-election. They were joined in the contest by four new candidates; Angela Feeney (Lab), Peter Hamilton (GP), Rioana Mulligan (FG) and John Reid (Ind).

A comparison of the tallies for the Maynooth Town ballot boxes from the 2014 local elections to the tallies for the 2019 local elections show an increase in support in Maynooth Town for four of the five outgoing councillors.

Reada Cronin (SF) (2014) 248 votes -(2019) 265 votes + 17Timmy Durkan (FG) (2014) 301 votes -(2019) 496 votes + 195 (2014) 665 votes -Teresa Murray (Ind) - 93 (2019) 572 votes Naoise O'Cearuil (FF) (2014) 670 votes -(2019) 1,026 votes + 356Paul Ward (FF) (2014) 30 votes -(2019) 57 votes + 27

The tally figures from the Maynooth Town boxes for the new candidates are,

Angela Feeney (Lab) 835 votes
Peter Hamilton (GP) 616 votes
Rioana Mulligan (FG) 147 votes
John Reid (Ind) 62 votes

Naoise O'Cearuil FF, Paul Ward FF and Timmy Durkan FG were successful in their reelection bid and were joined by two of the new candidates Angela Feeney Lab and Peter Hamilton GP. The turnout in Maynooth Town was 49% in the Girls School and 46% in the boys school.

According to the tallies 3,324 people voted in Maynooth Town in 2014 and in 2019 4,076 voted an increase of 752 (22.6%).

Please note that the figures above are from the tally sheets from the Maynooth boxes only and there may be slight adjustments in the final counts.

# **Stagg Presents Walk Proceeds To Maynooth Senior Citizens**

Kildare North Labour
General Election
Candidate Emmet Stagg
and Cllr. Angela Feeney
presented the proceeds of
the Tony Smith Memorial
Walk 2019, totalling
€2,370, to Maynooth
Senior Citizens
Committee on Sunday
June 16th at the Senior
Citizens June Tea Dance
at Maynooth GAA Club.



Left to right: Cllr. Angela Feeney, Josie Moore Chairperson Senior Citizens Committee & Emmet Stagg

The Walk which was held on Sunday 28th April and is organised by Maynooth Labour Branch, is an annual event since 1979. The Walk was named in honour of Tony Smith, who was treasurer of Maynooth Labour Branch and whose idea it was to hold an annual event for our Senior Citizens, when he passed away tragically at the young age of 33 in 1982.

We would like to thank everybody who took part, all those who sponsored our walkers and the Management of Carton House for allowing us to use Carton Estate for the Walk.

#### Childcare <u>Parents/Guardians</u> Survey (Cont. from Front Page)

#### Q1 Do you have to take your children outside of Maynooth town for childcare?

ANSWER CHOICES	RESPONSES
Yes, to Celbridge	13%
Yes, to Leixlip	21%
Yes, to Kilcock	4%
Yes, to Dublin	11%
No	43%
Other	8%
TOTAL	100%

#### Q2 What type of childcare service would you like to see in Maynooth?

ANSWER CHOICES	RESPONSES
Full Day Care 8hrs	49%
Part Time Care 5hrs	13%
Sessional ECCE 3-3.5hrs	6%
Breakfast Club	1%
After School	13%
Drop In Service	2%
Child-Minder	5%
Other	11%
TOTAL	100%

#### Q3 Do you feel that there are enough full-day care services in Maynooth Town?

ANSWER CHOICES	RESPONSES
Yes	3%
No	97%
TOTAL	100%

# Q4 Do you feel that there are enough sessional ECCE services (3 - 3.5hrs) available in Maynooth Town?

ANSWER CHOICES	CES RESPONSES
Yes	27%
No	73%
TOTAL	100%

#### Q5 Do you feel that there are enough afterschool services in Maynooth Town?

ANSWER CHOICES	RESPONSES
Yes	6%
No	94%
TOTAL	100%

#### Q6 Do you feel that there are enough parttime services (<5hrs) in Maynooth Town

ANSWER CHOICES	RESPONSES
Yes	5%
No	94%
TOTAL	99%

#### Q7 Would you prefer after-school services be located?

ANSWER CHOICES	RESPONSES
In a School	73%
In a Providers Service	27%
TOTAL	100%

Q8 If your child attends after-school, do you need wrap around service, that would take your children during school holidays on a full-time basis?

ANSWER CHOICES	RESPONSES
Yes	82%
No	18%
TOTAL	100%

Q9 Would you use an after-school service, that could not offer a wrap around service, i.e. not able to take children for full-day care during school holidays?

ANSWER CHOICES	RESPONSES
Yes	36%
No	64%
TOTAL	100%

Q10 Are you aware of the new Affordable Childcare Scheme (ACS) that will be offered by the Government?

ANSWER CHOICES	RESPONSES
Yes	36%
No	64%
TOTAL	100%

#### What does this tell us?

- 1) People leave the town for childcare.
- 2) They feel there are not enough of any type of service in the town.
- 3) They would like additional services.
- 4) Wrap around services in the schools for school age children.

#### **Childcare Providers Survey**

Q1 Do you currently run to capacity?

ANSWER CHOICES	RESPONSES
Yes	100%
No	0%
TOTAL	100%

#### Q2 Do you have enrolments for following years?

ANSWER CHOICES	RESPONSES
Yes	100%
No	0%
TOTAL	100%

#### Q3 Do you feel that more full day care facilities are required in Maynooth town?

ANSWER CHOICES	RESPONSES
Yes	100%
No	0%
TOTAL	100%

#### Q4 Do you have an option to extend your service if demand required?

ANSWER CHOICES	RESPONSES
Yes	0%
No	100%
TOTAL	100%

#### What does this tell us?

- 1) Services currently run to capacity and have a waiting list for next year.
- 2) Services do not have the ability to expand.
- 3) Services feel that more care should be provided in the town.

This information was supplied by the Maynooth Planning Alliance web: www.maynoothplanningalliance.com email: maynoothplanningalliance@gmail.com





Tricks & Tips

# How to lighten your Recycling Bin





To prevent waste and conserve natural resources please use these helpful tips in your home

Leaving packaging in the shop if allowed. e.g. shoe boxes



To reduce weight ensure that used food containers are clean and dry Choose goods in refillable packaging such as detergents & coffee Look for goods with less packaging

Place a NO JUNK MAIL sticker on your letter box

**Soup tins** 

Invest in a refillable water bottle, coffee cup & lunch box to reduce waste when you are on the



Follow the list of recyclable materials accepted by your waste collection company (they will provide you with a list)

**Bathroom bottles** 

# What can go in your Recycling Bin ...



All wasted service providers are legally

required to collect all the recyclables listed

# How to lighten your Brown Bin

A home garden composter is a way to get rid of garden waste, eggshells/boxes, fruit, vegetables & teabags. For more go to www.stopfoodwaste.ie or www.brownbin.ie

Make sure fruit and veg is stored correctly so you get time to eat it Check the Useby date before purchasing to ensure you will have time to eat it before it goes out of date Keep all dairy products in the fridge to preserve them as long as possible



(I)



(4)

\*Use up leftovers to make another recipe, or as tomorrow's lunch!

\*Note: Food safety guidance should be followed when storing and preparing food

No dairy, Bread or meat products should go into your home garden composter Use newspapers to line your kitchen caddy or compostable bin liners which are widely available to buy (regular biodegradable bin bags are not suitable)



When shopping try to make a list of what you need and stick to it!

Use your freezer its your ally in preventing food waste

# What can go in your Brown Bin ...



#### July 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 maynoothlib@kildarecoco.ie Ph.: 01-6285530



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

#### Summer Stars Reading Adventure!

Kildare Library & Arts Services will run the Summer Stars Reading Adventure for children in all library branches during the summer from the 15<sup>th</sup> of June to 31<sup>st</sup> August. *Summer Stars* is an exciting reading-based programme which is available free of charge to children across the country. We are very happy to work with teachers and families to encourage children to continue reading and also to participate in our range of storytelling and other fun activities during the summer. Each child is invited to register for the adventure at their local library and enjoy reading many books as part of the adventure during the summer holidays!

Call into the library or keep an eye on our Social Media for information on our Summer Stars Workshops - we'll have Coding, Lego, Pottery, Storytime, Making Slime, Space Workshops, Nature Workshops and much much more! Register now!

#### **Dungeons and Dragons**

#### Saturday 13<sup>th</sup> July 2.00pm - 4.30pm, Ages 13+

#### **Booking Required**

Every wondered what all the fuss is about? Call in to the library for an introduction to the very popular Dungeons and Dragons. Depending on interest we will set up a monthly meeting here in the library!

#### Pop Up Gaeltacht

Tuesday 23<sup>rd</sup> July 7pm – 8pm

All welcome

#### No booking required

Buail isteach sa leabharlann le haghaidh cluichí, craic agus ceol as Gaeilge! Bain úsáid as an Gaeilge a bhfuil agat agus bain sult as an spórt agus spraoi! Call into the library for games, music and craic all as Gaeilge! Use the Irish you have! All Welcome

#### Family Friendly Board Game morning Saturday 20<sup>th</sup> July, 10 – midday

Have a digital detox and enjoy some old fashioned fun in our multipurpose zone. Chess, Draughts, Cluedo and Boggle will be made available for your gaming pleasure. Feel free to bring your own treasured games along too!

#### Children under 8 must be accompanied by an adult.

#### Jellyfish Suncatcher Art & Craft

#### Friday 26<sup>th</sup> July, 2.30 pm- 3.30 pm

#### 6-9 year olds

Children will enjoy this fun, easy Summer time art and craft where they will make a colourful jelly fish sun catcher using tissue paper, black construction paper and ribbon which they can hang up at home!

#### **Booking Required**

Kids' Secret Cinema

#### Saturday 27<sup>th</sup> July 2.30–3.50 pm

This month's Secret Cinema is a fun, family summer themed film all about a monster vacation!

#### Rated G

All Welcome!

#### Summer Stars Story Time

#### Friday 12<sup>th</sup> July 10am – 11am for 2-5 year olds

Listen to stories, join in some songs – get crafty with colouring! Join the fun of storytime!!

#### No booking required

**Oliver Jeffers Story Time** 

#### Friday 19<sup>th</sup> July 10 am- 11am for 2-5 year olds

This weeks stories are from the well known author Oliver Jeffers. Enjoy classic stories such as "Lost and Found" and "The Way Back Home" and meet the loveable characters "The Huevs"

Join in some fun rhymes and songs as well

#### No booking required

**Trains and Planes Story Time** 

#### Friday 26<sup>th</sup> July 10 am- 11am for 2-5 year olds

Swoop and choo choo into this week's stories - spend some quality reading time with your toddler and join in with some fun rhymes and songs. Colouring pages will be provided.

#### 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

#### **FitLine**

#### Thursday 11<sup>th</sup> and 25<sup>th</sup> July 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 4<sup>th</sup> and 18<sup>th</sup> July, 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 6<sup>th</sup> and 20<sup>th</sup> July, 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 Tuesdays 16<sup>th</sup> July 6:15pm

A bi-monthly meeting for writers in the Maynooth area. Beginner writers always welcome. No booking required.

#### **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 6<sup>th</sup> and 20th July 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 25<sup>th</sup> July 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 15<sup>th</sup> July 10.30am – 11.30am

The Village Book club meet every third Monday from 10.30 – 11.30 am. Discussing "From A Low and A Quiet Sea". Places available, please contact library staff if interested in joining. Ex Libris Book Club

#### Wednesday 31<sup>st</sup> July 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 Book Club**

#### Tuesday 9<sup>th</sup> July 6.30pm- 7.30pm

This month, the Readers of the Lost Ark / Science Fiction book club is discussing 'Fever Code'. New members always welcome. Please contact the library for further details.

#### Read & Catch-up

#### Thursday 11<sup>th</sup> July, 11.00 am

This month, the Read & Catch up with Betty book club will be discussing "Colorless". New members welcome. Please contact the library for details.

#### Jane Austen Book Club

#### Thursday 25<sup>th</sup> July 11am- 12 pm

July's book club will be discussing "Lady Susan". New members welcome.

Please contact the library for details.

#### Reel Good Film Club

#### Tuesday 30<sup>th</sup> July: Screening 5pm Discussion 7pm

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

#### **Adults Only**

#### Readying works underway at Maynooth University in preparation for construction of a New academic building

- Campus ring-road reverts to two-way traffic system to accommodate future development
- Phase 1 construction works on new academic building to start at early July
- Bus parking facilities for 16 buses and 261 additional car parking spaces
- · Tree planting scheme increasing biodiversity on campus

Monday 17 June: Maynooth University will start construction work on a new academic building on the North end of the campus later this month, with readying works related to utilities and traffic already underway.

The initial phase of the new academic building, to open in late 2020, forms part of a wider plan to modernise and expand the Arts and Science buildings on the Maynooth University campus. The building is needed to accommodate the rapidly growing student population at MU, which at nearly 13,000 students today represents the fastest growing university in Ireland. Since the recession began in 2008, Ireland's university sector grew by 21,000, and MU accounted for 22% of that growth.

As part of the campus expansion plan, the campus ring-road will revert to a two-way traffic system from late June to facilitate construction works and future development. The North Campus will still be accessible from the Moyglare Road entrance and Kilcock Road entrance, though brief disruptions to the Kilcock road entrance will be necessary.

New bus parking facilities for up to 16 buses and 261 new car parking spaces will be located on North Campus, west of the university restaurant, the Phoenix.

These related works are scheduled to start by early July and to be completed in September 2019.



Already underway is an

upgrade of campus utilities along the Kilcock Road campus boundary, which, along with road realignment works, will restrict traffic access for periods during this time. However, pedestrian and traffic control measures will be in place and every effort will be made to minimise disruption.

As part of the University's commitment to a sustainable environment, a major tree planting and biodiversity scheme is being planned in collaboration with the Maynooth Green Campus Committee (a partnership among MU, St. Patrick's College Maynooth and Trócaire that was awarded a Green Flag in 2018).

The tree planting, which is scheduled to take place over the coming 20 months, has a native Irish tree focus. Planting will include over 400 trees ranging from saplings to semimature trees as part of a new wild flower meadow and planting surrounding new buildings.

Prior to 2005, there were fewer than 5,000 trees on the campus, which the University shares with St Patrick's College Maynooth. Today, there are more than 15,000 trees, added over time as part of an active tree management plan. The University's aim is to create a safer, healthier tree population, to reinforce the diversity of trees on campus, to add character and a sense of place, while also contributing to a healthy campus environment.

Additional plans are in place to prioritise pedestrian and cyclist movement with the design of new 'public realm' initiatives to strengthen the links between the south and north ends of the campus.

Further information on Maynooth University construction plans are available on: https://www.maynoothuniversity.ie/campus-planning-development

#### Donaghmore Cemetery (Grangewilliam) Maynooth

**Annual Mass 2019** 

This year's Annual Mass will be held on **Saturday July 6th at 5 o'clock** in the evening. Fr. John Nevin M.H.M will say the Mass and bless the graves as he has done for the last 35 years

Airlie Stud has kindly facilitated the event by opening the gates and allowing access to pedestrians and motor vehicles on the day.

Apart from the day of the Mass, the cemetery is accessible by foot from the public road.

We note that Kildare County Council support the maintenance of Donaghmore.

People with connections with the cemetery or simply interested in this ancient site are welcome to attend to graves in advance and prepare the site for the event.

James Byrne, Chairman Peter Nevin, Secretary Donaghmore Cemetery Maintenance Committee.

### Kildare Planning Applications for Maynooth Area Planning Applications received from 24/05/2019 To 20/06/2019 Information from Kildare County Council Website

App Num	Authority	Applicant Name	Development Address		
19686	Kildare County Council	Tesco Ireland Ltd.	Tesco Store, Carton Park Retail Campus, Dublin Road, Maynooth, Co. Kildare.	18/06/2019	
19680	Kildare County Council	Robert & Bronagh Kennedy	Fuel Café and Restaurant Ltd T/A Avenue Café, at the junction of Main Street and Doctors Lane, Maynooth, Co. Kildare	17/06/2019	
19662	Kildare County Council	Ciaran and Julie Halpin	41 Parklands Square, Maynooth, Co. Kildare.	12/06/2019	
19660	Kildare County Council	Kevin and Frances Carrigan	9 Parklands Rise, Maynooth, Co. Kildare.	11/06/2019	
19628	Kildare County Council	The Golfing Union of Ireland	The GUI National Golf Academy, Carton Demesne, Maynooth, Co. Kildare	05/06/2019	
19630	Kildare County Council	re County Council Shane McKenna & Aisling Conlon 32 Silken Vale, Maynooth, Co. Kildare. W23K7H1		05/06/2019	
19625	Kildare County Council	Tanya & Stephen Nevin	524b Newtown Road, Maynooth, Co. Kildare	04/06/2019	
19622	Kildare County Council	Maynooth University	Maynooth University, Maynooth, Co. Kildare	31/05/2019	
19614	Kildare County Council	Vincent Dempsey	Blackberry Stables, Laragh, Maynooth, Co. Kildare.	30/05/2019	
19609	Kildare County Council	Seamus Feeney	Moneycooly, Celbridge Road, Maynooth, Co. Kildare.	30/05/2019	
19603	Kildare County Council	Shane McKenna and Aisling Conlon	32 Silken Vale, Maynooth, Co. Kildare W23 K7H1.	29/05/2019	
19605	Kildare County Council	Declan and Caitriona Foley	Crannog, Leinster Park, Maynooth, Co. Kildare.	29/05/2019	
19604	Kildare County Council	Patrick Clarke	Bramblewood, Laragh, Maynooth, Co. Kildare.	29/05/2019	

#### **Oliver Reilly**

Leinster Street, Maynooth, Co. Kildare Mobile 086 8105581 - 01 6289452 24 Hour Service



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Complete Funeral Furnishers
Wreaths, Headstones,
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Main Office, Naas Tel: 045 868230 Paul Reilly Mobile: 086 8105581

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The Harbour
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Mary Cowhey & Company
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Pilates Classes Personal Training Nutrition Coaching

Contact Carol @crl\_doran@yahoo.co.uk

Text: 0877535296 or visit www.holisticpilatesfitness.ie





# Kennels, Grooming And Day Care

Cooldrinagh Lane Weston, Leixlip, Co. Kildare

Tel: 087 804 6168

email: topdogsgroom@yahoo.com www.topdogsgroom.com

# 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



#### SUNDAY LUNCH SERVED FROM 1.00PM UNTIL 4.30PM

Our new restaurant Arkle, featuring only the finest and freshest Irish cuisine. Our Sunday Lunch consists of an extensive array of starters, a wide selection of Main courses and desserts, with a selection of poultry, red meat and fish dishes.

We use the finest, fresh locally grown produce, premium quality, free-range meats and freshest seafood from the Island of Ireland.

Our Sunday lunch menu changes frequently to ensure that we use only the finest seasonal ingredients.

3 course €27.50 2 course € 24.00



#### Zero Waste Maynooth



#### It's that time of year again!! Plastic Free July!!

Challenge yourself to cut out the four big single use offenders – bags, coffee cups, plastic bottles and straws.

- Start packing an extra shopping bag in your car or in your bag – this will cover you for any shopping emergencies.
- Bring a reusable coffee cup with you
   or decide to sit in the café and use
   a ceramic cup.
- home and carry with you most houses have a sports bottle or two hiding in the cupboard put them to
- When ordering a drink, say "No straw thanks!". As simple as that!!

To help build this habit, change your "Keys, phone, wallet" reminder as you leave – and try out "Keys, phone, wallet, cup and bottle!".

All these small steps do add up and can change the way we look at the world and at our consumption.

Check out the website https://www.plasticfreejuly.org/ to get lots of tips and hints. You can sign up for the Plastic Free July challenge and be part of the global movement.

If you want to spread the word at your workplace/club, Zero Waste Maynooth has a "Simple Swap" kit that you can borrow. You can use it to show your colleagues that going green doesn't have to be difficult!

# Mychallenge choices STARTED



WHAT TO AVOID	HOW TO AVOID IT	POUR	MRACT		4	YE
		ESTAN	LANDFILL	GLOBAL		THE
Fill your bin with plastics for 'recycling'	Avoid as much plastic packaging as you can	Ш	Ш	Ш		
Pre-packed fruit and veg	Choose loose products (skip the little plastic bag or put in a reusable bag)	1	1	II	Б	
Lightweight plastic bags	Remember your reusable shopping bags or use a cardboard box		Ш	I		
Pre-packed meat or fish	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container	1	I	I		
Takeaway drink straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw	Ш	1	1		
Takeaway coffee cups	Bring your reusable cup or sit and enjoy a real cup	III	Ш	I		
Takeaway utensils and containers	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'	1	III	Ш		
Bottled water	Fill a reusable bottle from the tap	Ш				
Bottled soft drinks	Reduce the amount (helps your health), or make your own with a soda maker/ carbonator or choose glass bottles (and recycle)	Ш	II	1		
Bin liners (or 'reusing' plastic shopping bags)	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper	I	III	Ш		
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in containers or use beeswax wraps	1	1	1		
Littering: cigarette butts, balloons	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)	III	1			

AVOID LANDFILL WASTE, REDUCE YOUR ECO-FOOTPRINT, PROTECT THE OCEAN. PLASTICFREEJULY.ORG

On this day in 1776 a famous document was signed – although it may have been adopted if not formally signed, historians have various theories and have suggested that the declaration was in fact actually *signed* a month later . . . however, for the rest of us,



the interested laymen, it is held that the Declaration of Independence, by which the United States announced its separation from Great Britain, happened on the 4th of July.

It is a special date – fireworks will illuminate skies across the US, from backyards to public parks. There will be parades and it is always interesting to see exactly how many Disney characters come out in force.

God, they are patriotic. Flags will be waved and the national anthem will be sung, but exactly how many singers will attempt the entire four stanzas?

The Star Spangled Banner is a powerful anthem but it is also very difficult to sing, requiring the range of an opera singer and the lung capacity of a superman or superwoman – or so it is maintained. But hold on there: there is another way of looking at it. It is not that it is difficult to sing, it is simply that many singers are not as good as they think they are, or that they start out warbling so ambitiously that they quickly run out of voice. It is also quite long, and a full performance takes about five minutes. Even at the Super Bowl, we only ever get to hear the first verse.

In the absence of a sufficiently talented performer, there is always the privilege of listening to a recording of Kate Smith's magnificent contralto paying full honor to The Star Spangled Banner. She has vocal clarity, dignity and emotion. Her version is impossible to surpass.



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

#### From the Bogs

A former putdown in Ireland was to say that somebody was from the bogs. Today with the decline in rural communities such comments are rarely heard, which leads to the question, was living in bogs once common? The answer is yes. During the era of the Penal Laws Catholics were not allowed to own land, then in 1771 the Bogland Act was passed; this allowed them to lease not more than fifty acres of poor land for up to fifty years. Naturally many people availed of this concession. The era of the small tenant farmer had commenced.

In my youth there was a raised bog, as distinct from the blanket variety found on mountains, within walking distance of our home. A family, 'The Monks' as they were locally known, lived there in the cutaway west end. Their house was a low thatched cabin with rough stone walls, probably much like those lived in during the Famine, except that it had two small windows, one for the kitchen the other for a bedroom. It would be nice to think that their neighbours respected them but, unfortunately, in rural Ireland it was always a case of 'a penny-halfpenny looking down on a penny'.

The only livestock 'The Monks' had was a donkey a cow and some hens. They grew potatoes behind the cabin in lazy beds dug with a loy. They had three small outhouses, a stable, a cowshed and a henhouse, all thatched. Josey, the eldest, travelled every weekday with a load of good-quality black turf to the town, where he sold it to various housewives. The journey out to the public road was by an unpaved, rutted track that necessitated constant shouted encouragement to the donkey. This track passed a grass -grown mound on the east end, site of a former bog dwelling. Apart from occasional work on nearby farms undertaken by his brothers, Kevin and Charlie, those turf sales comprised the family's main income.

There were two other members of the family, Hugh, a heavyset, silent man and Molly, a frail, shy woman. I visited the cabin a few times, more out of curiosity than for any other reason. The cramped interior was dim, the window and fire providing inadequate light, but it was cosy enough. Hugh would be seated near the hearth and Molly was usually washing or cooking. If either of them suspected that I was just being nosey they didn't betray it. On Sundays Molly walked two miles across fields to mass in the village but Hugh seldom, if ever, ventured outside.

Charlie, who had the gift of storytelling, was the most popular of 'The Monks'. He could hold us children enthralled with accounts of the fellow with the cloven hoof or the leprechaun that he had glimpsed entering a ring fort overlooking the bog. He would hide a smile at our wide-eyed fascination when begging for more of such tales.

It may be illuminating to draw a parallel between this close-knit family and an indigenous covey of grouse. The grouse were reliant on the bog for food and cover, eating heather shoots and roosting on dry hummocks. Though shot at by sportsmen enough of them managed to escape to perpetuate their species.

Of course 'The Monks' did not produce a new generation, though at one stage Josey became infatuated with a woman living in the next town-land. The notion of this attractive lady returning his interest afforded great amusement to the locals, myself included. Meeting Josey one day, I told him that she might be won if he had hair on his chest, whereupon he meekly opened his waistcoat and shirt to reveal some wispy growth. I immediately regretted my behaviour and nodding shamefacedly, walked away.

They only member of the family to escape the bog was Charlie, who was given a County Council bungalow by the public road. This soon became a rambling house for local fellows, often with boisterous carryon. For the most part Charlie tolerated such behaviour but one Halloween things really got out of hand. A prankster climbed onto the roof and blocked the chimney with a bag, whereupon smoke poured into the kitchen. Incensed, Charlie knelt down and prayed that God would wreak every sort of vengeance on the culprit's head. Despite their initial amusement, this invoking of divine retribution duly sobered the crowd.

One by one 'The Monks' passed away, often the cost of their burials being met by local collections. They were an anachronism in the changing world of cattle marts and tractors, a reminder of a past that everyone was hell bent on leaving behind. Still, I regret our former readiness to be amused by their simplicity, their closeness in lifestyle to the generations that preceded us when survival was as precarious as it was for the hunted grouse.

By P.G.Nerney

(Names of the people have been changed)

#### Finegas

Through seven years he honed his skill,
Learning the river's likeliest runs,
Perfecting traps and lures.
His mind was a pool of arcane learning,
Swelling with the winter spates,
Dwindling with the summer droughts,
Yet never really deep, never significant.

He knew enough to feel his lack
Of insight into fire and water,
Which underlie the face of things,
And this awareness drove him on,
Though dead plants, not shining sand,
Dropt slowly through his sluggish thoughts
And darkened all his dreaming.
Then one moon-attended April morning
When the sun slithered in the current
And made the grassy mud banks glow
And the air to shine as crystal
He caught the hazel-homing salmon!
Feverishly his hands bore the strange,
Milt-swollen burden

Milt-swollen burden
Back to his bothy fire,
Where the boy waited, so ignorant
Of established wisdom,
Yet full of animal awareness,
His tongue forever asking questions,
His mind a rivulet of brightness...

Later, when he learned
His pupil had unthinkingly acquired
The knowledge he had toiled to own,
It was a painful confirmation
Of what he dimly had suspected:
Insight is bestowed, not captured.
That was why he blessed the boy
And said he had no more to teach him.

By Colin Scott

#### **Thirty Years Old**

He was thirty years old and he had seen enough!

Time to leave the carpentry and building to Joseph!

There was other work to do – John's baptism was good

But it was time to launch the Baptism by Fire,

by the Spirit

Among the poor, the sick, the sinners and all

Those under the sway of Satan and his seductive ways.

Unfortunate people burdened with labour and taxes

To Rome, Herod and Jerusalem, in far-off Galilee.

They needed their lives explained to them,

Who they were, who their Father was,

What the Law was, what their inheritance was;

What wrongs were being done to them,

What wrongs were being done to them,
How precious they were in the eyes of God.
How fleeting life is, what its goal is,
How empty its promises, how deceptive its lures!
When only partly lived, how meaningless and sad.
All things are in a flux, happiness, so ephemeral!
Success so illusory, even gender only a temporal condition.

"Blessed are the poor for they shall possess the land".

There was much to be done in the short time

The erstwhile 'teachers' would allow him.

They had too much invested in the old world

To allow this upstart to upset it

By preaching what they knew to be the truth.

He knew too, of course, the cost to him of his revolution!

But that, he also knew, was the very crowning of his work!

By GM.

#### Hay fever and asthma link

Aggressive hay-fever causes both nose and sinus inflammation. However the nose and sinuses link to the lungs by a number of pathways that include nerve ending and asthma triggering blood units (called Th2). These move from the nose and sinuses to the bone marrow to produce a number of allergy chemicals which move into the blood circulation and 'stick' in the nose, sinuses and lungs, causing further allergic inflammation that triggers cough and wheeze

- Hay-fever may cause nose symptoms only.
- Hay-fever often involves the sinuses as well as the nose.
- Hay-fever may provoke chest symptoms.
- Hay-fever may go hand-in-hand with asthma.
- Hay-fever in children with asthma causes more asthma-related hospital admissions and greater total days spent in hospital.

Thunderstorms and asthma attacks: Thunderstorms during the pollen season can trigger asthma attacks ranging from mild to life threatening. Pollen grains are carried at ground level by the strong air currents in thunderstorms. Then the pollen grains burst, releasing their allergy provoking material (called allergens).

The allergens are carried as aerosols in the wind currents and easily inhaled, penetrating deeply into the nose and sinuses and lungs triggering breathing crises. For some hay-fever sufferers this may be the first time they've ever experienced asthma.



#### MAYNOOTH CYCLING CAMPAIGN

#### **Climate Action Plan 2019**

June finally saw the launch of the much heralded all-ofgovernment Climate Action Plan 2019. This set over

180 actions and defined the steps to implement them for all government departments. Needless to say, the Department of Transport, Tourism and Sport figures prominently.

The areas affected range from electric vehicles (7 actions), biofuels (1 action), regulation and fiscal measures (7 actions) and empowering modal shift and sharing economy in transport (16 actions).

Cycling featured prominently and Maynooth Cycling Campaign warmly welcomes the proposal for 10% transport expenditure on cycling. The deadline of 4th quarter in 2020 was a cause of some concern but on reflection it will take some time to ramp up the design, public consultation and construction before facilities appear on the ground.

There is also a commitment to complete the recommendations on Smarter Travel and the National Cycle Policy Framework which date back to 2009. We also welcome the proposal to set up a cycling unit in the NTA as a consequence of ramping up additional funding.

However, we were disappointed that the appointment of a National Cycling Officer in the Department of Transport was not included as that is where the key decisions are made and the key priorities are set. Unless there is someone at a high level of management to drive the process, there is concern that the existing pro-car ethos in the department will continue to hamper and postpone the development of cycling nationally.

It is also disappointing that county towns, the larger urban centres in counties (outside of cities) appear to have been overlooked and that mention of walking does not warrant a higher priority.

There is also concern that no explicit focus on travel to school and the problems caused by the school run.

There is frequent use of words like "assess", "develop" and "where feasible" so much more work is required to deliver the decarbonisation of our transport system. Nevertheless, it is a landmark document and is a sea-change in our attempts to belatedly address the challenge of climate change.

#### **Celbridge Road Active Travel**

In their reports, the Citizen's Assembly and the Joint Oireachtas Committee on Climate Change recognised the need to prioritise active travel – walking and cycling – over



motorised transport. This has now been recognised by government in the Climate Action Plan and will lead to an approximate tenfold increase in the funding for cycling nationally which will also impact on walking.

The implications for Celbridge Road is that lack of funding can no longer be blamed for building low quality infrastructure. What will be required in the future by our elected councillors is a commitment to high quality and to spend the available funding provided, a commitment which has been lacking in the past.

#### **Electric Scooters**

In recent months, an increasing number of electric scooters have appeared in our towns and cities and have been the cause of criticism in some quarters because of their use on footpaths and their speed. Maynooth Cycling Campaign and Cyclist.ie welcome their appearance but like bicycles, if used in close proximity to pedestrians, users need to exercise care. They are part of the "micromobility" movement where people are seeking out more space efficient and environmentally friendly methods of travel than private cars. Like users of mobility scooters, tricycles and skaters, they will be welcome to use high quality cycle facilities.

#### **Electric Vehicles**

The Climate Plan forecast almost 1 million electric vehicles on the road in a decade which will require a lot of additional charging points. When they began to install them in the UK, the authorities faced opposition because of locating the units on footpaths – often on narrow footpaths. Kildare County Council should ensure that space for such units should be taken from the space for vehicles rather than for walking or cycling.

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



# Going on Holidays (things to watch out for)

#### **Check your Travel Insurance**

#### **Avoid Baggage Fees**

Airfares aren't the only consideration when you're traveling on a budget. Before you finish your air travel plans, you'll need to examine: baggage fees and your airline's carry-on policies. In this era of air travel, these seemingly inconsequential fees can add to the bottom-line price.

Shady people love to take advantage of tourists, and if you're not careful, it's easy to become a victim. Here are some of the most common travel scams around the world. Stay safe out there!

#### 1. Broken Taxi Meter

Negotiate rates ahead of time, or ensure the meter is in fact working before you get in the car. If the taxi driver refuses to turn on the meter, or tells you it's cheaper without the meter, get out and opt for another driver. Not all cab drivers are scammers.

#### 2. Overbooked or Closed Hotel

Call your hotel in advance and make sure they're open. Ask if they offer shuttle service and then schedule a pickup. If your taxi driver still tells you the hotel is not available, insist that he take you there anyway. Tell him you already have a reservation (even if you don't).

#### 3. Free Bracelets or Rosemary

This scam tends to prey on females. A friendly man or woman will approach to chat, then place a "free" friendship bracelet on your wrist. Or hand you a sprig of Rosemary for good luck. Once you have it, they will demand money. When you refuse, they will begin to cause a scene.

#### 5. Fake Police Officers

The fake police officer scam is a popular one in many large cities. Most often, a person will approach a tourist and offer illicit items, like drugs. While conversing one or two other people will approach, appearing to be police officers and flashing "badges." They will then insist the unknowing tourists hand over their passport and wallet. However, they are not police officers.



#### 6. Friendly ATM Helper

Never let anyone near you while you're making an ATM transaction, and ALWAYS cover the number pad with your other hand while entering your pin code. If someone approaches, take your card and find another ATM.

#### 7. Injured or Child Beggars

It's practically impossible to distinguish who is legit and who is not, so my policy is to never give cash to street beggars. However I do buy food for them, then your money isn't going to a gang

#### 8. Group Photo Offer

A local offers to take a group photo of you and your friends. As you're getting ready to pose for your awesome new Facebook jumping shot, you look up and realize your new friend has completely disappeared with your expensive camera or phone.

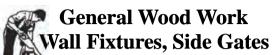
#### 9. Fake Hotel Wakeup Call

While staying at a hotel, you get a call from the front desk in the middle of the night to confirm your credit card details. Only it isn't the front desk calling, it's a scammer who will drain your accounts when he makes a copy of your card using the details you give him over the phone. Never give out credit card details over the phone. Go down to the front desk in person the next morning if there is a problem.

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#### **Maynooth Monthly Diary Planner**

#### Community Library

Opening Times

Mondays & Fridays 2pm to 5pm

Tuesdays & Thursdays 1pm to 8pm

Wednesday 9.30am to 1pm

& 2pm to 5pm

Sat 9.30am to 1pm

#### I.C.A.

Monthly meetings take place every 1st Thursday of the month at 8.00pm in the I.C.A. Hall in the Harbour.

Crafts every Monday night at 8.00pm.

New members welcome

#### University of Third Age (U3A)

The U3A Group are currently on Summer Break until Friday 6th September

#### Maynooth Tidy Towns

Volunteers required to help
with this work.
Contact Number
087 3153189
Meet every Saturday
at 10.00am in the Square

#### Maynooth Senior Citizens

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

#### Maynooth Multiple Births

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

#### MAYNOOTH LOCAL HISTORY GROUP

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 Carton Retail Park)

#### Maynooth Parent & Toddler Group

Maynooth Parents & Toddlers
Group are currently on
Summer Break

#### St Joseph's Young Priests Society

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.

#### DIARY ENTRIES

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: office@maynoothcep.com Phone: 01-6285922

#### Bridge Club

Open for new members. If you would like to play in a friendly club with purposebuilt facilities in the centre of Maynooth, please see our website at maynoothbridgeclub.com.

Contact Katherine Cooney
086 8205910

#### Arthritis Ireland

Arthritis Ireland Walking Group
(Maynooth)
Meeting Mondays
12-2pm in the Maynooth
Community Space

#### Maynooth Men's Sheds

Weekly meetings take place every
Wednesday at 11am
at the Maynooth Lodge Fisheries
Dunboyne Road Maynooth.
For further details contact
John Fleming - 087 2041334

#### Maynooth Community Church

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

#### ST MARY'S BRASS & REED BAND

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.

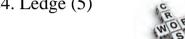
E-mail: sec@stmarysbandmaynooth.ie
Website: www.stmarysbandmaynooth.ie

Diary entries are published free of charge for all non-fee paying Community Groups.

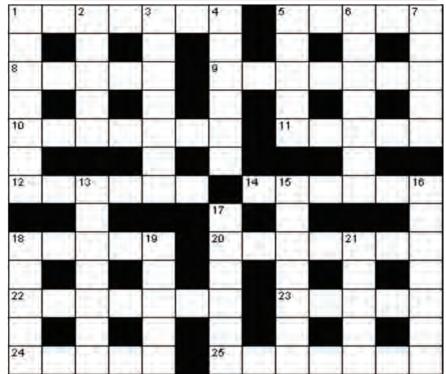
The content of the Monthly Planner Diary is published in good faith. All details should be checked with groups in advance

#### **Clues Across**

- 1. Large house (7)
- 5. Pieces of information (5)
- 8. Profits (5)
- 9. Gruesome (7)
- 10. Retaliated (7)
- 11. Form of transport (5)
- 12. Hostility (6)
- 14. Stick (6)
- 18. Permit (5)
- 20. Sincere (7)
- 22. Creatures (7) 23. Doctrine (5)
- 24. Ledge (5)







#### **Clues Down**

- 1. Tycoon (7)
- 2. Dissonance (5)
- 3. Perceptiveness (7)
- 4. Wanderers (6)
- 5. Aspect (5)
- 6. Vegetable (7)
- 7. Austere (5)
- 13. Discomfort (7)
- 15. Mocks (7)
- 16. Pull out (7)
- 17. Stopped (6)
- 18. Accumulate (5)
- 19. Dock (5)
- 21. Bird of prey (5)



#### Solutions to Crossword No 480 ENTICED NYLON KITES RECESS ADORE F RAPID INTRO E L L O O N E E D L E S E TOTAL

#### **Special Prize Book Voucher**

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

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

Entri	es in	befor	e:
<b>Tuesday</b>	23rd	July	2019

Name:		 
Address:_		

Phone:			

#### Winner of Crossword No. 480

#### Ravi Kumar **Manor Mills** Maynooth

Prize winners will have 30 days to claim their prize from the time the results are made public. **Collect prize from** The Maynooth Bookshop 68 Main Street, Maynooth

#### Difficult

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

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:** 23rd July 2019

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

> > Elizabeth Kelly Pebble Hill 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**

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

Name:	
Address:	_
	_
Phone: _	



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



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2.5	

Name:	
Age:	
Address:	
Phone No:	

#### **Last Month's Winner:**

#### Sophie Corcoran Rye Abbey Kilcock

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

Maynooth Newsletter Office

Entries must arrive before Tuesday 23rd July 2019

Unit 5, Tesco Shopping Centre.

#### Junior Puzzle Corner

#### Wendy's Summer Holiday

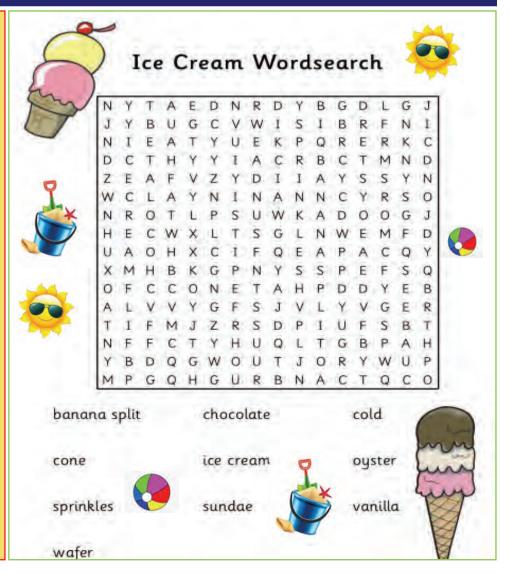
Wendy was sitting by her bedroom window wondering what she was going to do for her summer holidays. Just then her mother came into the room, "what's the matter Wendy? why so sad?" her mother asked. "Mommy, I can't think of what to do this summer. I know I can play outside and go swimming . But what else can I do?"

Her Mum thought and thought. Then she said, "I have an idea. There's a really nice lady living down the street, who is a friend of mine. She lives alone with her four cats. Her family lives far away. I think it would be nice if you would visit her once in a while this summer." So the next day Wendy and her mother went down the street to see the lady. Her name was Mrs. Martin. She and Wendy seemed to like each other right away. Wendy told her she would visit her three days a week. On her first visit Mrs. Martin told her that there was a trunk in the upstairs closet that had dolls in it. Also a dollhouse. Wendy had great fun playing with all the dolls and especially the dollhouse. It was all furnished and decorated . She loved going to Mrs. Martin's"

When summer was just about over, Mrs. Martin told her that one of her cats was going to have kittens and as soon as they were ready, she could pick one out for her very own. Wendy would miss her visits with Mrs. Martin, but, she promised that she would see her as often as she could.

Later that year, Wendy went to visit, Mrs. Martin let her pick out her kitten. She picked out a brown, fluffy girl kitten. You know what she named her? She named her "Summer." Because that's when she met her very best friend.

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July is usually a great month to sit out and enjoy your garden. The workload should be a little less as we progress through the summer months and the vegetable

garden will be starting to reap rewards with the first of the early potatoes ready for digging. However there is always something to be done in the garden, whether it's pruning, tidying or sowing.

The dry weather will slow the rate of grass growth so mowing will not be too onerous this month. Another advantage of the hot spell will be a noticeable reduction in the damage caused by slugs and snails to new herbaceous plants. Slugs or snails do not like hot weather as dry surfaces are more difficult to traverse and making them more vulnerable to attack by predators.

But if you do wish to take a brief break from the more leisurely garden enjoyment, here are some tasks to do this month:



Cut back to ground or prune spring flowering shrubs and perennials

Water all container plants regularly and/or consider moving some to shaded corners to prevent drying out

Prolong summer flowering by dead heading regularly (simply cut faded blooms)

Now is an ideal time to take softwood cuttings of shrubs

Check supporting stakes of tall growing herbaceous plants like Delphiniums Avoid mowing the lawn too short as the risk of scorching, the grass will be very high. Lawns which have turned yellow or brown by sun and higher temperatures will make a full recovery once 'business as usual' weather resumes.

Continue hoeing to control and remove any weed growth in planted borders, containers and raised bed areas, removing any weed before they flower (tip 'hoe light and often').

The following are the priority jobs for this month:

**Dead head annuals**, perennials and roses to encourage new bloom.

Regular feeding now will keep plants healthy and at their best.

Shrubs that flower in early summer can be pruned back now if needed by removing some of the old woody growth to the ground.

Faded flower spikes of many perennials should be removed to the ground to encourage a longer season.

Monitor planted containers regularly to make sure they do not dry out in sunny, windy weather.

Now is a good time to spray Glyphosate products such as `Roundup` to kill weeds and grasses in brick patios and walks.

Give the lawn a quick acting summer feed with a fertiliser especially if not given a spring feed.

Continue succession sowing of carrots, beetroot, radishes, turnips, leeks, lettuce, peas and beans.

Sow seeds for next year: spring cabbage, salad onions, winter salads, spinach.

Net brassicas and fruit to protect them from birds and/or cabbage butterflies. Clear away weeds regularly as they compete with your crops for nutrients and water. Clear away any diseased and spent foliage on and around vegetable plants to keep them healthy.

Tie in tomatoes, pinching out any side shoots as you go.

Resist the temptation to harvest more rhubarb stems. This allows the plant to build up reserves for next year.

Prune your plum, cherry and peach trees now to reduce the risk of getting silver leaf disease. Continue to feed all fruiting and vegetable plants in containers with a high potash liquid feed such as `Tomato Plant Food`.

Remember: Make time to relax and enjoy your garden whenever the weather allows. Garden furniture is an important part of the landscape of your 'outdoor garden room'. Again choose furnishings that reflect the taste of the occupants and style of the house. Mismatched tables and chairs and brightly painted benches can look well in some settings and untidy in others while coordinated furniture might look classy in one home and out of place in another. Subtle lighting can be very effective. Avoid over lighting. If your garden is not wired for power there is no need to worry. Consider using solar lights. We all know how well pots look in the garden but have you considered painting your old plastic pots and planting them with plants of co-ordinating colours. Wooden planters also look warm and less harsh than some of the concrete types and more expensive looking than the plastic planters. Take time when decorating your garden and add features that reflect your own personality.

Do not be afraid to be a little bold with your ideas.

Your Mind is a Garden. Your thoughts are the Seeds You can grow Flowers or you can grow Weeds.

#### Easy Grilled Salmon with Basil Buttere& Broccolini

#### Ingredients

- 2 (6-8 ounce) salmon filets, skin removed
- 2 tablespoons unsalted butter
- 2-3 basil leaves,minced
- 1 garlic glove, minced
- 6 ounces broccolini
- 1-2 teaspoons olive oil
- Salt and pepper to taste

#### Method

- For the compound butter, place the butter into a small microwave safe bowl and microwave for 10-15 seconds. Mash in minced basil and half of the garlic until well combined. Place onto a small sheet of tinfoil and roll, doing your best to reshape into a log. Place in the fridge until ready to serve.
- 2. Preheat the grill to medium-high heat. Season both sides of the salmon filets with salt and pepper to taste and set aside. Place the broccolini in a medium bowl and toss with olive oil and remaining garlic. Set aside.
- 3. Lightly brush the grilling surface with olive oil and grill salmon for 5-6 minutes per side for medium. At the same time, add the broccolini, occasionally turning until slightly charred and golden, about 10-12 minutes.
- 4. Serve each salmon filet topped with a slice of basil butter and a side of grilled broccolini.

#### Vegetable kabobs

#### **Ingredients:**

- 2 cups cremini mushrooms
- 1 cup cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 yellow zucchini, sliced into thick rounds

#### For the marinade

- \* 1/4 cup olive oil
- \* 3 gloves garlic, pressed
- \* Juice of 1 lemon
- \* 1/2 tsp dried oregano
- \* 1/2 tsp dried basil
- Salt and freshly ground black pepper, to taste

#### Method

- 1. Preheat oven to 400 degrees F (200 degrees C)
- 2. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano and basil season with salt and pepper to taste.
- 3. Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10 -15 minutes.
- 4. Place into oven and roast until tender, about 10 -12 minutes.
- 5. Serve immediately.
- \* These can be grilled over medium high heat, about 5-6 minutes per side. Grilled or roasted, they are easy to whip up and give you your daily serving of veggies. Feel free to serve them as a light lunch or as a side dish to any meal.

#### Watermelon-Feta and mint salad bites

#### **Ingredients:**

- \* Watermelon
- Feta cheese
- \* 3-4 fresh mint leaves, sliced thinly
- 1/4 cup extra virgin oil
- \* 2 tbsp lemon juice
- 1 tbsp white wine vinegar
- \* 1/2 tsp honey
- Salt and pepper, to taste

#### Method

- 1. Slice and cube the watermelon and cheese into bite-sized squares. Thread a piece of each on toothpicks.
- 2. Combine the salt, pepper, honey, lemon juice and vinegar in a bowl and whisk the olive oil into it to create a simple dressing.
- 3. Drizzle a bit of the dressing onto a serving plate. Arrange the watermelon and cheese on the plate.
- 4. Sprinkle slices of mint over top. Drizzle a little more dressing over the top of the bites and serve immediately.







# FILM/DVD MONTHLY BY BERNIE CLAXTON DORIS DAY: TRIBUTE TO A MOVIE LEGEND



When Doris Mary Kappelhoff departed this world last May, she left behind a rich legacy. The star of nearly 40 movies and singer of more than 650 songs in her lifetime, Doris Day was quite simply a national treasure and American sweetheart.

Que Sera, Ques Sera was not only Doris Day's most popular song, it could have been the anthem to her life story as well. Doris was the all-American, blonde, fresh-faced, girl next door star who charmed film audiences worldwide during the heyday of Hollywood. Unlike the sexy allure of a Marilyn Monroe or Grace Kelly, Day's appeal was of the wholesome, freckle-faced variety. Her vivacious personality and golden voice made her a major box-office draw throughout the 1940s, 1950s and 1960s.



#### **The Girl Next Door**

Doris Day was easily one of the most bankable stars of her era. Just her name on a billboard could guarantee instant box-office success. The bubbly star had a glittering Hollywood career and universal popularity. On screen, Doris Day never failed to find love and romance. Off screen, the actress was not so lucky. She married four times and was treated very badly by her husbands. In later years Doris became an animal welfare activist retreating to a house in California and surrounding herself with her beloved animals.

#### **Early Years**

Doris Day began her career as a big band singer in the 1940s. An early car accident in which her right leg was shattered put paid to any hopes of being a professional dancer. It took months for Doris to recover. She passed the time singing along to the radio and, as she put it, 'discovered a talent I didn't know I had'. Day later recalled being heavily influenced by Ella Fitzgerald - 'I'd sing along with her, trying to catch the subtle ways she shaded her voice, the casual yet clean way she sang the words'.

Her mother arranged singing lessons for Doris which led to sessions on a local radio station, where she was heard by the bandleader Barney Rapp. Doris's honey-toned vocals made an impact from the start. She began work with Rapp in 1939. After being impressed by Doris's rendition of *Day after Day*, he persuaded the young singer to change her surname from Kappelhoff to the more marquee-friendly stage name of Day. Doris went on to became one of the most popular singers of her generation. Next to Frank Sinatra, Day was 'the best in the business on selling a lyric,' band leader Les Brown said in the autobiography (*Doris Day: Her Own Story*). Praise indeed for the young Doris Day. The singer's No 1 hit in

1945, *Sentimental Journey*, recorded with Brown's *Band of Renown* became an unofficial homecoming theme for many WW2 soldiers. More than 50 years later, Day's version of the song made it into the *Grammy Hall of Fame*.



#### **Hollywood Beckons**

By the time she left Brown in 1946, Doris had become one of the highest-paid female vocalists in the world with a string of chart hits. Doris Day's career really took off when she entered the movie world even though, in her own words, 'Acting in films had never so much as crossed (her) mind.' But Day proved a natural, taking to the world of acting with ease and poise. Her sunny smile and disposition, lilting voice and butter-cup coloured hair made her a perfect choice for the breezy screen musicals of the 1940s and 1950s. In several Warner Brothers musicals, Day lit up the screen with spirited, wide-eyed, innocence and enthusiasm.



The 1950s produced some of her best screen performances in classic musicals, comedies and dramas. She was frequently paired with Hollywood's heavy-weight actors of the period like Clark Gable (*Teacher's Pet*), James Cagney (*Love Me or Leave Me*), Kirk Douglas (*Young Man With a Horn*), Frank Sinatra, (*Young At Heart*) James Stewart (*The Man Who Knew Too Much*). No mean feat for the young singer/actress. However, Doris found the experience of working with Hitchcock on *The Man Who Knew Too Much* intimidating. The movie did produce one of her most famous and enduring songs, the Oscar-winning **Que Sera, Sera** though.



Love Me or Leave Me in particular showcased Day's dramatic ability as the real life 1920s torch singer, Ruth Etting. Doris equalled James Cagney's powerful performance as Etting's abusive gangster husband, surely drawing on her own troubled private life with men. The film was a critical and box-office success. Cagney lavished his co-star with praise saying that Day had 'the ability to project the simple, direct statement of a simple, direct idea without cluttering it.' Doris thought it was her best screen performance and the film's producer, Joe Pasternak was shocked that star did not even get an Oscar nomination for her stunning portrayal.

#### **The Golden Musicals**

Doris's exuberant personality lit up many lightweight musicals of the 1940s. In 1953, Day gave one of her most memorable screen performances as the tom-boyish, gun-toting Wild West heroine, *Calamity Jane*. This musical is indelibly associated with Doris

Day's particular brand of joyful exuberance and agility. She literally fills the screen as the awkward, shy but gutsy frontierswoman. Day belts out a string of hit numbers like *The Deadwood Stage* and *Just Blew in from the Windy City* with energetic gusto. In her quieter moments, she serenades the audience with beautiful renditions of the Oscar-winning *Secret Love* and *The Black Hills of Dakota*. Musical regular, Howard Keel is in terrific form as Calamity's sparring partner and love interest, Wild Bill Hickok.

Doris Day also starred in April in Paris and the lively musical The



Pajama Game. The latter movie was an adaptation of the Broadway show by George Abbott and Stanley Donen. Day is in fine sparky form as 'Babe' Williams, a Union Rep for the Pajama Factory where workers' demands for a seven-and-a-half cent raise are being ignored. It's another movie that highlights Day's unique singing talent as she warbles classic numbers such as I'm Not at All in Love and Hey There

#### The Rock Hudson Years

Day remained one of the top box-office stars in the US into the 1960s. On screen her persona took on a more sophisticated, mature woman of the world guise. In these roles Day was constantly defending her honour, asserting her independence from womanising men, in a series of sparkling battle-of-the-sexes romantic comedies.



Doris struck up a great screen partnership and cinematic gold with Hollywood heartthrob, Rock Hudson in risqué (for their time) 60s comedies such as Pillow Talk, Lover Come Back and Send me no Flowers. It was inspired casting and the two stars shared a unique chemistry on screen and a lasting friendship off screen. Hudson said of Doris - 'I suppose she was so clean-cut, with perfect teeth, freckles an turned-up nose, that people just thought she fitted the concept of a virgin'. Doris would later assert in her autobiography that the public image of her as a 'wholesome virgin, the girl next door, carefree and brimming with happiness' was 'more make-believe than any film part (she) had ever played.' Day displayed a real flair for comedy in these 60s films with Rock Hudson. She played variations of this role in That Touch of Mink with Cary Grant; Move Over, Darling and The Thrill of It All with James Garner. However, none of these later leading men matched the amazing chemistry she had had with Hudson.

In 1968, Doris retired from show business for good. Third husband and manager, Martin Melcher, died suddenly having embezzled all of Doris Day's earnings, leaving her bankrupt. In 2004, there was further heartbreak for Doris when her only son, Terry Melcher died. Day paid homage to him by releasing *My Heart*, an album of unreleased tracks. Doris's great friend, Rock Hudson also died of AIDS in the 1980s. During the last decades of her life, the actress devoted herself to animal welfare. She ran the *Doris Day Animal League* from her home in California, filling her house with stray animals rescued from the streets. It was fitting as the vivacious, charming star of a bygone era stated that she 'never met an animal I didn't like, and I can't say the same about people.' Rest easy Doris Kappelhoff...





# Frank O'Rourke TD KILDARE NORTH

Dáil Éireann, Leinster House, Kildare Street, Dublin 2.

**1** 01 618 3109

Main Street, Celbridge, Co Kildare.

**1** 01 630 3736

087 255 5257

**⊠**frank.orourke@oireachtas.ie

www.frankorourke.ie





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