

Maynooth Newsletter

Serving the people of Maynooth



Local News June 2019 Issue No. 480 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.



Maynooth Community First Responders provide vital service in the town

Maynooth Community First Responders (CFR) have begun providing a vital service in Maynooth since 17th May, one year after the group was formed. They join the nationwide network of just over 200 Community First Responder groups and are linked in to the National Ambulance service. The group is made up of volunteers who have been trained and certified to respond to: chest pain, heart attack, cardiac arrest, choking and stroke. Early access to CPR and an AED (Automated External Defibrillator) within the first 3-5 minutes of cardiac arrest greatly improve survival rates.

According to Chair of Maynooth CFR, Cllr Réada Cronin, having the group up and running is a huge benefit to the town. "CFR groups are linked with the National Ambulance Service and are dispatched along with an ambulance to certain emergencies, where early intervention is key. We aim to be on the scene within 10 minutes, providing assistance while the ambulance is on its way." "I'm proud of what we have achieved since our first meeting in May of last year," continued Cllr Cronin. "We now have 18 certified volunteers; we have raised enough money for all of our necessary equipment and we have built up a profile in the community. And I'm delighted that we are now in a position to start giving back to the community that has shown us such strong support over the last year." 5,000 people die each year from cardiac arrest in Ireland. For every minute that passes after a cardiac arrest, the chances of recovery are reduced by 7% to 10%. Having early access to CPR and an AED are crucial steps in the cardiac chain of survival, according to the Pre-Hospital Emergency Care Council (PHECC).

Maynooth CFR will operate from 8pm Friday to 8am Monday morning every week. While the group aims to provide 24/7 cover for the town, they are focusing on starting slow and building up.

"Our ultimate aim is to provide a round-the-clock service," explained Cllr Cronin. "In fact, one of the reasons we started this group was because we have no ambulance here in the Maynooth Ambulance Station from 7am to 7pm on a Thursday but we've taken the advice of the National Ambulance Service and we will review after one month. At that stage we'll have a better idea of the demand and will hopefully be in a position to expand the hours we can cover." The group will be recruiting and training more volunteers towards the end of the summer to help achieve this.

The area covered will be a 3.5km radius from the centre of the town, taking in all of the town, out as far as the new Education Campus on the Moyglare Road, Ladychapel Church, as far as and including the North Kildare Club on the Kilcock side of the town and to just past CMC Crash Repairs on the Dunboyne Road. While some rural groups cover a wider radius of 5km, Maynooth has a large permanent population of 14,585, which almost doubles when the student population is taken into account (a further 13,000 people).

Also in the group's remit is to provide CPR and AED education and training in the community. "We now have three trained instructors in our group, who can certify others in CPR and the use of an AED and we have recently worked with Maynooth Scouts, a triathlon club and Maynooth GAA, providing training to their members. It's also important for people to take note of the location of AEDs around them – in shopping centres, businesses and in their workplace or school. Know where they are and remember that any CPR is better than no CPR," said Cllr Cronin.

For more information follow Maynooth CFR on Facebook @maynoothcfr.



A recent training session with Maynooth GAA.



Instructor Marella Cahill trains a group from Maynooth Scouts - the Ventures.



CFR groups work alongside the National Ambulance Service. Maynooth CFR visited the Maynooth Ambulance Station to meet staff.



Maynooth Guards brush up on their CPR skills with responder Cathy Lawlor.

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Minister of State Seán Kyne announces first online course for the training of teachers of Irish to adult learners



Maynooth University
National University of Ireland Maynooth

New Maynooth University teacher training online for Irish diaspora and teachers in hundreds of centres abroad.

The Minister of State for the Irish Language, the Gaeltacht and the Islands, Seán Kyne, TD, today announced a total funding package of €270,129 over a period of three years for Maynooth University to develop and implement the first online university certificate course of its kind in the training of teachers of Irish to adult learners.

The online course will be developed at the Centre for Irish Language Research, Teaching and Testing in the School of Celtic Studies at Maynooth University and will take advantage of the latest learning technology in order to reach the widest possible audience both in Ireland and internationally.

All those interested in teaching Irish to adults at home and abroad will be able to access online materials and short films developed by experts in the field. Those based in Ireland will also be given the opportunity to participate in one-day workshops in Dublin, Donegal, Galway and Kerry.

Students in Ireland wishing to receive a certificate will access additional materials online and complete a period of teaching practice, part of which will be examined through the use of technology.

Announcing the project, Minister Kyne said: "I am delighted that my Department is in a position to fund this very exciting development in the Irish-language teaching landscape. It will benefit the teachers of Irish and adult learners here in Ireland, and will also enable us to support the Irish diaspora and those teaching Irish in hundreds of centres abroad. Here at home, increased access to broadband and the establishment of the Gaeilgeanna (Digital Hubs) in the Gaeltacht will mean that access to courses like this is no longer limited to towns and cities."

The Centre for Irish Language Research, Teaching and Testing at Maynooth University is responsible for the development and administration of the Teastas Eorpach na Gaeilge (teg.ie) tests in Irish for adults, which, this year, are offered in 10 centres throughout Ireland and six centres abroad, including, for the first time, in Los Angeles. Commenting on the new programme, Director of the Centre, Anna Ní Ghallachair, said: "I'm delighted that our Centre will now be able to support teachers of Irish from Inis Meáin to Iowa. Our course director, Ailín Ní Chonchúir, a native of the Kerry Gaeltacht, has both Irish and international experience in the teaching of the language and bases her practice on the best international research. Technology will now allow her and her colleagues to share their expertise beyond the university campus."



Pictured (l-r); Prof Victor Lazzarini, Dean of the Faculty of Arts; Sean Kyne TD; Anne Gallagher, Láirionad na Gaeilge; Aisling Ní Bheacháin, Láirionad na Gaeilge; Ailín Ní Chonchúir, Láirionad na Gaeilge, Maynooth University.

Maynooth Newsletter

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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:

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Mission Statement

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

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

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

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

In addition we undertake the following:

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

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

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

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

Maynooth Newsletter Archives

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

www.maynoothcep.com.

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

**Maynooth
Newsletter**

**Copy date for the next edition of the
Maynooth Newsletter will be
Tuesday 18th June 2019**

Editorial

It being June we say goodbye to the students of Maynooth University who chose Maynooth both for their third level education and their home and are now moving on to the next stage of their life having completed their studies here. We wish them all the best in their future endeavours. With an improving economy it is a good time to be looking for a new career and there are a lot of people looking for you. A good place to start could be the Gradireland Summer Fair takes place in the RDS in Dublin on June 5th where you can meet top employers and course providers as you decide on the next steps in your career. Of course going to university is open to people of any age or educational level and in particular Maynooth University has an excellent record in supporting people to access their courses. In fact quite a number of people who have participated on the Maynooth Community Employment Project have progressed to further education with Maynooth University. Likewise in times of high unemployment in the past students have been employed on the Maynooth Community Employment Project where they learned valuable skills that prepared them for the working environment.

For people who have not participated on a community employment project it is often difficult to understand the benefits that taking part means for the individual. In my role as Participant Development Officer with responsibility for recruitment and training I have interviewed and recruited hundreds of people. I have done this role completely on an unpaid voluntary basis for twenty five years and it still gives me great personal satisfaction when I see the benefits in formal training and personal development that people achieve when take an active part in the Maynooth Community Employment Project. The provision of a community employment project in Maynooth also has significant social and financial benefits for the people of the town. The project is managed by a voluntary Board of Management who raise the funding in the region of €20,000 annually that is needed to support the project in addition to that provided by the Department for Employment Affairs and Social Protection. In addition to the production of the monthly "Maynooth Newsletter" publication which provides an important outlet for over forty community groups to highlight their activities as well as supporting the many businesses in the town that advertise each month. Each month the work of a number of active community groups is featured in this publication which highlights their activities in detail to the wider public of Maynooth.

Aside from this work the provision of the office at Carton Park is an important facility for the people of the town. It is the focal point to get information about Maynooth for both the new resident and the visitor as well as providing services to community groups and the public. One such example is the partnership with Tesco Ireland and Kildare County Council in the provision of the Maynooth Community Space a facility where local groups can book and use the facility thus giving people a place to meet at a very reasonable cost.

What is less well known is the fact that there are two other areas where employees of Maynooth Community Employment Project support the environment and our youth. The project manages the environs of the Royal Canal between Leixlip and Kilcock and in particular the Maynooth Harbour area with regular enhancement projects and more importantly keeping the area litter free. The financial benefit to Maynooth of this work alone is in the region of €120,000 a year which is a saving to others. In addition the maintenance of Maynooth Soccer Club grounds is of very significant value to the youth and sport of the town. The entire financial benefit to Maynooth provided by the Maynooth Community Employment Project is in the region of €500,000 annually.

With increasing employment opportunities because of an improving economy there are fewer people available to participate in community employment which puts the services provided by projects such as the one in Maynooth at risk. However there will be always people who can benefit from participation on the project and it is really important that the wider community supports the project as it is often said you do not miss something until it is gone.

**Paul Croghan
Editor**

Editorial Note:

Maynooth Summer Festival – Article May 2019

As an open access publication the Maynooth Newsletter accepts contributions in good faith and verify the facts with the contributor. This article mentioned two other community groups, Maynooth Community First Responders and the Maynooth 10k. The Maynooth Newsletter supports active community groups and in the May edition featured the 2019 Maynooth 10k run and in this edition the Maynooth Community First Responders are featured. The Maynooth Newsletter also publishes political notes on an ongoing basis, but as publishers we are completely non-political. It was clear that the Summer Festival Committee were reflecting a point of view and it is not the role of the editorial board to prevent views from being expressed. That been said editorial decisions are a balance and in hindsight it is understandable that the article was interpreted differently by some readers. In publishing the article the Maynooth Newsletter did not intend any offence to any party mentioned in the article and it is regretful that such positive community activities should need to be discussed in this way.



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Moyglare Road Improvement Scheme/Moyglare Hall/Moyglare Abbey

Cllr. John McGinley got the following update from the Council on 7 May:

"The Moyglare Road Improvement Scheme (Maynooth North-South Corridor, Phase 6) is currently under construction and KCC has engaged AECOM, Consulting Engineers to continually review and monitor the temporary traffic management layouts for the construction phase of the project. KCC has appointed a member of the Roads engineering team to liaise with AECOM and the contractor to ensure minimal disruption and delays to all traffic during the construction phase of this project.

The construction of Moyglare Hall housing estate development, including an internal through road, is also underway. The internal estate road has been designed in compliance with DMURS standards, and will allow for full permeability for all traffic and vulnerable road users to access the new school. The completion of a Stage 3 Road Safety Audit on the Moyglare Hall internal road is a planning condition, and the onus is on the Developer have this completed by an independent and qualified road safety auditor. The road safety audit will be completed prior to the new entrance onto the Moyglare Road being open to traffic.

KCC have no current plans to implement traffic management or to provide pedestrian crossings or similar within the Moyglare Hall housing estate.

With reference to the entrance to Moyglare Abbey, the proposed works to the entrance are to ensure compliance with DMURS. KCC met with AECOM at the location on Friday May 3rd to discuss recent issues raised in relation

to traffic turning in and out of the Abbey. The issues raised are now being re-examined by the design team."

The Council have advised that they expect the Moyglare Hall through road to be ready for opening in Quarter 3, 2019

Cllr. McGinley has asked for proper traffic calming on the Moyglare Hall through Road before it opens.

Cllr. McGinley Welcomes Progress on Eastern Ring Road

Cllr. John McGinley has welcomed the announcement by Kildare County Council that the statutory Part 8 public consultation process for the Maynooth Eastern Ring Road (Planning Ref. P82019.08) began on 14 May 2019.

The project documents and drawings will be on display for a period of four weeks from 14th May, 2019 with the closing date for submissions not later than 5 pm on Thursday, 27th June, 2019. The documents and drawings will be on display on Level 2 in Áras Chill Dara, Maynooth Municipal District Office at Leinster Street, Maynooth and Maynooth Community Library at Main Street, Maynooth.

The documents and drawings will be available for viewing on: <http://kildare.ie/countycouncil/PublicConsultations-Part8Schemes/roadsandtransportation/index.html>

This much needed ring road extends from the Leixlip Road at Blacklion to the Celbridge Road at Griffin Rath.

Cllr. McGinley will be seeking the provision of roundabouts on the Leixlip and Celbridge Road junctions instead of traffic lights.

Further good news is that work on the other section of the ring road from Griffin Rath to Straffan Road began in mid April.

Cllr. McGinley Calls for Improvements to the Maynooth Playground

Cllr. John McGinley submitted the following Motion for the consideration of the Maynooth MD at 3 May meeting:

"That the council upgrade the toddler swings at the Maynooth playground as the existing ones are very stiff, giving little swing movement and the seats are not suitable for young toddlers."

John got the following reply from Council Officials:

"The swings will be examined to see what is causing the issue. They may just need to be greased. If replacements are required, this will be arranged."

Cllr. McGinley Calls for the Council to Provide Allotments in Maynooth

Cllr. John McGinley submitted the following Motion for the consideration of the Maynooth MD at 3 May meeting:

"That a suitable amount of the amenity land between the Boreen and Carton Avenue be allocated for allotments as the Wonderful Barn allotments are oversubscribed."

John got the following reply from Council Officials:

"The Wonderful Barn allotments are not oversubscribed at present."

The council is still accepting applications for them. Any consideration of allotments for the Carton Avenue lands would have to be examined as part of the development of a master plan for the site. Additionally, the management of any allotments would also be an issue if they were to be provided as the Parks Section does not have the capacity to administer additional allotment schemes."



MAYNOOTH CYCLING CAMPAIGN

Local Elections (May 2019)

By the time that this edition of the Newsletter has been published, the local elections will be well and truly over. Congratulations to the winners and commiserations to those who ran for office but didn't

make it. We look forward to working with them in the new council.

In advance of the election and in conjunction with Cyclist.ie, Maynooth Cycling Campaign lobbied all Kildare candidates (with an email address) to support higher quality cycling facilities by pledging support to the principles of Cycling for All. On behalf of the Parent Teacher Association of Maynooth Educate Together and Coiste na d'Tuistí of Gaelscoil Uí Fhiaich, we also lobbied the Maynooth candidates to support high quality facilities for the 700 children who attend school on the Celbridge Road. Tim Durkan and Peter Hamilton signed up. A questionnaire to parents of children attending the gaelscoil found that 82% consider the existing path unsafe but 56% would use a cycle path if it were available. However, in practice, no parent anywhere allows their children to use facilities which they consider not safe and in my experience the vast majority will not use what Kildare County Council proposes.

Newtown Road

Newtown Road is a link between Maynooth town centre and the residential estates to the south west of the town such as Parson's Hall. Kildare County Council has just completed providing narrow footpaths along a section of the road. As for cycle facilities, well it is the same old story - joining up cycle tracks is not a priority. If Kildare County Council built roads which did not join up, how many people do you think would drive? Yet, despite a Citizen's Assemblies, Joint Oireachtas Committee Report on Climate Change continues to ignore cycling where it might impact on driving.

Velo-city 2019

Dublin welcomes Velo-city back to Ireland between 25th and 29th June. This is an international conference of all kinds of people interested in promoting bicycles – advocates, engineers, planners, politicians, road safety experts, health and tourism interests. You have to register to attend most of the events but a number of side events are taking place which are free. One of the highlights of Velo-city is the Cycle Parade.



EUROPEAN CYCLISTS' FEDERATION

Two years ago in Nijmegen, 15,000 cyclists took to the streets. This year Dublin Cycling Campaign are hoping that the Velo-city Parade will attract more than 5,000 cyclists to the streets of Dublin. The parade is taking place on Thursday 28th June at 4:00pm and is an event for all the family. As you would be travelling outside peak time (4:00-7:00pm), you can bring your bike on the train!

Bikeweek 2019

Bikeweek 2019 takes place later than usual this year – from Saturday 22nd to Sunday 30th June. Maynooth Cycle Campaign is planning to mark the event with a number of public cycles. Details will appear closer to the time on our website and on Facebook. But before that, don't forget to celebrate World Bicycle Day on June 3rd.

Maynooth Post Primary Schools

Finally, Maynooth Cycling Campaign would like to thank Ms. Jakki Byrne for the opportunity to talk to Transition year students on bicycles and transportation.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on meetings and activities is available on our website.

We are affiliated to Cyclist.ie, the Irish Cyclist Advocacy Network and through it to the European Cycling Federation.





Emmet Stagg Kildare North Labour General Election Candidate

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HSE Seek Accommodation for Delivery of Primary Care Services in Maynooth - Stagg

Kildare North Labour General Election Candidate
Emmet Stagg has welcomed the move by the HSE in seeking Accommodation for the delivery of Primary Care Services in Maynooth.

The HSE, stated Mr. Stagg, have placed ads in National Newspapers seeking submissions from individuals/companies who are developing or are planning to develop health facilities in Maynooth, 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 must be submitted to the HSE by Friday 31st May.

Welcoming the move, Mr. Stagg stated that this 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. Mr. Stagg stated that he hoped there was good interest in the call from the HSE but warned that if there was not, then the HSE would have to provide State of the Art Facilities themselves in Maynooth similar to the excellent Primary Care Centre in Kilcock.

In conclusion Kildare North Labour General Election Candidate Emmet Stagg stated that the provision of Primary Care Facilities in Maynooth would assist with the aim of providing 95% of people's day-to-day health and social care needs in a Community setting.

North Kildare Gaelcholaiste To Be Temporarily Located At Manor Mills Centre - Stagg

Following the announcement by the Kildare and Wicklow Education and Training Board that the North Kildare Gaelcholaiste will open this September in Maynooth, Kildare North Labour General Election Candidate Emmet Stagg has been pressing the Minister for Education and Kildare and Wicklow Education and Training Board in relation to sourcing accommodation for the School.

Mr. Stagg stated that a principal for the North Kildare Gaelcholaiste took up duty on 13th May last and that the Minister has now advised Mr. Stagg that KWETB are taking a managed approach to provision of accommodation for students in Maynooth which consists of accommodation in Manor Mills for September 2019 and temporary rented accommodation on site at Maynooth Post Primary School. KWETB have appointed a consultant who is preparing the planning application for the temporary rented accommodation at Maynooth Post Primary. The consultant will then procure a contractor to supply and install the prefabs along with the required services. It is not possible at this stage to give an exact date.

Welcoming the continuing arrangements for the opening of the North Kildare Gaelcholaiste in Maynooth, Mr. Stagg stated that this was great news for pupils who wish to continue their education from Gaelscoils to Secondary Education in the Irish Medium. The accommodation arrangements are not the best but the critical thing is that the North Kildare Gaelcholaiste will open this September.

Lack of Direct Ambulance Cover In North Kildare on Thursdays a Disgrace - Stagg

Kildare North Labour General Election Candidate

Emmet Stagg has criticised the lack of direct Ambulance cover in North Kildare on Thursdays as a disgrace and states that it poses a risk to Public Health.

Since 2012, stated Mr. Stagg, there has been no direct Ambulance Cover from the Maynooth Ambulance Base in the case of emergencies, between the hours of 7am and 7 pm on Thursdays. The change followed a Labour Court recommendation on overtime generating inefficiencies and rostering arrangements.

At the time of the change Mr. Stagg supplied the Minister for Health with letters from Local GP's in North Kildare outlining their serious concerns at the non-dispatch directly of ambulances from the Maynooth Base on Thursdays, but the Minister and the HSE refused to budge on the issue, despite the fact that the decision without doubt increased the risk to the public by not having dispatch locally from Maynooth, covering Maynooth, Celbridge, Leixlip, Clane, Kilcock and Straffan.

In correspondence with the Chief Ambulance Officer, Mr. Stagg has established that there are 102 ambulance stations across the Country and 94 of these operate on a 24/7 basis, 365 days a year.

The other 8 stations, including Maynooth, operate on a 24 hour basis, 6 days a week, and a 12 hour basis for the other day.

Mr. Stagg stated it does not make sense. Why are 94 stations operating fully and 8 are not. Surely it would make sense to ensure all 102 ambulance stations across the Country operate on a Full Time Basis.

In conclusion Kildare North Labour General Election Candidate Emmet Stagg stated that he would again make a case to the Minister for Health to review the operation of the State Ambulance Service and to change the operation of the Maynooth Ambulance Base to Full Time, 365 days a year.

Design Team Authorised to Complete Pre-Qualification Process for New Maynooth Boy's NS

Emmet Stagg has been in further contact with the Minister for Education in relation to the construction of the New St. Mary's Boy's National School on the Moyglare Road, Maynooth.

Contractors had until November 1st to register their interest in the project stated Mr. Stagg and 17 contractors expressed an interest in the construction project. The shortlist of contractors was submitted to the Department on January 11th 2019 for review. On January 17th the Department reverted to the Design Team with a number of items to be actioned prior to finalising the pre-qualification process.

The Minister has now advised Mr. Stagg that an updated Report on the pre-qualification of contractors was submitted to the Department on March 6th. On 11th April the Department advised that the Design Team was authorised to complete the pre-qualification process.

The Design Team is preparing a final report and will advise the Department when the standstill period has expired. The Minister further advised Mr. Stagg that when the pre-qualification process is completed the project will then be progressed to tender stage which normally takes between 7 and 8 months to complete.

Mr. Stagg stated that the New Maynooth Boy's NS was granted planning permission by Kildare Co. Council on August 1st 2017 and it comprises the replacement of the existing school and the construction of a new 3 storey National School with 24 classrooms including a Special Needs Unit and Multipurpose Hall. 3 Ballcourts and a Junior Play area will also be provided as part of the project.

The school currently has 560 pupils and when completed the new school will cater for just under 700 pupils.

Council Cast Doubt on Site for Temporary New Gaelscoil at Moyglare, Maynooth

In their Further Information Request on the planning application for a Temporary New Gaelscoil at the Maynooth Education Campus, on the Moyglare Road, Maynooth, doubt has been cast by Kildare Co. Council on the suitability of the site selected according to Labour General Election Candidate Emmet Stagg.

Mr. Stagg stated that the planning application for temporary permission for the New Gaelscoil and the location of two prefabricated buildings at the Maynooth Education Campus site was lodged with the Council on 21st February last.

On April 17th the Council, stated Mr. Stagg, sought further information from the Department of Education in relation to the planning application as follows:

1. The Planning Authority has serious concerns that the proposed development may be premature pending completion of the KWETB Maynooth Campus and the Moyglare Road Improvement Scheme. The proposed development for a temporary primary school at a location where there are no dedicated footpaths or cycle routes is highly inappropriate.

The applicant is requested to demonstrate by way of revised design how the proposed development can be accessed safely by way of pedestrian, cycle and vehicular movements and clearly indicate that there will be no conflict between school and construction traffic.

2. The applicant is requested to outline the need for the proposed temporary primary school and to clarify the intended medium-long term proposals for the subject site.

Mr. Stagg stated that the Moyglare Road Improvement Scheme might not be completed until the end of September/October and even with the provision of shared pedestrian/cycle facilities as part of this scheme, the site for the temporary school is further north than the extent of the works.

Further pedestrian/cycle facilities north of the link road to Moyglare Hall will have to be provided. There will also be considerable construction traffic with the completion of the Maynooth Education Campus which is due to restart in July.

Mr. Stagg stated that the New Gaelscoil is supposed to open in September 2019 and the Department now have to decide urgently whether to stick with the Education Campus Site and respond to the Council, pick a safer site or go for rental accommodation. It is important that they act swiftly now if the school is to have any chance of opening this September.



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Maynooth Senior Citizens Committee.

Since my last report we celebrated St. Patrick, Easter and our “Bealtaine” Festival. Our March tea-dance was a sea of green, in our Easter Parade there was yellow everywhere and white seemed to be the most popular colour for May. Now who said we are not patriotic ? Many thanks to Susan, Roberta and Teresa from our own Castle Keep Art Group who treated us to an enjoyable demonstration and a wonderful display of talent, keeping with the May theme of Art and Culture, as we celebrated “Bealtaine”. Congratulations to all who won prizes at all these events.

It was nice to see some new faces at our May tea-dance and we would love to see many more. If there are any retired people out there who would like to take up painting, Susan would be only too happy to give free lessons at our morning club. You can contact any committee member or drop into the Geraldine Hall where our club continues every Tuesday and Thursday morning.

Our next tea-dance will take place on Sunday June 16th and all are welcome. There will be no tea-dance in July as our summer outing will take place on July 21st . All those wishing to travel should have their name with us no later than July 1st.

Finally, may I express our sincere sympathy to the families of Betty Glennon, Jim Dolan, Roy Latimer, Mary McCarthy, Braham Jacobs, John Maher, Noel McCloskey and Moire Farrell all of whom passed away recently.

Suaimhness agus Siochain doibh go leir.

Josephine Moore.
Chairperson.



Carton Avenue Preservation Society

NO REPORT.

At the time of going to print, we still have not received a response from the officials of Kildare County Council, to the issues our deputation raised at it's meeting with the Maynooth Municipal District Councillors committee on the 1st Feb.

Kildare County Councils Protocol for Receipt of Deputations state "A deputation shall receive a report on the issues raised after the members of the committee have received a copy of the report". I have been told we have to read the minutes of the Maynooth Municipal District meetings to find the official response.

MEETING ON JUNE 10th.

The next meeting of Carton Avenue Preservation Society will take place on June 10th in the Maynooth Community Space, Tesco Shopping Centre at 8pm.

The agenda will include:

The minutes of Maynooth Municipal District Cllrs meeting.
 A challenge to the bridge,
 Kildare County Council's NEW right of way on to the Avenue.
 The security issues/threat.

All Supporters are welcome.
Gerry Quinn
Chairperson of CAPS



**Copy date for the next edition of the Maynooth Newsletter will be
Tuesday 18th June 2019**



Frank O'Rourke T.D. Kildare North

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



Property Tax Upward only review must be rejected says O'Rourke

Local Fianna Fáil TD, Frank O'Rourke, has called on the Government to reject the report, which they commissioned, on Property Tax, which if implemented, would mean that local authorities would lose their ability to reduce the Local Property Tax (LPT).

"Our party, as part of the Local Property Tax review, made a detailed submission, and very firmly outlined our opposition to introducing any increases to the property tax. However, we now find that the review, commission by the Government, of the Property Tax, recommends that Property Tax would only be adjusted upwards by local authorities."

"The Government has deferred making a decision on Property Tax until after the local elections causing uncertainty. This uncertainty is causing major stress for homeowners in Kildare and indeed nationwide, given the rapid rise in property."

"A key element of Fianna Fail's property tax policy is affordability. However, with revaluations set to take place this November, reforms must be made to avoid large increases in property tax. We must protect in particular those on fixed incomes."

"It would be only fair, proportionate and transparent for the Government to provide some certainty at this point. In order to protect people from large increases, the current LPT revenue yield should be maintained in my view and not increased" he concluded.

Govt must act to resolve funding anomalies with RehabCare – O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke has said that every effort must be made to resolve the funding anomalies with regards to the RehabCare Group. Deputy O'Rourke was commenting as RehabCare, the largest Section 39 organisation in the country, confirmed its intention to terminate its entire care services unless their significant under-funding situation is dealt with.

He explained, "RehabCare Group employ 1,500 staff across the country and provide services for over 3,000 vulnerable clients. I have been in contact with various RehabCare employees and service users in Kildare and the last thing anyone wants to see is the termination of services.

"At the crux of this issue is a shortfall of around €2 million in funding which RehabCare require in order to continue providing care. As I understand the reasons for the shortfall include increased cost of taking care of people as they age, the costs associated with HIQA and HSE regulatory requirements and the rising insurance costs.

"I find it bizarre that despite the fact the RehabCare Group have requested meetings with both Minister Donohoe and Minister Harris for several months, neither Minister has yet to meet with them. As I understand it, their requests have been ignored. This seems to be an extraordinary reaction to genuine requests to explore how the funding gaps can actually be addressed in the interests of the service users.

"I understand RehabCare Group and the HSE will be engaged in talks over the coming weeks and every effort should and must be made to resolve this issue before a decision is made to terminate services. The respective Minister's shouldn't be ignoring this", concluded Deputy O'Rourke.

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).

O'Rourke calls for reduced public transport fares for weekend travel

Local Fianna Fáil TD, Frank O'Rourke, has called on the Government to reduce the public transport fares at weekends.

"Reduced public transport rates at the weekend would encourage more people to use public transport. It has the potential to attract more long-term support for public transport."

"There is often spare capacity on Irish Rail, Dublin Transport and Bus Éireann services at the weekend. So providing incentives to travel on public transport through reduced rates, would encourage more users at the weekends and be a cost neutral proposal."

"Many cities are considering such proposals and some already have reduced rates at weekends. I believe that such a proposal will encourage people to consider public transport as their default transport mode."

"Since getting elected, I have made repeated representations to have our public transport services in Kildare improved. We are making some progress, and the more commuters we can convert to public transport the better the services we will have."

"Reduced rates at weekends will encourage more people to use public transport and this will be a further step in trying to encourage people to use public transport" concluded Deputy O'Rourke.

O'Rourke welcomes EU probe into motor insurance

Local Fianna Fáil TD, Frank O'Rourke, has welcomed the probe into the Irish Insurance industry over alleged anti-competitive behaviour.

"The EU has opened a formal investigation into the industry representative body Insurance Ireland over claims of anti-competitive behaviour."

"At an Oireachtas Committee meeting last year, I called for an investigation to see if anti-competitive behaviour exists in the Irish Insurance industry and I am delighted that we are now seeing this investigation commence."

"Motor Insurance is 30% higher than in 2015. I know from my constituency clinics that the costs of motor insurance and insurances for businesses in general have risen over recent years, affecting our competitiveness. It is also contributing to the rising cost of living."

"We need action from all state authorities to ensure that we reduce the cost of living for people and businesses."

"The government has to implement many of the recommendations from the Cost of Insurance Working Group. We need a dedicated Garda unit to tackle insurance fraud. I will continue to press the Government to implement these recommendations to ensure that we get lower insurance costs."

"This EU investigation by EU competition directorate is welcome and gives hope to insurance policyholders that the high cost of insurance will be tackled," concluded Deputy O'Rourke.

FF pledges additional supports and resources for Carers – O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke, has said the new policy published by Fianna Fáil will ease the burden on those caring for loved ones. It's estimated that by 2030 one in five people in Ireland will be Carers, however the current support structure falls significantly short of what is needed.

Deputy O'Rourke explained, "Carers in Kildare have been completely undervalued by this government despite providing essential supports to their loved ones at a substantially reduced cost to the State. Carers are the unsung heroes in our communities, without question they put their own lives on hold to look after their loved ones.

"Along with my Party colleagues I have long fought for greater supports for people with disabilities and their carers. It is an issue which comes up time and again and the delay in helping this cohort of people is inexcusable.

"The proposals put forward by Fianna Fáil contain a number of measures which if adopted would alleviate some of the pressures on carers. These proposals include:

- Increasing the time allowed for work study training from 15hrs at present to 18.5hrs per week (including voluntary work).
- Increasing the income disregard from €32.50 for a single person and €665 for a married couple to €450 and €900 per week respectively. This would be done over the lifetime of the next Government.
- Extending free travel to include children in receipt of Domiciliary Care Allowance.
- Reintroducing the Transport Support Scheme announced in 2013 as a replacement for the Mobility Allowance and Motorized Transport Grant.
- Extending the number of weeks Carers Benefit is paid from 104 weeks to 156 weeks

"To date the Government have taken carers for granted. They have done very little to assist the immeasurable work that carers do on a daily basis. The Fianna Fáil policy demonstrates that we are serious about supporting our carers", concluded Deputy O'Rourke.

Better services on Route 66 and 67 needed

Since getting elected, I have worked hard to improve the public transport services for people living in North Kildare. I have met with senior Management of Dublin Bus and highlighted the need for extra bus services on Route 66 and 67. Given the growing population in Maynooth and the difficulties getting in and out of Dublin by car, more public transport services are required. There is little point in trying to encourage people to use public transport if the level of service is not adequate to cater for the increased demand. The solution is clear, increased frequency and capacity on Route 66 and 67.

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*



Force Majeure Leave

Question

My daughter was taken suddenly ill and I left work early to go to hospital with her. Can I take a half day as force majeure leave?

Answer

The Parental Leave Acts 1998 and 2006 give employees a limited right to leave from work in the event of a family crisis. This is called force majeure leave. Force majeure leave is paid leave and it arises where, the immediate presence of the employee is indispensable owing to an injury or illness of a close family member. As a rule, an employee cannot plan the leave – it must be unexpected. Force majeure leave applies to the illness or injury of:

- You're natural or adopted child (or a child whom you are acting in loco parentis)
 - Your spouse or partner (provided you are living together)
 - Your brother or sister
 - Your parent or grandparent
 - A person who otherwise lives with you in a relationship of domestic dependency.
- You are not entitled to force majeure leave following the death of a close family member.

You are entitled to up to three days of force majeure leave in any 12-month period or five days in any 36-month period. If you are absent for only part of a day on force majeure grounds, it is still counted as a full day of force majeure leave.

You must give written notice to your employer as soon as possible after taking force majeure leave. The notice must include the date you took the leave and why the leave was necessary. You must sign the notice.

You cannot be dismissed for taking force majeure leave or proposing to take it. If you have a dispute about force majeure leave, you should make a complaint to the Workplace Relations Commission within six months of the dispute. The time limit may be extended for up to a further six months, but only where there is a substantial cause which prevented you from bringing the complaint within the normal time limit.

Nursing Home Contract of Care

Question

I have chosen a nursing home to live in and have been asked to sign a contract. I'm not sure what to look out for. What should be included in the contract?

Answer

When you decide on a nursing home, you are asked to sign a contract of care. This sets out the rights and responsibilities for you and for the nursing home. It is important that you understand it before you sign it. If the contract refers to other documents, you must be given those documents at the same time.

A nursing home must use simple and language that you can understand in its contract of care. It should not have unexplained legal jargon.

The contract should include:

- Details of the specific services that the nursing home will provide
- Details of how much you will pay for the services, and how this will be paid
- All details of additional charges and fees
- Any specific policies around visitors or your absences from the nursing home
- The circumstances under which you might be asked to leave
- The circumstances under which changes to the contract will apply and how those changes will be agreed
- Details on the circumstances in which the nursing home can cancel your contract of care, which must be limited and specific

The contract should not include terms that allow the nursing home to change the contract without your agreement after you have signed it. It should not allow the nursing home to have an unlimited right to increase or add fees after the initial costs are agreed with you.

The Competition and Consumer Protection Commission website, cpcc.ie, has more information about what you are entitled to expect in a nursing home contract for care. It includes information about what you can do if you think that a contract for care is unfair.

Online booking system for driving tests

The Journal.ie reports that the Road Safety Authority (RSA) is developing a new online booking system to allow learner drivers to book, cancel or reschedule a driving test. The target launch date of the new facility is September 2019

Measles

In Ireland, the number of cases [of measles] have risen by 244%... from 25 cases in 2017 to 86 cases in 2018. The UN warned widening pockets of unvaccinated children had created a pathway to the measles outbreaks hitting several countries around the world.

Jobseeker's Benefit for the self-employed

From November 2019, Jobseeker's Benefit will be extended to self-employed people who become unemployed and who have enough PRSI contributions.

Parental leave

The Parental Leave (Amendment) Bill 2017 will extend unpaid parental leave from 18 weeks to 26 weeks and increase the qualifying age of children to 12 years. It is currently before the Seanad.

Online booking system for driving tests

The Journal.ie reports that the Road Safety Authority (RSA) is developing a new online booking system to allow learner drivers to book, cancel or reschedule a driving test. The target launch date of the new facility is September 2019

Further information available on scope@ciboard.ie

Family time in the Royal Canal, Maynooth (Photo kindly supplied by Charles Campbell)



MAYNOOTH TidyTowns CARING FOR OUR ENVIRONMENT

Thanks to all who contributed to our annual collection in May. We very much appreciate the work that was put in by our collectors. Our very comprehensive National Tidy Towns entry has been submitted and thanks to Mary Jennings for all her hard work.

Thanks to Jenny Wren and friends for the use of the barge Shalakabook on Wednesday 8th May, 5 volunteers from Maynooth Tidy Towns during the day cleaned up along the Harbour and Royal Canal banks. We collected 7 bags of rubbish and more to do.

On the weekend of 11th May our volunteers who cleaned and weeded the beds at Straffan Road next to Maxol service station. A big thank you to Maxol and Willow and Wild for cups of tea and coffee.

Last weekend 18th May our volunteers scuffled weeds around Maynooth. Over the June bank holiday weekend Maynooth Tidy Towns plan to do Summer planting around town.

Please see our Facebook page for information about feeding the Ducks and Swans.

Please keep Maynooth clean and tidy as judging starts in June until the end of August. If you wish to volunteer please contact us on 087-3153189 or on Facebook/Twitter

Below are some photographs of the Tidy Towns team in action.

Richard Farrell - PRO Maynooth Tidy Towns

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Sponsorship for U11 Boys at Maynooth GAA

Friday 10th May marked a great celebration for the U11 boys at Maynooth GAA Clubhouse where they were presented with their new gear, sponsored by Duffy Chauffeur Drive.

Each team member received a ¼ zip top, t-shirt and wind cheater. Paul Duffy from Duffy Chauffeur Drive, in his remarks, thanked the coaches and all involved in supporting the teams, as well as wishing the boys the very best going forward.

Aidan Minnock, Club Chairman and Stephen Noonan from the U11 coaching team thanked the Duffy family on behalf of the club and all involved with the U11 boys for their extremely generous sponsorship and supporting the future of Maynooth GAA.

A massive thank you to the Duffy Chauffeur Drive and the Duffy Family for their very kind generosity.



Under 11's Team Photo



Paul Duffy speaking to the Team at the presentation



Duffy Family - David, Brid, Paul & Aisling



Paul Duffy and Aiden Minnock (Club Chairman)

Maynooth University Town F.C



We are just putting the final touches to another very successful season. Having taken the top cup competition last season by beating Firhouse Clover in the Intermediate Cup Final at the Aviva Stadium, our aim then was to take the elusive League 1 title. This we did in emphatic fashion by finishing thirteen points ahead of Wayside Celtic in second place.

Amassing a mammoth 66 points from twenty six games, winning twenty one, drawing three and losing just two was indicative of the high level of consistency we maintained throughout the 2018/9 season. Getting to the semi-finals of the two top Cup competitions in which we were narrowly beaten in both by runaway winners of the Senior Division Crumlin United. Another mark of our consistency .

Our Saturday Senior side just missed out on promotion for the sixth season in a row. Having come up from the lower divisions and just missing out on a place at the top table was no mean achievement. As we go to print our under 19 team are preparing for their Cup Final. We wish them luck in that. We must pay tribute to, Maynooth native,

 Mark Travers (pictured left) the Bournemont F.C goalkeeper on his elevation to his club's first team squad and his promotion to the Irish International Squad. A great honour for himself and proud family. His brother David is a valued member of our Sunday Senior Squad and no doubt another star of the future. Our next outing will be in the F.A.I Senior Cup. We early await the opening draw to see who our exalted opponents will be.

We wondered how our partnership with Maynooth University would impact following our amalgamation with them. The outcome is for all to see. Several league promotions to the upper divisions, with a number of cup wins in between, culminating in the highest honour of all with success in the F.A.I Intermediate Cup Final last season. Our new season will see us pitted against some of the top teams in Leinster Senior League football. The likes of Cherry Orchard, Bluebell Utd., St. Mochtas Newbridge Town, Crumlin Utd. etc. await us as of the last few seasons we intend making our presence felt in the higher echelons of the Leinster Senior League in the new season.

LSL Senior Division 1 Sunday

#	Team	P	W	D	L	F	A	GD	Pts
1.	Maynooth University Town FC	26	20	4	2	69	23	46	64
2.	Wayside Celtic	26	15	8	3	45	20	25	53
3.	Edenderry Town	26	13	8	5	52	30	22	47
4.	Leixlip United FC	26	12	9	5	39	29	10	45
5.	Home Farm FC	26	11	7	8	47	26	21	40
6.	Glebe North	26	11	5	10	56	47	9	38
7.	Tullamore Town	26	10	4	12	39	46	-7	34
8.	UCD AFC	26	9	5	12	41	43	-2	32
9.	Newtown Rangers AFC	26	8	7	11	48	55	-7	31
10.	Glenville FC	26	7	9	10	30	45	-15	30
11.	Greystones United AFC	26	7	8	11	37	46	-9	29
12.	Tek United	26	5	10	11	39	51	-12	25
13.	Dublin Bus	26	6	6	14	35	52	-17	24
14.	Drumcondra/Stella Maris	26	1	4	21	18	82	-64	7

LSL Major 1 Saturday

#	Team	P	W	D	L	F	A	GD	Pts
1.	Booth Road Celtic	20	16	3	1	74	14	60	51
2.	Liffey Wanderers	20	11	5	4	37	24	13	38
3.	Broadford Rovers	20	10	4	6	30	29	1	34
4.	Maynooth University Town FC	20	10	3	7	45	34	11	33
5.	Wayside Celtic	20	7	6	7	31	33	-2	27
6.	Glebe North	20	7	5	8	41	40	1	26
7.	St. John Bosco	20	7	4	9	27	35	-8	25
8.	Newtown Rangers AFC	20	7	3	10	25	41	-16	24
9.	Templeogue United FC	20	7	1	12	26	40	-14	22
10.	Pegasus/St. James Ath	20	5	3	12	35	54	-19	18
11.	Firhouse Clover	20	4	1	15	19	46	-27	13
12.	Sacred Heart / Killinarden FC	0	0	0	0	0	0	0	0

St. Mary's Brass & Reed Band



The past month has been a really busy time for the Band with a very successful concert with Ballymore Eustace Concert Band and ourselves in the Osprey Hotel in Naas on 11th with the proceeds going to McAuley Place in Naas and quickly followed by a Sunday afternoon recital in Castletown House in Celbridge which has not happened at the time of writing but it's a lovely venue and hopefully the weather gods will be kind to us.

June is also busy with visits to Naas GAA and a Festival in Prosperous but we will also be busy rehearsing for our first visit to a Band Contest in Limerick University at the end of July so no rest for the band. We hope at some time in August or September to do another recital in the Square similar to the one we did last August before we went to Germany.

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.

MANOOTH CASTLE

Early Summer Update by Moira Devery, OPW Guide at the Castle

Maynooth Castle reopened on Thursday 16 May 2019. The OPW-run site opens at 10am and closes at 17:45pm. Guided tours are available on request in English every day and in German on certain days. Please phone 01-6286744 or call to the castle for more details.

NEW SUPERVISOR

May 16 marked not just the opening of the 2019 season but also the changing of the guard as our long-time supervisor, Catherine O'Connor, sadly left to cope with an ever-increasing workload at Rathfarnham Castle, St. Enda's and St. Audeon's. Catherine loved coming out to Maynooth on a weekly basis, and will be greatly missed. However, she consoled the Maynooth Castle team by reassuring us that her replacement, Jacinta Rigney, was a very welcome addition to the team. And indeed, our first meeting with Jacinta confirmed this view. Jacinta is based in Roscrea and we look forward very much to working with her. (See photo – from the left: Katherine Colthurst, Alan Cleary, Jacinta Rigney, Moira Devery and Joe Gissane). Mary Henry, the fifth member of the team is absent from the photo).



STUDENT AND CELEBRITY FEEDBACK

Our first week back at the Castle has seen us resorting to long underwear to cope with the slightly chilly temperatures while waiting for the underfloor heating to warm up the thick walls of the keep after eight months of hibernation. We were delighted that it was a busy week with lots of students popping in for a break between their exams while family members had more time to relax and enjoy the exhibition and/or a guided tour. In fact, we've had the feedback from students that it's a shame the Castle doesn't open earlier to facilitate the student population who generally miss visiting the Castle due to exam pressure in May and the closure of the Castle shortly after they resume their studies in September. This view was reiterated by our celebrity visitor, Marion McEvoy of the famous music family who lectures in sound engineering at the College. She said "Today is the first day I have seen the Castle open and been able to take the opportunity to visit it because it was always closed on my previous visits to Maynooth during term time". (See photo).

HERITAGE WEEK

We are already reflecting on special tours we'd like to offer during Heritage Week which takes place this year from Saturday August 17 to Sunday August 25. So far we will probably offer our popular tour from last year on Medieval Medicine, Daily Life at the Castle and a new tour on Medieval Music.

"INVASION" CONFERENCE IN TCD

The Conference was a big success and attracted many visitors which delighted the organisers who rightly interpret this as a sign of a great interest in our own history. The sessions I attended on the Thursday and Friday were extremely interesting and generally well delivered. In fact, two of the speakers on Day 1 were Elizabeth Boyle and Denis Casey, both from Maynooth University. Elizabeth spoke on 'Intellectual, literary and religious culture on the eve of the invasion' while Denis spoke on 'Kings and kingship in post-Clontarf Ireland'. For who missed the conference, some of the latest research can be found in the May/June 2019 edition of Ireland's History Magazine 'History Ireland'.

Basketball Summer Camp to take place in Maynooth

North Kildare Basketball will host a basketball summer camp in Maynooth Post Primary School from 6th to 9th August. There will be two camps daily, a morning camp for children aged 6 to 11 years and an afternoon camp for children aged 12 to 17 years.

The theme of the camp is ‘basketball without boundaries’. As Mike Toolan, the camp director explains: ‘Basketball is really growing in north Kildare. It’s a global sport that appeals to children of all backgrounds, ages and gender. It really has no boundaries.’ The morning camp is ideal for younger children who want to learn the basic skills of basketball, while at same time having fun and making new friends.

For older children, the afternoon camp will challenge them to become better players and athletes. It’s a great way to prepare to play competitive basketball either in school or for a club. The camp numbers are capped at a maximum of 40 children and will have a coach to children ratio of 1:10. The coaches are all qualified with Basketball Ireland and have experience of coaching at different levels, from academy to international.

The cost of the camp is set at an affordable price of €60, and includes a camp t-shirt. Bookings can be made online at www.eventmaster.ie.

Further information can be found on Facebook @North Kildare Basketball or by phone at 087-2979285.



Comhaltas Craobh Mhaigh Nuad



Hard to believe another year has flitted by in an instant and our second term drew to a close.

As is usual, we finished off the year with a knees up at Maynooth GAA Club on May 22nd which featured some general merriment as well as an extended session for students and teachers alike.

We've been holding the junior sessions up in the GAA each month, at 6 o'clock on Sunday evenings, and the hosting by Maynooth GAA in their swanky new bar has been most welcome throughout the whole year...not to mention the cosy fire during those winter months warming the cockles!



Students and teachers lashing out tunes. Ceol don scoth!

The end of the teaching year is marked by the Fleadh Chill Dara, which was held this year for the first time in Naas, being hosted by Craobh Kilteel / Eadestown. There was a fantastic programme of events laid on for the fill week with concerts, dancing, recitals and sessions from Thursday through Sunday, bringing branch members from across the county. Thanks to the Kildare County Board C.C.E. and Kilteel C.C.E. for their fantastic organisation!

We'd a record number of candidates entered this year which is a great tribute to students and teachers alike. Playing in front of eagle-eyed judges and 20-30 spectators in a room where you could hear a pin drop takes nerves of steel, so fair play to you all!

This year from Craobh Maynooth we had the following list of entrants:

Alice Lavin – Grúpa Cheoil & Duet
Aoife Nic An Aircinnigh - Whistle, Concertina & Piano
Bláithín Howley - Fidil & Whistle
Caoimhe Howley - Concertina, Grúpa Cheoil, duet & trio
Caoimhe Walsh - Whistle, duet & Bodhrán
Caoimhe Mac An Aircinnigh – Whistle, Concertina
Conor Mac An Aircinnigh - Bosca Ceoil, Guitar, Ceilí Band, Whistle & Piano
Emma Bennet – Comhrá Gaeilge
Erin Howley - Fidil & Whistle

Kieran Hensey – Bosca Cheoil, Whistle & Duet
Kirsten Ní Fhearaíl - Whistle & Grúpa Cheoil
Maebh Nic An Aircinnigh - Whistle, Concertina & Piano
Mairéad Kehoe - Fidil
Niamh Farrell - Whistle
Nyadhiel Ní Murchú - Whistle, Comhrá Gaeilge
Riobárd Ó Murchú – Bosca Ceoil
Róisín Howley - Fidil, duet, Ceilí Band and Singing
Ronan Geoghegan – Flute & Duet
Seán Ó Catháin - Bosca Ceoil and trio
Sean Ó Cearúil – Feadóig Stáin
Shane Mac An Aircinnigh - Bosca Ceoil & Piano
Sinéad Murphy - Banjo
Sophie O’Shea - Fidil
Tom Ó Catháin - Bosca Ceoil, Ceilí Band (and trio)



All Fleadh Competitors were presented with their certificates of participation by Seán, our chairman and Caoimhe, our flute teacher



Craobh Mhaigh Nuad's first entry in the Grúpa Cheoil at Ceilí Band, finishing second in Kildare and qualifying for the Leinster's in Athboy / Rathcarn.



Erin and Bláithín Howley who excelled at the whistle and fiddle respectively. Bláithín was the youngest competitor in Naas, so maith thú!



Kirsten, Tom and Róisín applying the finishing touches in advance of their winning trio recital

Well done to all above who performed with distinction and did themselves proud. Winning in the competition is not the be all and end all of the branch – but preparing for, and performing in the Fleadh, is something from which the students learn an enormous amount – and hopefully have a lot of fun along the way. We'll have the full roll of honours in next month's edition, but for now maith sibh go léir!

The winners and second placed competitors will go along to the Leinster Fleadh in July, which is being held in Athboy / Rath Chairn, Meath from 8th – 14th July for what promises to be a most memorable Fleadh Cheoil Laighean 2019. Despite classes being over, there's lots of chances for enjoying the tunes including the Fleadh Laighean in Meath and our many sessions running around the town and many workshops and summer-schools taking place across the country.

It being year end, we wanted to extend our thanks to all who have given us their support and assistance throughout the year. It is great to see the kids being brought to the classes each Wednesday and we're delighted to see both our junior and adult sessions growing in popularity and competence

Thanks to our hugely dedicated teachers, who are so generous with their time and talents – have a great summer. We look forward to working with most of you again next term. We wish the best of luck to those of you who are moving on to further education or into the workforce. Registration for the 2019/2020 Comhaltas year will take place on Wednesday 5th September in Maynooth Post Primary School and remember we cater for all ages and all levels of musical ability. We would love to see new members trying their hand at an instrument from Sept; you are never too old to start out on a musical journey and we can promise you lots of fun and fulfilment along the way.

Keep an eagle eye on our Facebook or Twitter feeds for more information on upcoming workshops, pop-up sessions and performances.

<http://www.facebook.com/ccemhaighnuad>
<http://twitter.com/CCEMhaighNuad>
Derek Carroll, PRO,
Committee Craobh Mhaigh Nuad CCE



Maynooth Planning Alliance

Harbour Field / Playground / Canal Survey Summary

The Harbour Field survey was carried out as result of Minutes of the Maynooth Municipal District Meeting held on 2 February 2018 that reflected the request by MD Councillors to examine the possibility of putting a car park on The Harbour Field. This request created massive outrage in the town as some of our elected councillors wanted to place a car park in our Harbour Field. Maynooth Planning Alliance wanted to highlight to Kildare County Council that this area is one of the only outdoor amenities available to the people of Maynooth. We needed sufficient evidence to prove to Kildare County Council that the people of Maynooth did not want another carpark.

The Harbour Field/ Playground/ Canal survey was published 11 June 2018 - 5 July 2018. There were 578 responses to 7 questions.

Q1. What is your age?

Answer Choices	Response	
20 and Under	2%	12
21 to 40	47%	270
41 to 60	45%	262
61 and Over	6%	34
Total	100%	578

Q2. How often do you use the Harbour Field/Canal/Playground?

Answer Choices	Response	
Daily	20%	114
Weekly	41%	238
Monthly	13%	73
Occasionally	19%	110
Rarely	7%	42
Total	100%	577

Q3. Why do you visit The Harbour Field/Canal/Playground? (Check all that apply.)

Answer Choices	Response
Cycling	120
Bring Children	376
Event	67
Sightseeing	45
Time with family and/or friends	225
Exercise or Jog	179
Fishing	15
Playing Sport	55
Relax	205
Walk Dog	128
Walking	357
Other (please specify)	22

Responses to Q.3 Other reasons to visit The Harbour Field / Playground / Canal?

- It provides a great sense of space and should remain uncomplicated.
- Fishing.
- Circus and amusements when they come to town, the kids really look forward to that.
- Public Sports/Recreation Facility.
- Clean safe area for children and families to have picnics.
- Better upkeep of the playground.
- Exercise area for classes.
- Involved with the Tidy Towns.

Q4. Do you or your children use The Harbour Field/Canal/Playground equipment?

Answer Choices	Response
Often	49% 280
Sometimes	32% 188
Never	6% 33
N/A	13% 76
Total	100% 577

Q5. Please rate the condition of The Harbour Field/Canal/Playground?

Answer Choices	Response
Excellent	5% 28
Very Good	35% 202
Fair	44% 257
Poor	14% 79
No Opinion	2% 11
Total	100% 577

Q6. What are your priorities for The Harbour Field? (Check all that apply.)

Answer Choices	Response
Maze	48
Toilet Facilities	245
Benches/Tables	370
Improved Children's Play Equipment	342
Cleaning/Litter Removal	312
Dog Runs	82
Gardens and Flowers (Horticulture)	28
Accessible for all Abilities	262
Paths/Walkways	262
Public Art	97
Skate Park	83
Market Stalls	165
Water Feature	80
Barge Café	220
Sensory Garden	151
Caretaker Available	137
Public Lighting	274
CCTV	256
Kick-about Area	202
Covered Events Area	108
Sculpture	60
Other (please specify)	54



Maynooth Planning Alliance

Responses to Q.6 What are your priorities for The Harbour Field?

- Sports field - an Astro all-weather pitch.
- It provides a great sense of space and should remain uncomplicated.
- Notices to keep dogs on lead at all times. Having dogs running up to kids can be very upsetting for the child especially if the child is autistic. Off lead dogs also chase bikes and run out in front of bikes.
- Allotments could be nice if done well.
- Locked at night.
- Swimming Pool.
- Warden and also a tourist office.
- Outdoor cinema and similar events.
- A market area every Saturday would be nice ... like Marley park where you can sit out eat and play with children.
- Scouts den should have been a cafe! It needs a clean up! A cafe with outdoor space would be a brilliant addition.
- I don't have any.
- Running and walking track around the field.
- The maximum use of the space for the whole community. (including maintaining its traditional use as a site for family entertainment and circus, subject to space restrictions)

- Drinking water tap / fountain.
- Green area.
- The town needs a community astro pitch and running track. Maynooth has no community astro for use by GAA, soccer etc. and no athletic club with all our children having to go to Kilcock or Leixlip.
- Bandstand, or area where same groups could play a seisiún, would also like that any narrative that is written down re Maynooth should be dhÁ; theangach, should be reflective, have a historical dimension and be inclusive. Maynooth as we know it has a historical context that continues to shape and mould and we should all recognize that.
- Not enough bins.
- Landscaped Park.
- Living Wall to create more Oxygen in the area.
- Fishing.
- Leave natural too much intervention.
- A public park. Maynooth is expanding vastly but does not have the public space and amenities to reflect this.
- Along the same design as currently. Barge cafe would be a great addition, if even just between April and September.
- Picnic area.
- All of the above ideas are very good and Id be happy to

- see any implemented.
- Sports field.
- Public Drama and Music and running track.
- One wall handball court.
- Circus and amusements when they come to town, the kids really look forward to that.
- Public Sports/Recreation Facility.
- BMX track.
- All weather football pitch.
- Mini golf area, running track.
- Clean safe area for children and families to have picnics.
- Better upkeep of the playground.
- Exercise area for classes .
- Involved with the Tidy Towns.
- Park like the people park in Dun Laoghaire.
- Improved exercise/outdoor gym equipment.
- The area needs to have existing bins which are built into the walls removed as they simply collect rain water.
- Plenty of bins. Large bins so they are not always full.
- I am involved in a choir. Recently we found it very hard to find a venue for a recital. Would love an open air event space where we as a community could hold small local events.
- Disability parking nearby.

Q7. Please Note any ideas for improvement to The Harbour Field/Canal/Playground?

The tag cloud below is a visual representation of the survey responses.

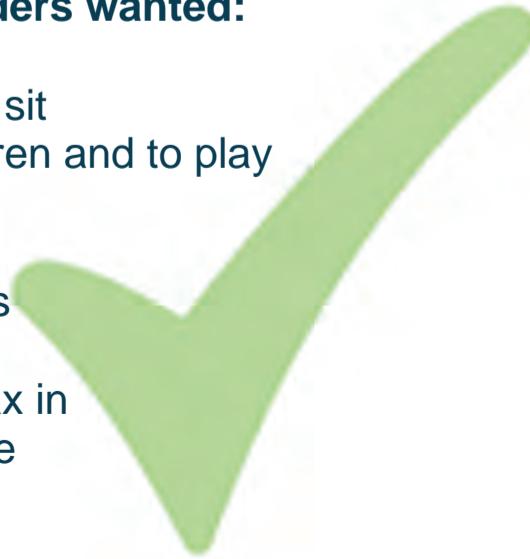


The Maynooth Planning Alliance emailed all pre-school providers, primary and secondary school principals and asked for their schools participation in the survey. We felt that the voice of the future generation of Maynooth should be heard. Tiddlywinks and Scallywags preschool went above and beyond creating a visual display that they could submit to Kildare County Council on behalf of the current under 5 age group. Kildare County Council took note of our survey and held an open afternoon in the harbour field to get a survey completed by the members of the public. The company employed by KCC to complete the health check of our town was Cathal O'Meara landscape architects. On this open day Tiddlywinks and Scallywags preschool presented their visual display to the consultants in the Harbour Field.



What survey responders wanted:

- open/public space
- space to walk and sit
- area to bring children and to play
- green areas
- lighting
- accessibility, toilets
- quiet space
- somewhere to relax in
- performance space
- art



What survey responders didn't want:

- carpark
- large building(s)
- transfer to private ownership



June 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

Library Events

All events at Maynooth Community Library are free of charge but booking may be required. Maynooth Community Library will be closed Saturday 1st and Monday 3rd June 2019. We wish all our patrons a nice relaxing bank holiday weekend.

Celebrate Cruinniú Na nÓg with Maynooth Library on June 15th - A National Day of Free Creativity for Children and Young People

The Library will be open today from 9.30am – 1pm and from 2pm – 5.00pm!

Creative Writing Workshop

11am – 12pm, Ages 8 – 11years

Booking Required

Flip Book Animation Workshop

2.30pm – 4.30pm, Ages 8+

Booking Required

Join the Createschool team for a fun and engaging hands on workshop. Flip Books are one of the simplest, oldest and best loved ways to create an animated film.

We will teach you how to bring your stick man to life, bounce that dot around the page or launch that rocket - the possibilities are simply endless.

You will learn some great tips and techniques on the art of flip book making in this taster workshop. No previous drawing experience is required as all materials are supplied.

Beyond The Book Festival

Helena Byrne: Interactive storytelling

Friday 21st June 2.30pm - 3.15pm, suitable for age 4+

Join Helena for some magical storytelling, with tales of the Leprechaun, the Fairy Folk and fun Irish Ghost stories. Children will get involved and become part of the story, and later create and draw their own character. The children will also learn some fun vocal and physical exercises to help them develop their storytelling skills. Every child is a storyteller in the making! Helena has brought her stories to numerous schools and libraries across Ireland, as well as to special events such as the YARN Storytelling Festival in Bray, Kilkenny Arts Festival, Portavogie Seafood Festival and the Embassy of Ireland in Washington DC.

Scavenger hunt and drawing workshop with Aga Grandowicz

Sat 22nd June, Ages 7 – 10 years

12.30 - 2pm

Are you a budding zoologist? Or do you just really like drawing animals? If so, Aga Grandowicz, co-creator, illustrator and designer of 'Dr Hibernica Finch's Compelling Compendium of Irish Animals' (published last year by Little Island) has set you a challenge. Join her to learn some cool facts about selected animals that you can meet in Ireland, then find their pictures hidden around you and try to draw one or two!

Young Readers Festival 13th June – For Schools Only

Mary Poppins Themed Workshop with Go Fly Your Kite

Suitable for any class (max 1 class) – Teachers register your class asap!

These kite making workshops will include music and graphics from the Mary Poppins books and movies and will finish with each pupil designing, constructing and learning how to fly their own kite. There will also be a prize for the best creation.

Author Visit: - Brian Gallagher

Suitable for 4th – 6th Class – taking class bookings now!

Local Enterprise Office – Business Advice Clinic

Wednesday 19th June from 10am

For anyone seeking business advice. To book an appointment, applications are available through the LEO office. Please contact 045 980838

eServices Drop In Clinic

Saturday 22nd June

Get one to one advice on how to use all of the online services available at the library including downloading audiobooks and borrowing ebooks and emagazines. Our staff will show you how to register for our free eServices, learn a language, do a course or browse our online newspaper archive.

All welcome – no booking required

Older, Wiser, Laughter – Age Friendly Events

Wild Food Foraging

With Mary White of Blackstairs Eco Trails

Wednesday 26th June 3.00pm

Wild Food Foraging – an illustrated talk and hands on workshop making delicious wild food treats. Learn what is safe to eat and what is not. Discover the hidden secrets of the hedgerows and fields.

Booking required

Wood Carving With Dave Gorman

Wednesday 12th June 11.00am

In this workshop, we will transfer an image onto wood and carve in relief. By carving around the image and lowering the background, our image will emerge from the wood. Each participant will leave with a finished product that can be proudly displayed at home.

Booking required

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

Knit 2 together

Thursday 6th June 4-5pm

An inter-generational knitting group for learners and helpers.

This is the group's last meeting of this school year. Watch this space for more chances to get crafty over the summer.

Contact library for more information

Children's Events

Family Friendly Board Game morning

Saturday 15th June, 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.

'Under the Sea' Art & Craft

Friday 28th June, 3.30 pm- 4.30 pm 7 - 10 year olds

Celebrate the start of the school Summer holidays with this fun 'Under the Sea' Art & Craft where children will paint sea shells and glue them on to hand mirrors to create a Summer time beach scene. **Booking Required**

Kids' Secret Cinema

Saturday 29th June 2.30– 3.50 pm

This month's secret cinema is a classic from Studio Ghibli all about a boy who embarks on a fantastic under the sea journey with a magical fish. **Rated G**

All Welcome!

Spring into Story Time

Pirate Story Time

Friday 7th June 10am – 11am for 2-5 year olds

This week's stories are all about pirates! This is an opportunity to spend some quality reading time with your toddler.

No booking required

Eric Carle Story Time

Friday 14th June 10am – 11am for 2-5 year olds

To celebrate the 50th birthday of the classic 'The Very Hungry Caterpillar', this week's stories are all by the much-loved author Eric Carle. **No booking required**

Summer Time Story Time

Friday 21st June 10 am- 11am for 2-5 year olds

To celebrate the Summer and the Summer holidays, this week's stories are all about sun, sand and Summer time! Join in some fun rhymes and songs to celebrate the Summer!

No booking required

Story Time

Friday 28th June 10 am- 11am for 2-5 year olds

This is an opportunity to 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

(Continued from page 18)

Regular Events

FitLine

Thursday 13th and 27th June 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 6th and 20th June, 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 8th and 22nd June, 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 4th and 18th June 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 8th and 22nd June, 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 27th June 6.00 pm

Following the success of our bi-monthly family-friendly board games mornings, Maynooth Community Library is 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.

Book Club for Young Adults- Interested?

Friday 28th June 3.30pm

Maynooth Community Library is currently seeking expressions of interest for a Young Adult Book Club for First to Third years. The book club would meet on the last Friday of each month at 3.30 pm . To register your interest, please contact the library.

The Village Book Club

Monday 17th June 10.30am – 11.30am

The Village Book club meet every third Monday from 10.30 – 11.30 am. Discussing "The Housekeeper and The Professor". Places available, please contact library staff if interested in joining.

Ex Libris Book Club

Wednesday 26th June 11am

Ex libris will be discussing "The Sellout" by Paul Beatty. 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 11th June 6.30pm- 7.30pm

This month, the Readers of the Lost Ark / Science Fiction book club is discussing 'Lightless ' by C.A. Higgins. New members always welcome. Please contact the library for further details.

Read & Catch-up

Thursday 13th June, 11.30 am

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

Reel Good Film Club

Tuesday 25th June: Screening 5pm Discussion 7pm

All are welcome to come watch the film at 5pm and discuss it at 7pm. This month's pick is a 1995 American Crime Film starring Al Pacino and Robert De Niro. Rated 18

Jane Austen Book Club

Thursday 27th June 11am- 12 pm

June's book club will be discussing "The Jane Austen Book Club" by Karen Joy Fowler. New members welcome.

Please contact the library for details.

U3A Book Club

Monday 10th June 11am- 12 pm

U3A (University of the Third Age) Book Club meets every second Monday in the Library from 11.00 – 12 noon. Discussing "His Bloody Project" in June. This club is now full but please contact library staff if you are interested in joining.

Kildare Planning Applications for Maynooth Area

Planning Applications received from 19/04/2019 To 23/05/2019 Information from Kildare County Council Website

App Num	Authority	Applicant Name	Development Address	App Date
19564	Kildare County Council	John & Noleen Gillick	13 Rockfield Park, Maynooth, Co. Kildare.	21/05/2019
19568	Kildare County Council	Sean Bracken	11 Parklands Court, Maynooth, Co. Kildare.	21/05/2019
19542	Kildare County Council	Buzztap Limited	The Duke & Coachman, Main Street, Maynooth, Co. Kildare.	16/05/2019
19538	Kildare County Council	Sean Skidmore	Clonagh, Maynooth, Co. Kildare.	15/05/2019
19534	Kildare County Council	Lagan Homes Ireland Ltd	Units 13 & 14 Hammerstone, Barberstown Road/Maynooth Road, Straffan, Co.Kildare.	14/05/2019
19527	Kildare County Council	Allied Stores Ltd.	Main Street, Maynooth, Co. Kildare.	13/05/2019
19516	Kildare County Council	Fionnuala Hourihane	17 Parklands Grove, Railpark, Maynooth, Co. Kildare.	10/05/2019
19522	Kildare County Council	Tesco Ireland Ltd.	Carton Park Retail Campus, Dublin Road, Maynooth, Co. Kildare.	10/05/2019
19501	Kildare County Council	Michael & Helen Furlong	130 Kingsbry, Maynooth, Co. Kildare.	08/05/2019
19498	Kildare County Council	Maynooth Community Church Presbyterian Church in Ireland	Carton, Maynooth, Co. Kildare.	03/05/2019
19455	Kildare County Council	Val and Mark Jefferies,	489 Moyglare Road, Maynooth, Co. Kildare.	26/04/2019

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Walking for Good Health

Now that summer is here with brighter evenings and sunnier days it is a good time to start a new fitness routine. Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Unlike some other forms of exercise, walking is a low-cost and effective form of exercise and doesn't require any special equipment or training. The only thing required is a good pair of walking shoes or runners as the wrong type of shoe can cause foot or shin pain, blisters and injuries to soft tissue. **Make sure your shoes are comfortable.**



Health benefits of walking

- increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat.

Walking for 30 minutes a day

To get the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week. 'Brisk' means that you can still talk but you may be puffing slightly. Moderate activities such as walking pose little health risk but, if you have a medical condition, check with your doctor before starting any new exercise program of physical activity. Try to make walking part of your daily routine.

Wearing a Pedometer or Fit Bit while walking

A pedometer measures the number of steps you take. A fit bit can measure the amount of steps, your heart beat, your blood pressure and your oxygen level.

You can use it to measure your movement throughout a day and compare it to other days or to recommended amounts. This may motivate you to move more. The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.

Our bodies tend to get used to physical activity, so continue to increase your intensity as you are able to improve your fitness levels. You can increase the intensity of your walks by:

- increasing the distance you walk
- increasing your walking speed gradually by including some quick walking
- walking up hills
- walking with hand weights

Warming up and cooling down

The best way to warm up is to walk slowly. Start off each walk at a leisurely pace to give your muscles time to warm up, and then pick up the speed. Afterwards, gently stretch your leg muscles. It's best to dress lightly when you do physical activity. Dressing too warmly can increase sweating and build up body temperature, which can make you uncomfortable during a walk or possibly cause skin irritations. A gradual cool-down will also prevent muscular stiffness and injury. Drink plenty of fluids before and after your walk. If you are taking a long walk, take water with you.

Make your walk interesting

If you want to stick close to home, pick different routes so you don't get tired of seeing the same sights.

If you feel unsafe walking alone, join a walking club or start a walking club in your area. Drive to different places park the car and enjoy the views while you walk.



The Greatest Wealth is Health

ZERO WASTE MAYNOOTH



Greta Thunberg is a sixteen year old student from Sweden. She began striking for climate action outside Sweden's parliament last year and has inspired a world wide movement. The following is a speech she gave to COP24 in last December.

"My name is Greta Thunberg. I am 15 years old. I am from Sweden. I speak on behalf of Climate Justice Now. Many people say that Sweden is just a small country and it doesn't matter what we do. But I've learned you are never too small to make a difference. And if a few children can get headlines all over the world just by not going to school, then imagine what we could all do together if we really wanted to."

But to do that, we have to speak clearly, no matter how uncomfortable that may be. You only speak of green eternal economic growth because you are too scared of being unpopular. You only talk about moving forward with the same bad ideas that got us into this mess, even when the only sensible thing to do is pull the emergency brake. You are not mature enough to tell it like it is. Even that burden you leave to us children. But I don't care about being popular. I care about climate justice and the living planet. Our civilization is being sacrificed for the opportunity of a very small number of people to continue making enormous amounts of money. Our biosphere is being sacrificed so that rich people in countries like mine can live in luxury. It is the sufferings of the many which pay for the luxuries of the few.

The year 2078, I will celebrate my 75th birthday. If I have children maybe they will spend that day with me. Maybe they will ask me about you. Maybe they will ask why you didn't do anything while there still was time to act. You say you love your children above all else, and yet you are stealing their future in front of their very eyes.

Until you start focusing on what needs to be done rather than what is politically possible, there is no hope. We can't solve a crisis without treating it as a crisis. We need to keep the fossil fuels in the ground, and we need to focus on equity. And if solutions within the system are so impossible to find, maybe we should change the system itself. We have not come here to beg world leaders to care. You have ignored us in the past and you will ignore us again. We have run out of excuses and we are running out of time. We have come here to let you know that change is coming, whether you like it or not. The real power belongs to the people. Thank you".

If you are looking for a way to start off your Zero Waste journey please come along to our next event. Nu wardrobe will be holding a clothes swap so you can "shop" guilt and cash free! Bare necessities will have dried, loose goods available – so reuse those jam jars and bags. Green Outlook will have zero waste essentials for sale also.

Please follow us on Facebook to keep up to date!

**2-4pm
Sat 8th June
Maynooth
Community
Space**

*Nu Wardrobe * Ladies clothing freecycle
*Bare Necessities * Package free food
*Green Outlook *Sustainable shopping (like bamboo toothbrushes, water bottles)
Craft-Tae Local handmade dishcloths, make up pads & baby items.

FREE EVENT

Join us for a cuppa & chat

Bring the kids!

Last event before the summer holidays





Writers' Corner - Short Stories/Articles from our Readers

New York Revisited

It had been thirty-six years since my wife and I had set foot in The Big Apple and I had mixed emotions: would the weather be muggy, the crowds oppressive, the buildings less spectacular than I had remembered? Our arrival in JFK airport didn't end my doubts. There was an almost overwhelming flux of diverse humanity coupled with a gritty casualness. We shared the people-carrier to our hotel with four Southerners, a prosperous white couple and an equally prosperous black couple. The banter between the latter and our black driver as we traversed Queens soon had us all smiling as if we'd known them for years. Had Obama's presidency changed attitudes for the better?

Our entry into Manhattan through the Midtown Tunnel plunged us into a forest of soaring buildings far higher and denser than I had remembered. By comparison with the tallest skyscrapers our hotel on 42nd Street, near 3rd Avenue, was a mere 41 stories but the view from our 23rd floor room down on a river of cars and yellow taxis was breathtaking.

We picked an Irish bar for our evening meal. Between drinkers and diners there was a friendly buzz and the young waitress who brought our lamb shank and mashed potatoes hailed from Dublin. Having got instructions from the manager about how to phone a friend in Long Island, I began, on exiting, to put 50cent pieces into a sidewalk kiosk, only to discover that it was malfunctioning. When I eventually made two calls from our room they cost 42 dollars. Fortunately, a girl at the front desk, whose parents came from Monaghan, was able to reduce this by half.

Next morning we visited the UN, where the Irish connection was again a bonus. On failing to get through to Long Island from a coin box, a girl at a nearby counter let me use her cell phone then refused to accept payment, explaining that on a visit to Madrid two Irish backpackers had gone out of their way to help her. Later, as we were attempting to make tea at a self-service machine, a smiling, urbane man came to our assistance. We learned that he worked for the UN postal section and, yes, he was Irish American.

After that we walked to Grand Central station to enquire about travelling to Ground Zero. In the cathedral-like main hall, the ebullient middle-aged 'redhead' who answered our queries told us she had worked one summer as a tour guide on the Famine sailing ship, the Jeanie Johnson. All right, I must sound like the boring tourist who seeks out his own kind but in a seething mass of strangers the Emerald connection helps – Not that, ordinary New Yorkers weren't friendly. In fact, apart from some bus drivers negotiating downtown traffic, they were invariably gracious.

We found Ground Zero transformed into a building site enclosed by a high wooden fence. In the diner where we had lunch mementos from 9.11 decorated the walls: an Orthodox priest blessing a kneeling soldier, memorial cards, one of an Irish-American fireman, stuck in the bottom of a picture frame, a handwritten letter from a bereft father... sad little tokens of the fallout from this outrage. The middle-aged Greek who served us told how he had been late for work on the morning of 9.11 and so had a lucky escape. The diner had been turned into a watering place for rescue workers, then had to close for two years. And, yet, despite all the destruction, the steel bones of new buildings were rising from the excavated crater outside. It seems nothing can overcome the resilience of this city.

Next day, a Saturday, we walked to Saint Patrick's cathedral, its neo-gothic spires dwarfed by nearby skyscrapers. Though it may have been built with the contributions of Irish servant girls, on this morning it was crowded with exuberant Latino families celebrating their children's high school graduation, while outside a Cuban

monk of the Heraldos del Evangelio in knee-high leather boots handed out cards with a prayer to the Virgin.

That afternoon we took a train from labyrinthine Penn Station to Long Island, where we visited my friend, who was recuperating in a Port Jefferson hospital. The return journey late that evening was not without its drama: white teenage girls and fellows in our carriage who obviously had drunk too much; an angry black man surrounded by his mates confronting a few nervous policemen before the underground entrance to Madison Square Garden. We didn't wait to find out the cause of the fracas, hurrying outside, where police reinforcements were arriving, to make our way on foot through semi-deserted streets back to our hotel. All told, we were probably safer than we would have been in night-time Dublin.

Mass in crowded Saint Patrick's Cathedral next morning was filled with pageantry: a man in a soutane singing at a lectern, another doing the readings, another serving, a frail monsignor seated in an ornate chair, and, on the loft behind us, the organ rolling out waves of melody. Probably as a result of recent scandals, there were no altar boys, but that did not detract from the magnificence of an occasion where all ethnic groups seemed to be represented.

After mass we walked to Park Avenue to see the Seagram Building, where I had begun work as an electrical draftsman in 1958. This bronze skyscraper with its plaza and fountains was as impressive as I remembered but when I ventured inside, the black security guard said visitors weren't allowed past his station. On hearing that I had been there at the building's construction, however, he graciously allowed me to read the list of tenants displayed on the lobby wall, none of which I recognised. Outside, on looking down Park Avenue towards Grand Central, I found that the Pan Am building had been renamed Met Life but otherwise seemed unchanged.

Throughout the city eye-catching skyscrapers had sprung up in the past 50 years, Trump Tower being an obvious example; I found the lobby of this building delightful, in particular, the glass-enclosed café area at the back with its bamboo trees and pop-art figures. Where do architects get their ability to make each new skyscraper distinctive? Nevertheless, despite ceaseless competition, well-known buildings such as Rockefeller Center maintain their appeal – The golden statue of Prometheus in the lower plaza of the latter, like the large yellow diamond displayed inside Tiffany's, could, I feel, symbolise Midtown Manhattan's gilded aura.

Heading back west we had another reminder of the social escalator that is New York, a Puerto Rican parade with flags, bands, dancers, placards and the essential waving politicians making its way up 5th Avenue just as the Irish one does on March 17th. The full-throated applause of mainly Spanish-speaking onlookers proclaimed, "This is our day and we're proud of who we are." The previous morning we had watched a colourful and noisy Hare Krishna parade with its three decorated hand-drawn carts preparing to march down 5th Avenue to Washington Square and – wouldn't you know it – one of the leading participants was a girl whose grandparents came from Cork.

On the other side of Central Park, having asked directions to the John Lennon memorial, 'Strawberry Fields', from two policemen, one with an enamel Irish flag in his lapel, we were told it was just across from the Dakota Hotel, where he was shot. We found, not as we had expected, a garden but a mosaic circle divided into segments with, at its centre, the word IMAGINE, the whole representing the unity of all peoples. Flowers had been laid on the circle, around which tourists were gathered. Presently an aging hippie type came and began to pick up stray petals, telling everyone that he was the one who daily brought fresh

roses. I expected he would ask for contributions but he just walked away.

Central Park has enough variety and attractions, from the art gallery and museums on its perimeter to the zoo, carousel, playing fields, lakes and theatres within its confines, to warrant a week's exploration but I was anxious to visit Greenwich Village, so we took a bus downtown.

Washington Square was even better than I had remembered: laughing children cooling off in the fountain, an outdoor theatre group re-enacting the life cycle of the Monarch butterfly, street musicians entertaining the crowds... It was only when we went in search of the coffee houses where folk singers once cast their spells and The Circle in the Square theatre in which I had seen entrancing plays such as Dylan Thomas's Under Milk Wood that I realised the old bohemian Village had vanished. A young man with his arm round his girlfriend thought that the theatre was located in Union Square but on walking there we couldn't find it. Then a gentleman I asked about the theatre took out his Blackberry and after much diligent finger-work announced that The Circle in the Square was now up at 50th Street and Broadway. So it too had yielded to middle-class respectability! Later, we asked a policeman, which bus would take us uptown and, to our surprise, he walked over to a bus halted a block away to check with the driver. Whoever said New Yorkers were brusque?

Next day we took the subway to Bowling Green en route to visiting the Statue of Liberty, something I had never managed to do during my eleven years working in New York. While waiting in line to board the ferry, we got into conversation with a young man from Leitrim, an illegal who had just joined the carpenters union. He seemed to be happy with life in The States, even though the number of Irish in the county associations has fallen drastically. For immigrants like him travelling home involves the risk of not being allowed to return.

From the crowded ferry's upper deck the views of the harbour and Manhattan were breathtaking. Now we could imagine the excitement that must have gripped the "huddled masses" sailing from the Old World when their ships approached this vantage point. Weak and exhausted, they must have thanked their Creator for bringing them safely to the Promised Land.

On Liberty Island we were lucky enough to hear a ranger with the National Parks Service give a talk on the history of the statue, in particular the difficulties experienced in raising funds to construct the base, which were only solved when William Randolph Hearst conducted a newspaper campaign. Our guide, like an accomplished actor, kept us hanging on his every word.

After that we took another ferry to Ellis Island, where we saw the Great Hall in which immigrants were assessed and the cramped dormitory where those rejected slept. Suddenly the experience of 12 million weary arrivals between 1892 and 1954 became real. There is a circular steel wall outside on which many of the immigrants' names are inscribed, but not that of my Uncle Mike, who in 1914 sailed from Queenstown on 'The Adriatic', his ethnicity given as 'British, Irish'. He may have found lodgings in 'Hell's Kitchen' on the West Side, an Irish enclave that has since disappeared, unlike other ethnic neighbourhoods in this social melting pot such as Little Italy, Chinatown, and Spanish Harlem.

The return ferry ride to Battery Park was spectacular, a weather front arriving from upstate New York and New Jersey forming an indigo backdrop to a vista of gleaming skyscrapers. When we docked, the sight of yellow-robed dancing Buddhists and black men with live pythons coiled round their necks confirmed that this was still a multifaceted New World.

P.G. Nerney

Reading *Ulysses* by Rita Edwards

'Many motives lay behind that 1951 decision of mine to translate Joyce's *Ulysses* into Irish. If they won't read it in English, I said to myself, bedamn but we'll put them in the situation that they can boast they won't read it in Irish aither.' Irish novelist, playwright and satirist, Brian O'Nolan (1911-1966), aka Flann O'Brien aka Myles na gCopaleen.

Having come across this quotation again recently it reminded me that almost ten years ago I chanced to read in 'An Irishman's Diary' in *The Irish Times* that seven months after it closed, Sweny's Pharmacy at 1, Lincoln Place in Dublin, immortalised in Joyce's masterpiece 'had risen from the dead and ascended into a sort of Joycean heaven'. From 1847 until 2009 it had traded as Sweny's Pharmacy and under new management it was to be run by a group of volunteers who were determined to maintain the shop's fictional literary connection with Leopold Bloom and his purchase of a bar of lemon soap prior to attending Paddy Dignam's funeral on 16 June 1904.

Then I read that in order to support the venture, readings from *Ulysses* would take place in the shop, unchanged since Bloom's visit, every Monday morning at 11.00 o'clock. At the time, I was free to travel from Maynooth to Dublin on Mondays and Sweny's was a five minute walk from Pearse Station. 'This is my chance', I thought. 'It's now or never!'

I rummaged through my bookshelves until I found it. I opened my 1969 Penguin paperback edition of *James Joyce Ulysses* and read what I had written on the second page 'Rita Edwards, Dublin 28 April 1969.' To my surprise, after forty years, and after failing again and again to get past the first chapter, and in spite of being hauled from flat to flat (no apartments in Dublin then) and from house to house for decades, it was still in good condition.

With a certain level of excitement, tempered with trepidation, the following Monday I boarded the train at Maynooth. I arrived at Pearse Station with time to spare and sought refuge in the nearby Café di Napoli in order to fortify myself with a strong Americano.

With ten minutes to starting time, I walked up Westland Row past the anonymous looking houses at the back of Trinity College on my right and past the School of Music on my left. I crossed at the pedestrian lights opposite Kennedy's Pub with its distinctive red stone façade and

into Lincoln Place. I approached Sweny's and timidly pushed open the white double doors.

I was immediately met with a friendly 'hello, are you here for the reading? You're very welcome. Take a seat. Would you like a cup of tea or coffee?' I sat down and looked around me. I felt that I had taken a step back in time. There were a number of other people present, both young and older and as I was to discover over the months that it took us to read *Ulysses*, the readings attracted not only Irish, but people of all ages from many other nationalities and cultures.

First it was explained to us what each chapter was about and then all those who were present were invited to take turns reading. However, there was no obligation to read if you didn't wish to. The reading was followed by a general discussion and light refreshments. I soon discovered that if you couldn't make the daytime reading, there was also a chance to catch up on a repeat reading in the evening. Refreshments after those sessions consisted of a general discussion about everything and anything over a beverage of your choice in nearby Kennedy's. Needless to say, I preferred the evening readings!

From a local point of view, in his work, Joyce makes numerous allusions to what was known as the Maynooth Catechism, a Catechism which outlined Christian religious teaching. At the Synod of Maynooth held in 1875, it was decided that a modified version of an earlier Catechism (1775) should then be used throughout the Irish Catholic Church. Given his Jesuitical education it is not surprising that in his many works Joyce drew on his knowledge of church teaching. Later the Maynooth Catechism became known as the 'Green Catechism' because it had a green cover.

In one chapter in a reference to the Catechism, Joyce refers to 'the third precept of the church to fast and abstain on the days commanded.' Scholars have said that here he really meant the second precept, i.e. to abstain from eating meat on Fridays. But then I have been told that in order to keep future scholars busy on occasion he made deliberate errors in his writings.

If this is the case, one error I cannot forgive him for is that in one paragraph in *Ulysses*, in referring to my home town, Enniscorthy, in County Wexford, he locates it in County Wicklow!

In another chapter, Joyce refers to the visit of King Edward VII to Maynooth College on 24 July 1903 and about the

'priests and bishops of Ireland doing up his room in Maynooth'. To mark his visit, the college dining hall was decorated with the royal racing colours with pictures of two of Edward's favourite horses on display.

A third example takes place in a pub, when Joyce satirically refers to 'the much treasured and intricately embroidered ancient Irish facecloth attributed to Solomon of Droma and other scribes' who assembled the 14th century Book of Ballymote from much older books in Ballymote in County Sligo. With tongue in cheek and perhaps with a modicum of irreverence in a long list he mentions 'Jury's Hotel, St. Patrick's Purgatory, The Salmon Leap, [and] Maynooth college refectory ... all these moving scenes are still there for us to day rendered more beautiful still by the waters of sorrow which have passed over them and by the rich incrustations of time'.

On the night of the final chapter reading of *Ulysses* in Sweny's those of us who were there celebrated on the premises with a glass of wine. Forgetting to keep an eye on the clock I reluctantly walked down to Pearse Station to get the last train home to Maynooth. As I entered the building it seemed remarkably quiet. When I inquired, I was told, 'you're too late Mam, the last train left for Maynooth an hour ago! Not being too worried I walked up Pearse Street to the bus stop opposite Pearse Street Garda Station – same story.'

Still unfazed and still feeling a certain amount of euphoria after my achievement I tried to book into one of the nearby hotels – no luck. In the end I had to approach a taxi. Luckily, the driver was happy to drive me home to Maynooth and entertained me all the way. His father had been a 'button man' on the Dublin City Docks as had his father before him. When work on the docks was scarce, preference of employment was given to those wearing 'buttons' a sign of organised Trade Unionism – others less fortunate had to wait. It could have been a story from Joyce's Dublin all over again.

Sweny's Pharmacy still opens daily to host group readings of Joyce's work, and yes, they still sell, together with second hand books and crafts, those bars of lemon soap.

Speaking for myself, one reading of Joyce's work over a period of months in a group setting doesn't mean that I am now familiar with all the text. While I enjoyed the sessions at the time, it would take a serious amount of study to fully understand *Ulysses*. And life's too short for that – or is it?

Sisyphus

In the too familiar sequence
He feels the boulder threaten
His last reserve of strength
But still he tries, shoulders aching,
Lungs gasping, heart pounding.
The crest is just one step away:
This time he'll really overcome
Whatever accident of birth or fate
Decreed he should be second best
If only he can keep his nerve.
Another muscle wrenching push
And –
No! Not again!

Twisting aside, he watches dazed
The boulder rolling downhill,
Gathering speed,
Jumping mounds and hollows,
Flattening briars, nettles, bushes
In an ecstasy of destruction
Until it crashes with a deadened
thump
Against a hummock in the
valley floor
From which he started out.

How could that merciless,
Self-righteous Tisiphone,
That Fury whom he's never met,
And only knows him by report,
Have so avenged his derelictions?

Now momentarily released
From the agony of exertion,
He sinks exhausted to the ground,
Whence he contemplates the
clouds
Floating onward to Elysium,
A place reserved for the
victorious:
Athletes, patriots, artists, poets,
A world of fame he'll never
enter...

Finally realising some can choose
To imitate the labours of the sun,
He wills himself to stand,
Then stifling a groan,
Sidles downhill step by step,
Making for the boulder.

By Colin Scott

The Gerasene Demonic

Un-named one, or are you the Slave of Legion?

What befell you,
That you must live among tombs,
And self-harm with stones –
Alone?
I'll call you Samson,
For he too broke his bonds.
Were you, too, betrayed by Delilah
Or did your strength come from below,
Your Betrayer, Legion?

Outcast, pariah, no frindly face,
In which to see your God!
Until the Great One passed your way
And saw himself in your misery –
You saw yourself in his great love,
Transfigured.
At the sound of the Bailiff's voice,
No longer secure in their dwelling,
Your squatters screamed for mercy,
And He sent them to more suitable
Habitations – restoring you
To your Birthright.

By GM.

Fathers Day
Sunday 16th June



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Maynooth Monthly Diary Planner

<h3>Community Library</h3> <p>Opening Times</p> <p>Mondays & Fridays 2pm to 5pm Tuesdays & Thursdays 1pm to 8pm Wednesday 9.30am to 1pm & 2pm to 5pm Sat 9.30am to 1pm</p>	<h3>Maynooth Multiple Births</h3> <p>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.</p> <p>For further details email: maynoothmultiplebirthclub@gmail.com</p>	<h3>Bridge Club</h3> <p>Open for new members. If you would like to play in a friendly club with purpose-built facilities in the centre of Maynooth, please see our website at maynoothbridgeclub.com. Contact Katherine Cooney 086 8205910</p>
<h3>I.C.A.</h3> <p>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</p>	<h3>MAYNOOTH LOCAL HISTORY GROUP</h3> <p>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)</p>	<h3>Arthritis Ireland</h3> <p>Arthritis Ireland Walking Group (Maynooth) Meeting Mondays 12-2pm in the Maynooth Community Space</p>
<h3>University of Third Age (U3A)</h3> <p>We meet on Fridays between 11am & 1pm in Maynooth Community Space Tesco SC</p> <p>Activities vary to include social, cultural & educational interests of group & new members. New members welcome Drop in for a cuppa & chat if interested</p> <p>Contact Mary: 0861662910 or Lena: 0876717062</p>	<h3>Maynooth Parent & Toddler Group</h3> <p>Every Thursday from 9.30am to 11.30am Maynooth Community Space Unit 11/12 Tesco SC Carton Park, Maynooth</p>	<h3>Maynooth Men's Sheds</h3> <p>Weekly meetings take place every Wednesday at 11am at the Maynooth Lodge Fisheries Dunboyne Road Maynooth. For further details contact John Fleming - 087 2041334</p>
<h3>Maynooth Tidy Towns</h3> <p>Volunteers required to help with this work. Contact Number 087 3153189 Meet every Saturday at 10.00am in the Square</p>	<h3>St Joseph's Young Priests Society</h3> <p>St. Joseph's young Priest's Society meet monthly on the second last Wednesday between 8pm and 9pm in Parish Centre, Maynooth.</p> <p>For further information contact Bernadette at 6286288 or Lena at 01 6285128.</p>	<h3>Maynooth Community Church</h3> <p>1st Floor Manor Mills (entrance next to Chill) Service times every Sunday morning from 10.30am www.maynoothcc.org Everyone most welcome</p>
<h3>Maynooth Senior Citizens</h3> <p>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</p>	<h3>DIARY ENTRIES</h3> <p>E-mail details of your event before the copy date (2nd last Tuesday of each month) to be included in the next months edition.</p> <p>E-mail: office@maynoothcep.com Phone: 01-6285922</p>	<h3>ST MARY'S BRASS & REED BAND</h3> <p>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.</p> <p>E-mail: sec@stmarysbandmaynooth.ie Website: www.stmarysbandmaynooth.ie</p>

*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

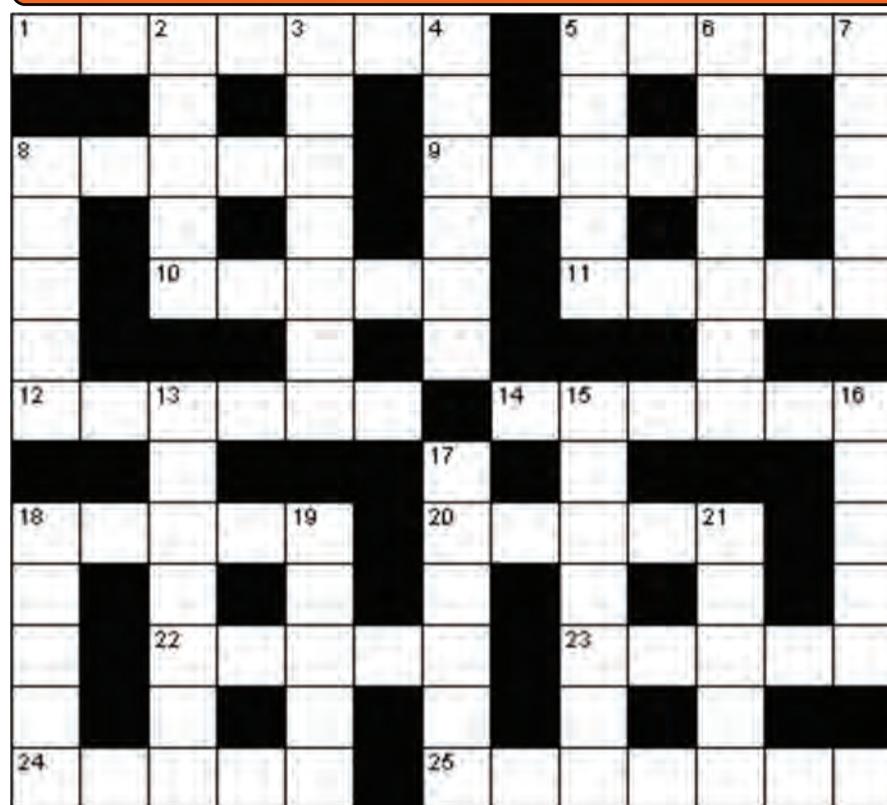
1. Sent iced tea as a lure, essentially (7)
5. Loose ends (5)
8. Exercises authority over regulations (5)
9. Hang on a minute, sounds like animal feet (5)
10. Found in any long fabric (5)
11. Flown in the wind like hawks (5)
12. Time out corner (6)
14. Keep bees in Western Samoa , endless cereal grass (6)
18. Take chance first off, it's a stroll (5)
20. Sounds like a way in to worship (5)
22. Quick rhyming music, who's who in short (5)
23. Musical passage contains main trombone (5)
24. All involved in veto talk (5)
25. Provokes with sharp points (7)



Solutions to Crossword No 479

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

June 2019 Crossword - No. 480



Clues Down

2. Essential to claw back capital only (5)
3. Keeps making chess move (7)
4. Audibly rely on part of a swimming pool (6)
5. Elephant part makes a strong case (5)
6. Inactivity in finer tiara (7)
7. Delivers vessels (5)
8. Jolly pirate emblem (5)
13. Show some America bar ethics (7)
15. Distorted cross section of peril (7)
16. Online search for brute in Gulliver's Travels (5)
17. Official battle hideaway (6)
18. Part of a leg currently in progress (5)
19. Throw out complex pelicans, essentially (5)
21. Find praise in next oldest (5)



Special Prize Book Voucher

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

The Maynooth Bookshop
68 Main Street,
Maynooth

Entries in before: Tuesday 18th June 2019

Name: _____

Address: _____

Phone: _____

Winner of Crossword No. 479

Anitha Munagala
Geraldine House
Lyreen Manor
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

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

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:
18th June 2019**

**Congratulations to
May Winner:**
Jennifer Whitty
Moyglare Hall
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

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

Name: _____

Address: _____

Phone: _____



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



Name: _____

Age: _____

Address: _____

Phone No: _____

Last Month's Winner:

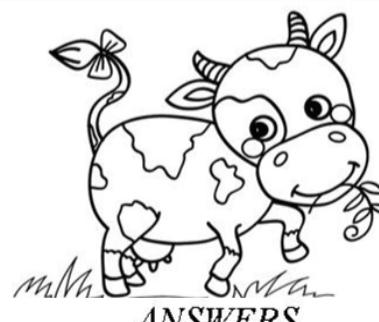
**Molly Reilly
Straffan Wood
Maynooth**

**Prize of a Free Family Meal for Colouring Competition can be collected at:
Maynooth Newsletter Office
Unit 5, Tesco Shopping Centre.**

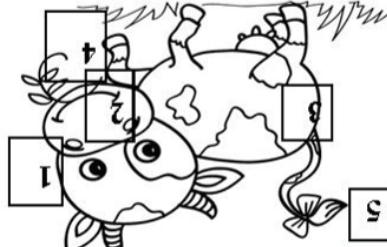
**Entries must arrive before
Tuesday 21st June 2019**

Junior Puzzle Corner

Spot The 5 Differences



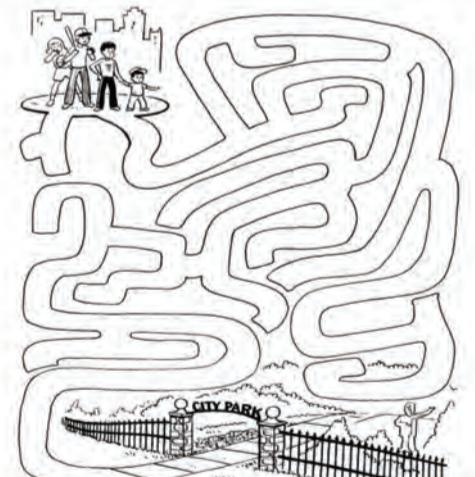
ANSWERS



Copy the
Dog



Help the Children get to the Park





Owning your car straight away, for cash, with our amazing new low rate car loan!

Bumper Car Loan (**€20,000+**)

~~Was 8.25%~~

Now only 6.25%
(**6.43% APR**)

Our mega low rate Life Loan is for whatever you want to do in life. Attic Conversion? Dream Kitchen? It's your choice!

Life Loan (**€25,000 - €40,000**)

~~Was 8.25%~~

Now only 6.5%
(**6.70% APR**)

Loan examples are for illustrative purposes only. Information correct at 09/05/19. Lending criteria, terms and conditions apply. Loans are subject to repayment capacity & financial status. Warning: If you do not meet the repayments on your credit agreement, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future.



My June Garden

The longest day of the year falls on June 21st, bringing warmer temperatures and extra sunlight. Flowers are blossoming, there's lots to harvest in the vegetable garden and keeping on top of bolting plants is a priority – particularly weeds!

In the Flower garden Harden off and move hanging baskets and containers growing on in the greenhouse into their final position. If your hanging basket plants become leggy, trim off the excess to encourage bushy new growth. Continue to thin out drifts of hardy annuals if they're overcrowded. Lift and divide clumps of snowdrops and bluebells once the leaves start to yellow. Lift and divide overcrowded clumps of bulbs. Wait for bulb foliage to die down naturally before cutting back. Pinch out the tips of fuchsias to encourage a bushy habit and more flowers. Start to pick sweet peas as soon as they flower to encourage more blooms. Dead-head your roses if they're repeat-flowering types. Otherwise, leave the seed heads on for decoration.



Dead-head and cut back oriental poppies after flowering. Cutting them close to ground level will stimulate new foliage. Stake tall or floppy perennial plants to prevent wind damage. As new shoots grow, use soft ties to train climbing plants such as honeysuckle and clematis to their supports. Prune out overcrowded or dead stems of evergreen clematis they have finished flowering to maintain a good shape. Towards the end of June, if your hardy geraniums have finished flowering, cut them back to encourage new foliage and flowers.

Harvest flower heads from your lavender plants to use in baking, crafting, or as a garnish to your meals

In The Vegetable garden **Beetroot** Continue sowing beetroot seeds in June, perhaps a few at the beginning of the month and a few at the end so that in September and October you'll have some to harvest that haven't grown too large. They can be stored for the winter if necessary. Sow beetroot direct. Seedlings don't like being transplanted. **Broccoli** Sow late sprouting broccoli seeds either where you want to grow them or in a seedbed for transplanting

later. Depending on the variety, you should be able to harvest them in autumn or overwinter them for picking early the following year. This late in the year, calabrese is better sown where it is going to stay as it is a crop that doesn't like being moved once the weather is warm. **Carrots** This is the last chance to sow main crop varieties that will be ready for harvesting in September or October. **Peas** The beginning of June is probably your last chance to sow main crop peas, mangetout, and snap peas. Towards the end of the month switch to a fast-maturing early variety. These should be ready for harvesting in about September. Young pea seedlings are irresistible to pigeons and need protecting with nets or wire mesh. **Cucumbers** Outdoor cucumbers are usually started off earlier in the year in pots or under cover, but if you sow some seeds outside this month they should give you a crop in August or September. **Lettuces** Sow in situ and thin out if the seedlings are too crowded. High temperatures may hinder germination – which is perhaps why folklore has it that seeds are best sown at the end of the day, when the soil is cooling down.

In the Fruit garden Do not spray any plants with insecticides if still flowering as this could harm pollinating insects leading to a poor fruit yield later in the year. Keep weeds under control, keep all fruit watered during dry spells. **Pruning & training fruit in June** lightly prune over-zealous apple, pear, plum and cherry trees if necessary to keep them compact. Continue de-shooting wall trained trees paying particular attention to shoots which are pointing towards or away from the wall. Pinch out tip buds of young shoots on mature fig trees. Select raspberry shoots for tying in. Prune old canes on newly planted raspberries once new shoots are produced. Tie in new shoots on blackberries and hybrid berries. **Harvesting** Continue harvesting small gooseberries which can be used for cooking making sure you leave some on the bush to mature. Continue harvesting protected strawberries. Continue harvesting Rhubarb picking 1 or 2 sticks from each plant at any one time. Start harvesting strawberries, early raspberries, and cherries, red and white currants. Uncover protected strawberries. Net early fruit to protect from birds. Open one side of fruit cages to allow easier access to pollinating insects. **Thin plum fruit in stages** - preferably once at the beginning of the month and once at the end of the month. **Thin apples lightly** if the set of fruit seems heavy however it's best to wait until the natural fruit drop towards the end of the month before final thinning. Thin pears lightly if the set of fruit seems heavy however it's best to wait until the natural fruit drop towards the end of the month before final thinning. **Continue to spray** pears and apples against scab. Remove suckers and runners from between raspberry and strawberry rows if present. **Continue to spray** raspberry and blackberry canes against spur blight if it is a known problem. **Continue to spray** fruit trees and bushes against pests such as aphids, mites, caterpillars and other pests once the blossoms have faded. **Keep all fruit trees and bushes watered in dry spells especially container and wall grown specimens.**

Like most things that happening at the moment, gardening in Ireland has reached a new wave, a new modernity. Having a garden can now mean a vast amount of things. Your garden can be: Traditional – Modern – Holistic – Food Oriented – Focused on Style Over Function or Function Over Style – Garden Furniture Orientated. Irish gardening has become something specific to each person

Gardening requires lots of water -- most of it in the form of perspiration.

Nicoise Salad

Ingredients:

For the Shallot vinaigrette

- 2/3 extra-virgin olive oil
- 1/4 grainy mustard
- 1/4 red wine vinegar
- 1/4 lemon juice
- 1 medium shallot, finely chopped
- 1 tsp. sugar
- Salt
- Black pepper



For Nicoise Salad

- Oil-packed tuna
- Oil-packed olives
- Cooked eggs, quartered
- Cherry tomatoes, halved
- Mixed greens

Instructions:

1. Make the Shallot vinaigrette : Shake olive oil , mustard , vinegar ,lemon juice ,shallot ,sugar ,salt and pepper.
2. Make the Niçoise Salad : Drizzle shallot vinaigrette over tuna ,olives ,eggs ,cherry tomatoes and mixed greens. Enjoy!!

Vanilla Pudding Fruit Salad

Prep time: 10 minutes

Servings: 12

Ingredients:

- ◆ 2 cups strawberries, sliced
- ◆ 2 cans sliced peaches, 15 oz each
- ◆ 1 can mandarin orange segments, 11 oz
- ◆ 1 can pineapple chunks, 15 oz
- ◆ 2 bananas, sliced
- ◆ 1 green apple, cored and diced
- ◆ 1 1/2 cups blueberries
- ◆ 1 1/2 cups purple grapes
- ◆ 1 lime
- ◆ 2 tablespoons instant vanilla pudding mix



Instructions:

1. Zest the lime.
2. Drain one of the cans of peaches into a large bowl. Stir 2 tablespoons pudding mix into the juice.
3. Drain remaining can of peaches, mandarin oranges and pineapple chunks. (Juice is not needed for this recipe).
4. Add all fruit and lime zest to the pudding mixture. Gently stir to combine.
5. Chill at least 30 minutes before serving.

Healthy strawberry oatmeal bars

Ingredients:

- ◆ 1 cup oats
 - ◆ 3/4 cup white whole wheat flour (or substitute all purpose flour)
 - ◆ 1/3 cup light brown sugar
 - ◆ 1/4 teaspoon salt
 - ◆ 6 tablespoons unsalted butter (substitute melted coconut oil to make vegan/dairy free)
 - ◆ 2 cups small-diced strawberries (about 10 ounces, divided)
 - ◆ 1 teaspoon corn starch
 - ◆ 1 tablespoon freshly squeezed lemon juice (from about 1/2 small lemon)
 - ◆ 1 tablespoon granulated sugar (divided)
- For the vanilla glaze (optional, if you prefer a sweeter bar)
- ◆ 1/2 cup powdered sugar– sifted
 - ◆ 1/2 teaspoon vanilla extract
 - ◆ 1 tablespoon milk



Instructions:

1. Place a rack in the centre of your oven and preheat to 375 degrees F. Line a 8x8-inch baking pan with cooking paper so that the paper overhangs two sides like handles.
 2. In a medium bowl, combine the oats, flour, brown sugar and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
 3. Scatter half of the strawberries over the crust. Sprinkle the corn starch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
 4. Bake the bars for 35-40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely.
 5. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment paper “handles”, lift the bars from the pan. Drizzle with glaze, slice and serve.
- * Store leftovers in the refrigerator for up to 5 days.
- * To freeze-let the bars cool completely. Wrap tightly in plastic before placing in the freezer. Let thaw in the refrigerator before serving.



FILM/DVD MONTHLY BY BERNIE CLAXTON

MOVIE TRIVIA FACTS



Pretty Woman (1990)

In the wildly popular **Pretty Woman**, Richard Gere snapping the necklace case down on Julia Roberts's fingers, was improvised by Gere, and Roberts's reaction, surprised laughter, was totally natural. The filmmakers liked it so much, they decided to leave it in the finished movie.

Titanic (1997)



James Cameron's epic romance-disaster movie based on the sinking of the famous Titanic ship was the film of the 90s. The scenes set in 1912 (which take up the majority of the movie) have a total length of two hours and forty minutes, the exact time it took for the actual Titanic to sink. The collision with the iceberg reportedly lasted 37 seconds, which is how long the collision scene is in the movie. That slightly risqué charcoal drawing of a topless Kate Winslet in **Titanic** was drawn by none other than the director himself, James Cameron.

Psycho (1960)

Hitchcock's seminal horror masterpiece, **Psycho**, shook cinemas viewers of the 1960s in an unexpected way. In a period when it was considered very inappropriate to show a toilet being flushed on screen, the director broke with cinema convention. The notorious Hays Censorship Code was still exerting its influence on what could be shown on screens in the early 1960s. Alfred Hitchcock saw an opportunity to register some extra shock value to his already disturbing film by presenting a scrap of paper, failing to flush in a toilet. In the book, it was an earring found in the bathroom, but Hitchcock changed it to a piece of paper actually in the toilet, partly to get the expected reaction from conservative cinemagoers.

Casablanca (1942)

Though famous as the piano player at Rick's Café, Dooley Wilson, the actor whom Humphrey Bogart uttered the immortal lines - "Play it Sam" - to, was an experienced musician and bandleader, but not a piano player. Wilson, a professional drummer, mimed the piano playing, copying an offscreen pianist. "As Time Goes By" was dubbed in later.

Pulp Fiction (1994)



The quirky crime drama **Pulp Fiction**, written and directed by Quentin Tarantino has obtained cult classic status. It boasts an all-star cast and is responsible for single-handedly resurrecting John

Travolta's flagging career from the doldrums.

The queasy scene in **Pulp Fiction** where Travolta jams a needle into Uma Thurman's chest to try to revive her from an overdose was actually filmed backwards. It helped create the illusion of the needle making contact with the actress, without requiring Travolta to run the risk of puncturing her. So in reality, John Travolta is actually pulling the needle out of Uma Thurman's chest in that memorable scene in the film.

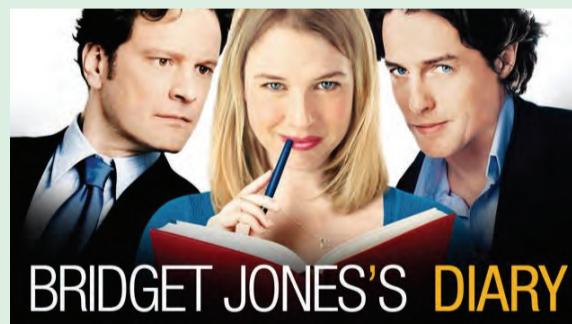
Schindler's List (1993)



Schindler's List is an epic historical period drama film directed and co-produced by Steven Spielberg. It is based on the novel **Schindler's Ark** by Australian novelist Thomas Keneally.

During production, the atmosphere was naturally grim considering the subject matter. Steven Spielberg asked his friend Robin Williams if he could do some comedy sketches while Spielberg would watch episodes of **Seinfeld**. Some of Williams's comedy sketches, played through the speaker phone to the cast and crew on set, ended up being part of dialogue material for his character in **Aladdin**, the Genie. Organising outfits for 20,000 extras was a tough enough task for the costume designer. She put out advertisements for clothes to the Polish natives. As the Polish economy wasn't strong at the time, many people were eager to sell clothing they still owned from the 1930s and '40s.

Bridget Jones's Diary (2001)



This immensely popular romantic-comedy about a thirty-something singleton was based on Helen Fielding's novel of the same name, **Bridget Jones's Diary**. To prepare for the role, American actress Renée Zellweger piled on 25 pounds, and then actually worked at a British publishing firm for a month in preparation for the role. She adopted a false identity as well as her posh English accent, and apparently flew under the radar. On her desk at work, she kept a framed picture of then boyfriend Jim Carrey. Work colleagues found this strange, but never mentioned it to her for fear of embarrassing the incognito actress!

The Terminator (1984)

Arnold Schwarzenegger wasn't the only actor considered for the role of the cyborg assassin, **The Terminator** in the cult science fiction film directed by James Cameron. A certain O.J. Simpson was also considered for the title role of **The Terminator**, but the producers feared he was "too nice" to be taken seriously as a cold-blooded killer!

Casino Royale (2006)

Casino Royale was Daniel Craig's first outing as the most famous killer spy of them all, James Bond. He didn't get off to a

good start. Craig lost his two front teeth while filming a fight scene in Prague (the first action scene to be shot), and his dentist had to fly from London to replace them. It didn't stop Craig though. He's the second longest-serving James Bond, after our own Pierce Brosnan, in 007 history.

Halloween (1978)

In John Carpenter's horror classic, Michael Myers's face mask in **Halloween** is just a Captain Kirk/William Shatner face mask. The make-up artists spray-painted the face white, teased out the hair, and reshaped the eye holes. Nowadays Shatner has given up Star trekking and holds court on his Twitter Account. Check it out. He's pretty scary there too!

The Departed (2006)



The Departed is a 2006 American crime film directed by Martin Scorsese. It's a remake of the 2002 Hong Kong film **Infernal Affairs**. The film stars Leonardo DiCaprio, Matt Damon and Jack Nicholson. In the scene where Nicholson pulls a gun on DiCaprio, it's the real McCoy! Nicholson decided to go off script and produce a real gun, since he reckoned the scene wasn't exciting enough beforehand. Talk about artistic license! Thankfully DiCaprio is still here to tell the tale.

My Left Foot (1989)

The Oscar-winning, **My Left Foot** is a biographical drama based on the life of Christy Brown, co-written and directed by Jim Sheridan and starring Daniel Day-Lewis and Brenda Fricker.

Daniel Day-Lewis broke two ribs during filming from assuming the hunched-over position in his wheelchair for weeks of filming. Known for his rigid adherence to the 'Method' School of acting, Day-Lewis would refuse to come out of character off set. Even on lunch breaks, other co-workers would have to help him with eating food! Now that's dedication to your Art!

The Wizard of Oz (1939)

Evergreen classic, **The Wizard of Oz** is fondly remembered for the glorious performance of the young Judy Garland. It is also notable for her character Dorothy's cute canine companion, Toto. Toto was quite the star in his own right. In fact, the adorable pooch earned more than the Munchkins on **The Wizard of Oz**. The dog scooped up 125 dollars per week for his onscreen doggy activities, while the actors playing the Munchkins had to settle for just a measly 50 dollars weekly.

Oscars Ceremony

Oscar Winners used to be announced before the ceremony during the early years of the Academy Awards. The organization provided newspapers with the names in advance, with the agreement that they would not publish the winners until 11 p.m. *The Los Angeles Times* saw fit to break this rule, during the heated 1940 ceremony. They revealed that **Gone With the Wind** had won the prestigious Best Picture Award, before the statue had even been handed out. It led to a rule change that stands to the present day.





Frank O'Rourke TD

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Dáil
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Advice Clinic held in Maynooth every Monday at 3pm, in Glenroyal Hotel

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Who is this for?

If you are just about to enter TY, 5th or 6th year, and if you have an interest in starting a business or working in the exciting world of innovation, then this is for you! Previous business background is not required!

Time, Location, and Fees

Date: Monday 8th to Friday 12th July 2019

Time: 10am to 4pm daily

Location: School of Business, Maynooth University

Fees: €50 for the full 5 days (Lunch included)

Booking Information:

<https://www.maynoothuniversity.ie/school-business/entrepreneurship-summer-school-0>

About the Summer School

MU Entrepreneurship Summer School 2019 takes the dual importance of entrepreneurship in small firms and the innovation in large corporations into account and will introduce students to entrepreneurial thinking, creativity, and innovation activities in both types of organisations. Some topics and activities include:

- Entrepreneurship and innovation
- Business models
- Social media and digital marketing
- Leadership and human resource management
- Corporate social responsibility and social entrepreneurship
- Team work and communication skills
- Robot building workshop
- One day company visit to AWS
- A visit to MaynoothWorks (a vibrant and dynamic incubation center for start-up businesses).

A week-long 'deep dive' into the exciting world of entrepreneurship, innovation, leadership, marketing, teamwork and business.