



Local News February 2020 Issue No. 487 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 Town Ladies Football – Our Community playing its part in the giant shift in female sport



As we all know, there are many obvious benefits from being involved in sports including physical and mental well being, the ability to work in a team, goal setting, hard work and commitment. Currently there is a significant gap in the participation rates between men and women in sport which means that huge numbers of girls and women are missing out on these positive benefits. A recent survey has suggested that 75% of girls between the ages of 13 and 15 give up all sport. There are a number of reasons for this

but some of the key findings of the survey suggested this was due to a lack of female role models in sport and the fact that girls don't feel they are supported as much as boys.

Sport has the power to change lives and can be one of the great drivers of gender equality. There has been huge steps both domestically and internationally over recent years to address the gender imbalance in sport. On a domestic level Sport Ireland have launched their 20*20 initiative which is pushing a cultural shift in the perception of girls and women in sport in Ireland.

At Maynooth Town FC we are fully committed to supporting this cultural shift and have created an ambitious 5 year development plan for the ladies section of the Club. We have a number of exciting initiatives planned for the coming season that we hope will inspire and motivate girls to take up and keep playing soccer including

- Creating a strong identity for young women playing football in our community
- If She Can't See It She Can't Be It ambassadorial coaching sessions
- Support Your Club days
- · Vertical Integration sessions
- Guest Coaches
- Trips to watch both national and international games

If She Can't See It Ambassadorial sessions

As mentioned, the shortage of female role models has been identified as a significant factor in the low participation rates in women's sport. In an attempt to address this MTFC have run successful Ambassadorial events with Rebekah Penco (Former Irish Soccer International & Powerlifting World Champion), Zelda Corcoran (Former Irish Soccer

International, inducted into the All American Hall of Fame while on a scholarship in the States) and Niamh MacEvoy (Dublin Ladies Senior Football Team). We had more than 80 girls at our last ambassador session run before Christmas with the event proving to be a huge success.



MTFC Ladies football are also currently engaged with a number of prominent coaches including ex Manchester United star Liam O'Brien, Gordon Ewing from Shelbourne FC Ladies as well and one of the most promising goalkeeping talents in the Premier League, local lad Mark Travers to hold coaching sessions within the club for young girls in the community.

Vertical Integration

While it is fantastic to have such an unbelievable line up of celebrity coaches to help inspire our girls we, at MTFC, believe that another key group that influence our kids behaviours are their peers and in particular the kids a year or 2 older than themselves. To this end we have a number of vertical integration sessions scheduled for the year. As part of this all teams will play/train with the team above them twice a year. We hope that these sessions will have many advantages including;

- Creating multiple positive peer role models
- Provide opportunities for the older kids to develop their leadership skills
- Create a greater sense of club as the girls develop relationships with the girls throughout the club and not just on their team



Support Your Club Days

Another reason for lack of participation in female sports is that girls don't feel as supported as their male counterparts. Another of our initiatives for this year is to host Support Your Club Days. We will arrange for all the girls teams to have a home game on the same day and invite all the girls parents, grandparents, brothers, sisters and friends to

come along and show their support. We would encourage people to support all teams by going a little earlier or hanging around a little longer. We hope to get more than 500 people their to support the girls on these days which would be a great achievement and really show the girls how much we are behind them.



One of the key objectives of our development plan is to have a team at every age from U7s to U19s. We also want to grow our current girls nursery. If your daughter would be interested in coming down to see what it's all about please contact Miriam Murphy on 086 1060654.





MAYNOOTH ST. PATRICK'S DAY PARADE 17th MARCH 2020

FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 17Ú MÁRTA 2020 Entry Form on Page 26





MAYNOOTH DRESSES

Unit 9 M4 Interchange Park Maynooth Road (Behind Base)

2020 Communion Dresses Now in Stock from €79

Full Stock of White and Ivory Communion Accessories & Shoes

Boys suits from €49

Just Arrived 2020 Debs Dresses

For All Our Opening Hours
Visit our Website on:

www.maynoothcommuniondresses.ie also www.maynoothdresses.ie

Phone: 01629358

Deposits Welcome





Style 3087







Winter Warmer Introductory Offer

- Hot Oil Back Massage
- Nourishing Scalp Massage
- Pre-treatment relaxation time in Adult Pool, Sauna, Steam Room and Jacuzzi
- Refreshments in Relaxation Area

€70 for 150 minutes of luxury spa time.

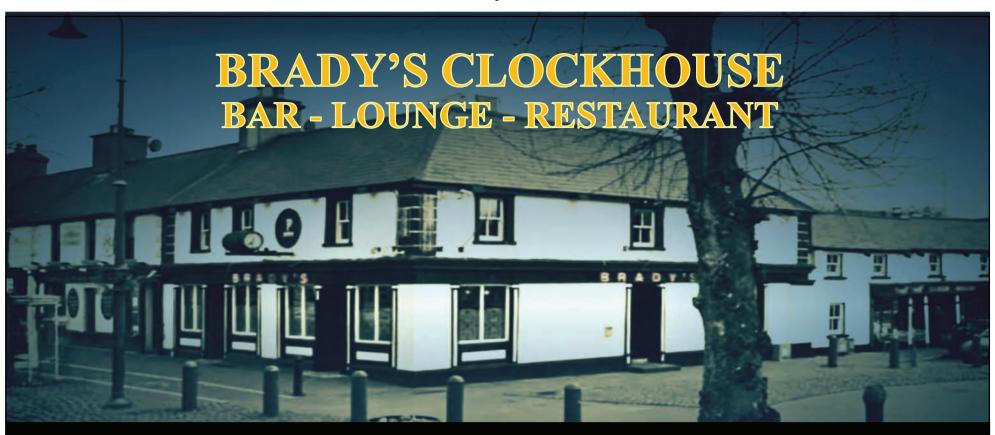
To book call 01 629 1484 or email noaspa@glenroyal.ie





f O





Whether dropping by for a friendly drink, food or settling in to watch the match, we are sure you will find a warm welcome with great service and a comfortable setting to ensure your stay is a pleasant and memorable one.

We look forward to seeing you soon.



Like us on Facebook @BradysClockhouseMaynooth
Parties Catered For to Book
e-mail: info@bradysbarmaynooth.ie Web: www.bradysbarmaynooth.ie - Tel: 01-5054725



Great Food Served 7 Days

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.



PAYE income tax rates 2020

Question

I'm a PAYE worker. What income tax will I pay in 2020?

Answer

The amount of tax that you have to pay depends on your personal circumstances. Tax is charged as a percentage of your income. The amount that you actually pay depends on your income and on the tax credits and reliefs that you are eligible for.

The first part of your income, up to a certain amount, is taxed at 20%. This is known as the standard rate of tax and the amount that it applies to is the standard rate tax band.

If you have income above the standard rate tax band, it is taxed at the higher rate of tax, which is 40% (also called the marginal rate). The amount that you can earn before you start to pay the higher rate of tax is your standard rate cut-off point.

There were no changes to tax rates and bands in 2020. The standard rate of tax is 20% and the higher rate is 40%.

Personal circumstances	Tax rates and bands in 2020
Single person	€35,300 @ 20% - Balance @40%
Married couple/civil partners, one income	€44,300@ 20% - Balance @ 40%
Married couple/civil partners, two incomes	Up to €70,600@ 20% - Balance @ 40%
One-parent family	€39,300 @ 20% - Balance @ 40%

You may also be eligible for other income tax reliefs, credits or exemptions, which can reduce the amount of tax that you have to pay. Visit revenue ie to find out more.

Voting in the general election

Question

Can I vote in the general election on 8 February?

Answer

To vote in an Irish general election, you must be an Irish or British citizen, 18 years of age or over and registered to vote. This means your name must be entered on one of the following:

- The main Register of Electors
- The Postal Voters List (people who can vote by post)
- The Special Voters List (people who are living in a nursing home or other institution)
- A supplement to one of these 3 lists

The 2019-20 Register of Electors and its Supplement will be used in the general election on 8 February. The 2020-2021 Register comes into effect on 15 February 2020, after the election.

To make sure you are on the 2019-20 Register, go to checktheregister.ie, or contact your local authority, Garda station, post office or public library.

If you are not on the Register, you can:

- Contact your local authority to check if you are on the Supplement to the 2019- 2020 Register. If you are on the Supplement, then you are registered to vote in the general election.
- If you are not on the Supplement, you can register to be included in the using form RFA2. If you have changed address you use form RFA3.

Forms must be received by your local authority before close of business on 22 January 2020.

Information is also available online at www.citizensinformation.ie and from the Citizens Information
Phone Service - 0761 07 4000 or Lo-call 1890777121

Maynooth Newsletter

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

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

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

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

Tel: 01-6285922

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

Letters to the Editor

Letters to the Editor, for publication, should be sent by e-mail to: editor@maynoothcep.com

Mission Statement

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

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

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

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

- In the case of errors of fact we will publish corrections when we become aware of such.
- In the case of unwittingly or unfairly impugning the reputation of any person we hereby offer that person the right to reply.

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

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

Maynooth Newsletter Archives

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

www.maynoothcep.com.

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load. The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Editorial Board - Maynooth Newsletter



Copy date for the next edition of the Maynooth Newsletter will be Tuesday 18th February 2020

Editorial

When asked I never describe the "Maynooth Newsletter" as a newspaper but instead say that it is a "social record" of what is happening in Maynooth. For the past 35 years it has been published with the support of employment incentive schemes funded by what is known today as the Department of Employment Affairs and Social Protection and has given hundreds of local people the opportunity for work experience, gain valuable training, develop personal and technical skills as they seek future employment. However, it would not be possible to produce this publication without the ongoing financial support also provided by our advertisers. The material covered in the "Maynooth Newsletter" reflects just a proportion of the activities of the many community, sporting, musical and other social activities that are happening in Maynooth. An invaluable asset to a growing community such as Maynooth.

As our town continues to welcome new residents it is important that we highlight the activities open to people in Maynooth and if your group is doing something that you would like everyone to know about you should submit the information to the newsletter office. Limited in space to 32 pages the "Maynooth Newsletter" always gets more material than there is room to print each month but we always make sure to be fair to everyone in how the space is used.

This month I want to also highlight the fact that many people who call Maynooth their home are bringing credit to the town for their activities outside of Maynooth. I am going to mention just three young people that have come on the national and international radar in the past year. There is not enough space to give a full profile on each person in this edition and the purpose of mentioning them is that you can follow their progress yourself knowing that they are connected with Maynooth.

Starting with the youngest Aidan McCann was just nine years old last year when he shot to both national and international fame. The magician, actor, voice-over artist and presenter as he is described on his Facebook page won the hearts of so many people with his confidence

and style. He progressed to the final stages of "Ireland's Got Talent" where he got to work with judge Jason Byrne (pictured). He also featured on the Ellen De Generes show in the US. Maynooth actor Paul Daly mentioned Aidan to me a few years ago as a young talent to watch and he is certainly right about that. Aidan comes from a talented family of actors best known in Maynooth for running the Brennan Acting Agency and Performing Arts School where many other young Maynooth children get the chance to develop their performing confidence and acting skills.



Aidan McCann pulling a trick on Jason Byrne

In sport, Mark Travers plays for Premier League club Bournemouth having been a goalkeeper for Ireland at youth levels including under 21s and made his senior debut in an international friendly against Bulgaria in 2019 an event that I was there to see as an Ireland season ticket holder.

Mark made a significant impression in the 2018/19 season with a man of the match performance against Tottenham. The departure of Arsene Wenger from Arsenal in 2018 made Eddie Howe, the Bournmouth manager the longest continuing Premier League club manager. Eddie Howe is known as a man well able to spot future talent and it is not surprising that the club have signed Mark Travers in a long-term contract. At just 20 years old Mark Travers should be a name that we will much more about in the coming years.



Mark Travers

I recently heard Paul Mescal being interviewed by Pat Kenny on Newstalk and at 23 yrs. old he as had a successful acting career. Already an established stage actor with roles in a number of the classic Irish plays such as "The Plough and the Stars" in London and a number of other plays in Dublin and London. He graduated with a Batchelor of Arts in acting from The LIR Academy" at Trinity College in 2017 and was immediately signed to a UK based agent. In 2020 he will play the lead role as Connell in the HULU/BBC THREE series "Normal People" an adaptation of the novel by Sally Rooney. He is also set to play Matt in the comedy series "Bump". Aside from acting Paul has played GAA at under 21 level for Leinster and Maynooth as a defender so potentially we could equally have been mentioning him in a sports context.



We know of other people that we should give a mention to in the "Maynooth Newsletter" and we will do so from time to time. Many young lads and girls born in Maynooth are doing interesting things elsewhere. If you know of someone that you would like us to mention, please feel free to get in touch with us.

Paul Croghan Editor



- Supply and Installation of Blinds
- Roller Vertical Venetian Roman Velux
- Home Consultations
- Professional Service with Competitive Prices
- Over 14 years experience in Window Blinds
- Mobile: 085 7338847
- Phone: 01 6210100
- Email:gerardmaloneblinds@gmail.com
- •www.gerardmaloneblinds.com
- Follow me on facebook

1

Hegartys Solicitors

Derroon House

(beside Citizens Information Centre) **Dublin Road, Maynooth**

Buying or Selling Property
Re-mortgaging
Wills - Family Law
Debt Collection

Tel: 01-6293246 Fax: 01-6293247

Also At: 29 Eaton Square Terenure Dublin 6

Email:info@hegartyssolicitors.ie

Website: www.hegartyssolicitors.ie

MULLIGAN'S GARDEN SHEDS KILCOCK

ALL TYPES OF TOP QUALITY TIMBER GARDEN SHEDS

ALL TYPES OF HEAVY DUTY TIMBER FENCING, DECKING, & SIDE GATES SUPPLIED & FITTED

KENNELS, POULTRY HOUSES &

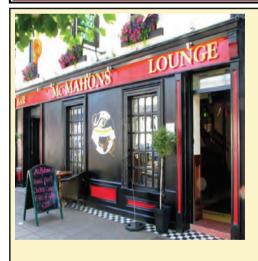
BIRD TABLES

Opening Hours

Mon - Fri 8:30 - 18:00 Saturday 8:30 - 15:00

> 01-6287397 085-2846781





Mc Mahon's Main Street Maynooth



"Mc Mahon's Bar" is a perfect venue for birthday, engagement, after work parties

Phone: 01-6291568

Web: mcmahonsbarmaynooth.com e-mail:angelamacmahon@hotmail.com

New HD Screen

Live Music at Weekends



Food Served
All Day
Until
9.30pm Fri/Sat
9pm Sun/Thurs



Comhaltas Craobh Mhaigh Nuad



Hello again, and a Happy New Year to all our branch members and all readers of our monthly Craobh Mhaigh Nuad article.

Lessons started on 15th January and a warm welcome to all starting out on their musical journey for the New Year. No better time of the year for tunes, with long, cold nights and the resolutions to stay away from Maynooth's hostelries!

Scór is the primary competition of the GAA for showcasing Irish culture and the branch. Many members involved in both organisations, had a very strong showing at this year's Maynooth finals and at the Kildare event in Allenwood.

Rita Doyle has been driving Maynooth's participation in Scór for many years and her dancers put on another great performance in the Kildare rounds.

The next set of performers were the Drím Tím who qualified for Maynooth hurling in 2019. All three played very well in the final round, finishing runner-up in both Maynooth and Kildare

Róisín and Caoimhe were up next, with a polished performance that took the Kildare title – the third time the girls have qualified for the Leinsters. Maith sibh!

The Leinster semi-final in Oldcastle, Meath on 10th December went ahead with our qualifying musicians performing strongly, but not ultimately making the All-Irelands.

Maynooth had 2 quiz teams qualify also, which featured a number of familiar faces from the branch. The Maynooth football team went on to win at the Kildare level – a great achievement for the lads, Maith sibh!



Rita Dovle School of Dance



Seán, Róish and Rónán getting ramped up on stage in Allenwood.



Róisín & Caomihe Howley at Kildare Scór



Ronan, Roish, Tom and Sean, who qualified to represent Maynooth Hurling at Scór



Joe, Paul, Liam and Jerry, who had a fantastic win in Allenwood against older opposition, and went on to have a very credible showing at the Leinster finals in January

Our class sessions are still going strong – they're one lesson in 4 and offer a great change from the classroom environment, while being a super learning platform for collaborative playing.



Group session on 5th Dec. Check out # CraobhClassSession for tune lists and pictures.

We're usually in Maynooth GAA the last Sunday of the month, and our adult slow session runs every 2 weeks, so get in touch if you'd like to participate in these even if you're not a branch member. All are welcome!

http://www.ccemhaighnuad.com/ - http://www.facebook.com/ccemaighnuad.http://twitter.com/CCEMaighNuad

Derek Carroll, PRO, Craobh Mhaigh Nuad CCE

Maynooth Golf Society



Annual General Meeting

Sunday 9th February 2020 Brady's B2 (Upstairs) 12.00pm

New Members Welcome 8-10 outings per year

Text 0894906510 with any queries

Please Support Our Advertisers without whom we would not be able to produce the Maynooth Newsletter as a Free Community Newspaper



MAYNOOTH CYCLING CAMPAIGN



Cycling without Age – the Right to Wind in your Hair There has been a slight hitch with the purchase of a trishaw. Maynooth Cycling Campaign selected a trishaw model from the Cycling without Age website - one already in use at an Irish nursing home. However, since then the Cycling without Age organisers in Ireland have recommended a different model from the one we selected. As there is a funding shortfall of approximately €650, we are looking at ways to bridge this gap. We also need to discuss with the various nursing homes procedures involved in organising trips and confirm storage, insurances and such like but we expect to place an order for one of the two trishaws in early February.

Technology Company to Support Cycling Campaigners

In January, the information technology company Dropbox formally launched its initiative to support everyday cycling in Ireland at an event attended by Maynooth Cycling Campaign in its European Headquarters in Dublin. Dropbox has agreed to support the work of the Dublin Cycling Campaign and to help it develop as a stronger cycling advocacy force.

The guest speaker at the launch was Klaus Bondam, CEO of the Danish Cyclists' Federation, who attended Velocity in Dublin last June and who created quite a stir with his criticism of Irish cycling facilities. Other speakers were:

- Paulo Rodriguez, Dropbox's Director of Solutions for Europe, the Middle East and Africa
- Dr. Sabina Brennan, Neuro-scientist and Active Travel Advocate from Trinity College, and
- Dr. Damien Ó Tuama, National Cycling Coordinator with Cyclist.ie - the Irish Cycling Advocacy Network and Vice-President of the European Cyclists' Federation.

Speaking on behalf of Dropbox, Paulo Rodriguez said the following:

"We understand the importance of making cities and towns bicycle friendly, and are delighted to partner with Dublin Cycling Campaign. They are advocating to make cycling a safe aspect of everyday life. We have been very impressed with their unceasing work to effect change at national, local and community levels."

Dropbox is the first company in Ireland, as a Business Member, to formally support the work of a cycling campaign group. Maynooth Cycling Campaign hopes that it will be the first of many.

Celbridge Road Cycle Facilities

It appears that Kildare County Council proposes to recruit

an additional engineer to redesign the cycle facilities on the Celbridge Road. It is unclear what standard will be proposed and what proposals, if any, there will be to acquire the necessary additional land take to provide a good quality scheme.

General Election GE2020

It is general election time and candidates will be canvassing for your vote. Ask the candidates if they have signed up to the principles of Cycling for All.

As part of Cyclist.ie, Maynooth Cycling Campaign has forwarded a wish list to political parties. Details are on our website. We are also supporting Stop Climate Chaos' One Future.











Emmet Stagg Kildare North Labour General Election Candidate Phone: - 01-627 2149 - E mail: emmet.stagg@votelabour.ie - Web: www.labour.ie/emmetstagg



Stagg Welcomes Opening of Phase 1 of Maynooth **Educate Together School**

Emmet Stagg has welcomed the move by the Pupils and Staff of Maynooth Educate Together School into their Permanent Building on the Celbridge Road on Thursday 9th January.

This is Phase 1 of the Project which saw the construction of 8 classrooms. Phase 2 of the project which will see a further 8 classrooms constructed will be completed in time for next September's new School Year.

Congratulations to the Pupils, Staff, Board of Management and Parents of Pupils on the success in having the New School constructed.

Accommodation Brief for Permanent Gaelscoil Ruairí Being Finalised - Stagg

Labour's Emmet Stagg contacted the Minister for Education enquiring when a Design Team would be put in place to progress the architectural planning for the Permanent School for Gaelscoil Ruairí in Maynooth, which is to be located at the Maynooth Education Campus on the Moyglare Road, Maynooth.

Currently, stated Mr. Stagg, Gaelscoil Ruairí is temporarily located at Gaelscoil Uí Fhiaich on the Celbridge Road, Maynooth.

The Minister has now advised Mr. Stagg that his Department is currently finalising the accommodation brief for a permanent building for Gaelscoil Ruairí to facilitate the commencement of the architectural planning process.

Welcoming the Minister's response Labour's Emmet Stagg stated that it was important that the Department were engaging on this issue as the sooner the architectural planning commences the sooner we can seek funding for the permanent school. Concluding Mr. Stagg stated that he would continue to monitor progress on the issue with the Minister.

Stagg Welcomes Appointment of Arup to M4 Maynooth to Leixlip Widening Project

Emmet Stagg has welcomed the announcement by Kildare Co. Council and South Dublin Co. Council of the appointment of Arup to progress the Upgrade of the M4 between Maynooth and Leixlip, a project which will see the widening of the M4 from two lanes to three, in each direction.

The project, stated Mr. Stagg, is included in the National Development Plan 2018-2027 and is listed as a major road development to be prioritised. The project is approximately 10km in length, with 1.5km in South Dublin Co. Council and the remainder in Kildare Co. Council.

Welcoming the move to progress the project Mr. Stagg stated that the M4 at present suffers from serious congestion and the project would improve journey time reliability and improve connectivity. It will also look at capacity constraints at Junctions and in particular the need for a new Interchange at Maynooth to the West of the Town.

In conclusion Labour's Emmet Stagg stated that the delivery of the M4 upgrade is critical and he looked forward to Arup undertaking their work in 2020 with a view to presenting options for improvements for Public Consultation.

Contract Awarded for Team to Assist in Delivering DART to Maynooth - Stagg

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

Iarnród Éireann have now advised Mr. Stagg that the Contract for the Multi-D isciplinary Consultancy Team for the Expansion of DART on the Maynooth Line and for City Centre Enhancements has been

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

Concluding Labour's Emmet Stagg stated that the award of the Contract means it is full steam ahead now on this vital project in delivering DART to Maynooth.

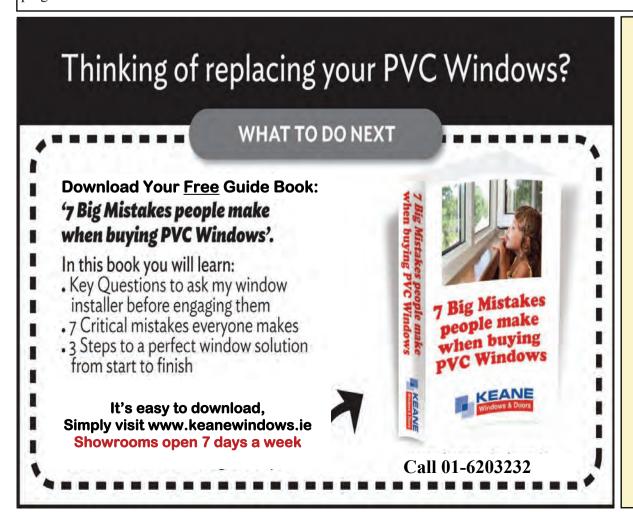
Progress on Setting up North Kildare Gaelcholáiste - Stagg

Emmet Stagg has continued to press the Kildare and Wicklow Education and Training Board to ensure that the North Kildare Gaelcholáiste in Maynooth opens next September as planned.

KWETB have now advised Mr. Stagg that following interviews in the week commencing 25th November last, a replacement Principal has now been appointed for the Gaelcholáiste, Micheal O'Ceonain, who currently works at Coláiste Cois Life in Lucan.

In addition KWETB advised Mr. Stagg that an 'Open Night' was held on Tuesday December 3rd for the new North Kildare Gaelcholaiste in Maynooth Post Primary School and KWETB indicated that the Open Night was well attended and application forms for enrolment to the school were distributed to parents.

Welcoming the progress on setting up the North Kildare Gaelcholáiste, Labour's Emmet Stagg stated that he looked forward to the opening of the school in Maynooth next September.



MAYNOOTH COMMUNITY **EMPLOYMENT PROJECT** SECRETARIAL SERVICES

Unit 5, Tesco Shopping Centre (Beside Post Office)

Photocopying / Typing Scanning to e-mail Print from e-mail CVs / Theses Letters / Essays A3/A4 Lamination

Tel: 01 6285922

Email: office@maynoothcep.com

> **Opening Hours** Mon-Fri 9.00 am - 4.30 pm





Expert Advice Personal Service

Tel: 01 6293941

Email: info@mooremcgivernsolicitors.ie

- **Conveyancing/Property Law**
- **Accident and Personal Injuries Claims**
- **Family Law, Divorce, Separation**
- Wills, Probate and Administration of
- **Employment Law**

In contentious business a solicitor may not calculate fees or other charges as a percentage or proportion of any award settlement

Maynooth Bookshop

68 Main Street

Maynooth

Books

Stationery

School Books

New & Second-Hand

Telephone: 01 6286702

Fax: 01 6291080

E-mail maynoothbookshop@eircom.net

We have 3 full time positions (40hrs per week) in an early years setting that caters for children from 6 months up 12 years of age. Must have a minimum of the equivalent of a QQI level 5.

1 year's experience in and early years setting desirable but not essential. Salary is depending on experience and qualifications. All mandatory training provided and paid for by the company. Travel expenses for staff that have to commute. An additional days holiday is included in Salary and a Christmas bonus.

Contact Jennifer on generalmanager@happysteps.ie for details

GLENROYAL HOTEL Maynooth Co. Kildare **Sunday 23rd February**

VINTAGE TREASURES ART/CRAFTS **COLLECTIONS ANTIQUES FAIR**

Pottery, Stamps, Coins, Silver & Gold & Valuations, Lighting, Paintings, Breweriana, Records, Vinyls Furniture from 30 + Traders

Raffle (drawn 4.30) in aid of Marie Keating Foundation Making Cancer Less Frightening by Enlightening

> Charity cards & gift ideas Donations welcome

11am-5 pm Free Entry & free Car Park

Tel: 087 3309867 (9am - 6pm) www.dublinfairs.ie dublinfairs@gmail.com

CHILDMINDER WANTED In Children's Own Home

Monday to Friday 2.30-6.30 pm & school holidays. Own transport required Tel:087 6535969 For further details

THE MIRACLE PRAYER

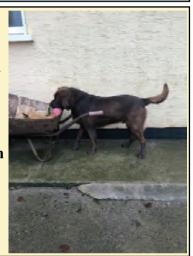
Two almost impossible situations resolved by the Power of this Prayer.

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen Say this prayer for three days, promise publication and prayer & favour will be granted no matter how impossible.

Thanksgiving for favour received

Never known to fail

This lovely chocolate Labrador named Romeo is almost 4 years old. Romeo is looking for a new home as his present owner is unable to keep him exercised due to a change in circumstances. **Contact:** 045-869183



THE MIRACLE PRAYER

Two almost impossible situations resolved by the Power of this Prayer.

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

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

Never known to fail EPL

Maynooth Senior Citizens Committee

Our Club is back in full swing now with exercise and bingo

on Tuesdays and Art / Crafts on Thursdays. 10.30. - 12.30 in the Geraldine Hall. Any retired person out there who would like to learn to paint is very welcome along. Our next event will be our school musical which is a popular event on our social calendar. Our Valentine's tea-dance will take place on Sunday February 16th in GAA club. All Senior Citizens are welcome to this event.

Josephine Moore. Chairperson.





The AGM of Maynooth Tidy Towns will be held on Thursday 13th February 2020 in the Glenroyal Hotel @ 7.30pm.





We were presented with our Gold medal at a ceremony in Blackrock, Co Louth by Minister Michael Ring TD in November 2019. Thank you all for the nice comments made concerning our big Christmas tree placed in the Courthouse Square. Thanks to all who helped in any way with the above project.

We appreciate all who brought Christmas Trees for recycling to the KCC Maynooth yard in Leinster St. and the shredded material will be used locally. We hope to start back in March with our usual planting, clean-ups and general maintenance. WEEE Ireland collection will be held on Saturday 21st March more info in next Newsletter.

A number of Cafés in Maynooth are taking part in the Zero Waste Conscious Cup Campaign, further details on the Maynooth Tidy Towns Facebook page.

If you have an hour to spare come along and help us retain our Gold Medal for 2020.

Further information on 0873153189 or see us on Facebook or contact us on Twitter.

Richard Farrell PRO Maynooth Tidy Towns





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.



Additional Services on Orbital Route 139 says O'Rourke

Local Fianna Fáil TD, Frank O'Rourke, has welcomed the recent additional services on the Naas to Blanchardstown 139 Route, as further services were needed.

"Recently, additional services were added to the 139 Bus Route servicing Naas to Blanchardstown, via Clane, Rathcoffey, Maynooth and Leixlip.

One additional service at 7.00am departing Naas and one additional evening return service."

"This service is growing in popularity, students attending college, commuters linking to the train service, people going to work, hospital visits or using other public transport services are examples of the valuable contribution to the area."

"I campaigned for this Orbital Route and it is now in service for well over a year. We need to increase the number of services on the route and more commuters will use it. I will continue to raise the issue with the National Transport Authority to have the service improved."

"As we cater for increased demand for public transport, we need to improve the Bus and Rail Services for North Kildare. The Bus and Rail Service for Kilcock needs improvement.

Rail service on the Maynooth and Kildare Line need to be improved and we need a connection linking Maynooth to Tallaght via Celbridge and City West," concluded Deputy O'Rourke

Additional Home Support Hours Welcome but more supports needed – O'Rourke

Local Fianna Fáil TD, Frank O'Rourke, has welcomed the one million additional Home Support hours which was announced in Budget 2020, but stated that more needs to be done to tackle long waiting lists for Home Care hours.

"Leading up to Budget 2020, our Fianna Fáil negotiating team pushed hard to secure additional home help hours. The additional one million hours will go some way towards easing waiting times, but more is needed."

"Families seeking home care packages contact me on a weekly basis. There has been an increase in the number of people seeking home care packages and we need extra resources to meet the demand.

"Fianna Fáil introduced the Home Care Package in 2006 and fully appreciates its value. Enabling care for people in their own home is a win-win for everyone. It is generally the preferred choice for older people and their families and it saves the Government money."

"A crisis in home care supports has escalated over the past year. The service has been unable to keep pace with the demand and while the additional hours announced in the budget is a welcome step in the right direction, we need to see more resources for home care packages," concluded Deputy O'Rourke

O'Rourke backs call for increase in state pension.

Local Fianna Fáil TD, Frank O'Rourke, has backed calls for a supplementary budget to be introduced to increase the state pension following the conclusion of the first phase of the Brexit negotiations.

"The pension increase deferred in the budget due to concerns about Brexit should now be introduced. I have spoken with our party spokesperson on Social Affairs, Willie O'Dea TD, who has renewed the call for an increase in the state pension following the conclusion of the first phase of the Brexit negotiations."

"There is no excuse for the Government not to increase the state pension. Older people need protection against the rising cost of living.

I continue to press for additional resources to be provided for Housing Adaptation Grants, Home care packages and Carers. We also need to support community groups and not for profit organisations assisting Older people."

"A supplementary budget should be introduced to legislate for increasing the state budget now. I understand from Deputy O'Dea that the necessary legislation could be fast tracked through the Houses of the Oireachtas."

"Looking after our older people must be a key priority and I will continue to work with my colleague Deputy O'Dea to maximise the pressure on the Government to implement the increase in the state pension by €5 per week." concluded Deputy O'Rourke.

2020 Must Be The Year to Bring Insurance Costs Down says O'Rourke.

Local Fianna Fáil TD, Frank O'Rourke, has said that this year must be the year we finally deal with the cost of insurance in Ireland. Recent years have seen unsustainable increases in the cost of insurance.

"Since getting elected, I have persistently raised the high cost of insurance, not just in relation to motor insurance, but also in relation to the cost of insurance for businesses, community and sport organisations."

"Before Christmas, we have seen from the findings of the Central Bank report, that Insurance companies' profits have increased significantly in the past decade. However, the costs of claims to them have gone down." "The report also highlighted that premiums rose by 42% between 2009 and 2018, but costs of claims had actually fallen by 2.5% overall."

"Consumers will continue to suffer until there is meaningful reform from Government. Six months after the Oireachtas passed the Judicial Council Act, key parts of it have yet to be signed into law. The next government will have to focus on a programme of insurance reform."

"We have seen competition in the insurance market reduce significantly, as almost 250 insurance companies left the Irish market over the past six years. Less competition and choice means consumers end up paying more for insurance"

"Creche facilities, businesses, sporting and community groups throughout the country are threatened with closure due to increased costs of insurance. Replies to Parliamentary Questions put down by my colleague Michael McGrath TD, show that not one senior Minister from Departments of Finance, Business, Enterprise & Innovation, Justice and Children have had a single meeting with individual insurance companies or with the industry body since coming into office in 2016."

"This demonstrates the lack of focus by this Government at a senior level in taking ownership of this problem. I will continue to press for action in relation to this issue." concluded Deputy O'Rourke.

Over 3,600 Children Waiting for Healthcare in Kildare-West Wicklow – O'Rourke

Fianna Fáil TD for Kildare North, Frank O'Rourke has said it is unacceptable that 3,664 children and adolescents are waiting for primary care services in Kildare and West Wicklow.

He was commenting as information compiled by Fianna Fáil paints a shocking picture of 90,000 children waiting for primary care treatments across the country.

New information from the HSE also shows that 117,000 children across the country are waiting for hospital treatment.

Deputy O'Rourke said the Occupational Therapy list for Kildare - West Wicklow was particularly bad with 917 children waiting, including 614 who have been waiting for more than one year for an assessment.

He said, "The primary care lists which we have refer to vital treatment which greatly aides a child's growth and development. That there are 3,664 children waiting for psychology, audiology, ophthalmology, dietetics, speech and language therapy, occupational therapy and physiotherapy, is simply unacceptable.

"Research has shown that when children receive delayed interventions, it negatively affects their quality of life, and increases their risk of not making progress or a full recovery in some circumstances. They are quite literally deteriorating and regressing as they wait.

"In recent weeks, a number of families have contacted me to say that even though they cannot afford it, they are trying to source private services for their children. They are putting themselves into debt in order to get treatment for their child, but for many they still have to wait months because services are so stretched.

"Access to basic healthcare should not be this difficult, parents should not have to fight so hard for it," concluded Deputy O'Rourke.

More support for SME sector needed says O'Rourke

Local Fianna Fáil TD, Frank O'Rourke, has called on the Government to provide more support for the Irish SME sector given its importance to the Irish and indeed local Kildare economy.

"Two recent reports have cited rising costs as a main concern for 50% of Irish SMEs. The SME sector is the backbone of the economy. We need to support them and help them create and sustain jobs. Rising costs, such as rates and Insurance, is a big problem for many SMEs and it needs to be addressed."

"The two recent reports prepared EY-DKM Economic Consultants and Bibby Financial Services, have both highlighted rising costs, cashflow management and Government regulations are key concerns for SMEs."

"Despite many Government announcements on tackling prompt payments for SMEs, two in every five respondents stated that payments collection is the principal challenge to cashflow."

"Over recent years, I have consistently raised the cost of rates and insurance as being a key element of rising cost for businesses. The cost of both motor insurance and business insurance remains stubbornly high for households and businesses across the country.

The average annual cost of motor insurance now stands at €750 compared with €450 in 2014, an increase of nearly 70%."

"We need to address the rising costs, for business and for families, if we are to protect our jobs for the future." concluded Deputy O'Rourke.



Maynooth University Town Football Club Results



The season is gathering pace once more after the and further goals by Flaherty, Hartnett and mid-season break.

Recent results include:

L.S.L Senior Div. Sun. Town 3 - Liffey Wdrs 1

Town dominated proceedings in this easy victory over Liffey. Town attacked from the start and were rewarded in the opening minutes when a Cillian Duffy corner was slotted home by Darragh Gannon.

Only minutes later a corner from the opposite side was expertly placed above and beyond the Liffey defence for a direct strike by Dylan Kavagh.

Liffey reduced the deficit midway through the second half but Town quickly regained control and Jack Bagly sealed the points with an expert strike following another Cillian Duffy corner.

L.S.L Major Div. Sat Cherry Orchard 4 - Town 2

Town came up short in this game which was closer than the score line suggests. Despite excellent goals by Dean Barrett and Francis Ilunga they were not enough to rescue the points.

L.S.L Div 3 Sunday Town 6 - Rivervalley Rgrs. 1

Town put on their best performance to date in running out easy winners in a one side game. Flynn's hat trick was the highlight of the game Toderic made up a very impressive score line.

L.S.L Major Div. Sat. Town 3 - Liffey Wdrs 1

Despite conceding an early goal Town quickly gained the initiative and turned in an impressive performance. Sven Biensumbo got Town back on terms to boost confidence before Gavin Kinsella increased our lead. Martin O'Connor closed the scoring for Town to record an impressive victory.

Metropolitan Cup 3rd Round Town 2 - Portmarnock F.C. 0

Making a number of changes from previous games our strength in depth was emphasised in no uncertain fashion. We never looked in danger of being overcome by a Portmarnock side who seldom threatened Shane Fagan in the Town goal. Town made several changes for the 2nd half in order to give some experience to our fringe players who performed admirably. Conor Foley and Cillian Duffy were the marksmen who propelled us into the next round.

L.S.L Major Div. Sat. Colepark Utd. 0 - Town 2

Town kept themselves in the hunt for honours in this hard fought game against a stubborn Colepark side. Goals by Dan Reynolds and Youcef Belhout secured the points for a deserved home win.

Cahill Cup U.C.D 0 - Town 2

We took a right battering in this Cup game at Belfield. The opposition had nothing to do with this fact. Rain, sleet and a near gale force wind battered both sides for most of the game making good football almost impossible. Even with an 11:00 am kick-off it became so dark that it was necessary to switch on the floodlights at 11:35 Town handled the conditions best and an excellent brace of goals Darragh Deegan capped an excellent win.

L.S.L Senior Div. Sun. St. Mochta's 1 - Town 1

Town kept pace with league leaders St. Mochta's in this match of the day.

Town took the lead inside the 1st minute when Cillian Duffy sent a cross into the home area which was turned into net by a St. Mochta's defender. Town kept up the pressure but good fortune and excellent goalkeeping by the home keeper made life difficult for Town. An injury to Cillian Duffy took some of the sting out of the Town attack. St. Mochta's looked as if they might snatch a late winner but a resolute defence and excellent goalkeeping by Shane Fagan held firm to earn a deserved point.

League Tables & Full Results on Page 12



While this may seem a little far-fetched, if you aren't prepared, pre-holiday stress can make you forget even the most obvious and important items.

So, to help you if you're jetting off soon, here is a handy checklist to make sure you've got everything covered. Then all you need to worry about is whether to hit the beach or the sights when you arrive.

Check out your accommodation on Google Earth. Dig out your passport and make sure it's in date.

It might sound simple but there is nothing that dampens your pre-holiday excitement quite like the realisation that you can't find your passport or that it's out of date. Checking it a couple of months in advance is something few of us would think about doing, yet it's imperative you do – otherwise your holiday could be over before it's even started.

Be aware that there are also some countries that require your passport to be valid for a particular period from your date of arrival. For example, the United Arab Emirates, Kenya and Turkey all require a minimum period of six months to be left on your passport from your date of entry. To check regulations for the country you are visiting, simply go to the Foreign and Commonwealth Office website.

Make sure you know your luggage allowances - even if you have flown recently Over-packing and being stuck at the check-in desk with luggage that's too heavy can really start your holiday off on the wrong foot.

In this situation, you'll either have to try and disperse some of the weight by putting it into your hand luggage (if you have room) or pay extra. So before you go, make sure you have weighed your case. You can buy handheld digital luggage scales for just a few euro. If you do decide you are going to need to take extra luggage, pre-book it in online in advance. All airlines have different regulations so make sure you look at the fine print in their baggage policies.

Make your home secure

Nothing will snap you out of your post-holiday high like coming home to discover you've been broken into. Double and triple check doors and windows. Ask a family member or a trusted neighbour to regularly check on the house and remove any mail from behind your front door. It may also be worth considering investing in light timers. Remember that if you were to suffer a break-in while you were on holiday and you had not secured your home properly, your insurance could be deemed invalid - so taking the time to do this really is important.

Take out travel insurance, and get an E111 form if you are travelling within Europe Then E111 scheme is not the equivalent of private health or travel insurance, however, it is only intended to ensure that EU citizens can receive emergency treatment while in any other EU country.

Apply for ESTA no later than 72 hours before departing for the US. Arriving at the airport without a previously approved ESTA (which normally lasts for two years) will likely result in being denied boarding. Check websites for ESTA applications (Prices

Travel Money

While on some occasions you can get away with just travelling with cash and your debit card, there are many destinations where a credit card is essential. The United States, for example, requires you to have a credit card to check in to most **hostels**. You will also need a credit card (with a pretty large credit allowance) to rent cars in the US. They will block up to \$1,000 for the duration of your rental.

Keeping a spare credit card with you in case of emergencies is also a smart idea. Especially in cases where your debit card gets blocked, eaten by the machine or gets stolen. Using a credit card instead of a debit card or cash is also great for fraud protection when you travel abroad. Credit cards are carefully monitored by the credit company, meaning they can report unusual activity if they suspect someone's stolen your card, or even block it if they see lots of suspicious activity. If you lose your card or it's stolen, you can get a replacement sent to you within a few days. Be sure to let your bank or Card Company know that you plan on travelling and the countries you plan to visit to avoid the risk of your card getting blocked accidentally.

Sort out pet care / Pre-book car hire

Source: smarttravel.com



Maynooth University Town Football Club Leinster Senior League Tables Tables & Results courtesy of Leinster Senior League (www.lsl.ie)



Leinster Senior League Senior Division Sunday											
# Team	P	W	D	L	F	A	GD	Pts			
1. St. Mochtas FC	13	8	4	1	25	10	15	28			
2. Malahide United	13	8	3	2	29	11	18	27			
3. Bangor GG FC	12	8	1	3	32	22	10	25			
4. Maynooth University Town FC	14	7	3	4	27	17	10	24			
5. Killester Donnycarney FC	11	7	1	3	24	11	13	22			
6. Bluebell United	11	4	4	3	30	29	1	16			
7. Edenderry Town	14	4	4	6	21	26	-5	16			
8. Liffey Wanderers	11	4	3	4	24	21	3	15			
9. Crumlin United FC	10	5	0	5	20	18	2	15			
10. Cherry Orchard	13	4	2	7	20	39	-19	14			
11. Newbridge Town FC	14	3	4	7	24	38	-14	13			
12. Portmarnock AFC	12	3	0	9	23	38	-15	9			
13. Ballymun United	12	2	2	8	13	25	-12	8			
14. Wayside Celtic	10	2	1	7	13	20	-7	7			

	Senior Division Sunday Results											
Date	Home	Result	Away									
10/01/20	Maynooth University Town FC	3:1	Liffey Wanderers									
05/01/20	St. Mochtas FC	1:1	Maynooth University Town FC									
13/12/19	Maynooth University Town FC	3:0	Portmarnock AFC									
17/11/19	Cherry Orchard	2:2	Maynooth University Town FC									
10/11/19	Bangor GG FC	4:3	Maynooth University Town FC									
25/10/19	Maynooth University Town FC	4:0	Crumlin United FC									
11/10/19	Maynooth University Town FC	3:0	Edenderry Town									
04/10/19	Maynooth University Town FC	2:0	Newbridge Town FC									

Leinster Senior League Division 3 Sunday									
# Team	P	W	D	L	F	A	GD	Pts	
1. Confey FC	12	10	1	1	45	17	28	31	
2. Verona FC	13	7	4	2	48	20	28	25	
3. Maynooth University Town FC	13	8	1	4	40	25	15	25	
4. Dingle United	13	6	2	5	33	24	9	20	
5. Loughshinny United	10	5	1	4	34	28	6	16	
6. Wayside Celtic	9	4	2	3	14	15	-1	14	
7. Woodfarm Football Club	12	4	2	6	17	22	-5	14	
8. Ayrfield United	8	4	1	3	25	16	9	13	
9. Edenderry Town	10	3	4	3	17	19	-2	13	
10. Esker Celtic FC	11	4	1	6	26	35	-9	13	
11. Tymon Bawn AFC	11	3	0	8	20	51	-31	9	
12. Shankill FC	9	2	0	7	20	43	-23	6	
13. Spartak Dynamo FC	6	1	1	4	8	15	-7	4	
14. River Valley Rangers AFC	7	1	0	6	13	30	-17	3	

Leinster Senior League Major Saturday										
# Team	P	W	D	L	F	A	GD	Pts		
1. Crumlin United FC	11	8	3	0	32	9	23	27		
2. Cherry Orchard	12	8	2	2	34	16	18	26		
3. Bluebell United	9	8	0	1	32	11	21	24		
4. Maynooth University Town FC	11	6	4	1	26	14	12	22		
5. UCD AFC	12	6	1	5	31	20	11	19		
6. Bangor GG FC	10	5	2	3	22	21	1	17		
7. Booth Road Celtic	10	5	1	4	28	24	4	16		
8. Liffey Wanderers	8	3	0	5	12	21	-9	9		
9. Swords Celtic FC	10	3	0	7	11	29	-18	9		
10. Ballymun United	12	3	0	9	19	39	-20	9		
11. St. Patrick's CYFC	13	2	1	10	29	42	-13	7		
12. Colepark United	12	1	0	11	15	45	-30	3		

]	Leinster Senior League	Major	Saturday Results
Date	Home	Result	Away
16/01/20	Maynooth University Town FC	3:1	Liffey Wanderers
11/01/20	Cherry Orchard	4:2	Maynooth University Town FC
14/12/19	Booth Road Celtic	2:2	Maynooth University Town FC
30/11/19	Colepark United	0:2	Maynooth University Town FC
16/11/19	Crumlin United FC	1:1	Maynooth University Town FC
09/11/19	Maynooth University Town FC	3:2	Ballymun United
19/10/19	Maynooth University Town FC	1:1	UCD AFC
12/10/19	Maynooth University Town FC	5:2	Colepark United

Leinster Senior League Division 3 Sunday Results											
Date	Home	Result	Away								
12/01/20	Maynooth University Town FC	6:1	River Valley Rangers AFC								
08/12/19	Maynooth University Town FC	0:2	Confey FC								
01/12/19	Verona FC	2:0	Maynooth University Town FC								
17/11/19	Maynooth University Town FC	2:1	Ayrfield United								
27/10/19	Maynooth University Town FC	1:4	Verona FC								
20/10/19	Maynooth University Town FC	5:4	Shankill FC								
13/10/19	Edenderry Town	1:1	Maynooth University Town FC								
06/10/19	Maynooth University Town FC	2:4	Esker Celtic FC								

OCCASIONS HAIRDRESSING



Welcome to Occasions Hairdressing New Year New You Your one stop shop for Hair, Nails and Beauty.

A blend of superb cutting, beautiful colour work, flawless finishing and a personalised client service means you can rest assured that you are in the hands of true experts. We deliver ongoing training in the latest trends and techniques to all of our team members to ensure you consistently receive a high level of service.

We have an incredibly passionate and talented team who are always one step ahead in the style stakes. At our unique hairdressing salon let our experts take care of you from top to toe, hair, make-up, brows, nails etc for your all over transformation. We guarantee our clients the ultimate personalized experience- in a relaxing and luxurious atmosphere.

Sugar Do/Is MALL AUTY



One of Ireland's top Beauty Salons with 12 stores across the country and more to come.

Sugar Dolls Nail and Beauty is definitely the coolest place to get glamorous! Their Nail bars and Beauty salons provide professional and friendly service, by highly qualified nail and beauty therepists.

You can get exceptional treatments in a fun and enjoyable atmosphere. From the moment you enter Sugar Dolls, you will get star treatment.

They offer all varieties of nail treatments: Shellac/Gelish, classic manicure, gel/acrylic nails, pedicure and nail art.

Their beauty services include waxing, tinting, and Dermalogica facials.

Maynooth: Tesco Shopping Centre
Carton Retail Park
Maynooth,
Co Kildare
01-6291805

Naas: Tesco Shopping Centre Monread Road, Naas, Co. Kildare

045-883808



OCCASIONS HAIRDRESSING

E10 OFF

MINIMUM SPEND €50 VAILD UNTILL THE END OF FEBRUARY

This promotion is not valid in conjunction with other promotions or discounts.



ST. VALENTINE'S DAY

Valentine's Day, when lovers express their affection with greetings and gifts.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest

who was martyred about 270 ce by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include sweets and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States as well as in Britain, Canada, and

Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines, it is the most common wedding anniversary, and mass weddings of hundreds

of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends.

Source www.britannica.com



Symbols & Flowers Hearts, Roses, Cupids' Bows & Arrows, the

Hearts, Roses, Cupids' Bows & Arrows, the color Red – are all the main symbols of Valentine's Day. The day centers around love, romance,

Valentines Day

thankfulness, commitment, and friendship. Before wishing your loved one a Happy Valentine's Day, you must know which flower color to choose and the meaning of each Valentine Day flower color.

Valentine Day Red Flower – Gifting Red flowers on Valentine's Day, is used to communicating love for somebody. A red rose or an entire bunch of red flowers, the message is simple: I Love You. Red Rose is most appropriate for young girls and boys.

Valentine Day White Flower – White flowers on Valentine Day represent purity and honesty. These roses are most appropriate for recently hitched couples. A bundle of white roses can likewise be sent to a companion, with whom you had a heated argument before, as a sign to end the cold war and be good friends once again!



Valentine Day Yellow Flower – Yellow Flowers on Valentine Day is ideal if you are celebrated Valentine's Day with best friends and cousins. Yellow flowers reflect inspiration and delight and are a best Valentine friendship gift.

Valentine Day Pink Flower – Gifting pink flowers on Valentine Day is used to offering thanks and expressing gratitude to someone special. If you need to thank somebody for something exceptional they have done for you, gift them pink flowers on Valentine's Day.

Valentine Day Orange Flower – Orange flowers represents energy and excitement. If you are glad and proud of someone, bless them with orange flowers.

Source https://dayfinders.com

FEEDING DUCKS & SWANS

'What's the best food for swans?' It definitely isn't bread. Bread is not good for any species of bird. Their digestive system is not designed to metabolize refined flour, preservatives, yeast or refined sugar. And yet bread to a swan is like lollies (candy) to a kid. They'll gollop it down. Same is true for ducks.

Bread displaces the natural foods these birds should be eating. It's very high in protein compared to a swan's natural diet of water weeds. If they eat too much bread, for too long, they become weak and breed unhealthy young. If cygnets (baby swans) eat a lot of bread (or grains) they can experience a growth spurt causing their body to develop too quickly for their legs. They become plump

clusing their body

their legs. They become plump to a point where they can barely stand or walk. Some develop a condition called 'angel wing' (pic at left) where the feathers on one or both wings grow out sideways. Birds with angel wing will never fly and are often bullied and shunned by fellow swans.

Swans, ducks, other water birds and domestic poultry can all develop angel wing from eating bread or being fed grains. If mouldy bread is fed to swans or ducks it can kill them.

You'll notice that in the wild swans dip their head underwater. They do this to feed on the stems and roots of water weeds. These 'green foods' are a swan's natural diet, supplemented by grasses on the land, plus the occasional bug or insect.

I know that bread is very convenient and clearly swans and ducks love it, but to maintain good health they have to eat a natural diet, or foods that are close to their natural diet.

Try the following mixture Rip up or shred some lettuce and toss it into shallows where the swans can reach it (don't throw it onto a sandy beach). You can also sprinkle sweet corn kernels from a can into the shallows. They love corn.

Alternatively, fill a low bowl with clean water (direct from the tap, not from a hose) and drop in handfuls of lettuce and garnish it with sweet corn from a can. Be sure to leave the bowl in the shade. If in direct sun only leave it for a few minutes or the water will get hot and the food become unpalatable. If you're really keen also add a little chopped spinach, grated carrot and some peas.

This nutritious 'swan soup' is good for swans and ducks. However, don't feel disappointed if they turn up their nose and give you a look that says, 'OK, where's the bread?' Persist because they will get used to it. You can even add a small handful of millet or mixed grains (from a pet store), but remember the less grains the better.

It's preferable not to feed wild birds at all and so it becomes your responsibility to do the right thing and only provide food which is 'as



close to natural' as possible. This will help them to grow into beautiful, healthy birds.

Source: wildbirdrescues.com

This Mad, Mad World!

Can Christians be happy with the world as it is? Wars, slavery, exploitation of the most pernicious kinds, world leaders carrying on as if the national and international spheres were their private playgrounds where they strut and display their egotism and ignorance instead of serving the needs of the people to whom they owe a sacred reponsibility. Is all that carry-on acceptable to followers of Christ who perfectly modelled how leaders should care for their people? Are Christians not bound by their union with their founder to try in every way they can to further the Reign of God on earth?

Was Christ talking nonsense when he announced the kingdom of God amongst us? Maybe he was mad as his family appeared to think? But if he wasn't he should be taken seriously by his followers. When the Baptist sent his disciples to ask him if he was the one whom Israel awaited, he told them to tell John what they saw with their own eyes: the blind see and the lame walk, the poor have the good news brought to them. In other words, God has shown his compassion to the most downtrodden and the weakest and already life was becoming better for them.

That is the calling of every Chrtistian, to model the compassion of Christ by looking out for the lost, the last and the least. To hate the sin, yes, but to love the sinner. Judge not and forgive everybody and do the best you can to have people governing us who promote the welfare of every single person under their care, particularly the weakest, and the most sick, from the oldest to the youngest. And apropos the youngest, Bill Bryson, in his most entertaining and informative book,

The Body, when describing conception writes: "The sperm passes through an outer barrier called the zona pellucida and, all being well, fuses with the egg, which immediately activates a kind of electrical force field around itself to stop other sperm from getting through. The DNA from sperm and egg are combined into a new entity called a zygote. A new life has begun." The unborn is perhaps the weakest of all!

But all need to be cared for and surely it's the mission of all Christians to to do what they can to help the needy in their everyday lives and to hold elected representatives and all in positions of power to account for their actions and omissions.

Gabriel Martin.

NoodFood Makes Plant-based diets Deliciously Simple

NoodFood has launched Ireland's first and only plant-based meal kit delivery service.

Two young Maynooth entrepreneurs launch Ireland's first plant-based meal kit delivery service. NoodFood offers a variety of plant-based meal options that allow customers to choose from their changing weekly menu. Meal kits include simple to follow recipe cards, and pre-portioned ingredients so that customers can quickly cook delicious meals, removing the need for planning, shopping, or unnecessary preparation.

NoodFood prides itself on being zero-landfill. The meals are handdelivered to customers in reusable tote bags and all of the meal packaging is compostable.

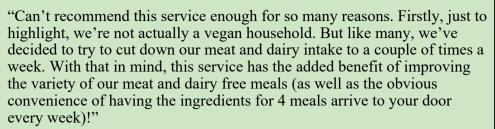
NoodFood's founders and friends, Thomas Dempsey and Darragh Lynch started a plant-based diet last year and were blown away by the health and environmental benefits. Many of their friends told them they would also like to try a plant-based diet, but they didn't know how. They decided to start NoodFood, a service aimed at making it very easy to follow a plant-based diet, so that others could also reap the health benefits.

Every year, hundreds of thousands of people participate in Veganuary. Veganuary is an international campaign that encourages people to try a plant-based diet for the month of January and to celebrate this,

NoodFood are offering customers a special introductory offer which makes it incredibly easy to follow a delicious plant-based diet.

Sign up at www.noodfood.ie with the code VEG50 to get 50% off your first order.

Customer Testimonials



"The food is delicious and being meat free, it's fantastic value. One thing I have to add is how brilliant their customer service is. They're so open to feedback and have already taken on some suggestions we submitted."

"They're super responsive and really care about their customers. Thanks for a great service! Three very happy customers here."

"I love noodfood! it is so convenient and they provide delicious creative meals every week. The price is also relatively cheap for what you get from it 10/10."

"Great service and recipes, been enjoying trying out new recipes every week."



OODFOOD

ZERO WASTE MAYNOOTH

What to ask election candidates and canvassers about climate change

We Need Faster and Fairer Climate Action

Much Faster: We need to be cutting our climate-polluting emissions by at least 8% a year, not 2% as planned, to make sure we achieve the Paris Agreement

Much Fairer: We need a substantial increase in government investment in public transport, warmer homes and community energy to make zero carbon options available for everyone.

• Will you do enough to reduce our climate pollution by at least 8% a year over lifetime of the next Government? The current plan is only 2% a year, but the United Nations says the global average needs to be 7.6% a year from now to 2030. Richer countries should actually be doing much more.

Deliver MUCH FAIRER action to ensure no one gets left behind Ensure affordable and accessible transport for all

• Will you invest 2/3 of the transport budget in public transport, cycling and walking? It's only 1/3 now, but the Citizens' Assembly recommended 2/3. And only 2% on is spent on cycling and walking, whereas the UN recommends 20%.

Deliver warmer homes for all to help reduce energy use and save money
• Will you make it much easier for me and my community to get help to upgrade our homes to save money and reduce our energy use? I hear great things about how the Tipperary Energy Agency does it. Will you make that kind of support, along with grants and low-cost finance, available nationwide?

Support communities to own renewable energy projects

• Will you do much more to enable schools, clubs, parishes etc., to start their own renewable energy projects? There's almost no community-owned energy here, but community energy makes up 50% of all renewables in Germany. Lots of groups in Ireland are keen to do it but it's made really difficult. Will you start by promising to put solar panels on every school by 2025?

End support for new fossil fuels exploration and infrastructure

- Will you promise not to issue any new licences to look for fossil fuels in Irish waters? If they ever found anything it wouldn't be used until the 2030s, locking us into fossil energy long after when we can afford to pollute like that.
- And will you promise not to import fracked gas from the US? We banned fracking here because of its impacts on local communities. It's hypocritical to let communities in Pennsylvania suffer instead. So will you say no to terminals to import LNG gas at Shannon and Cork?

Restore and protect nature

Zero Waste

• Will you set up a Citizens' Assembly on biodiversity loss? The Dáil voted to do that when it declared a climate and biodiversity emergency in May 2019. Will you reverse

the cuts to the budget of the National Parks and Wildlife Service to protect habitats and nature for wildlife and people?

These questions are thanks to **www.stopclimatechaos.ie**—please check out their website to read their full list of questions and please ask these questions when the candidates come knocking!

One last question we would like you to consider asking is what are the candidates **doing to make Maynooth a green sustainable town**—we want to keep local independent shops thriving, not closing due to rent pressures, we want people able to shop in Maynooth without having to drive elsewhere, we want food with low air miles. Ask the candidates what they are doing to improve our town.





Writers' Corner - Short Stories/Articles from our Readers

Molly from Chicago

When Phil Casey, who lived six doors down from him, began to tell Joe about a book he was reading he didn't pay much heed, that is until Phil hinted he might feature in it.

"Who wrote this book?" Joe demanded.

"Molly O'Connor." Phil waited for the reaction.

"Molly Who?" Joe was genuinely puzzled.

"Don't you remember the Yanks who were living beside you about twenty years ago?" Phil grinned crookedly. "You and they didn't always see eye to eye."

"Oh, that Molly!" Joe exclaimed as an image of a chubby-cheeked redhead flashed into my mind. "Did she really write about her stay in Ireland?"

"Did she ever!" Phil grinned. "It seems her interactions with the natives were quite hilarious. Is it true you reported her to her college co-ordinator?"

"Is that what she wrote?" Joe was beginning to feel alarmed.

"Well, I may be jumping to conclusions," Phil was becoming cagey, "but I felt that Jack, the guy who lived next door, bore a certain resemblance to yourself – of course, she changed the name of our street. Anyway, I'll bring the book round in the morning."

Joe was about to ask why he couldn't let him have the dammed thing right away but didn't want to appear too concerned. Phil would enjoy seeing him squirm. That night as he lay awake beside his sleeping wife, Nora, Joe recalled their first encounter with Molly. She was one of four Americans, confident, casually dressed undergrads, all excited by their chance to spend a year studying in a college of the National University. The previous year there had been a group of Irish students next-door, loutish guys who seemed to spend all their time boozing and partying. The landlord seldom visited, and Joe's telephoned complaints that Nora and he were near breaking point didn't seem to bother him. Nevertheless, when Joe, on his way home from the office one Friday, ran into him in the supermarket he said, "I'm having four nice Catholic girls from Notre Dame in this time so you and the missus should have no more complaints."

"That's great," Joe told him. "If those yobs came back again we were seriously thinking of moving."

To get off to a friendly start, Nora decided that they should invite the Americans round for dinner. Consequently, one evening after they had put the children to bed, the girls arrived bearing a bottle of Blue Nun. Before long the initial awkwardness gave way to pleasant chatter as Nora's Chicken Casserole and the wine helped everyone to relax. The girls were warm and outgoing, telling them about their Irish connections, in all cases fairly remote except for Molly's. She had an aunt and uncle living in Galway and cousins on her mother's side in Cork. Pop, as she called her father, had encouraged her to learn Irish dancing and her account of various adventures on the competition circuit in Chicago and New York kept them all in stitches.

"You'll have to do a jig for us," Joe joked and without more ado, Molly had obliged. When she finished, eyes sparkling and cheeks glowing, everyone applauded with genuine enthusiasm. The encounter with the girls had got off to a flying start.

It didn't take the newcomers long to settle in and soon other students, mostly American guys, were calling next door. Joe and Nora's children, still in primary school, also began to visit, attracted by popcorn and candy. When Nora told them that they weren't to bother the girls, the children protested that they weren't bothering them. In fact, Molly thought they were really 'cute'.

"They have fellows in there with them," Nora pointed out, "and, anyway, I don't want you eating all that junk and destroying your teeth." She didn't want to admit her real concern was that the music and hilarity at night was getting steadily worse. Could it be that she and Joe were going to be reliving their nightmare?

Spurred on by Nora, Joe eventually called on their neighbours. As he mumbled apologetically about the noise keeping them awake, Molly's beaming smile faded. She explained that while they had come to Ireland for a year's study that would earn them credits towards a degree, they were also permitted to enjoy themselves.

"But not at our expense," Joe reminded her. "I have to be up for work by 6.30." "I'll tell the others what you said," Molly promised before closing the door. The following nights things were quieter but on Saturday music and outbursts of revelry went on until the early hours. Exasperated, Joe phoned the landlord only to find that he had changed his number. Since he didn't know where the landlord lived, Joe marched round to upbraid the girls. A note, "Please Don't Disturb Before 2 PM", was pinned on the door.

They have some neck, Joe reflected, thumbing the bell button hard. After repeated ringing, a tousled-haired Molly dressed in pyjamas opened the door. She listened yawning to his complaints then said something about it being the birthday of one of the girls. She would tell the guys that in future they weren't to come by after dark. She may have tried to keep her word because now a new irritant arose, fellows ringing the bell late in the evening and banging on the door. When there was no response they would throw pebbles at the upstairs' window. This would continue until somebody let them in. Afterwards there would be sounds of carousing followed by the creaking of beds.

By now Joe and Nora were desperate. They phoned the Gardaí but other than calling next door and requesting that the students keep down the noise, they did nothing. They complained to the college but the lady in charge of student accommodation said that without photographs or other such proof of misconduct, her hands were tied. Week after week went by with the American fellows buzzing like wasps around jam tarts. One of

them even arrived one morning with his guitar and began to serenade Molly from the front garden with a loud rendition of "Happy Birthday". Of course, his enchantress admitted him.

Finally, Christmas brought respite as the girls disappeared, either back to the States or to friends' houses. As if re-energised by their vacation, however, the noise levels in the New Year soared. It was at least 11 o'clock each day before Molly or her friends emerged to stroll down to lectures. Nora's nerves grew ragged from lack of sleep and Joe's boss started to remark on his bleary-eyed appearance. Then, unexpectedly, things quietened down. Molly called to the house one evening asking to borrow the vacuum cleaner and when Nora enquired why she needed it, Molly revealed that her parents were flying over for Saint Patrick's Day.

Armed with this information Joe and Nora considered informing the parents about their daughter's high jinks but decided that such a move would be unfair, especially as there was the possibility that Molly had turned over a new leaf. The noise of vacuuming was now the only sound emanating from next door and when the parents, a pleasant, well-dressed couple, arrived, the four tearaways were transformed into little angels preoccupied with their studies. On Saint Patrick's Day, however, the respite ended as two hulks with aerosol cans romped through the front garden, spraying each other and the house emerald. When paint splashed on her wall Nora went out to remonstrate and, admitted by Molly, the fellows disappeared indoors. Nora begged Joe to report this vandalism to Molly's parents but he balked. After all, was Molly really to blame?

No sooner had the parents left than Joe regretted his leniency. The noise quickly reached stratospheric levels, so that he and Nora were at their last straw. They had just contacted an estate agent about selling the house when their luck changed. Nora met a woman in the hairdresser's who knew a neighbour who had also been plagued by American students. This woman had contacted the Irish co-ordinator for Notre Dame, who had warned the students that if they didn't mend their ways they would get no credits for their year in Ireland. After that there was no more noise.

In due course Nora met with the co-ordinator, a pleasant, cultured lady, who informed her she would have a little talk with Molly and her companions. She was as good as her word and, as if by magic, the revelry next door ceased. Now the girls became quiet and studious, if more aloof, barely nodding to Joe whenever he passed them. About a month later Joe was heading off for work. On approaching his Volkswagen, which was parked by the footpath, he found the door on the passenger side staved in. Some joy rider must have misjudged the corner? As he examined the damage in near shock he became aware of movement and looking up saw Molly in a dressing gown standing at her bedroom window. She quickly closed the curtains but not before he detected a grin on her face.

When he eventually read the memoir, Emerald Interlude, which Phil brought him he recalled that incident. In it Molly crowed about how her boyfriend had paid back a neighbour who had made her Irish sojourn a misery: "Kenny phoned and told me to watch Old Sourpuss getting into his Beetle in the morning," she had written, "I asked him why but he just told me Ato set the alarm. Next morning I could have wet myself to see the look of dismay on Jack's face..."

What she hadn't mentioned was that she had sent a cheque from Chicago to pay for a holiday for Joe and Nora. No doubt such an admission would have spoiled the book's Bad-Girl tone, a bad girl who afterwards, according to the blurb, had spent ten years working as a medical volunteer in Africa. Yes, Molly was really something!

Note: This short story is based on actual happenings, but names etc have been changed

P.J.Nerney

In Search of Xanadu

China's magnificence dazzled me: magnetic trains, spaghetti junctions, headlong city traffic, skyscrapers washed by ever-changing lights,

international hotels where tourists dined on gourmet food, high-rise flats replacing hutongs...

An expat Dutchman told me how the Shanghai system works: 'People swapped bicycles for motorbikes, then those were banned so that cars spewing out pollution could make a fortune for the auto trade.' But though I'd seen coal-fired generators and locals wearing breathing masks, I scarcely gave a second thought to the dullness of the sky, the greyness of the rivers, the scarcity of birds...

A damsel with a dulcimer sat among bright-costumed girls

playing stringed instruments in the Tang Palace Dance Show and, enchanted by such visions, as well as artistry in silk and jade, I blanked out careworn faces of passing rickshaw cyclists, low income hutong dwellers, workers hurrying along footpaths, and didn't protest when one tourist mocked a woman hawking plastic gliders...

Yes, I was focused on this construction of China's ultramodern buildings, set to out-top the tallest in the world, I who had queued impatiently to gape at terracotta warriors moulded to serve their Emperor Ch'in, and walked by that vast throng queuing for Mao's mausoleum, and I had joined those climbing the Great wall, conscious that Mongol hordes had breached it — progenitors of Kublai, the mighty Khan who built that Xanadu 'pleasure-dome'.

Social Democrats

Catherine MURPHY

Priority Areas

- · A fair distribution of resources and services for Kildare
- · Affordable Housing options to buy and rent
- Adequate school places and smaller class sizes
- · Child care and parental supports
- Sustainable and proper planning

· State Pension Reform including the Stop 67 Campaign

· Access to and provision of healthcare

 Reliable, high capacity, fully accessible public transport and full utilisation and upgrades to cycling and walking infrastructure

About Catherine

Catherine Murphy is a TD for Kildare North and was first elected to Dáil Eireann in the 2005 by-election. Catherine was re-elected in the 2011 and 2016 general elections.

MURPHY WORKING FOR KILDARE

0

/catherinemurphytd

0

@CathMurphyTD



LIFFEY MEMORIALS

- ♦ Headstones
- ♦ Grave Cleaning
- Additional Inscriptions

SERVICING
LARAGHBRYAN
CEMETERY
MAYNOOTH

01-8237710

See our large range of stones on www.liffeymemorials.ie



Main Street, Maynooth, Co. Kildare

T. 01 6286255 E. info@oneillsbar.ie

O'Neill's Bar & Steakhouse is a family run traditional style bar in the heart of Maynooth.

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

Food is served daily from 12pm, full A La Carte menu available from 5pm.

Live music every Thursday & Saturday night.

www.oneillsbar.ie

Maynooth University Town F.C.

FAI Intermediate Cup

Round of 16

Town

aynooth Town

Vs

Crumlin United Sun 9th Feb 2020

Venue: Armagh Rd, Crumlin

K.O. 2

new balance

K.O. 2 o'clock

Country Men, New York

Ireland had too much decay:
rain on potholed roads,
water soaking tillage fields,
new-mown meadows rotting in the swathe,
thatch stain on white-washed walls.

From low, cloud-muddied skies we turned on many an evening to our local pub for reassurance, feasting our eyes on peat-brown porter, grateful for its froth's uprising promise.

Would we return despite such memories? Who knows?

Back then we coped in our own way, though, forced by wind and rain to look beyond the shifting face of things, we knew 'twas death to stay.

Colin Scott

THE MIRACLE PRAYER

Two almost impossible situations resolved by the Power of this Prayer.

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

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

Thanksgiving for favour received

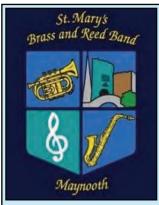
Never known to fail

Apology

In a recent article published in the Maynooth Newsletter dated May 2019, references were made to Mrs. Teresa Murray a former Councillor of Maynooth Municipal District Council. It is accepted that the said article as published was offensive and hurtful to Mrs. Murray. It is accepted that the article should not have been published.

It is fully accepted without reservation that Mrs. Murray at all times acted with good faith and integrity as an elected representative in relation to the Motion put before the Maynooth Municipal District Council meeting on the 12th April, 2019, regarding the Maynooth Summer Festival.

This statement is being made in order to apologise to Mrs. Murray for the assertions made in the recent article which contended that she acted selfishly and for self-serving reasons. Those assertions were incorrect and are withdrawn unreservedly.



ST. MARY'S BRASS & REED BAND

Last year was one of the most successful years ever for St. Mary's Brass and Reed Band. The year got off to a great start with St. Patrick's Day Parades in Maynooth, Kilcock and Clane which was closely followed by a joint concert with the Parish Choir in St. Mary's Church on Palm Sunday. April saw a joint concert with the Ballymore Concert Band in aid of McAuley Place in Naas while May brought

the Band to Castletown House in Celbridge for a recital that received great feedback from the audience. In June the Band headed for Prosperous to entertain spectators at the recreation of an attack at a GAA match in the 1900s, very exciting with old cars, gunsmoke and all the rest.

The month of July brought great success in Limerick when the Band won first prize in the qualifying competition for the World Concert Band Championships to be held in Germany next year which we are all looking forward to. The competition will be tough but it's all about getting there and putting on a good show and winning a prize will be a bonus.

In August we were very happy to be asked to supply some entertainment when Maynooth Town met Waterford United in the first round of the FAI Cup, a great achievement indeed. September brought us back to play to a very appreciative audience in Farmleigh House and we were delighted to be a part of Culture Night 2019 in the Church of Ireland.

October saw us joining with the Garda Band for a very successful concert in the Glenroyal Hotel while November brought our Annual Mass for Deceased Members, again a lovely occasion really appreciated by the large congregation. November 30th was another red letter day when we recorded our second CD which will be available shortly and will be on sale at all our events during the year.

The final event of the year, our Christmas Concert, was held in the Aula Maxima in St. Patrick's College. It was a fitting finale to a very successful year with a standing ovation at the end of the evening.

We would particularly like to thank all those who supported our collections over Christmas, the proceeds from which go towards to high cost of running the Band for the year. We never cease to be amazed by the generosity of the people of Maynooth, both young and old, who love supporting "The Band" and it is why so many of our members work so hard to ensure that there will always be a Band in Maynooth.



The poster above, which is being used by the organisers of this year's Bad Orb International Music Festival, shows a member of the Maynooth Band, Nora Anne, playing the French horn at the last Festival in 2018. Great tribute to Maynooth Band to have one out of the 1,300 musicians taking part being shown on the poster.

Finally, as a result of the growing profile of the Band we have had a number new members joining us over the past year, so if you or anyone you know can play a musical instrument and would like to join us in the Band Hall any Monday night you would be more than welcome.

Contact Paddy on 087 2537 906 if you need to know more about us.



Junior Band at Christmas Concert



Senior Band at Christmas Concert

Oliver Reilly

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

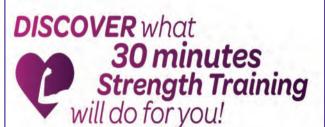


Undertakers and
Complete Funeral Furnishers
Wreaths, Headstones,
Mourning Coaches
Undertakers to
Maynooth Mortality Society
(Funeral Parlour Free to Society Members)

Main Office, Naas Tel: 045 868230 Paul Reilly Mobile: 086 8105581

Funeral Home
The Harbour
Leinster Street
Maynooth















Strength Training One-on-one and cardio coaching for wo



Come up and see what Curves is all about!

Book in to get started 016291000

*Free week may be redeemed on the first Visit or exchanged for special membership discount. Valid only at participating locations from 1 220 with limited place New members only, © 2015 Curves international in

trial offer

Curves



Mary Cowhey & Company

Solicitors
Suite 2/3 Manor Mills
Maynooth
County Kildare

Motor & Work-Related Accidents

House Purchase/Sale Wills, Probate &

Administration of Estates Family Law, Divorce, Separation

Telephone: 6285711 Fax: 6285613

E-mail: info@marycowhey.com www.marycowhey.com

Pilates Classes Personal Training Nutrition Coaching

Contact Carol @crl_doran@yahoo.co.uk

Text: 0877535296 or visit www.holisticpilatesfitness.ie





Kennels, Grooming And Day Care

Animal Physio & Hydro Therapy

Cooldrinagh Lane Weston, Leixlip, Co. Kildare

Tel: 087 8046168 Email: topdogsgroom@yahoo.com www.topdogsgroom.com

BRADLEY Plumbing and Heating

No Job too Small

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

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

Bathroom Renovations Shower Doors, Shower Screens Fitted

Paul Bradley 087 959 8840





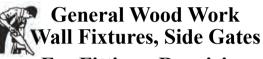
Small Adverts/Local Services



CABINET MAKER FITTED WARDROBES

PROBLEMS WITH YOUR WARDROBES / KITCHEN

WORKTOPS – DOORS CHANGED SHELVING



For Fitting - Repairing Call Val O'Flynn

email: vofcabinetmaker@gmail.com

Telephone: 01- 6275872 Mobile: 087- 6235078

Watkins Tile Centre Main Street Leixlip

"We have you covered for all your ceramic wall & floor tiles"

Opening Hours:
Monday to Friday
9.00 am - 5.30 pm
Saturday
9.00 am - 4.00 pm

One Stop Tile Shop with a huge selection of wall & floor tiles

Catering for everyone with a personal touch!

Telephone: 01-6245560

↑

DENIS DUNNE MOTORS



For all your motoring needs



DENIS DUNNE 087 2454893

Free Mini Valet with Every Service
Bryanstown,
Maynooth,
Co. Kildare.

dunnemotors@eircom.net www.denisdunnemotors.ie

Credit / Debit cards accepted

Maynooth Newsletter Advertising

Small Adverts/Local
Services
from €10 per Month
Contact a member of the
Newsletter Team for a package
to suit your needs

Phone 01-6285922 or email: office@maynoothcep.com

ART CLASSES BY NINA PATTERSON

ADULTS

MAYNOOTH GERALDINE HALL - MON/FRI MORNINGS
BEGINNER / ADVANCED

CHILDREN
JUNIORS-SENIORS & 1st—6th CLASS

MAYNOOTH P.G.S. WEEKDAYS
JOHNSTOWNBRIDGE G.A.A. SATURDAY MORNINGS

ART PARTIES
FOR BIRTHDAYS COMMUNIONS CHRISTENINGS

All MATERIALS ARE SUPPLIED

M: 087-2977797

W:ninapatterson.com E: ninapatterson@eircom.net

NEWS - 4 - U

Glenroyal Shopping Centre Phone: 01-6290994

Large selection of Newspapers
Magazines, Stationery, Greeting Cards &
Paperback Novels
Selection of Kids Toys & Cuddly Toys

Agents for the National Lottery
Payzone Agents for all Bills
& Leap Card supply & Top-ups
Agent for AES Bin Tags & Card Top-ups

Opening Times:

Mon - Fri: 7am - 8pm Sat: 7am - 8pm



Sat: 7am - 8pm Sun: 7am - 6.30pm

Newspapers & Magazines to order

Just Ask Michael & Louise

DONOVAN'S CENTRA

Greenfield Shopping Centre Phone: 01 628 5101

Mon - Sat 7.30am-10.00pm Sun 8.00am-10.00pm

Breakfast Rolls, Paninis, Sandwiches of your Choice

Tea Coffee & Soup Private catering service also available.

Offering Our Promotional Range Flowers, Fruit & Veg., Groceries & Gourmet Cheese

Newsagents, Magazines & Lotto ATM Machine & Phone Credit

Off-Licence Stocking A Wide Range of Wines

JIM'S SHOE REPAIR

Tesco Shopping Centre

LADIES & GENTS HEELS
WHILE U WAIT
SHOES STRETCHED
HEELS LOWERED
LEATHER SOLES STITCHED ON
KEY CUTTING SERVICE
ALL KEYS CUT
HOUSE AND VEHICLE
PHONE 086 8657142





Excavation Services & Hire

Contact Bernard 087-2630621/087-2961785 01-6242287

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

> FULLY INSURED SAFETY COMPLIANT C2 REGISTERED

> > **FREE QUOTES**



February 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 Open Day

Saturday 29th February

Come along to join the library, meet the staff, find out about our e-services and the range of items we have on offer to borrow. Check out our 3D printer in action and get a taste of the range of events we run throughout the year.

Children's Events

(all events are free but call us to book your place!)

Children's Art and Craft for Chinese New Year

Saturday 8th February 2.30 pm - 3.30 pm

6-9 years

To mark the end of the Chinese New Year Celebrations for 2019 which celebrates the year of the rat, children will make a Chinese New Year lantern displaying a rat motif. Booking required.

Kids Secret Cinema

Saturday 15th February 2.30pm – 4.00pm Rated PG

Kids Choice! This month, children will be able to choose between three different films. Rated G. All Welcome!

Valentine's Day Art and Craft

Friday 14th February $2.30 \,\mathrm{pm} - 3.30 \,\mathrm{pm}$ 5-8 years

Children can make a colourful Valentine's card using straws and coloured card. Booking required.

3D Printer Workshop Saturday 22nd February

11.30am - 1pm

11 – 15 years

This workshop will provide participants with an introduction to 3D printing and choosing a 3D design using the websites thingiverse.com and tinkercad.com. Booking required.

Library Events

German 'Stammtisch' at Maynooth Library

Thursday 27th February 6.30 pm - 7.30 pm

An informal, German conversation meet-up, for anyone with an interest in the language and culture in German speaking countries.

All levels from learners to native speakers are welcome.

Local Enterprise Office – Business Advice Clinic Wednesday 19th February – all day

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

<u>'Let's Talk about Parenting"</u>

Free series of talks open to everyone. Booking required

Baby Sign Language

Wednesdays 19th February – 11th March 10.30am (4-week course)

For babies up to 1 year of age. Aimed at parents to connect with other parents and teach your baby some basic signs through nursery rhymes and poems.

Expression of interest:

Maynooth Podcast Club

Are you a podcast addict? Do you need help finding and downloading podcasts? Don't know what a podcast is but dying to find out?

We are seeking expressions of interest from anyone who would like to join a Podcast Club, starting in early 2020.

(Similar to a book club, we will listen to and then discuss a selection of podcasts.

Help and advice on using your smart-phone or tablet, with the various podcasts apps, can also be provided.)

DiVerse Poetry Collective (to begin 1 April 2020)

A new poetry collective will meet monthly in the library on the 1st Wednesday of every month at 11am, starting on 1 April 2020. People are encouraged to bring along a selection of their favourite poems to read and share with other fans of the format, in a relaxed atmosphere. Register your interest with the library, if necessary, specifying an alternative day/time to meet.

French Language Group

To reflect the interests of our borrowers, Maynooth Community Library are considering establishing a French language conversation group to informally chat ('bavarder') and practice their French. Please contact the library if you would be interested in attending, specifying days/times which would suit you.

Regular Events

Boomerang Bags Tuesday 25th February 6.00pm – 7.30pm

A new eco produce bag-making group, meeting the last Tuesday of every month, Boomerang Bags is open to sewers and non-sewers! Based on a worldwide community movement called Boomerang Bags the idea is to make and sew bags that people can use instead of plastic, for fruit, vegetables and bread.

The concept is to use pre-loved cotton material like bed sheets, pillowcases etc. and to make these into simple cotton bags – the main aim being inclusive and to educate people on a more eco way of living. Starting with making bags for yourself or friends, the overall aim would be to make enough to do a bag drive and hand them out at local schools, farmers markets and supermarkets to convert more

Booking Required – materials supplied

Craft Club

Every Monday from 11.30am - 1pm

Bring along your various crafts to inspire and to be inspired Under the Sea Story Time or just to work on!

Different short demonstrations will take place during the

Who knows – maybe a new craft will grab your fancy... No Booking Required

Family Board Games

Saturday 1st and 15th February 10am - 12pm

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

All welcome

FitLine

Thursday 13th and 27th February 10:30 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.

Thursday 6th and 20th February, 6pm - 7:45pm

A time and space to craft and chat on the 1st and 3rd Thursday evening of each month. Get together with likeminded makers to work on your latest project and swap tips over tea. No booking required.

Maynooth Women's Group

Saturday 1st and 15th February, 11am - 1pm 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

No booking required. All welcome.

Maynooth Creative Writing Group

Tuesday 4th and 18th February 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 1st and 15th February 3pm - 5pm

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

Drop In-Story Time No Booking Required

Rainy Day Story Time

Friday 7th February 10am – 10:45am for 2-5 year olds

Valentine's Day Story Time

Friday 14th February 10am -10:45am for 2-5 year olds This week's stories are all celebrating love, Valentine's Day and all things heart!

Join in with some rhymes and songs fun as well! Colouring pages will be provided.

Friday 21st February 10am – 10:45am for 2-5 year olds

Things that Go! Story Time

Friday 28th February 10am – 10:45am for 2-5 year olds This week's stories are all about trains, planes and all things that go! Join in with fun rhymes and songs as well. Colouring pages will be provided. All Welcome

Book & Film Clubs

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

The Village Book Club

Monday 17th February 10.30am - 11.30am

Ex Libris Book Club

Wednesday 26th February 11am

Readers of the Lost Ark Science Fiction Book Club Tuesday 11th February 6.30pm-7.30pm

Read & Catch-up

Thursday 13th February 11am – 12pm

Jane Austen Book Club

Thursday 27rd February 11am- 12 pm

U3A Book Club

Monday 10th February 11am- 12 pm

Reel Good Film Club

Tuesday 25th February: Screening 5pm Discussion 7pm All are welcome to come watch the film at 5pm and discuss it at 7pm. Adults Only



Catherine Murphy T.D. Social Democrats, Kildare North. Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

Hope for Better -Vote for Better -Vote Social Democrats

Making housing affordable and eradicating the scandal of homelessness -**SocDems launch Housing Policy**

The Social Democrats co-leader Catherine Murphy today launches the Party's housing manifesto for the general election. Called 'Homes within Reach: Making housing available, making housing affordable' the manifesto outlines a comprehensive plan to radically rethink public policy to address the housing crisis Ireland faces.

Speaking ahead of the launch, Catherine Murphy said:

"The key focus in our housing plans is to deliver good quality housing at the lowest possible cost to purchasers and renters, rather than the highest possible profit to developers and land speculators."

"There is a failed political ideology at the heart of the last governments approach to housing, one which relies on 'the market' to deliver the housing so urgently needed. This Fine Gael government did not want the state to compete with private developers and so in a blatant disregard of one of their primary responsibilities as a government, has consigned thousands of people to the highest rents ever, homes that are just unaffordable to buy and over 10,000 people to homelessness.

'Our policies launched today aim to radically shift the balance back to the State as a key provider of housing that is affordable to buy or rent and of social housing. We expect the State to intervene in the market on behalf of its people – and we set out how that can happen. And we expect the State to be a vital player in making housing affordable for people – affordable to buy and affordable to rent.

'We would radically scale up the planned number of houses being built by the State, on public lands, to an average of 20,000 a year, 100,000 over the lifetime of the next Dáil, as capacity increases. This would need the government's weak Land Development Agency to be re-established as a powerful Housing Delivery Agency with teeth and targets to deliver on this ambitious housing programme."

Also speaking on our housing manifesto launch, Carly Bailey, the candidate in Dublin

The level of homelessness is an affront to us and to Irish people and is one of the most disgraceful legacies of this Fine Gael government, supported by Fianna Fáil. We believe that the homelessness crisis is entirely predictable, following government policies. The next Dáil can eradicate homelessness by following a 'Housing First' model and by building the social and affordable housing that is needed. It just needs political will and courage. We will not be found wanting.

Some of our key proposals are:

- Introduce a nationwide rent freeze
- Legislate to stop land hoarding Eliminate tax breaks for REITS and Cuckoo Funds
- Introduce legislation to reserve 20% of all private developments for housing that is affordable to buy or rent, in addition to the current 10% for social housing
- Further measures to protect renters
- A new Land Commission to challenge our relationship with Land and develop a strategy for the next decades
- Constitutional change to provide a right to a home, and to reshape the balance between the common good and private property rights.
- Specific measures to support housing for older people

One of the most basic functions of a republic is to put in place the necessary services to keep people well and treat them when they are sick. As Irish citizens, it's not too much to expect decent healthcare. Yet the sad reality is that we just can't depend on our public health service. It has been broken for quite some time.

Our health service is not set up to best meet the needs of Irish people. The system is far too dependent on hospitals and much of the care that could take place in local health centres happens in hospitals where it is more expensive and waits are longer. The different parts of the system don't work well together and this creates huge gaps and inefficiencies. And there is too little accountability for managers, senior medics, and ministers.

Developing Sláintecare

The old excuse was that there was no plan. That excuse no longer stands up. The Sláintecare report was agreed by an all-party committee and launched in May 2017, based on proposals from the Social Democrats, for the development of a national public health service, available to everyone.

The Social Democrats are proud to have led the way to agreement between all the political parties on the way forward for our health services. This means that, for the first time, a change of government shouldn't mean chopping and changing the vision and direction for the health service, allowing for long term strategic planning for health

Sláintecare sets out a road-map to move from a crisis-driven approach to one that focuses instead on community care, prevention, and equal access for all.

The Social Democrats are proud to have led the way to agreement between all the political parties on the way forward for our health services.

Sláintecare will mean: • Free health services in our communities. • Quicker access to public hospitals. • Community care teams for older people and those with mental health and addiction needs. • Diagnostics like x-rays and scans provided locally. • Thousands more doctors, nurses, speech therapists, and public health nurses. • An increase in hospital bed capacity and an end to the trolley crisis.

It will turn our healthcare system around. When Sláintecare is implemented, we will finally have a health system that is comparable to other European countries, based on need and not on ability to pay.

Specific actions within Sláintecare

The Social Democrats' priorities for action are:

A lower cost, more effective model of care: • Abolition of Home Care waiting lists through investment in providing home care packages and step down facilities. This is a vital aspect of ensuring patients' needs are met and maximising hospital efficiency. At any given time there around 700 people in hospital who are ready to be discharged if the necessary home care support was available. A further 6,000 people have been approved for home care packages but they are not currently being provided access to those services.

- Expanding diagnostic services, such as x-rays, in local Primary Care Centres to make services more accessible to patients and cheaper to provide.
- Investment in Primary Care Centres and Urgent Care Centres with diagnostic facilities.
- The phased extension of free GP Care including a new GP contract and the recruitment of salaried GPs by the health service.
- Additional funding for dementia and Alzheimer's services and for palliative care.
- Improvements in a range of supports for people with disabilities including extra personal assistant hours and an assistive technology passport plus set aside funding to allow for the full monitoring of the United Nations Convention on the Rights of People with Disabilities.
- Investment in neurological services.
- •Providing health services that prevent illness and intervene early when symptoms emerge: • Roll-out of chronic care programmes such as for asthma
- Additional funding for mental health including counselling, community programmes, and adult mental health teams. Extra funding for addiction and dual diagnosis
- services beginning with the restoration of Drug and Alcohol Task Force funding to pre -austerity levels, creating an emerging needs fund, and dealing with the developing crack cocaine epidemic.
- Improved funding for housing adaptation grants.
- Funding for improved maternity services, and resourcing for a full sexual health strategy including affordable contraceptives, abortion services and a period poverty initiative.
- Recruitment of extra psychologists for the National Educational Psychology Service.
- Building capacity in Primary Care: Massive investment in new primary care staff, including public health nurses, speech and language therapists, physiotherapists, general nursing, dieticians, occupational therapists, GPs, Child and Adolescent Mental Health services, psychology services, neurological services, and case managers for acquired brain injury.

 • Immediately expedite the recruitment of 1,000 therapists and other front line
- healthcare workers.
- Political commitment to a long term vision for the health service provided by Sláintecare will give confidence to health professionals at home and abroad and improve recruitment and retention.
- Greater resources for community eyecare based on the recommendations of the Primary Care Eye Services Review Group report.
- Improvements in dental care

Other reform measures:

- Reducing the cost of medication to the health service through reform measures.
- Reducing prescription charges for patients.
- Removing hospital inpatient charges.

Please see our other General Election documents on children and families, mental health and disability for further proposals on Health and Social Care.

"Biodiversity loss is one of the most urgent challenges Ireland faces. If we don't meet this challenge head on, there will be catastrophic consequences, in particular for our entire food production system.

"Ireland, despite its image of a green country, is one of the most deforested countries in Europe. Our insect population is declining at an alarming rate with, for example, our bumblebee and butterfly populations declining at more than the global rates.

"But there are solutions where there is the political will to lead on a radical reimagining of our relationship to the natural world. Our environment and our wildlife are robust, as long as they are given the time and support to recover. Working with farmers, who are guardians of much of our land, we can be a country where nature thrives again.

"We need joined up thinking and action from national and local governments, working with our farmers and local communities, to implement a series of ambitious measures that will reshape how we work with our environment and restore our biodiversity. "Our proposals include a voluntary purchase of unprofitable farmland for converting to

(Continued on page 25)



Catherine Murphy T.D. Social Democrats, Kildare North Cont/....

(Continued from page 24

native woodland; the doubling of our protected nature reserves; new legislation to eliminate pesticides; new measures to improve urban biodiversity and the promotion and expansion of wildlife corridors across the country.

"The biodiversity crisis is now. The time for action is now. The consequences for ourselves and for future generations are too severe not to act."

The Urgent Biodiversity Challenge

Biodiversity loss is one of the biggest challenges that Ireland faces. This is not a crisis that has just come upon us, but has been years in the making. For far too long, we have relied on the false narrative that Ireland as a green country, is also an environmentally friendly one.

In 2019, The Intergovernmental Panel on Biodiversity and Ecosystem Service (IPBES) published its global assessment on the state of the world's biodiversity and ecosystem services. The report shows that nature is declining globally at rates unprecedented in human history. Ireland is not immune from that grave assessment. One in every five of the species assessed in Ireland is threatened with extinction and the conservation status of one third of our protected habitats dis-improved between 2007 and 2013.

We must meet this challenge head on. The outcomes of not doing so will be quite catastrophic. But all is not lost. Nature, our environment and our wildlife are robust, as long as they are given the time and support to recover.

The Dail declaration in 2019 of a Climate and Biodiversity Crisis was very welcome. It must now be followed by action. There must also be the acknowledgement that the climate crisis and biodiversity loss are intrinsically linked and that both must be addressed in tandem. And since the Dáil declaration, while there has been much Governmental talk about climate change, there has been little focus on the equally important issue of biodiversity. In fact, biodiversity improvements and nature-based solutions need to be a key tool to tackle climate change.

Farmers are guardians of much of our land in Ireland and often have connections going back centuries to that land. We need to work with farmers and farm families to ensure that our biodiversity is restored. Combined with political will to act, we can reverse the decline in our biodiversity.

Our Natural habitat

Ireland is the most deforested country in Europe, and one of the most deforested in the world. While reforestation is ongoing, most is with non-native sitka spruce plantations used for commercial forestry. These forests are poor habitats for wildlife (and less effective carbon sinks), and our focus should be on preserving and expanding our natural biome of primarily deciduous forest.

In 2018, according to the Department of Agriculture, only 28% of our forest was broadleaved, and only 27% of new planting was broad-leaved in that year. With modern knowledge of ecology, this is simply unacceptable.

We propose that a percentage of agricultural land be gradually 'rewilded' back to natural forest. Partly owing to our high degree of deforestation, Ireland has a huge amount of pastoral land and produces twice as much food as we need for our population.

While it is important to remain food secure and a strong food exporter, there is a significant minority of farms which have low productivity and are not profitable, and there is a large amount of farmland lying idle.

We propose a scheme in which the State would work closely with farmers and offer to buy the farmland of some of these unprofitable farms at attractive rates, with the aim of planting native forest.

Ultimately, the goal would be to connect these areas together and vastly increase the size of our National Parks. This would be a long-term and ambitious project, but it would provide vital habitat for our native species, and for potential reintroductions of extirpated species.

Our Fauna

We are undergoing unprecedented insect loss, nationally and globally, with habitat loss and pesticide use suspected as the main culprits. Recent research from elsewhere in

Europe suggests a staggering 75% decline in insect numbers in the past 26 years, with an annual decline of 2.5%. Recent research in Ireland has shown that our butterfly and bumblebee populations are declining at rates greater than the global averages. This immense loss threatens the total collapse of the food chain if the trend continues, so we must do everything in our power to halt or reverse it. Recent research in Ireland has shown that our butterfly and bumblebee populations are declining at rates greater than the global averages. This immense loss threatens the total collapse of the food chain if the trend continues, so we must do everything in our power to halt or reverse it.

If we wish Ireland to be a country where nature thrives once again, we must also continue to fund conservation for our vulnerable and endangered larger animal species, on land and in water, and, where suitable habitat exists, endeavour to reintroduce species which have become extinct on the island due to human activity.

Ireland has shown that our butterfly and bumblebee populations are declining at rates greater than the global averages. This immense loss threatens the total collapse of the food chain if the trend continues, so we must do everything in our power to halt or reverse it.

If we wish Ireland to be a country where nature thrives once again, we must also continue to fund conservation for our vulnerable and endangered larger animal species, on land and in water, and, where suitable habitat exists, endeavour to reintroduce species which have become extinct on the island due to human activity.

To address these problems, the Social Democrats propose:

• A voluntary purchase scheme for unprofitable farmland, to be converted into protected native woodland. • Incentives for the practice of agroforestry, for example silvopasture (grazing livestock amongst woodland). • Incentives for the planting of native trees on private land, and for sustainable felling and harvesting practices (reducing clear-cutting). • A doubling of the area of protected nature reserve by 2040. • The promotion, and expansion, of wildlife corridors across the country. This would recognise the potential of rivers, canals, and the road network as potential nature corridors. • To require state bodies to first examine upstream natural based solutions when considering works required to deal with flood relief and protection. • Reintroduction of extirpated species where research has established feasibility. This would include a

compensation scheme for any agricultural losses, and harsh penalties for illegal killing of reintroduced animals. • Significant state funding for the conservation of endangered and vulnerable native species. • Fund Councils and Inland Fisheries to map and remediate barriers to fish migration within their riverine systems. • National legislation to significantly reduce or eliminate the non-agricultural use of pesticides and herbicides outdoors, and continued review of agricultural practices relating to pesticides, herbicides and fertilisers. • State funding for the monitoring and eradication of invasive species. • Require Councils map areas of local environmental importance, in consultation and cooperation with the local community and include them in County Development Plans as areas to be protected.

• In urban areas, the government would work with local councils and An Bord Pleanála to prioritise the planting of trees and flowers in existing and new developments, and on streets. It is healthier for people (mentally and physically) and wildlife alike to have as much planting and green space as possible in urban and suburban areas. • To fund Councils to undertake Trap, Neuter and Return programmes for feral cats. • Encouraging local councils to create native Woodland Walks and Wildflower Meadows in existing and new parks. • Making the creation of wild picnic bench spots in office developments and (where practical) the creation of rooftop gardens in offices and apartments a vital part of ABP urban planning regulation. This would reduce the prevalence of 'concrete deserts' and have amenity and quality of life benefits. • Ensuring all local authorities and planning authorities have all hedgerows assessed while making planning decisions and that priority is given to maintaining and protecting existing hedgerows and trees. Where additional or replacement planting takes place native species should be used. • To establish a Wildlife Crime Unit in an Garda Síocháin to assist in the prevention and detection of wildlife crime.

Please see our other General Election policy and manifesto documents (forthcoming) on the environment and climate change.



Congratulations to Tom Mc Mullon (Mack) on the occasion of his recent 80th Birthday. Tom is well known around Maynooth for his involvement in the local community for more than 40 years. Family & friends joined Tom to celebrate this momentous occasion. Marie Gleeson presented Tom (Pictured right) with a token of appreciation for his years of service to the Maynooth Community Employment Project, of which Tom is the Chairperson.



35TH ANNUAL **MAYNOOTH** ST PATRICK'S DAY PARADE 2020



It's time to start preparing once again for Maynooth's biggest event, the St. Patrick's Day Parade! This is the 35th Annual parade and we are extremely excited for what's in store.

The Committee have been meeting over the past few months to start preparations and we are planning on the biggest parade to date. We are very excited about 2020's parade and we hope you are too.

We can reveal that the Theme for 2020 is... "Climate & Me".

The world as we know it is changing drastically due to climate change and that includes our community. We are fortunate to have climate action groups in the town and academics that are experts on the subject.

For floats please consider recycling material, using chants calling for climate action and pull inspiration from the Global Climate Strikes around the world and in Maynooth on Fridays.

Application forms can be emailed to maynoothparade@gmail.com or can be posted/ dropped into the Maynooth Newsletter office beside the Post Office.

The Maynooth St. Patrick's Day Parade committee work on a voluntary basis and we are constantly on the lookout for new volunteers and if you have some spare time to assist, we would love to hear from you. If you would like to help or if you have any queries, please email us or call (086) 728 0050.

Naoise Ó Cearúil (Chair) Maynooth St. Patrick's Day Committee.



"Have Fun While Advertising Your Organisation"

Maynooth







Application Form 2020

This Year's Theme: "Climate &Me"

Closing Date for Entries: 5pm Monday 9th March 2020

Name of Business/Group:	
Address:	
Contact e-mail:	
Contact Person:	Telephone:

- All vehicles entering must have a float, preferably a live band with traditional, rock or pop music.
- HGV's, lorries or cars without a float will not be accepted.
- Entry Fee does not include Insurance cover. All participants/Floats should have suitable Insurance cover.

Do you wish to do a demo (2-3 mins) at Reviewing Stand?

Entrance Fees: (Cheques should be made payable to "Maynooth St Patrick's Day Parade")

Commercial Float ~ €60 Club/Organisation ~ €30 First Time Entry ~ €10 Bands ~ Free

Please submit two paragraphs about your club/organisation or business with this application

The categories for which prizes will be awarded are as follows:

1	Best Commercial Float	Trophy	2	Best Club Float	Trophy
3	Best Band	Perpetual Cup	4	Best School Float	Trophy
5	Best Portrayal of Irish Culture (Dr Muireann Ní Bhrolcháin Perpetual Trophy)	Perpetual Trophy	ճ	Best Portrayal of Environmental Awareness	Trophy

Applications with entry fee to be sent to: c/o Unit 5, Carton Retail Park, Maynooth, Co. Kildare.

Organised by:

Maynooth St Patrick's Day Parade Committee Maynooth St Patrick's Day Parade Committee E-mail: maynoothparade@gmail.com Naoise Ó Cearúil (Chair) Mobile - 086-7280050

Maynooth 10k 10th Anniversary Launch

2020 marks the 10th Anniversary of the Maynooth 10k. To celebrate, the committee would like to invite all who have supported us over the years, in any capacity, to a Launch Event in Maynooth Education Campus on Tuesday 11th February at 7.30pm (RSVP maynooth10k@gmail.com). The evening will feature an exhibition of photos and memorabilia spanning 10 years of the race and the town.



This year's Maynooth 10k/5k will take place on Sunday 26th of April at **10.30am.** Everyone taking part will receive a special 10th Anniversary medal and a Snood. We'd like to thank Pearl Dental for sponsoring the medals again this year and Specsavers who are sponsoring the Snood.

On-line entries to the race are already open at: https://

www.popupraces.ie/race/ maynooth-5k-10k-2020/

The Maynooth 10k/5k is organized by Maynooth

Education Campus Parent Teacher Association (MEC PTA) and is a fund-raiser for a new Multi-Use Games Area to be located on the new school Campus and for the upkeep of the existing playing fields shared with Maynooth GAA at Mariaville on the Moyglare Road.

Maynooth

We are very grateful to St Patrick's College and Carton House Hotel for allowing the use of their very beautiful grounds. We'd like to thank all the businesses who have sponsored and supported us and all the participants and volunteers who make the day special. Looking forward to welcoming you all to the Launch on Tuesday 11th February at 7.30pm!

Clues Across

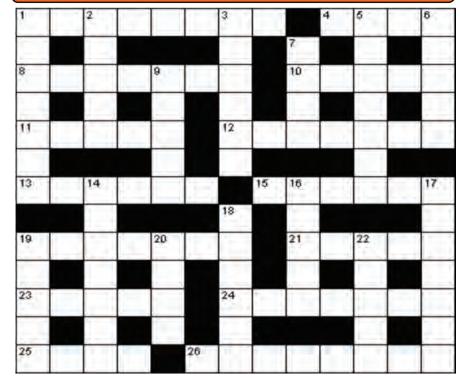
- 1. Anteater (8)
- 4. Parts of a play (4)
- 8. Unfathomable (7)
- 10. Declare invalid (5)
- 11. Permit (5)
- 12. Mariner (7)
- 13. Denunciation (6)
- 15. Polar region (6)
- 19. Amalgamated (7)
- 21. Publish (5)
- 23. Din (5)
- 24. Aromatic herb (7)
- 25. Hazard (4)

DATES

26. Edible snail (8)



February 2020 Crossword - No. 487



Clues Down

- 1. Intransigent (7)
- 2. Majestic (5)
- 3. Gusto (6)
- 5. Devise or invent (7)
- 6. Storage towers (5)
- 7. Cab (4)
- 9. Darned (5)
- 14. Dried grapes (7)
- 16. Salary increase (5)
- 17. Cigar (7)
- 18. Detestable (6)
- 19. Relating to an arm bone (5)
- 20. Notion (4)
- 22. Vernacular (5)



Solutions to Crossword No. 486 MIXTURE SWARM PANDA HEATHEN 0 L P 1 1 GENUINE SHELF RAISED ASSESS AVOCADO IDEAS XP RN U HEADING ECEH TENSE

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 February 2020

Address:_	 	 	

Dhanas				
Phone:				

Winner of Crossword No. 486

Bernadette Duffy Kingsbry 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

E

U

TANGLED

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

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 2020

Name:

Entries must arrive to **Newsletter Office before:** Tuesday 18th February 2020

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

> > Dylan Kiely Parsons Hall Mavnooth

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

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

Name:	
Address:	
Phone:	
_	



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



(D)		
E THE	WING STORY	
The state of the s	3	
	The Carried Control of the Control o	

Name	:		
Age:			
Addre	ess:		

Phone No:

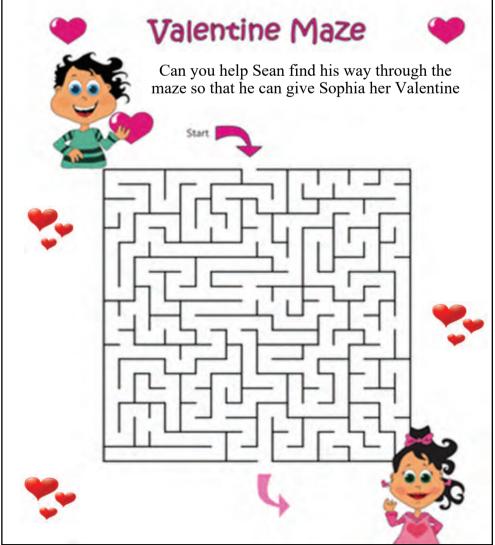
Last Month's Winner:

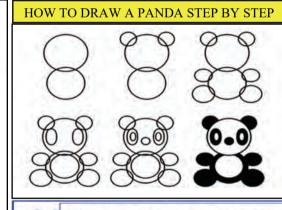
Simran Phillips Castle Park Square Maynooth

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 18th February 2020

Junior Puzzle Corner











Cllr. Angela Feeney Maynooth Labour News

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



Motion on Childcare Shortage in Maynooth

in Maynooth, Cllr Feeney submitted the following Motion of that facility? Cllr Feeney added that this space is used by emphasised that Maynooth is long overdue a Community at the December 6th 2019 Municipal District Council many voluntary groups such as Mothers and Toddlers, Meeting: That the Council carries out a review of childcare provision in Maynooth to assess if it meets the current and abrupt nature of the closure as well as the requirement for projected demographic growth of the town. A report was insurance cover. The Council responded confirming that the playground. It was agreed by all members that this is an received from the Community and Cultural Development the Community Space in Maynooth had been taken over by Department of the Council informing the members that the Kildare County Council and that the previous management Public Realm discussion to be had in the near future. Community Department did not have the in-house had been informed in person approximately a month in information or expertise to carry out a review of childcare advance and that this was followed up with emails to provision in Maynooth or to assess future needs. The confirm the Council would take over management, Council could however contact the County Childcare including dates and times. Committee of the Clane-Maynooth Municipal District if the members so wished and put this question to them.

Cllr Feeney informed the meeting that reports produced by the Childcare Committee and Pobal data showed there were 10 childcare providers in Maynooth and that all were full to capacity until 2024. Crèches were not being built in some developments even though it is a condition of the planning and the replacement of a number of ramps at an estimated permission. Cllr Feeney asked that the Council enforce action where developers were in breach of the planning the MD on the 8th November 2017 on this very matter conditions and that solid policies on crèches needed to be incorporated in the Local Area Plan (LAP) and the County Development Plan (CDP). The matter was referred to the Economic Development, Enterprise and Planning Strategic from the Roads, Transportation and Public Safety Policy Committee (SPC) and the Planning Section to review the matter when reviewing the CDP. Cllr Feeney is a founding member of Maynooth Community Creche Old Greenfield and that the ramps would not be repaired Action Group which aims to address this very important issue for families in Maynooth.

Trimming Back of Trees

Cllr Feeney submitted the following motion at the December 6th 2019 Municipal District Council Meeting: That the Council undertakes to trim back trees obstructing with the Council to see if works can be carried out during public lighting in the estates in Maynooth as a matter of the road replacement. Cllr Feeney stated that the matter is public safety. The Council responded stating that the being sent from Billy to Jack with nothing happening so annual Programme of the Tree Works Programme involves the pruning and removal of trees where they are causing issues with public lights and that the programme for 2020 Mains. Cllr Feeney intends to pursue this matter as an has been tendered. The Council added that while it is unlikely to have flexibility to add to this, if there are particular locations of concern, the Council may consider Community Centre and Hub for Maynooth particular estates and areas of concern to the attention of matter of public safety.

Community Space

Community Space had been taken over by Kildare County the vacation of the overall site. When there is a definite

Council and if so, what planning or consultation for the timeline for the vacation of the site a decision will be made Third Age Walking Group and all were concerned at the

Greenfield Road Repairs

Cllr Feeney asked the Council to provide an update on the road resurfacing for the main access road in Old Greenfield Maynooth? The Council stated that this section of roadway is currently not on any programme. The main access road would involve an inlay of approximately 500 metre length cost of €75,000. Cllr Feeney reminded the Council that at regarding the road ramps in Old Greenfield which are in very poor condition at present, a motion was proposed by her predecessor Councillor McGinley and the report Department at that stage informed the members that Irish Water had plans to lay a new water main the length of until this work is completed. The then District Engineer informed the members this would be carried out in 2018. Move forward to 2019, in Cllr Feeney's recent communication on this to progress the matter to Irish Water, she was advised that there are no immediate plans to replace pipes in Old Greenfield but that they would liaise she is raising this as it looks as if the Council and Irish Water have put off the badly needed new Water issue of public safety.

these for the next programme. Councillor Feeney will bring Cllr Feeney submitted the following motion at the January 10th Maynooth Municipal District Council Meeting: That University, 8pm the local area engineer and Parks Department as this is a the Council use the Fire Station vacated site for a Community Centre for Maynooth incorporating a I also meet individuals regularly to assist in any way I can site is part of the larger Area Office site. Both sites are Thank you! Cllr Feeney asked the Council to confirm if Maynooth currently still in use and there is currently no timeline for

Given the growing crisis in childcare provision for parents particular takeover took place with the current management about the future use of the overall site. Cllr Feeney Centre and it was promised in the last Local Area Plan but has not been delivered. Cllr Feeney added that this site would be perfect given the accessibility and proximity to important issue for Maynooth and will be added to the

Upcoming Motion at Plenary Council on January 27th

Cllr Feeney has submitted the following motion: That Council carries out a review of its policies and procedures to ensure there is regard to gender representation. Update to follow in next edition.

Talk on Gender and Politics Maynooth University

Cllr Feeney was invited by Maynooth University Politics and Sociology Society to participate on a panel on Gender and Politics on December 12th. Other speakers included MEP Maria Walshe and MU Student Union President Katie Deegan.

Meetings and events attended since last Newsletter:

December 2nd: Community Crèche Action Group, Maynooth University, 8pm

Dec 3rd Kildare County Council Shop Front Awards, KCC,

Dec 6th Maynooth Municipal District Council Meeting, KCC, 10am

Dec 9th Maynooth Community Council, Community Space,

Dec 10th KWETB Audit and Risk Committee KCC, 2pm

Dec 10th Board of Management, MPPS, 5pm

Dec 12th Talk on Gender in Politics at Maynooth University, 6pm

Dec 16th Council Plenary KCC, 2pm Dec 28th Celebrity Bainisteoir Maynooth GAA

Jan 10th Maynooth Municipal District Council Meeting, KCC, 10am

Jan 13th Maynooth Community Council, Community Space, 8pm Jan 14th KWETB Board Meeting, Athy Community

College, 9am Jan 20th Community Crèche Action Group at Maynooth

Community Crèche. The Council stated that the fire station with their personal issues so feel free to get in touch

Kildare Planning Applications for Maynooth Area Planning Applications received from 03/12/2019 To 17/01/2020 Information from Kildare County Council Website

App Num	Authority	Applicant Name	Development Address	App Date
2032	Kildare County Council	Colin Moane and Irene Kearney	15 The Avenue, Newtown Hall, Maynooth, Co. Kildare.	17/01/2020
2031	Kildare County Council	Karol Quinn	2 Beaufield Drive, Maynooth, Co. Kildare, W23 R2T8	17/01/2020
2017	Kildare County Council	Richard Bielenberg	No. 11 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare.	13/01/2020
206	Kildare County Council	Tesco Ireland Limited,	Carton Park Retail Campus, Dublin Road, Maynooth, Co. Kildare.	08/01/2020
191422	Kildare County Council	Michael and Karen Enright,	19 Griffin Rath Manor, Maynooth, Co. Kildare.	20/12/2019
191417	Kildare County Council	Authorized Property Company Ltd.	Glenroyal Hotel, Straffan Road, Maynooth, Co. Kildare.	19/12/2019
191411	Kildare County Council	Eoghan Kennedy & Natalie Kennedy	Ard Rossa, Ballygoran, Maynooth, Co. Kildare W23 P5K3	19/12/2019
191379	Kildare County Council	David Collins,	Hawthorn House B & B, Old Greenfield, Maynooth, Co. Kildare.	13/12/2019
191380	Kildare County Council	David Carty and Lorraine Nolan,	4 Moyglare Abbey, Maynooth, Co. Kildare.	13/12/2019
191383	Kildare County Council	Dave and Anne Mahoney	Elm Lodge, Moyglare Road, Maynooth, Co. Kildare.	13/12/2019
19306068	Kildare County Council	Ladas Property Company Unlimited Company	Lands adjoining and to rear of St. Mary's Church, Mill Street, Maynooth	03/12/2019
191334	Kildare County Council	Dave & Anne Mahoney	Elm Lodge, Moyglare Road, Maynooth, Co. Kildare.	03/12/2019



ust because it's colder, doesn't mean you have to give up on your herb garden. Growing fresh food should be a thing you can do 365 days a year.

So, here are some herbs that do a little better in chilly weather—the perfect winter herbs to grow and eat

Rosemary is a perennial herb, which

means that it can be grown year-round, and sturdy enough to defend itself against icy temperatures. This herb will bloom throughout the year, and is one of the more affordable ones to grow and replace in the event that your plant kicks the bucket. Rosemary pairs well with heartier meats like lamb and beef, and stands up to pungent flavours like garlic. On top of packing a punch in flavour, rosemary—

pungent flavours like garlic. On top of packing a punch in flavour, rosemary—particularly its oils—has been used to treat things like poor memory, migraines, digestive issues, and other such ailments.

Parsley don't underestimate the ubiquitous <u>parsley</u> plant; it's more resilient than you might think. In harsher (cold) climates, parsley will hide underground to keep itself safe, but don't worry—it's still growing, however slowly. In milder winters, it will continue to bloom to provide a nice fresh kick to any dish. A good tip is to grow lots and lots of parsley to counteract its slow growth over the winter. Because parsley self-seeds, it means that more plants will grow even if you stop planting new ones.

Thyme, like sage, thyme is also a great accompaniment to sage, as well as pork. These sturdy little shrubs will add brightness to your dishes few other herbs do thanks to its lemony tones. They will survive over the winter will little to no up-keep, though there will be very little growth as well.

Having said that, you should be careful not to cut all of your thyme shrub's old growth, as that will prevent it from growing new leaves, taking away all of the plant's reserves.

Thyme has also proven to serve medicinal purposes over history. Some studies suggest that the thyme oil can decrease inflammation and airway constriction caused by pulmonary diseases.

Mint is a strong herb just like thyme. If you've ever grown mint, then you know that it's imperative for it to be grown in a separate pot as it will take over the entire planter; those who plant their own herbs are never short of mint! Think of mint like a weed. They grow wild, and they are hard to get rid of. Mint's like that, except you want it to grow wild. Needless to say, this tough, resilient herb will continue to grow throughout the winter. It's a great herb to have around, as it is chockfull of vitamin C and iron. Mint has also proven to reduce digestive problems like irritable bowel syndrome due to its antibacterial, anti-inflammatory, and anti-fungal properties.



Winter savoury, this one is pretty self-explanatory. Winter savoury has a similar flavour to thyme, but leaves more of a tang. It's great in many comfort meals great for the winter, like beef stew.

Basil, like parsley, <u>basil</u> is one of the most popular herbs in the world. While every country seems to have their own variety (e.g. Thai basil), is common in world cuisines—from Italy (it's the primary ingredient in pesto sauce) to Thailand—and it can add a kick to many salads.

Rich in vitamin K, A, potassium, and calcium, it's no wonder it's so popular. It helps to reduce inflammation, and studies have shown that it may help with symptoms of arthritis. Basil also contains a lot of anti-oxidants and antibacterial properties, which can help with cardiovascular health and inhibition of the growth of bad bacteria.

Start basil, oregano, parsley and dill indoors in February. Other herbs that do well when started indoors include mints, thyme and sage. The seedlings transplant well into containers that sit on the porch or patio. Health and inhibition of the growth of bad bacteria, respectively. (Please get more information if using Herbs for medicinal purposes, herbal remedies may not be suitable for everyone)



February Growing Guides

Still winter, isn't it? But spring is just around the corner, so there's lots to do in the polytunnel. If you're planning your first polytunnel this year, a sunny day in February is a great time to put the cover on in time to get early spring plantings up and running far earlier than you could outside. Plastic is more flexible when warm, but as long as the sun is out — even if

it's a cold day – as soon as you pull the cover up over the hoops you'll be amazed how quickly it warms up inside. After just a few minutes, the cover will be flexible enough to tighten down, and you won't need to re-tighten it later in the year. As well as continuing to sow broad beans, garlic/ elephant garlic, peas (round-seed varieties) and turnips you can also start sowing aubergines, peppers, strawberries, sweet potato and tomatoes. And yes, I know, you're thinking 'Aubergines, peppers and tomatoes in February?' In a regular vegetable garden this would be a complete waste of time. But not in a polytunnel.

Sowing

Get some 'first early' seed potatoes and start 'chitting' them - set them out in egg boxes near a bright window so they begin to sprout. When the sprouts are about an inch long, plant the spuds in the tunnel. You'll be rewarded with the earliest of earlies sometime in the second half of April.

Five beautiful bulbs to plant in February, for masses of summer flowers.

Lilies. Eucomis. Liatris. Agapanthus Galtonia.





Garlic Steak and potato foil packs

Servings: 4

Prep. Time: 10 minutes Cook time: 20 minutes

Ingredients:

- 2-2 1/2 pounds top sirloin steak, trimmed of fat and cut into 2 1/2 inch pieces.
- 1 pound baby yellow potatoes quartered (or halved if they are already less than 1 inch in size)
- ♦ 3 tablespoons of olive oil
- ♦ Salt and pepper, to taste (I use about 1 teaspoon salt and 1/4 teaspoon black pepper)
- ♦ 1 tablespoon minced garlic
- ♦ 1 teaspoon onion powder
- ♦ 1 teaspoon dried oregano
- ◆ 1 teaspoon dried parsley
- ♦ 1 teaspoon dried thyme
- ♦ Fresh thyme or parsley for topping (optional)

Method:

- I. In a large bowl combine steak, potatoes, olive oil, salt and pepper, garlic and seasoning and toss to combine.
- II. Divide steak and potatoes between four 12x12 inch sheets of foil, then wrap the foil tightly around the contents to form your foil packs. Grill over high heat for about 10 minutes on each side or until steak and potatoes are cooked through Or bake at 220° C for about 20-25 minutes until cooked through to desired doneness.
- III. Garnish with fresh thyme or parsley and serve immediately.

Tips

- \Rightarrow Be sure to cut your steak into pieces that are at least 2x2 inches and potatoes into pieces smaller than 1 inch. This ensures even cooking.
- ⇒ For medium doneness on the steak, boil the potatoes first for five minutes before adding to the bowl and proceeding with the rest of the recipe. This will help them to cook faster once in the foil pack.
- ⇒ If you prefer a char on your steak, you can open up the packets at the end and cook for a couple of minutes directly on the grill, or for baking you can switch oven to broil for a few minutes (with packets open).
- ⇒ You can use chicken or pork for this recipe.

Pasta with mushrooms and spinach

Ingredients:

- ♦ 1/2 Tbsp. unsalted butter
- ♦ 2 cups (about 1/2 pound) thinly sliced button mushrooms
- ♦ Kosher salt and freshly ground pepper
- ♦ 2 garlic cloves, minced
- ◆ 1/3 cup chicken or vegetable broth
- ♦ 2 Tbsp. cream cheese
- ♦ 3 Tbsp. grated parmesan cheese
- ♦ 2 cups fresh baby spinach
- 4 oz dry pasta, cooked according to the package directions and drained.



Preparation

- I. Melt the butter in a large skillet over medium heat, then add the mushrooms and season with salt and pepper. Cook, stirring occasionally, until the mushrooms are browned and soft and any moisture they've let off has evaporated, about 5 minutes. Add the garlic and cook, stirring often, just until the garlic is fragrant, about a minute.
- II. Turn the heat down to medium-low and add the broth, cream cheese and Parmesan. Cook, stirring, until the cheeses have melted and a uniform sauce has formed and thickened slightly, 2-3 minutes. Add the spinach and toss everything to wilt the spinach, then add the cooked pasta and toss to combine. Serve immediately, topped with extra Parmesan.

Nutella stuffed strawberries

Ingredients:

- ♦ 12 large fresh strawberries
- ♦ 1/4 cup Nutella
- ♦ 1 cup milk chocolate chips, melted
- ♦ 1/4 chopped hazelnuts
- ♦ Powdered sugar

Directions:

 Remove stems from strawberries Using a knife, cut out centres.

II. Pipe Nutella into strawberries.

III. Insert a toothpick into the side of each strawberry. Holding toothpick, quickly dip stem end of strawberry into melted chocolate; allow excess to drip off. Sprinkle with hazelnuts; place strawberries on a waxed paper-lined baking sheet, point side up. Remove toothpicks; refrigerate strawberries until set. Just before serving, dust with powdered sugar.





FILM/DVD MONTHLY BY BERNIE CLAXTON





The 92nd Academy Awards takes place on February 9 in Los Angeles, and it's undoubtedly the hottest ticket in the Hollywood calendar. The Oscars is the biggest party of the year, where glamorous stars shine just that little bit extra, as they show off their fashion house wares on the red carpet. Audiences worldwide can look forward to a spectacular evening of gowns, awards, tears and lengthy speeches.



BEST SUPPORTING ACTRESS



With Golden Globe, Critics Choice and SAG awards under her belt, Laura Dern (Blue Velvet, Wild at Heart) seems to be the odds-on favourite to take home the Oscar for Best Supporting Actress of the year. 2019 was good to Dern with impressive turns in films such as Little Women and Big Little Lies. However, it is her role as the divorce lawyer in Noah Baumbach's emotional Marriage Story that has nudged her ahead of the competition in the Oscar race. Dern's closing speech in this movie is of the memorable kind, and Oscar voters just love these grandstanding moments in movies. A possible upset could come in the form of Scarlett Johansson (double nominated this year) for her strong work as the anti-fascist mother in Jojo Rabbit.

Who Will Win: Who Should Win: Possible Upset:

Laura Dern Laura Dern

Scarlett Johansson

BEST SUPPORTING ACTOR



As with the award for Best Actor, the Best Supporting Actor award has traditionally gone to seasoned actors in past ceremonies. There are a lot of heavy hitters in the nominated category this year. The man in front, Quentin Tarantino regular, is Brad Pitt who has never won an accolade in this particular category. It could well be Pitt's year for his charismatic performance as the stuntman in Tarantino's tribute to the golden age of cinema, Once upon a Time...In Hollywood. However, hot on Pitt's heels come acting legends and former Oscar winners Joe Pesci (emerging from a long hiatus) and Al Pacino. Both veteran actors prove they can still deliver the goods with stand-out performances in Scorsese's Mafia character-driven study, The Irishman. It's all to play for...

Who Will Win: **Brad Pitt** Who Should Win: Possible Upset:

Al Pacino Joe Pesci

BEST LEADING ACTRESS



The *Best Actress* category is especially strong this year. The hot favourite to take home gold is Renée Zellweger for her amazing and moving performance in Judy. The talented actress has already swept the boards at other awards shows including The Golden Globes and SAG. Renée has experienced her own troubled path in the entertainment industry of late, so it is especially fitting that she has taken on the mantle of the tragic and legendary songstress, Judy Garland. And doesn't Hollywood just loves a comeback kid!

Zellweger surely deserves to be crowned for her electric and transformative performance as Judy Garland. Though the ubiquitous Scarlett Johansson is also a strong contender for Marriage Story. Like Renée, she has never won an Oscar despite several impressive screen performances to date. Of Irish interest is the consistently brilliant Saoirse Ronan who has yet again been nominated for her superb role in Little Women. Ronan has an impressive array of nominations and screen roles under her belt for one so young. Could this be her year at last?

Who Will Win: Who Should Win: Possible Upset:

Renée Zellweger Renée Zellweger **Scarlett Johansson**

BEST LEADING ACTOR



The winner of the Best Actor Oscar is such a foregone conclusion this year, that the other competitors needn't bother turning up. It's not just because Joaquin Phoenix has been cleaning up at all the pre-Oscar award shows (which he has for the record); it's quite simply because his stunning performance in Joker was hands down the best of 2019 or any year. Indeed, halfway through a viewing of Joker last year, I was already visualising him collecting the Best Actor gong at this year's ceremony. Nobody in this category can touch Phoenix for his tortured take on the

The hugely talented actor has been gaining in stature since his **Gladiator** days. Phoenix is easily the greatest actor of his generation, and certainly the De Niro of this era. If you're a betting person, you can put your house on Phoenix coming home with gold. The rest of the competition (DiCaprio, Pryce, Driver and Banderas) might just have to 'smile and put on a happy face' as Joaquin Phoenix ascends the podium to collect his well-deserved Joker crown.

Who Will Win: Who Should Win: Possible Upset:

Joaquin Phoenix **Joaquin Phoenix** Won't happen

BEST DIRECTOR



This is an interesting category and it's a wide open field for the nominees involved. Remarkably, the maverick Quentin Tarantino has yet to win the Oscar for Best Director. Once upon a Time...In Hollywood, his love letter to the golden era of cinema could work the Oscar magic and make him the man to beat. If not, he may have to settle for yet another Original Screenplay award.

Celebrated director, Martin Scorsese has been hitting the campaign trail hard this season. The Irishman is an excellent movie about old white men, and as the Academy is full of them, this might just bode well in Scorsese's favour come Oscars night. Though British director, Sam Mendes is also looking like a strong contender for his experimental and remarkable WW1 movie, 1917. Add in Todd Phillips to the mix for his terrific work on Joker, and we have an exciting contest on our hands.

Who Will Win: Who Should Win: Possible Upset:

Quentin Tarantino Todd Phillips Sam Mendes

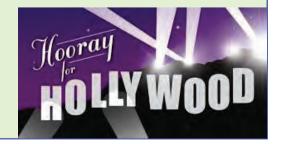
BEST PICTURE



This is the most coveted prize of the night It can bring in millions of bucks and prestige for the winner. Although it's a category that has increasingly become a hard one to predict. A directing nod for a movie does not automatically guarantee Best Picture success, although it was a good predictor in the past. Joker has the most nominations with 11 nods, but can it take home the top prize? Most likely the controversial nature of the movie, specifically its treatment of mental illness, will negate against it winning gold. That's a shame as **Joker** deserves the award. Scorsese could triumph with The Irishman considering its powerhouse cast of legends. But Mendes'1917 has been gaining momentum and Oscar voters love big, epic, prestigious movies. Though the entertaining motor racing film, Ford v Ferrari could just pip all the others at the post. It's not over till the fat lady

Who Will Win: Who Should Win: Possible Upset:

1917 The Irishman







Frank O'Rourke TD KILDARE NORTH

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

1 01 618 3109

Main Street, Celbridge, Co Kildare.

255 5257 259 630 3736 3736 3736

www.frankorourke.ie

Frank O'Rourke



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

Maynooth Educate Together NS move to new school building



On December 19th the keys of the new school building were finally handed to over to the school management after a longer than expected phase one building period. With works outside of the main contract such as the installation of IT and other services still needing to be completed the school was only ready to be occupied by staff and pupils on January 9th. School Principal, Marie Hand said that the entire school community are excited about the move to the



Representatives of the all the parties involved at the hand-over of the keys

permanent building and that having the delay was better than discovering any problems at a later date. The next stage is that the temporary building will be removed by the end of January and work starts on phase two where an additional eight classrooms will be built.

Paul Croghan, Chairperson of the Board of Management acknowledges that for the rest of this school year that the overall site of just under 3 acres will be congested as we continue to reduce the area to provide for the building work to continue. We are asking all our families to be patient with the disruption for the next nine months. At the end we will have a much superior school building with additional facilities not possible when we were in a temporary building. There is good ongoing communication between everyone involved and the target is that we will have the entire site back by September 2020. We are also grateful to our neighbours for their patience and understanding during the construction work.

Paul Rowe, CEO Educate Together stated that this is the 90th school at where he has received the keys of a school building from the Department of Education and

Skills and that he was delighted with the development of the school in Maynooth in just ten years. He was present at the opening of the original temporary building in 2008 where there was just less than twenty pupils to today when there are close to three hundred students with state of the art facilities for all classes. Paul Croghan confirmed that a formal school opening will take place later but for now the school community will settle into their new surroundings.



Paul Rowe, CEO Educate Together presenting the keys to Marie Hand and Paul Croghan