

Maynooth Newsletter

Serving the people of Maynooth



Local News June 2020 Issue No. 491 Online Version

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.



Due to the current restrictions in place to combat the spread of the COVID-19 Virus we are unable to print & deliver the normal edition of the Maynooth Newsletter. The hope going forward is to produce this Online Version to keep people informed. All the community of Maynooth are invited to submit relevant content to: office@maynoothcep.com as we progress through these extraordinary times. If we mind ourselves and each other we will get through this and come out the other side a stronger community & country. Please bear in mind as the situation progresses we may be unable to produce the Online version.



Every battle can be fought when you have the right support.

Young mothers set up childcare charity for parents facing cancer

The Community Cancer Caregivers charity was found in response to a service gap in among Irish cancer patients with young children. These parents are faced with the struggle of managing their cancer treatment whilst also having the responsibility of caring for their young children. Treatment for any person diagnosed with Cancer can be both traumatic and exhausting. However, cancer patients with young children, face the additional responsibility of seeking and arranging alternative ad-hoc care for their children whilst undergoing intense cancer treatments like chemotherapy.

Set up by two young mothers (Deborah Hall and Donna Phelan) in the North Kildare area, only heard of their friend's struggle with childcare after she passed away from Breast Cancer in 2019. Community Cancer Caregivers aims to be by your side, when you might be beside yourself. Please help Community Cancer Caregivers reach these parents and provide of comfort and hope by donating what you can.

<https://www.idonate.ie/CCCNorthKildarestartup>

Irish Cancer Society said:

'A cancer diagnosis doesn't just impact the person diagnosed, it also impacts their family and friends. Children can be especially affected as parents need time to attend treatment and are often exhausted, lacking energy when they are at home. Supports like those provided by Community Cancer Caregivers, no-cost relief childcare to families dealing with a cancer diagnosis, can make a significant difference. The work of Community Cancer Caregivers adds another vital support for cancer patients and their families.' Donal Buggy, Director of Services Delivery & Implementation, Irish Cancer Society.

Hand in Hand Charity said:

"This unique service is wonderful idea for families struggling through cancer treatment. So practical and so necessary. We commend the founders for their innovative work"

Jennifer Carpenter, Service Manager, Hand in Hand

Deborah Hall - CEO/Chairperson and Founding member.

Web: communitycancercaregivers.com - **Email:** communityCancerCaregivers@gmail.com
Celbridge Contact Number: 083 0363905 - **Maynooth Contact Number:** 083 0534082
@CCCNorthKildare - @Community Cancer Caregivers
Registered Charity Number (RCN): 20205579

Further Information on page 14

Maynooth Home support

If you are unable to leave your home due to being immunocompromised or for other reasons, there are volunteers locally willing to help bring supplies to you.



You can contact
Naoise on (086) 728 0050
Anne on (085) 158 2660

maynoothcommunityhelp@gmail.com

If you are aware of people you think may wish to avail of the Maynooth Home Support services but may not have access to the internet please pass on the contact details above to them.



An Garda Síochána

Ireland's National Police and Security Service

Garda Mobility Service

If you are concerned for yourself or a neighbour, please contact your local Garda station. Contact details for all Garda stations are on the Garda website www.garda.ie or in any phonebook. Gardaí are hiring additional vehicles to assist those who may be in need of help with for example, collection of medical prescriptions, attend hospital appointments or other mobility supports.
Maynooth Garda Station - 01-6292380

Conserve Water

Water covers 71% of the planet but only 1% is available to us as drinking water. We share this precious resource with every animal and plant on Earth as well as using it every day in our homes and businesses. Although there is enough annual rainfall in Ireland, we are limited in how much water we can take from the environment. By using only what we need, we can all play our part in safeguarding our water for our future.

Water saving tips

Tip: Turn off the tap when you are brushing your teeth or shaving. Save up to 6 litres of water per minute. - Turn off the tap

Tip: An average shower uses 10 litres of water per minute. Taking a shorter shower will save lots of water. - Time your shower

Tip: Run your washing machine and dishwasher with full loads and save water and energy! - Load 'em up

Tip: Instead of running the cold tap for a cool drink, keep a jug of water in the fridge. This could save up to 10 litres of water per day. - Keep chilling

Tip: Place a basin in your sink so when you rinse or wash food you can collect the water and use it for watering plants.

Tip: Toilet flushing is one of the biggest water users in most homes. Consider only flushing the toilet when you really need to.

Check for leaks

Tip: Check for water leaks in your home. You may be eligible for a free leak investigation and repair.

Drop the hose - Garden clever

Tip: Use a rose head watering can in the garden and a bucket and sponge to wash your car. A hose uses more water in one hour than the average family uses in a day.

Tip: Water your plants in the early morning or late evening. This saves water evaporating and avoids scorching your plants too.

Tip: Add layers of plant material, like bark or straw, to your garden soil to help it retain more water.



How to grow Sunflowers from seeds

Growing Sunflowers can be great fun for all the family. You can have a competition with your children or grandchildren to see who can grow the tallest Sunflower. To begin You will need Soil, Sunflower Seeds, Pots & gardening gloves. Fill each pot 3/4 of the way with soil. Sow each seed about 1-1/2 inches down into the soil.



Lightly press the seeds into the soil and top the pots off with a little more soil. Directly after you have them planted water them. Be sure to use lukewarm water, which promotes strong root growth. The soil should never be completely dry, but make sure that you aren't over watering them either.

Make sure they are in full sun for at least 6-8 hours. If you see them start to wilt, remove them from the sun and give them some water.

When to Plant out your seedlings

When your seedlings are around 6-8 inches tall, they're ready to be planted once the frost has passed. Dig the hole in the sunniest spot in your garden as they love the sun and place the seedling into the ground and lightly pack down the soil and cover with mulch.



Slugs and snails like to eat new and growing shoots so if you can try and protect them by using some sort of cover. As your sunflower starts to grow taller you might need to help support it by tying a cane to the stem with string. Then just watch them grow and grow!

Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

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Please Note: Cúrsa A starts on Bank Holiday Monday.

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Cúrsa F: 29/06/20 - 10/07/20

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Connections: Maynooth- Missions- Wuhan - China

As Maynooth, along with the rest of the world emerges from the Covid pandemic I got to thinking about what Maynooth related items appeared in the Newspapers a 100 years ago. On searching the Irish Newspaper Archive I was surprised to find a Maynooth-China connection and not only that but a Maynooth-Wuhan connection also. The standout headlines in the newspapers both national and regional was that of the “**Maynooth Mission to China**” which was founded in St. Patrick’s College Maynooth in 1916 and by 1920 was well on its way with its missionary work in China.

The Society was founded through the inspiration of **Edward Galvin (1882-1956)**. He entered Maynooth College for his native Diocese of Cork, and was ordained in 1909. Unlike today, there was an oversupply of clergy for that diocese. His bishop suggested that Galvin offer his service in the United States, until such time as there would be an opening in Cork. Galvin went to the Roman Catholic Diocese of Brooklyn in New York City, where he was assigned to Holy Rosary Parish.

While serving there, Galvin came to know John M. Fraser, a Canadian priest. Galvin shared with Fraser his interest serving in China. Galvin had read everything he could about that nation and asked to accompany Fraser back to China. On Fraser’s advice Galvin wrote to his bishop for permission to go to China which he received. Galvin departed for China on 25 February 1912.

Galvin and Fraser sailed from Vancouver for China on the RMS Empress of India (1890). He then began to serve in Zhejiang (then spelled Chekiang), where he spent the next four years. During that time, Galvin was appalled at the poverty and began to request help and assistance from his connections back in Ireland. He was joined in 1916 by two other priests, Frs. Patrick O'Reilly and Joseph O'Leary. They realised that an organised plan would be required to deal with the situation. Galvin returned to Ireland to establish a new missionary Society.

On his return journey in June 1916, he met with bishops and priests everywhere he went, presenting his proposal. He returned to Maynooth where he began to recruit among the seminarians there for his proposed society. A local Curate, Thomas Roynane, introduced Galvin to **John Blowick (1888-1972)**, who agreed to join the endeavour and was to prove an important contributor to the development of the Society as evidenced in the article transcription and brief biography below. Within two months of his arrival, Galvin had recruited five more priests, bringing the new Maynooth Mission to China to a total of eight members.

Galvin then presented his proposal to the Holy See, which gave its blessing. Galvin and Blowick spent 1917 laying the foundations for the society. Formal approval for the group, now named the Society of St. Columban, was given by Rome on 29 June 1918, and a new seminary was immediately founded in Ireland to train new members for the missions. Society grew to number 40 priests and 60 seminarians by 1920. Galvin then led the first band of the Society to open their mission in the Hanyang District, modern day Wuhan, China. He was named Apostolic Prefect of the Apostolic Prefecture of Hanyang in 1923 and later made the Apostolic Vicar of the promoted Apostolic Vicariate of Hanyang in 1927, with Galvin being consecrated as its titular bishop, it became a diocese under him in 1946, (suffragan of Hankou).

As they began their work, the missionaries encountered various calamities to which the region was subject, ranging from famines to flooding. They also soon found themselves in the middle of a civil war between the forces of the Guominjun Nationalist Army and the Chinese Communist Party, which lasted for the next three decades. This social instability allowed warlords to flourish and mission stations were routinely threatened by bandits. Supplies were often stolen enroute and mission workers were frequently kidnapped. On July 15, 1929, Communist Army bandits captured Columban Fr Timothy Leonard whom they then murdered. Others were taken captive and released, but one, Father Cornelius Tierney, died after three months of harsh captivity.

In the autumn of 1932, Chiang Kai-shek's nationalist republican troops began attacking the Communists. The Communists fell back on all fronts, and, once more, people could move about with relative safety. "The reign of terror," wrote one Columban, "far from weakening the appeal of the Catholic Church in this area, seems to have strengthened it." It was an extraordinary time as thousands expressed a sincere desire to enter the Church. In 1933, the Holy See designated a new territory for the Columbans, and Fr Patrick Cleary was appointed in charge of the Apostolic Vicariate of Nancheng (in Nancheng County, south of Hanyang). The Japanese invasion of China in 1937 saw the Society challenged to care for both civilians and soldiers, as major outbreaks of Cholera swept the populace. This was soon followed by the outbreak of World War II when members of the Society from the Allies of World War II had to be repatriated or face house arrest. The war had just ended when it became clear that Communist forces under Mao Tse-tung would soon defeat the Nationalists under Chiang Kai-shek. In 1946, the Holy See entrusted a new mission, known as Huchow, to the Columban Fathers.

Three years later, the Communists took over this area, and, before long, they were in control of all of China. Several Columbans were jailed and eventually all the Columban priests and Sisters were expelled. Bishops Galvin and Cleary were expelled in 1952. By 1954, every one of the 146 Columbans serving in China was expelled forever. **Blowick, John (1889–1972)**, missionary priest and theologian, was born 26 October 1888 in Belcarra, Co. Mayo, eldest son of John Blowick, farmer, and Honoria Blowick (née Madden). He had one sister and two younger brothers. John was educated at Westport CBS and at St Jarlath's College, Tuam, Co. Galway, and subsequently trained as a priest in St Patrick's College, Maynooth. He excelled in theology, took a first-class honours BA degree and was ordained in 1913. Blowick himself raised funds and recruited personnel. He became superior-general (until 1924) and gained church authority to open a seminary, St Columban's College, Dalgan Park, Shrule, Co. Galway, in January 1918. In June 1918 it received its first members. The seminary remained at Shrule until its relocation (1941) to Dalgan Park, Navan, Co. Meath.

John Blowick retired as director of the Maynooth Mission in 1947, just as the Chinese communists were on the verge of taking power. He taught theology in Navan for some years. John Blowick died 19 June 1972 at Dalgan Park, Navan, and was interred in the seminary grounds. From 1929 onwards, the Society extended its mission to the Philippines (1929), Korea (1933), Burma (1936) and Japan (1948). Peru, Chile, Fiji (1950s). More recently Pakistan 1979. The Society was active for many years in Australia, mainly in support of the mission to China.

The Columban Oral Archive is held at Maynooth University Library as is their periodical The Far East.

Susan Durack

Leinster Leader Feb 21, 1921 (transcribed)

The Holy See has granted the Maynooth Mission to China a vast district in China. Its population is much greater than that of Ireland, and its extent is quarter the extent of Ireland. Its chief city is Han Yang, which has a population of 600,000”

“On St. Patrick’s Day of this year (1921) 16 of the Maynooth Mission to China priests will leave Ireland for China”

“They will be obliged immediately to procure houses for themselves, for their catechists and assistants.... also building chapels and schools...

It will require £200 to send each priest to China.

All contributions and all gifts should be sent immediately, as we are now engaged in making our preparations for the voyage”

Address to Rev. John Blowick, St. Columban College, Dalgan Park, Galway.

Railway Station – Hollymount.

Source: Irish Newspaper Archive.



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

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

Tel: 01-6285922

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

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

Maynooth Newsletter

Copy date for the next edition of the Maynooth Newsletter will be Tuesday 21st July 2020

Editorial

Like me I am sure many readers will welcome the gradual lifting of public health restrictions so that we can move around more. Many of us will have missed the opportunity to meet our parents and other family members in the past few months. Therefore before saying anymore let me remind you that in Ireland we celebrate Father's Day on Sunday June 21st. Of course for anyone reading this who has lost their father to the Covid 19 pandemic, we appreciate that this year will be a particularly difficult one for all of you. For those of you still lucky to have your father please make sure to make contact with him on the day.

At the beginning of this lockdown I mentioned here about the value of a garden to us at this time. Quite a number of readers have commented on this as well with a many saying that they will care for their gardens more in the future and wanting it to be their outdoor room. With the limited opportunity to travel for holidays this year the back garden is the place to spend your holiday funds.

With the restrictions lifted in May to allow people return to work under appropriate conditions, Maynooth Community Employment Project, outdoor staff are back to work. In addition to the community services provided from our office in Carton Park from where the "The Maynooth Newsletter" is published, you may well already know that the project also cares for the Maynooth Harbour and its environs as well as the Maynooth Town Soccer Club grounds. This means that these areas can continue to be maintained to a high standard and at least the Maynooth Harbour area can be a little oasis of calm or be part of your daily exercise route into the future as it is being well managed and looking attractive to walkers as well as being a haven for wildlife.

Maynooth Community Employment Project provides work and training experience for long-term unemployed people and through this provide invaluable community services. What might surprise readers is that the work in the Maynooth Harbour area is carried out from resources within the project thus saving Waterways Ireland (the statutory body that owns the Royal Canal) and Kildare County Council very significant amount of money annually. Consequently the project is highly dependent on local goodwill and in particular the support of the local business community. Like all charities the project has felt the financial impact of Covid 19.



With so many gatherings necessarily cancelled or turning to virtual events, the Maynooth University 2020 Soiree will also be virtual. The theme of this year's event is "Together Apart" and will be hosted by RTE broadcaster Rick O'Shea online on Saturday 20th June between 19.30 and 20.30. It will consist of a video montage of pre-recorded clips of reflections and performances by household names from the arts and by talented Maynooth University Alumni from households around the world. But here is the bit that will spark some of our readers to get in on the act. There is a request out for Maynooth Alumni to submit a video of your performance (whatever that might be) for inclusion in the 2020 Maynooth Online Cultural Memory to alumni.events@mu.ie by 12pm on June 8th 2020. I know that there are many Maynooth Alumni who came to study in Maynooth and subsequently made Maynooth their permanent home. We will be looking out for your performance.

Back to the public health restrictions and the roadmap to get back to more usual lifestyles. It is great to see that a number of local businesses adjusted to the conditions imposed and managed to continue to trade in a limited way during the restrictions. I know that I speak for many of you when I say that I look forward to many more local businesses re-opening and I know that "The Maynooth Newsletter" will continue to support local businesses in letting our readers know about them.

Paul Croghan
Editor

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Interior Design Trends

This year looks as if it is going to be the year when we will see home owners giving their homes a comfortable look and taking inspiration from nature. Trends to decorate homes reign materials such as wood and vegetation so it will be bright decoration along with silvers and gold.

The common goal to decorate the houses will be full of ideas and cosy proposals for the use of textiles and ethnic details.

In 2019 many people opted for an eco-friendly interior design incorporating many warm and natural elements. There will be an improved application of natural wood on doors, windows and furniture. More people will adopt the use of hand-made and recycled furniture and accessories as well as the wider use of natural stone materials.

In comparison to previous years in which communicated environments were sought, this year will see designs opting otherwise. There will be an increase to look for divisions that grant greater privacy for each living space. We cannot deny that open spaces give the feeling of having a larger home but we must also acknowledge the fact that there are times when open plan living can diminish comfort.

Each year colour trends change and this year is no different in that we will see cheerful and sober tonalities. Colours that are set to be quite popular this year include grey, pink, purple, green and blue. Wallpaper is one of the pawns to decorate the walls of your home and in 2020 wallpaper is set to feature designs of artistic touch, tropical prints and motifs that evoke nature.

In terms of materials that are going to be a present force include pine, oak, mahogany or imitation wood. These are going to be especially popular when it comes to wood in housing structures such as columns or ceilings, in interior or exterior floors, wood furniture in all rooms,

wood in decoration, wood in finishes and wood in doors and windows. Previously light wood was the star of the show but from this year on and for the foreseeable future, dark tones are going to be popular as they give the house decoration a greater elegance and a touch of luxury.

In addition to the wood in furniture, floors, ceilings and decorative accessories, the trend towards the natural is imposed on the decoration of 2021 and home owners will have the presence of wicker, jute and rattan in their interiors which will ensure that materials will provide a greater amount of textures to the decoration and will make them much more welcoming to our environments. Metal is going to bring great brightness and luminosity to the decoration of the different rooms of the house throughout this year. In addition to this, the metal material can be adapted to decorate any style of house such as; modern style, vintage style, minimalist style, eclectic style and classic style.

Interior gardens can not be missing in the decoration of your home as you look for a space of relaxation and tranquillity. To accompany the interior garden, you can place a small chair or armchair which allows you to enjoy the stillness and beauty of your garden.

2020 is the year of taking ownership of your own space. Home owners are looking to add a personal touch to their home and there will be a change to interior decorations that show character and personality making interior design more of a DIY interior design option. Home owners want exactly what they have in their head so a quick and easy way to put a stamp on your home is to create wallpapers or customise wallpapers with your favourite photograph collection customised wallpaper can hold pictures of your children, travel memories or pets. Rather than the usual square edge trends when it comes to furniture, there will be an increase in curve furniture (furniture with curved edges). We will see furniture such as cabinets, sofas and chairs bidding farewell to the mid-

century straight designs for a more rounded back and sides. This type of furniture will feature smooth materials of bright colours. It will also be easy to incorporate round back chairs into smaller rooms whilst keeping enough space.

Design furniture will be a massive trend in interior design this year as there is a major shift from rigid and formal interior designs to maximum designs which do not have special rules for interior design. Rather than your standard couch in your living room, you can opt for something unusual like a couch or a lounge chair. Place the chairs around a table in the living room and it will make your home more welcoming as well as spacious. Layering up comforting cushions, throws, faux furs and knits will make any space instantly inviting as well as it being an approach that will take you through the remainder of winter and those spaces will be fashionably dressed for spring!

Interior design trends that you will find slowly disintegrating this year are as follows; neutral colours, single- use spaces, all white kitchens, the faux look, accent walls, neon lighting, singular design schemes and defined shapes. The Japanese and Scandinavian interior design style are quite minimalist, functional and simple with the function of both being referred to as Japandi style. The white colour of this interior trend dominates all environments, natural wood, materials and organic forms with all the influence of the great Nordic and Japanese designers of the 1950's being its main characteristics is going to be another big trend over the next 12 to 18 months.

As to interior trends that are set to blow interior design out of the water in 2021; sustainable modern design, naval colour trend (a darker blue colour will be the 2021 trend), light woods, statement pieces and natural elements.

By Marian Kelly

Maynooth Schools Collection at Maynooth Community Employment web page reaches international audience

It was gratifying to see that the Maynooth Newsletter and Old Maynooth Photograph Collection are reaching an international audience.

The office received a lovely email from Raymond Sullivan who lives in Sydney and has been in Australia since 1967. Raymond's father lived in the Station House beside the Railway Station.

He has happy memories from his time in the town. He recalls how he saved a youngster who had fallen into the Canal at the Newtown side. Raymond had been fishing and went under the bridge to look for perch. The boy's friend had run for help to the college grounds. There was an access point there at that time. He pulled the boy (name omitted) from the Canal and all was well.

He also recalls that the roof of the station house caught fire once due to the sparks of a steam locomotive getting into the roof which was quickly extinguished by the local voluntary fire bridge.

He points to a particular photograph in the Schools Collection of St. Mary's Convent class of 1953, headed by Sr. De Lourdes (Higgins Collection) and points out that his brother Barry (Finbarr, who is listed as unknown in the photograph) is the first child on the front row l-r. Raymond tells us that Barry is living on Russell Island in Queensland.

He ends "thanking you all for a very interesting collection" Raymond Sullivan, Newtown, Sydney.



St. Mary's Convent School, Maynooth, 1953

Back Row L-R:

Sr. Mary Delourdes, ? Tolan, Paul Donovan, Oliver Dolan, Tom Redmond, John Lawlor, ? Smith (Leiklip), Tom Moore, Cormac Moore, Kevin Boyd, Mick Morrissey, ? O'Malley, Evelyn Curran.

Third Row L-R:

Joe Holbrook, Larry Harte, Mary McCourt, Ann Cusker, Lilah Rafter, Patsey Murray, Carmel Geoghegan, Kathleen O'Donoghue, Sheila Ryan, Vera Kearns, Rachel Flood, Carmel McCann, Brian Fagan, Mary Graham.

Second Row L-R:

Mick Murphy, Eddie Sherry, Ann Murphy, Rosaleen Higgins, Aoife Burke, Mary Macken, Not Known, Sheila Donovan, Maura Moore, Marie Rafter, Nuala Brennan, Elizabeth Dolan.

Front Row L-R:

Barry Sullivan (Finbar), Peter Troy, Joe Murphy, Richard Walsh, Tony Gibson, Jim Brady, Not Known, Oliver Malligan, Christy Edwards, Paddy Tracey, William Lettice.

Editor's Note: A large collection of historical Maynooth photographs dating back to the early 1900s are available to view by clicking on the "Maynooth Old Photos" link on the Maynooth Community Employment webpage - www.maynoothcep.com.

BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



In line with Official Advice Brady's Bar, Lounge & Restaurant will remain closed until further notice.



We look forward to welcoming back all our customers both Old & New in the near future.
In the meantime look after yourself & each other.

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MAYNOOTH
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Join Us Online!

office@maynoothcc.org

Sunday Worship

During the Covid-19 restrictions, our Sunday Morning Worship service is being broadcast at 10.34am on YouTube. Our current Sermon Series is:

EXODUS 16-20

FAITH IN THE WILDERNESS

Encouragements from the land inbetween

To find us just visit our web homepage www.maynoothcc.org and click on the service graphic, or search on YouTube for Maynooth Community Church. Everyone welcome!

New Thursday Morning Bible Study

If you are not already in a group, we'd love you to join us on Thursday mornings for our online Bible Study via ZOOM. We are basing our discussions on some of the beautifully animated Bible Project videos looking at some of the Bible's big themes. Details are on our Church Website.

Venture Online Youth Group

Every Friday evening from 7.00pm-8.30pm.
All secondary school students welcome!
Please email office@maynoothcc.org for details and our parental permission forms.



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Gold Medal
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Monthly Meeting

Monthly meeting was held by Zoom conference call and it was decided that Maynooth Tidy Towns would wait to see what advice will be given by the Government/NPHET about starting clean ups or planting later in June.

Our next meeting will be held in June by Zoom conference call.

When buying plants please insure that they are Bee and Butterfly friendly, thanks.

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

Please keep safe.

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

Richard Farrell
PRO Maynooth Tidy Towns



INFORMATION THAT SHOULD BE DISPLAYED IN EVERY HOUSEHOLD IN CASE OF AN EMERGENCY

WHERE THE MAINS WATER IS COMING IN TO THE HOUSE AND
WHERE THE TAP IS TO TURN THE SUPPLY OFF

WHERE THE TAP /CONNECTION IS TO TURN OFF GAS/OIL OR
WHATEVER HEATING SYSTEM YOU HAVE

BE FAMILIAR WITH ELECTRICAL PANEL AND TRIPSWITCHES. IN
YOUR HOME

ALWAYS HAVE AT HAND PHONE NUMBERS FOR THE FOLLOWING:

EMERGENCY SERVICES
PLUMBER
ELECTRICIAN
ALARM PROVIDER

BE AWARE OF YOUR EIRCODE AND KEEP IT HANDY
YOUR EIRCODE CAN BE CHECKED AT [HTTPS://FINDER.EIRCODE.IE](https://finder.eircode.ie)

HAVE A FIRE EXTINGUISHER AT HAND ESPECIALLY IN YOUR
KITCHEN. A FIRE BLANKET IN THE KITCHEN IS ALSO ESSENTIAL

MAKE SURE TO HAVE SMOKE ALARMS ON EACH FLOOR OF YOUR
HOME AND BE SURE TO CHECK IF THEIR WORKING AT LEAST EVERY
MONTH.

CARBON MONOXIDE ALARM IS A MUST IN EVERY HOME



Royal Canal Notes

June 2020

Education ~~ Heritage ~~ Recreation

CYCLING ALONG THE ROYAL CANAL

There is no doubt that the use of the canal has increased noticeably since the outbreak of the Corona virus with many of those who are "staying at home" availing of it for exercise.

With the relaxation of the lock down usage will increase again, though from personal observations it is already quite busy at present which we in the Royal Canal Amenity Group are delighted to see. However this increased usage brings up another thorny subject which as a result of recent incidents has to be broached once again.

CYCLING ALONG THE ROYAL CANAL (OR ANY CANAL)

Cycling on The Royal Canal Greenway is confined to leisure cycling only for example: Mum, Dad and two children one of which could even be on a scooter, pottering along the waterway in a relaxed manner. The Greenway is not a practice track for "Tour De France" want-to-be's and cannot be used as such. In one recent incident in the Leixlip section of the canal, a cyclist over took a lady walker **WITHOUT ANY WARNING** on the inside. The result was that the lady was almost sent hurtling into the canal for an early season swim.

Cyclists using the canal must exercise caution and decorum towards other canal users. Cyclists do not have precedence over other Canal Users and must cycle with care and respect.



End of the Royal Canal at Clondra Co. Longford



The Royal Canal at Phibsboro Dublin

Various groups and organisations are active along the full 90 mile stretch of the Canal including: boaters, walkers, anglers, cyclists, canoe clubs, scouts, guides and in the quieter parts artists.

These groups do not include tourists. Such groups are entitled to use the wonderful facility that is the Royal Canal in comparative safety and not under duress from a small number of wayward cyclists. In this regard I set out below some common sense rules which should be observed by all canal-side cyclists. They are advisory and provided in the best interest of all canal users.

- Cyclists should cycle at a moderate speed at all times, having regard to numbers on the canal – they must be able to stop quickly in a canal-side emergency.
- It is imperative that cyclists always cycle in single file in deference to other Canal users and users coming in the opposite direction.
- Cyclists should make their presence known to other canal users by use of the bell on their cycle.
- Always overtake other canal users (with the exception of anglers) on canal-side and never on the inside.
- Never overtake a person with Pram/Buggy before getting the persons attention first.
- It is recommended that canal cyclists wear high-viz bibs so that they can be seen well in advance.

Remember the 3Cs for canal cyclists:
CYCLE WITH CARE AND CONSIDERATION

Smaointe

They recognised him in the breaking of bread! Isn't that what it's all about? Share and share alike. If you have two loaves give one of them to the person who has none. If you have one, well, give half of it. That was Jesus' message for the whole world. He and his Father wanted everyone to have plenty. And there is plenty of all good things in the world if we only dared to share them. If every country in the first world undertook to share with one country in the third world or the developing world as it's called today perhaps, wouldn't that be marvellous? I am not suggesting that all countries in the developing world are primarily concerned with feeding their populations. Many of them waste ridiculous amounts of money on armaments – admittedly, usually, under great pressure from Europe and the US and, of course, the amoral arms brokers – but would it not be possible, at least in an ideal world, for countries with a conscience, if there are such, to befriend countries living in poverty and assist them with advice and other kinds of aid? Can the UN with its much vaunted cooperation with NATO not do something here, or is it totally

powerless? Why do we accept, almost without question, the state of brokenness of the world? Why can we be happy to accept things as they are and see our brothers and sisters dying of disease and starvation? "Every gun that is made, every warship launched, every rocket fired, signifies a theft from those who hunger and are not fed, those who are cold and are not clothed." So said President Eisenhower in 1953! These words are little in evidence in much of America's official foreign policy but their sentiments are very near Jesus' message for a better, much better, world where people «Love one another»! Has it been tried?
Aguisín

**"Let's build three arbours", Peter says,
His eyes with rapture glisten;
"No buildings", God the Father pleads,
"This is my Son, just listen."**

GM

HOPE

Through the Darkness &
Despair
Tears of sadness everywhere
An eerie sound in the air
Of empty streets & vacant stares

But together we can shine a
light
And win this furious but silent
fight

Although at a distance
Together we stand
With kindness & love
Throughout the land

And where there is hope
There is a way
Each of us with a role to play
And together again we will be
one day

By GB



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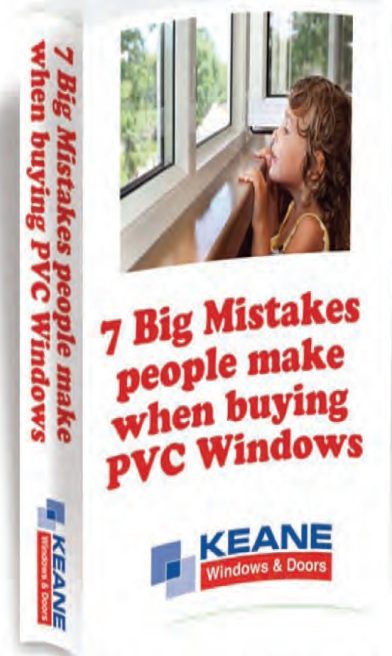
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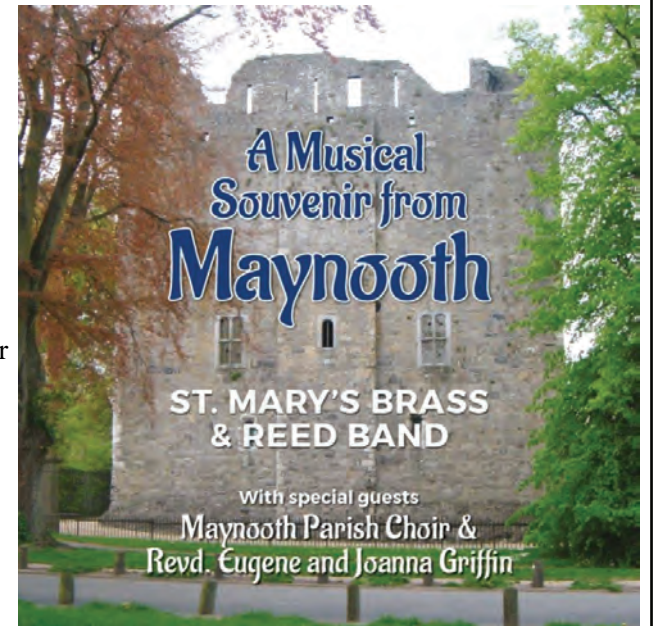
Band Bulletin for June

Sincere apologies to everyone but there just isn't a lot we can say this month. We have not rehearsed since Monday 9th March and we had a great programme of events, including a concert with a Band from Michigan and a return trip to the International Music Festival in Germany, which have all being postponed to 2021.



However we are glad to report that when the travel restrictions have been extended to 20km we will be back work with very small groups observing the correct distancing and we will be ready, willing and able to resume full rehearsals as soon as we get the green light. At this point in time we have no idea when that will be but you can rest assured that once we have got the Band back to match fitness you will be seeing us around the town reminding you that the Band is still very much alive.

With so little activity happening over the past few months we have not had the opportunity to make our new CD available for sale but we will let you know where it can be got as soon as arrangements have been made. The title is "A Musical Souvenir from Maynooth" and is ideal for sending to friends and relatives living abroad to remind them of their hometown and indeed the image of Maynooth Castle on the front will immediately pull at their heartstrings.



Kildare Planning Applications for Maynooth Area

Planning Applications received from 27/04/2020 to 28/5/2020 Information from Kildare County Council Website

App. Num	Authority	Applicant Name	Development Address	Application Date
20524	Kildare County Council	Ciaran and Nicola Doberty,	20 Temple Wood, Carton Demesne, Maynooth, Co. Kildare.	27/05/2020
20523	Kildare County Council	Heathcote Holdings Limited,	Parklands Grove, Railpark, Maynooth, Co. Kildare W23 V5D4.	26/05/2020
20510	Kildare County Council	The Belmullet Hospitality Group Limited,	Carton House Hotel & Golf Resort, Carton Demesne, Maynooth, Co. Kildare.	22/05/2020
20505	Kildare County Council	David Carey	Ballygoran Road, Moneycooley, Maynooth, Co. Kildare.	22/05/2020
20503	Kildare County Council	Laura Jayne Halton	Laragh Demense, Maynooth, Co. Kildare.	21/05/2020
20492	Kildare County Council	Sean and Niamh Killeher	7 The Arches, Silken Vale, Maynooth, Co. Kildare.	18/05/2020
20462	Kildare County Council	Mrs. Laura Jayne Halton	Laragh Demesne, Maynooth, Co. Kildare	06/05/2020
20441	Kildare County Council	Lagan Homes Ireland Limited	Western side of Barberstown/Maynooth Road, Straffan, Co. Kildare.	30/04/2020
20423	Kildare County Council	Martin & Amanda Haughney	76 Moyglare Abbey, Maynooth, Co. Kildare, W23 R9X6	28/04/2020

Covid-19: Arising from the Covid-19 pandemic, the Planning and Development Act 2000 was amended on 29 March 2020 resulting in the extension of certain timelines in the planning process including submission and decision dates. The Online Planning system does NOT take account of the revised dates.



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Free course: The courses are free. There is no charge for books or materials. You will not lose any of your social welfare benefits.

Working: Limited part-time working is permitted in line with the demands of the course.

Extra financial supports: You may be entitled to meal and travel allowances. You may also be eligible to child care support.

Other supports: Free access to career guidance and counselling service.

Adult education: Learn new skills in a supportive adult education environment.

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Web: www.celbridgefetc.ie - Unit A11, M4 Business Park, Celbridge



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Minding your mental health during the coronavirus outbreak (HSE.ie)

Infectious disease outbreaks like coronavirus (COVID-19), can be worrying. This can affect your mental health. But there are many things you can do to mind your mental health during times like this.

How your mental health might be affected.

The spread of coronavirus is a new and challenging event. Some people might find it more worrying than others. Try to remember that medical, scientific and public health experts are working hard to contain the virus. Most people's lives will change in some way over a period of days, weeks or months. But in time, it will pass.

You may notice some of the following:

- increased anxiety
- feeling stressed
- finding yourself excessively checking for symptoms, in yourself, or others
- becoming irritable more easily
- feeling insecure or unsettled
- fearing that normal aches and pains might be the virus
- having trouble sleeping
- feeling helpless or a lack of control
- having irrational thoughts

If you are taking any prescription medications, make sure you have enough.

How to mind your mental health during this time.

Keeping a realistic perspective of the situation based on facts is important. Here are some ways you can do this. Stay informed but set limits for news and social media. The constant stream of social media updates and news reports about coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumours. Use trustworthy and reliable sources to get your news.

On social media, people may talk about their own worries or beliefs. You don't need to make them your own. Too much time on social media may increase your worry and levels of anxiety. Consider limiting how much time you spend on social media.

If you find the coverage on coronavirus is too intense for you, talk it through with someone close or get support.

Keep up your healthy routines.

Your routine may be affected by the coronavirus outbreak in different ways. But during difficult times like this, it's best if you can keep some structure in your day. It's important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example, you could try to:

- exercise regularly, especially walking but keep within 2 kilometres of your home
- keep regular sleep routines
- maintain a healthy, balanced diet
- avoid excess alcohol
- practice relaxation techniques such as breathing exercises
- read a book
- search for online exercise or yoga classes, concerts, religious services or guided tours
- improve your mood by doing something creative

Stay connected to others.

During times of stress, friends and families can be a good source of support. It is important to keep in touch with them and other people in your life.

If you need to restrict your movements or self-isolate, try to stay connected to people in other ways, for example:

- e-mail
- social media
- video calls
- phone calls
- text messages

Many video calling apps allow you to have video calls with multiple people at the same time.

Remember that talking things through with someone can help lessen worry or anxiety. You don't have to appear to be strong or to try to cope with things by yourself.

Talking to children and young people

Involving your children in your plans to manage this situation is important. Try to consider how they might be feeling.

Give children and young people the time and space to talk about the outbreak. Share the facts with them in a way that

suits their age and temperament, without causing alarm. Talk to your children about coronavirus but try to limit their exposure to news and social media. This is especially important for older children who may be spending more time online now. It may be causing anxiety. Try to anticipate distress and support each other. It is understandable to feel vulnerable or overwhelmed reading or hearing news about the outbreak. Acknowledge these feelings. Remind yourself and others to look after your physical and mental health. If you smoke or drink, try to avoid doing this any more than usual. It won't help in the long-term.

Don't make assumptions.

Don't judge people or make assumptions about who is responsible for the spread of the disease. The coronavirus can affect anyone regardless of age, gender, nationality or ethnicity. We are all in this together.

Online and phone supports.

Face-to-face services are limited at the moment because of the coronavirus outbreak. But some services are providing online and phone services.

Find mental health supports and services that can help during COVID-19 outbreak

If you are using mental health services for an existing mental health condition

If things get difficult, it can be helpful to have a plan to help you get through.

Things you can do:

Have a list of numbers of mental health service and relatives or friends you can call if you need support. Keep taking any medication and continue to fill your prescription with support from your GP or psychiatrist.

Stay Safe



**Coronavirus
COVID-19**
Public
Health
Advice

Maynooth Senior Citizens Committee



Just as the Butterfly emerges from the cocoon of the caterpillar, so too must we emerge from the darkness of this pandemic, albeit somewhat slower. Unlike the Butterfly we must take it one step at a time. This "new normal" as we are calling it now will be challenging for everyone in different ways.

While some will look forward to returning to work, some to school, others will just appreciate the move from isolation to a little more independence. For our older people life will have a very gradual opening as most of our activities involve buses and social gatherings. We must proceed with caution as health and safety is paramount. We would hope that a limited number of our committee could meet after June 8th, observing the necessary guidelines, to establish a strategy going forward. Beyond that we can't predict just yet. We will keep all of the committee and older people informed. Patience is the key and to paraphrase Shay Healy, "What's another Year".

In the previous edition I thanked many people who stepped up to the plate to look after our older and vulnerable people. On this occasion I wish to thank Fr. Frank, who gave us hope and encouragement each morning during the 10am Mass. He helped to keep us positive and although we were struggling it helped us remember that others lost their struggle and left great sadness in their wake. So as we all aim at the biggest wave to help us navigate the turbulent waters ahead, I wish you well Fr. Frank as you gradually open up our church as safely as possible.

Finally, our sincere condolences to the families of Paddy Hanley, Tony Barrett, Bernard Flanagan, Joan O'Toole, Thomas Rogers, Carmel O'Leary and Jane Donovan. Suaimhneas agus Siochain Doibh go Leir.

Josephine Moore
Maynooth Senior Citizens Committee.

A conversation between a child and their Grandad in 2095...

Child - How old are you Grandad?

Grandad - I'm 81 Kid.

Child - So does that mean you were alive during the Coronavirus?

Grandad - Yes kid I was.

Child - Wow. That must have been horrible Grandad. We were learning about that at school this week.

They told us about how all the schools had closed. And mums and dads couldn't go to work so didn't have as much money to do nice things. They said that you weren't allowed to go and visit your friends and family and couldn't go out anywhere. They told us that the shops ran out of lots of things so you didn't have much bread, and flour, and toilet roll 'child giggles'. They said that summer holidays were cancelled. And they told us about all those thousands of people that got very poorly and who died. They explained about the HSE and how hard all the doctors and nurses and all HSE workers worked, and that lots of them died too.

That must have been so horrible Grandad.

Grandad - Well kid, that is all correct. And I know that because I read about it when I was older. But to tell you the truth I remember it differently...

I remember playing in the garden for hours with mum and dad and having picnics outside and lots of bbqs. I remember making things with my Dad and baking with my Mum. I remember making dens with my little brother and teaching him how to do hand stands and back flips. I remember having quality time with my family. I remember mum's favourite words becoming 'Hey, I've got an idea...' Rather than 'Maybe later or tomorrow I'm a bit busy'. I remember making our own bread and pastry. I remember having film night 3 or 4 times a week instead of just one.

It was a horrible time for lots of people you are right. But I remember it differently. Remember how our children will remember these times. Be in control of the memories they are creating right now, so that through all the awful headlines and emotional stories for so many that they will come to read in future years, they can remember the happy times.

(Source) Author unknown

Photo by: SUJATA SETIA/BUT NATURAL PHOTOGRAPHY





Community Cancer Caregivers (CCC) clg was established in February 2020.

It was founded in order to create a network of volunteers within a community to assist other families within the same community who have had a cancer diagnosis or are undergoing a treatment for cancer.

Many of the treatments for cancer in Ireland are performed in specialised cancer clinics within large hospitals that are located in larger towns and cities. Attendance to such clinics always involves travel, coupled with hours of treatment. This results in parents/guardians no longer being able to continue to care for their children at times when they are needed the most, for example, after school.

For many, this is an unexpected part of treatment. It is also very disruptive to a child's routine and can cause considerable additional stress and anxiety to an already extremely stressful situation. This illness can stretch household budgets to a point that creates further stress on a family as childcare arrangements are costly and will need to be organised for times when a parent is undergoing treatment. This is most profound when it's the main carer who is sick.

Community Cancer Caregivers was set up in memory of our bright, beautiful and best friend Suzanne Holligan. Suzanne was only 35 years old when she lost her two and half year battle with cancer which has left a huge hole that will never be filled. Suzanne was very active within her community and was a serving member with An Garda Síochána for the last ten years. Prior to this she, served in the Reserve Defence Forces. Suzanne's aim in life was to get involved in crime scene investigation for which she had completed her master's degree in the Staffordshire College Suzanne leaves behind a heartbroken family, her beautiful son Rían, her wonderful partner Dave and her amazing mum and dad Nuala and Tom.



By setting up Community Cancer Caregivers we hope to provide a lasting legacy for our friend Suzanne, we want to help provide care and support for families just like hers.



Donna Phelan
Maynooth Co-Ordinator
(Company Secretary)

Donna is a full time mum of 3 girls and has lived in Maynooth since 2013. She worked for 16 years with Penney's but left full time employment in 2015 when her youngest child was born. Donna has completed a level 5 SNA course in 2019 as her middle child is autistic and has dyspraxia. Special Needs education is a passion of hers and she is always up-skilling in her knowledge for children with special needs.

Donna ran the local toddler group in Maynooth in 2018 for 1 year; she is currently involved with the Maynooth Planning Alliance and is the chairperson of her residents association in Castlepark Maynooth. Donna is a huge community advocate and this is another group in which she wants to give back.

Donna and Deborah went to college together and have been friends since 2001. By chance they moved to neighbouring towns in Kildare as they are both from Dublin 15 originally.

Deborah is currently stay-at home mum of three young children living in Celbridge. Debbie was raised in Dublin 15, but moved to Celbridge in 2007. Debbie has a chemistry degree from IT Carlow and has worked in Compliance within the Pharmaceutical Industry for over 15 years. Debbie and Donna met in secondary school and by chance started their Chemistry Degrees in DIT Kevin St in 2001. On the first day of college Donna, Deborah, Suzanne, Nicola and Jennifer became best friends for life.



Deborah Hall
Celbridge
Co-Ordinator
(Chairperson)

In August 2019, we lost one of our best friend's to breast cancer. After speaking to Suzanne's partner and family, we came to realise the lack of services available to a parent of young children, who have been diagnosed with cancer. Debbie and Donna vowed to try and bring about a no-cost relief care-giving service to parents diagnosed with cancer, to help reduce the financial burden and added stress of finding child care arrangements for their children, while they are attending their cancer treatments.

Suzanne fought her battle in silence; no-one should feel they have to do that. Suzanne's parents Nuala and Tom have been involved during the set up of this charity and they are helping with Fundraising. Donna and Deborah couldn't help Suzanne and would dread to think that one of their neighbours couldn't ask for help which will be completely confidential. This is their way of giving back to people who need a little hand.

Volunteers Required

Volunteers are at the very heart of our organisation. You are essential to everything we are trying to do! It's our ambition and goal to make sure anyone who volunteers their time to us feels valued, understood and proud to be part of our organisation.

What you can expect from us as a Volunteer

Our commitment to our volunteers

We will:

- always treat you with respect, consideration and appreciation.
- ensure you have a clear idea of your responsibilities, including a rough length of time you would be involved with a family.
- help you with information about the training and support available to help you carry out your role.
- provide you with support through regular meetings or discussions.
- offer you fair, honest and timely feedback on your work.

What we expect of you as a volunteer

You must:

- always treat CCC supporters and fellow volunteers with respect, consideration and appreciation.
- act in a professional way whenever you represent CCC in public.
- act in a way that doesn't discriminate against or exclude anyone.
- provide as much notice as possible if you are unable to fulfil your volunteering commitment, or if you no longer wish to be involved with a family.
- If you don't fully understand your role and responsibilities,

Training

Your CCC co-ordinator will ensure you have full training in order to complete your role; this will include Trauma Counselling, Paediatric First Aid Training, Infectious diseases, Safeguarding and Fire awareness and an online Tusla Child Protection course. We will also go over any Health and Safety requirements required. We want to ensure that you feel happy and confident to carry out your role. Volunteering will only commence once it's safe to do so, as per government guidelines. We are just looking for interested volunteers to apply for the position now so we can begin the online vetting and online training program.

Community Cancer Caregivers CLG, Registered Office: 107 Crodaun Forrest Park, Celbridge, Co. Kildare. 665266
Tel: Celbridge Co-Ordinator 083-0363905 - Maynooth Co-Ordinator 083-0534082 (includes surrounding areas)
Email: communitycancercaregivers@gmail.com - Website: www.communitycancercaregivers.com
Directors:: (chairperson) Deborah Hall - Donna Phelan, (secretary) - Paul O'Mahoney - Hazel Ryan - RCN: 20205579

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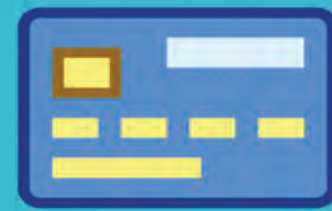


With the recent outbreak of COVID-19, we have robust plans in place, and the continuity of our service to members is hugely important to us. We are continuously reviewing how we can support members and what actions we need to take as the situation with the coronavirus outbreak unfolds. We have the wellbeing of our colleagues and best interests of our members at the front of mind. People helping people is at the core of what we do, and we will continue to support you through this hard time.



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#ChangeOurStreets

What a difference a month makes!

Since last month's Notes, Maynooth Cycling Campaign has teamed up with ShamrockSpring, a member of the Kildare Environmental Network to push for #ChangeOurStreets in Kildare. #ChangeOurStreets is a campaign by groups representing pedestrians and people on bikes to reallocate road space for walking and cycling. It is a response to the need to physically distance when in public, and the difficulties in doing so. We drafted a letter to this effect and sought support from councillors, TDs, community groups and individuals. On 26th May, we submitted the letter to Mr. Peter Carey, CEO of Kildare County Council. It calls on Kildare County Council to organise a meeting of the Transportation Strategic Policy Committee as a matter of urgency to discuss #ChangeOurStreets.

The letter in question has now been endorsed by 17 Councillors, 5 TDs, a number of community organisations and over 130 people who live, work or socialise in the county. The supporters also include a number of medical practitioners and academics from Maynooth University including Maynooth's Lorna Gold and John Sweeney. We would like to sincerely thank all the people and organisations who replied to our calls for support and for those who spread the word through social media.

Our politicians see the increase in people walking and cycling in their communities. They recognise that there exists a huge latent demand for walking and cycling which has revealed itself as a result of the Covid-19 health emergency. Now we are at a crossroads where the choice is between the old norm of climate change, traffic congestion, noise and air pollution or a brighter healthier future with all people including children able to safely move around by walking and cycling.

In Ireland, Dublin City has forged ahead with changes to streets and Shane Ross, the Minister for Transport, Tourism and Sport has called on local authorities in Cork, Limerick and Galway cities to do likewise. Now Maynooth joins people elsewhere in towns such as Ennis, Wexford and Sligo who also want to benefit from space reallocation.

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

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



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Writers' Corner - Short Stories/Articles from our Readers

The Hayshed

By P.G. Nerney

Bernard Ruane, who loved tidiness and order, was the first person in Druimeen to erect a hayshed. At harvest time the garden behind his thatched house was a scene of plenty: on one side of apple-laden trees there were oat stacks, neatly covered with rushes, on the other side, near gooseberry and currant bushes, a well-built reek of black turf paralleled the boundary wall and, below the apple trees, the hayshed stood. This amenity was an imposing structure: eight iron girders supporting an arched galvanized-iron roof, with, on three sides, upper half-walls of the same material. While his neighbours had to make do with building pikes of hay, something that usually had to be completed before sunset to avoid rain-damage, Bernard could spread the task of bringing hay home over many days. No wonder that, as he assured everyone, the hayshed was the best investment he'd ever made.

Bernard had five children, three girls and two boys. The eldest girl, Ann, usually stayed indoors to help her mother with the cooking and cleaning but the two youngest, Betty and Little Suzy, liked to be outdoors with their brothers, Jimmy and PJ, who were a few years older than they. Bernard needed all the help his children provided. This was especially true at harvest time, when getting work completed before rain fell was an urgent necessity.

Out in the field, either Jimmy or PJ stood on the cart, arranging hay that had been forked up from a haystack by their father or a neighbour who had come to help. Once the load was complete they would pull on the hempen rope tossed up to them to tighten it, then drop it down the opposite side to be tied to a shaft. Meanwhile, the girls raked up stray tufts of hay or held the horse's head. Bernard, a strict disciplinarian, seldom praised his children but the look of satisfaction on his face at those times was praise enough. As he led the horse and cart with its high-piled load through the garden, one of the boys, perched like a monkey on top, would reach up to pluck an apple from an overhanging branch.

Occasionally, the whole family, travelling on the horse-drawn sidecar, visited Uncle Owen, Mrs. Ruane's brother, who lived in a palatial house in the county town. Aunt Sarah, Owen's wife, was a grand lady who kept her house and three sons, Willie, Ralph and Mitch, spotless. While they enjoyed these visits, the Ruane children usually felt anxious lest they should break a china teacup, stain the tiled indoor toilet or scuff the Persian rug in the sitting room. It was no surprise, therefore, that when Uncle Owen and his family arrived unexpectedly at Druimeen one Saturday in his big shiny motorcar the Ruane children were determined that their cousins should find the visit memorable. Indoors there was no space to play so, after high tea in the parlour, Jimmy, PJ, Betty and Little Suzy invited their cousins outside.

After sampling some apples, the seven children began romping in the hayshed, exploring the dark, cave-like space under the roof of the west bay or jumping down from it onto the half-filled middle

bay, while Ben, the Collie, barked excitedly up at them. Despite their nice clothes, Willie, Ralph and Mitch entered wholeheartedly into the sport and were soon covered with hayseeds. Jimmy and PJ were delighted that their visitors would not now pity their poor country cousins.

In the midst of the frolicking Ann arrived to tell them that Uncle Owen might soon be leaving. Flushed with excitement, the children trooped into the house. When Bernard, who was chatting with uncle Owen and Aunt Sarah before the kitchen fire, saw the hayseeds in their hair, his face reddened with anger. Springing up from his chair he berated Jimmy and PJ, while ignoring the girls.

'Couldn't you have found some other way to show off?' he bellowed. 'You've ruined the feed for the cows and cattle with your antics – And all the trouble I had getting that hay home. Just what in blazes did you think you were doing?' Jimmy and PJ were mortified. Rather than endure the shame of being told off before their cousins, they would prefer a thousand times to be trounced later by their father. And, anyway, in their hearts they didn't believe that the cattle would notice anything wrong with the hay. It was clear that their mother and the visitors were embarrassed too but nobody wished to make matters worse by intervening. Instead the preparations for departure went hurriedly ahead.

On a Sunday about two weeks later the boys were out hunting rabbits with a few of their friends. While approaching their own land they saw dense smoke billowing up from the trees surrounding the lower end of the garden. Wondering what was wrong, they jumped down from the bank bordering the Cows' Field and broke into a run. Soon they could see flames through the smoke. Oh no! The hayshed! When Bernard spotted them racing towards the hayshed, his anger subsided. It was obvious that the boys weren't the culprits. That meant that one of the girls must be responsible – But which one? Betty had insisted that she hadn't been near the hayshed and Little Suzy had blamed the boys. Whoever was responsible, he would have to concentrate now on limiting the damage.

Fortunately, neighbours were arriving to help but without a hose, all they could do was to throw buckets of water on the flames. Despite their frantic efforts, the fire increased its furious assault till the timber trusses were ablaze and flames were licking rafters supporting the roof sheets. Bernard watched in dismay, as his shed with all its painfully harvested fodder became an inferno. A neighbour pointed out that the galvanized iron would protect the upper sides of the rafters and, even if it didn't, at least no one had been burned. 'Wouldn't it be worse if one of the childer had been up there?' the man said. After half an hour the flames died down, leaving the blackened shed still standing. Warily, Bernard thanked his neighbours, assuring them that, in spite of everything, he'd manage. Didn't he still have haystacks in the Well Field? The neighbours promised that they'd help him bring them home, just send word round.

After the neighbours had left, Bernard questioned his daughters again. This time Little Suzy burst into tears.

'I didn't mean to do it, Daddy,' she sobbed. 'I was just playing with a box of matches. One of them burned my fingers and I dropped it –' 'And why didn't you tell me that before?' her father demanded. 'I was afraid,' she bawled. 'That's why I said Jimmy and PJ did it.' 'That's alright,' Bernard spoke with unaccustomed gentleness. 'I knew when your brothers came running back they weren't responsible. I shouldn't have left those matches lying around.'

'What will we do now?' Jimmy asked. 'We'll build a pike like we did in the old days.' Bernard laid a hand on his son's shoulder. 'With you and PJ and the girls here to help we'll get by somehow. Maybe we'll even be able to repair the hayshed – That's if the galvanized iron isn't too badly burned.' At this point Ann came out to tell them that tea was ready. 'You're a great girl, Ann,' her father declared. 'The roof could be blazing over our heads and you'd remain calm. Come on the rest of you. There's nothing more we can do here.' Jimmy ruffled Little Suzy's hair and she took his and PJ's hand.

Demesne

Driving by this ten foot, dry-stone wall, broken sections crudely rebuilt, giant trees, chestnut, walnut, sycamore, enclosed by it years ago still standing, I have a nagging sense of loss.

What have such as I in common with the earls, dukes and gracious ladies that once inhabited the Big House nestled in those grand surroundings? My ancestors, had they ever entered, would have been just low-paid servants who doffed their caps or curtsied when milord and family members swept past them in his horse-drawn carriage, and yet I choose to think they might have been the happier for that, might even have been happier than those who deemed them their inferiors?

Today there's more equality but also more dissatisfaction that elites enjoy advantages denied to ordinary citizens. But would it make for more contentment if all were on an equal footing: same housing, clothes and education? All I know is that these walls enclosed not just privilege but a dairy herd, whose pastures are now converted into a commercial golf course!

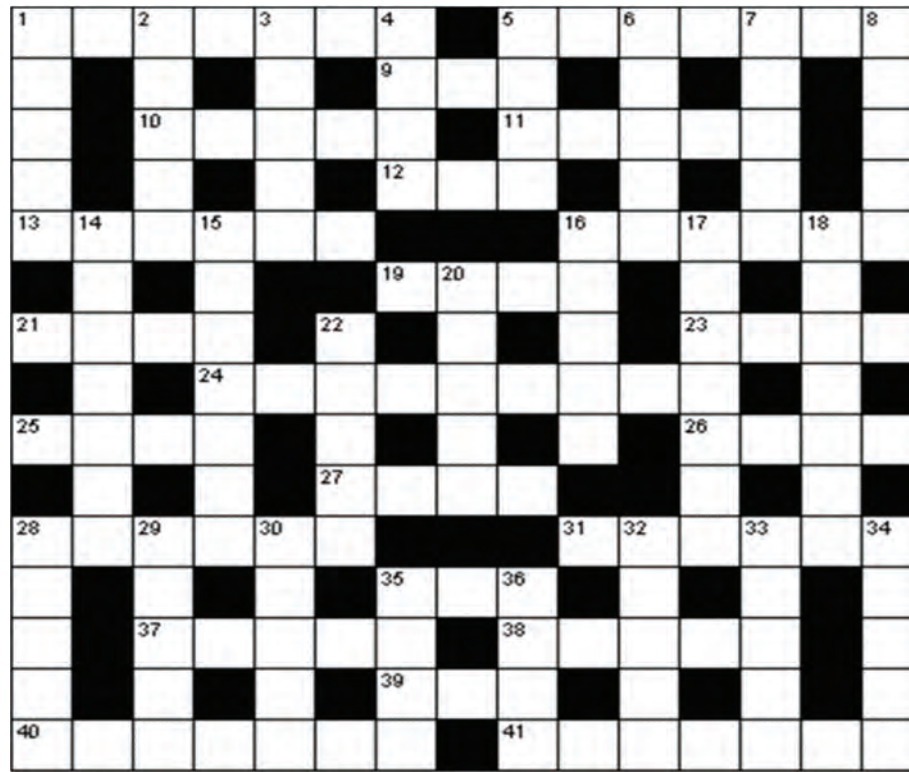
By Colin Scott

Clues Across

1. Slackens (7)
5. Not blind (7)
9. Metal container used for frying (3)
10. Adherent of Hinduism (5)
11. Customary (5)
12. Domesticated canid (3)
13. Recluse (6)
16. Ample (6)
19. Silent (4)
21. Abrading tool (4)
23. Engage in prayer (4)
24. Sale of goods in quantity (9)
25. One of the divisions of a window (4)
26. Tears (4)
27. Ascend (4)
28. Make whiter (6)
31. Having barbs (6)
35. Condensed moisture (3)
37. Managed (5)
38. Happen (5)
39. Inquire of (3)
40. Faithfulness (7)
41. Went in (7)



JUNE 2020 Crossword - No. 491



Clues Down

1. Gate fastener (5)
2. Opposite one of two (5)
3. Boredom (5)
4. Potato (4)
5. Cosy (4)
6. Porridge (5)
7. Claw (5)
8. Short and stout (5)
14. Tomb inscription (7)
15. Inflatable life jacket (3,4)
16. Foot-operated lever (5)
17. Ruler of an empire (7)
18. Tread underfoot (7)
20. Consumers (5)
22. Feel grief (5)
28. Spin (5)
29. Characterized by itching (5)
30. Eject (5)
32. Racecourse (5)
33. Tree insect (5)
34. Shaped like a dome (5)
35. June 6, 1944 (1-3)
36. Roused (4)



Solutions to Crossword No. 490

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

Entries for the Crossword & Sudoku Competitions have been suspended until further notice.

If you have access to a printer and wish to complete the Crossword and/or Sudoku for fun you can print the single page by going to File -> Print and print the single page number only.

Difficult

Sudoku Challenge

Super Difficult

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

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



Entries for the Colouring Competition have been suspended until further notice



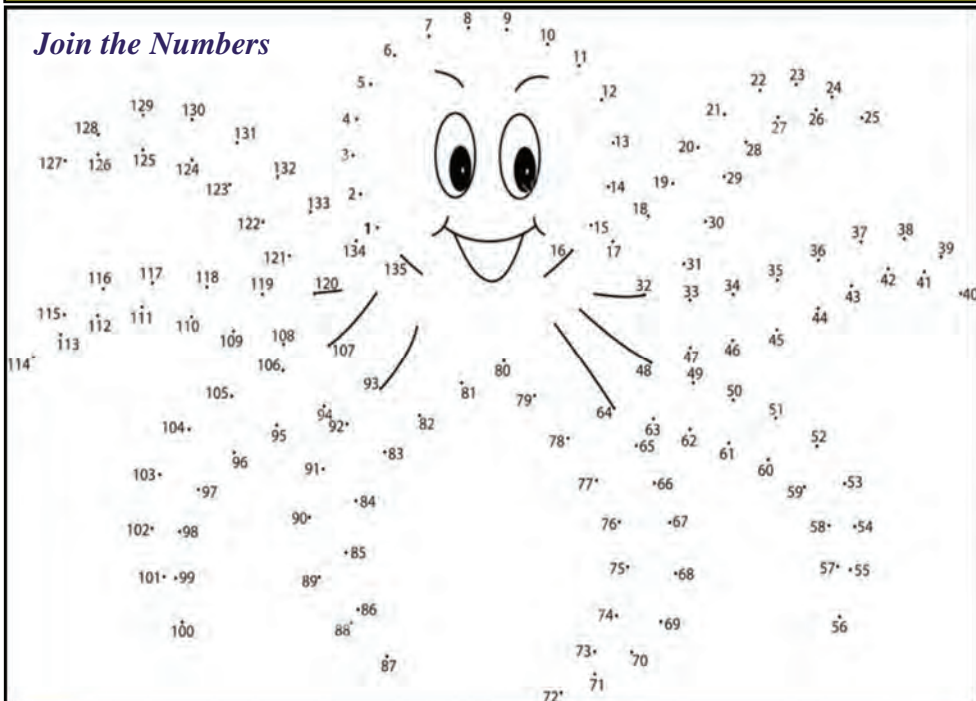
Entries for the Colouring Competition have been suspended until further notice.

If you have access to a printer and wish to complete the colouring or Puzzles for fun you can print the single page by going to File -> Print and print the single page number only.

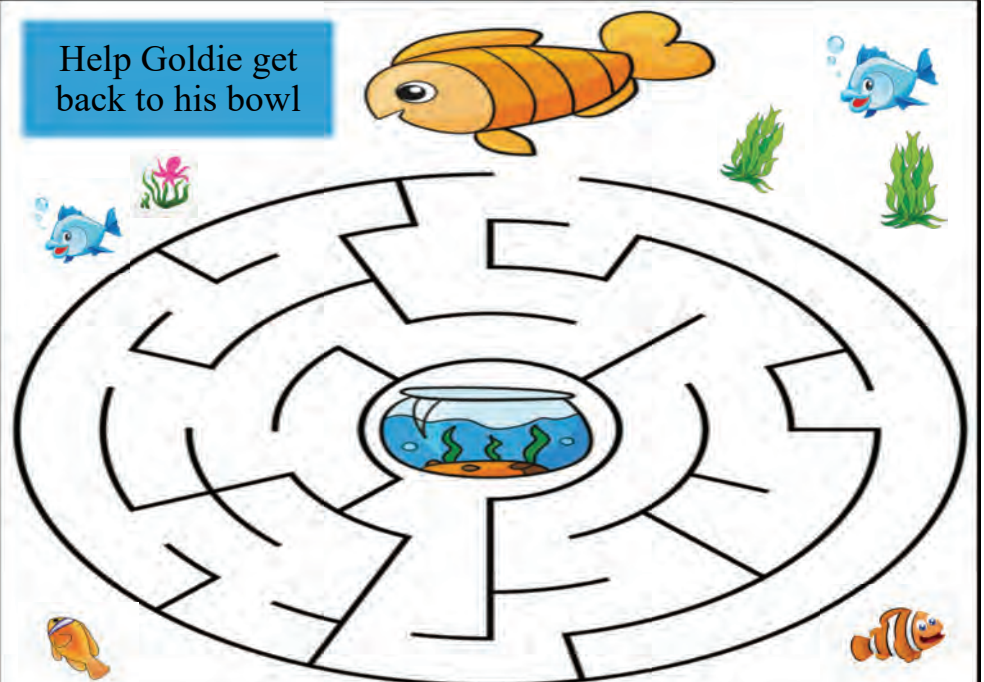
Be sure to avoid printing ALL the pages of the Newsletter unless you intend to do so.

Junior Puzzle Corner

Join the Numbers



Help Goldie get back to his bowl



Morris the little monkey woke up when the sun was high up in the sky. Another lovely day. Perfect for playing hide and seek, so off he went to find his friends.

First he came across Henry the hippopotamus. "Let's play hide and seek!" he called out from the top of a tree. "Not today Morris," boomed Henry. "There's only three more days till the big fishing competition. I've got to clean my boat and check for leaks. You should be doing the same. Don't you think? "Nah I'll do it tomorrow." Just then, who should come along but Lucas the lion.

"There's no way you'd get me anywhere near the water, even in a boat," he shivered. "Come on Morris, I'll play." So they played hide and seek until the sun went down.

The next day was sunny again, perfect for racing games. Morris came across Rose the rhino first. "Let's race Rose," he chattered excitedly.

"Not today thanks Morris. It's only two more days until the big fishing competition. I have to fix my motor and get my gear together. I don't want to forget anything!

Shouldn't you be getting ready?"!!!!!!!





Cllr. Angela Feeney Maynooth Labour News

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



Cllr Feeney welcomes Bord Pleanála's refusal to grant planning permission for the Lyreen View apartments beside St Mary's Church.

Cllr Feeney welcomed the decision by An Bord Pleanála to refuse an application for apartments beside St. Mary's Church on Mill Street having had serious concerns about the design of the blocks and the negative visual impact on our historic town. Main Street Maynooth was laid out by the Dukes of Leinster who resided in Carton House, the axis from the College to Carton Estate, including Main Street, Leinster Street and Mill Street is one of the finest examples of 18th century urban and landscape design in the entire country. In addition, Cllr Feeney commented that granting approval would have made a farce of our Local Area Plan which recognised that a key challenge facing Maynooth is 'Protecting the unique character of Maynooth as a University Town steeped in history and heritage' (4.0 (vii)). Under 'Heritage in Future Development Strategy of the Maynooth LAP' - it states - 'The plan also seeks to protect and enhance the unique architectural and archaeological heritage of the town including St. Patrick's College complex, the Main Street and Carton Avenue. The retention of vernacular buildings on Main Street and its side streets will ensure the character of the town remains intact'. HP1 of the LAP states in relation to housing - 'to ensure that development reflects the character of the existing and historic town in terms of structure, pattern, scale, design and materials'. HP2 of the LAP states that it is Council Policy - 'To ensure that density and design of development respects the character of the existing and historic town in terms of structure, pattern, scale, design and materials'. UDS8 of the LAP states - 'To ensure the redevelopment of the laneways (off Main Street) has regard to the townscape character of the Town Centre with its pattern of two storey buildings with pitched slate roofs'. The site of this proposed development is zoned Town Centre (A1) in the Maynooth LAP. The primary objective of this zoning is - 'to protect and enhance the special character of Maynooth Town Centre'.

From all of the above, Cllr Feeney believes that any development of this site requires special consideration of the unique historic character of Maynooth Town Centre. As such, it needs to reflect the existing historic character of the Town Centre. Finally, Cllr Feeney recalled that while walking that route to school and college, that site was always prone to flooding and in Bord Pleanála's decision letter they took this into account in making their adjudication, 'the proposal have been subject to an appropriate flood risk assessment'.



Cllr Feeney Supporting Community Response to Covid-19

Cllr Feeney wants to thank all those in the community, the Gardaí, the Red Cross, the GAA, Maynooth Community Council and all who have been answering the community call to assist those who may need support during the COVID-19 lockdown, it is heartening to see such great community spirit during these challenging times.

Cllr Feeney has been running an online weekly clinic and giving personal assistance and support to residents associations.

Cllr Feeney has also been playing her small part in assisting cocooning residents with shopping and medical deliveries and taking part in the "from our home to yours" initiative which provides meals at the weekend for people who are in self-isolation or cocooning.



Kildare COVID-19 Community Call Helpline

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Comhairle Contae Chill Dara
Kildare County Council

Creche and Childcare Shortage

Cllr Feeney is a member of the Maynooth Community Crèche Action Group, set up because of the critical situation parents are in at the moment in our town trying to secure childcare with current providers full until 2024. As a consequence, parents are now having to travel outside the town to get their children placed. What has compounded the situation is that many of the new developments in the town have not delivered the creche facility that formed part of the planning application for those estates. Given the huge shortage of childcare places in Maynooth and parents having to travel outside the town to get childcare, this seems does not make any sense. Maynooth needs this problem to be addressed and part of the solution is the provision of a community creche but also to ensure that developers of new estates fulfil the commitment to provide crèches that were required as part of the planning application process in the first place. Cllr Feeney has requested that the relevant Strategic Policy Committee of the Council carry out a review of this issue.



Upcoming Motions/Questions at June Council MD

1. Given the on-going challenges due to COVID-19, has Council considered supporting local cafés and restaurants by allowing them, as a temporary measure, to make appropriate use of public squares to accommodate customers within current restrictions and guidelines?
2. Will Council be carrying out a review of the disabled parking spaces in Maynooth in the near future?

RIP Christina Sauls, Labour Member and Community Activist

It was with great sadness that we learnt of the passing of our long time, loyal Labour Branch member Christina Sauls on April 12th. Christina gave so much to the people of Maynooth through her involvement in the Newsletter, Community Employment Project, the Soccer Club and so much more. She was always delighted to be out on the canvass at election time and attending party conferences, with lots of laughs along the way. Our sincere condolences to Christina's brothers Willie and John and all her extended family and friends. Ní bheidh a leithéid ann arís. Codladh sámh Christina.

Meetings attended by Cllr Feeney

Feb 24th: Council Meeting, KCC Naas
March 3rd: KWETB, Audit and Risk Committee, KWETB, Wicklow
March 5th: MPPS BOM Campus Visit
March 6th, Maynooth MD Council Meeting, KCC, Naas
March 11th, KWETB Board Meeting, Naas
March 24th: KWETB Board Meeting, Annual Report, Naas
March 30th: Council Meeting (online)
April 21st: MPPS BOM (online meeting)
April 28th: KWETB Board meeting (online meeting)
May 12th: Council update (online meeting)
May 25th: Council Meeting in KCC

Please stay at home and continue to take care of each other.

Continuing to support you in these difficult times.

Call or text me on
087 - 2381962

Stay Safe.



Councillor Angela
Feeney
Maynooth - Clane

LABOUR

Thanks to all Frontline Workers



Reminder that my zoom meeting takes place
Fridays 5 - 7pm.

Email me at
angelaemfeeney@gmail.com
or afeeney@kildarecoco.ie



Harvest
It's a great time of year for gardeners who put the work into their vegetable gardens earlier on. You can now harvest your lettuce, other salads, strawberries and early potatoes, and literally enjoy the fresh and tasty fruits of your labour!



Weed Control
Extra light and warmth boosts all plant growth, including weeds, so keep on top of them with regular weeding. This will prolong the desired plant growth and prevent weeds getting out of hand, which can easily happen in June. Make sure to hoe your borders to keep them tidy too.

Irrigation
It's easy to forget to water your garden beds, hanging baskets and potted plants in rainy Ireland, but June can often bring long spells of dry weather. You may need to give the soil a light dampening every few days.

Lawn Care
You should be mowing once a week this month. With the grass in such a strong growing phase, it is also an ideal time to feed it to ensure lush green growth with no bare patches and moss.

Plant
Plant your summer bedding plants and unless there is heavy rain, make sure to regularly water them. A liquid feed will ensure they get off to a good start, and keep a close eye on them for any snails or slugs, which can destroy them.



Here are some more planting jobs that can be completed in June:
Repot house plants.

Plant seeds of annual flowers, e.g. nasturtiums
Plant vegetables, e.g. beans, tomatoes, lettuce, peas, cabbage, peppers, cucumbers and carrots
Plant pots and baskets with **petunias, begonias** and **busy lizzie**.



Stake & Prune
The growth spurt might leave some of your taller plants a bit floppy; stake them to keep them from wilting. Prune your shrubs as they go out of flower. Thin out vegetable plants, pinching out any side-shoots. Similarly with roses, tie in the new shoots of climbing roses.

Spray Roses
Spray roses regularly to protect them against insects and diseases - like blackspot.

Tomatoes
If you are growing tomatoes, these are the evenings when you will be in your greenhouse or tunnel taking care of them. Firstly, you will need to support each plant so that it can bear the weight of the fruit as it grows. You can do this by rigging up a string system. Check YouTube for tutorial videos on how to do it. You also need to regularly pinch out the side shoots growing between the main stem and the leaf joints of your plants. If you don't pinch these out you will have a plant which is putting all its energy into producing lots of foliage, not succulent fruits. Wait until each plant has developed four good 'trusses' of blossom. Then start to pinch out any shoots which grow between the main leaf joints and stem, all the way along from top to bottom. Remove by pinching developing shoots between your thumb and forefinger and they should break off easily. If you miss any side shoots and they develop into bigger leaf stems, you can still pinch these out and use them for cuttings to grow new plants.



Broad Beans and Peas
If you haven't already done this in late May, pinch off the growing tips of your broad bean plants now to prevent Blackfly. Also pay attention to bean canes and make sure your peas and runner beans are well supported as they grow.



Weeds
Every month is weed month from now till the end of the season! Get out there with your bare hands or the hoe to remove weeds as they grow. As the growing season progresses, this could be a daily job depending on how big your patch is.

There's a lot of gardening work to be done in June! Don't forget to find some time to enjoy this month in the garden, when all is in bloom and the weather is at its best. Lie back in a comfy recliner, host a BBQ, stop and smell the roses.

Healthy Summer Recipes

Crispy Paprika Chicken with Tomatoes & Lentils

Ingredients
2 chicken breasts
½ tsp smoked paprika
½ lemon, zested and juiced
1½ tbsp cold-pressed rapeseed oil
1 garlic clove
1 tsp fennel seeds
Fennel bulb, sliced
400g can cherry tomatoes
1 tbsp sherry vinegar
200g pouch puy lentils
100g watercress
2 tbsp natural yogurt
Handful of dill, leaves picked



- Method**
- Put the chicken breasts between two sheets of baking parchment and, using a rolling pin, roll to a 1cm thickness. Rub with the paprika, lemon zest, ½ tbsp oil, salt and pepper. Cover and set aside while you start the lentils.
 - Heat the remaining oil in a pan and add the garlic, fennel seeds and fennel slices with a pinch of salt. Cook for 5 mins until starting to soften, then tip in the tomatoes, vinegar and lentils. Turn down the heat and leave to bubble away.
 - Heat another non-stick frying pan over a high heat, add the chicken breasts and cook for 7 mins, turning halfway, until golden brown and cooked through. Add the watercress to the lentils and stir to wilt, then squeeze in the lemon juice.
 - Slice the chicken then serve it alongside the lentils with a dollop of yogurt and dill

Garden Salmon Salad
Prep: 15 mins No cooking
Choose a lighter lunch with this easy, no-cook salmon salad packed with courgettes, peas, pea shoots and radishes. It's healthy and takes just 15 minutes to prepare.

Ingredients
2 Courgettes
100g fresh shelled peas
8 Radishes, halved
3 tbsp Rapeseed Oil
1 large Lemon zested and juiced
2 tbsp fat-free natural yogurt
75g pea shoots
4 poached Salmon Fillets, skin removed and flaked into large chunks
2 tbsp mixed seeds
1/2 small bunch dill, fronds picked.



- Method**
- Cut the courgettes into long thin strips using a peeler, and discard the soft, seeded core. Toss the courgette ribbons, peas and radishes together in a large bowl. Whisk the oil, lemon zest and juice, and yogurt together, then toss with the veg.
 - Put the pea shoots, dressed veg and large flakes of salmon on a large platter. Finish with a good grinding of black pepper, and scatter over the mixed seeds and dill to serve.

Miso Broccoli, Egg & Quinoa Salad
Prep: 5 mins Cook: 15 mins
Pack a lunch that will power you through the afternoon with this healthy miso and lime-dressed salad with broccoli, peas, boiled egg and radishes. It's tasty and full of goodness

Ingredients
100g thin-stemmed Broccoli Spears
1 medium egg
2 tsp white miso paste
1 Lime, juiced
125g cooked Quinoa
70g frozen Peas, defrosted
3 Radishes, thinly sliced
½ tbsp sesame seeds



- Method**
- Bring a pan of water to the boil. Add the broccoli and cook for 3 mins, then lift out with a slotted spoon and leave to cool. Lower the egg into the water and gently simmer for 6 mins. Drain and set in a bowl of cold water to cool.
 - Whisk the miso and lime juice in a small bowl, then toss with the quinoa, peas, radishes and cooked broccoli. Tip the salad into your lunchbox or an airtight container. Peel the egg, slice in half and arrange on top of the quinoa, then sprinkle with the sesame seeds.

Enjoy

TIPS FOR WORKING FROM HOME

Due to the Coronavirus many people will now be working from home for the first time. This will be the new normal for many people while business's try to cope with the social distancing guidelines in the workplace. Here are a few tips to guide you.

Make an office space

You don't need to go to any expense. Just set your laptop up on a table in a bright room where you get plenty of daylight coming through. Try to avoid spaces where the rest of the family will be e.g. kitchen sitting room.



Maintain Regular Hours

Set a schedule and stick to it if you can. Having clear guidelines for when to work and what time to start and finish your work day is important. Try to keep a regular morning routine.

Regular Breaks

Set yourself regular breaks during the day. Take time to have a coffee break and also make sure to take a longer break for lunch time. It is also important to step away from your computer and give your eyes a break. Make sure you get out for some exercise and fresh air during the day.

Keep in Touch

It is important to keep in touch with your Manager/Boss. Know exactly what work is expected for you from week to week. Also try to keep in touch with work colleagues as it can be lonely working from home and not interacting with other employees.

Working from home with Children

For those who are working at home with small children it can be a bit more complicated. Try to get up an hour before the children it is surprising what you can get done in an hour. Try to work out what time of day you will be least interrupted and aim to work as much as you can during that time. Enlist the help of your partner. Make a list each day of what tasks need to be done and prioritise the most important items.

End of Day

Take note of all the work you completed and set out a schedule for the following day. Then put away your laptop and relax for the evening.

First Holy Communion Day Cancelled

First Holy Communion had to be postponed all over Ireland due to the Coronavirus. Many children were disappointed but hopefully when it is safe to go ahead and have your Communion day it will be a day worth waiting for.



Isabelle Maher

A Canvas for the communion class of Scoil Naomh Bríd in Celbridge was left at the school gate for all the children to sign and leave messages to honour their day which should have been on the 16th May 2020. Many marked the occasion in different ways. Some Children dressed up and parents baked cakes to celebrate their special day.



How to make a cloth face covering at home HSE Guidelines

- cut two rectangles of tightly-woven cotton about 25cm x 15cm
- fold and stitch the top and bottom edges
- fold and stitch the side edges, leaving a gap big enough to thread elastic through
- thread two 15cm lengths of elastic through the side edges and tie tight. Hair ties or string, cut longer and tied behind the head, will work
- tuck elastic knots inside the edges of the mask and stitch in place for a neater finish

How to use a cloth face covering properly

Do

- clean your hands properly before you put it on
- practice using it so you are comfortable putting it on and taking it off
- make sure it is made from a fabric you are comfortable wearing
- cover your mouth and nose with it and make sure there are no gaps between your cloth face covering
- tie it securely
- carry unused masks in a sealable clean waterproof bag (for example, a ziplock bag)
- carry a second similar type bag to put used masks in

Don't

- touch a mask or face covering while wearing it - if you do, clean your hands properly
- use a damp or wet medical mask or reuse a medical mask
- share masks
- do not lower your mask to speak, eat and smoke or vape - if you need to uncover your nose or mouth take the mask off and put it in the bag for used masks
- do not discard masks in public places

To take it off properly

- remove it from behind - do not touch the front of the mask
- do not touch your eyes, nose, and mouth
- clean your hands properly
- put disposable masks in a bin straight away

Source: www.gov.ie

PATIENT ADVOCACY SERVICE

Patient Advocacy Service is an independent, free and confidential service which is funded by the Dept of Health and independent from the HSE.

Patient Advocacy Service can provide support and information to patients and/or families who may have concerns around their care and treatment in an acute hospital for Covid-19 or non-Covid 19 related issues.

☎ 0818 293 003, 10am-4pm Monday to Friday.

🌐 www.patientadvocacyservice.ie 📱

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FILM/DVD MONTHLY BY BERNIE CLAXTON

Famous Movie Quotes Quiz



NAME THE ACTOR



1) "Here's looking at you kid"

- a. James Cagney
- b. Robert Mitchum
- c. Humphrey Bogart
- d. Edward G Robinson

2) "Nobody puts baby in a corner"

- a. Ryan O'Neal
- b. Ryan Gosling
- c. Patrick Swayze
- d. Harrison Ford



3) "You're gonna need a bigger boat"

- a. Arnold Schwarzenegger
- b. Robert De Niro
- c. Richard Dreyfuss
- d. Roy Schieder

4) "Houston, we have a problem"

- a. Brad Pitt
- b. Tom Hanks
- c. Leonardo Di Caprio
- d. Tom Hardy

5) "I'm the king of the world"

- a. Tom Hanks,
- b. Joaquin Phoenix
- c. Philip Seymour Hoffman
- d. Leonardo Di Caprio

6) "After all, tomorrow is another day"

Jane Fonda
Katherine Hepburn
Vivien Leigh
Bette Davis

7) "You talkin' to me?"

Harvey Keitel
Robert DeNiro
Willem Dafoe
Joe Pesci

8) "Go ahead, make my day"

Charles Brosnan
Clint Eastwood
James Coburn
Robert Mitchum

9) "They call it a Royale with cheese"

Bruce Willis
Harvey Keitel
John Travolta
Samuel L Jackson



10) "The Dude Abides"

Clint Eastwood
Jack Nicholson
Jeff Bridges
Denzel Washington

11) "Frankly my dear, I don't give a damn"

Marlon Brando
Clark Gable
John Wayne
Humphrey Bogart



NAME THE MOVIE



1) "Here's Johnny"

Halloween
The Shining
The Exorcist
Ghostbusters

2) "Mama says, stupid is as stupid does"

La La Land
The Irishman
Forrest Gump
Saving Private Ryan

3) "I'm having an old friend for dinner"

Pulp Fiction
Silence of the lambs
Reservoir Dogs
Young Frankenstein

4) "There's no place like home"

The Wizard of Oz
Little Women
A Star is Born
Gone with the Wind



5) "Why so serious?"

Silence of the lambs
The Dark Knight
Joker
The Shawshank Redemption