



**Local News**

**May 2020**

**Issue No. 490**

**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](mailto: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.**

## Maynooth Senior Citizens Committee

If I have learned anything from this present crises, it is that volunteerism is alive and well. I would hope, as we enter a new normal, that we could channel that energy and enthusiasm, that we experienced in the past few months, into something more permanent. We have an ageing population and also an ageing committee, of which we were acutely reminded by Covid -19.



I would like to thank all those younger people who stepped up when the rest of us could do little. Ireland has shown huge courage in the face of adversity and Maynooth has played its part. So perhaps as we emerge from these challenging times, some of you would consider joining our Senior Citizens Committee. While I realize that it will be some time before we can come together as a group, I am now sowing the seed of enticement, so that in the fullness of time we will reap a rich harvest of people with a whole new outlook. Something good has to come from this crises. Please think about it.

Many thanks to all our frontline workers all over the country in general and to those of you closer to home in particular. Thank you to our Supermarkets, Pharmacies, delivery people etc, who looked after our older and vulnerable people. A special word of thanks to Anne Birchall and Naoise Ó Cearúil who headed up the "Maynooth Home Support" team and to all those volunteers who offered their services without hesitation or thought for their own wellbeing.

Finally and sadly, we lost several of our older people in the last month. Our sincere condolences to the families of , Deirdre Kavanagh, Maureen Murphy (Hyland), Patrick Cahalin, John Higgins, Liam & Mary Fogarty, Dennis Thompson, Kay Judge (Dowling) Anne Lavin, Marie Dixon, Eileen Jacobs, Christina Sauls, Mairead Bean, Willie Coonan, Bobby Kelly and Micheál Dempsey. Suaimhneas agus Siochain Doibh go leir.

**Josephine Moore.**  
**Maynooth Senior Citizens Committee.**

## 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](mailto: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](http://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

## MAYNOOTH DRESSES

*Unit 9 M4 Interchange Park  
Maynooth Road (Behind Base)*

*2020 Communion Dresses Now in Stock from €79*

**Full Stock of White and Ivory Communion Accessories & Shoes**

**Boys suits from €49**

### Just Arrived 2020 Debs Dresses

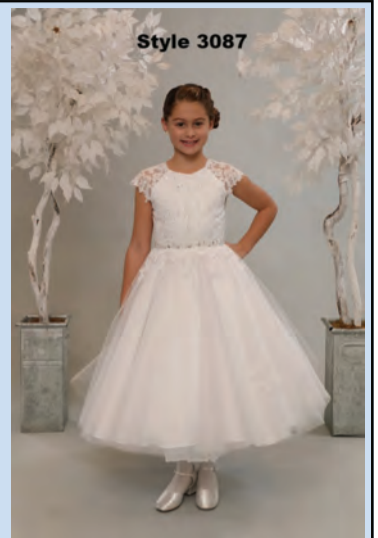
For All Our Opening Hours

Visit our Website on:

**[www.maynoothcommuniondresses.ie](http://www.maynoothcommuniondresses.ie) also [www.maynoothdresses.ie](http://www.maynoothdresses.ie)**

**Phone: 01 629358**

*Deposits Welcome*



## Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

**Winner of the Memorex Culture Award**

### Gaeltacht Summer Courses 2020

**Maynooth University, Maynooth**

**Cúrsa A: 01/06/20 - 12/06/20**

**Please Note: Cúrsa A starts on Bank Holiday Monday.**

**Lucan Community College, Lucan**

**Cúrsa A: 15/06/20 - 26/06/20**

**Castleknock Community College**

**Cúrsa F: 29/06/20 - 10/07/20**

Formal Class • Sports • Games • Competitions • Fun Activities • Céile & Sing Song • Art • Drama  
*"...the most Comprehensive, Enjoyable and Affordable Gaeltacht course in Ireland" - The Irish Times*

**Limited Places. Book online or contact (01) 298 5287**

**[www.ColaisteNaomhEoin.com](http://www.ColaisteNaomhEoin.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.

e-mail: [info@bradysbarmaynooth.ie](mailto:info@bradysbarmaynooth.ie) Web: [www.bradysbarmaynooth.ie](http://www.bradysbarmaynooth.ie) - Tel: 01-5054725



**MAYNOOTH**  
COMMUNITY CHURCH  
Eaglais Phreispitéireach in Éirinn

## Join Us Online!

### Sunday Worship Services

Sunday Mornings at 10.34am on Youtube livestream.

You'll find us on our web homepage

[www.maynoothcc.org](http://www.maynoothcc.org)

### New Alpha Course

Our next Alpha Course will be via ZOOM and begins on  
**TUESDAY 12TH MAY** from 7.30pm to 8.30pm. It's a great  
way to explore life and faith in a very relaxed atmosphere.

ZOOM details are on our web homepage.

### Venture Online Youth Group

Every Friday evening from 7.00pm-8.30pm.

All secondary school students welcome! Please email  
[office@maynoothcc.org](mailto:office@maynoothcc.org) for details and parental  
permission forms.

[www.maynoothcc.org](http://www.maynoothcc.org)  
[office@maynoothcc.org](mailto:office@maynoothcc.org)



### A Prayer for all those Impacted by Covid-19

Lord, in your mercy you healed those suffering in body, mind, and spirit. We cry out to you now on behalf of those infected by the coronavirus. Heal the sick and bind up the broken-hearted who grieve those felled by this illness. As both infection and fear continue to spread, we ask for courage and protection for healthcare workers risking their own well-being for the sake of others. We pray wisdom for government officials and those in decision-making positions. May they rightly discern what needs to be done to treat those already infected and prevent others from falling sick. We know there are those in quarantine, afraid they might be exposed to illness, wondering when they will return to their normal lives, and anxious about what might happen next. Comfort them with your peace that passes understanding and grant them patience during this liminal and frightening season. Lord of all, we are intimately connected to one another no matter where we reside on the earth, and so we plead for healing, good healthcare, relief and wholeness for our siblings in all the places where this virus has made its appearance. May our collective care, effort, resources, and love soon bring an end to this epidemic. Amen.

By Jill Duffield

# Editorial

Over the past month I could count on one hand the number of people who have not mentioned that we are living in strange times in 2020. While I personally do not know anyone who has contacted or unfortunately died from Covid 19, I want to offer our sympathy to our readers who have been impacted by the virus. Also as I mentioned last month our hope that any readers who are out of work at this time will be back to work as soon as possible and that local businesses can recover from this crisis. Our biggest concern is now for our older residents many who have been alone for many weeks and I know from my own family that this crisis is having a significant impact on their wellbeing. Going around Maynooth (necessary trips) has been strange with almost traffic free roads.



**Moyglare Road at 11am on Friday April 24<sup>th</sup>**

With many families gathering together at home the number of cars in all residential areas has increased. We all hope that we did not get our summer in April when the weather was more like what we hope for in the summer months. With many sporting, cultural and community events in Ireland already postponed or cancelled and so far no certainty on the possibility of foreign travel our homes may well be our holiday homes as well this year. There is plenty of evidence that many of us have spent their time at home doing home and garden improvements during this pandemic lock down.

There has also been a shortage of news with a number of stories sticking in my mind. For example a report that states that in 2018 over 70% of Irish people are living in under-occupied houses compared to the European average. Over recent months many families have discovered that their homes are not big enough and as a person's home is their castle it is of no concern to anyone else how big or otherwise the size of someone else's house. Another story that shows that news is scarce was a story that our dogs and other pets who have been getting extra walks and attention will feel neglected when this attention level ends and that this will cause them to behave badly. I suspect that only the very hard hearted or those with no alternative will cut back on the time spent with their family pet but be aware for the whining sounds in the months ahead.

Like everywhere else construction sites had to close in order to comply with social distancing requirements and a number of major projects in Maynooth will most likely experience some Maynooth Educate Together National School – Phase 2 delay in completion. Major school building projects are in

progress in Maynooth with intended completion dates in 2020 but these dates may slip depending on the capacity of the project management teams to make up lost time. Of course like many other walks of life, school life has changed during the Covid 19 pandemic with schools interacting with their students who are working at home. This month we have partnered with the Transition Year Students from the Maynooth Education Campus to bring our student readers advice on how to manage studying at home. There is also other stories written by the students for the May edition of MEC Press which will be eagerly awaited by their readers.



**Maynooth Educate Together National School – Phase 2**

There is also a full report and behind the scenes interviews from their 26<sup>th</sup> annual musical “All Shook Up” so we are pleased to be bringing these stories to a wider community audience.

Finally we would like to mention some important research on how people have been coping during Covid 19. Researchers from Ireland (Maynooth University and the Centre for Global Health, Trinity College Dublin), Northern Ireland (Ulster University), Scotland (Edinburgh Napier University), and England (University of Sheffield) have released the first wave of the Irish COVID-19 Psychological Survey; a multi-wave study running throughout the COVID-19 outbreak to better understand how people are responding, understanding, and coping with the pandemic. Initial results suggest that mental health problems are common; 41% of people reported feeling lonely, 23% reported clinically meaningful levels of depression, 20% reported clinically meaningful levels of anxiety, and 18% reported clinically meaningful levels of post-traumatic stress. These results are based on a survey of 1,000 adults for a period during March 2020 and a further wave of research is planned to start on May 5<sup>th</sup>. If you are finding it difficult to cope with your circumstances at this time please make sure that you mention this to somebody and seek professional help. If you do not feel you want to mention your concerns to family, friends or neighbours, we have listed below some helpful numbers which we picked up from an article from Dr. Philip Hyland, Associate Professor of Psychology, and Maynooth University who represented Maynooth University in this research. Remember we are all only human after all.

**Paul Croghan - Editor**

Aware: 1800 80 48 48 [supportmail@aware.ie](mailto:supportmail@aware.ie) <https://www.aware.ie/>

Turn2me: [www.Turn2me.ie](http://www.Turn2me.ie)

Samaritans: Tel. 116123/[jo@samaritans.ie](mailto:jo@samaritans.ie) [www.samaritans.ie](http://www.samaritans.ie)

Shine: [info@shine.ie](mailto:info@shine.ie) / 01 5413715 [www.shine.ie](http://www.shine.ie)

SpunOut.ie: SpunOut.ie is Ireland's youth information website by young people, for young people. Funded by the HSE. [www.SpunOut.ie](http://www.SpunOut.ie)

Pieta House: 1800 247 247. TXT Helpline: 51444 [www.pieta.ie](http://www.pieta.ie)

## Willie Coonan - Business man and a Community man.

The sudden passing of Willie Coonan on the 14th April has been covered in national and local media because he was a highly respected auctioneer for over fifty years. He joined the family business which was started by his grandfather in the 1880s and was subsequently run by his parents and he has been succeeded by his son Will. He had stepped back from the business in recent years but you could still see him around the town. The Willie Coonan that I knew for the past 30 years was a person that was deeply interested in his community. I took a look back in the Maynooth Newsletter Archive and I came across a number of community events where Willie was present to add both his influence and financial support.

Strangely for a businessman who are regularly asked to provide sponsorship for projects in the community Willie did not wait for people to approach him. I can testify to this as he approached me more than once with ideas on how he could support his community.



Back in 1990s he approached me to get the Maynooth Best Estate and Shop Front Competitions up and running under the banner of Maynooth Tidy Towns. He felt that it would give residents associations a boost to get recognised for the hard work that they were doing. He also felt that a competition among the businesses for the condition of their shop fronts would encourage improvements to business premises in the town. He also came to me with ideas on how he could support or influence the improvement of derelict sites or badly maintained areas in the town. He always knew who owned the premises and if there were plans for the sites. When I used volunteer as part of the Maynooth Tidy Towns Sunday morning clean up teams that got up early to clean the town centre after Saturday nights, one person that you would always meet was Willie Coonan sitting in his car reading the Sunday newspapers. He would always roll down the window and have a chat about what was going on at the time and give me the benefit of his wisdom.

In late March this year I met his son Will Coonan at an open day for a local new development in Maynooth. When I asked after his father he reported that he was well. Willie slipped away without warning and his passing is a loss to Maynooth but most especially to his wife Mary and his son Will, his daughters Lisa and Sally and their families. Willie passed away aged in his mid-seventies. On behalf of the people of Maynooth who didn't get a chance to do so personally I want to offer our sympathies to his family and may he rest in peace.

Paul Croghan

# Enjoy the Great Shoda taste at home

FRESHLY MADE EACH DAY USING ONLY THE HEALTHIEST INGREDIENTS

## CALL & COLLECT MENU (Collection from 3:00pm)

**BBQ Chicken Wings with Blue Cheese Dip and Celery Stick** (1, 12, 13, 14) €8/€14

*Mild Spicy Wings tossed in Sticky BBQ Sauce*

**Cajun Chicken & Bacon Caesar Salad** [V] [VG] [GF] (2, 4, 5, 7, 10) €7/€14

*Classic Caesar Salad with Cajun Flavoured Chicken and Crispy Bacon*

**Half Roast Chicken with Gravy** [GF] (1, 6, 7, 9, 10, 12) €14

*With Sage and Onion Stuffing with Rich Pan Gravy*

**Prime Roast Sirloin of Beef** [GF] (1, 6, 9, 10, 11, 12) €14

*Locally sourced Irish Sirloin of Beef slowly Roasted to perfection*

**Oven Bake Fillet of Salmon** [GF] (3, 5, 7) €14

*Oven Baked Fillet of Salmon accompanied with Light White Wine & Lemon Butter Sauce*

*Creamy Mashed Potatoes, Crispy Roast Potatoes and Seasonal Roasted Root Vegetables* (7, 12)

*(Also available in Gluten Free)*

**Beef Lasagne with Side of Chips and Salad** (1, 2, 4, 6, 7, 9, 10, 12, 14) €14

*Mouthwatering Homemade Beef Lasagne topped with Parmigiano Reggiano*

**The Shoda 8oz Irish Angus Beef Burger with Chips and Salad** [GF] (4, 6, 7, 9, 10, 11, 12, 14) €14

*Juicy, Tender Farmhouse Burger in Brioche Bun with our House Sauce*

**Farmhouse 9" Shoda Pizza** [V] [VG] (2, 7, 10) €12

*Hand stretched, topped with Garlicky Sun Blush Tomato, Buffalo Mozzarella and Rocket*

**Veggie Curry with Basmati Rice or Chips** [V] [VG] [GF] (1, 9, 10, 11, 12, 13, 14) €12

*Seasonal Roast Vegetables tossed in our Vegan Rich Curry Sauce*

## KIDS MENU (Collection from 3:00pm)

**Chicken Tenders/Sausage with Chips or Mash & Gravy** (2, 4, 6, 7, 10, 12) €7

**Pasta Bolognese** (2, 6, 7, 9, 10, 11, 14) €7

**7" Salami Pizza** (2, 6, 9, 10, 12) €7

## FULL CAKE DESSERT (Collection from 3:00pm)

**Apple Crumble with Homemade Custard** (2, 4, 6, 7, 10, 11, 14) €15

**Homemade Chocolate Brownie** [GF] (4, 6, 7, 10, 11, 12) €15

**Shoda Farmhouse Cheesecake of the day** (2, 4, 6, 7, 10, 11, 14) €15

## HOUSE WINE (Collection from 3:00pm)

**Salome Sauvignon Blanc** €18

**Sandenel Pinot Grigio** €18

**Salome Merlot** €18

**Panul Cabernet Sauvignon** €18

## ORDER NOW AND COLLECT TODAY

Please be assured that we are adhering to strict COVID-19 safety guidelines

Enjoy our Premium Barista Coffee, Freshly Baked Scones and a selection of Sandwiches, available for Take Out from 10am-3pm daily

### ALLERGENS:

- 1 - Celery,
- 2 - Cereals containing gluten,
- 3 - Crustaceans,
- 4 - Eggs,
- 5 - Fish,
- 6 - Lupin,
- 7 - Milk,
- 8 - Molluscs,
- 9 - Mustard,
- 10 - Nuts,
- 11 - Peanuts,
- 12 - Sesame seeds,
- 13 - Soya,
- 14 - Sulphur Dioxide (sulphites)

[V] Vegetarian

[VG] Vegan

[GF] Gluten Free

**shoda**  
MARKET CAFE  
AT GLENROYAL HOTEL

**To Order**

Call: 01 629 0909 dial 6 Email: [info@shoda.ie](mailto:info@shoda.ie)

# Maynooth Newsletter

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

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

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

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

Tel: 01-6285922

E-mail: [office@maynoothcep.com](mailto:office@maynoothcep.com) - Website: [www.maynoothcep.com](http://www.maynoothcep.com)

## Letters to the Editor

Letters to the Editor, for publication, should be sent by e-mail to: [editor@maynoothcep.com](mailto: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](http://www.maynoothcep.com).

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

Editorial Board - Maynooth Newsletter

# Maynooth Newsletter

Copy date for the next edition of the Maynooth Newsletter will be Tuesday 19th May 2020

## Barbecue Recipes

### BBQ burrito bowl

#### Ingredients:

400ml water  
140g brown rice  
100g cherry tomatoes  
2 x corn on the cob  
2 tbsp vegetable oil  
1 tsp ground cumin  
½ tsp ground oregano  
½ tsp paprika  
2 garlic cloves, crushed  
1 courgette, chopped into bite-size chunks  
1 green pepper, deseeded and cut into bite-size chunks  
300g chicken fillets, chopped into bite-size pieces  
Salt and black pepper  
Sour cream

Serves:4



#### Method:

Put the water in a saucepan and bring it to the boil. Stir in the rice, then reduce the heat and add a lid. Simmer for 15-20 minutes. Meanwhile, heat a barbecue to a medium-high heat. Thread the courgette, tomatoes and green peppers onto skewers. Brush half of the oil over the vegetables and the corn on the cob. Stir together the cumin, oregano, paprika, garlic and the remaining oil in a bowl. Season with salt and pepper and add the chicken pieces, tossing to coat. Thread onto skewers and place onto the barbecue with the vegetable skewers and corn. Cook for 7-9 minutes, turning to char on all sides. Divide the rice among serving bowls and remove everything from the barbecue. Use a sharp knife to carefully cut the kernels of corn off the cob. Arrange the chicken and vegetables over the rice and drizzle lightly with sour cream to serve.

\*\*\*\*\*

### Feta and chilli parcels with Greek salad

#### Ingredients:

Serves:4

Olive oil, for greasing and drizzling  
2 green chillis, finely sliced  
2 x 200g blocks barrel-aged feta, drained  
Freshly ground black pepper

#### For the salad:

2 tbsp extra virgin olive oil  
1 tbsp red wine vinegar  
½ garlic clove, crushed  
1 tsp dried oregano  
1 small red onion, finely sliced  
1 cucumber  
4 ripe tomatoes  
A large handful of Kalamata olives, pitted  
Sea salt and freshly ground black pepper



#### Method:

Preheat the barbecue for direct grilling. Lightly oil a large sheet of foil, scatter over the sliced chillis and lay the feta on top. Drizzle with a little more oil and top with a few twists of pepper. Seal the foil into a parcel and lay on the grill. Cook for 15 minutes, turning occasionally. Meanwhile, whisk together the oil, vinegar, garlic and oregano in a large bowl, add the onion and set aside while you prepare the rest of the salad. Roughly peel the cucumber, halve lengthways and scoop out the seeds with a teaspoon. Roughly chop and add to the bowl. Quarter the tomatoes, remove the tough cores and roughly chop, then add to the bowl. Add the olives, toss to combine and season to taste. Unwrap the feta and serve with the salad and bread.

\*\*\*\*\*

### Pork ribs with quick barbecue sauce

#### Ingredients:

1kg Pork ribs  
**Quick barbecue sauce**  
4 tbsp tomato ketchup  
1 tbsp honey  
1 tbsp wine vinegar  
1 tbsp Worcestershire sauce  
Dash of tabasco  
Salt & pepper



#### Method:

Parboil ribs before barbecuing, this will reduce the fat and ensure that they are fully cooked. Cook the ribs for 6-7 mins on each side. Brush a little sauce over the ribs before the end of the cooking time.



- Supply and Installation of Blinds
- Roller Vertical Venetian Roman Velux
- Home Consultations
- Professional Service with Competitive Prices
- Over 14 years experience in Window Blinds

• Mobile: 085 7338847

• Phone: 01 - 6210100

• Email: gerardmaloneblinds@gmail.com

• www.gerardmaloneblinds.com

• Follow me on facebook



**Hegartys Solicitors**

**Derroon House**

(beside Citizens Information Centre)

**Dublin Road,  
Maynooth**

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

**Tel: 01-6293246**

**Fax: 01-6293247**

**Also At: 29 Eaton Square  
Terenure  
Dublin 6**

**Email: info@hegartyssolicitors.ie**

**Website: www.hegartyssolicitors.ie**

## **MULLIGAN'S GARDEN SHEDS KILCOCK**

**ALL TYPES OF TOP QUALITY  
TIMBER GARDEN SHEDS**

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

**KENNELS, POULTRY HOUSES,  
BIRD TABLES & GARDEN  
BENCHES**

**Opening Hours**

**Mon - Fri 8:30 - 18:00**

**Saturday 8:30 - 15:00**

**01-6287397**

**085-2846781**



### **January Blues**

Now that Brexit has come at last,  
that coronavirus stalks the earth,  
that Trump ignores Palestinians'  
Jerusalem and West Bank claims,  
that no place on the earth exists  
where there's not some dispute  
or other existential worry,  
I have to question human mastery  
of this tiny, fragile planet,  
this speck in an enormous universe.

Despite what we've been taught,  
all things compete for their existence.  
We dominate the shrinking food chain,  
never doubting mankind's precedence,  
our right, confirmed in sacred writings,  
to exploit all other creatures.  
But unseen microbes swarm in us  
and even plants fight other plants  
for living space, exposure to the sun,  
so what's this claim to our uniqueness?

We're all competing in an arena,  
where even victors must in time expire,  
so is it not best to curtail greed,  
be kind to all who look to us for help  
and, though difficult, turn the other cheek?  
Dogged by birthrates, climate change,  
disease,  
should we not learn from birds and  
animals  
that have no dream worlds to delude them,  
seize the passing moment, shelter from  
storms,  
revel in the kindly sun?

Colin Scott



*Gold Medal Winner 2019*

**Maynooth Tidy Towns would like to sympathise with the family of Willie Coonan RIP on the death of their father and to all who have lost family members during the last month.**

**When buying plants for your gardens or patio please insure they are BEE and BUTTERFLY Friendly.**

**All Maynooth Tidy Towns Clean-Up meetings have been postponed until further notice. In the meantime look after yourselves & each other.**

**Richard Farrell**

**PRO Maynooth Tidy Towns**

**087 3153189 and See us on Facebook or Twitter**

## How to Create a Balcony Garden



A balcony garden has the greatest impact when it is an extension of your indoor space. It can give your hours of pleasure pottering about creating beautiful pots of plants. It is also a great place to sit and enjoy the sunshine with a coffee and watch the world go by or read a book.

A balcony will be affected by wind. Depending on how exposed and windy your balcony is it would be best to plant in heavy pots. Plant low, mound forming plants and plant several together to create a perfect look. You will

need to water the plants regularly as most balconies wouldn't get as much rain water as a garden.

Start with small evergreens as this will give you a garden all year round, then add seasonal plants for variety. Choose plants that require minimal upkeep to start with, then get creative! Make the garden interesting by growing plants with different heights textures and colours. You can also grow vegetables and herbs in hanging baskets. Tomatoes, strawberries, many other vegetables, and herbs can be grown in hanging baskets successfully. It also creates space!

For some extra delight use string lights or solar lights to illuminate the space at night.



Your balcony can be a colourful green oasis with a little bit of work and creativity. With the right compost, fertiliser, drainage and irrigation, you can grow pretty much everything from a small tree to herbaceous perennials, bulbs, vegetables, herbs and fruit. Lettuces and other salad crops - Sow more lettuce, rocket, land cress, corn salad, and other salad leaves outdoors this month to ensure a steady supply.

As long as your Balcony is sheltered or under cover, hanging baskets and containers can be planted up with fuchsias and tender perennials. Why not incorporate a slow release fertiliser and water storing crystals to reduce feeding and help water retention at the same time but remember not to place outside until end of May/ early June so that containers do not dry out.

Watering can be stepped up on warm, breezy days. Dwarf dahlias can be potted up into containers ready to provide colour from mid summer to early autumn. As pansy flowers wither remember to dead-head them to encourage further flowering. Buzzy Lizzy, Begonias, Primrose, are but a few flowering plants that will give your balcony lots of colour. Plant Lily bulbs in pots. Lilies grow really well in containers and you can move them around your balcony as they come into flower.

*All the Flowers of tomorrow are in the seeds of today!*



## TIPS FOR YOUR HAIR

With Hair Salons now shut during the Coronavirus Pandemic women are panicking over their hair. One of their main worries is "Am I going to be totally Grey" Help!! I hope the following tips are useful.



### Colouring

Buying a box of colour from the supermarket can be disastrous. The shade pictured on the box can turn out completely different depending on a person's natural colour. Bad dye is a really expensive mistake to fix.

Instead why not use one of the root sprays that are in most supermarkets as these will not do damage and will cover your roots for now. Another option is to try fill in the grey roots with mascara.

Cutting your own hair can be at least as disastrous as amateur colouring so a few tips for people who can't wait until the Salons re-open.

Don't ever try to cut your hair wet. Dry it first. Wet hair clumps together and you are likely to chop off too much by mistake. People tend to cut their own fringe too short. If you need to trim, keep it below the brow and don't pull down because they will bounce back up shorter. It could also be a good time to give some thought to life without a fringe and a change of style.

### Concentrate on condition

Self-isolation is the perfect excuse to actually look after your hair's health. For those staying inside anyway wash your hair and leave a deep conditioning mask on your hair all day. Rinse out in the evening and you will be left with silky healthy hair.

### And for the men

It isn't just women who are looking for solutions on how to keep their hair looking good during lockdown.

You have a couple of options. You can let it grow out or you can clip it off.

If you opt for the latter and take it off, you should invest in a really decent pair of clippers which you could buy online.

The clippers will come about 4-5 different grades which will determine the length of your hair 1 being the shortest and 5 the longest. You should start at 5 then gradually take it down until you reach your preferred length.

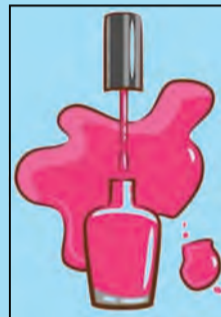
*Have a good hair day & hopefully we will be all back to normal soon safe & sound*



## HOW TO GIVE YOURSELF A HOME MANICURE

To give yourself a gorgeous manicure, make sure you have all the right supplies. You might have to spend a bit up front, but next time you want to paint your nails, you'll already be covered. Get the following products:

- Nail polish remover
- Cotton balls or cotton swabs
- Cuticle trimmer
- Nail buffer
- Nail trimmers
- Nail file
- Cuticle or hand cream
- Nail polish
- Base coat
- Top coat



**Cut and file your nails.** Use nail clippers and trim your nails. Don't cut them too short. You should be able to see at least a little of the white tip still, all the way across. Using a nail file, file the nail and create a smooth and clean shape. Gently drag the file across the nail, rather than pushing it. Excessive force or sawing back and forth will weaken the nails and cause them to break. Pivot the hand with the file through each stroke to make a smooth curve rather than angles. Do not file them too short just clean up any points or roughness left by the clippers.

Buff your nails. Using a white block of a stick-type nail buffer, or a pad-type nail buffer and buffing powder, buff the surface of the nail a little bit to even out the surface and to smooth out ridges. Remember not to buff too much, thinning it too much will weaken it. Perfect edge-to-edge flatness is not practical or necessary. A soft, flexible buffer will more easily buff the sides of the nail along with the middle.

You may wish to buff your nails after pushing back the cuticles if there is some residue where the cuticles used to cover, in order to scrape or grind it off in the process. Being thin, soft, and not firmly attached, it should come off easily.

Soak your nails. Get a bowl or stopper the sink and fill it with warm (not hot!) water and a few drops of soap. Soak your hands only for a few minutes. The water and soap will help to loosen dirt, dead skin, and any dust left over from filing and buffing, and soften cuticles. Use a nail brush to gently clean your nails and the skin around them. Gently scrape under your nails if necessary to remove dirt. Don't go overboard with scraping, since you can

damage your nails if you remove the white powdery substance that is actually part of your nails.

Apply hand cream or lotion. Take a lotion or hand cream and massage it into your hands. If you have very dry skin use an intensive lotion, if not, any lotion will do. Be sure to rub it into and around your nails and let it soak in for 30 minutes or longer.

This is as well done after painting the nails and allowing them to dry thoroughly as before painting. For very dry skin, apply some greasy lotion and sleep with cheap cotton gloves over your hands to allow it to remain on and work for a long time without keeping you from productive activities.

Nail polish/lacquer will not stick to nails with moisturizer on them, so take a Q-tip dipped in nail polish remover and quickly wipe the nails to remove the lotion. Wipe excess remover off promptly to mitigate nail damage. Apply the base coat. Cover the nail with a clear base coat or nail hardener. This will even out and ridges and unevenness that may still be on the nail, serve as a primer for the polish, help the polish to last longer, and keep the colour from staining your nails.



Polish your nails. Pick a nail polish that you really like. Roll the nail polish bottle between your hands for about 10 seconds. Shaking the bottle causes air bubbles in the polish and makes harder for the polish to stick to your nails. Begin painting nails using a thin coat. Dip the brush into the bottle of polish and as you remove it, gently swirl the brush around the inside rim of the bottle to remove excess polish. Slowly paint a vertical stripe down the centre of your nail, followed by another stripe on either side of the first. Try to paint all the way to the edge, but it's better to leave a small margin than paint the skin on the side.

Let your nails dry. Try not to move your nails too much or the polish may smudge. Wait 10 to 15 minutes for the polish to dry. If you apply a second coat too soon, it will only smudge the first coat.

**Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul. Oh! And pretty nails!**



Source: wikiHow.com

## 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

## Thinking of replacing your PVC Windows?

### WHAT TO DO NEXT

#### Download Your Free Guide Book:

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

In this book you will learn:

- Key Questions to ask my window installer before engaging them
- 7 Critical mistakes everyone makes
- 3 Steps to a perfect window solution from start to finish

It's easy to download,  
Simply visit [www.keanewindows.ie](http://www.keanewindows.ie)  
Showrooms open 7 days a week



Call 01-6203232

### Interesting facts about the month of May that you didn't know! (blastingnews.com)

A new month is with us; the month of the flowers, the fifth month of the year and also, the month in which huge and important celebrations take place! The month May was named for Maia, the Greek goddess of fertility.

In any given year, no month ever begins or ends on the same day of the week as May does.

May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

May's birthstone is the emerald which is emblematic of love and success.

On May 1, 1931, the Empire State Building was officially opened.

#### Flower

The flower that represents May is the Lily of the Valley. It is beautiful with blossoms that resemble a bell. It has a sweet fragrance.

#### Birthstone

The birthstone for May is the precious emerald. The popular colour is green, but that's not the only colour of an emerald. Green is the primary colour, but yellow and blue are also colours of some emeralds.

#### April showers bring May flowers

The saying is that April showers bring May flowers. If that is true, then there will be plenty of beautiful flowers in people's yards and on hillsides because there were many showers in April.

#### Smaointe

Are we powerless or gutless or both? How can we claim to have ever heard the word "compassionate" if we are indifferent to the suffering through poverty of so many of our brothers and sisters all over the world! If we don't care a straw for all the refugees in camps in Greece and Macedonia and elsewhere! In Ireland we don't have camps much. We have hotels! And what about the poor unfortunate people in Yemen? I got a letter from some group asking for money for them. Of course, I could send them a few bob but would it make any difference? The best way I can help them, it appears to me, is to attempt to raise awareness of their plight among the elected and among the electors both here and in Europe and generally to draw public attention to their situation.

For instance: Has any one of our elected representatives ever drawn attention on the world stage to the utter waste of trillions on bombs and bullets and fighter planes, and all that disgusting panoply of deadly military gimcracks that maim and murder and take the morsel from the mouths of our brothers and sisters in so many countries, including our own. Can these poor people eat bombs and bullets or live on a few grains of rice a day? Who cares, so long as the quota of missiles and warships is increased exponentially. And how often do we hear our bishops and other religious leaders comment on this disastrous situation. "Comment" indeed! They should "rage rage" against the dying of the light", to use Dylan Thomas's words! There is one notable exception, however. Francis in Rome! God bless him!

Our divine boss is a serious boss whose least wish should be our command. Our human bosses are people who often make mistakes, go on ego trips, give us work to do to punish us, make an unholy cock-up of their own remit, of the management of affairs placed in their hands. Often too they are very good and do their work humanely and efficiently. Our divine boss is ever humane and efficient. S/He is on the side of the good for all. We have been invited to pursue that good, to cooperate in the great work of creation.

Bullets and bombs are the work of destruction. Information on the amount of money spent on them by each country each year is readily available. Have a look!

A thiarna déan trócaire ormsa. Tá géarghá agam léi!

#### Aguisín:

Smólach ina thost ar imeall an bhóthair,  
A phort aoibhinn seinnte, a shúile neamhbheo.  
Is oth liom d'imeacht, a amhránaí álainn,  
Is boichte an domhan seo, gan saibhreas do cheoil.

Ar chuala mé riamh thú ar stáitse na sceiche?  
Ba bhodhar mé, mo náire, mo chluasa lán gleo.  
Ach feasta bead aireach, go bhfios dom do íobairt,  
Thar cheann do chomharbaí, go gcluinfear a nglór!

Gabriel Martin.

#### Note to the Editor

Hello,

From time to time I read the Maynooth Newsletter. How different the town has become from when I was a boy there long ago. I was born in Maynooth 81 years ago. Aged 16 I left with my parents for the job opportunities offered them in England. I never looked back in anger or envy but with a certain sadness that to advance in life I had to move away. That must have been true for many who left Ireland in those days and in earlier times. Life and opportunities were very, very different in Ireland in the 1950s and the 1960s. Yet I have very fond memories of my schooldays in Maynooth and later in Dublin. I wish you well with the Newsletter. Keep up the good work.

Noel Byrne

## Remembering Mícheál Dempsey

Monday 20th April was a very sad day for everyone connected with St. Mary's Brass and Reed Band with the passing of its President Mícheál Dempsey, long time member and a pillar of the Band. He joined the Band with many other young boys in 1955 and embarked on a lifelong love affair with music and the Band, which was going through a transition period at that time. This injection of fresh young blood marked the beginning of the Boys' Band from which there are still some members playing with the Band today.

Mícheál became Secretary of the Band when he was barely out of his teens and over the following years also held the position of Chairman and he played a huge part in ensuring that the Band continued the tradition set by some of his predecessors including Bartle Grady, Tom Waldron, Pat Weafer and others. He was also very much involved with the introduction of female members to the Band in the late 50's and who today make up a sizeable part of the Band.

Mícheál was very proud of the Band and what it meant to the people of the town and being a part of the Band when it lead Parishioners from Maynooth to the Papal Mass in the Phoenix Park in 1979 would have been one of his highlights. In fact St. Mary's were the only Band to be present at that Mass. He was very much involved in other important events with the Band including playing for a number of Presidents of Ireland, including the Aras visit in 2018.

Being the only civilian Band to be present at the Eucharistic Congress in the RDS in 2012 was also important to him as the Band had played at the Congress when it was held in Dublin in 1932. He was very much focused on Band tradition and playing in the New Year in the Square was high on his list until it became too dangerous because of over inebriated revellers. Parading through the town on St. Patrick's Day was another tradition and indeed the Band organised the first St. Patrick's Day Parade until it became too big and was taken over by the Community Council.

His great contribution to the Band over 60 years was recognised by his appointment as President in 2018, which he was very proud to accept, and it was sad that he could only enjoy his new role for such a very short time. Despite the restrictions the Band were able to pay a low key tribute to Mícheál at his funeral in Laraghbryan Cemetery but they hope to pay a more appropriate farewell to him at their annual Mass for Deceased members on Sunday 1st November at 1 o'clock if it is allowed to go ahead. Rest in peace good friend.



## Mícheál Dempsey

It was with great sadness we learn of the death of Mícheál Dempsey, our club President, our friend and our colleague.

Mick was a man of standing and character, somebody who made a difference in his community through his contribution to football and music. He was proud of his family, his community and his club. He was a stalwart figure in the development and transition of our club to the where it is today.

Mick was at the heart of our club, he lived and breathed Maynooth Town, from the early days looking after schoolboys to seniors, as Chairman and latterly as our beloved President.

He enjoyed the fun and the banter but he was also a man of serious intent. He understood how a club rooted in the community had to adapt and change bringing new people, skills and ideas to bear but always maintaining the values of community and representing the Town. He would put you right if you strayed from the path. He took great pride in our growth as a club and in the development of our grounds at Rathcoffey Road, where he loved to look out on our field of dreams.

It was lovely to have him, the father figure of our club, present at the Aviva Stadium in 2018 for that moment in history when the Town took the FAI Intermediate Cup.

To Josephine and family we offer our sincere sympathies. We thank you for sharing him with us.

Ar dheis Dé go raibh a anam dílis.

**Gerry Folan**  
Chairman  
Maynooth Town F.C.



## Kildare Planning Applications for Maynooth Area

Planning Applications received from 25/03/2020 to 27/4/2020 Information from Kildare County Council Website

App Num	Authority	Applicant Name	Development Address	App Date
20422	Kildare County Council	Cathal Higgins,	Laragh, Maynooth, Co. Kildare.	27/04/2020
20374	Kildare County Council	Denise Doran	No. 220, Maynooth Road, Celbridge, Co. Kildare W23 R768	14/04/2020
20317	Kildare County Council	Alan and Anne-Marie Farrell	5 The Avenue, Moyglare Hall, Maynooth, Co. Kildare W23 HN15	26/03/2020

### **Christina Saults: Community Activist and Friend Born 4<sup>th</sup> March 1955 / RIP 12<sup>th</sup> April 2020**



Christina was born on 4th March 1955 in number 12 Parson Street, the first child of Bridgie and John Saults. The growth in the family necessitated a move of house and in the early sixties an opportunity arose to move into number 9 Parson Street which unlike number 12 had a large garden. The McTernan family who lived in number 1 had a family of six sons and Christina was often referred to as the sister they never had. It was a close-knit community.

Christina made her First Communion and Confirmation in Maynooth. She was also a member of the choir for some years. She attended Maynooth Presentation Convent School and then completed her education in the Tech in Lucan where she successfully completed her Leaving Certificate. She spent many years working in Dublin performing secretarial duties. Her career took a different slant after she successfully applied for and secured the position of supervisor of the Team Work Scheme in Maynooth. She was in her element as she oversaw her young charges exit out of the Scheme into full employment. It was a big source of pride to her. It was no surprise that in later years she became supervisor of the Community Employment Scheme which she oversaw with great enthusiasm through the good and bad times. She was so proud of the production of the monthly Maynooth Newsletter, in particular the production of the 30th anniversary edition in 2004 stands out. Through her work with the scheme Christina was also involved in the organisation of the St. Patrick's Day Parades and Maynooth Festivals.

Christina was a Maynooth woman through and true. She was involved in many aspects of a developing community from the Youth Club in the sixties, the Table Tennis Club and of course the Maynooth Talent Competition. She was one of the founders of the ladies soccer team in the town. Christina was also a prominent member of the Maynooth Branch of the Labour Party and she looked forward to elections when she could get on the canvass trail and meet people on the doorsteps. She loved meeting people.

Christina was the one who carried on the stories and folklore handed down to us from our parents. Before genealogy became the big thing it is today, she was able to recount our family's lineage, the Saults and the Grahams, to anyone who showed an interest. Christina had an uncanny ability of storing a multitude of home phone numbers in her head. She was the go to woman if you needed a number quickly. She was always on hand to remind parents and grandparents of birth dates of their children and grandchildren.

In late 2006 Christina was diagnosed with cancer and through most of 2007 underwent a long course of chemotherapy and radiation treatment. She was strong willed and came through all of this but unfortunately she was unable to work again. So it was of great sadness that in recent years we started to detect her forgetfulness in recent conversations and events, though her long-term memory was as sharp as ever. Over the course of a few years her condition gradually deteriorated physically as well. On 16th March last her only source of socialising, Mc Mahon's pub, shut down along with all others due to Covid 19. Coincidentally, this was the same date she was admitted to Connolly Hospital. Within a few days we were informed that the prognosis was not good. Another form of cancer had taken over her poor frail body. She passed away peacefully in the early hours of Easter Sunday morning.

Christina, despite her lack of size in inches more than proved that it is a big heart and a love and caring interest in other people's lives that made her a larger than life character in her beloved community. She will be sadly missed. There are so many stories and events that occurred within this brief outline of her life. These will all be recounted at a future social gathering among her friends and colleagues in better times.

The family like to thank Father Frank for officiating at Christina's funeral mass and to Máire Ní Loinn of the Parish Bereavement Group. To Doctor Maurice Cowhey and to all the medical staff in Connolly Hospital We would like to pay a special tribute of our appreciation in ensuring Christina's passing was as peaceful and comfortable as could possibly be. I would also like to take this opportunity to wholeheartedly thank all the people in the many services including Reilly's Funeral Directors and the many voluntary groups who are looking out for our safety and supporting us all in our time of need to the possible detriment of their own health.

### **Mícheál Dempsey**

Many tributes have been paid to Mícheál since his passing and rightly so as his contribution to our community has been enormous and will be difficult to emulate. His association with the Club has been legendary through several roles throughout our history.

His attention to nurturing our young players through the ranks to Senior status knew no bounds and taking over as Senior coach in latter years he excelled in that role with equal aplomb. He was instrumental also in helping to add a ladies section to our ranks which is still part of our club. Mícheál was very proud of the success of our teams at all levels throughout the years.

We enjoyed many trips to Old Trafford and like places with our under-age teams always ensuring that nobody went short. What memories. Seeing our Captain Jake Corrigan climb the famous steps of the Aviva Stadium on the 12th May 2018 to present Mícheál with the FAI Intermediate Cup was an occasion to savour and most moving. It was an indication of the revered respect in which Mícheál was held by all sections of the Club.

Having Mícheál as a friend and Club colleague has been of immense pleasure to me over so many years. Being a colleague also of Mícheál's in the St Mary's Brass & Reed Band also added to the pleasure of knowing him for so long. Mícheál also had a repertoire of many songs which were often rendered in Brady's at many sessions in the past. His rendition of Rosie always had a distinctive aura about it.

To Josephine and his Family we extend our deepest sympathy and thank them for having shared him with us over all those wonderful years.

### **Lenny Murphy**



# May 2020

## Monthly Horoscope

### ARIES May 2020 Horoscope (March 21 – April 19)

Mars arrives in your sign in the second two weeks of this month and it is stressfully aspected with Pluto. Pluto in this position can create an influence of intensity for the individual. Remember, astrology is only an influence and it manifests dependent on the current attitude and circumstances of your life. Therefore whatever you might have as an issue at this time may surface strongly.

In positive terms this transit could motivate you constructively. The important question is, “Are you aware of yourself and your personal intensity?” If you filter your feelings with wisdom and compassion then things should be fine. Aries love to be motivators. Be mindful of what issues or opinions you believe in strongly. You might overwhelm others with your intensity. Use skilful means to motivate yourself and others.

### TAURUS May Horoscope 2020 (April 20 May 20)

This month is your birthday month. Don’t forget to thank your mother and father for giving you this rebirth. Even if they were not there for you all the time, still they gave you an opportunity to work out your bad karma and accumulate good karma. The first two weeks your mind and communication skills are strong. The Sun and Mercury are well aspected. The second two weeks require more mindfulness as Neptune squares your Sun. Be careful of illusions or fears you project onto those around you.

Taurus love to be grounded and practical. This month show your positive qualities and share your positive ideas. Don’t worry if people accept them or not, just speak in a clear and confident mind.

### GEMINI May 2020 Horoscope (May 21 – June 20)

This month your passions are strong in the first ten days. Basically the month starts with Venus, Mars and Uranus square to each other. That means desires for pleasure are strong and impulsive. If you have Bodhicitta you can work with these feelings constructively. The ability to work with your feelings helps you work with others’ feelings too. If the thought of working with desire is uncomfortable then offer prayers that you can do so in the future. There is always a way to be positive.

Gemini are quick on their intellectual feet. This month feelings and desires run strong and so your mind has to work effectively with an element where the intellect normally does not go. Be intelligent but also be aware that feelings are sometimes stronger than your intellect.

### CANCER May Horoscope 2020 (June 21 – July 22)

This month is wonderful. Uranus and Mars both work in energetic and harmonious aspects to Venus. You are having fun and are playful. The first ten days you may be prone to indulge but by midmonth you shift over to being fun loving. Granted you need a bodhisattva’s attitude to utilize these aspects in the best way.

Planets are merely an environmental influence, you still need to be motivated in a positive manner, especially with this type of intoxicating energy.

Cancer normally work with feelings. This month you could be a powerhouse of benefit. The power is love and affection for others. You have lots of those feelings. Just motivate correctly and everything will be fine.

### LEO May 2020 Horoscope (July 23 – August 22)

This month is excellent for meditation. Saturn is well aspected in your sign with Jupiter and Neptune. Saturn works beneficially with meditation as that cultivates thoughtfulness. Saturn responds well with Buddhist meditations and this helps ground Neptune’s visions and dreams. Jupiter is also well aspected to both Saturn and Neptune so all in all it is a great time to meditate and organize your thoughts and dreams. Focus on your Bodhicitta motive and you will develop many positive qualities.

Leo like to be motivators. This month organize the vision or idealism of your life. What legacy would you like to leave to the world? Be a true bodhisattva and offer benefit and bliss to all. That is an excellent legacy that brings happiness to everyone.

### VIRGO May Horoscope 2020 (August 23-September 22)

This month has Mars, Uranus and Venus all aspect to your Sun sign. You are slightly prone to be agitated though as Uranus and Mars are opposite Virgo. What helps you deal with that energy though is the beneficial aspect with Venus. The world is a dynamic place and you have positive dynamics, so do something constructive with your love and compassion this month.

Virgo do things in an orderly manner. This month your energy is released and free. Be mindful to not be so courageous that you hurt yourself or shock others. Always balance enthusiasm with wisdom.

### LIBRA May 2020 Horoscope (September 23 – October 22)

This month is quiet for the first two weeks. There are 10 planets in our solar system to consider but for Libra they are all at distant angles and so just slightly stimulating you. The middle of the month you will feel inspired to do many things though as Mars will come opposite Libra. So meditate in the first two weeks and prepare to be active in the second two weeks.

Libra keep life in balance. This month organize the meaning of your life for the first two weeks and then act on those decisions in the second two weeks.

### SCORPIO May Horoscope 2020 (October 23 – November 21)

This month you are a little stressed with things that are out of your immediate reach or control. This is because the Sun and Mercury are opposite your sign and Neptune is square. Basically focus on one particular goal. If you try too hard you may find you get scattered and loose focus. Just pursue small and simple goals.

Scorpio’s are passionate. This month relax and don’t follow your desires. Just be peaceful. It takes

a clear mind to accomplish a meaningful life, so keep your mindfulness in place.

### SAGITTARIUS May 2020 Horoscope (November 22 – December 21)

Feelings are still important as Pluto is in your sign for ages to come. What is beneficial is Jupiter is in Sagittarius also and this makes your feelings positive. This month starts with a big rush as Jupiter is squaring Mars and Uranus. You are motivated but possibly moving too fast. Slow down for the first ten days and don’t try to do too many things. The whole month has a certain level of intensity to it, so being mindful and moving slowly would be good advice.

Sagittarius are inspired individuals. This month I would recommend going slowly and being mindful. You will feel the urge to rush around. Recognize those feelings and stop yourself. Be mindful that doing something quickly does not always accomplish your goal.

### CAPRICORN May Horoscope 2020 (December 22 – January 19)

This month your ideas about life are inspired. There are no planets in your sign but Uranus and Mars are well aspected and that stimulates enthusiasm and joy. You can set your goals and feel confident that there are no interferences to distract you. Your energy is positive and upbeat so make hay when the sun shines.

Capricorn reflect and contemplate on decisions. This month you can apply yourself with full confidence to whatever you wish to do. It is a good time to follow your idealistic dreams and wishes.

### AQUARIUS May 2020 Horoscope (January 20 – February 18)

You are still a spiritual and visionary centre for the universe as Neptune is in your sign for ages. This month meditation is the best activity. You have Saturn and Jupiter well positioned to bless and stabilize your dreams. Be slightly careful midmonth as the Sun will run square your sign. That can mean you feel personally out of sorts even though things are going well. Just be peaceful and your composure will return to you quickly.

Aquarius are sociable beings. This month your interactions with others are going well. Keep an eye on negative imagination though if you have any problems. If you are forgetful you will start to worry about things you have no control over. Be peaceful and all will go well.

### PISCES May Horoscope 2020 (February 19 – March 20)

This month you are full of energy. Uranus and Mars are conjunct for the first two weeks and you are energized to pursue your goals. The only complication is Venus is square your sign. Therefore be careful you don’t pursue pleasure for the sake of pleasure itself. Remember, drinking salt water never satisfies your thirst. Think about what you are going to do before you do it.

Pisces are sensitive and introspective. This month be active and inspired. Do spend some time thinking about what you want to do first though, that saves time and energy.

## 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



## Royal Canal Amenity Group

Education ~~ Heritage ~~ Recreation

We are still in very unusual times as I pen this article and Chairman Matt Kennedy does not hold out much hope of organising anything on the canal for the foreseeable future with the possible exception of the heritage walks in late August.

So this month, as we continue to fight the pandemic, I thought I would briefly outline what the Royal Canal Amenity Group is about for the benefit of those who have taken up residence in the area in recent times and indeed for the many students attending NUI Maynooth both Home grown and from foreign climes.

The Royal Canal Amenity group was set up in 1974. It was the brain child of Dr Ian Bath a lecturer at Trinity College Dublin, who was president of the group until his recent death. The remit of the group was to save and refurbish the canal, which was in a very very poor condition, and eventually get it reopened.



**R.C.A.G. Chairman  
Matt Kennedy**

### What we did

- For thirty six years we played a major roll in the refurbishment of the canal's main line which was officially reopened to navigation in 2010, having being closed since 1961.
- We created new routes to work for many people, places to enjoy and spaces where you want to be.
- We built stronger communities by giving people the chance to protect and improve the places that matter to them.

- We helped hundreds of people young and old develop their confidence and learn new skills during refurbishment.
- We protected our precious heritage so your children, and their children too, can connect with our rich history.

### What we do now

- We promote education heritage and recreation along the entire length of the canal
- We champion the many benefits that our waterway offers and encourage more people to use and enjoy it
- We organise walks, boat rallies and other cultural events along the canal. (Boat Rallies currently restricted because of water levels.) We also organise walks on the Grand Canal during heritage week each year.
- We continue to work towards the reopening of the Longford Branch of the canal. In recent times a section of this was re-watered which only highlighted more previously unseen problems. These problems must now be addressed before further re-watering can ensue.
- We maintain and update the official Royal Canal Amenity group website: [www.royalcanal.ie](http://www.royalcanal.ie). Our web-master also currently maintains the Royal Canal Greenway website.
- We liaise with Waterways Ireland, County Councils, boating groups and other civil authorities along the canal. Liaison is also maintained with our international members in England, Wales, France, Norway and Switzerland.
- We care for a 90-mile long 'green-blue ribbon' that connects hundreds of wildlife habitats, helping you to get closer to nature wherever you live.
- We keep an eye on 126 bridges, 47 locks, 5 aqueducts and one tunnel, reporting anything untoward to Waterways Ireland.



**Former R.C.A.G. founder and  
president: Dr. Ian Bath - R.I.P**

## What you can discover about your Town on your 2km walk.

During this time of restrictions there are more people out taking a daily walk within the 2km range. Many take a route that includes a walk through the Main Street. Now that the Town is not as busy with traffic and as one walks up and down the street and in the surrounding laneways, the buildings have taken on a “notice me” vibe.

Have you wondered about the older buildings in the town and how and when they came to be? Well wonder no more. Check out the **Historic Environment Viewer**. It is described on the website as:

“... a new free-to-use digital service provided by the Department of Culture, Heritage and the Gaeltacht. It has been developed to enhance the users’ experience by facilitating access to the databases of the National Monuments Service Sites and Monuments Record (SMR) and the National Inventory of Architectural Heritage (NIAH) in a seamless one-stop point of access for both data resources. The viewer is capable of being accessed on the majority of browsers and platforms, including smart phones.”

When you search for Maynooth in this database there are options to select. In this case a map of the town comes up showing information on key buildings and monuments. For buildings, hover and click on the blue dot and an image of the building comes up, which links to an architectural description and appraisal.

Here is an example: This is now the Avenue Restaurant

**Date:** 1750 - 1790

**Original Use:** house

**In Use as:** house

**Rating:** Regional

[View Main Record](#)



### Description

End-of-terrace three-bay two-storey house, c.1770, on a corner site on a symmetrical plan with shallow segmental-headed door opening to centre. Reroofed and refenestrated, c.1980. Gable-ended roof. Replacement fibre-cement slate, c.1980. Concrete ridge tiles. Rendered chimney stacks (shared). Rendered coping to gables. Cast-iron gutter with replacement uPVC downpipe, c.1980.

Roughcast walls. Painted. Square-headed window openings. Stone sills. Replacement aluminium casement windows, c.1980. Shallow

segmental-headed door opening. Replacement glazed timber panelled door, c.1980. Road fronted on a corner site. Concrete flagged footpath to front.

### Appraisal

This house, which dates to the earliest phase of construction on the planned Main Street, is an attractive middle-size house that has been extensively renovated in the late twentieth century, leading to the loss of most of the original fabric. Composed of graceful proportions on a symmetrical plan the house conveys the aspirations to sophisticated architectural forms that were an aim of the establishment of a planned estate town. The re-instatement of traditional-style timber fenestration might restore a more accurate representation of the original appearance of the house. The house is of particular importance for its age and for continuing the established street line of the planned street, while contributing to the regular roofline of the terrace as it proceeds to meet with the entrance to the Carton estate to north-east.

Brady’s Clock House

**Date:** 1895 - 1900

**Original Use:** house

**In Use as:** house

**Rating:** Regional

[View Main Record](#)



### Description

End-of-terrace three-bay two-storey house, built 1896, on a corner site on an L-shaped plan retaining early aspect with render pub front to ground floor, single-bay two-storey side elevation to south-west and two-bay two-storey return to rear to south-east. Hipped roof on an L-shaped plan with slate. Clay ridge tiles. Rendered chimney stack. Cast-iron rainwater goods on eaves course. Rendered walls. Painted. Rendered channelled piers to ends and to corner. Rendered medallion to first floor. Square-headed window openings. Stone sills. Moulded rendered surrounds. Early 2/2 timber sash windows.

Render pub front to ground floor (continuing around side elevation to south-west) with panelled pilasters, fixed-pane timber display windows in bipartite arrangement and timber panelled double doors having overlight and fascia over with moulded cornice. Road fronted on a corner site. Concrete flagged footpath to front.

### Appraisal

This building, which has been well-maintained to

present an early aspect on to the road, is of considerable social and historical significance, being one of the earliest surviving purpose-built commercial premises in the town, thus representing the early commercialisation of Maynooth. Composed of balanced proportions to each floor, both elevations present a graceful frontage on to the road that has been lost in many of the neighbouring buildings on Main Street.

The building retains many important early or original salient features, including timber sash fenestration and materials to the roof, while the render pub front is of particular interest, attesting to the high quality of craftsmanship traditionally practised in the locality. The building is also of importance for its impact on the streetscape of Main Street, continuing the established street line of the planned street as it turns to meet with Court House (originally Market House) Square, while contributing to the regular roofline of the terrace.

Here is an example from the Monuments information that are marked on the map with red dots.

**Class:** Field boundary

**Townland:** MAYNOOTH

**Scheduled for inclusion in the next revision of the RMP:** No

**Description:** An archaeological assessment (Licence no. 02E1452) of a proposed development site at the rear of No. 8 Main Street, Maynooth revealed the presence of a ditch running N-S. A short length (L c. 30m) was subsequently excavated (Licence no. 02E1452 ext.) and proved to be of medieval date, having 13th-14th-century pottery in its base. It remained open until the site was developed in the mid-18th century. It measured up to 2.6m in width and 1.1m in depth. The remains of an 18th and 19th century stone-lined drain, a well and cistern overlay the ditch. It seems likely that the ditch was simply a field boundary, but it forms part of the line of a putative large enclosure surrounding the earlier part of the town. (www.excavations.ie)

There is so much more to explore in this database including online jigsaw puzzles. It will add to the enjoyment of those out taking their daily walk and if you are cocooned you can take a virtual stroll through the beautiful historic town of Maynooth, through your place of birth or other places of interest.

Copy the following link into your browser to find more.

<https://www.archaeology.ie/archaeological-survey-ireland/historic-environment-viewer-application>

Or scan the QR code opposite with your QR scanner on your mobile phone.

**Susan Durack**



## Oliver Reilly

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



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

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

*Funeral Home  
The Harbour  
Leinster Street  
Maynooth*



## Mary Cowhey & Company Solicitors

Suite 2/3 Manor Mills  
Maynooth  
County Kildare

**Motor & Work-Related Accidents  
House Purchase/Sale  
Wills, Probate  
&  
Administration of Estates  
Family Law, Divorce, Separation**

Telephone: 6285711  
Fax: 6285613

E-mail: [info@marycowhey.com](mailto:info@marycowhey.com)  
[www.marycowhey.com](http://www.marycowhey.com)

## LIAM DUFF CRASH REPAIRS



Call (01) 628 7434

e-mail: [info@liamduffautos.ie](mailto:info@liamduffautos.ie)  
web: [liamduffautos.ie](http://liamduffautos.ie)

VEHICLE RECOVERY	CRASH REPAIR	TYRE SERVICES
24 Hour Vehicle Recovery 087 257 9400 087 929 1719	Crash Repairs CSS Approved	Tyre Fitting Service Laser Wheel Alignment Puncture Repairs

Liam Duff Crash Repairs, Gragadder, Kilcock, Co. Kildare



## BRADLEY Plumbing & Heating

*No Job too Small*

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

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

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

**Paul Bradley  
087 959 8840**

*Please note that the Maynooth  
Community Employment Project  
has closed till further notice.  
This will mean that  
Maintenance Services in the  
Harbour Area and Maynooth  
Town Football Club facilities  
will cease until further notice.  
The Project's office in Carton Retail Park is  
also closed. Only key staff will providing  
essential services for limited hours .*



## Top Dogs Grooming Salon

**Kennels,  
Grooming  
And Day Care**

**Animal Physio & Hydro Therapy**

Cooldrinagh Lane  
Weston, Leixlip,  
Co. Kildare

**Tel: 087 8046168  
Email: [topdogsgroom@yahoo.com](mailto:topdogsgroom@yahoo.com)  
[www.topdogsgroom.com](http://www.topdogsgroom.com)**

### Suaithantas Ghaelcholáiste Mhaigh Nuad.

Beidh an suaithantas snasta seo go feiceálach i gcian is i gcóngar sna laethanta amach romhainn. Is tráthúil mas ea smaoinreamh ar na nGael a shaothraigh go dian dícheallach thar na blianta chun an fis a fíoriú. Tá réiméid ar Tuistí, Udaráis is na foireann tiomanta de Scoil Chearbhaill Uí Dhálaigh, Scoil Uí Riada, Gaelscoil Uí Fhiaich, Gaelscoil Tulach na nÓg is Gaelscoil Ruairí go bhfuil an Gaeilcholáiste ar an bhfód. Is iad na daltaí is mó a bhainfidh tairbhe is sult as an deis iontach seo leanúint ar aghaidh lena chuid oideachais trí mhéan na Gaeilge.

Is ionann an tOgham ar an gCaisleán agus na litreacha GCMN, Gael Choláiste Mhaigh Nuad.

Dar le Micheál Ó Ceoinín, Príomhoide GCMN,

‘ Is siombail atá sa bhFáinne buí thart timpeall an tsuaithantas agus an Fáinne Gaeilge mar comhartha do phobal labhartha na Gaeilge. Tá an crann ann mar chomhartha ar an bhfás agus forbairt an duine óig. Seasann an leabhar mar shiombail ar an bhfoghlaim is an léinn. Is é an caisleán atá mar shiombail don cheantar áitiúil.’

Tá pobal labhartha na Gaeilge, ina measc Conradh na Gaeilge, Glór na nGael, Cumann Lúthchleas Gael, Comhaltas Ceoltóirí Éireann, Comhairle Phobal Mhaigh Nuad is sliocht sleachta Pobal na Gaeltachta a tháinig anair is aneas, ciorcal comhrá na leabharlainne is Cuallacht Cholm Cille na hOllscoile ann mar cúltaca le forbairt is bláthú GCMN.

Tá súiomh na scoile beo ar [www.gcmn.ie](http://www.gcmn.ie)  
Guimís gach rath ar daltaí, tuistí is foireann Ghaelcholáiste Mhaigh Nuad.

Beir bua is beannacht,  
Colm Ó Cearúil



## MOORE McGIVERN SOLICITORS

**Expert Advice  
Personal Service**

**Tel: 01 6293941  
Mobile: 087 2359663**

Email: [info@mooremcgivernsolicitors.ie](mailto:info@mooremcgivernsolicitors.ie)

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

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

# CORONAVIRUS SUPPORT FOR MEMBERS

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.



## REGISTER FOR ONLINE BANKING

Online Banking is the easiest way to ensure you have access to your savings without calling to any of the branches. Register easily at our website [www.lifecu.ie](http://www.lifecu.ie).



## APPLY FOR AN OVERDRAFT

Arranging an overdraft may be one way to give you flexibility in the event of any short-term changes to your income. Our new Current Account offers an opportunity to apply for a personal overdraft (€200 to €5000). Find out more on our website.



## CONSOLIDATE YOUR EXISTING LOANS

Debt consolidation can really help you manage your finances and save on your monthly outgoings. Our Easy Life Loan allows you to merge your existing loans (for cars, credit card etc) into one, simple and often cheaper payment! We have a great low rate until end March, find out more on our website.



## TALK TO US

You might just want someone to talk to about your finances and we understand that. Our team are ready to help. You can contact us in branch, by phone on 045 879 622 or by email to [info@lifecu.ie](mailto:info@lifecu.ie).

We're here to help!



## MAYNOOTH CYCLING CAMPAIGN NOTES

### Maynooth & COVID-19

One of the unexpected consequences of the lockdown is that all over Maynooth there has been a big increase in the number of cyclists – especially parents cycling with young children. The substantial completion of the Moyglare Road works has helped but the main reason is that with the significant reduction in motorised traffic, it is a much more pleasant environment in which to cycle. This is an indicator of the extent of pent up demand for cycling which has been ignored by both government and political parties for decades.

### Kildare County Council

In Kildare County Council, many sections such as the Libraries have responded to the health crisis by rising to the occasion. In relation to meetings, however, it has to be said that the response of the Council is one of paralysis. While people young and old and businesses large and small have taken to the internet to meet, there has been no full Council meetings or meetings of the various Strategic Policy Committees (SPCs). Maynooth Cycling Campaign is represented on the Transportation SPC but as its proposed meeting in April was cancelled, we contacted the Chair, Cllr. Tom Neville, in March seeking information on progress reports on cycling and allocation of grants for cycling in 2020. We are still awaiting a response from the Transportation Department.

### Celbridge Road

Some of our local councillors have met with the Maynooth Area Engineer on the Celbridge Road to discuss the provision of walking and cycling facilities between the schools and the Straffan Road junction. In the recent past, Kildare County Council's idea of consultation was to bring people from as far away as Naas to discuss plans affecting cyclists in Maynooth and to ignore local cyclists. We shall see what develops but the best case scenario would appear to be that land is acquired and the scheme designed and approved in 2020 with construction following in 2021.

### Space for Walking and Cycling

The reduction in motorised traffic arising from the health crisis has provided an opportunity for a very different experience in towns and cities. Instead of Maynooth being clogged with traffic, the roads are quieter, the air quality is improved and, as stated above, more and more people are getting out and about by active travel ie walking and cycling. The photograph below of Straffan Road on Friday 24th April at midday shows only a handful of cars which is in marked contrast to a "normal" Friday.



**Straffan Road Maynooth: Friday 24th April 12:30pm**

Progressive towns and cities in countries such as the UK, France, Germany, Italy, United States, Canada, Australia and Columbia have seized the opportunity to reallocate space from motorised vehicles on a temporary basis in order to allow people to walk and cycle while still maintaining physical distance. In Dublin City, the council has invited people to suggest areas where space should be reallocated.

Cyclist.ie, the Irish Cycling Advocacy Network together with the Irish Pedestrian Network have called on councils to temporarily widen footpaths and cycle lanes in order to enable people to exercise and shop and to enable health workers to travel safely to and from their workplaces.

Unfortunately in Kildare, many of the footpaths in towns and villages are not wide enough to allow people to maintain the required physical distance of 2m. Maynooth is better than most but even here some recent construction is substandard. At the Straffan Road/Celbridge Road junction, the available width at one point is less than 1.2m. At several other locations, it is 1.4m. The Irish standard for footpath construction is the TII publication Footway Designs (2005). It states that the footway width should be sufficient to allow two wheelchairs (1.6m) or double buggies to pass and goes on to give a Minimum Recommended Limit of 2m and Minimum Extreme Limit of 1.3m.

With physical distancing continuing for some time into the future, a return to work will present people who rely on public transport. Cycling will be part of the solution but prioritising the use of private cars will only lead to more congestion, more pollution and more road fatalities.



### Formation of a New Government

Cyclist.ie has also recently sent an open letter to all party leaders stressing the importance of its two key political asks – rebalancing of transport funding and provision of high quality infrastructure. This necessitates a radical revision to the Strategic Framework for Investment in Land Transport (SFILT) which is biased in its support for more road building over active travel and public transport.

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

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



## LIFFEY MEMORIALS

- ◆ Headstones
- ◆ Grave Cleaning
- ◆ Additional Inscriptions

**SERVICING  
LARAGHBRYAN  
CEMETERY  
MAYNOOTH**

**01-8237710**

**See our large range of stones on  
[www.liffeymemorials.ie](http://www.liffeymemorials.ie)**



## Small Adverts/Local Services



### **CABINET MAKER FITTED WARDROBES**

PROBLEMS WITH YOUR  
WARDROBES / KITCHEN  
WORKTOPS – DOORS CHANGED  
SHELVING

\*\*\*\*\*



**General Wood Work**  
Wall Fixtures, Side Gates

**For Fitting - Repairing**  
**Call Val O'Flynn**

email: vofcabinetmaker@gmail.com

**Telephone: 01- 6275872**  
**Mobile: 087- 6235078**

### **Watkins Tile Centre** **Main Street** **Leixlip**

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

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

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

Catering for everyone with a personal touch!

**Telephone: 01-6245560**

### **Maynooth Bookshop** **68 Main Street** **Maynooth**



**Books**  
**Stationery**  
**School Books**

**New & Second-Hand**

**Telephone: 01 6286702**  
**Fax: 01 6291080**

E-mail maynoothbookshop@eircom.net

## **Maynooth Newsletter Advertising**

*Small Adverts/Local  
Services*

*from €10 per Month*

**Contact a member of the  
Newsletter Team for a package  
to suit your needs**

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

### **ART CLASSES BY NINA PATTERSON** **COMMENCING APRIL 2020**

**ADULTS**  
MAYNOOTH GERALDINE HALL - MON/FRI MORNINGS  
BEGINNER / ADVANCED

**CHILDREN**  
JUNIORS-SENIORS & 1<sup>st</sup>-6<sup>th</sup> CLASS  
MAYNOOTH P.G.S. TUESDAYS/THURSDAYS  
JOHNSTOWNBRIDGE SATURDAYS

**ART PARTIES**  
FOR BIRTHDAYS COMMUNIONS CHRISTENINGS

**ALL MATERIALS ARE SUPPLIED**  
**M: 087-2977797**

**W: ninapatterson.com**  
**E: ninapattersonart@gmail.com**

### **NEWS - 4 - U** **Glenroyal Shopping Centre** **Phone: 01-6290994**

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

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

**Opening Times:**  
**Mon - Fri: 7am - 8pm**  
**Sat: 7am - 8pm**  
**Sun: 7am - 6.30pm**



**Newspapers & Magazines to order**

**Just Ask Michael & Louise**

### **DONOVAN'S CENTRA** **Greenfield Shopping Centre** **Phone: 01 628 5101**

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

**Breakfast Rolls, Paninis,**  
**Sandwiches of your Choice**

**Tea Coffee & Soup**  
**Private catering service also available.**

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

**Newsagents, Magazines & Lotto**  
**ATM Machine & Phone Credit**

**Off-Licence Stocking**  
**A Wide Range of Wines**

### **JIM'S SHOE REPAIR** **Tesco Shopping Centre**

**Is Closed**  
**During the current**  
**COVID-19 Crisis**



### **Excavation Services** **& Hire**

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

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

**FULLY INSURED**  
**SAFETY COMPLIANT**  
**C2 REGISTERED**

**FREE QUOTES**





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

**Macnadille Foray**  
**April, 2020**

Knowing how much their home states of New Jersey and Vermont outstripped Ireland in most respects, I decided to go for traditional attractions, so with my brother Charlie, I was leading Dave and his girlfriend Karen into the wilderness, well not exactly a wilderness, but the seldom-visited rural hinterland of our county. They were on a visit to Ireland, while I was permanently back in the old sod after having worked for eleven years in New York.

'Those hazel and blackthorn trees over there are what we call a culleen,' I pointed across from the bog track on which we were walking.

'And what's a culleen?' Karen wanted to know.

'It's a small wood,' I explained. 'Coill is the Irish for a wood.'

'I saw a woodcock sunning himself on a bank there last week,' Charlie was always eager to impart his encounters with wildlife. 'I could hardly believe my eyes.' What's a woodcock?' though he was a lawyer, Dave was no naturalist.

That question was all Charlie needed to launch into an explanation larded with anecdotes of the times he had taken a potshot at those elusive game birds. By now we had drawn near to the turlough, which allowed me to inform Karen that the word meant a small lake that rose after heavy rains. It drained into a swallow-hole, from which it flowed via an underground river into a lake on the far side of Ballinvilla Hill.

'And what does Ballinvilla mean?' Karen asked.

'It probably means The Home of the Poet,' I told her.

'I just love those Irish place names,' Karen remarked.

'They remind me of Native American ones like Idaho, Gem of the Mountains.'

'That was a made-up name,' Dave informed her, at which Karen remarked, smiling, 'Well, maybe it was, but it's still better than New Jersey.'

Dave shrugged. 'So what? "A rose by any other name..."'

This exchange was interrupted by the sudden eruption of a duck from a drain.

'Is that a Mallard?' Dave asked.

'No, it's a Wigeon,' Charlie said. 'You can tell by his brown head. I wish I'd brought the shotgun.'

We were now at a cutaway bog with rhododendrons growing in one corner.

'What a magnificent clump!' Karen exclaimed. 'Is it ok if I pluck one?'

'Sure,' I said. 'Nobody owns them.'

'There's an orchard over there,' Charlie pointed. 'The gooseberries and currants should be ripe by now, not to mention the apples and plums.'

'That reminds me of the time we were children,' I added.

'We were helping Jimmy Burke with the hay and his daughter Helen arrived with a hatful of plums. She told us she had got them from Mrs. O'Rourke, who lived in Macnadille, over there, beyond the bog.'

'She didn't want us raiding their orchard,' Charlie pointed out

'Are any of the O'Rourkes still living there?' I enquired.

'No,' Charlie shook his head, 'though some people claim to have seen smoke rising from trees in that area. Maybe it's been taken over by the fairies!'

Mention of the fairies made Dave's eyes light up, 'Then we'll have to check it out. We may even find the leprechaun's pot of gold.'

'Surely you don't believe all that old folklore stuff?'

Karen scoffed.

'No,' Dave assured her, 'but it'll make a great story for the guys back in the office. Some of them are quite gullible.'

'Fine then,' I agreed. 'We can visit the orchard on the way back.'

After traversing rush-grown bottom fields and a treacherous stretch of bog, where it looked as if somebody had recently been digging for something, we eventually arrived at O'Rourke's, but to our surprise, instead of a weed-grown ruin, we found that the farmhouse had been made somewhat habitable with makeshift repairs to the slated roof and front door.

'What's all this?' I asked Charlie.

'It's as much a mystery to me as to you,' he declared.

'Let's try the door.'

To our surprise the door wasn't locked and the four of us ventured inside, expecting to be challenged by the new owners, but the kitchen, which seemed unchanged since the O'Rourkes lived there, was empty.

'Look at this!' Dave said to Karen, opening a large leather-bound dictionary left on the windowsill. 'You wouldn't expect to find a tome like that outside a library, and it's a Webster's. Wow! The O'Rourkes must have been an educated lot.'

'Yeah, we're not all backwards here!' Charlie retorted. 'Old Joe happened to be the wisest man in the parish. But there's no dust on it or anywhere else and that looks like fresh ashes in the fireplace.'

'Let's see what's in here,' I pushed open the bedroom door and the others followed. To our amazement a canopied, four-poster bed like those once found in certain country houses had been roughly dressed and covered with a nylon quilt and on the floor beside it there were three rolled-up sleeping bags.

'What's going on here?' Dave asked.

'I've a fair idea,' Charlie picked up a booklet lying beside one of the sleeping bags. 'This is an army training manual.'

'So the Irish army trains here?' Dave seemed nonplussed.

'Not exactly,' Charlie said. 'More likely Dissident Republicans.'

'Wow!' Dave's face lit up. 'Wait till my buddies back home hear about this!'

Karen looked alarmed, 'Suppose they come back, find us here and then murder us?'

'They probably only come here on weekends to get a bit of peace and quiet' Charlie told her.

'Surely now that there's a power-sharing executive in the North -' I began, but the others were already leaving the room.

Instead of following them I decided to inspect a wardrobe. It was half filled with soiled tracksuits and overalls thrown on top of a few pair of sturdy boots. Maybe the people who used the house were just nature enthusiasts?

On reentering the kitchen I found it empty. There was a door ajar on the far side, so I made a beeline for it. Charlie and Karen were examining framed black and white photos of the O'Rourkes hanging on the walls, while behind them, facing the fireplace, there was a settle bed, closed so that it served as a couch. But what really caught my eye was a tea chest with five or six upright spades and shovels. Why keep tools like that in the parlour? Was it to stop them being seen by visitors who were in the kitchen?

On being told that Dave had stepped outside, I decided to join him and found him walking, head bent, at the back of the house.

'I just wanted to see if there were any signs of military training,' he explained, 'trampled grass, spent shells, that sort of thing.'

'And you found nothing?'

'They could have used another spot.'

'Maybe,' I said, 'but there's another possibility. Do you remember the dug-up area we passed on the way here? It had crumbling black logs scattered on it.'

'That spot in the bog about half a mile back?'

'Yes. Well, why would anyone dig in a place like that?'

'Buried treasure?'

'You could be right, and I know just the man who'll enlighten us.'

'An archaeologist?'

'No, a man of the cloth.'

That afternoon we were all waiting to enjoy the spread my sister Maureen had prepared when Fr. Bernard finally arrived. He was in civies, probably because he guessed our American visitors weren't Catholics. After introductions, he took his place near the end of the table and soon had Dave and Karen chatting to him like old friends. When the conversation eventually turned to the dug-up area of the bog, Fr. Bernard's eyes lit up.

'Not having seen the actual spot I can't be sure what you saw,' he confessed.

'It was an area about six times the size of this room,' I explained.

'More like twelve times,' Charlie corrected, 'and it was roughly circular.'

'I can't be certain of this,' Fr. Bernard said, 'but it could be a crannóg.'

'What's that?' Karen asked.

'To answer your question I'll have to fill in the background,' Fr. Bernard was obviously delighted to elaborate on a favourite subject. 'You probably know that our raised bogs were once lakes that over centuries filled in with vegetation. Some of these lakes had artificial islands built on a foundation of tree trunks, hence the word crannóg, from crann, a tree. There almost certainly was such an island in the bog near Macnadille, but nobody noticed it, nobody that is except a few, shall we say, dodgy characters? They probably picked up some artifacts, shards of pottery, dress pins, maybe even a brooch, and decided that with thorough excavation they might even find a gold horde, so they commandeered O'Rourke's house for their base camp.'

'But why didn't our own people excavate it?' Charlie asked.

'A good question,' Fr. Bernard remarked, 'especially as the name Macnadille in Irish is Mac an Iodáile, Son of the Idol. There must once have been a pagan idol in these parts and our ancestors usually appeased such idols with rich offerings, even human sacrifices. I'm guessing that something like that may have prompted those squatters to move into O'Rourke's.'

'You don't think they are Dissidents then?' Charlie put down his teacup.

'They may very well be,' Fr. Bernard conceded. 'The Gardaí will certainly be investigating that angle - By the way, have you phoned them?'

'I can drop into the station when I drive Dave and Karen back to their hotel,' I piped up. 'The squatters can't know we're on to them, so there's no hurry.'

'So where are they now?' Dave asked.

'Fr. Bernard shrugged, 'Probably across the border in Northern Ireland.'

'I still don't see how idol worship and this crannóg are related,' Dave challenged. 'Did the people living on the crannóg worship the Son of the Idol?'

'Assuming there was a crannóg, the answer to your question depends on when it was built,' Fr. Bernard explained. 'If it was before the coming of St. Patrick they might have. Anyway, that's pure speculation on my part.' 'But informed speculation,' Dave seemed content to drop the matter.

'In any case, I'm sure the O'Rourkes wouldn't be too pleased with the present occupants of their house,' Karen buttered another slice of soda bread.

'You're dead right,' Maureen was carrying a pot of fresh tea from the work counter. 'Old Joe always said that the good earth provides enough to satisfy our needs, but not our greed.'

'I think he was quoting some famous person,' Fr. Bernard tapped his forehead, trying to remember. 'Anyway, I'll have to make that the subject of my next sermon.'

'Now I'm sure you'd all like some apple pie and custard?' Maureen smiled at our guests. 'I baked the pie this morning.'

**P.G.Nerney**

## Clues Down



**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.

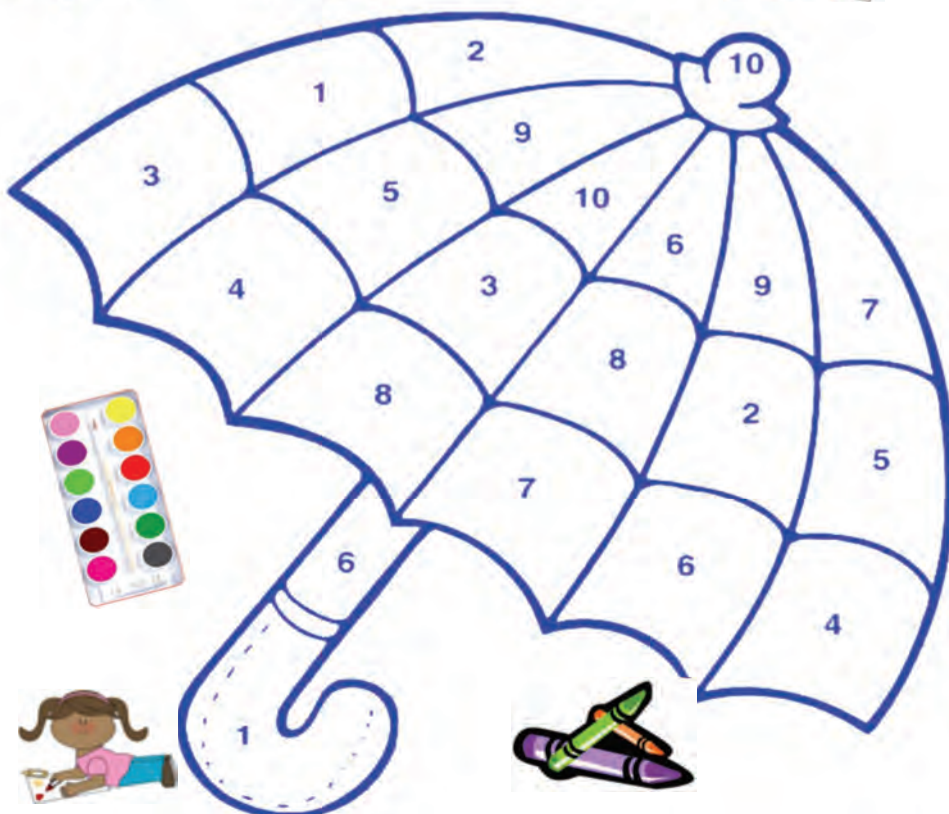
## Junior Puzzle Corner

*Use the colour key to colour the umbrella*

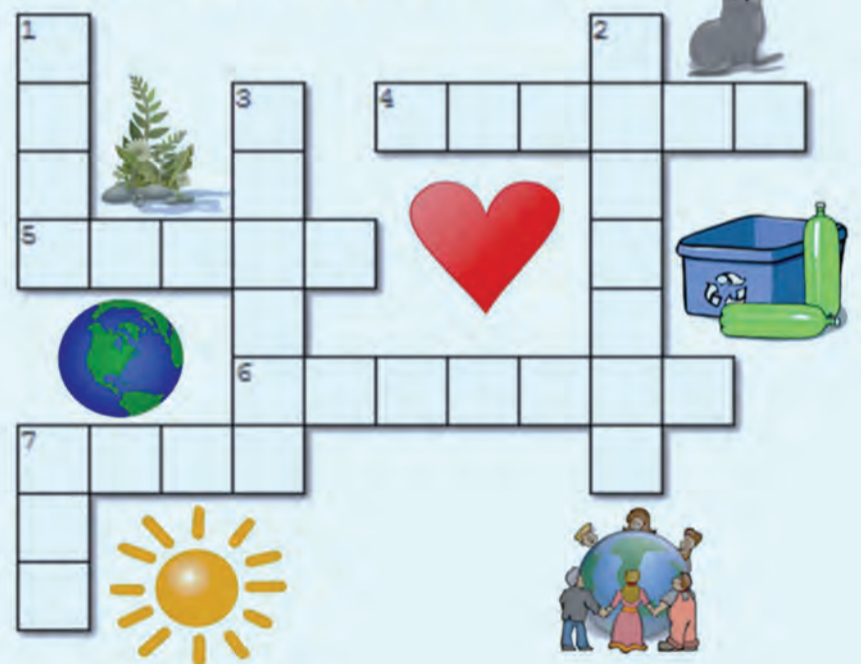
- 1 - red  
2 - green  
3 - black  
4 - yellow

- 5 - pink  
6 - orange  
7 - purple  
8 - blue

- 9 - white  
10 - brown



## Earth Day Crossword Puzzle



### Across

- 4 We grow .... In our garden  
5 We live on Planet .....  
6 Reduce, Reuse .....  
7 Together we can .... The Earth

### Down

- 1 We need to, ....and take care of the Earth  
2 Dogs and Cats are types of .....  
3 Plants, trees and birds are part of .....  
7 The ... is so bright, I have to wear shades

**WORDS:** Animals - Sun - Plants - Earth - Love - Nature - Save - Recycle

Maynooth Tidy Towns Volunteers emerged from hibernation on Saturday 3rd March. After a well earned rest we were back in action and had very happily donned once again our Hi-Viz vests and were ready to tackle the list of jobs and projects as we worked towards the 2020 Tidy Towns Competition.

And then the Dreaded Virus struck and life as we know it was put on hold as we isolate, cocoon, stay home, endlessly wash our hands and sanitise everything that we came in contact with. And so in accordance with Government instructions we put the tools back in the shed and stayed home. Finally, the announcement came, that the 2020 Tidy Towns Competition was cancelled for the first time in its over 60 year history.



While we all miss being out and about there are some little positives from a Tidy Towns perspective. The presence of litter is almost non-existent and our autumn bulb planting schemes have been quite stunning as the fine weather prolongs the flowering season. The absence of cars has reduced noise and air pollution. The lack of mowing by contractors in some areas has resulted in the proliferation of wildflowers such as cowslips, cuckoo flowers (Lady's Smock) and primroses. And the sound of birdsong has never been more acute. Nature is thriving.

Contrary to what you might think, Maynooth Tidy Towns is not just about litter picking. In more recent years our focus has been on the protection and enhancement of our natural environment and biodiversity. We have fully embraced the objectives of the **All Ireland Pollinator Plan** which urges us to undertake actions that make our communities more wildlife and pollinator friendly. This means, among other things, reducing or avoiding the use of pesticides and other chemicals and planting native shrubs and flowers that provide food and shelter for wildlife.



#### MTT Actions for Pollinators and Biodiversity:

- **Willow plantation** at Meadowbrook/Old Greenfield. The Willow catkin is a vital source of food for queen bee bumblebees as they emerge from hibernation.
- **Planted over 30,000** pollinator friendly bulbs such as Allium, Muscari, Crocus, and Native Bluebells in various locations around Maynooth.
- **Planted** a variety of pollinator friendly perennials to provide year round food for pollinators and other beneficial insects in our landscaped beds at O'Neill Park, Straffan Road and The Pound.
- **Carton Avenue:** In 2017 MTT initiated and negotiated a new maintenance regime with KCC and Carton Estate to enhance the wildlife value of Carton Avenue.
- This involved a reduced mowing regime on a 3m wide strip running end to end on both sides of the Avenue. Grass is cut once in April, and again in late September.
- This approach allows plants to flower and self seed thus building up a seed bank in the soil. Over 40 species of wildflowers have been identified including 2 varieties of orchid.
- Many species of insect depend on particular species of plants and shrubs for reproduction and feeding their young e.g. Holly Blue Butterfly depends on Holly and Ivy for its caterpillars and the Orange Tip Butterfly depends on Lady's Smock (Cuckoo Flower) for its caterpillars. So it is most important we allow these plants to flourish.
- The greater the number and diversity of plants present in an area the greater the benefit to wildlife
- The area of natural vegetation between the lime trees is of immense importance and provides shelter for all manner of wildlife including hedgehogs and frogs.
- **Sensory Garden**, Moyglare Road. Pollinator friendly plants, including lavender lined path and native Irish fruit trees.
- **Native hedgerow** and tree planting on Dublin Road, Dunboyne Road and in The Green,
- **Joan Slade** embankment enhancement project. Clearing thicket to allow wildflowers grow.
- **Collaborate** with Kildare Bat Group and Wild Kildare to have Bat, Bird and Swift boxes installed at various locations around Maynooth.

#### What are Pollinators and why are they important?



In Ireland pollination is necessary to maintain many of our fruits and vegetables e.g. apples, strawberries, raspberries and tomatoes to name but a few. It is estimated that 1 out of every 3 mouthfuls of our food and drink comes from bee pollinated crops. In addition to fruit and vegetables, the wildflowers that provide us with colour and beauty in our landscape also need pollinators, as do many of our garden plants.

Most pollination in Ireland is carried out by bees. All our bees are helped by other insects like hoverflies, butterflies and moths.

#### Ireland's Bees:

In Ireland we have 98 different types of bee - 1 honeybee, and 97 wild bee species of which 20 are bumblebees and 77 are solitary bees:

**Honeybee** – The Honeybee lives in a hive and is the only bee to produce commercially extractable honey. Honeybee hives contain up to 50,000 bees and can remain active for several years.

**Bumblebees** - The Bumblebee lives in nests on the ground hidden in long grass or at the base of a hedgerow and in leaf litter. Bumblebees have a short lifecycle and at the end of summer the nest dies.

**Solitary Bees** – Smaller than bumblebees. Solitary Bees don't live in hives or make honey but some solitary bees are very efficient pollinators. Solitary bees nest in holes in the ground, dry stone walls, earth banks, or hollowed out twigs/bamboo canes.



#### Why are bees in trouble?

Our bees are struggling to survive, one third of our wild bee species are known to be threatened with extinction in Ireland. Our bees are in decline due to a combination of stressors:

- The drastic reduction of the areas where they can nest and the amount of food (pollen and nectar) our landscape provides for them.
- In our modern world of paved and manicured gardens, intensive agriculture, overuse of pesticides and a changing climate our bees find themselves hungry and homeless.
- But it's not only are our bees that are struggling. So too are many other species. We have chopped down, pulled out and sprayed nature to death in our quest for perfect and pristine gardens, greens, parks and living areas. And all our actions have created a biodiversity crisis.

We have to take action now to protect our environment. Nature is not clean lines and weed free. It is messy, quite orderly and very beautiful and we are seeing this during this regrettably enforced isolation period where nature has more or less been left to its own devices with great results!

#### Get Your Garden Buzzing by providing the following:

- **Food** – Plant flowers that are RHS approved. Choose pollinator friendly perennials, annuals and herbs. Make sure to have one flowering food source from spring through to winter. Avoid plants with double or multi petal flowers. Single petal flower varieties have more pollen and nectar. Perennials are more beneficial than annuals.
- **Shelter** – Create safe habitats. Leave areas of long grass for bumblebee nesting e.g. under hedges. Create or leave earth banks or bare soil in South facing areas at the edge of lawns or have dry stone walls for mining and cavity nesting solitary bees. Drill some holes into a fence post, or wooden log for an instant bee hotel!
- Don't be too quick to tidy up the garden. Leave perennials intact through winter to provide nesting sites for wild pollinators and seeds for birds.
- **Safety** – If possible completely eliminate the use of all pesticides in your garden and never use pesticides on plants in flower. Manual weeding is the best and safest option.



#### Wildflower Meadows:

We hear lot of talk about wildflower meadows. To plant a native wildflower meadow using commercially purchased **native seed** is costly and requires careful planning and management. Most sites are not suitable due to high soil fertility so can be poor value for money.

If you decide to plant a wildflower meadow be sure that the seed mixes you purchase are comprised of native species collected and grown on the island of Ireland. Suppliers that meet these requirements include EcoSeeds, Design by Nature and Irish Seed Savers.\*

The easiest way to grow a wildflower meadow is to create one naturally through reduced mowing. Leave an area of your lawn uncut during summer to allow Clovers (Seamain Dhearg), and Bird's-foot Trefoil (Craobh Éin) to flower. Try to encourage the same practice on a green in your estate.

And don't forget to let the dandelions bloom. They are a vital food source in early spring for many of our beneficial insects but particularly our bees.

**\*Note: Wildflower seed packets for sale in supermarkets often fail to meet the requirements set out above and should not be used in bigger scale meadows. Ok in small scale gardens!**

Get hold of Zoe Devlin's book on Irish Wildflowers. Use your 2km walk to take note of the variety of wildflowers (weeds!) that are popping up everywhere. When you learn their names they become much more interesting and particularly the name as Gaeilge e.g. Lady's Smock (Bíolar Gréagáin) Meadowsweet (Airgead Luachra) Valerian (Slán Iomaire) Yarrow (Athair Thalún), Kidney Vetch (Méara Muire). And lots more!

#### And Finally

Learn to embrace the messy and untidy garden and roadside verges given to dandelions. You will be rewarded with the result. Then sit back and enjoy your garden and "the murmuring of innumerable bees" and birdsong and delight in the knowledge that you are helping to give back to nature and our natural environment.

**Stay Safe** and observe all the Public Health Guidelines that are in place to help get us through these very strange and challenging times.

Mary Jennings  
Maynooth Tidy Towns

**Fascinating Fact:**  
For a strawberry flower to turn into a strawberry it needs to be visited 5 times by a bumblebee or 15 times by a honeybee. That's just for ONE strawberry!



**Fascinating Fact:**  
The queen bee bumblebee needs to visit up to 6,000 flowers A DAY to get enough energy to maintain the heat needed to brood her first batch of eggs.



**Did you Know?**  
Most annual bedding plants e.g. Geraniums, Begonias, Petunias have virtually no pollen and nectar and are of little value to pollinators and other insects.



**E**arly May is your last chance to sow a new lawn from seed as we come into the summer months and the temperatures rise even further. Those who have already sown a new lawn should continue to ensure it is watered regularly. For those with an existing lawn, you should, by now, have lowered the blades on the lawnmower for a slightly tighter cut. Ideally the lawn should be cut once per week but the same rules apply as earlier in the year; don't cut the lawn when its wet, wait for a dry day. Don't cut the lawn too tight. And don't forget to trim the edges with an edging shears; neat and tidy edges make for a neater and tidier lawn. Apply lawn weed killer to your lawn this month.



**In the vegetable garden**

Harvest asparagus spears when they are no more than 18 cm tall. Thin out direct-sown vegetables such as spinach, carrot and lettuce seedlings, then water the rows well. Harden off outdoor tomatoes, courgettes and pumpkins for planting early next month. Protect carrots from carrot fly by covering with horticultural fleece or enviromesh. Pinch out the growing points of broad beans as soon as beans start to appear at the base of the plant to reduce the risk of blackfly attack. Weed around your onions and garlic to reduce competition for nutrients and water. Apply an onion fertiliser to boost growth. Make supports for your runner beans, using 8 ft. (2.4 m) bamboo canes. Support pea plants with twiggy sticks or pea netting. Keep on top of weeding.



**In the fruit garden**



Protect strawberries with straw (to control weeds and lift the berries off the ground) and netting (to keep birds off the fruit). Harvest rhubarb, picking only one-third of the total amount of stems. Hang pheromone traps in plum trees from May to August to monitor plum-fruit-moth activity. Keep young fruit trees well-watered while they are putting on rapid growth. Remove blossom and fruits from newly planted fruit trees to help them establish properly during their first year. Regularly check the centre of gooseberry bushes for green gooseberry sawfly caterpillars - they will quickly skeletonise leaves if not removed. Erect netting around soft fruit plants to prevent birds eating your crop.

Whether you believe that May is a spring or summer month, we are sure you will all agree that it is a wonderful month in the garden. The bare winter and early spring patches are filling in with fresh growth as the perennials make their appearance and the amount of colour in the garden is increasing by the day. Below you will find some handy hints to help you keep on top of things over the next few weeks.

**In the flower garden**

As your spring bulbs begin to fade, remove the flower heads to prevent them from going to seed. The stalks should be left in place to die back naturally; this allows for the bulbs to re-absorb any available nutrients which keeps them fed during their dormant period. The stalks can be cut/removed once they are well withered. This is also an ideal time to lift and divide any clumps of spring bulbs which appear to have outgrown their allotted space. They can be lifted and divided, withering stalks and all, and re-planted in their new position. Early flowering clematis, such as the Clematis armandii, should be pruned now, if required, as they finish flowering. They are group 1 climbers which means they flower early and on last year's growth. In truth, they should not need too much by way of pruning unless they are getting too big for the area they are in or they can be pruned to get rid of any old or damaged/dead wood. Always cut back to a pair of healthy buds. As the temperatures rise, so do the instances of pest and disease in the garden. As the old saying goes, prevention is better than cure! A strong case in point are roses. Keep an eye out for aphids/ greenfly on the new buds or black spot and rust on the leaves. Remove any infected leaves immediately and discard them. Treat any affected plants with appropriate insecticide and fungicide which can be used every two weeks to keep problems at bay. Remember, good air circulation around the plants is a must in preventing the spread of pests and diseases.



*Gardening  
“the fine art of soul to soil”*

**Beef Taco salad with homemade tortilla bowls**

**Ingredients:**

*Tortilla bowls*

- 4 10-inch flour tortillas
- Vegetable oil spray

*Taco meat*

- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 2 tablespoons chili powder
- 3 garlic gloves, minced
- 1 pound lean ground beef
- 1 (8-ounces) can tomato sauce
- 1/2 cup chicken broth
- 2 teaspoons cider vinegar
- 1 teaspoon packed light brown sugar
- Salt and pepper

*Salad*

- 2 romaine lettuce hearts, shredded
- 1 (15-ounces) can black beans, drained and rinsed
- 8 ounces cherry tomatoes, quartered
- 2 spring onions, thinly sliced
- 1/4 cup chopped fresh cilantro
- 2 table spoons lime juice
- Avocado, and sour cream for topping (optional)



**Directions:**

1. To make homemade taco shells, adjust oven racks to upper-middle and lower-middle positions, preheat oven to 425 degrees F. Arrange 4 oven-safe soup bowls, flattened foil balls or 6 inch cake pans on two rimmed baking sheets.
2. Warm tortillas slightly until pliable. Spray both sides with cooking spray, then drape over soup bowls or nest inside cake pans. Bake until crisp,10-15 minutes, rotating sheets half way through baking. Let cool completely before removing.
3. Heat oil in a non-stick skillet set over medium-high heat. Add onion and cook until softened, about 5 minutes. Stir in chili powder and garlic and cook until fragrant, about 30 seconds. Add ground beef and cook, breaking up meat with a wooden spoon, until almost cooked through but still slightly pink, about 2 minutes. Stir in tomato sauce, broth, vinegar and sugar and simmer until slightly thickened, about 5 minutes ;mixture will be saucy. Remove from heat and season with salt and pepper.
4. Combine lettuce, beans, tomatoes, spring onion, and 2 tablespoons cilantro in a large bowl; toss with lime juice and season with salt and pepper to taste. Place tortilla bowls on serving plates. Divide salad among bowls. Top with taco meat and sprinkle with cheese and remaining cilantro. Garnish with sour cream and avocado, if desired.

**Strawberry no-bake mini cheesecake (serves 4)**

**Ingredients:**

- 1 pound fresh strawberries
- 2 tablespoons granulated sugar
- 1 cup heavy cream
- 1/4 cup powdered sugar
- 1 (8 ounces) package cream cheese
- 1 (14 ounces) can sweetened condensed milk
- 1 tablespoon vanilla extract
- 2 tablespoons fresh lemon juice
- 5 ounces shortbread cookies
- 2 tablespoons unsalted butter, melted



**Instructions:**

1. Wash, core and slice strawberries. Sprinkle strawberries with sugar and toss to coat. Set aside.
2. In a tall mixing bowl, whip the cream with and electric mixer. Once trails begin to form, turn the mixer off and add powdered sugar and continue to whip until stiff peaks form. Place whipped cream in the refrigerator until ready to serve.
3. In a medium mixing bowl combine cream cheese, milk, vanilla essence and lemon juice. Beat with the mixer until mixture is smooth. Place in the refrigerator until ready to serve.
4. Place cookies in a blender or food processor to crush. Blend on low until you have all cookie crumbs. Pour into a small bowl and combine with butter. Mix until all cookie crumbs are moist.
5. Divide cookie mixture into 4 dishes( we used small jars). Gently pat cookies down with a spoon or your fingers.
6. Add cheesecake filling, divided evenly between jars. Top with 1/4 of strawberries in each jar. Add dollop of whipped cream.
7. Refrigerate for 2 hours.

**Tips: Cheesecake keeps for several days in the fridge covered.**

**Enjoy!!**



## James Lawless T.D. Kildare North

Phone: 01-6183587 - e-mail: james@jameslawless.ie - Web: www.jameslawless.ie



Hi All

Thank you for your continued cooperation on Covid19 emergency measures.

The virus has wreaked huge health, economic and other damage on Ireland and around the world. I believe governments and policy makers have generally acted quickly and positively and I welcome the rapid and radical response. I participated in the Dáil sessions on the emergency legislation and tabled various amendments. Overall I think the measures are working and are proportionate and necessary.

Looking ahead it is important that the Euro Zone shortly reaches agreement on financial measures to fund the response and stimulate the recovery. If at all possible this should be an economic pause rather than stop and it will also be essential for large scale investment in public services and infrastructure when the crisis passes.

I will continue to provide updates on social media as information becomes available. Below are some new updates and additional advice since my last newsletter to you.

Stay safe.  
James

### Kildare County Council Helpline up and running – Community Call

Kildare County Council has taken the lead in joining together local organisations to help vulnerable people in our community. A dedicated community response helpline has been established in KCC to assist at risk members of the public to access non-emergency and non-medical supports and advice during this public health emergency. The number is 1800 300 174 Or 045 980 202

This confidential helpline will operate from 8am to 8pm; 7 days a week to help with;

- Collection and delivery of food, essential household items, medication
- Transport to Testing Centres, Clinical Assessment hubs or GP appointments
- Social isolation
- Meals and their delivery
- Other general queries

This helpline is not intended to replace any of the wonderful work that is going on locally. If an “at risk” or “vulnerable” person is already accessing services or support then they won’t need this, but if there are people you know who don’t have these contacts and links then they are encouraged to ring the helpline.

### Kildare Local Enterprise Office is offering support and guidance to all businesses in Kildare.

LEO has received numerous ongoing requests for supports /advice in the current crisis and they have just launched 4 interactive online courses coming up in the next week to support businesses through the Covid 19 crisis and assist with social isolation. These are on the LEO website for booking. Please see below links-

1. Leading your small business through COVID 19  
<https://www.localenterprise.ie/Kildare/Training-Events/Online-Bookings/Leading-Your-Small-Business-Through-Covid-19.html>

2.Grants to get your business online  
<https://www.localenterprise.ie/Kildare/Training-Events/Online-Bookings/Trading-Online-Voucher-Seminar-Covid-19-Supports.html>

3. Keep your training and consultancy business alive  
<https://www.localenterprise.ie/Kildare/Training-Events/Online-Bookings/Keep-Your-Training-Consultancy-Business-Alive.html>

### 4. Cashflow crisis management

<https://www.localenterprise.ie/Kildare/Training-Events/Online-Bookings/Cash-Management-in-a-Crisis-A-Vital-Approach-for-SMEs-during-COVID-19.html>

I have also received confirmation from the Department of Enterprise that businesses can continue to trade online through this pandemic provided social distancing is applied on any deliveries or warehouse / stock movements of personnel.

### Gardening & DIY in Lockdown

With everyone being confined at home for an extended period it is important to find ways to occupy ourselves and help everyone stay positive and focused at a time when normal social activity and hobbies are necessarily restricted. I know that a huge amount of people find gardening and/or DIY to be a welcome respite and particularly at a time when many people are at home with time on their hands. I suggested this week that the restrictions could be updated to allow hardware stores and gardening supplies operate on a no-contact, home delivery basis. This would allow small local stores a chance to continue trading whilst also giving many people welcome access to such products. Mental health is very important throughout all this too.



### Stricter Measures needed to tackle recent anti-social behaviour

I have been made aware of a recent behaviour of young people spitting and coughing into the faces of other people in members of the Gardai in an attempt to intimidate them. I have called for the full extent of the law to be used against those caught coughing, spluttering and spitting on other people and I tabled an amendment to Section 6 of the Non Fatal Offences against the Person Act 1997 to cover thus eventuality under existing offences on the statute books since the HIV outbreak when drug users would spit or spill blood deliberately onto emergency service workers. I am also aware that people carrying out these acts often record them and post them to the social media apps under the hashtag ‘corona challenge’.

Please listen to my interview with RTE Radio 1 in relation to tackling social media platforms on this is linked here – Interview starts at (1hr 56 minutes)  
<https://www.rte.ie/radio1/drivetime/programmes/2020/0331/1127681-drivetime-tuesday-31-march-2020/?clipid=103372963#103372963>

### New Rent Supplement Application

Please find below a link to the new rent supplement application forms. Rent Supplement is a means tested platform for people living in private rented accommodation who cannot provide for the cost of their accommodation from their own resources. <https://www.gov.ie/en/service/fb3b13-rent-supplement/>

### Contactless Payments Update

It is positive to see that many businesses have increased the contactless limits on our bank cards from €30 to €50 euro. This increase became effective from the 1st April and its good to see banks, retailers and technology companies working together in order to facilitate us in order to make increased payments without the need for physical contact in these troubling times. (Tesco not included)



### Message from Alone Support Group

Many of you may know older people who are very concerned hearing about the new measures being implemented. The Alone helpline is open from 8am – 8pm for older people who have concerns or questions. This is a very useful service and I would urge you to pass on the number to someone whom might need reassurance.



### Some Other Quick Updates

[www.Gov.ie](http://www.Gov.ie) - for all up to date information on essential retail businesses and essential workers exempt from the Covid-19 stay at home order. This site is excellent for all official Government information

The Fuel Allowance payment has been extended by four weeks until second week in May.

I have called on Irish Rail to extend annual commuter tickets – please see link below  
[kfmradio.com › news › kildare-td-calls-iarnród-éireann-extend-annual](http://kfmradio.com/news/kildare-td-calls-iarnród-éireann-extend-annual)

Covid 19 Payments will be backdated from the day you lost your job. You will get the weekly payment every week and the backdated money will run on after the payment ends.

Citizens Advice have prepared a comprehensive update on your consumer rights in relation to cancelled travel arrangements due to Covid -19; [https://www.citizensinformation.ie/en/consumer\\_affairs/travel/travel\\_plans\\_and\\_covid19.html#172128](https://www.citizensinformation.ie/en/consumer_affairs/travel/travel_plans_and_covid19.html#172128)

### Clinics and Constituency office update

My constituency offices remain operational but unfortunately unable to facilitate drop-in visitors, due to the current lock-down. My clinics are suspended for the same reason. However you can continue to phone in with any queries or contact me by email or social media. I am dealing with many cases as per usual, but you will understand that I am prioritising those situations arising from the Covid19 outbreak.

Many thanks and stay safe,  
James Lawless TD

### 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](http://www.patientadvocacyservice.ie)

Patient Advocacy Service

James Lawless TD

NAAS 045 898 476 • MAYNOOTH 01 618 3187  
[james.lawless@oireachtas.ie](mailto:james.lawless@oireachtas.ie)



# Maynooth Education Campus

## MEC PRESS


[www.Mpps.ie](http://www.Mpps.ie)
[www.Mcc.edu.ie](http://www.Mcc.edu.ie)


Follow us on  
Facebook and  
read the latest  
updated  
school  
information on  
our App



## MEC Schools Closure Extended

Taoiseach Leo Varadkar has said the Dept of Education is optimistic that schools might reopen in May and June. Mr Varadkar also stated, "there is a very good chance" that the Leaving Certificate exams will go ahead and for that reason, he would encourage students to continue studying for exams. The Government is doing "everything possible or feasible that we can so that that group of young people could start college as normal in October".

On Tuesday, 24th of March Minister for Education Joe McHugh also confirmed that schools will not be reopening in the short term as efforts continue to stop the spread of Covid-19. Concerning state examinations, Mr McHugh said that his department "really want to make those exams happen". He said they owed it to young people to "see this through and try to have the exams this year" and elaborated that "the dates that are defined for this year" and his department is working towards this.

Taoiseach added that if this does not happen, then the Minister for Education is working on contingency plans to allow the Leaving Cert to go ahead. "The Junior Cert also if possible", he added. Minister McHugh has acknowledged that this "is an extremely difficult time for everyone, not least students and their parents".

In a statement, he said his message to students facing exams is that they should keep focused, keep working and try, as much as possible, to prepare as normal for the state exams. "We are doing everything in our power to make sure those exams happen".

## A Message from Senior Management

Dear colleagues, students, parents & guardians,

Dr Tony Holohan, Chief Medical Officer of the HSE has repeatedly stated that the next seven days are "vital" in Ireland's ongoing battle to curb the spread of coronavirus. Speaking at a press conference this week, Dr Holohan has stated: 'We don't anticipate saying we'll go back to normal on the 29 March,' in light of significant new restrictions announced Tuesday 24th March.

If our health service is to have any chance of dealing with the impending surge, we need to minimise physical social contact beyond our households. As per the parental text sent out this week, we must keep a physical distance of 2 meters from others in public and regularly hand wash. As we are entering another weekend of this new norm, there might be an increased temptation for groups beyond the restriction of four to meet up. Please, please limit this to four unless from the same household in the interest of our community. We need you to keep yourselves and us safe by taking sustained responsible action.

Parents & guardians, please ensure that your son/daughter is engaging with the material being transmitted by teachers online. Many thanks to all our hardworking staff for their innovativeness and professional diligence during this difficult period. This is our new reality, school and might be like this for a while beyond April 29th. Please note, we are obliged to treat online engagements the same as normal school attendance. If there are connection/account difficulties, please let us know. In the meantime, this coming week, we will contact households of any "non-attenders". We will also cascade information as soon as the State Examinations Commission releases information regarding contingency plans.

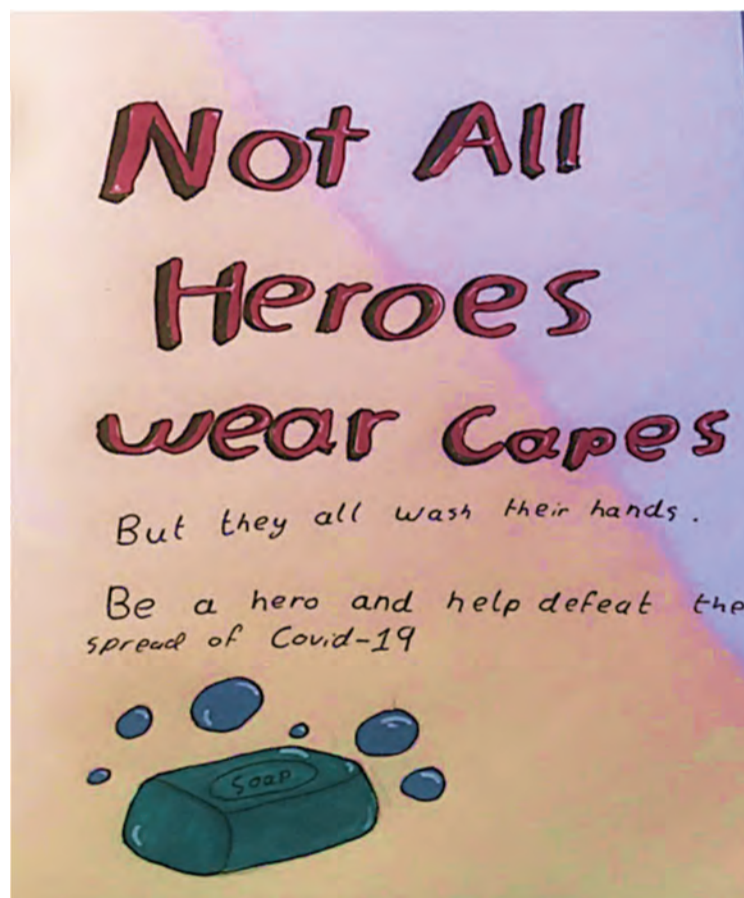
Our school needs our students to:

1. Visibly engage with schoolwork on online platforms
2. Limit physical contact
3. Wash your hands

Stay safe and together can support each other during this emergency.

Senior Management Team,  
Maynooth Post Primary

WE'RE IN THIS  
**TOGETHER**



Thanks to First Year Zoe Tyndall

(Continued from page 25)  
Maynooth Community College

## IMPORTANT: Digital Learning Information

Students who have school email issues please email [n.donohoe@mcc.edu.ie](mailto:n.donohoe@mcc.edu.ie) or [support@tools4schools.org](mailto:support@tools4schools.org)

If you have any schoolwise queries you can send an email to [schoolwise@maynootheducationcampus.ie](mailto:schoolwise@maynootheducationcampus.ie) You must have a valid school email to access and use schoolwise.

Students should check various online platforms once in the morning and once in the afternoon.

School management will send a text home to ask students to check for work at 10 am and 1pm each day.

At least one working day will be given for work to be completed as an increasing number of parents are now working from home and there may only be one device to access online.

Teachers will also let students know when they will post work again i.e. If teachers intend to give work on the days that they have your child as per timetable each week **or** students may have assigned work for a longer period of time.

TY students will soon receive a spreadsheet with work sent via TY parental communication.

LCA Edmodo groups have been set up for both classes and work forwarded has been put up for students.

In terms of students that are not engaging. We have added a 'not engaging in online work' descriptor in vsware behavior and have sent a text to each parent to monitor this.

We have also added a list of all the staff emails to the website. We have reminded students that they should only use their school emails if they need to contact teachers.

<http://www.mpps.ie/Page/School-Staff/405/Index.html>

<http://www.mpps.ie/Page/Staff-contact-details/542/Index.html>

Staff email format: **First Name Initial . Surname @ Mpps.ie**  
Example: E.Campbell@mpps.ie (Facebook admin)

We are using the following online platforms:

Edmodo (Please ensure your child has the class code and has signed up using their school email)

Schoology (Please ensure your child has the class code and has signed up using their school email)

Microsoft Teams

Schoolwise

School-to-School Email

## The 26th Annual School Musical 'All Shook Up'

By TYs Isabel Doherty and Caoimhe Bashir



Elvis Presley's music comes alive in 'All Shook Up'. Inspired by Shakespeare's Twelfth Night, 'All Shook Up' follows a small Midwestern town that is thrown into a frenzy with the arrival of Chad, a good-looking, motorcycle-riding roustabout, who rides from town to town with a guitar on his back, blue suede shoes on his feet, and a song in his soul. Repressed by their conservative mayor, the town begins to come alive once more under Chad's influence. Lovers meet, woo, pursue, and more, all in one zany night that will change the town forever. 'All Shook Up' is a rocking, heart-warming tale about following dreams, opening up to love, and the power of music.

(Continued on page 27)

*(Continued from page 26)*

On the 8th of November 2019, our school's preparation for the 26th annual musical began. Students who aspired to perform on stage were called in to audition after school. Whether it was a lead part or a small role that students sought, everyone had three songs to choose from to sing in front of Ms. Dunne and Ms. Murphy. This was a challenge as it took a lot of courage to sing in front of other people! The following week the second auditions were held for students who got through the first round.

The auditions were repeated over a few weeks and became more intense over time and included acting with partners in front of others. Ms. Dunne and Ms. Murphy then whittled down to the last ten students who were to become the leads of "All Shook Up".



It wasn't long before we were divided into choruses; the red, blue, green and yellow chorus and we were given schedules of our rehearsals each day. Singing rehearsals took place with Ms. Dollard in the canteen, acting and dancing rehearsals took place in the assembly hall with Ms. Dunne and Deirdre who was our fantastic choreographer. After 2 weeks of chorus rehearsals individually, the choruses began to rehearse together with the leads. Huge improvements were made over these weeks until all four choruses and leads were ready to do a full run-through of the show.

While the choruses and leads were busy rehearsing, the construction team got to work on building an amazing stage. You can watch a time-lapse video of the stage construction on Youtube at M. Leamys account titled 'All Shook Up Stage Construction 2020 Part 1'. The team covered the sports hall floor with a black cover and began assembling the stage. Bit by bit, it got bigger and more impressive. Steps were added and movable walls were made. These walls on wheels would fold out or in depending on the scene by the stage crew in between scenes. The team also built the 'Greyhound' bus for the scene 'It's Now or Never' and the balcony on the stage.

Lets not forget our brilliant art team. Members of the art team were responsible for the stage design, scene backgrounds, and scene prop designs. They worked long hours every day, sometimes until 10 pm, to complete the stage. They painted the vibrant walls on stage, including doors, windows, and signs. They also painted our fantastic fairground set including bumper cars, a Ferris wheel, the giant run-down fairground sign, the haunted house sign and much more.



Our production team were busy designing, producing and selling the tickets and conducting chorus interviews. They questioned each chorus individually and asked questions regarding our favourite choruses, favourite scenes, best dancers, best singers and best actors in our chorus. They also interviewed funding sponsors and put together our wonderful musical programme booklet.

We did our first run through in costume on 31st of January. It was cool to see everyone dressed up and it was amazing to see how creative people became with their costume design. We had

*(Continued on page 28)*

*(Continued from page 27)*

a technical rehearsal on the 2nd of February which was great because it was our first time performing with stage lights which improved the overall performance. When we had our first rehearsals with costumes, makeup, lights, and sound, we started to feel the buzz of the show and the excitement was palpable on everyone's faces.



After 6 weeks of rehearsals, opening night had arrived. As we got ready, we could see the audience filling up with students, teachers, our families and much more. It's safe to say everyone had some sort of nerves at start. However, everyone wore foundation and makeup so we didn't look sick on the stage! Some people even made wrinkles with makeup to look more in-character.



We gathered in the resource area to watch the first scene: 'Jailhouse Rock.' It was our first time seeing the audience's reactions to the scene and the cheers could be heard from the

resource area. Without a doubt, this gave us a boost to try our very best and enjoy the experience. The next scene was 'Heartbreak Hotel' followed by 'C'mon Everybody' and 'Hound Dog.' Between scenes, we took photos with our friends and the leads and watched the show from the monitor in the resource area.

We also had to make outfit changes. The blue chorus were to change from their prisoner costumes into their villager costumes after 'Jailhouse Rock'. The yellow chorus had to transform into statues by dressing in togas and painting themselves with white paint for 'Let Yourself Go'.

The red chorus turned into devils and angels in 'Devil in Disguise', wearing devil horns and halos. Lastly, the green chorus changed from villagers outfits to fancy wedding outfits for the last scene, 'Burning Love'.

The night flew by and before we knew it, we were bowing on stage at the end of our first show while the audience roared. Backstage we quickly got changed out of our costumes and had a quick assembly with Ms. Dunne where we congratulated everyone on our success so far. We then left to go home before we did it all again the next night!

We ran the show for 6 nights from Wednesday to Sunday. Each night we hoped it wasn't going to be our dip night. In the end, each night was fantastic and went very smoothly. We noticed how the audience reacted differently every night and each night was unique. It was tiring however we did sleep longer the next day to rest before going into the school in the evenings.

On the final night of 'All Shook Up', it was clear everyone was emotional. Some tears were shed as we left the stage at the end of the show. It had been our lives for the past few weeks, whether it was rehearsals, construction, photography, art or the programme.

***Thanks to Isabel Doherty, Caoimhe Bashir, Nayna Raxon & Sebastain Sachs for writing and editing this content.***

A massive amount of effort and teamwork went into our musical and we were sad it was ending. We were also very proud of one another for putting on an amazing show... maybe the best MEC show ever. We celebrated our wrap up with a disco in the assembly hall and we even got some teachers to dance with us.

### *A Thank You From TY*

*This musical would have been incomplete without our teachers' help. Our teachers sacrificed their time to help with our musical, from its very beginning until the very end. Musical Producer Mrs. Murphy and Director Ms. Dunne made sure*

*(Continued on page 29)*

(Continued from page 28)

Manager Ms. Hynes who spent all of the musical that every student had a part in 'All Shook Up' nights running backstage and making our musical and spent all of their time to help us to make this run smoothly from behind the wings. musical it's very best.



Music Director Ms. Dollard made time to help and teach every single student to learn all the songs Construction teachers Mr. Leamy, as well as Mr. Walsh and Mr. Ryan, built an incredible stage for the musical. They put in a great amount of their time to help us. A big thank you also to Backstage

A huge thanks to these teachers, Art Dept and all the other teachers and management who supported our year group during the musical. You did so much in giving up your time to make sure we had a brilliant and unforgettable experience.



## Interviews with the leads in 'All Shook Up'

By TY Nayana Rexon & Laura Desmond

**How would you overall rate your experience in the musical?**

(Daragh Finnegan/Chad) 10/10, It was an unbelievable experience. (Grace Brennan/Natalie) It was a great experience and a great opportunity to meet new people and get closer as a year group. (Pádraig Bennet/Dennis) Probably the best experience of my life. (Ella Adams/Mayor Matilda) 100/10.

**What was the best thing being a lead?/special moment that stuck out for you as a lead?**

(Daragh Finnegan/Chad) It was fun to sing all the well-known songs and have that experience.

(Grace Brennan/Natalie) Probably the buzz of being on stage. (Pádraig Bennet/Dennis) I loved having the chance to have some spotlight on stage.

(Ella Adams/Mayor Matilda) Getting to be a different person on stage. (Ciara Hynes/Sandra) When I found out I got the role I was surprised to be honest because I never thought I'd get a part in the musical so it came as a bit of a shock, but I was so so happy and excited to start rehearsing as that part.

(Continued on page 30)

(Continued from page 29)

(Nell Mescal/Sylvia) I think the biggest thing about being a lead that stuck with me was the sheer responsibility. I had to make sure I knew my lines and everything for rehearsal so that everyone at the rehearsal could get their stuff done rather than the rehearsal stop and start all the time because of me. So everyone got a chance to rehearse their individual parts as well.

#### **Anything negative about being a lead?**

(Daragh Finnegan/Chad) I felt a lot of pressure on the opening night but after the first night, it was grand.

(Grace Brennan/Natalie) It was sometimes stressful due to the pressure and deadline being only 4 weeks.

(Pádraig Bennet/Dennis) There was a lot of pressure on me but I loved the challenge.

(Ella Adams/Mayor Matilda) Lack of sleep (jokes!)



#### **What was your favourite song and dance from the overall musical?**

(Daragh Finnegan/Chad) C'mon Everybody.

(Grace Brennan/Natalie) If I Can Dream, Favourite dance:

Burning Love. (Pádraig Bennet/Dennis) Favorite song: Let Yourself Go, Favorite dance: C'mon Everybody.

(Ella Adams/Mayor Matilda) Burning Love.

#### **What was your favourite line to say/sing?**

(Daragh Finnegan/Chad) Teddy Bear/Hound Dog (song) because it was a really fun song and scene.

(Grace Brennan/Natalie) "What are ya shoutin about Lorraine I was under a chevy" because it came before my favourite song I got to sing - "One Night With You".

(Pádraig Bennet/Dennis) "Well I wouldn't mind", (Fools fall in love scene) I loved the comedic timing of the line.

(Ella Adams/Mayor Matilda) "You're all going to hell!" I loved that line as I thought it was pretty funny.

#### **Recount the feeling you felt when you were told you were cast as a lead?**

(Daragh Finnegan/Chad) Very happy, was lost for words.

(Grace Brennan/Natalie) I was really surprised because the standard and talent was so high, but I was absolutely delighted when I got the role. (Pádraig Bennet/Dennis) Honestly, I was just like "woah okay this is happening now".

(Ella Adams/Mayor Matilda) I was bursting with happiness, I couldn't wait to start rehearsals.

#### **Looking back, how did you feel about the opening night?**

(Daragh Finnegan/Chad) I thought it went really well but I was bricking it! (Grace Brennan/Natalie) I was happy with the opening night in general. There were a few mistakes but that's to be expected.

(Pádraig Bennet/Dennis) A few things went wrong but overall I loved it.

(Ella Adams/Mayor Matilda) I was so nervous but equally excited.

(Liam Curley/Sheriff Earl) Looking back on the first night, I wasn't that nervous at all and by 7 o'clock the adrenaline had taken over. Still there were a few nervy moments on stage, but once you got a laugh from the crowd you were fine for the rest of the night.

#### **Did you prefer singing/dancing/acting?**

(Daragh Finnegan/Chad) Acting.

(Grace Brennan/Natalie) I preferred dancing.

(Pádraig Bennet/Dennis) I loved singing and acting but I preferred singing.

(Ella Adams/Mayor Matilda) I preferred acting.

#### **If you had a chance to do this musical again, which character would you aim for or would you stay with the same casting?**

(Daragh Finnegan/Chad) If I had to choose another I'd choose Earl cause it was funny when he spoke but I would probably stick with Chad because it was a fun character to play.

(Grace Brennan/Natalie) I would aim to get Sandra.

(Pádraig Bennet/Dennis) I loved the part I had, but I think Dean would be a bit of fun.

(Ella Adams/Mayor Matilda) I feel like I would stay the same but if I had to change, I feel Natalie would be very fun too.

