

Maynooth Newsletter

Serving the people of Maynooth



Local News November 2020

Issue No. 496 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.



SHOP LOCAL - EAT LOCAL - SPEND LOCAL - ENJOY LOCAL
Support Local Jobs - Keep Maynooth Working



An Taisce Report – IBAL Anti-Litter League, Round 1, 2020

Maynooth: 5th out of 40 towns / cities surveyed. Cleaner than European Norms.

Maynooth has scored exceptionally well on its return to the Litter League, with seven out of the ten sites surveyed getting the top litter grade and no seriously littered sites. Some examples of top ranking sites included the residential area of Moyglare Abbey and the town centre streets of Mill Street and Leinster Street. The Car Park at Aldi and the Recycle Facility within Aldi were both moderately littered.

Kilcock Approach Road: Grade A. This was an excellent route in to Maynooth, creating a positive first impression – this high standard was sustained for the majority of the remainder of the sites surveyed. Road surface, markings, signage, bicycle path and bollards were all in very good order and grass verges had recently been tended.

Aldi: Grade B. (Kilcock Road). The main car park area, trolley bay and entrance to the store were in good order and generally clear of litter. However, the shrubbery / planted areas surrounding the car park harboured litter – this took away from an otherwise well presented environment.

Recycle Facility at Aldi: Grade B. As well as the typical signage at a recycle facility there was a sign indicating that '13 Litter fines issued at this site in 2019 so far'. While not subject to the same dumping issues as other recycle facilities there was still a litter presence, mostly behind the units – sweet papers, cans, cardboard box, plastic bottles and a discarded plastic bucket were present.

Leinster Street: Grade A. This town centre shopping street presented well with wide paving, bicycle parking, attractive 'olde' style street names, bins etc. all in good order. There was a virtual absence of litter throughout, creating a positive impression.

Carton Public Park: Grade B+. (adjacent to Pound Lane) The main grassy area and pathway were good with regard to litter, but the site was somewhat downgraded due to items by the river / stream – mostly fast-food wrappers, cans and sweet wrappers.

Mill Street: Grade A. Mill Street scored well with regard to litter and the street bins provided the opportunity for both cigarette butts and chewing gum. The area was well served by litter bins and the restaurants presented well.

Moyglare Abbey: Grade A. The residential area of Moyglare Abbey was excellent in terms of presentation and litter. The large grass area was spotless, and the area was much enhanced by tree planting throughout.

Kildare Co Council Car Park – adjacent to SuperValu on Straffan Road: Grade A. The road surface, markings and signage were in good condition and the overall impression of the car park was a good one with regard to litter. Care needs to be taken at the Recycle Facility within the car park – items had become lodged at the base / underneath the recycle units.

Straffan Road: Grade A. The new road / pavement / bicycle path surface create a very fresh impression along this road – it was spotless throughout.

M4 Dublin – Maynooth Link Road: Grade A. The overall Grade for this route was a Grade A with the direction from Maynooth to Dublin cleaner than Dublin to Maynooth – minor litter items, e.g. plastic bottles and cans.

Source: www.ibal.ie



14	Tullamore
15	Tralee
16	Letterkenny
17	Cork City Centre
18	Sligo
T19	Bray
T19	Ranelagh
21	Drogheda
22	Waterford City - Ballybeg
23	Cavan

Moderately littered

Position	
24	Longford
25	Monaghan
26	Limerick City Centre
27	Galway City Centre
28	Dundalk
29	Mahon - Cork City
30	Gorey
31	Navan
32	Ballymun
33	Carlow
34	Dublin City Centre
35	Galway Inner City - Ballybane

Littered

Position	
36	Tipperary
37	Tallaght
38	Cork Northside

Seriously littered

Position	
39	Limerick City South - Galvone
40	Dublin North Inner City

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

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

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

Letters to the Editor

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

Mission Statement

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

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

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

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

In addition we undertake the following:

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

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

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

Maynooth Newsletter Archives

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

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load.

The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Editorial Board - Maynooth Newsletter

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

Copy date for the next edition of the Maynooth Newsletter will be Monday 23rd November 2020

Editorial

While many readers are wishing for the end of 2020, it is still hard to believe that it is November already. While Ireland was put back into level 5 Covid 19 restrictions up to the end of this month, everyone I know is hoping for a Christmas something close to a normal festive season. I will come back to this topic later but hopefully we will get our wish.

Unfortunately with level 5 restrictions Maynooth Community Employment Project are unable to provide the same level of weekday maintenance in Maynooth Harbour as normal, so I am appealing to everyone to refrain from dropping any litter if you travel through this area during November. Our office in Carton Park is also closed to the public but behind closed doors we are still continuing to produce the Maynooth Newsletter to keep our community informed on local issues.

Of course in November most of nature takes a rest to reawaken in spring. As a committed environmentalist I have more than a passing interest in how we interact with nature. Some headlines on this topic over the years are hard to overlook especially when the source is as reliable as the United Nations Food and Agriculture Organisation. They predict that current farming practices are accelerating soil degradation at such a rate that we may have as few as sixty harvests left. Teagasc (the Agriculture and Food Development Authority) is working to develop ash tree genetic resources to replace the native Irish Ash Trees that are dying at an alarming rate since they became compromised after being infected with ash dieback which came into Ireland as a consequence of the importation of infected trees from other European Countries. Unless they are successful Ireland could lose over five million native Ash trees without a disease resistant alternative to soak up the carbon which is crucial for our environmental future.

As I mentioned in previous editions this year many of us turned to our gardens in lockdown and are realising the advantage of having this outdoor resource. Many new people tried to grow food for the first time this year and will continue next year. Unfortunately many of the newer housing developments in Maynooth do not include much in the way of garden space so the option to grow your own in these areas is limited. As a community we would stand to benefit more from additional well managed public open spaces which could help to tackle our carbon equation. Soil is known as the carbon sink so I find strange that more is not being done to use it for this purpose. So as we look forward to the new growth in spring we need to remember how important it is that we interact with our environment.

At the beginning I mentioned Christmas. Our annual Christmas Lights in the centre of the town will be put up later this month. The cost of these illuminations runs to around €13000 each year. It is important to remember that the lights are put up by a voluntary committee who must engage in fundraising to provide these for our enjoyment. Of course many local businesses contribute but this year many local businesses have been hit hard by the pandemic and would, though more than willing, now struggle to donate.

Fortunately the committee's fund-raising got off to a good start with a grant from Kildare County Council and large single donations from Intel Ireland and Barrett's Maynooth. But every donation no matter how much is welcome as the committee continues to add new features depending on the funds available. If you can help please go to Maynooth Christmas Lights 2020 on https://www.ifundraise.ie/5601_maynooth-christmas-lights-2020.html

Here's hoping we all have a good Christmas.
Paul Croghan
Editor

Kildare-Meath Grid Upgrade

Upgrading lines



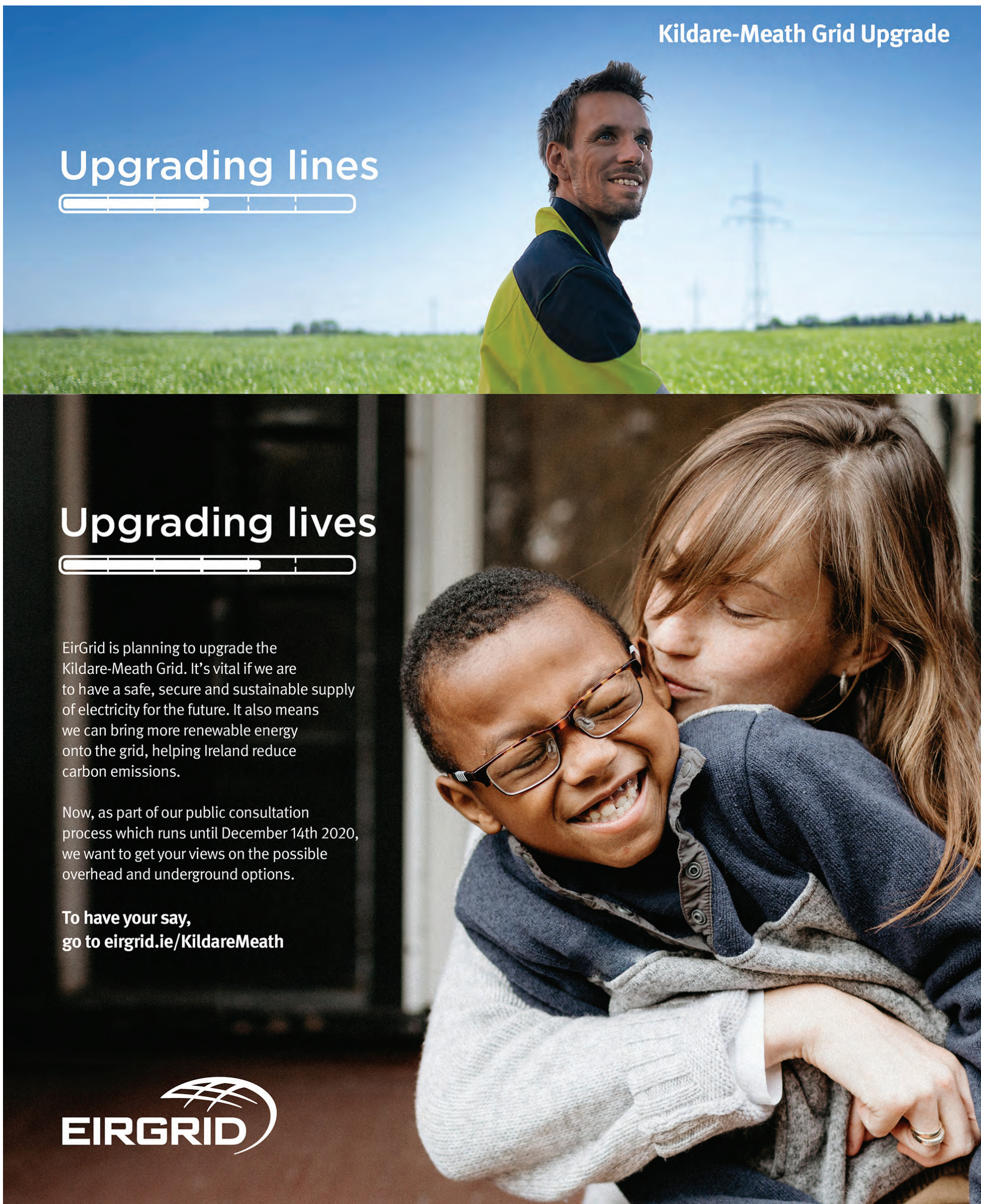
Upgrading lives



EirGrid is planning to upgrade the Kildare-Meath Grid. It's vital if we are to have a safe, secure and sustainable supply of electricity for the future. It also means we can bring more renewable energy onto the grid, helping Ireland reduce carbon emissions.

Now, as part of our public consultation process which runs until December 14th 2020, we want to get your views on the possible overhead and underground options.

**To have your say,
go to eirgrid.ie/KildareMeath**





Gold Medal
Winner 2019

Welcome to the November edition of our Monthly update on works taking place in Maynooth for 2020.

At the time of writing we received the good news from IBAL, Irish Business Against Litter, that Maynooth has been ranked in 5th place out of 40 cities and towns surveyed nationwide. Maynooth is deemed “Cleaner than European Norms” according to the report by an Taisce, who carried out the survey, seven out of the 10 sites surveyed in Maynooth received the top litter grade and no seriously littered sites.

Top ranking sites included the residential area of Moyglare Abbey and the town centre streets of Mill Street and Leinster Street. However it added that the car park at Aldi and the recycle facility within Aldi were both moderately littered. We will receive a scroll in recognition, no official presentation due to Covid 19 and no financial reward. (Full report on Front page)



Our volunteers have been busy strimming hedges, trees, planting spring bulbs (yellow Rattle and Wood Anemones) donated by local environmentalist Peter Cuthbert. We received a grant from Kildare County Council and we are going to use the money to buy more bulbs which will be planted in designated areas around the town such as the Council car park and the Celbridge Road, during November, with help from KCC.

Some of our local TY Students are involved with The Gaisce Awards and together with their parents have been volunteering with us for a number of weeks. Thanks to Cathal, Ben and Matt for all their hard work.



Good luck to one of our young Volunteers Iain Carey who is raising money for LauraLynn Children's Hospice and Pieta House by running a 100km and doing 3,000 pushups during the month of October.

We are not looking for new Volunteers at the moment due to Government restrictions but please feel free to do a clean up in your own estates.

Last but not least we will have a Christmas Tree this year in Courthouse Square.

Follow us on Twitter and Like us on Facebook for all up to date Tidy Towns news.

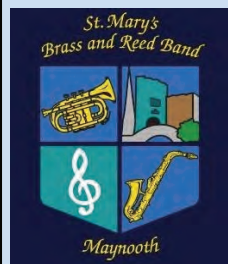
Mary Molloy - Secretary - Maynooth Tidy Towns



Maynooth Tidy Towns Extra!!!!

Maynooth Tidy Town are delighted to have teamed up with St. John of God's Liffey Valley Services, their residents and their staff in the Community Care Unit in Maynooth. Maynooth Tidy Town volunteers did a clean up of the raised beds on Saturday 17th October. Further works will be undertaken by Maynooth Tidy Town in the coming weeks including replacing the damaged wood in beds, planting in a selection of fruit and veg and making a composting area.

Some before and after pictures:



St. Mary's Brass & Reed Band

The new Coronavirus restrictions beginning on 21st October were a real setback to our plans for the remainder of the year with rehearsals and a possible Christmas Concert all put on hold for the period of the Lockdown.

In addition to that our annual Mass for deceased members on Sunday 1st November would have been the first time that the Band could not play, although the live streaming would have eased the pain somewhat.

There really isn't any more we can say for this month because we do not have an idea where things are going until the lockdown period is over.

Opposite: A photo of the Band members taken after a previous Mass.



MAYNOOTH DRESSES

Maynooth Dresses have Temporarily Closed the doors of our New Shop
Unit 3 San Feliu, Fagans Lane, Maynooth, (Behind EBS on the Main St)
Due to Covid 19 Lockdown as we are a Non Essential Retail Shop.

We have added some extra gift ideas, to Buy on Line, as we head towards Xmas.

ABBACINO DESIGNER HANDBAGS, PURSES AND SCARVES.
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How to make your own Christmas Cards

Handmade Christmas cards really show you care. Make your own Christmas cards with a little leftover ribbon and a little handiness. With the right bits and pieces, you can make your own Christmas cards in an afternoon. Have some fun making the perfect Christmas card with the kids.

Use layers of tissue paper, colourful buttons, glitter, glue and printed paper to create effective Christmas cards. Feel free to experiment with colours and prints to create personalised Christmas cards your friends and family will love.

Keep it simple. Don't be afraid of leaving white space on your card. Remember that you needn't go too festive. A simple bauble, crown, branch of holly or similar traditional image can look effective.

If you can't draw, search online for a shape you can work from.

Don't worry about sticking to the -traditional colours of red and green either — try vibrant colours which can look stylish. And for the finishing touches? Used sparingly, sequins, gems and ribbons will make your card. But if you go overboard, they'll ruin it.

If you've gone for the DIY option in order to save money, don't get -carried away using loads of costly materials on each card. Instead, buy a small amount of expensive stuff and use it sparingly you'll still get the overall effect.

Putting it all together

Work on a large, flat surface so you have enough space to spread out all of your materials.

If you've just got a couple of cards to put together, create one at a time. But if you have lots to make, attempt more than ten at once. You're better off working in stages, it's quicker and keeps your cards looking consistent.

First, cut out all of the elements of your design, then glue the main pieces to the card, then add the decorative bits — sequins, gems, ribbon, dried flowers and so on. There are lots of videos online to give you plenty of tips on creating your own cards.

Keep a spare envelope to hand: if you don't finish your cards in one session, it's a



convenient way of storing those little bits of paper you've spent so long cutting out.

Finally, don't be afraid to show off the fact that you've made your own cards this year — write a little 'Handmade by...' note in the bottom corner to ensure the recipient will know you've put in the time.

Information sourced from www.dailymail.co.uk



Mezzo-Soprano Sharon Carty appointed Maynooth Campus Associate Artist

Maynooth College and Maynooth University's Music Department and Faculty of Arts, Celtic Studies and Philosophy, in partnership with Music Generation Kildare and Kildare County Council, are delighted to announce the appointment of Sharon Carty (mezzo soprano) as Maynooth Campus Associate Artist for the coming academic year, 2020 – 2021.

Rev. Michael Mullaney, President of Maynooth College says, 'We are delighted to support this initiative, which places a value on the vital contribution that artists make in providing moments of inspiration and hope in our lives.' Dr Antonio Cascelli, Head of the University's Music Department is excited about the new role, which will involve both performing and teaching: 'With her incredible talent and international experience, Sharon will have the opportunity to share her expertise with students in Maynooth and will enchant audiences with her singing'.

Following over a decade of professional performing experience in the concert halls and opera houses of continental Europe, Sharon is

now based in Kildare, and is excited about recent musical developments in the county. One of these is the appointment of Alan Costello as Music Development Officer for Music Generation Kildare, an organisation with which Sharon has already forged promising links. 'Music Generation Kildare is delighted to support this new innovative initiative which supports Musician Educators in the county. The young musicians in Kildare will benefit greatly from Sharon's extensive experience and we look forward to the performance music opportunities this residency will offer children and young people in the county over the coming year' says Alan.

The Maynooth initiative also has the support of Kildare County Council, represented by Arts Officer, Lucina Russell: 'We are very pleased to be involved in this project, which not only has musical and educational benefits for the county, but is a concrete means by which we can support one of our own artists in a very challenging economic climate. This is very much line with the local authority's shared commitment with the Arts Council: 'to support artists.'"

Dr John O'Keeffe, Director of Church Music and Choral Groups at Maynooth, gives the following account of the project's genesis: 'This grew out of a lockdown reality in which people, including musicians, were confined to their local areas. I suggested to Sharon that we put on a

virtual concert of Bach's music from Maynooth College Chapel on Midsummer's Day. The success of this led in turn led to a larger scale event for Kildare's Culture Night, and eventually to the announcement of this exciting initiative.'

Following her appointment, a delighted Sharon Carty gave her personal reaction: 'I am honoured and excited to take up this post as Associate Artist in Maynooth, a university campus with a rich history and international standing, and I am immensely grateful to them, as well as Music Generation Kildare, and the Kildare County Council Arts Office, for this opportunity to share my experience and love of music with the students, as well as the wider community'.



Pictured: Rev Prof. Michael Mullaney, Ms Brenda Brady (Kildare C.C. Arts Office), Mr Alan Costello, Ms Sharon Carty, Dr Antonio Cascelli, Dr John O'Keeffe.

Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

25 Bliain Ag Fás

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Writers’ Corner - Short Stories/Articles from our Readers

Heaven! Do we think about it often enough?

Apart from the gospel accounts of the Resurrection, St. Paul, in his second letter to the Corinthians, gives us the most earth-rocking glimpse into a dimension of our existence ever to be found anywhere in literature, art or indeed imagination.

Paul said he had no interest in boasting about anything save about one of his experiences, an experience in which he had no active part whatsoever. His own words, had he been speaking English: **"I know a person in Christ (Paul himself) who fourteen years ago was caught up to the third heaven -whether in the body or out of the body I do not know; God knows. And I know that such a person – whether in the body or out of the body I do not know; God knows – was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat."** No mortal is permitted to repeat! And there are stories of experiences here on earth that transfix us. What would be our reaction to Paul's story were it told? It was a rare experience indeed. So many questions I would love to ask! Was he not allowed to tell what he saw or was he simply unable? How could he be sure about the fourteen years? He must have pondered over the experience many times. What is the "Third Heaven"? How many are there? Is it one of the "Mansions in my Father's House" that Jesus told us about?

"There are more things in heaven and earth, Horatio, Than are dreamt of in your philosophy", says Hamlet.

Elsewhere, talking about the next life, Paul also stated: **"Eye hath not seen nor ear heard nor hath it entered into the heart of man the things that God has prepared for those who love him"**. There is something great to be looking forward to so let's meditate on it often, anticipate it and share it with others as best we can.

Death, as we have often perceived it, need not be the bosom friend of each November! It's the door to life as it will be and as it is, seen through the eyes of Faith! Let us celebrate it from conception to eternity!

Did you know that our Sun burns 400 million tons of hydrogen every second? The God that Jesus revealed is not just a very close friend of mankind but one serious creator!

By GM

Compassion

Though the sleeping bag covered his head, Martin sensed it was dawn. Between the cold in his feet and his aching back he'd barely slept. A car passed, engine whining. No point in peeping out: Joey and Molly wouldn't be round yet. He'd saved them bread from the last meal the Simon people gave him...with their crooked toes and bedraggled feathers without his scraps they wouldn't last the winter.

Though it was miserable out here, it beat being in the shelter among druggies and winos. It was a month now since the agents for his apartment had terminated his lease. They claimed to be housing those in need but all they cared about was keeping their cushy jobs and to hell with their clients. When he had complained about the radiators not working, they had accused him of being a troublemaker. Maybe he shouldn't have complained. That was the expected thing, keep your mouth shut and be grateful for a roof over your head. Well sod that and sod those lousers!

It would be a while yet before The Crown opened. They didn't like him using their loo, but it was that or chancing the alley up the street. Maybe if he had been less ready to go to the pub Katie wouldn't have walked out on him? Then again, she'd probably would ... always at him for being on the dole... as if he wouldn't have worked if only he had the energy. Women just didn't understand. Wouldn't she be gob-smacked to learn he hadn't touched a drop since the eviction? Not that it really mattered; with a cold spell imminent he wouldn't last till April... How many people would care? At least Joey and Molly would miss him... the Simon people too. He knew that.

P.G. Nerney

To Mariga

You were always unlike us
Even when you joined our meetings
In a cardigan with torn elbows;
We crafted hard pragmatic plans,
You spoke of fragile lovely things
As if they were the common currency;
Birth and privilege afforded you perspective
Let space and calmness in
Until they were necessities;
How then could you abide
The suburbs onslaught:

Our motors cruising down your drive,
Our children plucking blossoms from your trees,
Our lovers kissing in your ruined gazebo?

Dear life-bewildered princess
Sleep quiet beneath your Folly,
With May-time beauties that you loved
Piled here in fresh-cut splendour:
I lay this cottage-grown rosemary
Beside the stately arum lilies.

Colin Scott

Local students among recipients of Maynooth University Entrance Scholarship



Students from local second level schools are among those recognised at Maynooth University Entrance Scholarship Ceremony which takes place tomorrow, 21st October.

The ceremony which recognises the achievements of some of Ireland's brightest and most promising first year students is normally held on campus, but this year due to COVID restrictions it will be a virtual event.

The Entrance Scholarship scheme celebrates those incoming first year students who achieved outstanding results in their Leaving Certificate (predicted grades results this year). The €1,000 Entrance Scholarship is automatically awarded to incoming first year students, who have obtained 550 points or more in the Leaving Certificate (from six subjects in one sitting). A Music Scholarship and Michael Osborne Equine Business Scholarships will also be awarded on the night.

This year approximately 100 students from all over the country will receive the scholarship.. Local students include Leah Fortune Mallon and Siobhan McGarry from Maynooth Post Primary School; Conor Killian, Cian May, Elliott Mullen and Aaron O'Connor from Silesian College, Celbridge and Eimear Byrne from St Wolstan's Community School, Celbridge.

MU congratulates 19 recipients of Government of Ireland Awards



Maynooth University is delighted to announce that 19 researchers have been selected for the 2020 Government of Ireland Postgraduate and Postdoctoral schemes, announced today by the Irish Research Council (IRC).

The Government of Ireland Awards represent a total investment of over €21 million in almost 300 early career research projects across all academic disciplines. Maynooth researchers receiving awards today will conduct research into a wide range of topics from drug therapies, Parkinson's disease and stroke rehabilitation, to sinkhole environments, solar events in nearby galaxies and new learning approaches in primary education.

Welcoming this year's awardees, the Minister for Further and Higher Education, Research, Innovation and Science, Simon Harris TD said: "Across higher education, enterprise, civil society and the public sector, expert knowledge and skills is a critical need for our present and our future. The awards announced today support a pipeline of research talent which will be at the forefront of addressing the many challenges and opportunities we face."

MU Awardees and research projects:
Bernadette Phillips - Development of Holliday junction-stabilising di-nuclear complexes via click chemistry: a new gene targeting strategy for metal-based drugs.
Blake McGrane Corrigan - Investigation of the Nutrient Requirements of Dendritic Cells in Vivo.
Clara Evans - Implementing Workplace Well-being Programmes: A view from Institutional Theory.
Darren Beirne - Efficient Green Catalysis.
Dawn Higgins - Drivers of variation in the microbiome of

the wild great tit, *Parus major*.
Georgina Perryman - Developing more culturally responsive pedagogies with Irish primary school teachers using a learning study approach.
Jack Callan - Leading the Way: Developing the Identity of Future Leaders.
Lilian Nwanze - Accelerating stroke rehabilitation using iterative learning applied via a brain-computer interface.
Luke Edward Brennan - Institutional Acts of Watching in Irish Cinema: Surveillance, Power and the Camera.
Nathan Fox - Learning from what goes well: Improving the quality of primary care.
Peadar Kearney - A multi-data machine learning approach to identifying, mapping and characterising sinkhole populations in karst environments.
Peter Shannon - The Ghosts of Lafcadio Hearn: A Novel
Sandra-Carina Noble - Minding the Gap: Searching for Low Luminosity Transients in Nearby Galaxies.
Siobhán Buckley - How does the Artisan Food Entrepreneur (AFE) experience business growth? An examination of business growth in a 'post growth' context.
Tian Yu - Mathematical Models Linking Neuronal and Behavioural Responses in Parkinson's disease.
Veronica Barry - Hydrogels for the intraocular delivery of sphingosine -1-phosphate agents in the management of retinal diseases.
John Brown - Democratisation and post-neoliberal citizenship in Latin America: Lessons from Bolivia and Venezuela.
Kevin Tracey - AMERGIN: Analysing Macaronic Early-Modern Readers by Gathering Irish Networks (1575-1675).
Siobhán Barrett - A Triad of Medical Glossaries.

Further information about the IRC's Government of Ireland programme is available at www.research.ie



MAYNOOTH CYCLING CAMPAIGN

KCC's Strategic Policy Committee (SPC)

Last June, at the first meeting of the Kildare County Council's Transportation SPC, Maynooth Cycle Campaign commented on the lack of action in re-establishing the Kildare Cycle Forum. We are pleased to announce that at the second SPC meeting in October, the Cycling Officer stated that the Forum would be reconstituted in November. We warmly welcome this news as in some ten years it is probably the first thing suggested by the Campaign that the Council has actually accepted.

Maynooth Eastern Ring Road

Detailed design work continues on the Maynooth Eastern Ring Road and the Council is shortly expected to engage a contractor. One of the policy papers that Maynooth Cycling Campaign submitted to the SPC is that projects advancing to construction should be checked for Covid-19 and climate change resilience. In practice, it means a check would be carried out on a typical cross-section that space allocated to different road users would take Covid-19 and climate change into account. We would argue that the lane widths should be minimum rather than mid-range in the interests of road safety and providing extra space for active travel to allow social distancing.

Dublin Cycling Campaign Webinars

During Bikeweek, our colleagues in the Dublin Cycling Campaign (DCC) organised a number of webinars on cycling related topics. The full list can be found on the DCC website. Two in particular are recommended – The Best Years of Your Life which describes how Fingal County Council redesigned roads and streets to provide a "School Street" in Malahide to encourage walking and cycling to school. During the budget announcement, Transport government ministers stated that Safe Routes to School will feature prominently in their expenditure in 2021 so the webinar will be of interest to Maynooth parents of school going children. The second entitled Active Travel, Public Health and Resilience deals with how active travel can increase the resilience of communities against the effects of Covid-19. The speakers include a number of experts in their respective fields. All webinars are available on YouTube.



School Streets/School Zones

Following on from the "School Street" in Malahide and a "School Zone" in Dublin, Kildare County Council initiated two pilot projects in conjunction with Green Schools – in Athy and Monasterevin. If successful, the pilots will be rolled out across the county.

Reallocation of Road Space

The good news is that Kildare County Council has begun to embrace reallocation of road space. Unfortunately, in Mill Street the bad news is that instead of prioritising active travel, space was reallocated from cycling for motorised traffic. After a contractor resurfaced part of Mill Street, the advisory cycle lane was reduced in places to 1.15m. In the rest of Ireland, local authorities are widening cycle lanes.

Covid-19/ #ChangeOurStreets

In Kildare Town, Kildare County Council has carried out two projects – one in Kildare Square which is good and one in Cleamore Road which is bad. Although Cleamore Road includes an access to St. Brigid's School with over 1000 primary school pupils, only 7 pupils cycled to school in Census 2016. Kildare County Council reduced the road to one direction but the only provision for cycling was to share the road with cars. Read our take on it in the Blog post on our website.

Progress by KCC

The NTA have published their Annual Report 2019 Sustainable Transport Measures Grants. The report gives details of projects funded by the NTA in 2019 and includes a comparison of outcomes achieved by local authorities in the Greater Dublin Area and regional cities (Pages 24 and 25). It is fair to state that of the 12 local authorities, Kildare County Council with only 15 cycle parking spaces was the second worst performance.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on meetings and activities is available on our website. We are affiliated to Cyclist.ie, the Irish Cyclist Advocacy Network and through it to the European Cycling Federation



'Superfoods, Everyone Needs

Imagine a superfood powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood. These life-altering superfoods are available right now in your local supermarket.

You don't need specific foods for specific ailments. A healthy diet incorporating a variety of the following superfoods will help you maintain your weight, fight disease, and live longer.

Include a few servings of the ingredients on the superfoods list into your day paired with a balanced diet and regular physical activity and you're bound to feel better than ever

Top Superfoods Offering Super Health Protection

Wheatgrass, Cinnamon, Blueberries, Avocados, Broccoli, Salmon, Sweet Potatoes, Goji Berries, Almonds, Kale and many more.

Blueberries

Tiny but packed with nutrients, blueberries fit the superfoods definition to a T. Blueberries are brimming with disease-fighting antioxidants and phytochemicals, as well as plenty of vitamin C, vitamin K and manganese.

Best of all, these flavorful fruits are delicious and easy to enjoy as one of the best foods to lose weight. Use them to bring a hint of sweetness to salads, add them to baked goods or even enjoy them alone as a healthy snack.



Salmon

The American Heart Association recommends including fish in your diet at least twice a week, and for good reason. Fatty fish like salmon are high in heart-healthy omega-3 fatty acids that can slash inflammation, boost brain health and keep your heart strong.

Opt for wild-caught salmon whenever possible, and try to squeeze a few servings into your week by enjoying it as a savory snack paired with crackers or a healthy entree for lunch or dinner.

Green Tea

Green tea is a type of tea made from the leaves of the Camellia sinensis plant, which is the same plant used to make other types of tea like black, white and oolong tea. Unlike other tea varieties, however, green tea undergoes very little processing, which helps to maximize its content of antioxidants and polyphenols.

Research shows that green tea can help boost metabolism, improve oral

hygiene, enhance insulin sensitivity and decrease several risk factors for heart disease.

To get started, simply start brewing a couple of cups per day to slowly incorporate this superfood into your daily routine. You can also opt for other green tea products instead, such as matcha, which delivers a concentrated punch of antioxidants in each serving.

Goji Berries

With up to 12 times the antioxidant levels of blueberries, it's no wonder these berries top the charts as one of the most nutrient-dense superfoods for men and women. Goji berries have been a staple in Traditional Chinese Medicine for centuries and have been credited with improving vitality, energy and longevity. They are also loaded with nutrients that may help prevent eye disease, protect against skin damage and inhibit the growth of cancer cells. You can often find goji berries in dried or superfoods powder form at many grocery stores. Try adding them to a raw superfood carrot salad for a nutritious option for lunch or dinner.

Grapefruit

Grapefruit is a citrus fruit that is packed with important nutrients. Just one serving contains a good amount of fiber as well as essential micronutrients such as vitamin C and vitamin A. Some research suggests that adding grapefruit to your diet can be an effective way to bump up weight loss and improve insulin sensitivity. It may also help improve heart health and increase liver function to promote proper detoxification. Grapefruit can be cut into wedges for an easy and delicious snack all on its own. It can also be used in salads, smoothies and main dishes to add a burst of citrus flavor to your favorite foods.



Research has shown that the ideal diet is one that is largely plant-based, with a wide variety of fruits, vegetables, whole grains and healthful animal products.

Superfoods do more than just help you meet your vitamin and mineral needs or aid in shedding a few extra pounds when it comes time for swimsuit season. In fact, these foods can help you achieve better health, prevent chronic disease, and improve the way you feel day in and day out — and they're some of the top anti-aging foods around. When combined with regular exercise and a balanced diet, adding a few of these top superfoods into your day can benefit many different aspects of your health.



Information sourced from: <https://draxe.com/nutrition/what-are-superfoods/>

Maynooth Castle Keep Art Group

Maynooth Castle Keep Art Group - Online Exhibition scheduled for December

The Maynooth Castle Keep Art Group was hoping to have an outdoor exhibition sometime towards the end of September or beginning of October. Because of Covid and social distancing it was not feasible. However we felt we could not let 2020 go without an exhibition. We have had an exhibition every year for 21 years.

We have been working away in the background up to August with our weekly zoom art sessions. Members of the group volunteered to host an hour (or so) of art instruction to other members of the group. We also introduced YouTube instructional videos to the group during that time and that also proved to be very popular. This replaced our regular meet and paint sessions in the Post Primary School.

The zoom sessions turned out to be a wonderful, enjoyable and fun alternative. Our members really looked forward to the Tuesday night as it was a break from the Covid reality. It gave us a dedicated time to sit down to paint together. The zoom sessions took us out of our comfort zones in exploring new mediums and subject matter. It gave the members a chance to lead a class if they wished and there was no pressure. We each shared our strengths with others e.g. those who mainly used acrylic were introduced to watercolour, pastels, oils and pen or learned new techniques within their own medium. Also, we took on different subject matter - landscapes, seascapes, floral studies and still life. (See opposite)

We specifically looked at how to paint waves and clouds and how to deal with perspective, light and shade and reflections. We each produced a work of art at the end of each the sessions. We also used instructional videos from YouTube during our zoom sessions and these were carefully picked to suit duration, subject matter and medium.

We had great fun showing each other our artworks at the end of the night and with permissions they were posted on our fb page. These sessions also served to keep the Group together. Now that we have entered another Covid level 5, we will be continuing with our zoom sessions and producing some exciting pieces.

But the big news is that we hope to organise an online exhibition which will be ready by the beginning of December, just in time for Christmas. We are in the process of organising that. We will update you on social media and we will have a notice in the next issue of the Maynooth Newsletter.

We would like to congratulate Emma Boyce (one of our own) who was chosen as one of 10 Kildare artists commissioned to take part in the Covid 19 Portrait Project organised by Kildare County Council.

In the meantime, all good wishes to our artists, supporters, our patron Mr. Tom Ashe, the principals of the Maynooth Education Campus and everyone in the community who has contributed to the continued success of the Group. Look out for us in December!

<https://www.facebook.com/castlekeep.art>
<http://www.castlekeepartgroup.com/>

Susan Durack - Castle Keep Art Group.



The Row by Déaglán Ó Ceallaigh



Cock of the Walk by Catherine O'Riordan



Wild Wave by Ann McCluskey



Still Life by Eamon Burke



Silver Birches by Regina Richardson



Clouds by Heather Ferguson



Royal Canal Notes

November 2020

Education ~~ Heritage ~~ Recreation

RAIL ELECTRIFICATION

Iarnód Éireann is moving to the 'Public Consultation stage of its plan to electrify the Dublin – Maynooth line. This may well affect the canal because both are in close proximity in many areas.

While all canal structures, bridges walls, harbours slipways and aqueducts are protected some adjustments may occur particularly where canal and rail bridges are one structure. Normally in such cases the track will be lowered to facilitate the canto graph technology above the trains.



Maynooth will go from this ↑ (© Ciarán Cooney) To this↓ (Irish Rail)



Public Consultations are in the very early stages at the moment and little is known of the exact proposals but your Royal Canal Parent Group is keeping an eye on things. Obviously pillars will have to be built to support the overhead cabling but hopefully not in the vicinity of the canal.

HARBOUR FIELD

Information coming to hand indicates that Kildare County Council will, in the near future, move to public consultation for plans on the 'Harbour Field'. While nothing has been released just yet it is understood that a Landscape Architect has been commissioned to submit draft plans for this area.



Rail and Canal side by side

While there are no concrete proposals at present it would appear that Kildare C.C. are anxious to include an events area, a 'people's park' and other recreational facilities in the plan. This, it would appear, might necessitate moving the playground to a different part of the field.

LOCKDOWN

We are back in lockdown for another six weeks as a result of which activity on the canal has increased, something which has not gone un-noticed. With increased numbers using this wonderful facility, it is important to remind users to keep it clean and tidy. Please do not leave litter strewn along the canal and be sure to clean up after your pets.

LIGHTING

Works are continuing on the Bond Bridge side of the railway station and the rail path remains closed to pedestrians. Accordingly representations have been made to Kildare C.C. to switch on the street lighting along the canal path on the other side of the canal. This will assist those walking towards Bond Bridge in darkness.

**Royal Canal
Amenity Group**

KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth
Know Your Rights has been compiled by Citizens Information Service
which provides a free and confidential service to the public.
Information is also available online at www.citizensinformation.ie and from the
Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



Know your rights: Fuel Allowance

I'm getting a State pension. Can I get help with my heating costs?

You may qualify for a Fuel Allowance. This is paid to people on long-term social welfare payments who are unable to pay for their own heating needs. If you are getting a State pension you may qualify for the allowance as long as you live alone or only with:

- A dependent spouse, civil partner or cohabitant and/or dependent children.
- Other people getting one of the qualifying payments who would also be eligible for a Fuel Allowance in their own right.
- A person who is getting Carer's Allowance or Carer's Benefit and is caring for you or for your dependent spouse, partner or cohabitant on a full-time basis.
- A person getting COVID-19 Pandemic Unemployment Payment (PUP), short-term Jobseeker's Allowance or basic Supplementary Welfare Allowance.

You also need to satisfy a means test. A means test examines your income to establish your means. If you are on a State Pension (Non-Contributory) you automatically satisfy the means test. If you are getting the State Pension (Contributory) you satisfy the means test if you have means of €100 or less per week.

If two or more people living in the same household qualify for the allowance, only one allowance is paid. If your heating needs are met in other ways (for example, if you live in local authority housing where heating is provided) you do not qualify for Fuel Allowance. The Fuel Allowance season usually runs from October to April each year for 28 weeks. You can choose to get the allowance paid weekly, €24.50 per week or in 2 lump sums of €343 – one paid at the start of the season and the second, in January.

If you think you are eligible, you should apply immediately. The allowance is not backdated.

You can get an application form for Fuel Allowance (NFS1) from your post office or Intreo centre. You can read more about the Fuel Allowance on the citizensinformation.ie website.

Know your rights: COVID-19 and school attendance.

This news item was posted on September 24, 2020

When should I keep my child home from school during the COVID-19 pandemic?

Keeping schools open during the COVID-19 emergency is a Government priority.

However, many parents have questions about when to keep primary school children at home during the pandemic.

Your child should not go to school if they have:

- Symptoms of COVID-19 – common symptoms are a high temperature, a cough, shortness of breath, loss or change to your sense of smell or taste.
- Been in close contact with someone who has tested positive for coronavirus.
- Been living with someone who is unwell and may have coronavirus.
- An existing breathing condition that has recently got worse.

If any of these apply, you should:

- Keep your child at home and completely avoid contact with other people, as much as possible. This means they must self-isolate. They should only leave your home to see your GP or have a COVID-19 test.
- Phone your GP. They will advise you if your child needs a test.
- Treat your child at home for their symptoms.
- No one in your household should go to school, childcare or work until your child gets a diagnosis from their GP or a COVID-19 test result. This means they should restrict their movements.

If your child has other symptoms.

You should keep your child at home for at least 48 hours, if they have:

- Headaches or a sore throat – usually, after 48 hours you can send your child back to school as long as their symptoms do not get worse, they do not develop new symptoms and they do not need paracetamol or ibuprofen during the period.
- Diarrhoea – they should stay at home until they have had no diarrhoea for 48 hours.

You and your family can continue your normal routine. You do not need to restrict your movements as long as you are not ill.

If your child has travelled abroad

Your child needs to stay at home and not go to school if they have returned from a country that is not on the green list. They need to restrict their movements for 14 days. They do not need to see a GP unless they develop coronavirus symptoms. You should always check travel advice on the Department of Foreign Affairs and Trade website.

During the COVID-19 pandemic, you can find comprehensive integrated information online at citizensinformation.ie/covid19/ and you can get daily updates on what's changed on Twitter at @citizensinfo.

You can also get information and advice from: The Citizens Information Phone Service: Call 0761 07 4000 - Monday to Friday - 9am – 8pm

Our national call back service:

Visit citizensinformation.ie/callback to request a phone call from an information officer.

A limited number of appointments are being made in Citizens Information Centres offices where social distancing can be facilitated. You can continue to contact your local centre by email or phone using the details in the Find a Centre page on citizensinformation.ie.

Maynooth Christmas Lights 2020

Please Support Maynooth Christmas Lights 2020 on www.ifundraise.ie

2020 has been a tough year for everyone, we will NOT be looking for funding from the businesses towards the Christmas Lights. We are reaching out to everyone to donate a few Euro. We have got a pre-approved Grant of €8,000 from Kildare County Council towards the Christmas Lights and we have to raise the balance of €5,000, this will allow us to receive the Grant and have Christmas Lights this year. Please share and Donate.

Stay Safe, Thanks, Mark Nolan

https://www.ifundraise.ie/5601_maynooth-christmas-lights-2020.html



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Cllr. Angela Feeney Maynooth Labour News

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Briefing to Council from National Broadband

Councillors had a briefing October 19th from the CEO of National Broadband Ireland. In November 2019, the European Commission approved, under EU State aid rules, €2.6 billion of public support for the Irish National Broadband Plan. Future-proofing broadband for Ireland-it has become even more important now that more people are working from home. Cllr Feeney asked about the Celbridge Maynooth situation in particular and was told that we will be connected to the Dunboyne Regional Exchange which has already been surveyed and will feed into Celbridge/Maynooth. The Dunboyne Regional Exchange will dovetail with the Carlow and Blessington Exchange developments. Further information: www.nbi.ie

Successful projects under the Town and Village Renewal Scheme

40k has been granted to Maynooth for urbanism interventions including seating, awnings and artwork under Round 3 of the Accelerated Measures. This is the first time that our large towns have been eligible for any funding under the Town and Village Renewal Scheme. Kildare County Council was 100% successful in this round and indeed received the highest amount of funding possible for accelerated COVID-19 measures for our large towns.

The Harbour Field

At the October MD, Councillor Feeney asked the Public Realm Team at the Council when the draft design for the Harbour Field would be available to the public for consultation. The Council confirmed that the draft design is ready to go to public consultation, the team is just awaiting a letter from Waterways Ireland and then it will be on view and allow for submissions and observations. With regard to Maynooth Main Street and Square, Councillor Feeney also requested a result on when the application for Urban Regeneration and Development Fund would be known, the team informed Cllr Feeney that the result of the application for funding will be known in November.

Pikes Bridge to Celbridge Road Speeding

Cllr Feeney requested the Council to move the speed limit signs on the L5053 which links the R148 at Pikes Bridge to the R405 Celbridge Road as follows: move the signs further down the road from the Ballygoran side and to the other side of the bridge to improve visibility and safety. The issue of concern here is the fact that this road is so busy now as it is being used to bypass the traffic in the town and residents are really concerned for their safety, as well as that there are more walkers and cyclists using that road too as it is near the canal but there are no footpaths on the road at all.

While the Council said that the current location of speed limit signs is satisfactory, it is currently carrying out a County Speed Limit Review-all roads lead back to the speed limit review - and as part of that process the Council is reviewing this road L5053 linking Pikes Bridge to the Celbridge Road, so that is good to hear. So in the meantime, speeding issues have also been notified to the Gardai as well who are aware of the issue as well.

Traffic Lights at the Meadowbrook Link Road Junction

Cllr Feeney asked the Council to install a flashing orange right turn function at the Meadowbrook-Straffan Road traffic lights in Maynooth to indicate to motorists that they can proceed when there is no on-coming traffic. The Council responded stating that a 6-aspect signal head controls the right turn movement from the Straffan Road onto the Meadowbrook Link Road – this means that this movement is fully controlled i.e. road users can only proceed when they get a green signal.

The reason why the traffic signal designers recommended this signal arrangement rather than a 5-aspect signal head (which allows traffic to proceed right in gaps in traffic when it is safe to do so) was due to the presence of the bus turning bay – and opposing bus movements and also the distance right turners have to travel from the Straffan Road onto the Meadowbrook Road to clear the junction. A 6-aspect controlled movement was considered safer at this location.

Cllr Feeney accepted the explanation from the Council and agrees that the bus bay adds to the complexity of the junction but the Council has indicated that the Traffic Management Section will monitor and review the operation of the signals and this particular location, so that is to be welcomed according to Cllr Feeney because as it is at the moment people are taking chances and if a flashing orange function was introduced it would keep the traffic moving but in a safer way.

Silken Vale Speeding

Cllr Feeney asked if the Council could confirm if it has plans to revisit the possibility of installing an electronic speed tracker and/or ramps in Silken Vale Maynooth? The Council said that this issue was investigated previously and no intervention was warranted but the Council did say that the Municipal District Office will add this to the list of locations requiring speed surveys and will determine if any interventions are warranted. Cllr Feeney stressed that the profile and demographics of housing estates like this are changing over time in Maynooth so she welcomes the fact that the report mentions that it will add this estate to the list of locations requiring speed surveys. The residents association has been monitoring this over time and Cllr Feeney knows that they will welcome that too.

Trees at Greenfield Drive

Cllr Feeney asked if the Council could confirm if the trees and hedging along the boundary fence of Greenfield Drive with Mullan Park, would be retained. A lot of the residents have been asking Cllr Feeney about this and she is happy to report that the Council replied saying that the landscape plan submitted by the developer of Mullan Park indicates that the hedgerow is to be retained.

Addressing lack of representation among women and diversity in Local Government

Council was informed under Correspondence received from the Department of Housing Planning and Local Government offering financial support to local authority initiatives that would contribute towards the goal of increasing the presence of women and individuals from diverse backgrounds in Local Government leading up to the 2024 local elections and beyond. Cllr Feeney called on the Council to actively engage on this important matter. Councillor Feeney reminded Council that she had submitted a motion last year calling for a review of gender balance on the committees of the Council and the Council's Protocol Committee, which she welcomes, is now reviewing that matter.

Councillor Feeney added that she knows from her own experience in higher education that the Athena SWAN Charter which was launched in that sector in 2015 has brought about significant improvements in this area and a similar template might be applied to local government. In relation to this call from the Department, Cllr Feeney suggested that there are some initiatives we could get involved in as a Council such as piloting a mentoring/education programme with second level Transition Year students which is even more relevant now that Politics is a subject on the Leaving Certificate programme. We could provide regular opportunities for women guest speakers to present at executive and council meetings as subject matter experts that build women's visibility and linking in with community groups, which include many of our new citizens and women.

By putting a focus in the media on stories of women's experiences in local government, and building an online presence advocating female leadership and promoting local government councillors as role models of women's leadership, celebrating International Women's Day, we can raise awareness and engagement. Council agreed that Councillor Feeney should make a submission to this call by the deadline at the end of October. Councillor Feeney welcomes this and adds that while some progress has been made, there is still a need to recognise that barriers still exist. For example, women elected to Local Authorities are currently not entitled to paid maternity leave, and under the Local Government Act 2001, public representatives absent from their post for more than six months are deemed to have resigned, which seems so outdated and unfair, according to Cllr Feeney.

The Moorhouse report in it's recommendation stated "Recognition to the "all boats rise" theory which suggests that if there was proper remuneration for Councillors then all members of society, particularly women, younger people and non-national residents, would see Council membership as a viable commitment to local betterment and community development".

Motion on Audits and Planning for Childcare

Councillor Angela Feeney submitted a motion calling on the Council to provide an update to members on the current status of the Social Infrastructure Audits being carried out to inform the County Development Plan review, including existing childcare facilities and capacity in the county. The Council responded stating that high-level social Infrastructure Audits (SIAs) were carried out to inform the preparation of Variation no. 1 of the Kildare County Development Plan 2017-2023 (CDP). These were undertaken during October and November of

(Continued on page 17)



Cllr. Angela Labour Notes Cont/....

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(Continued from page 16)

2019. More detailed and localised assessments are being carried out to inform the preparation of Local Area Plans at a settlement level and further updates to the current databases will be prepared to inform the review of the CDP in early 2021. Regarding the specific reference to existing childcare facilities and capacity, the council notes that during recent survey work for updates to these SIAs variables such as COVID-19 closures and social distancing requirements affect the operational capacity & enrolment figures for such facilities which must now be reflected in the audit of these facilities. Such updates are being incorporated as resources permit. The Council also added that it is of importance to note that while planning policy documents for the County make provision for adequate childcare facilities in tandem with new development, the operation of these is a matter for the private market to respond to.

Cllr Feeney welcomed the report saying that it is great to see that these audits are happening and will be a very useful in informing the county development plan. Cllr Feeney clarified that the motion does not allude to the operation of childcare facilities and agrees totally that this is a matter for the private market to respond to, that's not our business, but what is our business is planning policy for the County and making provision for adequate childcare facilities in tandem with new developments and how decisions are arrived at where repurposing of sites intended for crèche provision in large housing developments is concerned.

Cllr Feeney informed the meeting that a recent request to have Kildare Childcare Committee (KCCC) to present at our Council MD was declined due to the fact that the committee said it was unable to obtain the required data to make the presentation. Cllr Feeney stated that the Committee, in its response to the invitation, stated that with the introduction of a new Registration system for the National Childcare Programmes and Schemes called The Hive, local Childcare Committees no longer have access to local childcare information since the information is now held centrally.

We were informed by the KCCC CEO that they are currently in dialogue with DCYA and Pobal to obtain access to this new system and the CEO requested that if there is anything that the members can do to support this it would be much appreciated. Cllr Feeney added that it is for this reason, she is passing that appeal to Council at the meeting. Finally, Cllr Feeney requested that where the Council response mentions 'high level data' and 'more detailed and localised assessments' it is a welcome development so that such important planning decisions can be based on such data rather than on anecdotal evidence.

Condolences to the family and friends of Paddy, 'Whack' Corrway

Whack was our Labour Branch Honourary President and long time supporter. Cllr Feeney extends her sympathies to his family and friends. He was a fantastic neighbour and friend to all. A mine of information on all local historical matters and a talented handball player in his early years. We will miss him. Codladh sámh Whack.

Meetings attended by Cllr Feeney this month:

- September 23rd: KWETB Audit and Risk Committee (online) at 2pm
- September 24th: KCC Housing Leasing Briefing (online) at 10.30 am
- September 25th: KCC Twinning Liaison Committee (online) at 11.00 am
- October 1st: KCC Strategic Policy Committee in Chamber at 2 pm
- October 2nd: Council MD meeting in Chamber at 10.00 am
- October 2nd: ETBI AGM (online) at 2 pm
- October 9th: Workshop on Open Spaces Strategy for Kildare (online) at 2pm
- October 12th: Maynooth Community Council (online) at 8 pm
- October 13th: KCC Finance Committee (online) at 3.45 pm
- October 16th: KCC Finance Meeting with MD in Chamber at 12.30 pm
- October 19th: Briefing with National Broadband Ireland (online) at 11 am
- October 19th: Council Plenary in Newbridge Town Hall at 3 pm

Maynooth Senior Citizens Committee

As we go to level 5 lockdown Maynooth Senior Citizens Committee would like to let our senior citizens know that our thoughts are with you all at this difficult time. It is regrettable that we have not been able to restart our programme of events or the morning Club since March 2020.

We would like to assure you all that we have been working on your behalf in the background by adhering to government guidelines but also the guidelines and recommendations received from the HSE in relation to older people during the pandemic. They have made it very clear that we are not permitted to have any gatherings or events as there are many extra considerations to be taken into account with groups such as ours.

But all is not doom and gloom. We are still providing some services such as the provision of alarms and the fuel arrangement will go ahead before Christmas. We hope you will keep going with your art, playing and listening to music, crafts, reading, walking where possible and pursuing your interests or hobbies. Also don't forget that you can always contact your senior citizens contact person in your area. They have been and will be contact albeit remotely. Don't feel that you are alone, pick up the phone.

Hopefully we will get back to some semblance of normality in the New Year and that we can look forward to the morning club and the next tea-dance. We will have to make it extra special.

With all our good wishes
Stay well and safe.

Maynooth Senior Citizens Committee



Productive Things to do during Lockdown

Being on lockdown doesn't have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV to writing a novel, there are plenty of productive things you can take up to pass the time - why not start right now.

Learn a New Language

There is a wide selection of You Tube videos and online tutorials where you can learn a new language of your choice. Now is your chance to use the time to increase your knowledge.

Learn to play an Instrument

Maybe you have a piano or keyboard lying around or a guitar that you bought and never actually used. With so much free time, it's never been easier to pick up a new skill. Again lots of classes on You Tube or online classes to get you started.



Write a Novel

The idea of writing a novel is one which can often seem daunting but most of us at some time have thought about it. All you need is a good idea to get you started. Writing can be an incredibly therapeutic practice and one which can help to pass the time.

Get Fit

Working out at home can be so beneficial for both your mind and body. Why not try out different types of workouts over the next few weeks and find out what workouts you enjoy most and that really works for you. Plenty to try yoga, pilates, tai chi, you will be spoilt for choice. Weather permitting walking and jogging and getting out in the fresh air will make you feel so much better. Keep active by downloading a Couch to 5k app.

Take a Course

Whether you're looking to start a new hobby or improve upon your career, there is a whole host of online courses to choose from so now is your chance to learn new skills.

Take up Photography

View life through a different lens as you capture all the important moments - big or small - on camera. Take stunning photos, become a professional photographer, or start your own photography business. Lots of online courses to help you get started.



There are so many things to do and enjoy at home—knitting, art, baking, read new books - the list is endless. You just need to get motivated and once you get started there is no limit to what you can achieve.



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

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For Written Answer on : 22/09/2020

Question Number(s): 434 Question Reference(s): 24957/20

Department: Education

Asked by: Catherine Murphy T.D.

QUESTION

To ask the Minister for Education the date on which refunds will issue to persons that paid for school transport for the 2020/2021 school year that now do not wish to avail of the services.

REPLY

School Transport is a significant operation managed by Bus Éireann on behalf of the Department of Education. In the 2019/20 school year over 120,000 children, including over 14,200 children with special educational needs, were transported in over 5,000 vehicles on a daily basis to primary and post-primary schools throughout the country covering over 100 million kilometres at a cost of over €219m in 2019.

The purpose of my Department's School Transport Scheme is, having regard to available resources, to support the transport to and from school of children who reside remote from their nearest school.

The closing date for payment for the 2020/2021 school year was Tuesday 4th August 2020. All children who are eligible for school transport and who applied and paid by the deadline have been accommodated on school transport services where such services are in operation.

Children who are not eligible for school transport may apply for transport on a concessionary basis and are facilitated where spare seats exist after eligible children have been accommodated. Where the number of ineligible children exceeds the number of spare seats available Bus Éireann allocates tickets using an agreed selection process. Bus Éireann has already issued refunds to a number of ineligible children who were unsuccessful in acquiring a ticket on services that are operating to capacity at present.

The School Transport Scheme Family Portal was temporarily closed for applications and payments on the 20th August 2020. This temporary closure was necessary to complete the work required to issue tickets to families who at that time remained due to be allocated a ticket for school transport services for the 2020/2021 school year.

The School Transport Scheme Family Portal re-opened on the 7th of September.

However, parents/guardians making an application/payment at this time for the 2020/2021 school year are reminded that the closing date for payments for the 20/21 school year was Tuesday 4th August 2020. While it is possible to submit a payment, payments made at this time are now late. Late applicants and/or families who pay late are not guaranteed a seat and will only be allocated a seat if capacity is available once seats are allocated to those families who applied and paid on time for transport services for the 2020/2021 school year.

In addition, payments for Post-Primary seats completed or made after 4th August 2020 can only be considered when 50% capacity, required by new Covid19 public health guidelines, is achieved on each route.

In the event of not securing a ticket where no capacity exists, or on cancellation, a full refund will be issued.

For Written Answer on : 22/09/2020

Question Number(s): 435 Question Reference(s): 24958/20

Department: Education

Asked by: Catherine Murphy T.D.

QUESTION

To ask the Minister for Education the overall provision she has made in respect of the grant to support persons that will avail of private transport arrangements regarding school transport for the 2020/2021 school year.

REPLY

School Transport is a significant operation managed by Bus Éireann on behalf of the Department of Education. In the 2019/20 school year over 120,000 children, including over 14,200 children with special educational needs, were transported in over 5,000 vehicles on a daily basis to primary and post-primary schools throughout the country covering over 100 million kilometres at a cost of over €219m in 2019.

The purpose of my Department's School Transport Scheme is, having regard to available resources, to support the transport to and from school of children who reside remote from their nearest school. All children who are eligible for school transport and who completed the application and payment process on time have been accommodated on school transport services for the 2020/2021 school year where such services are in operation.

Based on the public health advice published in early July, my Department had been planning for School Transport Scheme services for the 2020/2021 school year to fully operate, but with additional measures and hygiene requirements in place. The Department had been engaging intensively with Bus Éireann in regard to the logistics for the safe operation of School Transport Scheme services for the 2020/2021 school year.

Updated health advice was received from NPHET on the 18th August, which impacts on the operation of post-primary school transport services. This advice stated that for secondary school students on school transport, strict distancing should be ensured in line with that on public transport along with the wearing of face coverings.

The Department has been engaging with Bus Éireann in respect of these plans, in order to implement measures so that any services that can operate from the start of the school year at 50% capacity will do so and over the coming period all other post-primary transport services will be re-organised and additional services will be provided as required to allow for physical distancing.

Every effort continues to provide a safe transport service for when schools re-open. However, if parents decide not to avail of transport services they may request a refund on the cost of their ticket for the 2020/2021 school year.

For those children who are eligible for transport under the terms of the post-primary school transport scheme and whose parents decide not to use post-primary transport for the 2020/2021 school year, in light of the impact of most recent health advice, the Department will provide a grant to support them with the cost of private transport arrangements. Parents were asked to inform the Department by Friday the 4th of September if they wished to avail of this option.

Grants will be paid at the end of the school year following receipt of relevant documentation confirming the number of days the child/ren has attended school in the 2020/2021 school year. The grant is based on the distance a family resides from their school of eligibility, with a minimum daily rate of €2.60 and a maximum daily rate of €5.10. Grants are not available to children

who are not eligible under the terms of the transport scheme.

For Written Answer on : 22/09/2020

Question Number(s): 436 Question Reference(s): 24959/20

Department: Education

Asked by: Catherine Murphy T.D.

QUESTION

To ask the Minister for Education the cost of providing extra services on the school transport scheme in order to utilise more buses in order to comply with physical distancing on services for the 2020/2021 school year.

REPLY

School Transport is a significant operation managed by Bus Éireann on behalf of the Department of Education. In the 2019/20 school year over 120,000 children, including over 14,200 children with special educational needs, were transported in over 5,000 vehicles on a daily basis to primary and post-primary schools throughout the country covering over 100 million kilometres at a cost of over €219m in 2019.

Based on the public health advice published in early July, and the updated advice received from the HPSC on 7th August and from NPHET on the 18th August, the Department has been planning for School Transport Scheme services for the 2020/2021 school year to fully operate, but with additional measures and hygiene requirements in place and with the rolling implementation of measures on post-primary services as required to provide physical distancing, in line with those required on public transport, which is using 50 per cent of passenger capacity.

The planning to date is in accordance with the Government decision of 18th August, which set out that arrangements for school transport would proceed as planned for re-opening but the Minister for Education and Skills and the Minister for Health and other relevant Ministers will review measures, including any additional resources, to ensure the safe operation of school transport for secondary school children.

School Transport Scheme services commenced operation on the 26th August 2020. All children who are eligible for school transport and who completed the application and payment process on time have been accommodated on transport services for the 2020/2021 school year where such services are in operation.

My Department has been engaging intensively with Bus Éireann in regard to the logistics for the safe operation of School Transport Scheme services for the 2020/2021 school year. My Department has also been engaging with Bus Éireann on the logistics involved with the rolling implementation of measures on post-primary services as required to provide physical distancing, in line with those required on public transport, which is using 50 per cent of passenger capacity.

An assessment of the resources required to implement physical distancing on all post-primary services has been undertaken and, in line with the Government decision, my Department is reviewing this information in consultation with other relevant Departments with a view to implementing the measures required to ensure the operation of school transport for post-primary children that is aligned to updated health advice received from NPHET on the 18th of August.

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

Continuing to support
the people of
Maynooth-Clane
in these difficult times.

*Thank you to all our
frontline workers.*



Cllr Angela

Feeney

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LABOUR



James Lawless T.D. Kildare North

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



Royal Canal Greenway Good News - Maynooth Update

Councillor Paul Ward and I were informed recently that The Director of Services of Kildare County Council meet recently with the National Transport Authority (NTA) to resolve outstanding design issues regarding the completion of the Royal Canal Greenway between Maynooth and the county border with Dublin. Agreement was reached to proceed with the Maynooth to county border scheme to final detailed design. It is envisaged that the tendering process will be completed by Quarter 1, 2021 and contract awarded, subject to funding being confirmed by the NTA in 2021. This is great news and the continuing development of this great amenity continues.

Confirmation from Taoiseach that three significant projects are underway on Kildare train service lines.

The Taoiseach has confirmed with me that the three significant projects are underway and progressing well in relation to the Kildare Line. This includes:

Investment in additional carriages

- 41 additional carriages are under construction with delivery expected to commence in late 2021.
- These additional carriages will enter service on the Maynooth/M3 Parkway line, the Northern Line and the Kildare line.
- They are expected to boost capacity on the Kildare line by approximately 30% in the peak periods.

DART+

- DART+ (previously referred to as DART Expansion) is a multi-billion-euro investment programme which will effectively double the capacity of the rail network in the Greater Dublin Area.
- On the Kildare line it will see the line electrified as far as Hazelhatch and Maynooth and the introduction of DART level services and infrastructure.
- Capacity on the Kildare line will increase for both commuter services and longer-range intercity services.

National Train Control Centre

- Construction has commenced on a new National Train Control Centre at a site within the Heuston Station complex.
- The new Control Centre will improve the management and operation of all rail services including those on the Kildare line.

I am aware that the Dart+ project will bring enormous benefit to many commuters in Kildare, especially Maynooth and Leixlip. However, Councillor Paul Ward and I will be pressing for this DART expansion to go beyond Hazelhatch into Sallins and furthermore to continue past Maynooth into Kilcock. I spoke at the Special Committee on COVID-19 and its impact on public transport hearing recently and stated that it is important not to lose sight of the pressures on the system pre-Covid, for example, trains and buses running

above capacity, a lack of park-and-ride facilities, parking and other supporting services needed to make the transition to public transport. Councillor Paul Ward and I made a comprehensive submission to Irish Rail detailing the reasons we believe the DART + should run into Kilcock and on to Enfield.

Free TaxSaver Extension – Key Questions

All customers who on April 1 2020, had a valid an annual TaxSaver ticket for Public Service Obligation (PSO) public transport services and who haven't already sought a refund can now receive a free taxsaver extension to their ticket. This includes customers of Dublin Bus, Luas, Bus Éireann, Iarnród Éireann, and Go-Ahead Ireland.



What does the customer have to do now?

Nothing. The customer is not required to fill in forms or supply any details. Any customer whose ticket expires, and who has not already requested a refund, will automatically be provided with a new free ticket on their existing Leap card. This new ticket extends validity for six months from the date of expiry of their original ticket.

How does a customer “collect” their free ticket?

“Collecting” the new ticket is straightforward for the customer and is identical to the process already in place for TaxSaver tickets. Bus customers can collect it using their Leap Top-Up App or in a Leap Card retailer, while Luas and Iarnród Éireann customers collect it automatically as they travel.

Applicable Bus Éireann Point to Point ticket holders will receive a new ticket by post to include this six month extension

As a customer, I renewed my annual TaxSaver since April 1 2020. Will I benefit?

Yes. The validity of your ticket will be extended at the time of its expiry next year.

As a customer, this extension does not suit me. Can I still seek a refund?

Yes. Where the customer wishes to receive a refund rather than avail of the free extension, it is still open to them to make such a request via their employer under existing terms and conditions

Kildare County Council is preparing the Draft Register of Electors for 2021/2022.

The updated register will come in to effect on February 15th, and will remain in place for every vote for the following 12 months. Everyone over the age of 18, and ordinarily resident in either of Kildare's constituencies can register now to join the electors register. Kildare County Council is asking people to visit www.checktheregister.ie to make sure information for those already registered in correct. If you need forms for registration please call my office and we can send to you directly.

Completed forms to be returned to Register of Electors, Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare.

Kildare Planning Applications for Maynooth Area

Planning Applications received from 29/09/2020 to 27/10/2020 Information from Kildare County Council Website

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

App #	Authority	Applicant Name	Development Address	App Date
201264	Kildare County Council	Neil and Clara Jordan,	29 Limetree Hall, Dublin Road, Maynooth, Co. Kildare.	27/10/2020
201243	Kildare County Council	Sandra Darcy,	Taghadoe, Maynooth, Co. Kildare	20/10/2020
201193	Kildare County Council	Neil and Clara Jordan,	29 Limetree Hall, Dublin Road, Maynooth, Co. Kildare.	13/10/2020
201181	Kildare County Council	Andy and Deirdre Doyle,	53 Maynooth Park, Maynooth, Co. Kildare W23 D5W4.	09/10/2020
201170	Kildare County Council	Laia Cusell,	12 Greenfield Drive, Maynooth, Co. Kildare	08/10/2020
201146	Kildare County Council	Authorized Property Company Limited,	Glenroyal Hotel, Straffan Road, Maynooth, Co. Kildare	05/10/2020
201138	Kildare County Council	David and Siobhan O' Connor,	36 Moyglare Village, Maynooth, County Kildare	02/10/2020
201133	Kildare County Council	Kieran Duffy and Annette Murphy,	Clonfert South, Maynooth, Co. Kildare, W23K8X7	30/09/2020
201119	Kildare County Council	Laura Bruton,	Ballygoran, Maynooth, Co. Kildare.	29/09/2020

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THE MIRACLE PRAYER

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

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

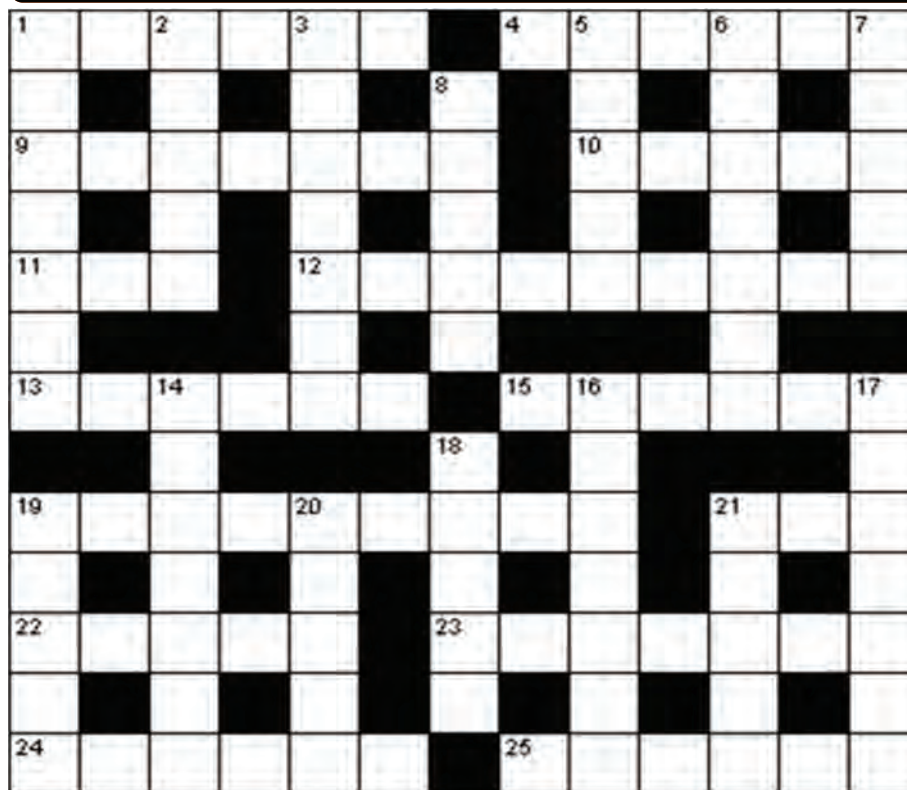
Thanksgiving for favour received

Clues Across

1. Afternoon nap in Spain (6)
4. Wide street (6)
9. Coherent (7)
10. Speak (5)
11. Playing card (3)
12. Exactly the same (9)
13. not as strict (6)
15. Armed thief (6)
19. Set up or found (9)
21. Australian flightless bird (3)
22. Stories (5)
23. Chosen by vote (7)
24. Fervid (6)
25. Basement (6)



November 2020 Crossword - No. 496



Clues Down

1. Save from destruction (7)
2. Bird of prey (5)
3. Haptic (7)
5. Strong room (5)
6. Observed (7)
7. Join up (5)
8. Hints (5)
14. Resolved (7)
16. Sports contestant (7)
17. Booming noise (7)
18. More judicious (5)
19. Additional (5)
20. Large shaggy bovid (5)
21. Exalt (5)



Solutions to Crossword No. 495

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

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

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

Difficult

Sudoku Challenge

Super Difficult

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

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



Entries for the Colouring Competition have been suspended until further notice



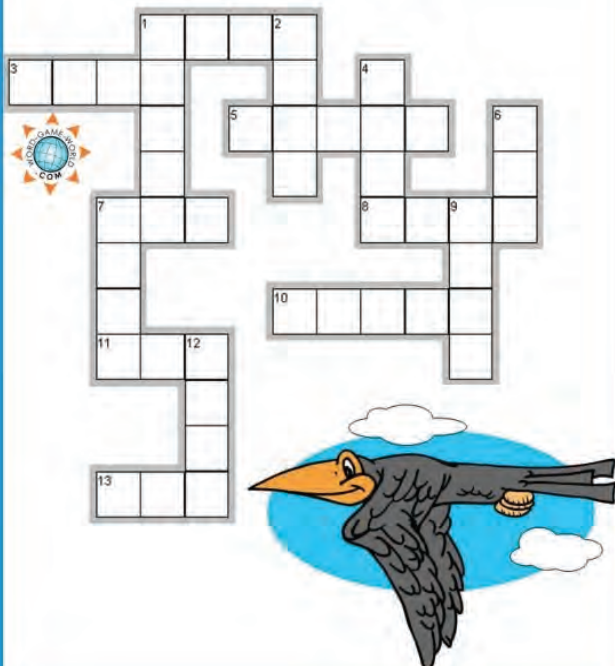
Entries for the Colouring Competition have been suspended until further notice.

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

Rhyme Time



ACROSS

1. When the boy fell, the teacher rang the ____.
3. We got a good deal on our ____.
5. If you walked a mile, would you still ____?
7. Birds can fly in the ____.
8. The sleepy clown sat ____.
10. The spilled milk made a mess on her ____.
11. What is your plan for this frying ____?
13. Our cat is very ____.

DOWN

1. Jack always wears the colour ____.
2. She put the stamp under a ____.
4. She is very sad, but I hope she will soon be ____.
6. When will the man open the ____?
7. If you start to hop, when will you ____?
9. If you see the lucky fish, be sure to make a ____.
12. The baby bird will rest in its ____.

Solution to Crossword

Across: Bell, Meal, Smile, Sky, Down, Dress, Pan, Fat
Down: Black, Lamp, Glad, Can, Stop, Wish, Nest.

- Q: Why is 6 afraid of 7?
A: Because 7 — 8 — 9

- Q: Where do pencils go on holiday?
A: To Pencil-Vania

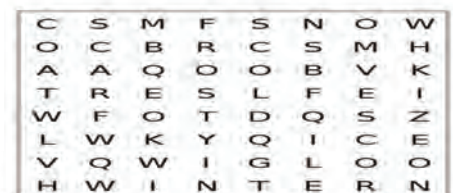
- Q: What do Elephants and Trees have in common?
A: They both have Trunks

- Q: What animal can jump higher than a house?
A: Any animal. A house can't jump.

- Q: How do you spot a modern spider?
A: He doesn't have a web, he has a website.



November Word Search



COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



What Happens in November?

Hibernation occurs when an animal becomes inactive, or "sleeps," during the short, cold days of winter. Hibernating and dormant mammals include bears, squirrels, groundhogs, raccoons, skunks, opossums, dormice, and bats.





THINGS TO DO IN YOUR GARDEN IN NOVEMBER



There's still time to **plant daffodil bulbs** and other spring flowering bulbs for a magnificent start to next years display. **Plant tulip bulbs** now to prevent Tulip Fire infection. Plant up a terracotta pot of **hyacinth bulbs** for a simple but stunning display next spring. Plant Magnolias now for a beautiful Spring display. Now is the ideal time to plant a **magnolia tree** for a beautiful spring display. Gather up fallen leaves from around the base of **rose bushes** which suffered from blackspot or rust this summer, to reduce the chance of infection next year. Continue to **lift dahlia tubers**, begonias and gladiolus corms to store dry over the winter months. Remove the dead foliage before storing. Cut back the yellowing foliage of **herbaceous perennials**, and lift and divide overcrowded clumps to maintain their vigour. Cut a few stems of holly for making Christmas garlands before the birds eat them all.

The Final Harvest: Potatoes

(dry off skins, then store in sacks); **beans** (if any left in the pods, allow to dry, then store in jars for adding to casseroles); **cabbages** (first, check for any slugs, then store in a frost-free shed); **tomatoes & peppers** in the greenhouse (use unripe ones for chutney, or store in the dark in a cool room where they will slowly ripen – a banana will help the process!). **Things to Plant and Sow: Onion sets** and **garlic**; **broad beans** (these will do best under cloches or fleece); also, this is the best time to sow sweet peas – not edible but they look lovely around the plot (but protect from mice over winter); **lettuces** (in the greenhouse); **green manures** (if cold and wet, try field beans).

Fruits: Gooseberry 'Hinnonmaki Red' is a hardy variety well suited to northern conditions, which produces sweet, purple-red fruits on upright, easy to prune plants. This is the perfect time to plant them. This is a good time to plant stepover apples, giving them the winter to settle in. Pomona Fruits has a great range. Choose several that will pollinate each other for bumper yields.

Prune roses: Prune climbing roses, tying them into their supports as you go. You can force them yourself but that means starting in August/September and involves a lot more preparation.



Remember winter is coming and birds need to **build up fat reserves** to help them survive the colder winter months. November is the ideal time to start feeding wild birds in your garden with high protein **Chirpy Peanuts** and **high protein Sunflower seeds**.

Leaves are falling rapidly, and wind and rain are on the increase. Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots.

Essential advice for the gardener

Grow **Peas** of mind.
Tumip to help your neighbour.
Lettuce be thankful.
Always make **Thyme** for loved ones.



Slow Cooker Recipes

Slow-cooked chicken with chorizo

Ingredients: **Serves 6**

- 200g chorizo, cut into chunks
- 1 onion, peeled and diced
- 2 sticks of celery, finely sliced
- 2 cloves of garlic, finely chopped
- 2 packs of chicken thighs (12 in total)
- 1 tin chopped tomatoes
- 200 ml water
- 1 dessert tomato puree
- 1 tsp sugar
- Sprig of rosemary, chopped



Method:
Chicken thighs work beautifully in the slow cooker. Firstly, trim off any excess skin tucked underneath the thighs, there is usually quite a bit of spare skin. Fry off the chorizo in a heavy-based frying pan. There is no need to add any extra oil, the chorizo will release oil when cooking. When the chorizo is nicely browned, remove it from the pan using a slotted spoon and add to the slow cooker. Fry the chicken thighs a few at a time until skin is crispy. This will need to be done in batches. Add the chicken to the slow cooker as each batch is fried off. When you have finished cooking off the chicken, add the onion, celery and garlic to the pan and cook over a gentle heat for five minutes or so until starting to colour, then add to the slow cooker, along with the tin of chopped tomatoes, water, tomato puree, sugar and rosemary. Season with some freshly ground black pepper. Put the lid on the slow cooker and cook on low for seven hours. This is delicious served with baked potatoes.

Slow cooker cashew chicken

Ingredients:

- 2lbs boneless skinless chicken breasts (About 4 pieces), cut into 1 inch pieces
- 3 tbs cornstach
- ½ tsp black pepper
- 1 tbs canola oil
- ½ cup low sodium soy sauce
- 4 tbsp rice wine vinegar
- 4 tbsp ketchup
- 2 tbsp sweet chilli sauce
- 2 tbsp brown sugar
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- ¼ tsp red pepper flakes
- 1 cup cashew nuts



Method:
Combine cornstarch and pepper in resealable food storage bag. Add chicken. Shake to coat with cornstarch mixture. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Place chicken in slow cooker. Combine soy sauce, vinegar, ketchup, sweet chilli sauce, sugar, garlic, ginger, pepper flakes and cashews in small bowl; pour over chicken. Cook on low for 3 - 4 hours. Serve with rice.

Slow cooked brisket of beef

Ingredients:

- 1.6kg (approximately) brisket of beef
- A bundle of hard herbs such as rosemary, thyme, marjoram and bay
- A large glass of red wine or stock (beef or vegetable)
- 2 carrots, peeled and cut into chunks
- 2 onions, peeled and cut into quarters
- 4 cloves of garlic, roughly chopped
- Quarter of one star anise (optional)
- Quarter of one cinnamon stick (optional)



Method:
Brown the brisket on both sides in a little olive oil in a frying pan and season with freshly ground salt and pepper. Put the brisket into the slow cooker, deglaze the pan with the wine or stock and pour this over the brisket. Add the rest of the ingredients to the slow cooker. Put the lid on, and turn on the slow cooker on medium or low and cook for 8 hours. To serve, remove the brisket from the slow cooker and pull it apart with two forks or alternatively slice it, cutting against the grain. The beef should fall apart; the meat deliciously juicy. Serve the beef with the cooking liquid and vegetables.





FILM/DVD MONTHLY BY BERNIE CLAXTON

40 Classic Movie Quotes



1) "Well, nobody's perfect." - *Some Like it Hot*, (1959)

2) "Toto, I've a feeling we're not in Kansas anymore." - *The Wizard of Oz*, (1939)

3) "Hasta la vista, baby." - *Terminator 2: Judgment Day*, (1991)

4) "Keep your friends close, but your enemies closer." - *The Godfather Part II*, (1974)

5) "You can't handle the truth!" - *A Few Good Men*, (1992)

6) "You're gonna need a bigger boat." - *Jaws*, (1975)

7) "Here's looking at you, kid." - *Casablanca*, (1942)



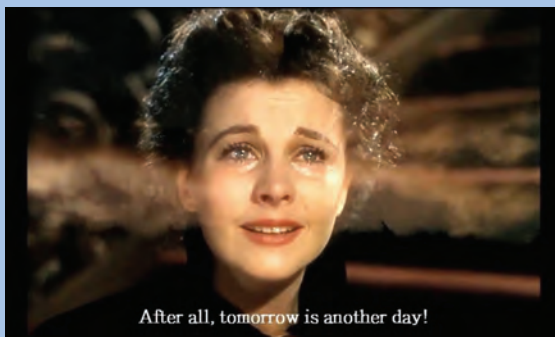
8) "I'm the king of the world!" - *Titanic*, (1997)

9) "I am big! 'It's the pictures that got small." - *Sunset Boulevard*, (1950)

10) "Here's Johnny!" - *The Shining*, (1980)

11) "Rosebud." - *Citizen Kane*, (1941)

12) "After all, tomorrow is another day!" - *Gone with the Wind*, (1939)



13) "Fasten your seatbelts. It's going to be a bumpy night." - *All About Eve*, (1950)

14) "It was beauty killed the beast." - *King Kong*, (1933)

15) "May the Force be with you." - *Star Wars*, (1977)

16) "Frankly my dear, I don't give a damn." - *Gone with the Wind*, (1939)

17) "I could'a had class. I could'a been a contender" - *On The Waterfront*, (1954)

18) "You talking to me?" - *Taxi Driver*, (1976)

19) "I want to be alone." - *Grand Hotel*, (1932)

20) "Play it Sam." - *Casablanca*, (1942)

21) "Nobody puts Baby in a corner." *Dirty Dancing*, (1987)

22) "Nobody talks like that." - *Some like it Hot*, (1959)



23) "My Precious." - *The Lord of the Rings: The Two Towers*, (2002)

24) "I see dead people." - *The Sixth Sense*, (1999)

25) "We'll always have Paris." - *Casablanca*, (1942)

26) "I'll have what she's having." - *When Harry Met Sally*, (1989)



27) "Carpe Diem. Seize the day boys." - *Dead Poets Society*, (1989)

28) "Houston, we have a problem." - *Apollo 13*, (1995)

29) "A martini. Shaken, not stirred." - *Goldfinger*, (1964)

30) "I am serious and don't call me Shirley." - *Airplane*, (1980)

31) "Why so serious?" - *The Dark Knight*, (2008)

32) "There's no place like home." - *The Wizard of Oz*, (1939)



33) "They call it a Royale with cheese." - *Pulp Fiction*, (1994)



34) "You ain't heard nothing yet!" - *The Jazz Singer*, (1927)

35) "You know how to whistle, don't you, Steve?" - *To Have and Have Not*, (1944)

36) "The Dude abides." - *The Big Lebowski*, (1998)

37) "Mama says, Stupid is as stupid does." - *Forrest Gump*, (1994)

38) "I'm having an old friend for dinner." - *Silence of the Lambs*, (1991)



39) "Every time a bell rings, an angel gets its wings." - *It's a Wonderful Life*, (1946)

40) "Mrs Robinson, you're trying to seduce me, aren't you?" - *The Graduate*, (1967)

Answers to October James Bond Quiz

- | | |
|---------|---------|
| 1. (b) | 11. (a) |
| 2. (b) | 12. (b) |
| 3. (c) | 13. (b) |
| 4. (b) | 14. (a) |
| 5. (b) | 15. (d) |
| 6. (c) | 16. (c) |
| 7. (c) | 17. (d) |
| 8. (b) | 18. (b) |
| 9. (b) | 19. (c) |
| 10. (a) | |



BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



Brady's Bar, Lounge & Restaurant



In line with Government Guidelines Brady's will remain closed during Level 5 Restrictions

We hope to see you all in December

Best Wishes to All during these extraordinary times.

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