



## Local News September 2021 Issue No. 505 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.



### Town progress to FAI Senior Cup Quarter-Finals

Another notable milestone in maintaining this push to the pinnacle of being one of the best teams to grace Leinster Senior League football, having won the FAI Intermediate Cup in 2018 and had a number of promotions, our sights are now set on a bigger prize, the FAI Senior Cup. Having performed admirably in past ventures at this level against such opposition as Cork City and Waterford F.C. we now found ourselves pitted against more Cork opposition in Cobh Ramblers. We savoured the chance to take on League of Ireland opposition at this stage of the competition and measure our progress over the past few seasons.



#### F.A.I Senior Cup 2nd Round. Town 3 Cobh Ramblers 2

With recent injuries cleared up Town were confident of a good show in this eagerly awaited 2nd round encounter. Town settled quickly and took the game to Cobh right from kick-off. Following good pressure Town took the lead in the 17th minute when S. Kenny smashed a cross into the Cobh area which was turned into the Cobh net by J. Kavanagh. Town kept control for long periods and were looking in control but a knee injury to winger Cillian Duffy meant a reshuffle to the Town front line. Cobh drew level in the 4th minute of added time with a powerful header.

Cobh came more into the game in the second half and were putting Town under heavy pressure. Town would not buckle and a superb back four were insurmountable. Darragh Gannon, Conor Dunne, Jack Corrigan and Alex Fitzgibbon can feel proud of their parts with Shane Fagan adding extra security between the post. The introduction of Jack O'Connor in the 73rd minute added more pace to the Town strike force and it proved a wise move. O'Connor made room for himself soon after and placed his shot into the bottom right hand corner. Six minutes later Cobh drew level when a harshly awarded penalty was converted. With the game seemingly heading for extra time Jackson Ryan had other ideas when weaving his way into Cobh penalty area slotting home what proved to be an unbelievable winner. We now look forward to next game in our quest for further honors.

This was a total team of Heroes

Team : (1) Shane Fagan could not be faulted for the Cobh goals and oozed confidence throughout. (2) Darragh Gannon must vie for man of the match with a five star performance, his defensive qualities and ability to push forward made him something special. (3) Alex Fitzgibbon had big boots to fill when taking over from Jake at left full who moved into the center and filled them with no bother. (4) Conor Dunne was an inspiring captain who led his troops with great determination and showed this great heading ability in a super performance. (5) Jack Corrigan Mr. Varsity himself. There are no superlatives that can describe this guy, moving to centre-back from left back has been no problem to him. (6) Alex Kelly; The silken skills of Alex and his ability to break up opposition are a major factor in protecting his defense. (7) Jackson Ryan pushes Gannon for man of the match with another five star performance, taking the ball under control and setting up Jack O'Connor to score was something special. (8) Conor Foley the quiet man of the engine room who was the maestro of the orchestra. Not a big lad in stature but boy what a engine he's got. (9) Sven Biensumba, or Svenny as he is affectionately called, put in his usual Trojan performance before firing his shot across goal that brought about the Cobh own goal. (10) Paddy O'Sullivan another who enhanced his reputation with another busy performance. Always snapping at the opposition, he was a major player in midfield. (11) Cillian Duffy was his usual super self until a knee injury midway through the first half saw him depart the game, he has played a major part in our progress to this stage.

The bench always has a major role to play. Our bench was solid and the substitutions



**Front Row L to R: Parker Colgan, Alex Kelly, Jackson Ryan, Jake Corrigan, Conor Foley, Paddy O'Sullivan, Ryan Colgan.**  
**Back Row L to R: Darragh Gannon, Conor Dunne (C), Cillian Duffy, Shane Fagan, Alex Fitzgibbon, Sven Biensumba**

made in no way diminished the quality of the side. Dylan Pierce slotted in nicely when introduced and played his part with great pace. Sean Traynor was brought into midfield when legs began to tire and helped to keep the midfield steady in a good show.

Conor Delahunty showed his obvious talent with a classy contribution to this top show. Eoin O'Neill was a classy performer who was unlucky not to bag himself a goal late in the game which would have made victory easier. Jack O'Connor's mobility was a source of torment to Cobh defense and he expertly put away his goal, lively all round and more to come.

Shane Harte (Team Manager) new to the ranks of team management and homing his side into a well drilled machine. Players responding to his attention to detail and reaping the benefits. Ciaran Kilduff (Coach) Ciaran needs no introduction following a career that saw him ply his skills with several League of Ireland sides.

Gavin Kinsella a valued member of the back room team who ply's his skills between coaching and playing.

Elaine Farrell (Physio) Elaine had to work hard to get a number of players fit for the game following recent injuries. A clean bill of health on the day was testimony to her expertise.

Sincere thanks to Declan, Dave and crew at Brady's for laying on our customary pre-match meal and thanks also to Barton Coaches for sponsorship of our team coach. To our loyal fans who turned out on the evening to lend enormous support to the lads, remaining to applaud the players off at end of game was an indication of there pride in their side.

### St. Mary's Brass & Reed Band 90th Anniversary 1931-2021

The 2nd installment of the Band's history is on page 4





# Maynooth Newsletter

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

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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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Tel: 01-6285922

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

## Letters to the Editor

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

## Mission Statement

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

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events. The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

In addition we undertake the following:

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

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

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

## Maynooth Newsletter Archives

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

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

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

**Editorial Board - Maynooth Newsletter**

## Editorial

With almost 90% of the Irish population vaccinated for Covid 19 the end of most of the remaining restrictions for people to gather socially are expected to be lifted this month or certainly by next month. In Maynooth, we see the return of students to Maynooth University with some on campus activities such as "Orientation Week" and some lectures beginning on September 20<sup>th</sup>. We welcome all students whether starting out on their university education journey or continuing following the blended model of on line lectures and onsite practicals during Covid.

We would want all students to enjoy these important years in their lives, but it is important that students remember that living in residential areas where most of their neighbours will not be students and are at a different stage in their lives needs to be respected. I have also said before that it would be great if more Maynooth University students would take an active role in community activities while living in the town. Without naming any organisation I am sure that they would welcome new members at any time to help out with their activities. Many students have been active in their local communities before moving to Maynooth so why not get involved during the years in Maynooth.

Talking about important community groups "The Maynooth Kilcock Lions Club" was established forty years ago in 1981 so congratulations to them on reaching this milestone. Their mission is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding. The range of projects that they have undertaken over the years are a testament to their ability to attract volunteers and raise funding. On September 3<sup>rd</sup> they are holding their 16<sup>th</sup> Annual Shay Curran Golf Classic and the funds raised will be used for their "Buy the Bus Campaign" for St. Raphaels in Celbridge. If you want to sponsor a tee box or take part in the event check out their Facebook page where they give contact details for this event.

This month we have part two of our feature to mark the 90<sup>th</sup> Anniversary of the St Mary's Brass and Reed Band. The band is as strong as ever and they are currently working to expand their junior band as of course many young people who continue in the band progress to the senior band. The people of Maynooth are very proud that the town has our own band who are based in the Band Hall in the centre of the town. With the growth in the population of the town the St Mary's Brass and Reed Band can continue to grow in numbers and I have no doubt that they will attract the resources and support to prepare for their second century which is only a decade away. With Covid they have not been able to perform as much because of the restrictions but they have brought out a 90<sup>th</sup> Anniversary Calendar for the academic year September 2021 to August 2022. As well as being very useful the calendar is also charts the history of the band over those 90 years. You can pick one up for ten euro at a number of locations in Maynooth including at Maynooth Newsletter office.

Lastly, "Culture Night" is taking place on Friday September 17<sup>th</sup> and of course the St Mary's Brass and Reed Band will be doing a performance in Maynooth Square with the programme beginning at 8pm for an hour.

This event is free and will include a selection of music to suit all tastes including marches, music from the shows, ABBA and The Beatles and many more so go along and enjoy it. There are a number of other events in Maynooth to mark Culture Night 2021 and you can find the details at <https://culturenight.ie/events/>

**Paul Croghan  
Editor**



**Image courtesy of Maynooth Kilcock Lions Club**



**I have picked up a few Calendars for myself and some friends**



**St Mary's Brass and Reed Band in Maynooth Square in August.  
Image courtesy of Pat Boyd**

**Copy date for the next edition of the Maynooth Newsletter will be Monday 27th September 2021**



# MAYNOOTH DRESSES

**Maynooth Dresses are NOW Open**

**Find us at Unit 3 San Feliu, Fagan's Lane, Maynooth  
(Behind EBS Main St)**

**Suppliers of All your Specialty Formal Wear**

**Now stocking Fascinator Headpieces for that Special Event**

**White/ Ivory Girls' Communion Dresses, Accessories & Shoes**

**Boys' 3 Piece Suits, Blazers, Chinos, Boys' Dickie Bow Sets**

**Girls' & Boys' Christening Gowns and Accessories.**

**Debs Dresses**

**NEW Confirmation Range of Dresses**

**Flower Girl Dresses**

**Bridesmaids Dresses**

**See our websites:**

**[www.maynoothcommuniondressers.ie](http://www.maynoothcommuniondressers.ie)**

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

**Contact us on:**

**01 6293585 - 086 8260825 - 085 7471039**



## BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



**We are NOW offering In-door services STRICTLY in line with Government Guidelines. Customers requesting In-door services will be requested to show the relevant documentation in line with the official advise.**

**We will continue to offer Outdoor Service as weather permits.**

**Thank You to All Our Customers for their Continued Support During these Difficult Times.**

**Stay Safe & Well**

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

**<https://www.facebook.com/BradysClockhouseB2/>**





## St. Mary's Band Maynooth - Looking to the Future

September 1955 marked a turning point in the Band's history with the formation of a Boys' Band. With the loss of many of the original Band members this initiative proved to have far reaching and positive results for the continued existence of a Band in Maynooth. Further progress was made in 1959 with the introduction of female members to the Band. There have been many highs and lows along the way, both numerically and financially, but thanks to the efforts of dedicated Committee members the Band now has 45 members in the Senior Band as well as 16 in the Junior Section.

One of the main costs associated with running a Band is uniforms and over the years the public will have seen many different styles, samples of which can be seen in the photographs below. The ones in the St. Loman's Hospital photo were second-hand Garda uniforms with braid added, while the uniform worn in the 1981 Golden Jubilee photo was purchased from a High School Band in the US where the cost of transport and fumigation far exceeded the \$100 paid for the uniform itself. The most recent uniform, including the crest, shown in the Croke Park GAA photo was designed by the Committee and made to measure at a cost of 480 euros per uniform. Fortunately the Kildare Leader Partnership was a huge help in providing some of the finance towards the overall cost of 21,000 euros. Apart from uniforms the cost of running the Band is extremely high with insurance, electricity, heating, conductors' fees, rates and supplying the more expensive instruments. The Band is fortunate to have had excellent support from the people of Maynooth but it still has to find other ways of covering its costs and over the years has organised various and unusual ways of fundraising. Among these were wastepaper collections, weekly whist drives where the only heat in the Band room was from an open fire and a potbellied stove, race nights, musical marathons, sponsored cycles and even a Gymkhana in Carton Estate.



**Front Row (L-R):** Seamus Nevin, Nicholas Dempsey, Cliff Murphy, Tommy Moore, Ned Kealy, Jim Murphy, Tony Dempsey, Barney Boyd, Kevin Boyd.  
**Back Row (L-R):** Brian Redmond (Staff Major); Johnny Boyd, Sean Nolan, Paddy Boyd, Michael Dempsey, Mr W. Timmons (Conductor); Bartley Grady, Michael C. Dempsey.

(Photograph taken in 1964 in St. Loman's Hospital)



### Golden Jubilee of the Reforming of the Band in 1981

**Back Row (L-R):** K. Boyd, B Boyd, P. Boyd, P. Brazil, M. Dempsey, C. Dempsey, G. Power, P. Dempsey, T. Lettis.  
**Middle Row (L-R):** J. Byrne, D. Grant, P. Murray, U. Ennis, L. Higgins, J. Boyd, M.C. Dempsey, T. Kearins, G. Farrell, E. Bean, W. Boyd, T. Lynch.  
**Front Row (L-R):** C. Power, C. Power, E. Nolan, U. Byrne, C. Murphy, N. Kearins, G. Bright, D. Grant, E. Bean.

More recently there were the sales from our two CDs and our 90th Anniversary calendar to fall back on. This was an enormous help as we have had absolutely no income from Parades, Concerts or Collections since December 2018 while we still have our normal outgoings to deal with.



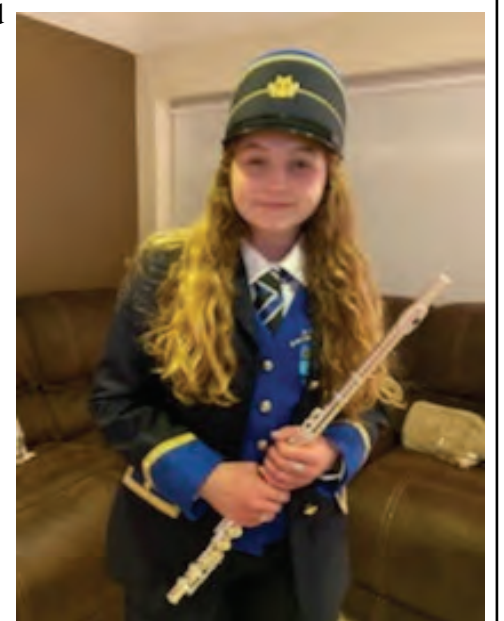
St. Mary's Band in Croke Park



The calendar is available from the Maynooth Bookshop Main Street, Donovan's Centra in Greenfield and the Maynooth Newsletter Office in Carton Retail Park. For those living outside Maynooth postal copies can be arranged through e-mail at [calendarsales90@gmail.com](mailto:calendarsales90@gmail.com).

The Band is now looking forward to, and planning for, its Centenary celebrations in 2031. Part of that plan is to have, like the Artane Band, both a Senior and Junior Band to cater for the growing population of Maynooth and the surrounding areas. Our particular focus at present is on our Juniors and, in partnership with Music Generation Kildare, we hope to encourage young musicians between 8 and 18 years of age to take up instruments and join our Juniors if they so wish. They can then graduate to the Senior Band, like Laura Diamond in the photo alongside, has done when she reached the appropriate standard.

We are taking names at present and would love to hear from interested children through our Facebook page or by calling 087 2537 906 or 087 716 8369 with all your details.



Laura Diamond



# Online Office

## Here to help with

- \* Medical Cards
- \* Health Issues
- \* Social Welfare
- \* Education
- \* Services for Senior Citizens
- \* Housing Support and Grants (Windows/ Doors, Insulation, Roofing, Electrical)
- \* Housing Adaptations and Planning (Level Access Showers, Extensions, Rebuilding Ireland Housing Loan)
- \* Social Housing
- \* Estate Issues
- \* Community Issues
- \* Environmental Concerns
- \* Employment Concerns
- \* Covid - 19 related queries



Phone



E-mail



**Cllr. Angela Feeney**

**Tel. 087 238 1962**

**Email. [angelafeeney@gmail.com](mailto:angelafeeney@gmail.com)**

**Stay safe everyone.**





# Maynooth Ladies GAA teams in the County League

August 7th was Ladies Day at Maynooth GAA with two senior ladies teams contesting County Finals. The first 15 were up against Na Fianna in the Division 3 final while the Division 8 final was between Maynooth and Confey.

As can be seen from the accompanying photographs, both teams were successful on the day, both winning by comprehensive score lines.

2021 is the first year that Maynooth have fielded two senior teams in over 10 years and illustrates the strength of Ladies Football in the club. Both teams now go forward into September hoping for continued success, the 1st Team in the Senior Championship and the 2nd team at Junior C.

Maynooth Ladies GAA caters for all ages and abilities, from nursery up to adult level. There is also a Gaelic for Mothers & Others group. If you are interested in playing Gaelic football with Maynooth GAA Ladies please contact [maynooth.kildare@lgfa.ie](mailto:maynooth.kildare@lgfa.ie) and you will be put in touch with the relevant team coaches.



Captains Orlaith and Roisin with the trophies.



Orlaith Kirwan gathers the ball with Niamh Hayes supporting.



Siofra Dunne attempts an interception.



Emma Tilly breaking out of defence.



Anne Dempsey takes dead aim



No stopping Martha Gilligan.



Si le Flood gets her pass away as Ciara Hynes looks on.



Orlaith Kirwan converts another 20m free.





# CULTURE NIGHT

FRI 17 SEP 2021

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

Search Kildare/Maynooth for live links

## Roinn na Nua-Ghaeilge, Ollscoil Mhá Nuad



## Ceardlann Amhránaíochta le Muireann Nic Amhlaoibh

Online

Bí linn do cheardlann amhránaíochta ar líne do dhaoine fásta le Muireann Nic Amhlaoibh ó Ghaeltacht Chorca Dhuibhne.

Amhránaí, ceoltóir, agus craoltóir is ea Muireann go bhfuil a cáil roimpi ar fuaid an domhain. Is mó gradam a bronnadh uirthi ina saol proifisiúnta, mar shampla Amhránaí na Bliana ag Gradam Ceoil TG4 2011 agus Rian Traidisiúnta na Bliana ag Gradaim Cheoil Tíre RTÉ 2018.

Seo deis iontach chun foghlaim ó bhanríon na n-amhrán. Fáilte roimh chách, ach is gá clárú roimre [nua.ghaeilge@mu.ie](mailto:nua.ghaeilge@mu.ie) mar tá spásanna teoranta.

Time: 4pm - 5.30pm

Genres: An tOireachtas / Language / Music / Performance

Features: Gaeilge

Website: <http://www.maynoothuniversity.ie/nua-ghaeilge-modern-irish>

Phone: 01 708 3666

## Agallamh, Amhráin agus Ceol le Muireann Nic Amhlaoibh

Online

Beidh Muireann Nic Amhlaoibh, banríon na n-amhrán agus na bhfeadóg, linn d'oíche speisialta chuileachtan ar líne á cur i láthair ag an Ollamh Tríona Ní Shíocháin.

Tá Muireann Nic Amhlaoibh ar dhuine d'amhránaíthe agus de cheoltóirí móra Chorca Dhuibhne agus is minic le clos í ar RnaG, RTÉ, TG4, agus BBC Alba.

Ina teannta don oíche seo beidh Tríona Ní Shíocháin, Sailí Ní Dhróighneáin, Nada Ní Chuirrin, agus Máire Ní Churraoin ó Roinn na Nua-Ghaeilge, Ollscoil Mhá Nuad.

Bainfear macalla as an seomra fíorúil seo le geabaireacht agus le ceol! Fáilte roimh chách ach is gá clárú roimre ag [nua.ghaeilge@mu.ie](mailto:nua.ghaeilge@mu.ie)

Time: 7.30pm - 9pm

Genres: An tOireachtas / Dance / Music / Performance / Talk

Features: Gaeilge

Website: <http://www.maynoothuniversity.ie/nua-ghaeilge-modern-irish>

Phone: 01 708 3666

[Book Now](#)

## St Mary's Brass and Reed Band



## St Mary's in The Square

Offline

On Culture Night, St. Mary's Brass and Reed Band will be playing a selection of music to suit every taste including marches, music from the shows, Abba, The Beatles and many other numbers guaranteed to entertain.

Time: 8pm - 9pm

Genres: Music / Performance / Sober

Features: Family friendly / Wheelchair accessible

Address: Court House Square, Maynooth, Co. Kildare

Website: <http://stmarysbandmaynooth.ie/wp/>

Phone: 087 2537906

No Booking Required

## Kasia Elias



## Kasia sings Brazilian Music

Online

On Culture Night, explore Brazilian music with Kasia Elias, live from her home studio in Maynooth. Joining her on the night, will be Brazilian guitarist, Gustavo de Moraes and during their performance you will hear some Bossa Nova, Samba and MPB.

Brazilian music has had widespread influence on musicians in various genres all over the world and during the event listeners will enjoy a lot of standards played alongside recently released tunes. Let them take you on a Brazilian trip in the comfort of your own living room! The concert will be streamed live through Facebook and Instagram.

Time: 7pm - 8pm

Genres: Heritage / Music / Other / Performance

Features: Family friendly

Website: <http://www.kasiaelias.com>

Phone: 083 834040

No Booking Required

## Maynooth Library



## Maynooth University Library and Russell Library



## Treasures from the Historic Collections at Maynooth University and Russell Library

Online

On Culture Night, join staff at the Russell Library for this wonderful opportunity to get a close-up, virtual look at some of the rare books and archives from their magnificent collections.

The Russell Library houses a treasure trove of historical works in St Patrick's College, Maynooth with approximately 34,000 printed works dating from the 16<sup>th</sup> to the mid-19<sup>th</sup> century across a range of subjects including: theology, mathematics, science, geography and history. Other important collections include: medieval and Gaelic manuscripts, archival material and incunabula (pre-1501 printing).

Booking essential.

Time: 4pm - 8pm

Genres: History / Language / Literature / Museum

Features: Family friendly

Website: <http://www.maynoothuniversity.ie/library>

Phone: 01 7086445

[Book Now](#)

## St. Mary's R.C. Church / Maynooth Gospel Choir



## Culture Night with Maynooth Gospel Choir

Offline

Following Maynooth Gospel Choir's highly successful 2020 Virtual Culture Night, they are delighted to be back providing an in-person performance. For their 14th annual Culture Night concert, expect a night of positivity and feel-good energy, guaranteed to have you dancing in your seat.

Join them and clap along while enjoying the rich dynamic harmonies of gospel classics and modern hits! Places limited. Book early to avoid disappointment.

Time: 7pm - 8.30pm

Genres: Music / Performance

Features: Family friendly / Wheelchair accessible

Address: St. Mary's R.C. Church, Moyglare Rd, Maynooth, Co. Kildare

Website: <http://www.maynoothgospel.com/>

Phone: 085 7871814

[Book Now](#)

## Online Poetry Event hosted by author and poet Enda Wyley for families/adults and young adults aged 12-14 years

Online

Enda Wyley, author and poet, will host, in participation with Maynooth Community Library, an online poetry event for families/adults and young adults aged 12-14 years where people will be invited to read a favourite poem or a poem they have written themselves.

Enda Wyley will also read from her own poetry and discuss writing poetry and creative writing. Places are limited.

Registration through Eventbrite.

Time: 5pm - 6pm

Genres: Literature / Poetry / Workshop

Website: <http://www.kildare.ie/library/library/maynoothlibrary/>

Phone: 01 6285530

[Book Now](#)



## MU Students Crowned Champions of Irish Times Debate Competition 2021



Maynooth University congratulates BCL students, Rí Anumudu and Chikemka Abuchi-Ogbonda for their success in the 61st Irish Times Debate team competition.

The two Law students were crowned team champions and awarded the Demosthenes Trophy at an outdoor black-tie event in the gardens of the Museum of Literature Ireland, St Stephen's Green, Dublin, on Saturday night.

The motion for the debate was "This House Believes privacy is dead", and was chaired by Liam Herrick executive director of the Irish Council for Civil Liberties.

Prof Aidan Mulkeen, Deputy President and Registrar, said: "Maynooth University heartily congratulates Chikemka Abuchi-Ogbonda and Rí Anumudu on winning the Irish Times Debate team competition.

It is an award that is richly deserved and a tribute to the dedication and scholarship of students and colleagues in the Department of Law."

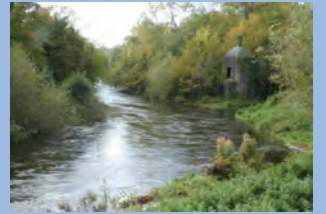
The runner-up speakers comprised a team from TCD Philosophical Society.



Photo@ Editor of The Irish Times Paul O'Neill (left) presents awards to The Irish Times Debate team winners Chikemka Abuchi-Ogbonda (centre left) and Rí Anumudu. Debate chair Liam Herrick is also pictured. (Photo credit: John Ohle)

## Stories From the Rye Podcast Series

In 'Stories from the Rye' we invite you to take a walk with broadcaster Liam Geraghty along the banks of the River Rye in Kildare to explore the Rye River, with all its twists and turns. The 4-part podcast series includes perspectives from biologists and conservationists that help uncover the story of this unique waterway through history.



Podcast link below or scan QR code with your Smart phone.

<https://www.intel.ie/content/www/ie/en/company-overview/stories-from-the-rye.html>

Episode 1 - John Sweeney on understanding the Rye

In this episode of Stories from the Rye Liam is joined by emeritus Professor John Sweeney, at Maynooth University to talk about the history of the Rye River.

Episode 2 - Jan Robert Baars & Gavin McDermott on looking after the Rye

In this episode of Stories from the Rye Liam is joined by Jan Robert Baars from the school of biology and environmental science in UCD and by Gavin McDermott of Kildare County Council to talk about looking after the Rye River.

Episode 3 - Éanna Ní Lamhna and Richard Collins on Wildlife of the Rye

In this episode of Stories from the Rye Liam is joined by Éanna Ní Lamhna and Richard Collins to talk about the wonderful and varied wildlife who call the Rye home.

Episode 4 - Fergal Caffrey & Aidan Crean on the fish of the Rye

In this episode of Stories from the Rye Liam is joined by Aidan Crean - Chairperson of Leixlip and District Anglers Association and Inland Fisheries' Fergal Caffrey.

Proudly produced by Intel Ireland.

Source: [www.intel.ie](http://www.intel.ie)



## Quick & Easy Healthy Back to School Lunches

Packing lunches can take time and planning but packing a lunch can save money and boost nutrition. Here are a few easy and cheap school lunches for you to choose from. A lunch full of wholegrains and fibre will release energy slowly throughout the afternoon, so kids are alert and not falling asleep during the day.

**Keep it simple** and find items that are easy to put in a lunchbox and can be used multiple ways such as wraps, leftover pasta, veggies, fresh fruit, hard-boiled eggs, deli cuts, and grilled chicken are all great ways to keep it simple while without sacrificing flavor or nutrients.

Starting with a compartmentalized lunch container and filling in the compartments with healthy options is key to quick packing.

For healthy lunches always try to include fruit and vegetables, even if it's just carrot sticks, sweetcorn or cucumber in a sandwich.

Kids are building bones so try to include dairy or another calcium-rich food. Plain yoghurt with their favourite frozen berries or granola topping is delicious.

Use wholegrain bread, wraps and pasta as it is more nutritious than white.



Sandwiches and wraps are great options and can be cut in various interesting ways with lots of different fillings: grated cheese carrot, tuna and sweetcorn, leftover roast chicken with pesto, or simple sliced boiled eggs and tomato. Leftover cold meatballs also make a really good

sandwich.

Healthy homebakes - wholemeal cheese scones make an excellent change from sandwiches. Healthier, nut-free flapjacks can be made with a limited amount of added sugar and a dose of fibre. Crackers and oatcakes are another alternative to the usual sandwich.



### Drinks

A bottle of water for the day is a must-have. Staying hydrated helps with concentration.

You could provide 150ml of juice – it counts as one of their 5-a-day. Buy juice in large cartons and pour it into your own bottle, diluting as much as you can get away with.

Whole fruit – pots of grapes or cut up melon/pineapple, strawberries or a mixture of their favourite fruits make a change from the usual banana.

These are great pots for your children that tastes like a sweet treat but are full of various nutrients and vitamins.

Schools are a breeding ground for germs that lead to infections. One way to reduce the chances of getting a cold is by eating foods that boost the immune system.

The benefits of healthy lunches that include vitamins C, E, and Omega 3 fatty acids will contribute to achieving this goal. There are countless fresh fruits and vegetables that contain these properties like strawberries, broccoli, and certain fish.

*There are plenty of different combinations that you can try with your child for a winning lunch experience.*







## Cllr. Angela Feeney Maynooth Labour News

E mail: [angelaemfeeney@gmail.com](mailto:angelaemfeeney@gmail.com) - Phone: 0872381962



While there were no formal MD or Plenary Council meetings in August Cllr Feeney has still been making representations on behalf of the public as well as attending briefing sessions on the Transportation Strategy and attending training.

### Transportation Strategy for Maynooth

Cllr Feeney welcomes the fact that the Transport Department in Kildare County Council is beginning the process of developing a transport strategy for Maynooth which will contain a phased implementation plan for transport measures and will deliver benefits to Maynooth in the short, medium and long term. The plan will address traffic congestion, parking, traffic management, road safety, public transport, walking and cycling and support the decarbonisation goals for Maynooth.

The delivery of the measures in the plan should help to make Maynooth a more attractive place to live, work and visit. An introduction meeting was held for Councillors on Monday August 23<sup>rd</sup> and public consultation and surveys will take place in the coming weeks, before the end of September. Cllr Feeney encourages everyone to engage with this very important process for our town.

### Disability Awareness Training

Cllr Feeney successfully completed Disability Awareness Training offered by Kildare County Council in August and gained valuable insights into ways we can

all be more inclusive. Cllr Feeney intends making some submissions to the Council on foot of the training received.

### Upcoming Motions and Questions for the September MD Meeting:

#### Motions:

That the Council provide an update on the Maynooth Eastern Ring Road.

That the Council carries out a review of the disabled car parking spaces in Maynooth.

#### Questions:

Can the Council inform the members as to the maintenance plan for the trees at Carton Avenue Maynooth.

Can the Council update the members as to the progress on joining up the cycle lanes in Maynooth.

As always, please get in touch if I can assist in any way, [afeeney@kildarecoco.ie](mailto:afeeney@kildarecoco.ie)

*Beir Bua!*

## September Gardening Article Klaus Laitenberger

### Dear Fellow Gardeners,

August and September are lovely months in the garden. You can sit back and reap the rewards from all the hard work you put into it. So many crops are ready now with the endless gluts of courgettes, perpetual spinach, salads and if you have a tunnel or greenhouse you will enjoy your tomatoes, cucumbers etc. Root crops for winter storage, however, are not ready for harvesting until late September at the earliest.

### Sowing:

There are still a few vegetables you can sow now: lettuce (especially loose-leaf types or Little Gem), scallions, radishes, baby turnips, annual spinach. August is also a good month to sow all your winter salads. They prefer to grow in the latter half of the year. The best ones are rocket, mizuna, mustard 'Red Frills' and 'Green Frills', pak choy, claytonia, tatsoi and corn salad.

### Planting:

You can still plant out lettuce, scallions, kohlrabi, turnip, Chinese cabbage, Florence fennel.

### Summer green manures:

As soon as you have harvested and cleared a bed you should consider replanting it or sowing a green manure crop.

Soil should not be left bare for prolonged periods. In nature you will never find bare soil unless it has turned into a desert. After a forest fire plants such as the fireweed (rosebay willowherb) will quickly recolonise the ground. A bare soil is bad for the soil structure, the soil life and it will quickly lose its nutrients.

So anytime your beds are empty and you don't have any follow on crops ready, you can sow a green manure crop. All you do is to prepare a nice weed free seed bed and sprinkle (broadcast) green manure seeds at the recommended seed rate onto the beds and rake them in.

My favourite summer green manure is phacelia. The German name for this plant is 'Bee's Friend'. It's a fantastic and very pretty plant that attract a myriad of beneficial insect including hoverflies, lacewings, beetles and obviously bees.

The purpose of a summer green manure is to quickly cover the soil and the growing plant will absorb and use the available nutrients that are still in the soil and thus prevent them from being washed out. A green manure should ideally be dug into the soil just before flowering, but with phacelia you have to make an exception and let it flower. It will be slightly less beneficial for the soil but absolutely fantastic for wildlife. Studies have shown the massive increase of carabid beetle populations under a phacelia crop and these beetles eat slugs!

Other summer green manures include summer vetch and buckwheat. I would stay away from all the brassica green manures such as mustard, rape etc. as they would interfere with your crop rotation. You can sow phacelia until the middle of September. From then onwards you should use winter green manures.

### Launch of on-line gardening course

I'm starting to run an online gardening course aimed at complete beginners to semi-advanced gardeners who want to grow some of their own food – vegetables, salads, herbs and fruit.

The online course runs fortnightly or weekly depending on growing season.  
10 sessions from September to February – Cost €70 (open for bookings)  
10 sessions from March to May – Cost €70

To book the course, please email me on my new email: [klauscourse@gmail.com](mailto:klauscourse@gmail.com) and write "Course Booking".  
(Some of you may already have received the booking form)

I will then send you the booking details. This is a dedicated email just for this course. All Q&A's will be posted on this email and shared via Mailchimp.

The course will be professionally filmed and live-streamed. If you can't join at that time you can watch it later. I have been working with Mark Megahy – the film-maker for the last two years on Poly tunnel courses with NOTS. Some of you may have taken part in it?

Proposed Course Dates  
(Saturday mornings – these are not yet fully confirmed)

18th September  
2nd October  
16th October  
30th October  
14th November  
28th November  
11th December  
8th January  
22nd January  
6th February



Each session consists of about 45 minutes gardening demonstrations, interesting plant facts, gardening tips and includes vegetable, salad, herb and fruit growing. Following each session you can email me questions on any topic. I will answer the questions and collate them and distribute them to all course participants. The purpose of this course is to accompany you throughout the gardening year.

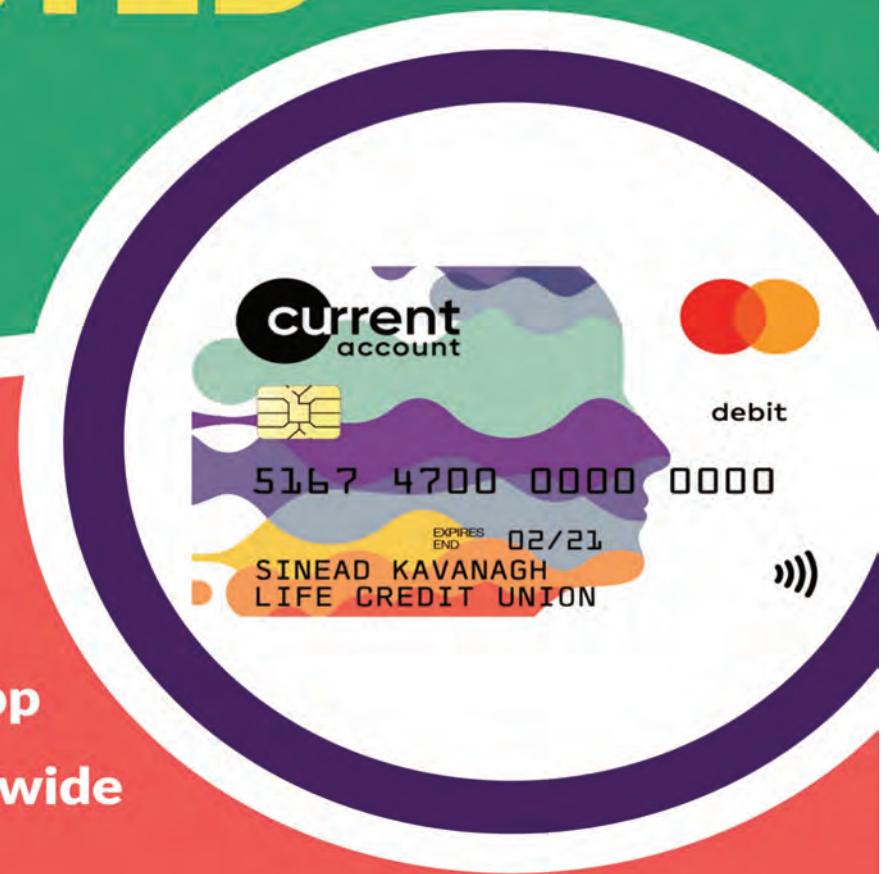
I'm also considering visiting a couple of the participants' gardens to give some advice if there are some participants interested. This will also be filmed. However, this should be within an hour's drive from Rossinver, Co. Leitrim.

It's also aimed at families who want to garden with their children as my two young children will join me for some of the sessions on their own allotments. Bookings for this course are now open. Please send me a quick email on [klauscourse@gmail.com](mailto:klauscourse@gmail.com) and ask for the booking details.

**Visit: [www.greenvegetableseeds.com](http://www.greenvegetableseeds.com)**



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

### *The Three Pets* *A Folktale*

In a little cottage up in the hills a girl lived with her granddad. Her name was Evelyn and she was beautiful, with dark shiny hair and bright eyes. During her final year in school Evelyn's parents had died in a car crash and her granddad had agreed to look after her. He had only a few acres of land, on which he kept half a dozen goats and some hens. It was Evelyn's job to milk the goats and feed the hens. Since the cottage was miles from the nearest village Evelyn seldom met young people. If it weren't for her three pets, Frisky the Squirrel, Dozy the Pidgeon and Snapper the Turtle she would have felt very lonely.

When not making cheese or gathering firewood, Granddad was usually busy picking herbs and brewing them to obtain bitter-tasting drinks, which cured aches, pains and various diseases. On Saturdays he would drive down the narrow, winding road to the village in his battered van, park near the church gate and sell his goat cheeses and bottled cures. Sometimes he asked Evelyn to come with him but more often she had to remain behind to look after the house.

When she was on her own Evelyn enjoyed telling her pets about the great, exciting world of shops and motorcars. She would also relate how she had found the three of them: Dozy had fallen out of her nest in an ivy-covered bush; Frisky had been attacked by a magpie after he had ventured out of his drey, and had then toppled to the ground and Snapper had been taken from the lakeshore by an eagle that had dropped him while carrying him back to her hungry chicks. The three pets listened wide-eyed to their foster mother. They loved her and would do anything to make her happy.

If Granddad arrived home depressed, having sold very little, he would complain that the pets were a nuisance: the squirrel was always climbing onto the table, especially at mealtimes, the pigeon made him dizzy flying about the kitchen and as for the turtle, he was a menace the way he got underfoot, tripping him up.

'You'll have to get rid of him,' he told Evelyn one morning after Snapper bit his finger while he was lifting him out of the way. 'In fact, why not get rid of them all? I'll find you a nice cat that'll earn his keep by killing mice?'

On seeing her distress, however, he relented. 'All right, Snapper can stay but you'll have to keep him in a box. My sight isn't what it used to be and I can't be watching my every step. The same goes for the other two; I'll make cages for them.'

'No, Granddad!' Evelyn protested. 'That would be like putting them in jail.'

'Well, if they're the cause of me breaking my neck, who'll look after you?' Granddad demanded.

'I'll paint Snapper's shell bright pink,' she offered. 'That way you'll be certain to see him.'

'Oh, do whatever you want!' Granddad waved his hands impatiently because deep down he loved his granddaughter and didn't want to make her unhappy.

So life on the hillside continued its slow, uneventful rhythm. The trees put on new leaves, the goats had kids, swallows returned, wildflowers bloomed, the kids grew strong and were sold, the swallows left, the leaves turned brown and yellow and darkness fell earlier and earlier. One evening it began to snow but Evelyn and her granddad didn't mind. They had firewood to burn along with slack purchased in the village, the hens were safe in the henhouse and the goats had hay to eat in their open shed.

While granddad listened to his battery-operated radio after supper, Evelyn talked to her pets, telling them stories like ones she had read in school. Their favourite story was about a handsome prince who would arrive on his white horse to bring her – and, of course them – away to his castle. 'You don't think they understand you?' Granddad remarked once, at which Evelyn smiled, adding that of course the prince would take him also.

One night there was a blizzard, which piled snow up about the cottage so

that by morning it was above the windowsills. Granddad had to dig a path out to the open shed where he kept the firewood. Imagine his surprise when he found a young man half buried in snow lying against the stack of wood. He was wearing goggles and was dressed in a fleece-lined leather jacket, thick woolen trousers, calf-high boots and a leather cap with side flaps. It was probably because of this warm outfit that he had not frozen to death.

With Evelyn's help, Granddad dragged the young man into the house. Laying him on a rug before the fire they removed his boots and frozen outer clothes and covered him with blankets. Granddad heated one of his herbal remedies and while Evelyn held up the young man's head, he began to spoon the liquid into the young man's partly open mouth. At first the liquid ran down the young man's chin then he swallowed some and began to splutter. When Evelyn tapped his back he opened his eyes and she could hardly believe how beautiful they were, bright and clear like the sky in summer.

'Who are you?' Granddad asked but the young man just looked at him blankly then closed his eyes again.

'We'd better let him rest,' Granddad whispered, so Evelyn lowered the young man's head onto the rug.

After that they searched through the pockets of his coat and trousers to learn who he was. Evelyn found a penknife, some coins and a wallet with banknotes, while Granddad found a pen, a pencil and a small pad with sketches of birds.

'He's probably an artist who's staying in a hostel somewhere,' Granddad said. 'He must have been hiking in the hills when he got caught in the blizzard. If the snow wasn't so deep I'd drive him to the hospital.'

'Will he be alright?' Evelyn looked anxiously at the young man's drawn face.

'I don't know,' Granddad admitted. 'His pulse is very faint. If I could only make my special potion – but I don't have the ingredients.'

'What ingredients?' Evelyn tried to keep her voice calm.

'Well, I'd need mistletoe berries and the root of a drowning lily,' Granddad told her, 'but with this snow I might as well be looking for the pot of gold'

'I've an idea,' Evelyn hurried to her room. Returning with crayons and sheets of paper, she drew mistletoe berries and the oak tree on which they grew. On another sheet she drew drowning lilies growing from the lake bottom near its shallow end. When the pictures were finished she showed the first one to Frisky and told him to bring back mistletoe berries and the second one to Snapper and told him to bring back a drowning lily root. Then, opening the door, she let the squirrel and turtle out and begged them to hurry.

'They'll never make it,' Granddad shook his head. 'That snow's far too deep.'

'But they're so light they won't sink,' Evelyn told him, while secretly fearing he was right. Then an idea struck her and on a third sheet of paper she drew a picture of the police station in the village. Next she wrote an S O S note with her granddad's name and address on it, wrapped it in cling film and tied it to the pigeon's leg. Having shown Dozy the picture and telling her to hurry, she carried her outside. Dozy circled the cottage three times before flying away.

An hour dragged by, then another, and there was no sign of any of the pets, so to keep herself from becoming frantic with worry, Evelyn began to prepare a meal of pea soup, bread and cheese for her granddad. All this time she kept glancing at the young man or placing her palm on his forehead to check his temperature. He was now as pale as a corpse and when she felt his wrist she could barely detect a pulse.

Just as Granddad was half way through his meal Evelyn heard a scratching at the door and on opening it, Frisky scurried in with a bunch of white mistletoe berries in his mouth. About two hours later Snapper arrived with

(Continued on page 12)





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

*(Continued from page 11)*

a muddy brown root in his mouth. Granddad immediately set to work and in no time had a saucepan with the berries, the cut-up root and a few other ingredients sitting on the fire. When the mixture was boiling he strained it into a bowl, which he placed outside the door.

As soon as the bowl cooled Granddad asked Evelyn to lift the young man's head, then forcing his teeth open with his thumb, he began spooning the brew into his mouth. At first he spluttered then finally he swallowed a little, then five or six spoonfuls.

'That'll do for now,' Granddad said. 'I'll give him more later.'

During the afternoon they made the young man drink every half hour or so, after which he would close his eyes. Then as daylight was fading and she lit the oil lamp, Evelyn noticed the young man watching her. At once she rushed over and knelt beside him.

'Are you alright?' She held his hand.

'Where am I?' he muttered, gazing into her face.

'In our cottage?' She told him.

'And where is...?' His eyelids began to droop.

'We'll let him sleep,' Granddad whispered. 'I bet he'll have a good appetite when he wakes up.'

In the early morning Evelyn was awakened by sounds of somebody blundering about. On coming into the kitchen with a lighted candle, she found the young man with a blanket wrapped about him eating a slice of bread.

'Oh, I'm sorry if I woke you.' He looked like a small boy caught stealing. Quickly she lit the oil lamp and told him to put on the clothes her granddad had left out for him as his own were still airing. While he dressed slowly in the ill-fitting trousers, sweater and jacket, she boiled an egg, sliced some cheese, made tea and toasted bread for his breakfast. He ate hungrily, now and again pausing to gaze at her, his eyes shining. At such times she felt as if her heart would break with happiness.

In a cultured accent he told her that he had been flying over her area in his single-engine plane. Suddenly he had got caught in the snowstorm and had to crash-land. His had left his phone on the plane but when he tried to get it, the cockpit burst into flames. He had been wandering through the hills for hours and was about to lie down in the snow when he glimpsed the cottage's lighted window. On reaching the woodshed he had collapsed. After that all was blackness.

'Then I opened my eyes and saw you.' He spoke earnestly. 'You looked so beautiful and calm I thought you might be an angel.'

Evelyn blushed and dropped her eyes.

'Have you a boyfriend?' he continued.

'You shouldn't be asking me that when I don't even know your name.'

She smiled to soften the rebuke.

'My name is Val,' he said. 'And what, if I may ask, is yours?'

Just as she told him, Granddad emerged from his bedroom. On seeing the young man eating, his face lit up. When Evelyn introduced them, he said, 'You may thank my granddaughter, Val, for saving your life. If she hadn't sent her pets, Frisky and Snapper, for the ingredients I needed, you'd be as dead as a doornail by now.'

'If she saved me, she must marry me.' Val gave a boyish grin.

While Evelyn made breakfast for Granddad and herself, Val told them about his life. Just as Granddad had guessed, he was indeed an artist who painted birds and wild animals. His hobby was flying. Unfortunately, he had ignored weather warnings before taking off from the city. Now he was glad that he had, otherwise he would not have met them.

As he spoke there was a fluttering sound at the window. Quickly Evelyn opened the door and Dozy flew inside. The pigeon had a different note tied to her leg. When Evelyn read it she learned that the police had received her S O S and would send a patrol car out as soon as the road was passable.

'Let's hope it snows for a week – no, for a month,' Val told them, 'that way I will have plenty of time to draw Evelyn and her three little friends who saved my life.'

'And what about Granddad?' Evelyn asked.

'Oh, forgive me.' Val smiled at Granddad. 'Of course, you'll be included.'

'By the way, you haven't told us about your family,' Granddad reminded him.

'Well,' Val looked sheepish, 'I'm actually the president's youngest son – Not that I want people to know. I prefer to be treated like everybody else.'

'You're saying that now, but you'll soon forget us when you return to your family.' Evelyn was trying to hold back her tears.

'Of course, I won't forget you.' Val laid his hand lightly on her shoulder.

'Now that you've saved my life it belongs to you.'

And he was as good as his word because a year after that he and Evelyn were married. They took Granddad and the three pets to live with them in their beautiful mansion outside the city, though every summer they all returned for a few carefree weeks to the little cottage up in the hills.

**By P.G. Nerney**

### SHOW ME A COIN

The scribes and the chief priests watched him and sent spies who pretended to be honest, in order to trap him by what he said, so as to hand him over to the jurisdiction and authority of the governor. So they asked him, "Teacher, we know that you are right in what you say and teach, and you show deference to no one, but teach the way of God in accordance with truth.

Is it lawful for us to pay taxes to Caesar, or not?" But he perceived their craftiness and said to them, "Show me a coin. Whose head and whose title does it bear?" They said, "Caesar's". He said to them, "Then give to Caesar the things that are Caesar's, and to God the things that are God's." And they were not able in the presence of the people to trap him by what he said; and being amazed by his answer, they became silent. (Lk, 20)

The people behind this piece of skulduggery were the religious leaders of the people. These were the individuals entrusted with teaching God's truth to the ordinary people. But here they show themselves to be liars, to be deceivers. They sent people who "pretended to be honest" to try and get Jesus into trouble with the Roman authorities. But he used the occasion not only to unmask their guile but to remind them of what they should have known by heart, that they were created in the image and likeness of God as is written in the first chapter of Genesis:

"Then God said, "Let us make humankind in our image, according to our likeness;" (Gen. Ch 1, 26) The coin for Caesar: their hearts for God!

The pharisees, the scribes and the priests had their knives in Jesus because his teaching differed so much from theirs; because of his miracles, and because the ordinary people followed him wherever he went. The chief priests even wanted to kill him when he raised Lazarus from the dead because, as they said, "the whole world is running after him"! Eventually, they did have him put to death, of course. Why did they want to get rid of Jesus? He showed up their own falsity. His goodness was an embarrassment to their duplicity. As Christians, we too often reject Jesus? We leave him away down in our hierarchy of importance. He should be number one on our list! More important than the Olympics! More important than our country, than our county, than our parish and even more important than our families! "

While he was still speaking to the crowds, his mother and his brothers were standing outside, wanting to speak to him. Someone told him, "Look, your mother and your brothers want to speak to you." Jesus replied, "Who is my mother, and who are my brothers?" And pointing to his disciples, he said, "Here are my mother and my brothers! For whoever does the will of my Father in heaven is my brother and sister and mother." Mt. 12, 46-50.

A Thiarna, déan trócaire orm!

**By GM**



## Joe's Jotter: ACE Tips for Transitioning into 1st Year (Part 1)

There are so many genuine concerns for students as they make the leap into the big pond that is secondary school. Over the next few weeks, I will provide some Information and direction to help you as a parent to reduce the stress of this unique transition. This feature article comes in two parts. Firstly, I will analyse the differences between Primary and Secondary School followed by my Top twenty tips for Transitioning from one to the other. A further instalment of this feature will follow online in two weeks' time. There will also be a feature article to aid Parents (of Secondary School students) who have children with a Special Educational need (SEN) to follow soon.

### The Main Differences Between Primary and Secondary School Subjects and Settling into Secondary

- All first year students will take Irish, English, Maths, Science, History and Wellbeing (excluding exemptions).
- Students may get a chance to sample subjects in first year before committing to them.
- Various extra-curricular activities such as debating, drama, science club etc available.
- It is a great idea for students to join clubs and make new friends. Remind them about some of the skills of making friends; good eye-contact, smiling, showing interest in other children and reciprocal conversational skills. Making friends is a key element to settling into secondary school.
- The more exercise that students get the better. I did a little study of a panel of footballers I coached previously, and they performed better on average academically compared to those in their year. This is another reason to get active and stuck into clubs and sports.
- If your child enjoys a specific sport/club, it is a good idea to get to know the teacher who co-ordinates this.
- It will be exciting for your child to start new subjects – woodwork, home economics and metalwork etc.
- Students should give each subject an equal amount of homework time for the first few weeks to give each one a chance.
- It is wise for students to complete the homework of their less favoured subjects first each evening. This will ensure their concentration is at its maximum for these subjects.
- The better your child's teachers know them, the better working relationship in class they will have with them. This feeds back into what extra-curricular activities they sign up to. Personally, I find that the better I know my students, the more I am able to help them.
- Advise your child to enjoy their secondary school experiences. This takes any early pressure off them.

### Secondary School Structure

- The Subject Teacher – most teachers teach two subjects and may spend up to six classes per week with your child.
- The Tutor/Form/Home Room Teacher – involved in attendance, day to day and possibly some pastoral care or discipline work.
- The Year Head - Home room teachers report to this person. They usually deal with serious discipline or pastoral care issues also.
- Deputy Principal and Principal – Admin, Organisation, Events, Final decisions etc.
- Students are usually divided into 4/5 groups of 25/30 (depending on the size of the school) with possible class names being: 1a, 1b., 1c, 1d, 1e. They stay with this base class for core subjects: Irish, English, Maths, Wellbeing etc. The majority of schools have mixed ability classes in first year. This helps with socialisation. "Mixed-ability groupings in first Year leads to improved progress in literacy and numeracy and can give students more confidence as learners" (Moving Up -ESRI/NCCA 2004).
- Students are usually mixed based from Information from their Education Passport from primary school and performance in their entrance tests.
- Streaming may occur in some subjects in second year. This is where students are grouped by their ability – Higher and Ordinary. e.g. Maths
- The student council body suggests ideas and raises student related issues with school management. Usually one student is nominated from each class or year. This is the students' vehicle for discussion and influencing change. The schools' head girl/boy and deputy head girl/boy are usually elected by the school's student council.

### Day to Day School Routines

1. It's important to have a substantial breakfast each morning e.g. Porridge with fruit and yoghurt or a healthy cereal. Students will need something ample to sustain them until little break when they can have a snack. Advise them on the sensibility of not eating their packed lunch at 11am (the first small break) and being hungry for the afternoon then as a result.
2. Roll call, locker access and lunch are at certain times. If your child is a bit scatty, make sure to advise and help them to be organised for these situations. Ask them to speak to their class tutor or mentor/buddy if any early issues emerge here.
3. Get them to copy out their timetable into their journal in order to get familiar with it. Colour coding subjects on this timetable can help them track their progress for the week.
4. In some schools, the students travel to the teacher's base rooms. In other schools, the teachers move around, and each class has their own base. Movement may be reduced from now on. Having the correct materials for each class every day will be important. Being good at this will greatly help the transition to secondary school.
5. Moving around a new building can be disconcerting for a child. They can get lost and



that's upsetting for them. Advise them to tag on to one person from the class for the first few days or weeks until they get their bearings.

6. Many schools have gone to hour long classes to facilitate the new Junior Cycle. During the first few weeks settling in, they will be tired each evening. It may be an idea to plan ahead so that extra-curricular activities outside school are minimised during this period. After this 'fitting in' period is over, plough on with these important pastimes as normal.

### Twenty ACE Tips for Transitioning into 1st Year

1. Talk with your child, listen to their views and concerns and answer any questions they may have about the planned move. Talk to them about individual subjects. Help them plan their evenings and the fact that each one will now be different.
2. Many students get anxious about assessments. You can explain that they are to help the school to learn more about the supports that they may need. Advise them to speak with the individual subject teacher if they are concerned in any way about a subject or a test.
3. Try and bring them inside the school building before term starts. This is to familiarise students with the school at a time when there are fewer students in the building. They can learn about the layout of the school, get to know some of their new teachers and become familiar with the operation of the school including the frequency of bells, the location of lockers, where their base room and other key practical rooms are.
4. Involve your child in buying schoolbooks, uniform, P.E. gear etc. Involve them in more decision making from now on. Empowerment works.
5. Talk to your son/daughter about the length of the school day, how a timetable works and how they are going to travel to school. Trial runs are good. Leave early for school each morning to minimise this anxiety. Anticipate where they may get anxious during the day.
6. Talk regularly over the next few weeks about the new school rules, P.E. arrangements, the canteen, lunch breaks, uniform, and the timetable. Make yourself familiar with the policies of the school, regularly checking the school's website for updates.
7. Ensure as many of their subject teachers know about their exact strengths and difficulties. i.e. The information on their 'Education Passport'.
8. During the first term, if possible, visit the school every so often to meet their subject teachers, tutor, and year head. Always keep an eye on their journal for teachers' notes.
9. Get your hands on or draw up a map of the school to promote familiarisation.
10. Consider that it may take your child time to adapt to a new classroom, new activities, and new subjects. Ensure they build in down time each evening to maintain freshness and enthusiasm for the next set of challenges ahead. Unlike Primary School, every week differs.
11. Organising Issues: Purchase materials for each subject. School booklists and stationary lists (from their website) are the first port of call here. The website theschoolrun.com is useful for an insight into each subject and Introductory worksheets.
12. If possible, show them a few little skills around note-taking. Most of their subject teachers may not get the opportunity to work on this vital skill.
13. Talk about and help clarify the Locker process. Many kids get bogged down with this.
14. Advise them to use their mentor/buddy and class tutor as best they can.
15. Getting clever at knowing what equipment is required for each class is important: i.e. protractors, setsquares, colours, stencil sets, rulers, pens, calculators etc. A good tip is to remind them to write down each teachers' instructions during week one about what is required in each subject. There is no need to carry all of their books all of the time. Put their Timetable and Calendar on the fridge at home as a family reminder to all.
16. Encourage them to sign up to a few clubs and society's on 'club's day' in September.
17. Re-enforce the Important habit of recording Information, especially in relation to homework. Check their Journal weekly to ensure homework is being recorded properly.
18. Get the 3-way communication going i.e. Teachers-Parent-Student. In primary school, it was more about the Teacher-Parent link. Start including your child in more conversations as appropriate from now on. This allows them to be involved and take more ownership.
19. Do as much preparation for the next school day the night before as you can. Get them into the habit of having the uniform out, bag correctly packed by the door, lunch ready etc. This again will reduce stress levels for all involved in the morning madness.
20. At secondary school, the days are longer. Encourage them to start their day with a healthy breakfast or give them some dried fruit or yoghurt to eat in the car if in a hurry.

Do contact me if I can advise in any way. Click #JoesJotter for more.

More details about Joe as a [Maths Tutor](#) for Junior Cycle and Leaving Certificate (2022), ACE Maths Assessments, and his Award winning ACE Maths Solution Books can be found via the links below.

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## Joe's Jotter: ACE Tips for Transitioning into 1st Year (Part 2)

### Practical steps to smooth the Transition into Secondary School

There are loads of steps and initiative's both you and your child can take as they start Secondary school. In Part 2 of this feature, I will discuss three key areas for you to consider in order to ease this transition: One, the importance of learning support; two, your awareness of how the first few weeks are actually going for them; and three, practical tips for both you and your child to consider at school and at home.

### The Importance of Learning Support

- Secondary Schools will have learning support for your child. If your child's new school are missing any key Information around this, ensure they get it as soon as possible. Many schools will have a staff meeting (in September), where your child's year head will outline important strengths and weaknesses of each student.
- Learning support at Secondary is different to that at Primary school level. Contact the school if they had been receiving any type of support at Primary that their new school may not be aware of.
- Flag any difficulties that your child had in primary school, so that it is entered onto their personal file. The class tutor and year heads will then have access to it from there. Ensure to always request the correct learning supports that your child is entitled to.
- If your child has complex special educational needs, they may need a transition plan to assist them to transfer to their new secondary school. You and your child will be involved in developing this plan. Other people may be involved, as necessary, including relevant teachers from their primary and post-primary school, NEPS psychologist, health professionals etc.
- As appropriate, a support plan may also include information on your child's learning, social and communication, care, (for example: dressing, toileting, mobility, and medication), sensory (such as over sensitivity to noise, textures, lights) and physical needs that require environmental adaptations such as adaptations to the school building, adapted seating or other specialised equipment.
- Most post-primary schools will have links with their feeder primary schools. This allows for an easier transfer of information between them. Usually, there is contact between the 6th class primary/resource teacher and the receiving post-primary school. This will help to overcome any disconnect between what was taught in primary and the starting point in certain subjects at second level.
- For all parents, I would recommend writing a one page profile about your child noting the difficulties and barriers they faced at primary school. Include in it the strategies that worked and that didn't work for them. This would be valuable Information for their tutor, year head and individual subject teachers should you like them to have it. I know that as a teacher, I am always pleased to get Insights like this, should parents be willing to present them. It gives us as teachers a deeper understanding into how each child interacts and learns, allowing us to support and get to know our students better. Outcomes are always better with Informative Insights like these.

You may also wish to ask the school some key questions at the start of the school year...

1. Where can my child go if they are struggling, anxious or having a meltdown?
2. What happens at break and lunch time? i.e. unstructured time
3. How can my child get help with reading, spelling, Maths, or homework?
4. How will support during class assessments work in each subject?

### Awareness of how they are Settling In

1. Watch out for any early signs of bullying by regularly checking in with your child. Tune in from day one to see whats going on and whats being said. A lot of bullying goes on via their phone; so ask them to pass on any issues or concerns they may have e.g. a hurtful comment, message, or mean social media post.
2. With things being a little unsettled for the first few weeks, establishing a routine is really important. I would try to maintain the dinner, bed, study, training, and recreational routines at home as best you can. Kids that are going through change crave some kind of routine and they will look to you for that stability.
3. After the Initial settling in period is over, keep an eye out for disturbed sleep, anxiety, and poor eating habits – it may be a sign of something not being quite right at school.
4. Watch out for emerging red flags i.e. Not wanting to do activities they enjoy, spend time with friends or worse, an unwillingness to go to school. Teach your child to talk to you.
5. Ask them what classes they like?, Who are they sitting beside? Who are you hanging around with? What clubs have they? Always try and get an honest conversation going.
6. Try to listen to them if they have had a bad day.
7. In general, if you get them into good habits in 1st year, 2nd year will be way more straightforward (A major ACE tip here) especially from a communication viewpoint.

### Practical Tips for things to do.....together at home

1. Make a few copies of their subject timetable.
2. Photocopy the bus ticket, keeping a spare one in their locker and at home.
3. Help them get organised with colour co-ordinated folders (available in most stationary shops). Give each subject a colour, so for example, English goes in the blue folder. Put a blue sticker on the English textbook/copies and colour 'English' blue on the timetable. If you have a map of the school, the room where English class is on would be blue also.
4. Have a morning reminder checklist on the fridge for: PE gear, lunch, keys, jacket etc.
5. Know the system. If they can view their books on a laptop, this may sometimes allow them to leave books in school. Most secondary school textbooks now come now with a code where you can upload them onto their laptop. Handy to know this Information.
6. Making a distinctive mark on their belongings will give them a better chance of them not being lost or stolen, especially during the upheaval of the first few weeks.

### Practical Tips for things they can do.....at school

1. Having a safe person they can approach for help or advice, more than one if possible.

2. Carefully minding their colour coordinated timetable, the spare key/code and bus-ticket.
3. Trying to build a good relationship with their class tutor and year head.
4. Having a notebook that they can write in during the day if they find something challenging. It is advisable not to expect them to talk immediately after school. Giving them some quiet processing time will allow you to get the chat going as the night progresses.
5. Getting to know a friend in each class that they can text to find out what homework or revision they have for the next day. Classmates will vary depending on the subject.
6. Getting to know the school secretary, should any issues or concerns arise.

To view part one of this feature article on 'Transitioning into first year'. click [here](#). Joe More details about Joe as a [Maths Tutor](#) for Junior Cycle and Leaving Certificate (2022), ACE Maths Assessments, and his Award winning ACE Maths Solution Books can be found via the links below.

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### Joe's Jotter: Secondary Maths – Some Useful Insights for Parents

I think it may be interesting for both students and parents to consider the following observations I have become aware of in Maths over the last number of years. Maths is a very emotive subject, and everyone has their own way of understanding and practicing it. This presents its own set of difficulties. The below insights and observations may help you as a parent to reach out and help your child with Maths in a more positive way.

### The Second Year Dip

Firstly, in general, I have noticed that some of my students (and those of my colleagues) experience a slight dip in performance in Maths during their second year in secondary school. This is partly due to workload and the fact that the first-year common course is quite basic. This dip for girls is not as pronounced as for boys. There is also a drop off in fifth year, but it isn't as extreme as the second year one. If your child is heading into second year, you need to be aware that this could be the case for them. I believe that working diligently on their algebra, fractions and general numeracy would be a big help in overcoming any barriers that block their path. These topics are the three main pillars of Junior Cycle Maths and underpin and are linked to many other topics on the course.

We all need to keep in mind that online learning has not suited some students and that they have missed out on that key face-to-face contact with teachers, especially in Maths. As a parent, it is important that you encourage positivity around this subject and remind them that every student in the country is in the same boat. From a personal point of view, I noticed that last year's Junior Cycle class did struggle (more than usual) with some topics, but it did eventually come together for them in the end. I expect that the incoming third year cohort will take a while to settle back (through no fault of their own) this year. In fairness, it may take many of them until after Christmas before they settle down into a pattern of revision and work across all subjects. It is understandable that they may not hit the ground running this year and we all need to be cognisant of this.

### Girls – Go for it!

From the students I have taught since Project Maths was introduced, I have noticed another trend in my classes. I have spotted that female students are less likely to take risks when attempting past exam questions. The new phrasing of questions on Maths papers suit boys better, as they are less conscious of what they are writing down and are less afraid of being wrong. In my opinion, it is important for girls to express their opinions freely and openly and we, as teachers, need to help them develop this skill. I think it is important for all students not to get unduly perturbed if they cannot get a certain part of a question out perfectly. In Maths now, it is more important to go onto another question (within the allotted time), instead of looking to complete every single question part absolutely perfect. I feel that Churchill's (not the dog) quote is quite apt for our modern day Maths syllabus.

*“Perfection is the enemy of Progress”.*  
*Winston Churchill (Former Prime Minister of the UK)*

One does not really have time for absolute perfection on a Maths paper as they tend to be quite long, and unlike other subjects, there isn't as much time for admiring your work. Students should apply this principle across the board to all their Maths tests in 2021/22.

### The New Practical Style Questions

Thirdly, girls especially need to practice more exam questions involving engineering and mechanical parts. My reasoning for this is that, in general, most of the student cohort studying Engineering, Construction studies and Design/Communication Graphics (DCG) at Leaving Certificate are boys, and girls are not being exposed to this specific type of learning. With more everyday life practical questions being the order of the day in Maths, it is inevitable that more technical and mechanical questions will appear in years to come, and girls and parents of girls need to be aware of this. This trend will slowly become more pronounced if the Governments' promotion and focus on the Science, Technology, Engineering and Maths (STEM) subjects continues and I expect it will.

### Follow Your Passion

Lastly, in a recent survey, twenty-nine percent of Irish parents surveyed thought that technology subjects weren't suitable for girls and fifty-three percent of girls in secondary school dropped STEM subjects due to pressure from their parents. These statistics may be contributing to the lack of representation of females working in STEM. Students and parents need to be aware of the excellent third level courses and future career opportunities available in these areas for both genders. Students need to be encouraged to explore all avenues of interest and follow their career path of choice. Pursuing some spinoff of the subjects that a student enjoys each day in school won't set them too far wrong. Joe More details about Joe as a [Maths Tutor](#) for Junior Cycle and Leaving Certificate (2022), ACE Maths Assessments, and his Award winning ACE Maths Solution Books can be found via the links below.

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## Joe's Jotter: Navigating Secondary School as a Student with SEN

Students who have Special Educational Needs (SEN) can struggle with a variety of tasks each day at Secondary School. As teachers and parents, we want to make their transition to Secondary School as smooth as possible. This feature article gives some tips on how you can help your child navigate their day-to-day engagements more seamlessly. It also contains some useful advice and informative recommendations for Parents of Students with SEN that are already attending Secondary School (2nd Years upwards).

### The 'Home' Support

- Photocopy their timetable, have copies in their locker, on the fridge, in their journal and for their pocket.
- Photocopy their bus ticket. Have a spare ticket in their school bag, at home and in their school locker in case it is misplaced.
- Get colour coordinated folders. Give each subject a colour. For example, all English related work and notes goes into a green folder. Put a green sticker on the English textbook and English copies and colour code 'English' green on their timetable. If you have a map of the school, then the room where English class takes place should be shaded green also. Everything 'English' is green and so on.
- If using a locker key, make multiple copies and get a springy key chain so that they can attach it to a loop on their pants or skirt. Alternatively, use a combination lock and get them to memorise the code between now and the start of school. Mark with nail varnish or spray paint to make it brighter and easier for them to see their property from a distance.
- Have a stash of spare copies and stationery material in a cupboard. Let them know where it is, so that they can draw on it as things go missing or get filled up.
- Have a morning checklist on the fridge for: books, lunch, key, jacket, PE gear etc.
- If possible, arrange for them to tour the school before day one. It is also a good idea to do a trial run of their trip to school with them, to get an idea of the route and timing. This will avoid any travel trauma's during week one.

### The 'School' Support

- If possible, arrange that they meet as many of their subject teachers and year head prior to starting back or as soon as is possible. This gives them certainty

about who they will be working with and helping them this year.

- Look into having a safe and reliable person that they can approach for help and advice in school on a daily basis.
- If they have an SNA, make sure that person also has a copy of their colour coordinated timetable, a spare key/combination code and bus-ticket.
- Make it your business to get to know your child's Assistant Principals and Class Tutor as soon as the year commences.
- Have a notebook that they can write in during the day in case they find something challenging. Both of you can reflect on it together when a suitable time during the week arises to see what challenges might need to be overcome.
- For the first hour each evening, allow them to breathe and relax when they get home. Do not expect them to talk immediately after school. It is advisable to allow them some quiet wind-down time first.
- Advise them to choose a Locker at eye level. This is so important, as all their classmates and other classes may be scheduled to go to their lockers together, leading to mayhem at times. Having to reach down with people blocking their path can be especially challenging for someone with social or communication difficulties. This is definitely one practical suggestion that will ensure they are on time for each class and that they bring the correct materials to each class also.
- Encourage them to link up with a buddy or designated person in each subject class, so they can text them to find out what homework they have, should the need arise.
- If they are using a laptop, most Secondary School books now come with a code written inside to allow the eBook version of it to be uploaded digitally. This means they can leave more books at school each day, lightening their load.
- Getting to know the school secretary, for both you and your child is definitely worthwhile, as they will have an awareness of who they are and their challenges etc. Any extra support or eyes around the Secondary School environment can help greatly for those who struggle in various practical ways.

More details about Joe as a Maths Tutor for Junior Cycle and Leaving Certificate (2022), ACE Maths Assessments, and his Award winning ACE Maths Solution Books can be found via the links below.

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### Upgrading lines



Kildare-Meath Grid Upgrade

### Upgrading lives



If you live in Kildare or Meath, you may know EirGrid is planning an upgrade to the grid in your area, so that we can continue to provide a safe, secure and sustainable electricity supply now and in the future.

As part of our ongoing consultation, we have identified four potential routes for the new 400kV underground cable which will connect Dunstown station in Co. Kildare to Woodland station in Co. Meath – and we want to hear your views.

You can find more details and have your say on the four options at [www.eirgrid.ie/KildareMeath](http://www.eirgrid.ie/KildareMeath). You can also email [kildaremeath@eirgrid.com](mailto:kildaremeath@eirgrid.com) or call Grainne on 085 887 4798.

**EIRGRID**  
Delivering a cleaner energy future

## Maynooth Senior Citizens Committee

We are delighted to say that Maynooth Senior Citizens' Committee will be resuming its monthly meetings from September. We will keep our members informed as to when we are able to resume our activities. We will be guided by HSE guidelines and recommendations as the safety of our members is the number one priority. We would welcome more volunteers to join our committee. Currently the committee is made up of 15 people. If you feel you can commit some time and energy, please contact us.

Our activities in "normal circumstances" include a Tuesday and Thursday morning Club where we have activities such as bingo, art and other activities. There is a monthly Tea Dance (Sunday afternoon) at which the whole committee helps with the setting up, providing teas, sandwiches and cakes. Transport is organised to bring members to Mass on Saturday evenings and committee members are present to ensure safe delivery of our members. There is the annual Sale of Work where the whole committee and volunteer supporters ensure that the event is carried out successfully. This event requires commitment of time and involvement leading up to and during the event. At the moment it is the main fundraiser for Maynooth Senior Citizens. We are part of the Senior Alert Scheme and liaise with Pobal in regard to carrying out the requests for Security Alarms. We also have a fuel provision scheme which is organised locally. Unfortunately we have not been able to carry out most of these activities during Covid.

Many of our existing committee have given years of their lives to this organisation and continue to do so. Their experience has been of great benefit to the organisation and they have grown it to what is has become today. However, new committee members are required to bring new energy and ideas – it could be you.

Please contact: [maynoothseniorcitizens@gmail.com](mailto:maynoothseniorcitizens@gmail.com)

Susan Durack  
Secretary/PRO Maynooth Senior Citizens







Gold Medal  
1 Winner 2019



You may have noticed this signage at 3 sites in Maynooth - Meadowbrook Link Road, Carton Avenue and The Green. All three are designated Research Sites for research work being undertaken by Kildare County Council in conjunction with Maynooth University, Trinity College Dublin, Teagasc and the National Biodiversity Data Centre.



The purpose of the research is twofold and to assess over the coming years the effects these measures are having on pollinating insects:

1. To find alternatives to Roundup-trials will be undertaken on some of the road side verges and public parks using a number of alternatives to Roundup.
2. To increase biodiversity across KCC public parks and road side verges by introducing different plant species and reduced mowing regimes.

The reduced mowing regimes are already underway on the designated research sites in Maynooth. It is important that as much information and data as possible is gathered over the coming years to assist in the research. Maynooth Tidy Towns in delighted to be associated with this research project. A number of MTT volunteers are assisting with data collection by participating in the Flower Insect Times (FIT) counts which runs between April and September each year. The data collected is submitted to the National Biodiversity Data Centre which contributes to understanding insect abundance and distribution in our locality and across our island.

Work continues around the town every Saturday morning with our many volunteers who continuously turn out every week, we are a very lucky group to have so many people who are interested in making Maynooth a better place to live. We did a clean up of the Royal Canal in July from The Harbour to the 14th Lock, it was a very well attended event, 60K of litter was retrieved from that area of water.

Under normal circumstances we would be waiting for our invitation to The Helix for the Tidy Towns results, it may happen in October.



Please like our Facebook page and follow us on Twitter for more updates.

Mary Molloy, Secretary Maynooth Tidy Towns

**The Canal in Autumn**

Russet leaves glide onto dark water  
Bereft of bird and insect life  
Except for a wild duck and his mate.  
Further on metal paddleboats,  
One with jutting, bladed arms,  
The other with a toothed scoop,  
Remove the summer weeds,  
Tipping them along the tree-lined bank.

The yellow water lilies are gone  
And the ducklings trailing in a line:  
Now that our children have all left  
We too must cut the choking weeds  
And like this pair of tranquil ducks  
Venture among the vagrant leaves.

By Colin Scott

**Gossamer**

Half lost in an autumn wood  
We came upon a leaf-strewn path  
Above which ash and beech trees towered.  
No sound except our muffled footsteps  
Broke the stillness of the morning  
So were it not for badgers' scrapes  
We might have thought all nature dead.

Then right before us at eye height  
We saw a russet leaf suspended,  
A magic form, distinct, apart  
From bole or branch, in empty space.

Without a sign of gossamer  
It twirled and floated endlessly  
As if some hidden force attested  
That falls from grace can be arrested.

By Colin Scott

**Phrases we use every day**  
*Source: The Book Red Herrings and White Elephants by Albert Jack*

To find somebody **As Drunk As A Newt** is never a pleasant experience, but at least they will be all right in the morning. But no one has ever found an intoxicated newt ricocheting up the High Street on a Saturday night, so why the reference? It seems that during the 17<sup>th</sup> and 18<sup>th</sup> centuries 'newts' was the nickname gentlemen gave boys who looked after their horses while out on the town for the night. As they spent their evening in gaming houses, bars and opium dens our forefathers were good enough to send out 'warm up' drinks to the newts who would then usually be found rolling drunk by the time the horses were collected hence the saying.

To **Carry the Can** means to take reluctant responsibility for something, usually that has gone wrong. Originally a military term, the saying stems from the duty of one man to carry a large can (bucket) of beer between the mess and a group of men. The one carrying the can was responsible for both the beer and for the returning the empty bucket. The phrase was in regular use by 1936 but a second theory dates further back. During the 19<sup>th</sup> century, explosive was regularly used in coal and tin mines. One person would be given the unenviable task of carrying a can of explosives to the mine face each day, hence a reluctance to 'carry the can'.



# Hope you are keeping safe and well We are working to support you through COVID



For Constituency Clinics

**Telephone: 089 2444 793**

**Monday to Friday  
Or,**

**Email:**

**Catherine.Murphy@oireachtas.ie**

**Our local Social Democrats  
team working in the area  
for you!**

**Contact us for any queries  
you might have**

**Aidan Farrelly**

**Nuala Killeen**

**087 61 4540**

**087 183 2322**



**Catherine Murphy, Your Kildare North  
Social Democrats TD**

**Honest Politics, Strong Economy, Fair Society**

## MAYNOOTH CYCLING CAMPAIGN NOTES

### **Bikeweek 2021**

This year, rather than nine days in June, Bikeweek is in September and runs for seven days from 12th to 18th.

Maynooth Cycling Campaign has applied for funding to run a number of events both public and in local schools. They will however require the support of Kildare County Council but at the time of going to press, we do not know the Council's response. Check out the Bikeweek.ie website to see the outcome!

### **Report by Intergovernmental Panel on Climate Change**

The recent Intergovernmental Panel on Climate Change report warned world governments that unless there are immediate, rapid and large-scale reductions in greenhouse gas emissions, limiting warming to close to 1.5°C or even 2°C will be beyond reach. The government target is a reduction in carbon emissions of 51% between 2018 and 2030 and to net zero no later than 2050. If this is to be achieved, this will involve change by everyone including car drivers.

### **Kiss the Gates Goodbye**

Maynooth Cycling Campaign is taking part in a national campaign to #KissTheGatesGoodbye. In order to remove barriers to towpaths and recreational areas for users of non-standard bikes and people with disabilities. We have invited the new Director of Services to see the problem for herself.

### **Speed Limits**

We are disappointed at Kildare County Council's use of Guidelines for Setting and Managing Speed Limits in Ireland, which was published in 2015, to justify the widespread increase in speed limits. We instead call on councillors to Implement the Stockholm Declaration which the Government signed in 2012 by introducing a default maximum road speed of 30 km/h in urban areas, and to reduce the speed limit to 60km/h for tertiary (rural) local roads.



In urban areas, it will not preclude elected members from deciding on higher (or lower) speed limits as they see fit but will enable more active travel ie walking and cycling as well as reducing congestion and pollution. It is also designed to initiate a discussion on the culture of urban speeds. The reduced speed limit on rural roads is designed to reduce the risk to walkers and cyclists on low trafficked country roads.

### **Strand Road**

Last month, Dublin City Council was instructed to stop work on temporary cycle tracks on Strand Road, Sandymount following court action by objectors to the scheme. Maynooth Cycling Campaign welcomes the announcement by Dublin City that they will be appealing the decision. Following the release of the IPCC report, the provision of safe cycling facilities is even more important now in reducing carbon emissions. We commend the City Council councillors who put the common good before the rights of drivers by voting to trial the scheme. After this summer's extreme floods and widespread fires in Europe, Maynooth should reconsider the decision not trial one way traffic on Parson Street. Burying your head in the sand is not a climate strategy.

### **New Team in Charge of Transportation in Kildare County Council**

There has been significant changes at the top of the management of the Transportation Department of Kildare County Council. Evelyn Wright has been appointed as Director of Services and Donal Hodgins has been appointed as Senior Engineer in charge of Sustainable Transport. We congratulate them on their appointments and look forward to working with them in the future.

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





# Maynooth Community Library Events

## September Cleverreach blurbs

### Children

#### Wed 22 September 3:30pm: Minecraft Build Challenge

Do you like to create and build in Minecraft? Sign up for our Zoom discussion and take part in our build challenge which will be sent to you in advance! Suitable for ages 6-10. Children must be accompanied on the video call by an adult. Places are limited and booking is essential. [backtoschoolminecraft.eventbrite.ie](https://backtoschoolminecraft.eventbrite.ie).

### Adults / Families and Young Adults aged 12- 14 years

#### Friday 17th September 5-6 pm

#### Culture Night : An evening of Poetry with Poet and Author Enda Wyley

People will be invited to read a favourite poem or a poem they have written themselves. Enda Wyley will also read from her own poetry and discuss writing poetry and creative writing. 12- 14 year olds attending the event online must have a parent/guardian present with them for the duration of the event.

Enda Wyley was born in Dún Laoghaire, Co Dublin. She is a poet and a teacher and member of Aosdána, the Irish affiliation of artists. She has published six collections of poetry with Dedalus Press, most recently Borrowed Space, New and Selected Poems and The Painter on his Bike, 2019. Places are limited.

Booking Essential through Eventbrite <https://www.eventbrite.ie/e/166058169455>.

#### Wed 29 September 8:15pm: (Face)Book Club

Our (Face)Book Club returns in September and is always welcoming new members, where we will discuss a new book from BorrowBox every month over Zoom. Join our Facebook group or email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) for the details. [facebook.com/kildarelibrariesbookclub](https://facebook.com/kildarelibrariesbookclub).

### Summer Stars Certificates

A Huge Well Done ! to all the children who participated in our Summer Stars Reading Challenge and well done to all the children who wrote some lovely reviews of the books they read as well. We had over 200 participants in the

Summer Reading Challenge this year. Certificates of participation will be available to collect in Maynooth Community Library from Monday September 13th for each child who took part in the Summer Stars Reading Challenge.

### Regular Events

#### Ciorcal Comhrá/ Irish Language Conversation group via Zoom

#### Every Wednesday at 11am / Gach Céadaoin ar a 11 a Chlog.

Join us online every Wednesday morning at 11am for an informal chat as Gaeilge. If you have a log of Irish or the cúpla focal, this an opportunity to practice your Irish and learn some Irish all from the comfort of your own home. To register, please call Maynooth Community Library or email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

Beidh Ciorcal comhrá ar siúil ar líne via Zoom gach Céadaoin ar a 11 a Chlog. Má bhíonn an-chuid Gaeilge agat nó an cúpla focal agat, tapaigh an deis seo le do chuid Gaeilge a chleachtadh agus Gaeilge a fhoghlaim as do bhaile féin. Le clárú, cuir ríomhphost chuig [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) nó cuir glaoch ar 01 628 5530.

### Online Story and Nursery Rhymes Time for 2-5 year olds

Join the Staff of Maynooth Library for some story-telling and nursery rhymes! Please be aware that a parent/guardian must be present for the duration of the event.

#### Every Friday at 10am – 10.30 am

Friday 3rd September <https://www.eventbrite.ie/e/167872066871>.

Friday 10th of September <https://www.eventbrite.ie/e/167872303579>.

Friday 17th of September <https://www.eventbrite.ie/e/167872518221>.

Friday 24th of September <https://www.eventbrite.ie/e/167872783013>.

### Bookclubs

#### Readers of the Lost Ark SciFi Bookclub.

The Maynooth Library SciFi/Fantasy bookclub 'Readers of the Lost Ark' meet virtually via zoom on the second Tuesday of each month at 6.30pm. The next meeting will be on Tuesday 14th of September at 6.30pm. If you are interested in joining the bookclub, please email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or telephone 01 628 5530.

### Book Busters Children's Bookclub

Maynooth Childrens Book Club "Book Busters" will meet up via Zoom on Friday 24th September @3.45pm. Now accepting new members. Suitable for ages 7-12 years. Contact Maynooth library on 01 6285530 or by email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

## Plant of the Month - Geraniums

Geraniums are a longtime favorite of gardeners. They are easy to grow, colorful, and emit a lovely scent. They provide a burst of colour and fragrance throughout the summer. They're easy to grow and thrive in terracotta pots as well as traditional bedding displays.

### Here's how to grow geraniums in your home and garden!

Some types of geranium are perfect for growing in hanging baskets. As well as offering beautiful blooms, some geraniums, known as scented-leaf geraniums, have fragrant leaves. Choose from apple, orange, lemon, spice or lavender. They're often sold as herbs as the leaves are edible.

Geraniums may be grown as houseplants or as annual flowers. During the warmer months of the year (between your local frost dates), they can be kept outdoors in a sunny location.

If keeping geraniums as houseplants, be sure to bring them indoors in late summer or early fall, when nighttime temperatures start to regularly dip below 55°F (13°C).



When buying geraniums, pay close attention to colour and size. Healthy leaves will have no discoloration on or below them and stems will be sturdy, not straggly. Be sure to avoid any plants with obvious signs of pests as well. Common houseplant pests include mealybugs, whiteflies, and spider mites. Place plants in pots with drainage holes to avoid root rot.

Use a well-draining potting mixture (not heavy, clayey soil) when planting in containers. Geraniums do not like to sit in soggy, compacted soil. For maximum bloom, place the plants in an area where they will get 4-6 hours of sunlight.

### How to care for Geraniums

Allow soil to dry to some extent between waterings, then water thoroughly. During the winter, water much less, but do not let the roots dry out entirely. Geraniums do best when given a period of dormancy through the winter months, during which they use less water and do not grow much.

To encourage blooming, deadhead regularly. To promote bushiness pinch back the stems. During active growing months, fertilize every 2 weeks or so. Use a water-soluble fertilizer at half strength. Don't fertilize in winter, when the plant should be dormant. Geraniums can be re-potted in spring to encourage new growth—or if they look like they need to be refreshed.

### Over wintering Geraniums

Geraniums that have spent the summer outdoors can be kept as houseplants, provided they get lots of sun. Before the first frost, lift the plants and, using a sharp, clean knife, cut the stems back in a shapely fashion to about 6 to 8 inches. They should not have to support great masses of leaves in the low-sunlight environment they are about to enter. Save a few stems as cuttings to root—an easy way to multiply your plants.

Transplant the "mother plant" to the smallest pot possible—enough to just fit the roots—using regular potting soil to fill. Keep the plants in shade for a week, then place them in a sunny spot (they need all the sun they can get) and keep them cool.

During winter, geraniums grow best with night temperatures of 50° to 60°F (10° to 16°C) but will survive if they drop to 32°F (0°C) and/or rise above 80°F (27° C), as long as they are kept relatively dry.

When new growth appears in the spring, cut off all the old leaves.

Common problems can be low light or over- or under watering. The leaves will turn yellow as an indication you are watering too little or too much. In this case, try to even the watering out and move the geraniums to a brighter place.

Geraniums may cause indigestion or vomiting in young children and pets (cats, dogs), so keep the plants out of reach of curious pets and children.

Source: [www.almanac.com/plant/geraniums](http://www.almanac.com/plant/geraniums)





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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.  
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## Joe's Jotter: Secondary Maths Some Useful Insights for Parents

I think it may be interesting for both students and parents to consider the following observations I have become aware of in Maths over the last number of years. Maths is a very emotive subject, and everyone has their own way of understanding and practicing it. This presents its own set of difficulties. The below insights and observations may help you as a parent to reach out and help your child with Maths in a more positive way.

### The Second Year Dip

Firstly, in general, I have noticed that some of my students (and those of my colleagues) experience a slight dip in performance in Maths during their second year in secondary school. This is partly due to workload and the fact that the first-year common course is quite basic. This dip for girls is not as pronounced as for boys. There is also a drop off in fifth year, but it isn't as extreme as the second year one. If your child is heading into second year, you need to be aware that this could be the case for them. I believe that working diligently on their algebra, fractions and general numeracy would be a big help in overcoming any barriers that block their path. These topics are the three main pillars of Junior Cycle Maths and underpin and are linked to many other topics on the course.

We all need to keep in mind that online learning has not suited some students and that they have missed out on that key face-to-face contact with teachers, especially in Maths. As a parent, it is important that you encourage positivity around this subject and remind them that every student in the country is in the same boat. From a personal point of view, I noticed that last year's Junior Cycle class did struggle (more than usual) with some topics, but it did eventually come together for them in the end. I expect that the incoming third year cohort will take a while to settle back (through no fault of their own) this year. In fairness, it may take many of them until after Christmas before they

settle down into a pattern of revision and work across all subjects. It is understandable that they may not hit the ground running this year and we all need to be cognisant of this.

### Girls – Go for it!

From the students I have taught since Project Maths was introduced, I have noticed another trend in my classes. I have spotted that female students are less likely to take risks when attempting past exam questions. The new phrasing of questions on Maths papers suit boys better, as they are less conscious of what they are writing down and are less afraid of being wrong. In my opinion, it is important for girls to express their opinions freely and openly and we, as teachers, need to help them develop this skill. I think it is important for all students not to get unduly perturbed if they cannot get a certain part of a question out perfectly. In Maths now, it is more important to go onto another question (within the allotted time), instead of looking to complete every single question part absolutely perfect. I feel that Churchill's (not the dog) quote is quite apt for our modern day Maths syllabus.

*"Perfection is the enemy of Progress".*

Winston Churchill (Former Prime Minister of the UK)

One does not really have time for absolute perfection on a Maths paper as they tend to be quite long, and unlike other subjects, there isn't as much time for admiring your work. Students should apply this principle across the board to all their Maths tests in 2021/22.

### The New Practical Style Questions

Thirdly, girls especially need to practice more exam questions involving engineering and mechanical parts. My reasoning for this is that, in general, most of the student cohort studying Engineering, Construction studies and Design/Communication Graphics (DCG) at Leaving Certificate are boys, and girls are not being exposed to this specific type of learning. With more everyday life practical questions being the order of the day in Maths, it is

inevitable that more technical and mechanical questions will appear in years to come, and girls and parents of girls need to be aware of this. This trend will slowly become more pronounced if the Governments' promotion and focus on the Science, Technology, Engineering and Maths (STEM) subjects continues and I expect it will.

### Follow Your Passion

Lastly, in a recent survey, twenty-nine percent of Irish parents surveyed thought that technology subjects weren't suitable for girls and fifty-three percent of girls in secondary school dropped STEM subjects due to pressure from their parents. These statistics may be contributing to the lack of representation of females working in STEM. Students and parents need to be aware of the excellent third level courses and future career opportunities available in these areas for both genders. Students need to be encouraged to explore all avenues of interest and follow their career path of choice. Pursuing some spinoff of the subjects that a student enjoys each day in school won't set them too far wrong. Joe

More details about Joe as a Maths Tutor for Junior Cycle and Leaving Certificate (2022), ACE Maths Assessments, and his Award winning ACE Maths Solution Books can be found via the links below.

W: [acesolutionbooks.com/ace-maths-tuition](http://acesolutionbooks.com/ace-maths-tuition)

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

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### Kildare County Council Speed Limit Review 2021

#### Notice of proposal to make Road Traffic (Special Speed Limit) Bye Laws

Following requests to extend the Kildare County Council Speed Limit Review 2021, Kildare County Council has now decided to extend the Public Consultation Period beyond the summer holiday period.

Any submissions made in response to the notice published on 27th July 2021 remain valid and will inform the next stage of the process.

Submissions can be made on-line and it is an important opportunity to have your say. The speed limit review proposes to make changes to some national regional and local roads. The link to make a submission is here: [Kildare County Speed Limit Review 2021 - Public Consultation | Kildare County Council \(kildarecoco.ie\)](https://consult.kildarecoco.ie/en/consultation/kildare-county-speed-limit-review-2021-public-consultation)

Any proposed changes will be advertised in advance of the change. It is important to take some time to have a look as some of the speed limits will be revised down and some speed limits rise.

There is a specific volume in respect of the roads in and surrounding Maynooth. The announcement in respect of the speed limit review is here:

Kildare County Council, in exercise of the powers conferred on it by Section 9, subsection (4), of the Road Traffic Act, 2004 hereby gives notice of its proposal to make Special Speed Limit Bye-Laws in respect of public roads within the administrative area of the County of Kildare.

Particulars of this Speed Limit Review are available to view on Kildare County Council's website at <https://consult.kildarecoco.ie/en/consultation/kildare-county-speed-limit-review-2021-public-consultation> and on [www.speedlimits.ie](http://www.speedlimits.ie) from **Wednesday 18th August 2021 to Thursday 16th September 2021**.

Particulars of the Speed Limit Review are also available for inspection at the offices of Kildare County Council, Level 4, Aras Chill Dara, Devoy Park, Naas, Co. Kildare, W91 X77F **BY APPOINTMENT ONLY**. Appointments must be made in advance at <http://kildare.ie/countycouncil/OnlineBookingSystem/>

Submissions or observations with respect to the Kildare County Council Speed Limit Review 2021 can be made online at <https://consult.kildarecoco.ie/en/consultation/kildare-county-speed-limit-review-2021-public-consultation>

#### OR

**in writing to: A/Senior Executive Officer, Roads Transportation and Public Safety Department, Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, W91 X77F on or before 16th September 2021.**

Please make your submission by one medium **only** i.e. in hard copy or online. Late submissions will not be accepted.

Submissions should be headed: **"Kildare County Council Speed Limit Review 2021"**

All comments, including names of those making comments, submitted as part of this review will be included in the statutory report to be presented at a meeting of the elected members. Accordingly, they will also be included in the minutes of that meeting and may appear in the public domain.

Kildare County Council is subject to the provisions of Freedom of Information (FOI Acts 1997 and 2014) and the Data Protection Acts 1988 to 2018.

The Public Consultation Number 2 on the preferred Option for DART+ West has been extended until 29th September

The long awaited Dart upgrade has an open consultation period and the time for submissions is extended to 29th September 2021.

The first of the infrastructural projects of the DART+ Programme to be delivered will be the DART+ West project. This rail improvement project will provide a sustainable, electrified, reliable and more frequent rail service to our customers, improving capacity on Maynooth and M3 Parkway to city centre rail corridors.

#### The project will see:

- Increase train capacity from the current 6 trains per hour per direction up to 12 trains per hour per direction subject to demand. Passenger capacity will increase from 5,000 in 2019 to 13,200 passengers in 2025.
- Reduce carbon emissions through the deployment of new electric trains.
- Support growing communities, businesses, and future development by providing high-quality integrated public transport service in line with Government policy including the National Planning Framework and Climate Action Plan.
- Your local knowledge will inform the design, help us to improve the project and ensure it will be a success for you and the communities it will serve.

Delivery of this DART+ West will support existing communities and support future sustainable development. It will serve all existing stations along the railway corridor

between Maynooth Station and M3 Parkway Station to Connolly Station and to the proposed Spencer Dock Station using electrical power, which has a lower carbon footprint than the current diesel trains. The frequency and quality of service will provide a viable transport alternative for surrounding communities other than private car travel. This will assist in Ireland reducing road congestion and greenhouse gas emissions from transport, thereby helping to combat climate change.

The electrification of the rail line will predominantly follow the existing railway corridor. Works outside of Iarnród Éireann lands will be required at a number of locations for some of the scheme elements such as:

- Level crossing replacements;
- Proposed depot, including rail and road realignment;
- Proposed new Spencer Dock Station;
- Bridge reconstruction and/or improvements;
- Construction of substations (to facilitate the provision of power to the line), and
- Use of land for temporary construction/storage compounds and all ancillary works required for the project.

Take some time to review the proposed project and detailed plans. The maps and details are available here: [DART+ DART+ West \(dartplus.ie\)](https://dartplus.ie)

The closing date for submissions is the 29th September.

#### House prices rise by 6.9%

According to the CSO, house prices rose by 6.9pc in June – the fastest level of growth in two and a half years. Meanwhile, a report from property consultants Turner and Townsend has revealed that Dublin is now the most expensive city in Europe in which to build. Yet, when it comes to building materials and the cost of construction labour, Ireland is no more expensive than comparable European countries.

"The key to addressing skyrocketing house prices is tackling the cost, and supply, of development land."

A 2020 European Commission report on Housing Affordability in Ireland identified the concentration of development land, in the hands of a small number of large developers and investment funds, as a key factor in reducing competition and fuelling inflation. This cartel of large developers and funds, which have squeezed out smaller builders, must be broken. We cannot allow a small number of developers to continue to monopolise the control of development land and drip feed the supply of much-needed housing into an overheating market.

"It has been reported that Housing Minister Darragh O'Brien will include a taxation measure, to capture a portion of rezoned land value increases, in his Housing For All strategy. This will not go far enough. The State needs to take an assertive role and use Compulsory Purchase Orders to ensure a consistent supply of land at affordable prices for housing, as originally proposed in the Kenny Report of 1973."

"There must also be a renewed focus on increasing our pool of skilled construction workers and apprenticeships, especially in wet-trades, and increasing productivity, by accelerating the use of modern and sustainable building technologies."

House prices rose at an annual rate of 6.9 per cent in June, the fastest level of growth seen in 2½ years. This was up from 5.4 per cent the previous month.

[Central Statistics Office](https://www.cso.ie/en/pressroom/central-statistics-office/) (CSO) figures show the State's property market continues to be stoked by pandemic-related factors, such as increased savings and lower-than-anticipated supply.

Prices in Dublin rose by 6.4 per cent on an annual basis in June, the fastest level of growth seen in the capital in three years, while prices outside Dublin rose 7.4 per cent. Many had predicted property values would decline as a result of the pandemic but a number of factors – increased savings, home working and expatriates returning from London after Brexit – have led to an acceleration in prices.

#### Transactions

The CSO said the number of property transactions in June rose month on month by 8.3 per cent to 3,473. The total value of transactions filed with Revenue was €1.1 billion. Existing dwellings accounted for 85 per cent of the homes purchased, while the balance of 15 per cent were new dwellings.

The figures show households paid a median or middle-range price of €265,000 for a home in the Republic over the past year. The Dublin region had the highest median price at €395,000.

Within the Dublin region, Dún Laoghaire-Rathdown had the highest median price (€555,000), while Fingal had the lowest (€360,000).

The highest median prices outside of Dublin were in Wicklow (€365,000) and Kildare (€329,950), while Leitrim and Longford had the lowest (€120,000).

IPAV, the Institute of Professional Auctioneers and Valuers, said the rising prices of recent months are likely to continue for the foreseeable future until supply improves. Breaking the cartel on development land is the key to tackling sky-rocketing house prices

(Continued on page 22)





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

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*(Continued from page 21)*

### Rental crisis impacts students returning to College

The government's failure to tackle the rental crisis means rents have continued to surge. A recent [daft.ie](https://www.daft.ie) report reveals the abject failure of this government to tackle the rental crisis. Rents climbed by an average annual rate of 5.6pc in the second quarter of this year, but the rates of increase were even higher in many areas. For instance, rents in Kerry, Leitrim and Roscommon surged by more than 16pc while rents in Donegal, Cavan, Clare, Galway, Mayo, Sligo and Waterford all increased by more than 14pc.

"The unprecedented nature of this crisis is evident in the fact that it is now cheaper to repay a mortgage than pay rent in nearly every region of the country. In fact, the only two places where a mortgage for a three-bed home is more expensive than rent is in Dublin 4 and Dublin 6."

"Taoiseach Micheál Martin has said housing is this government's 'number one priority'. Despite this, after more than a year in government, we have yet to see Housing Minister Darragh O'Brien's housing plan. Last month it was announced that the publication of Housing For All was being delayed until at least the end of this month. While the Minister dithers, the crisis deepens".

"The Minister may not have a plan to help renters, but the Social Democrats do. As a matter of urgency, we now need to introduce a ban on rent increases, an end to evictions into homelessness, create a rent register and ensure renters have security of tenure by removing no fault evictions. These are among a suite of measures included in our Renters' Charter."

"The Minister has repeatedly promised to address the housing crisis. However, there is no evidence of any of his measures having any discernible positive impact. In fact, under his watch, the crisis is worsening."

"Runaway rents are out of control – and the government has no plan to stem them. This is clearly unsustainable. Renters are tired of the litany of empty promises from this government. What they need are credible solutions."

### Cllr Aidan Farrelly Update

### Maynooth Transport Strategy Update

In August 2021, the members of the Clane Maynooth Municipal District received a

presentation from Aecom and Kildare County Council, who together are beginning the process of developing the Maynooth Transport Strategy. At this preliminary meeting, a discussion was focussed around three main questions; In your opinion, what are the main transport issues facing Maynooth? Which transport infrastructure changes would you like to see proposed in respect to roads, parking, walking, cycling and public transport? How can we get people to drive less for short trips within Maynooth?

During the meeting, I proposed to the Council and Aecom to host an introduction workshop with community groups, residents associations, sports clubs and the Community Council as the questions being posed could be best answered by such groups at this early stage, as opposed to waiting on a formal public consultation for feedback. Kildare County Council committed to doing this, and we will await word on dates/times in September 2021.

Some of the main issues discussed at this meeting included population increases, capturing the purpose of travel, traffic congestion, segregated cycleways and other infrastructure. We would urge you to engage in the future public consultation processes on this important strategy document, and if you have any questions please feel free to get in touch.

### Maynooth Local Area Plan

Following a question I raised with Kildare County Council earlier this year, it was suggested that the Local Area Plan process would begin for Maynooth in late 2021. I have sought a more specific timeline for this and will update as soon as I hear.

### Kildare Meath Eirgrid Upgrade

As some of you may know, Eirgrid is embarking on a significant development to add a high capacity underground electricity connection between Dunstown substation in Co. Kildare (near Two Mile House) and Woodland substation in Co. Meath (near Batterstown). I am a member of the Eirgrid Community Forum, who will receive a presentation on the preferred route options for this upgrade on August 30th. Following this, the preferred routes will go to public consultation, and once again I would encourage you to read the preferred options, and engage with the public consultation process that begins in the first week of September. More details can be found:

<http://www.eirgridgroup.com/the-grid/projects/capital-project-966/the-project/>

## Kildare Planning Applications for Maynooth Area

**Planning Applications received from 27/07/2021 to 30/08/2021 - 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
211214	Kildare County Council	Colm & Edel O'Muire	17 Woodlands, Maynooth, Co. Kildare, W23 F6X5	24/08/2021
211184	Kildare County Council	Máire Ni Scannaill,	19 Leinster Cottages, Maynooth, Co. Kildare.	17/08/2021
211180	Kildare County Council	Robbie Frayne,	2 Elm Court, Maynooth Road, Celbridge, Co. Kildare W23 RC03.	16/08/2021
211161	Kildare County Council	Liam Foran & Katrina Costello	58 Newtown Court, Maynooth, Co. Kildare, W23 T2H6	12/08/2021
211141	Kildare County Council	Ray Tyndall	Clonagh, Maynooth, Co. Kildare	09/08/2021
211142	Kildare County Council	Breezy Point Capital Ltd.,	Railpark, Maynooth, Co. Kildare	09/08/2021
211143	Kildare County Council	Michael & Irene O'Shea	31 Parklands Place, Maynooth, Co. Kildare	09/08/2021
211127	Kildare County Council	Moldovan Estates,	Bistro 53, Main Street, Maynooth, Co. Kildare W23 D2T9.	06/08/2021
211129	Kildare County Council	Anne Gallagher,	26 Greenfield Drive, Maynooth, Co. Kildare.	06/08/2021
211122	Kildare County Council	Michael Burke,	Barrogstown, Maynooth, Co. Kildare.	05/08/2021
211115	Kildare County Council	Karina and John Brunnock,	3 Parklands Place, Maynooth, Co. Kildare.	04/08/2021
211112	Kildare County Council	Maria and Tom Ashe,	Curramore, Leinster Park, Maynooth, Co. Kildare W23 E6P2.	03/08/2021
211107	Kildare County Council	Elaine Doyle and Eoin Doyle,	Johninstown, Maynooth, Co. Kildare.	30/07/2021
211108	Kildare County Council	Heathcote Holdings Limited,	Parklands Grove, Railpark, Maynooth, Co. Kildare, W23V5D4.	30/07/2021



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## Information for Students

We look forward to having you back on campus from September. We are planning for a resumption, as close as possible, to full on-campus teaching, assessment, research, clubs and sports activities in September, while ensuring that overall numbers attending on-site continue to be monitored and controlled.

In the first semester, lectures of up to 250 students, practicals, and tutorials will be held on campus. Most lectures over 250 will be taught remotely but will, wherever possible, include a weekly on-campus experience such as a tutorial.

You can read more details in [Studying at Maynooth University in Academic Year 2021-2022](#)

We will ask you to continue to protect each other by following our health guidelines. We will be providing updated guidance closer to the start of the semester, but we expect that:

1. You should not come to the campus if you have symptoms or a diagnosis of COVID-19.
2. You should continue to observe the hygiene

measures, including frequent hand washing and cough etiquette.

3. You should continue to observe the social distancing and mask wearing protocols that are in place. These measures may vary from time to time in response to the public health situation.

### Key dates for the next semester

- Semester 1 begins on 20 September 2021. Most courses for continuing students will begin on this date.
- First year undergraduate students in most programmes will have an orientation week from 20-24 September, and formal teaching will begin on 27<sup>th</sup> September. This start for first year students is later than usual, because of the late release of Leaving Certificate results.

### Over the summer

- **Research:** Postgraduate research students will be able to return to the campus with the permission of their Head of Department.

### Support

Please remember that Student Services are open and available to assist you with any support needs you may have, and you can [find further information here](#).

### Accommodation

If you are seeking accommodation on campus, please see the accommodation information at: [maynoothuniversity.ie/accommodation](http://maynoothuniversity.ie/accommodation)

### International Students

See the International Office website at <https://www.maynoothuniversity.ie/international>

### Covid Cases - What to do

[What you should do in response to a suspected or confirmed case of COVID-19](#)

Source: [www.maynoothuniversity.ie](http://www.maynoothuniversity.ie)





## Free Online Sewing Workshop Series 2021



Looking for a way to improve your impact on the planet? Looking after your clothes by mending them and giving them another life is a fantastic way to reduce your household waste.

The clothing industry just feels like a mess when it comes to its responsibility for and response to the climate emergency. While the usual suspect of fast fashion tends to get a lot of blame, it goes all the way to the high street and up to the luxury brands. The sheer volume of waste created, virgin plastic used for items that get so little use and a lot of time end up in landfill. Also that landfill tends not to be on our door but shipped off somewhere else.

**The good news is that we all can make a difference** and that can start with learning skills on how to take care of clothes so that they last longer. Keeping our clothes for longer is absolutely a winner when it comes to our impact on the environment. It isn't anything new. Caring for what we have was essential to our parents, grandparents' generation and before.

To follow on from our Ladies Clothes Swap Shop, we are delighted to announce that we are hosting **a series of free online workshops for the remainder of the year on sewing and saving your textiles.** It is for anyone wishing to learn or improve their skills. It is free of charge and will be online as a zoom group class. A week after the event there will be a video on our website with the demonstration for those who could not join us on the day or if you wish to view certain skills again.

We are thrilled that the local creative businessperson, Vanessa of The Craft Corner will be the teacher for all 5 workshops. The cherry on top is that Vanessa is passionate about living a green life. Vanessa will provide step by step instructions for the class and as mentioned above will have a supporting video for after the class.

The first workshop is **Visible Mending: How to fix, repair and give your clothes another lease on life.** Vanessa mentioned 'this hand sewing workshop takes inspiration from the Japanese art of visible mending to show you how to darn, embroider and applique'

**Date:** Saturday 18<sup>th</sup> September 11am – 12noon

**How to join:** Register here <https://www.eventbrite.ie/e/visible-mending-with-zero-waste-maynooth-the-craft-corner-tickets-168014167899> link also on [www.zerowastemaynooth.ie](http://www.zerowastemaynooth.ie)

**Cost:** Zero!

**Impact:** Helping to save the earth! Yes really it does!

**Materials:**

- Clothes, socks, tops (any item of clothing with a hole in need of mending)
- Scraps of fabric (for larger holes and applique style mending)
- Needle and thread
- Threads: Embroidery yarn, wool, thicker threads. (I think wool socks need wool thread)
- Scissors and pins
- Darning mushrooms or circular bowl, curved surface to put inside your hole

**Dates for other workshops – come to as many as you like! Share these dates with friends –**

- 11am Saturday 16th October – How to make your own Halloween Costumes
- 11am Saturday 20<sup>th</sup> November – Stitched baskets using material scraps
- 11am Saturday 27<sup>th</sup> November – DIY Christmas decorations for your home and tree
- 11am Saturday 11<sup>th</sup> December – Zero Waste gift wrapping both paper and material options

This series of workshops is kindly sponsored by Kildare County Council.

## Free Online Sewing Workshops

Zero Waste Maynooth is delighted to present a series of 5 workshops to share skills on how to repair, mend and repurpose your clothing.

**Saturday 18th September  
11am – Visible Mending**

Visible Mending: How to fix, repair and give your clothes another lease on life.

This hand sewing workshops takes inspiration from the Japanese art of visible mending to show you how to darn, embroider and applique.

### Dates for your diary

Saturday 16th October – How to make your own Halloween Costumes

Saturday 20th November – Stitched baskets using material scraps

Saturday 27th November – DIY Christmas decorations for your home and tree

Saturday 11th December – Zero Waste gift wrapping both paper and material options

**Book a spot at Eventbrite or  
[www.zerowastemaynooth.ie](http://www.zerowastemaynooth.ie)**

Events hosted by Vanessa at The Craft Corner  
Funded by Kildare County Council



## Healthy Flapjack Recipe

Basic Flapjack Ingredients (makes about 9): each provides 90 calories, 1.5g fat, 15g carbohydrate, 3g protein

150ml milk – or a milk alternative e.g. soya, almond, rice milk etc.

2 mashed bananas – the riper the better as sweeter and easier to mash

150g porridge oats (about 2 handfuls)

### Ideas for optional extras:

- a handful of whole/chopped/ground up sunflower or pumpkin seeds
- 1 heaped teaspoon of cinnamon
- a tablespoon of cocoa powder
- a handful raisins or cranberries
- a few tablespoons of dessicated coconut
- 1 cup frozen berries (defrosted)
- 1 tablespoon honey
- 1 tablespoon peanut butter
- 2 tablespoons ground flaxseed with a little extra milk (very good for constipation!)



For extra protein e.g. as post exercise snack, you can add a scoop of protein powder. Mix all the ingredients together. Put in to cake tin lined with greaseproof paper, or silicone bun cases. You can also make them in to cookies by placing the mixture in cookie shaped blobs on the greaseproof paper.

It can sometimes be a bit tricky to peel the greaseproof paper off, so you can grease the paper first with some oil. Bake for about 40 minutes at 170 degrees C. Or until they are browning and you can smell the lovely aroma...



### Here's why they are so great:

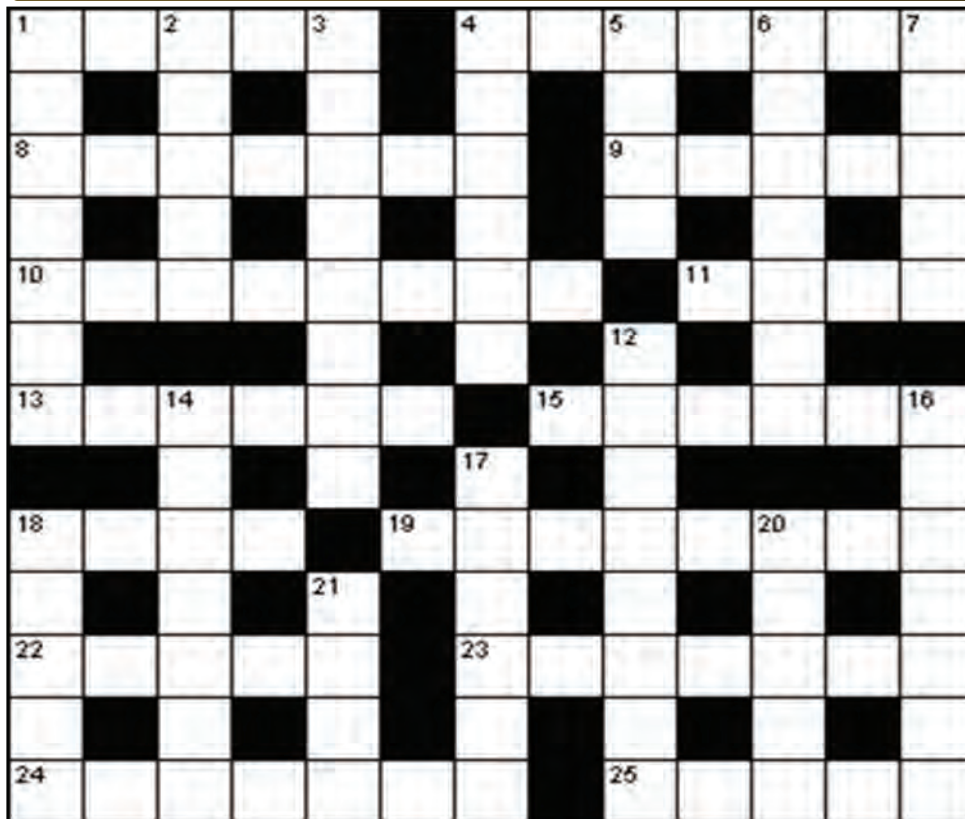
- Super quick to prepare the mixture
- No sugar, syrup or butter.
- Ripe bananas and raisins add the sweetness.
- If you feel the need for some extra sweetness, you can some honey, but you really don't need too much.
- Oats provide soluble fibre to keep you feeling full up, reduce cholesterol, keep your digestive system healthy and blood sugar.

Source: [www.sarahdietitian.com/2016/03/30/super-healthy-flapjack-recipe-no-butter-sugar/](http://www.sarahdietitian.com/2016/03/30/super-healthy-flapjack-recipe-no-butter-sugar/)

*If you are including flapjacks in your child's lunchbox make sure they don't contain any type of nuts as some children in the class may have an allergy to nuts.*



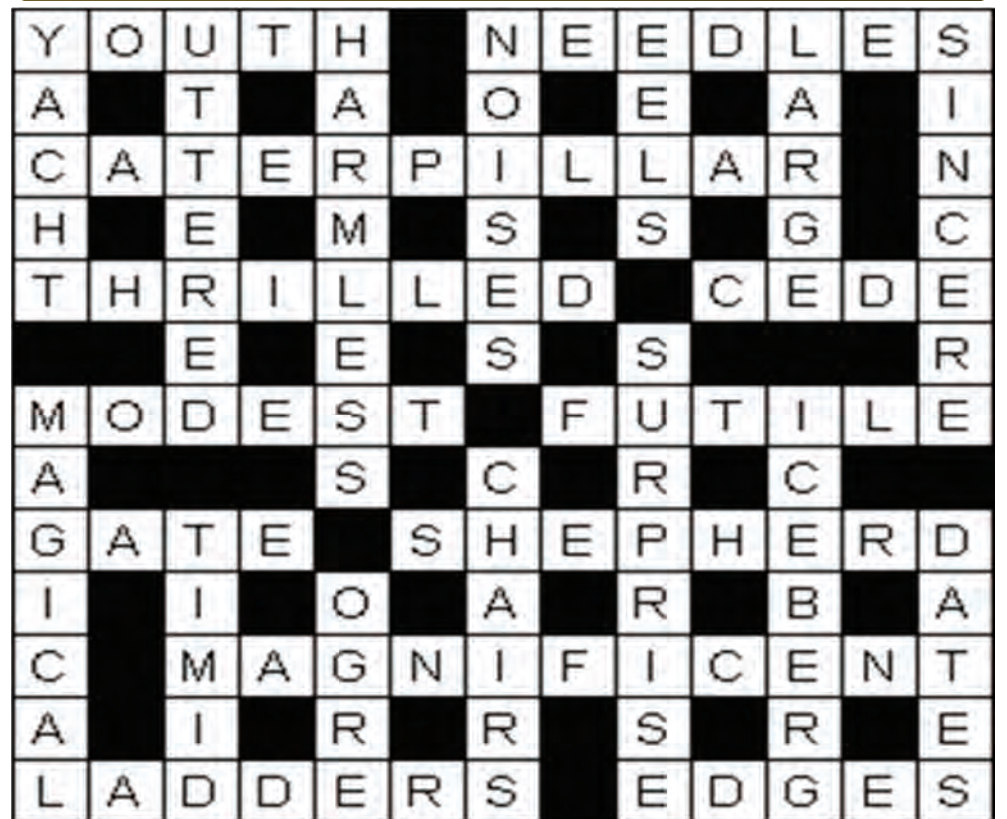
## September 2021 Crossword - No. 505



### Clues Across

- |                         |                                  |
|-------------------------|----------------------------------|
| 1. Direction (5)        | 18. Large and scholarly book (4) |
| 4. Equilibrium (7)      | 19. Precise (8)                  |
| 8. Brass instrument (7) | 22. Tooth (5)                    |
| 9. Fruit (5)            | 23. Inactivity (7)               |
| 10. Beamed (8)          | 24. Family name (7)              |
| 11. Singing couple (4)  | 25. Laconic (5)                  |
| 13. Kind of lake (6)    |                                  |
| 15. Movie house (6)     |                                  |

## Solution to Crossword No.504



### Clues down

- |   |                              |
|---|------------------------------|
| 1. Notation cancelling a previous flat or sharp (7) | 12. Venomous (8)             |
| 2. A regular route (5)                              | 14. Risk taker (7)           |
| 3. Seven-sided polygon (8)                          | 16. Norm (7)                 |
| 4. Dairy product (6)                                | 17. In operation (6)         |
| 5. Jump (4)   | 18. Domesticates (5)         |
| 6. Planet (7)                                       | 20. Theatrical performer (5) |
| 7. Choose by vote (5)                               | 21. Song for solo voice (4)  |

### Difficult

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

### Sudoku Challenge

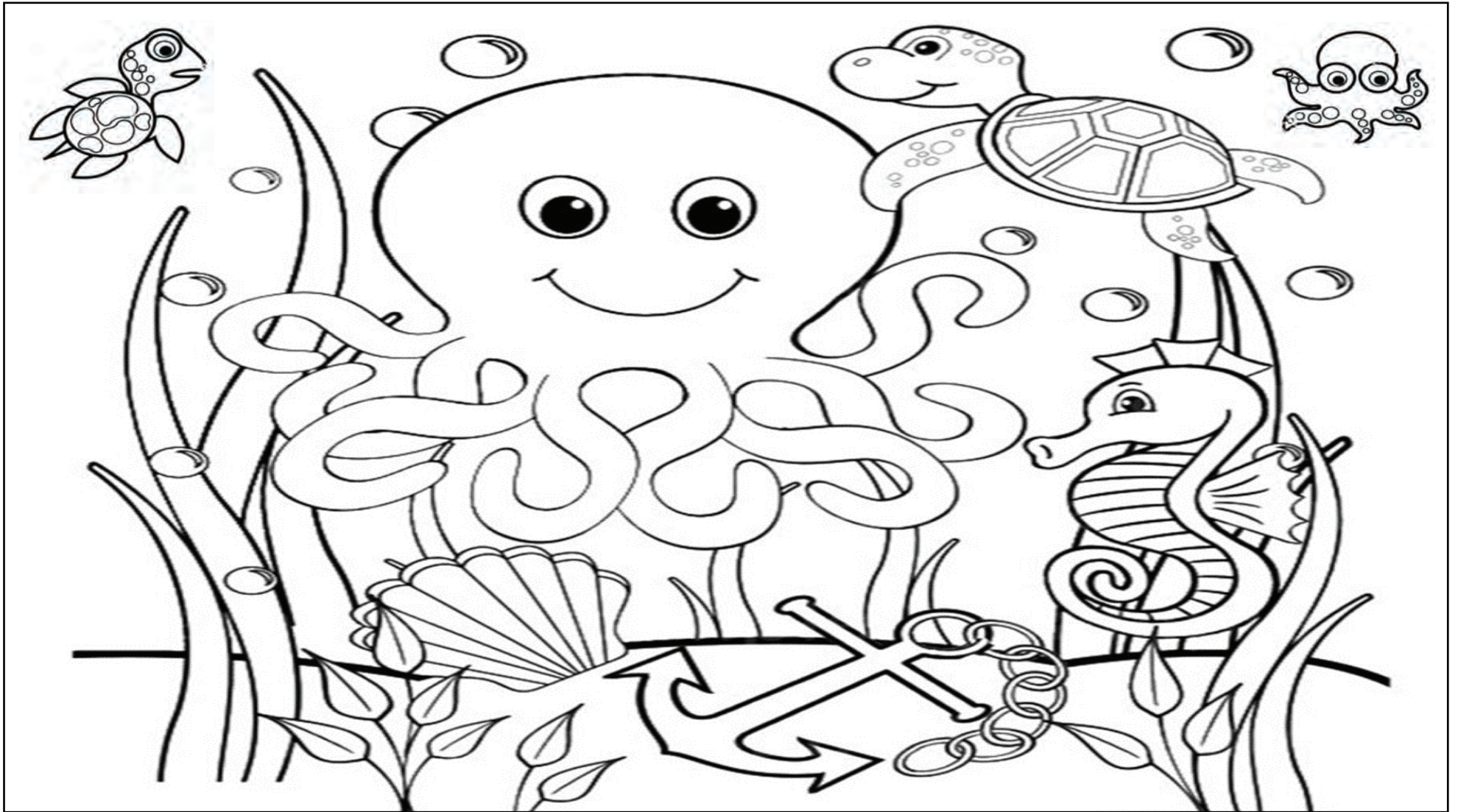
	5							
							6	
				2		1	4	9
	3	8			7	1		
7				9	8	5		6
		4	6			7	2	
3	8	9	7		2			
	1							
							7	

### Super Difficult

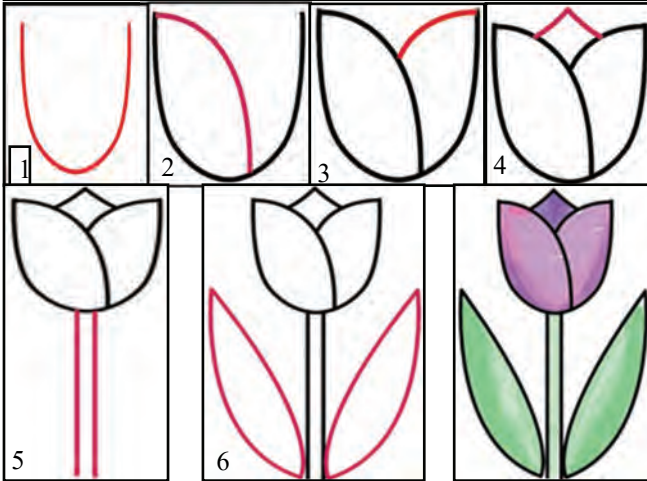
If you have access to a printer and wish to complete the Crossword and/or Sudoku for fun you can print the single page by going to File > Print and print the single page number only.



## Junior Puzzle Corner

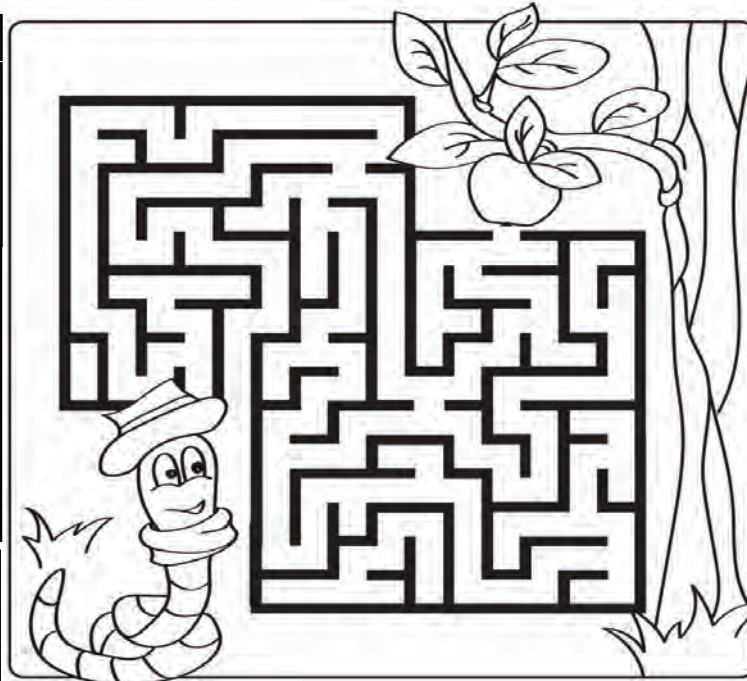


### HOW TO DRAW A TULIP

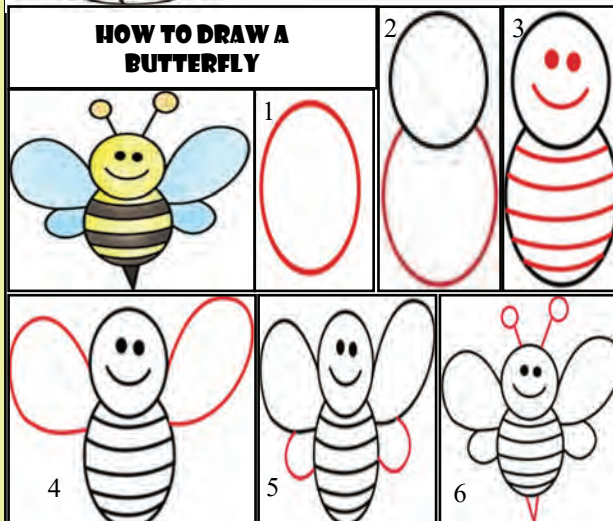


### Children's Colouring

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.



### HOW TO DRAW A BUTTERFLY

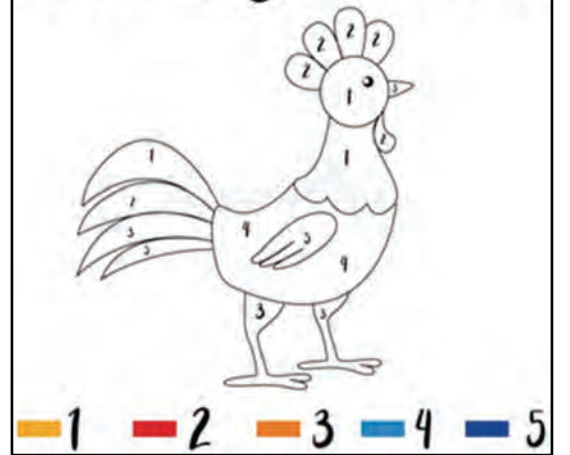


### HOW TO DRAW A BABY CHICK



### Kids fun corner

### Color by numbers







## September gardening



Autumn has started to creep in. It is now time to get ready for the start of the next season. Autumn is one of the best planting seasons as the roots of new plants will have time to establish before the onset of winter.

### Flowers

Buy spring bulbs and plant them as soon as possible, the fresher they are going into the ground, the better they will flower. Take cuttings of tender plants such as geraniums, marguerites, fuchsias and argyranthemums to carry over winter. Conditions are usually ideal with heat in the soil and adequate moisture to encourage rooting immediately. Continue feeding and watering baskets and other containers on a regular basis.



### Shrubs & Roses

Shrub roses and ramblers could now be pruned by removing some of the shoots that flowered. Roses that were pruned after flowering and were given some rose fertilizer will be showing a new crop of late buds and flowers - these can even flower into early winter if there is no frost. Evergreen shrubs could be moved now if they need to be given more space.

Finish clipping hedges as soon as possible, all kinds of hedge can be clipped at this time and they will stay neat longer if clipped now. Prepare ground for planting trees and shrubs, including hedging, if not already done.



The planting itself can take place now for evergreens or in two months for bare-root deciduous trees, or planting can be delayed until spring if the weather is wet and the ground becomes sodden. Do not plant until spring in an exposed area as the young trees will be damaged by strong winds before they get a chance to get established. Check that trees recently planted are properly staked and stake any old shrubs that appear top-heavy. Check on wall trained climbers that their support is solid.

### Fruit & Vegetables



If you have a fruit or vegetable patch, you will be busy harvesting. It is time to get out and start planting spring-flowering bulbs.

- Dig up remaining potatoes before the slugs damage them.
- Plant spring cabbage into ground vacated by early potatoes.

- No fertilizer is needed because the potatoes would have been adequately fed. This ground is also usually nice and open after potatoes – just the conditions that spring cabbage needs to make some growth before winter.

- Clean out cold frames and greenhouses so they are ready for use in the autumn.
- Cover leafy vegetable crops with netting.

### Making Potpourri from the Garden

Potpourri allows you to bring not only some of the flowers, leaves and pods inside with you, you can bring some of the scents of the season. It's not hard to make your own potpourri. Look for flowers that hold onto their colour and still look good when dry, like geraniums, lavender, peonies, and roses.

Add in interesting seed pods, like sweetgum and rose hips. Pinecones make a nice chunky addition.

For more colour, include berries like beautyberry and holly. You can include leaves, but they tend to fall apart quickly when dried. Look for thicker leaves, like leather-leaf viburnum and the lacy leaves of scented geraniums. Dried citrus peel and dried apple slices add fragrance and nice texture. For extra scent add some essential oils.



No matter how you make your potpourri, do not use metal bowls or utensils. These can react with your ingredients and alter the fragrance. Glass, ceramic and wood are the safest materials. Plastic is fine too, but the scent will linger in it for weeks. A quick and easy way to mix up a batch of potpourri is to add a few drops of essential oil to your fixative, cover and set it aside for 3 - 5 days, so that the scent is completely infused. Then add your dry ingredients and stir everything together.

Cover again and allow to steep for about 1 month.

Check it occasionally, to make sure the scent is strong enough for you. If not, add more oil.

*A garden always gives back more than it receives!*

### Tomato and basil soup

#### Ingredients:

- 1 tbsp. butter or olive oil
- 2 garlic cloves, crushed
- 5 soft sundried tomatoes, roughly chopped
- 3 x 400g cans plum tomatoes
- 500ml turkey or vegetable stock
- 1 tsp sugar, any type, or more to taste
- 142ml pot soured cream
- 125g pot fresh basil pesto
- basil leaves, to serve



#### Method:

1. Heat the butter or oil in a large pan, then add the garlic and soften for a few minutes over a low heat. Add the sundried tomatoes, canned tomatoes, stock, sugar and seasoning, then bring to a simmer. Let the soup bubble for 10 min. until the tomatoes have broken down a little.
2. Whizz with a stick blender, adding half the pot of soured cream as you go. Taste and adjust the seasoning – add more sugar if you need to. Serve in bowls with 1 tbsp. or so of the pesto swirled on top, a little more soured cream and scatter with basil leaves.

### Courgette and tomato soup

#### Ingredients:

- 1 tbsp. butter
- 2 onions, chopped
- 1kg courgette, sliced
- 1kg tomato, chopped
- 2 tbsp. plain flour
- ½ tsp turmeric
- 2l low-sodium chicken or vegetable stock from cubes
- crusty bread, to serve (optional)



#### Method:

1. Melt the butter in a large pan, add the onions and courgettes, and cook for 5 min. on a medium heat, stirring occasionally.
2. Add the tomatoes and flour. Cook for a couple of min., stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 min.
3. Purée with a stick blender, then sieve if you want a really smooth texture. Serve hot with crusty bread, if you like, or chill, then freeze for up to 2 months.

### Plum and almond recipe

#### Ingredients:

- 8 ripe plums, quartered and stoned
- pinch cinnamon
- zest 2 lemons
- 4 tbsp. brandy (optional)
- 100g soft butter
- 100g light brown sugar
- 2 eggs
- 100g self-raising flour
- 50g ground almonds
- 3 tbsp. flaked almond

#### Method:

1. Heat oven to 180C/160C fan/gas 4. Toss the plums, cinnamon, lemon zest and brandy, if using, together in a bowl, then leave to macerate while you make the batter.
2. Cream the butter and sugar with an electric whisk until pale and fluffy, add the eggs one at a time, then tip in the flour and ground almonds. Mix until completely combined.
3. Tip the fruit into a buttered shallow baking dish, spoon over the cake batter, then sprinkle over the flaked almonds. Bake for 35-40 min. until browned and cooked through. Test if the pudding is ready by inserting a skewer. If it comes out clean, the pudding is ready; if there is some batter on the skewer, then give it a few min. more. Remove from the oven and serve warm.

\*\*\*\*\*

### Apple Crumble

#### Ingredients:

- 3/4 c. (1 1/2 sticks) butter, melted, plus more for pan
- 1 1/2 c. all-purpose flour
- 1 c. chopped pecans, plus more for serving
- 1 c. lightly packed brown sugar
- 1/2 tsp. kosher salt
- 6 large apples, cored and cut into wedges
- 1/2 c. granulated sugar
- 2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- Juice of 1/2 lemon
- Vanilla ice cream, for serving.

#### Directions:

1. Preheat oven to 350° and grease a large baking dish with butter.
2. In a medium bowl, whisk together flour, pecans, brown sugar, and salt.
3. Stir in melted butter until texture is coarse and sandy.
4. Add apples, sugar, cinnamon, ginger, and lemon juice to baking dish and toss to combine.
5. Spread in an even layer, then press crumb mixture on top of apples.
6. Bake until apples are bubbling and topping is golden, about 50 minutes.