

# Maynooth Newsletter

Serving the people of Maynooth



## Local News - February 2022 - Issue No. 509 - 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.



## MAYNOOTH ST. PATRICK'S DAY PARADE 17th MARCH 2022

FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 17Ú MÁRTA 2022

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Application Forms also available for collection at Maynooth Newsletter Office Tesco Shopping Centre

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## Maynooth St. Patrick's Day Parade 2022

This is the 35th Annual parade after a two year break due to the Pandemic and we are extremely excited for what's in store. The Committee has been meeting over the past few months to start preparations and we are planning on the biggest parade to date. We appreciate how difficult the past two years have been for everybody and this year's event will be the first opportunity for us to come together as a community. We are conscious that things can change extremely rapidly and we will be keeping a close eye on case numbers in the lead up to the event. Our priority is the safety of the community and this will determine any changes to this year's parade.

Our theme this year will be, **"Love Our World"**. This theme encapsulates our dedication to sustainability, environment and our togetherness as a Local and Global Community.

Participants in the parade can take their own interpretation of the theme. This could be celebrating the global diversity of your school, organisation or business. It could also look at ways to reduce our carbon footprint and ways for us to show our World more love. We will be welcoming three large American Bands into our parade this year for the first time.

Application forms can be emailed to [maynoothparade@gmail.com](mailto:maynoothparade@gmail.com) or can be posted/dropped into the Maynooth Community Employment Project office, Unit 10 beside Coyne's Butchers in Carton Retail Park (Tesco). (FAO / St. Patrick's Day Parade Committee).

The Maynooth St. Patrick's Day Parade committee works on a voluntary basis and we are constantly on the lookout for new volunteers and if you have some spare time to assist, we would love to hear from you. If you would like to help or if you have any queries, please email us on [maynoothparade@gmail.com](mailto:maynoothparade@gmail.com)

The parade this year will start at 11am, from Greenfield Shopping Centre, making its way towards the Main Street and finishing in Tesco car park.

The awards ceremony takes place directly afterwards in Manor Mills Shopping Centre where there is a Family Fun Day organised by the centre with dancing, face painting and music.

The deadline for applications is Friday the 4th of March at 5pm. I look forward to seeing you on the day.



2007



2012



2017



2019



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

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

The Editor, Maynooth Newsletter,  
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Maynooth, Co. Kildare. W23CT59  
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

It is not over yet but the majority of restrictions for Covid 19 have been ended last month. Wearing of face masks in certain setting such as on public transport and in shops continue for now but this time last year level 5 Covid 19 restrictions were in place. At this stage in February 2022 all ages over four years in the population will have been offered the vaccines and in Ireland the take up has been high. There is speculation that in future we will get an annual flu and Covid vaccine together. For now take care of yourselves because it is not over yet.

So looking ahead it is good that people can gather in both indoor and outdoor settings. In Maynooth we will have the return of the St. Patrick's Day parade and as mentioned elsewhere in this publication the planning is near completion so it will be great to see so many of you coming out to enjoy the bands and other performances that will entertain you. I know that it costs a lot of money to run the parade and it is appreciated that local bodies are coming forward with funding support. Next month sponsors will be acknowledged as without these contributions the event could not take place. Taking part in the St. Patrick's Day Parade is a great opportunity to highlight your local business and community group so why not take part this year.

Paul Croghan - Editor

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**Copy date for the next edition of the Maynooth Newsletter  
will be Wednesday 23rd February 2022**

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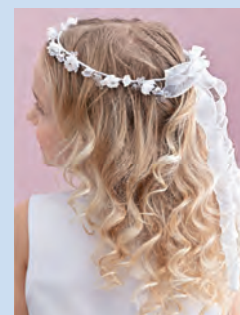
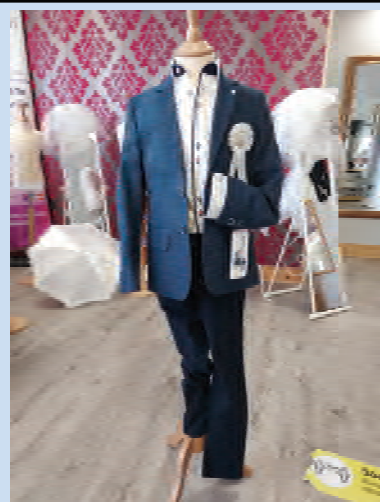
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## *Tánaiste and Minister for Enterprise, Trade and Employment Leo Varadkar visits Maynooth University campus*

**Friday, 14 January 2022**

The Tánaiste and Minister for Enterprise, Trade and Employment, Leo Varadkar, TD, today visited Maynooth University and met with President of Maynooth University, Professor Eeva Leinonen, for a campus walk and introductory meeting.

The Tánaiste and Prof Leinonen toured the campus, and spoke with students, staff as well as researchers and academic innovators at the business incubation centre, [MaynoothWorks](#), also stopping to view progress on the €57 million Technology Society and Innovation Project on North Campus, due for completion this spring.

Maynooth University received a capital grant of €25 million from Government in 2019 for this major new building development project, to support the University's rapidly growing student population. This is the largest capital grant awarded to Maynooth University.

The total €57 million project comprises the new academic building, and also the modernisation and expansion of the existing Arts and Sciences buildings.

Speaking at his visit to Maynooth University, Tánaiste Leo Varadkar said: It's great to be in Maynooth this afternoon and see first-hand the progress being made on the North Campus. Government has backed this project, recognising the huge potential of Maynooth University to cater for the rapidly growing student population in the surrounding area.

I really enjoyed visiting MaynoothWorks too and meeting with

entrepreneurs working on some really exciting projects. Maynooth University is going from strength to strength."

Prof Leinonen said: "I am delighted to welcome Tánaiste and Minister for Enterprise, Trade and Employment to our campus today. Maynooth University has a global reputation for impactful, research across the sciences, arts and humanities.

Our pioneering work in bio-sciences and health; digital transformation and artificial intelligence, and in the field of environmental sustainability, through the work of ICARUS Climate Research Centre, will help meet future aspirations and challenges of society.

"Maynooth is located in one of the fastest growing demographic regions in Ireland. Our rapid enrolment growth and the diversity of our student population, combined with academic excellence and impactful research innovation, are strengths that are critical to Ireland's future. Maynooth University will continue to play a significant role in preparing for next-generation Ireland."

Formally established as an autonomous university in 1997, Maynooth, has tripled its enrolment to over 14,000 students from at least 90 countries. It is the only university in Ireland ranked in the top 100 global universities under 50 years old in the [Times Higher Education \(THE\) Young University Rankings](#).





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Mary Coughlan

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Sat March 26th



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#NoFilter Tour

Thurs March 31st



The Three Tenors

Sat April 2nd



Des Bishop  
Mia Mamma Tour

Fri April 8th



Johnny McEvoy

Sat April 30th



 GLENROYAL HOTEL 





# Royal Canal Notes

February 2022

## Education ~~ Heritage ~~ Recreation

### NEW YEAR GREETINGS

The Maynooth Newsletter does not publish in January so we start the notes by extending a belated happy new year to all our readers and friends. We hope you all had a peaceful Christmas and can now look forward to some normality in 2022.

### ROYAL CANAL ANNUAL MASS

The annual mass for those who lost their lives in a barge accident on the Royal Canal at Porterstown Co Dublin in the 1840s was celebrated in Porterstown Church back in November.



Laying of the wreath after annual mass

The chairman and members of the group attended and afterwards made their way to the nearby bridge close to where the incident occurred and laid wreath.

### ROYAL CANAL MEMBERSHIP

We take this opportunity to remind members that membership fees, which were not sought during the lockdown now fall due. Annual family membership is very reasonable at €30.00 while a three-year family membership is also very good value at €80.00.

People living in Maynooth and surrounding areas who would like to join can do so online at [www.royalcanal.ie](http://www.royalcanal.ie). Those who have relocated to the area to live more recently are also welcome to join.

The group was originally set up to restore what was a derelict canal. With the canal, for the most part, restored and reopened, we are now primarily involved in promoting heritage, culture and recreation on the waterway.

### FOR THOSE WHO LOVE TO READ

A reminder that elsewhere in this publication you can read the third part of an article on sailing the Royal Canal by canoe. Written by Dianna Marie Hartford, the author has also written a children's book based on this trip which is still in use in many primary schools.

### ROYAL CANAL WALKS

The Post-Christmas walk which took place on December 29th last was enjoyed by all. Twenty adults, 8 children and a number of canine pets took part.

The weather, thankfully, remained dry but cold and all was well. While it was not possible, for covid reasons, to cater for the walkers enroute, they understood the situation and completed the walk anyway.

As always, we would like to thank the management at Carton for permission to walk through Carton, those who walked and those members of the group who marshalled the walk.



Royal Canal Hill of Down, Co. Meath © FitsFoto Maynooth

The next walk is scheduled for St Patrick's weekend elsewhere on the canal. Details and times have not yet been finalised. More information will appear in the next issue.

This will be followed by the mid-summer walk, Ashtown to Castleknock in June which is always an enjoyable social occasion.

### CONDOLENCES

We in the Royal Canal Amenity Group would like to send our condolences to the Murphy Family of Tullamore on the tragic loss of their daughter while walking on the Grand Canal. Our canals are now an amenity to be enjoyed by all in safety. Our thoughts and prayers are with the family at this time.

*Ar dheis lámh Dé go raibh a hAnam.*



## OPEN ALL THE WAY CANOEING ON THE ROYAL CANAL IN THE 1950s

### By D.M. HARTFORD

#### About the Author

Diana Mary Hartford nee Barton was born in 1918. The trip described here was undertaken in 1955 just after Douglas Heard completed the last official boat trip before closure of the canal. The trip was undertaken in two stages; Clondra to Mullingar and Dublin (Blanchardstown) to Mullingar. The city centre areas of the canal were not navigable at this time. This article was originally published in a number of Royal Canal Newsletters in the 1970s. The author had a children's book published after this trip, which is still widely used in primary schools today. The author of a number of other books, Diana passed away in 2002.

#### PART 3 RICHMOND HARBOUR TO LONGFORD

I have described our three days paddling from Blanchardstown to Mullingar. The rest of the Royal Canal we travelled in 1955 starting from the Shannon. The weather that time was wilder and colder, and as we came down the Shannon in spite with a north wind behind us we decided to get out at Tarmonbarry. Instead of entering the River Camlin below the sluices and paddling up to Richmond Harbour we walked along the main road to Clondra, the canoe being taken by cart. On the way we looked over a short bridge into a ravine thick with thorn bushes with some water at the bottom. Black old lock gates barricaded one end. We were glad not to have tried that, especially when we got to Richmond Harbour and saw that the lock leading from the Camlin rose between banks impossible for portage. On the other hand, I remember viewing the marshes to the north and thinking that with the rivers in flood we might have entered the Camlin above Tarmonbarry, though we hadn't spotted the entrance.

Richmond Harbour was like the pond in Herbert Park, Ballsbridge, with neat stone coping all around. In better weather we launched there the next morning by the steps. After the Shannon, the Royal Canal looked very calm and beautiful as we moved off under a typical perfect, round grey stone bridge. Flowers, reeds, swans and large white clouds were reflected in the water. It was again May and there was not much weed. We saw plenty of white buckbean and yellow king-cups in the water and cowslips and cuckoo pint on the banks. Above and below Rinn Mount Lock (No. 45) we found these banks easy for landing. At Killashee bottom lock the cottage was empty, but the one at the top lock had a telephone and a back garden full of flowers, obviously cuttings from the well-kept presbytery garden next door. The road from Killashee, with the presbytery on one side and the national school and chapel on the other crosses the canal here. Shortly after a

picnic lunch under a huge hedge by the towpath we came to Cloonsheerin, the long-expected junction with the Longford branch which was marked by a disused barge on its side on the south bank.

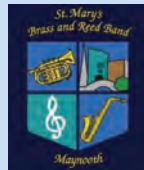
The Longford line had not been travelled by L.T.C. Rolt, whose book, 'Green and Silver' was our guide, so we turned left into it wondering what lay ahead. We found it broad and free from weeds and it was by no means entirely straight, but had a pleasant variety of curves and bridges. After the fourth bridge I recall a cottage on the left bank with steps to the water and a box ferry on a chain to the other side. No local people (or others) appeared to have any boats on these waters and the box was just used here, as elsewhere, for carrying a calf or goat across the canal. It took longer than we thought to get to Longford town. There was at least one more bridge than we had expected: and just before one that had been rebuilt in concrete we stuck in buck or bog-bean weed and had to drag ourselves through with the help of the young ash trees lining the bank.

This was followed by a long straight stretch past beautiful Beech trees and then a long curve round to Longford railway station. We drew in by a grassy bank before the low railway bridge and decided to go no further as my friend, going ahead to look, reported that the harbour beyond was filthy. This time we had a C.I.E. pass to show which we should have had before. It had a yellow receipt attached saying I had paid the canal section of C.I.E. at St. James' Harbour Dublin 10s 8d a mileage charge of 3d per mile from Richmond Harbour to Mullingar. It was really a form for the use of barges. When Mr. Lydon, the then station-master, and two porters had helped us carry the canoe and baggage into the goods shed he took our pass to sign. "It's a long time since I've seen one of these. It'd be the same as for a cargo boat I suppose" he said. He had read 'Green and Silver' too and was very disappointed that the Rolts had not visited Longford. It had been a showery day, so we left the canoe upturned to drain out the rainwater before we walked, cold and stiff, right through the town to our hotel for the night.

*To be continued*

**The Royal Canal Amenity group are grateful to Diana for submitting this article for publication at the time**

## St. Mary's Brass & Reed Band



This is the time of the year when we take stock and look at how we fared last year and set out our plans for the coming year. In common with others, 2021 was exceptionally difficult for the Band with the lengths we had to go to keep rehearsing while keeping our members safe as our Bandroom was not big enough to maintain the required two metres social distancing.

Fortunately, through the generosity of a number of people we carried on with our usual rehearsals and were in a position to give a number of recitals in the Square during the Summer months including a "Floodlit Concert" on Culture Night in September. A visit to Castletown House also in September was a great success and we are invited back there again this year.

Our Christmas Concert on 12th December was subject to the last minute restrictions on numbers for indoor events but not to be outdone the Band arranged to have the Concert recorded and streamed which was really appreciated by former members living outside the Country. The concert is still available to view on YouTube and the link is [St Marys Band Maynooth Christmas Concert - YouTube](https://www.youtube.com/watch?v=N56GvFQmolo)  
<https://www.youtube.com/watch?v=N56GvFQmolo>

If you enjoy the concert and would like to make a donation to the Band it can be done through our Paypal account at [maynoothbandtreasurer@gmail.com](mailto:maynoothbandtreasurer@gmail.com)

The feedback from the recording encourages us to have a real think about doing the same next December. As last year marked the 90th Anniversary of the reforming of the Band and to mark the occasion we produced a

Souvenir Calendar which was very well received. As this calendar chronicles the progress of the Band over the 90 years in text and photos it will be available as a Souvenir throughout 2022.



We are still in the process of planning events for the coming year but we will be recording another CD, this time of the Band only, this month and are delighted to be back on the Patrick's Day Parades in March. We have plans for more outdoor recitals during the Summer months so watch our Facebook page for further details.

Finally with the current growth of housing in Maynooth there are bound to be musicians, and budding musicians, from 8 to 80, out there looking for an outlet for their talents and we would really love to talk to you. We rehearse on Monday nights, there is a very friendly atmosphere in the Band and if you are interested please call Joe on 086 1737 024 or Paddy on 087 2537 906 and they would be delighted to speak to you.





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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.

Never known to fail.

Thanksgiving for favour received.



## Fitness Tips for staying Motivated

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs, but they may stop when they get bored, they don't enjoy it or results come too slowly. Here are some tips to help you stay motivated.

### Simple Goals

Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious. For example, if you haven't exercised in a while, a short-term goal might be to walk 10 minutes a day five days a week. Even short amounts of exercise can have benefits. An intermediate goal might be to walk 30 minutes five days a week. A long-term goal might be to complete a 5K walk.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Greater amounts of exercise will provide even greater benefit. Aim to incorporate strength training exercises of all the major muscle groups into your fitness routine at least two times a week.

### Make it Fun

Find sports or activities that you enjoy, then vary the routine to keep it interesting. If you're not enjoying your workouts, try something different. Take a dance class. Check out a health club or martial arts centre. If you like to work out at home, look online for videos of many types of exercise classes, such as yoga, high-intensity interval training or kickboxing. Or take a walk or jog in a local park. Discover your hidden athletic talent or interests.

### Make Physical activity part of your day

If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity.

You can also slip in physical activity throughout the day. Take the stairs instead of the elevator, or park further away from the shops. Walk up and down sidelines while watching the kids play sports. Take a walk during a break at work.

If you work from home, stretch, walk or climb your stairs on breaks. Or do squats, lunges or situps.



Walk your dog if you have one. Pedal a stationary bike, walk or jog on a treadmill, or do strength training exercises during your lunch break or while you watch TV at night.

Research has found that sitting for long periods of time may negatively affect your health, even if you otherwise get the recommended amount of weekly activity. If you sit for several hours a day at work, aim to take regular breaks during the day to move, such as walking to get a drink of water or standing during phone conversations or video meetings.



### Exercise with friends safely during the pandemic

Invite friends or co-workers to join you when you exercise or go on walks. Work out with your partner or other loved ones. Play soccer with your kids. Get moving with these low-risk outdoor activities during the COVID-19 pandemic: Walking - Running - Hiking - Rollerblading - Biking - Fishing - Golfing - Kayaking - Canoeing

And don't let cold weather stop you from being active outdoors! Dress in layers and protect your head, hands and feet. Then head outside for a winter hike and aim to keep a positive mindset about winter. This may help you to enjoy the season and winter activities more.

### Reward Yourself

After each exercise session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise

If you're too busy to work out or simply don't feel up to it, take a day or two off. Go easy on yourself if you need a break. The important thing is to get back on track as soon as you can.

**Now that you've regained your enthusiasm, get moving!**

**Set your goals, make it fun and pat yourself on the back from time to time.**

**Remember, physical activity is for life. Review these tips whenever you feel your motivation slipping.**



Source: [www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art](http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art)

Source: [www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art](http://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art)

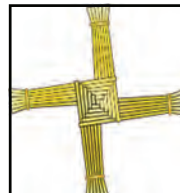
## St. Brigid's Cross

Traditionally the St. Brigid Cross is associated with Brigid of Kildare. The crosses were made of straw or rushes and were placed in the rafters over the front door on the 1st Day of February. Prayers were said to invoke the blessing and protection of St. Brigid throughout the following year.

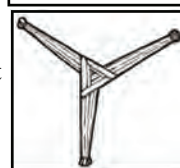
It is believed that the custom is of pre-Christian origin. The life of Saint Brigit is recorded in early Christian sources. In pre-Christian times Brigid was one of the Tuatha Dé Danann and her feast day was the feast of Imbolc (the beginning of Spring). When Broicsech, Brigit's mother was pregnant with Brigit the druids foretold Brigit's holiness. Brigid/Brigit's birth takes place at sunrise as her mother is stepping across the threshold with a pail of milk. Brigid is born neither at night nor at day, neither inside nor outside. Threshold images such as this are common to pre-Christian Irish tradition, the threshold representing a transition time between the 'what was' and the 'next.' The place just inside the door is considered sacred, and passing over it is a sacred act.

In Christianity St. Brigid and her cross are linked. It was said that she weaved a cross at the deathbed of either her father or a pagan lord, who upon hearing what the cross meant, asked to be baptised. There were two main types of crosses. The crosses were associated with sun worship and agricultural fertility. The most simple type is likened to a swastika (four armed type) and it more complicated to make compared to the simple Latin type of cross which is now generally associated with religious ceremonies in this country. The swastika symbol is a sun symbol and is found throughout the world. It reached Ireland's shores between the second century BC and the second century AD. The four armed type was known in Ireland in pre-Christian times.

The other type is the Triskele (three armed symbol). An example of this type on the Mullaghmast Stone, Co. Kildare. It had been suggested that this type may have been used in cattle sheds and byres but it appears this was the exception. In the early 1940s, the Irish Folklore Commission undertook a survey of popular traditions practiced in honour of Saint Brigid. The Commission received over 100 specimens of St. Brigid Crosses from its correspondence throughout the country. The triskele was only found in Donegal, Armagh and Antrim and there



Four armed cross



Three armed symbol

was very little suggestion that the triskele was held in less esteem than the 4 armed version. Both types were used in houses.

The making of the Cross is described by a respondent to the Folk Lore Commission "On the evening of the feast, a bunch of rushes is cut, and placed under the table. After the supper, the cross is made. The cross I always make is the rush cross, and to make this properly you require 49 rushes. One of these is unbroken and the other 48 bent and form the 4 sides of the cross. The unbroken rush represents Jesus Christ and the twelve on each side represent the 12 Apostles. St Brigid always had great devotion to Jesus Christ and the 12 Apostles and hence the number of rushes..."

### From the Folklore Commission

"St. Brigid is the patron saint of Kildare. The story of St. Brigid's cloak is well known all over Ireland. She cured a chieftain who had two horse's ears. As a reward he was to give her whatever land her cloak covered. It spread till it covered the Curragh – 5,000 acres".

[Text search | dúchas.ie \(duchas.ie\)](http://textsearch.duchas.ie) Folklore Commission.

### Sources

Thomas Mason, *Journal of the Royal Society of Antiquaries of Ireland*, Vol.75 no. 2 1945)

Sean O'Duinn, *The Rites of St. Brigid: Goddess and Saint*, Columba Press 2005.

Image from T. Messingham, *Florilegium insulae sanctorum seu vitae et acta sanctorum Hiberniae* (Paris, 1645). Held in the Russell Library Maynooth.

### Wikimedia Commons

[Search media - Wikimedia Commons](#)

For more information on St. Brigid related events go to: [www.solasbhríde.ie](http://www.solasbhríde.ie)

Susan Durack





# Online Office

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- \* 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.**





## **Burning the Country House Online Lecture Series hosted by the Centre for the Study of Historic Irish houses and Estates, History Department, Maynooth University.**

The Centre for the Study of Historic Irish houses and Estates, History Department, Maynooth University is hosting a series of online lectures that will be of interest to many followers of our page. Follow the link below to learn more and book your place. The lecture series is supported by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media under the Historical Strand of the Decade of Centenaries Programme. These talks run in tandem with the exhibition *Burning the Big House: The Story of the Irish Country House in Revolution, 1920-23*, curated by Professor Terence Dooley and hosted by the Irish Architectural Archives from 21 March to 29 April 2022, and Maynooth University Library in May 2022

Tickets to attend the lecture series are FREE but those wishing to make a donation to the CSHIHE research programme can do so by selecting the donation option when registering for your ticket. Thank you for your support.

### **SCHEDULE OF LECTURES**

Two lectures will be delivered live: the inaugural lecture by Terence Dooley on 24 March 2022 and the last in the series by Christopher Ridgway on 19 May 2022. The remaining six lectures will be pre-recorded and aired according to the following schedule.

**24 MARCH** - Terence Dooley *Burning the Big House: the story of the country house during the Irish Revolution, 1920-23*

**31 MARCH** - Ann O'Riordan *Revolution, agrarianism and the burning of Ballydugan House, Co Galway, 1922*

**7 APRIL** - Jean Young 'A barbarous mania of incendiarism': house burnings in Co Louth, 1921-23

**14 APRIL** - Ciarán Reilly 'A smouldering mass of charred stones': The burning of country houses in Offaly, 1920-1923

**21 APRIL** - Gemma Clark Munster's 'Campaign of Fire': Big House burnings in Counties Limerick, Tipperary and Waterford, 1922-23

**28 APRIL** - Glascott Symes 'Ours must go in time': the burning of Sir John Keane's Cappoquin House, Co Waterford

**5 MAY** - Robert O'Byrne *The ruined Irish country house: reality and perception*

**12 MAY** - Olwen Purdue 'Such troubled times': the burning of big houses in Northern Ireland 1921-1981

**19 MAY** - Christopher Ridgway *Ablaze! Fire and the country house: a perspective beyond Ireland*

<https://www.eventbrite.ie/.../burning-the-country-house...>



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## Cllr. Angela Feeney Maynooth Labour News

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



### Plans for the vacated current fire station site at Maynooth

Given the planned construction of the new station near Lidl in 2023, Cllr Feeney at the January 2022 Council MD asked the Council to update the members on its plans for the vacated fire brigade site. Cllr Feeney reminded the Council about her motion from January 2021 suggesting that the Council consider this vacated site being used for a much needed and long overdue community centre for Maynooth. Given that the site is in the town centre, close to the Harbour Field and the playground, Cllr Feeney stated at the meeting, that it is an ideal location for such a community amenity. At previous meetings Cllr Feeney also suggested other possible sites for a Community Centre including a vacated portion of Maynooth Post Primary School. While the written report given to Cllr Feeney's question said that there were no plans as yet for the vacated portion of the site, in the discussion at the meeting, the area manager agreed to consider the suggestion and to meet councillors on this site and on any other suitable sites for a community centre and to progress this urgent need for the growing town of Maynooth. Some light at the end of the tunnel and to finally see a community centre in Maynooth would be fantastic.

### Planned Social Housing update

Cllr Feeney asked the Council for an update on its planned housing development at Old Greenfield. The Council said that in November 2021 the Council's Housing Department submitted a Stage 2 capital application (application for approval to proceed to Part 8 planning) to the Department of Housing for a housing development on the Greenfields site consisting of 65 housing units. The proposal consists of a mix of 1, 2, 3 and 4 bed units and a mix of houses, duplexes and apartment dwelling types. When the Council gets the Department response and, subject to approval, the proposed scheme will proceed to a Part 8 planning stage this year. Cllr Feeney welcomed the update and said that it is good news for all those waiting on the social housing list to finally see movement on this much needed development.

### Need to Support Families fleeing domestic abuse

Cllr Feeney participated in a cross-party combined motion to the December Council Plenary meeting as follows: "That of the homes available for allocation in 2022 in Kildare that the Housing department work with domestic violence service providers to develop a system for the allocation of a specific number of units in each Municipal District to use as transitional accommodation units for families seeking to flee domestic abuse situations and that the housing allocations policy be amended to acknowledge the exceptional needs of applicants seeking accommodation transitioning from refuge centres".

The Council's Director for Housing stated that she was due to meet with the CEO of Teach Tearmain the following week with a view to identifying some step down facilities. She noted that Teach Tearmain had access to funding for this item and emphasised the importance of them engaging with Tusla, as they provided the funding through the HSE. She confirmed the Council's role was as a conduit for the Capital Assistance Programme, and that it also engaged on this issue through the Councils Homeless Action Plan. The Director confirmed there was a national review on-going at the moment and that there had been a meeting with the Department of Justice where the Council's position had been set out.

### Public Lighting is key to Feeling of Safety

Good lighting is key to people feeling safer in public areas and this is why Cllr Feeney has constantly been addressing poor public lighting in areas such as along the canal in Maynooth and in housing estates in our community.

Thanks to those who have already been in touch with Cllr Feeney about

getting better lighting at locations such as the train station, near the harbour and in residential areas. Constant pressure is needed to make our communities safer. It is important to make sure our public areas are well lit and feel safe. Cllr Feeney has submitted this motion to the January Plenary Council meeting on this issue: "That the Council provide a report to members on the current status of its public lighting programme regarding maintenance, planned upgrades and installations including the National Public Lighting Energy Efficiency Programme". Please email or text Cllr Feeney if you have any areas of concern that you want to add or if you can lend support to this campaign

### Newly expanded Local Authority Home Loan scheme

The newly expanded Local Authority Home Loan scheme was announced on January 5th. The new regulations will make it easier for single people to avail of a State backed mortgage for a new, second-hand or self-build home. A 'Fresh Start' principle also applies which means that people who are divorced or separated and have no interest in the family home, or who have undergone insolvency proceedings, will be eligible to apply also. The income ceiling for a single applicant has been raised by €15,000 to €65,000 in Kildare, Cork, Dublin, Galway, Louth, Meath and Wicklow. You can find out more information here: <https://localauthorityhomeloan.ie/>

### Grant Allocation to Local Authorities for National Roads and Greenways

Cllr Feeney welcomed the National Roads and Greenways 2022 €7.9m funding for Kildare that includes Greenways and the long-awaited M4 Maynooth to Leixlip bus lane component. The Greenway incorporates the Dublin to Galway Section 2 Maynooth to the Westmeath Border, Subsection 5 Cloncurry to Spin Bridge (includes Ferns lock) and Subsection 7 Chambers Bridge to Maynooth Harbour (2.6kms) allocation of €95,000 for 2022 and a completion date of Q2 2022.

### Cllr Feeney continues to highlight the shortage of GPs

Cllr Feeney raised this important issue as a motion at the December Council MD meeting where she requested the Council to write to the HSE and the Department of Health regarding the lack of GP services in Maynooth and calling for an update on the planned provision of a Primary Care Centre for the town. The Council and members agreed to the request. This is a huge and a growing issue for Maynooth and causing a lot of worry and stress for many individuals and families. Having access to a GP is a basic necessity, not a luxury. We also need to have the planned Primary Care Centre for Maynooth delivered.

### Meetings attended by Cllr Feeney since last Newsletter

January 7th 10:00 am: Council MD meeting (online)  
January 13th 2:00 pm: KCC Finance Committee (online)  
January 17th 2:00 pm: Draft County Development Plan Workshop (online)  
January 17th 4:00 pm: Presentation by SIPTU to KCC members (online)  
January 19th 2:00 pm: Draft County Development Plan Workshop (online)  
January 21st 2:00 pm: Draft County Development Plan Workshop (online)  
January 25th 2:00 pm: Draft County Development Plan Workshop (online)  
January 26th 9:30 am: Meeting with Coillte (online)  
January 27th 10:00 am: Draft County Development Plan Workshop (online)  
January 31st 3:00 pm: Council Plenary Meeting

Cllr Angela Feeney [afeeney@kildarecoco.ie](mailto:afeeney@kildarecoco.ie)





Maynooth Tidy Towns volunteers were out on our streets on the 15th January 2022 for the first time ever in the history of our group. This was due to the unusually kind weather that we have been experiencing this January.

Thanks again to all our volunteers who religiously turn up in large numbers every week, we did not have to advertise for volunteers to join us for some time now, they contact us. We removed the Christmas Tree and Crib from the Square and put it away safely until the next time, December 2022. The 400euro Christmas Tree will be mulched by Kildare CoCo and used in our many parks around the county.

We cleaned up the Joan Slade river on January 22nd, a job we do every year in the three rivers flowing through the town, its good that the fish can swim freely.

We would like to wish Ted Robinson the best of luck as we believe he is leaving The Glenroyal Hotel at the end of January. I hope we have the same relationship with the new General Manager. Ted and his staff joined us every year to do a comprehensive clean up of The town, supplying all his own equipment. He also ensured that we were supplied with a free room for our Committee Meetings with complimentary tea/coffee, biscuits.

Please follow us on Facebook and Twitter and contact us on WhatsApp if you are available to join us on our clean up days. We meet in the Square every Saturday morning at 9am.

Mary Molloy - Secretary  
Maynooth Tidy Towns



Hello, I'm a dandelion.

A lot of people call me a weed but I'm a friend and come to help you!

When you see me, remember that I'm the ONLY one who wants and can grow in that particular spot.

Because:

Either the soil is too compact / hard / stomped and I want to loosen it for you with my roots.

Or there is too little calcium in the soil - don't worry, I will replenish that for you with the dying of my leaves.

Or the soil is too acidic. But I will also improve that for you if you give me the chance.

Or a mixture of the above reasons, of course. □

I'm here because your soil needs my help so best you let me grow without disturbing me! When everything is fixed, I will disappear again, I promise!

Are you trying to remove me prematurely with my root? However meticulous you are, I will return 2x as strong! Just until your soil is improved.

You can even tell by my growth at which stage my help is at. If my leaves are flat on the ground then I'm far from ready but if they all reach up then I'm already a long way on my way.

Something completely different is that I am 1 of the first bloomers in spring so I will announce spring / summer for you.

During the day when it's hot, I open my flowers but in the evening when it cools off I close them again quickly. In fact, if it's not hot enough during the day I won't open them at all!

My flowers are the some of the first food for insects after hibernation and unlike most other plants, I have pollen AND nectar, not merely one OR the other! And I am generous with them! □□

My flowers are even delicious for you people by the way, did you know? I used to be called "honey (or gold) of the poor" because my flowers are so sweet in e.g. jam, sauce or salad! The internet is full of recipes - check them out.

But wait until the end of May or later before you start picking and even then, don't pick everything yet! The biodiversity and bees will be very grateful!

Courtesy of Maynooth Tidy Towns



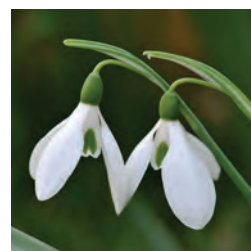
## Maynooth Senior Citizens Committee

Happy St. Brigid's day to all our people. Here's to the beginning of Spring. It is great to see the lifting of restrictions in society in general and that people are somewhat freer in what they can do or feel they can do. Our Group still has to be ultra cautious and it will be a while longer before we can re-start club and social activities. We will be following the advice of the HSE in this regard to ensure that we do it in an informed and safe way.

The Committee will have its first meeting of 2022 on Tuesday 1st February. Work is ongoing with regular monthly meetings since the latter end of last year. Hopefully we will be able to celebrate together in the not too distant future and get back to meeting up. We are all looking forward to it. We will keep you posted as to developments.

In the meantime enjoy the longer days, spring flowers and birdsong.

Susan Durack, PRO  
Maynooth Senior Citizens.







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

### The House Martins: a Fable

When Charlie, the House Martin, saw the bare white gable he told Cloov, his mate, 'We've found it!' They had been flying around giants' homes for days, looking for a nesting site.

'You said that before,' Cloov veered off to catch a mayfly.

It was true. Ever since they'd arrived from the Southern Land Charlie had run into bad luck. The place where he had intended to build, a gable facing the one on which his parents had their nest, had already been claimed by older martins. After that they had begun to fix a mud foundation on another gable but the giants who lived in the house kept knocking it down. The same happened at a second house.

'Why can't we build on the gable where you were born?' Cloov asked.

'I don't want to talk about it,' Charlie sounded annoyed.

'Well, I do,' Cloov was losing patience. 'When we arrived at the Scorching Sand Plain I wanted us to return to the Southern Land but you kept promising how wonderful things would be once we reached here. We almost drowned in the storm that battered us as we were crossing the Great Water. Now, when we finally arrive, we can't find a place to build.'

'All right then, I'll tell you,' Charlie landed on an overhead wire and Cloov perched beside him.

'The ivied gable where my parents built our home was facing the lair of storms,' Charlie paused to gather his thoughts. 'Of course, they didn't know that. Then in a night of lashing rain our home with five of us nestlings in it fell. I crouched for hours on the ground, wet and shivering. In the morning I found that only my sister Gorm and I were alive.'

'Oh, how dreadful,' Cloov murmured. 'And what about your parents?'

'They must have thought we were all dead and flown away. Gorm and I huddled together for warmth but we'd have died too if the giants had not taken us into their home and placed us in a box lined with wool.'

'Didn't they try to kill you?' Cloov was surprised.

'No, they didn't,' Charlie assured her. 'In fact, they were really kind, especially their girl with flame-coloured hair. She used to feed us with specks of meat fixed on a slender thorn and sometimes with flies. She was always lifting us up in her hand and humming to us. She wouldn't let their cat, come near us. It was she who gave us our names. Despite her care, however, my sister Gorm never regained her strength. One morning when I woke up she was lying cold and stiff in the corner of the box.'

'Oh, poor Gorm!' Cloov shuddered. 'What happened next?'

'The girl took her away,' Charlie spoke slowly, remembering. 'I never saw her again. "You're not to feel sad," the girl told me – at least, that's what I think she said. "You'll have to build up your strength so that you'll be able to fly to the Southern Land." After that she spent more time with me, carrying me around on her palm. As the days passed my wings grew stronger. Soon I was fluttering onto the table and from there to a shelf. Then one warm, breezy day the girl took me out into her parents' garden, which was surrounded by flowering bushes. At first I was frightened by the brightness and the great empty sky. Suddenly a band of martins came fluttering and gliding overhead. While I was looking at them the girl tossed me gently upwards. At once I began to climb into the sky to join my own kind, hoping they might have seen my parents.'

'And had they?' Cloov asked.

'No, they hadn't,' Charlie paused, overcome by sadness. 'Geal, a kind hen martin, told me they had probably left with others for the Southern Land. If it weren't for Geal I would have died of hunger. She showed me how to catch flies by opening my beak whenever I spotted one. At first I kept missing but by evening I had caught a small moth and a floating spider. I was still hungry but Geal, after giving me a tasty fly, assured me that next day I would do better. That night, while perched on a rooftop with my new friends, I listened to them telling stories about crossing the Great Water and the Scorching Sand Plain on the journey south.

The older ones kept saying we'd have to leave soon or cold weather would stop us from flying over the mountains. They also spoke about vicious falcons that might chase us.'

'And were you cold on the rooftop?' Cloov moved closer to him.

'Yes,' Charlie said. 'After the warmth of the giants' house I thought I would freeze to death, especially when the sun went down. But the presence of my new friends kept my spirits up. Next day I had better luck; I must have caught at least two-dozen flies and aphids – but that's enough about those bad times. Let's hurry down to the river.'

They each collected a mouthful of mud by the water's edge and flew back with it to another gable. Time and again they made the journey from the river but just as the bottom of the nest was taking shape a giant wearing eyeglasses came out of the house. Shouting angrily, he chased them away. When they returned later he was up on a ladder removing their mud pellets with a long stick. He roared at them so that they had to fly off. Next day they returned to begin the tiring work all over again. It was no use. This time the giant threw stones at them. When they passed the house that evening there was what appeared to be a hawk hovering at the gable, so next morning they decided to find a safer place.

'Let's try this one?' Cloov twittered as they passed a house with a shiny white gable near the home of the angry giant.

'Fine,' Charlie agreed. 'Maybe the giants in it will leave us alone.'

To their dismay, when a woman giant wearing a blue headscarf saw the first ridge of mud she let out a cry of rage, so they quickly flew off. When they returned she had placed a ladder against the gable but by now Charlie was feeling desperate. If they couldn't build here, Cloov would never forgive him for having left the Southern Land. When the giantess began to climb the ladder, he flew at her, skimming her hair. That seemed to frighten her, so time and again he circled her head while she, holding onto a rung with one hand, flailed at him with the other. All this time Cloov was begging him to stop. It would just be a matter of time till she hit him.

Suddenly Charlie heard a familiar voice. It was the girl with flame-coloured hair! At once he glided down to her and alighted on her outstretched hand. She crooned to him, while Cloov perched on a nearby roof, watching. The woman giant got down from the ladder but when she approached the girl, Charlie flew up into the air. At once Cloov joined him and they both circled around, watching the woman talking to the girl.

'Was that the girl you told me about?' Cloov asked.

'Yes,' Charlie said. 'But since she doesn't live here, she won't be able to help us.'

He was wrong, however, because later that day when they returned to the house the ladder was gone and their mud pellets were still in place. Losing no time they began to add fresh mud, all the time expecting the giantess to stop them. She came out once but instead of shouting she just watched them building then went back inside.

About this time four or five brawny giants arrived in a black carriage and began to change a house across the street. Day after day they were hammering, sawing, laying blocks on top of blocks and playing loud music. In the evening they would leave in their black carriage and come back in the morning.

At first Charlie and Cloov felt nervous but they quickly learned to ignore the newcomers. They themselves worked tirelessly, shaping their mud cup, mouthful by mouthful. At night they slept in the half-finished nest, grateful for its warmth. Sometimes in the morning the girl with the flame-coloured hair came by, calling out in her soft voice. Charlie would immediately fly to her hand, twittering to her. Cloov was too nervous to join them, preferring to watch from a nearby roof. The woman giant often came out to speak to the girl. She seemed to have grown fond of the martins and once Charlie even plucked up the courage to perch on her outstretched hand, at which she chuckled with delight.

On a cloudy day when the nest was almost finished the woman giant and the man giant with eyeglasses left their houses to walk briskly towards the town, while other giants got into their gleaming carriages and zoomed off. Charlie

asked martins who were trying to build on the yellow gable next to his and Cloov's what was happening.

'There's a big crowd of giants in the field at the town's edge,' they told him. 'It's one of their special gatherings where the men run after a round thing but instead of grabbing it, they kick it away. The giants who live in our place have gone there, so for a while at least they won't be out, knocking our nest down. Why not fly up to the field and see for yourself?'

'No,' Charlie told them. 'We're late already with our building.'

It was fortunate that they stayed because a little while later two of the giants working on the house opposite theirs walked across the street. Carrying a bag each, they went to the house of the giant with eyeglasses, though the hawk was still hovering at its gable. Presently there was the tinkle of glass, followed by silence. After some time the men reappeared with bulging bags, which they put into their black carriage. Next they approached the woman's house with two empty bags and began to do something at the gable window. Fearing that they were going to knock down the nest, Charlie flew at their heads again and again, screeching loudly. Glaring angrily, the men waved their arms at him. When he persisted, they left and walked to the yellow house on which the other martins were trying to build.

'What will we do if they come back here?' Cloov was still in shock.

'I'll fly to where the giants are gathered,' Charlie told her. 'Maybe I'll get the woman with the headscarf to come back.'

Wasting no more time he sped away. He hadn't gone more than a few hundred wing beats when who should he see skipping in her garden but the girl with the flame-coloured hair. Immediately he flew down to her and landed on her shoulder. Twittering anxiously, he flew off a small distance, returned, then flew off again. He repeated these actions until the girl realized that he wanted her to follow him. At once she set off down the street with Charlie circling above her. They weren't a moment too soon because when they reached the woman's house the two men giants were back.

Screeching angrily, Charlie dived at them till the men left and crossed the lawn to the yellow house. Meanwhile the girl slipped quietly away. Charlie saw the men open a window after removing a pane of glass and climb into the yellow house. While Charlie and Cloov wheeled anxiously about, the martins that were trying to build on the yellow gable joined them. They all wondered what the two giants were up to. Presently, they saw them coming out by the front door, carrying a flat shiny box, which, Charlie remembered, showed flickering pictures. They put the box into their carriage then returned to the house. While they were inside, a white carriage with a flashing red light on its roof sped up. Two men giants in blue got out and hurried through the front door. Minutes later they reemerged, holding the other men by their arms. The four got into the white carriage, which promptly zoomed off.

That evening the woman giant with the scarf and the girl with the flame-coloured hair stood by the shiny white gable. Charlie was perched on the woman's hand and Cloov on the girl's, while men clicked little boxes, which they held up to their own faces. Everybody was talking excitedly.

'I wonder what's happening?' Cloov said.

'I think they're pleased with us,' Charlie told her. 'We saved this house.'

And it was true. Days later the girl showed them a sheet of paper with a picture on it of herself and the woman giant holding up two house martins, the whole surrounded by lines and lines of black specs. Another picture showed a nest high up on the gable with Cloov peeping over the side.

'Now aren't you glad we didn't stay in the Southern Land?' Charlie said.

'Oh, you were brave to tackle those awful giants,' Cloov told him. 'Let's look now for something soft to line our home.'

But as if the girl had understood what they wanted, when they returned with blades of withered grass she had a box of downy feathers waiting for them.

By P.G. Nerney





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

Comrades I Miss

At moments out of nowhere  
A face comes drifting back  
Dessie I once knew in Manhattan,  
A charming, rollicking Irishman,  
Who with his zest for life,  
His pleasure to be working on Park Avenue  
Swiftly captivated people –  
Then a change induced by drugs  
Darkening that image.

Donal was another friend,  
A handsome, helpful charmer  
That not even religious sisters,  
Despite their vows of celibacy,  
Could meet without behaving  
Like teen girls with a pop-star;  
Donal joined the U.S. air force,  
Was about to get his wings  
When his plane crash-landed.

Bill was a carefree, svelte New Yorker,  
Open-minded, tolerant, light-hearted,  
Always ready with a witty observation  
Or teasing comment about the Irish;  
But, though his father was a partner,  
Bill never rose above timekeeper,  
Then on a voyage to Jamaica  
A farewell letter in his cabin –  
He himself was never found.

Starred-crossed in love, I left New York,  
Returned to a greener, quieter country –  
Except where warring northern factions  
Threatened to plunge our entire island  
Into internecine conflict;  
Then after further gaffes in love  
I met a girl from royal England:  
In despite of tragic comrades  
Embraced life’s fulfillment...

By Colin Scott

Evolution!

«What a piece of work is man ...»  
Shakespeare must have had his rose-tinted  
glasses on the day he put those words in  
Hamlet's mouth. Just read the newspapers  
any day of the week or watch television  
news. Is there anything optimistic going  
on? Crimea, Ukraine, Russia, China,  
Ethiopia, Britain, Guantanamo, Syria, Iraq,  
Afghanistan? Homelessness and Poverty  
here at home!! The havoc in children's  
lives wrought by lay people, priests,  
bishops and even cardinals, all of whom  
were supposed to be followers of Christ.  
«What a piece of work is man ...» indeed?

Shakespeare was well aware of the  
violence in mankind. King Lear, Hamlet,  
Macbeth, Othello and several other plays  
portray men and women as being extremely  
violent. But then there was Horatio,  
Hamlet's closest friend, and a paragon of  
all the virtues desirable in a human being.  
Perhaps it was Horatio that Shakespeare  
had in mind when he soliloquised so  
eloquently on the ideal human.

But many of us fall very short of this ideal.  
We are nowhere near that degree of  
perfection. Will we ever? I think we will  
and we should have hope and faith that we  
will. Long before Shakespeare, Jesus  
Christ far excelled in all the virtues  
outlined by the great poet. He  
demonstrated how humanity should and  
eventually must behave.

He knew we were in a developmental stage  
on our journey from the animal kingdom to  
the angelic. He became one of us by being  
born as we were, died as we do, only much  
more violently than most. Then, pointing to  
the future, rose from the dead, and by  
ascending to heaven in the sight of  
hundreds, convinced the doubters that that  
would be our future too.

Mankind is in an evolutionary stage but it's  
not always easy to see this. We rush to  
make final judgements on God and on all  
reality now. We claim to know and  
pronounce on everything. We are so proud  
of our achievements that we run ahead of  
ourselves, but despite the havoc we have  
wrought in our haste to replace God with  
our own «genius», by the power of the  
Holy Spirit, empathy has grown in the  
world and will continue to grow even if  
there is an occasional catastrophe such as  
our neighbours' kicking against it in their  
paroxysm of nationalistic pride.

But they'll rethink when wisdom takes the  
place of bluster and jingoism is banished  
from their political philosophy.

We have been asured by Christ himself that  
all will be well. Do we believe it? We  
should think of it often and pray that our  
faith will grow stronger each day of our  
lives. *"Creidim, tar i gcabhair ar mo  
dhíchreidimh."*

GM



Maynooth University Town F.C



Our season has stepped up a good deal over the last few weeks and  
results have been good so far recent results include:

L.S.L Sen. Div. Sunday - St. Mochtas 0 Town 2

High flying Saints were dealt a severe blow in their quest for League  
honours. Town were on fire from the kick off and never allowed the  
home side to settle. A rock solid performance by Town on a very heavy  
pitch proved that they were more than just a fair weather side.  
Exchanges were feisty in the early stages with Town shading matters.

Midway through the 1st half the Saints defence was split by a telling  
pass for Jack O’ Connor to run onto and fire home. The remainder of  
the half saw Town control matters and reach the break with a controlled  
display.

Saints threw everything at Town in the 2nd half but our defence closed  
ranks and maintained their supremacy. With 10 minutes remainder

Jackson Ryan set up the chance Sven to seal victory with a glancing  
header. A superb team performance with many stars.

L.S. L Sen Div Sun - Kilnamanagh F.C. 3 Town 7

The old saying of a game of two halves was in evidence here. Town  
were slow to settle and leaked goals in a most lethargic early display.  
An early home goal in the 10th minute but we drew level 5 minutes  
later through Alex Kelly. We went behind again 10 minutes later but  
Jackson Ryan brought us level with a superb free kick. Further goals by  
the home side and Conor Delahunty for Town saw the sides go in level  
at the break.

Town were a transformed side in the second half and swept the home  
side away in a display of their usual quick flowing style.  
Further goals by Conor Delahunty, Jack O’ Connor, Sven and Alex  
Fitzgibbon saw us run out easy winners.



## February Events at Maynooth Community Library

For further information contact: [www.kildare.ie/librarymaynoothlib@kildarecoco.ie](http://www.kildare.ie/librarymaynoothlib@kildarecoco.ie) Ph: 01-6285530



[facebook.com/KildareCountyLibraryService](https://www.facebook.com/KildareCountyLibraryService)



[twitter.com/kildarelibrary](https://twitter.com/kildarelibrary)

### February Clever Reach

#### Children

**Chinese New Year: Celebrating the Year of the Tiger: Online Wildlife Drawing Workshop with wildlife artist and illustrator Aga Grandowicz. For 6 - 12 year olds.**  
**Friday 4th of February 3.30 pm - 4.30 pm**

To celebrate the Chinese Year of The Tiger (starting the 1st of February), draw and learn about this magnificent feline with Aga Grandowicz – a wildlife artist, author and illustrator of recently published 'Remarkable Creatures: a guide to some of Ireland's disappearing animals' (2021) and co-creator of 'Dr Hibernica Finch's Compelling Compendium of Irish Animals' (2018).

Get your favourite pencils and paper ready, and Aga will guide you through the process of making quick and unique images. Suitable for 6-12 years old children. Children attending this workshop must have a parent/guardian present with them during the workshop. Booking required through eventbrite : <https://www.eventbrite.ie/e/244450948367>.

**Pirate Ship Minecraft Workshop for ages 6 - 10**  
**Friday 18th February 3:30pm**

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. This month we want you to start building a Pirate Ship!  
<https://minecraftpirate.eventbrite.ie>

#### Family

**What to Read Next Book Prescriptions for 8 - 12 yr olds with Sarah Webb.**  
**Online via Zoom.**  
**Tuesday 10th February 7pm - 8pm**

Are you a child who loves books and reading but is having trouble finding the next great read for you? Maybe you have just finished reading all the Darren Shan or Harry Potter Series (twice!) and don't know what to read next? Or maybe you are a parent who is looking for books for the child who is at that tricky 'tween' stage, a child who has outgrown books for younger age groups but who is not quite ready for Young Adult books? Or maybe you are a young writer looking for tips to develop their creative writing skills and get published?

Let Sarah Webb, award-winning children's writer, give you expert guidance at this online workshop. Passionate about bringing children and books together, Sarah was awarded the Children's Books Ireland Award for Outstanding Contribution to Children's Books in Ireland. Sarah's latest novel for children is 'The Little Beekeeper of Henrietta Street' (illustrated by Rachel Corcoran), set in 1911. During this workshop your child is sure to get inspiration and find their 'Next Great Read'. All children attending this event must have a parent/guardian present with them during this event. Booking required through Eventbrite: <https://www.eventbrite.ie/e/240063545527>.

#### Adults

**Ireland Reads: Share Your Love...For Poetry.**  
**Thursday 17 February at 6.30 pm, via Zoom.**

Poetry lovers, we invite you to join us as we celebrate 'Ireland Reads' and Valentine's Day with an evening of sharing poetry. Some of you may wish to read, and others might like to just listen, while we enjoy the beauty of poetry. Hosted by Maynooth and Ballitore Libraries.

All welcome. Booking via Eventbrite  
<https://www.eventbrite.ie/e/ireland-reads-share-your-lovefor-poetry-tickets-223234980837>

**Spring Gardening Talk Online with Aoife Munn**  
**Tuesday 22nd February 7pm - 7.45 pm**

Join us for this lively interactive talk from horticulturist Aoife Munn. Find out what you can do to prepare your soil, what can be planted early and the best plants for wildlife. There will also be plenty of time for questions and answers on all things gardening. Booking required through Eventbrite: <https://www.eventbrite.ie/e/245822069427>.

#### Young Adults

**Ireland Reads: Try a Book Club for Ages 15-17**  
**Friday 18th February at 4.30pm / On Zoom**

Teens aged 15+ have been meeting monthly since our last 'Ireland Reads' event to discuss a book of their choice and you can give it a try this month. This is a book club with a difference in that there is always the option of suggested reading, but teens can read and recommend whatever they like.

Contact Maynooth Library at [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or 01-6285530 for more information.

Booking Via Eventbrite: <https://www.eventbrite.ie/e/ireland-reads-try-our-teen-book-club-15-17maynooth-lib-tickets-251349100927>

**New Teen Book Club Ages 12-14: Ireland Reads**  
**Friday 25th February at 4pm/ On Zoom**

This month, libraries in Ireland are calling on people of all ages to get reading and what better way to do this than by joining a local book club.

It's common for young people to veer away from reading when joining secondary school or around age 12-13, so Maynooth Library is keen to draw them back in with a brand new Teen Book Club for ages 12-14. This is an online space where they can read as much or as little as they like, and for this special 'Ireland Reads' launch meeting, they're asked to bring along a book they have read that they would recommend.

Booking Via Eventbrite: <https://www.eventbrite.ie/e/ireland-reads-new-teen-book-club-12-14-maynooth-lib-tickets-244352072627>

#### Regular Events

##### Maynooth Online Book Club

Maynooth Online Book Club meets through Zoom on the second Wednesday of the month, from 11.00 - 12 noon.

Books are chosen during each meeting from the Borrow Box app list. Just contact the Library with your email details for the zoom link.

##### Maynooth Sci-Fi Bookclub

**Tuesday 8th February 6.30pm**

The Readers of the Lost Ark Sci-Fi bookclub meet currently via Zoom on the 2nd Tuesday of each month at 6.30pm. This month, the book club will be talking about 'To be Taught, if fortunate' by Becky Chambers. If you are interested in joining the bookclub, please email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or telephone Maynooth Community Library 01 628 5530

**Live Story Time & Sing Along Nursery Rhymes Online via Zoom for 2-5 years**

**Every Friday 10-10.30am**

Join the Staff of Maynooth Library for some storytelling and nursery rhymes! Please be aware that a parent/guardian must be present for the duration of the event. Booking required through Eventbrite.

Friday 4th February: <https://www.eventbrite.ie/e/253604888047>

Friday 11th February: <https://www.eventbrite.ie/e/253605800777>

Friday 18th February: <https://www.eventbrite.ie/e/253605881017>

Friday 25th February: <https://www.eventbrite.ie/e/253605991347>

##### German 'Stammtisch', informal conversation meet-up.

**Thursday 24th February at 6.30pm, online via Zoom**

Do you want to practice your German? Maynooth Library hosts a monthly informal German conversation meet-up, for anyone with an interest in the language and culture in German speaking countries. All levels from learners to native speakers are welcome. Meetings take place on the 4th Thursday of every month.

For more information please contact Maynooth Library at [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or 01 6285530.

Audience: Adults and Young Adults.

##### Ciorcal Comhrá san Oíche ar Líne / Online Evening Irish conversation group

**Tuesday 15th February 7.00 - 7.45 pm /**

**An Mháirt 15ú Mí Feabhra 7.00 – 7.45 i.n.**

Beidh Ciorcal Comhrá ar líne thar Zoom ag tosnú ar an Máirt 15ú lá Mí na Feabhra ag 7.00 i.n. Seo deis iontach an Ghaeilge a fhoghlaim agus a chleactadh trí chaint agus chomhrá in atmaisféar réchúiseach ó chomphord do bhaile féin. Fáilte roimh chách. Má bhíonn suim agat páirt a ghlacadh, cláraigh ag an nasc thíos eventbrite : <https://www.eventbrite.ie/e/247248195007>.

nó sheol ríomhphost chuig [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

There will be an online evening Ciorcal Comhrá on Tuesday 15th February from 7.00-7.45pm. This is a great opportunity to learn and practice Irish through conversation in a relaxed atmosphere from the comfort of your own home. All welcome. If you are interested in taking part, please register at the Eventbrite link below : <https://www.eventbrite.ie/e/247248195007>.

or email Maynooth Community Library at [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)





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

Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

### 'Working From Home' Bill An Employers' Charter

**The refusal grounds are so all encompassing, they make a mockery of the stated purpose of the legislation.**

The government's working from home Bill is an employers' charter which only serves to undermine the right to work from home, according to Social Democrats Enterprise Spokesperson Catherine Murphy.

"I was concerned, before the legislation was published, that the Bill would be tepid and underwhelming. Those fears have now been borne out. Instead of granting employees a right to work from home, the legislation is an employers' charter which creates wide-ranging exemptions from the entitlement."

"For instance, a request to work from home can be refused if an employer feels there is a "potential negative impact" on quality of work or performance – not an actual or verified negative impact. These refusal grounds are so all encompassing, they make a mockery of the stated purpose of the legislation."

"A statutory right to work from home has the capacity to be transformative – especially for women, disabled people and carers, many of whom have been locked out of the jobs market, because of restrictive work practices, for far too long. A real right to work from home would also have myriad positive impacts on the environment, by reducing car journeys and improving air quality; facilitate rural regeneration and ease housing pressure in urban areas."

"There were many negative consequences to covid, but one of the few positive impacts was the revolution in work practices that occurred over the past two years. We now need to embed those reformed work practices and ensure that hard-won progress is not lost. "We cannot miss out on this opportunity. The government must amend its legislation and provide a real right to work from home – one that can only be refused on reasonable grounds."

### Government Must Legislate For Right To Work Remotely

**There can be no going back to old working practices.**

The government must introduce legislation that gives workers a legal right to work remotely – not merely the right to request flexible working arrangements, according to Social Democrats Enterprise Spokesperson Catherine Murphy.

"The pandemic has been hugely difficult for people right across society – but there are some changes, necessitated by covid, that we want to retain. Chief among them is flexible working arrangements."

"The government has said it will this week publish legislation that gives people a statutory right to request working from home. This does not go far enough. The default position should be that flexible working is permissible. It should not be at the whim of employers to accept it or reject it."

"A change like this could be truly transformative, particularly for women, disabled people and carers – many of whom have been forced to give up work, or locked out of the jobs market, because of the absence of a statutory right to work remotely."

"A legal right to work remotely would also help the government meet its climate action targets. The Climate Action Plan envisions car travel being reduced by 500,000 journeys per day by 2030. A legal right to work from home would help meet this target by reducing the need for commuting by private car."

"The right to remote working is also of crucial importance to ease housing pressure in urban areas and to facilitate rural regeneration."

"In the UK, there is already a legal right to request working from home but employees must be employed for 26 weeks before they can request it; it can take three months to get a response and the employer can reject an application for a wide variety of reasons."

"It seems as if the government plans to publish a version of this underwhelming legislation. That is the extent of their ambition on this issue. The pandemic has already taught us that many jobs can be done remotely without a loss of productivity. The government should not pretend otherwise."

"The government needs to do more than make minor incremental change in this area. There can be no going back to old working practices. To ensure overdue and long-lasting reform, its plans must include a legal right to work remotely."

### Catherine appeared at Leader's Questions:

**Catherine Murphy** (Kildare North, Social Democrats)

We know we are in the middle of a cost-of-living crisis. We know that inflation has surged by 5.5% and stands at a 21-year high. Families are struggling with basic necessities. It is getting more difficult for a very large number of people to put food on the table and at the same time heat their homes. An increasing number of households can no longer afford to do both. Every facet of daily life has been impacted. There have been huge increases in food, transport and energy costs. We know that accommodation is a big one, as is insurance. Energy bills are expected to soar by an unprecedented €1,300 this year.

The Tánaiste was asked about this at the weekend. He cited a number of things the Government is doing, including changes to the budget and the forthcoming €100 credit, as

making a meaningful difference to people. It is frankly a bit insulting for the Tánaiste to pat himself on the back in the context of the core social welfare rates and pensions, which were increased by €5. The Government was warned before the budget that the pension had fallen in purchasing power by €10.24 since 2019, which is the last time there was an increase. Given the surge in inflation in recent months, its real value has been eroded further. The €100 credit for energy bills that the Tánaiste claims will be introduced as a matter of urgency is not likely to come for a number of months. In the context of those working families trying to keep their heads above water, the Government tinkered around the edges with taxation measures and cuts.

We can see that, for example, a single person on a low to middle income of between €25,000 and €35,000 will receive €2 a week, whereas somebody on €100,000 will receive something like four times that amount. Meanwhile, the minimum wage has increased by 30 cent, which is just about 3%, and that, obviously, has been decimated by inflation. If we add in sky-high housing costs, with rents at record highs and a 14% increase in housing prices, the scale of the crisis becomes evident.

Does the Tánaiste think the Government has done enough to insulate people from the cost-of-living crisis? Will the Government introduce further targeted supports for those who are struggling to make ends meet?

### Leo Varadkar (Dublin West, Fine Gael)

I acknowledge that the cost of living is rising very fast. We had a prolonged period across the world of very low inflation. That is now over; we now see inflation at about 5% in Ireland, Britain and other parts of the world. We have not seen that in a very long time. The rising cost of living is causing a real squeeze on family budgets and has resulted in rising costs for business. Most of the factors driving this are outside the control of the Government, at least. They are largely driven by increases in energy costs and international oil and gas prices and disruption to supply chains as a consequence of Covid. It is estimated that inflation will moderate throughout the course of this year, but that does not take away from the fact that the impact of rising prices is having a really severe effect on family budgets and is squeezing many families in this State.

As to what the Government can do, it is multifold. The Deputy mentioned increases in pay. An increase in the minimum wage has just kicked in. There are increases in pay for public servants. Across the private sector, substantial pay increases are now being awarded to workers, and these are necessary to compensate people for inflation. There is the reduction in income tax, which kicks in this month. I will come back to that in a moment on foot of the Deputy's unusual comments in that regard. There are the increases in welfare payments and pensions, which also kick in this month, the 2% cap on rents, the freeze on childcare fees and the €100 grant for energy costs. Are we looking at other things we can do to help? Yes, absolutely.

### Catherine Murphy (Kildare North, Social Democrats)

I accept that some of this is generated from outside the State, particularly in respect of energy. Let us look at how Ireland was doing before this inflationary pressure kicked in. The cost of living in Ireland was 36% above the EU average. Our cost of housing is the highest in Europe. The cost of goods and services in Ireland is the second highest in Europe. Our fuel costs are the fourth highest. We are therefore not on a par with other countries in how this is having an impact. When inflation is added in, what is happening is putting people, especially those who were struggling anyway, into a very precarious position where they are actually choosing between heating their homes and putting food on the table. The change to the minimum wage has been more than eaten up by inflation. We are not on a par with other countries, and that needs to be looked at specifically.

### Leo Varadkar (Dublin West, Fine Gael)

The Deputy is absolutely correct in saying the cost of living in Ireland is higher than the EU average. It is important also to point out that average salaries and wages in Ireland are much higher than the EU average. Both have to be taken into account when considering such matters. There are two areas in respect of which Ireland is a particular outlier, namely, the cost of childcare and of out-of-pocket healthcare expenses. As I indicated on Sunday, that is an issue on which I will focus in the next year or two.

I wish to take the Deputy up on what she said about income tax. She said the Government tinkered at the edges in the context of what we did to reduce income tax for working people. The Deputy's party opposed that. It was against income tax cuts. Income tax cuts happened because of this Government. What is that going to be worth for the average person earning around €40,000 a year or a couple, both earning in and around that, over the course of three years? We intend to do it over three years by widening the tax bands and increasing the credits. That average couple, who both earn around €40,000, will have €2,400 more in their pockets each year than they would under the Social Democrats, Labour or Sinn Féin. I really want people to know that. The Deputy cannot complain about the cost of living and then say that middle-class and working people should pay more income tax. They would under the Social Democrats.

(Continued on page 18)





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

Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

*(Continued from page 17)*

**Catherine Murphy** (Kildare North, Social Democrats)

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**Catherine Murphy** (Kildare North, Social Democrats)

I accept that some of this is generated from outside the State, particularly in respect of energy. Let us look at how Ireland was doing before this inflationary pressure kicked in. The cost of living in Ireland was 36% above the EU average. Our cost of housing is the highest in Europe. The cost of goods and services in Ireland is the second highest in Europe. Our fuel costs are the fourth highest. We are therefore not on a par with other countries in how this is having an impact. When inflation is added in, what is happening is putting people, especially those who were struggling anyway, into a very precarious position where they are actually choosing between heating their homes and putting food on the table. The change to the minimum wage has been more than eaten up by inflation. We are not on a par with other countries, and that needs to be looked at specifically.

**Catherine Quizzed RTE in front of Public Accounts committee.**

**Catherine Murphy** (Kildare North, Social Democrats)

I will touch on four areas. I welcome the witnesses. Obviously, it is a good opportunity to address some of these issues. I will start with the misclassification of staff. We know there is a power differential between employee and employer, that SIPTU and the NUJ were very active on this for a very long time and that it went on for far too long. Due to

people's employment status being misclassified, there will be an obligation to pay both employer and employee PRSI contributions. Certain people will have lost out badly on things like pensions and maternity leave and there may be liabilities and other actions taken as a consequence of that. I know this is not the first time this type of issue has arisen in RTÉ.

It happened in the late 1980s. Where will the accountability rest? Will that be factored into this? We know that about 80 people have seen their employment status change. Why is there no commitment to dealing with issues other than Revenue and PRSI issues? Why would this not be automatic when these employees were treated this way? Where is the accountability regarding the person or people who decided that this was the employment status that would be offered to these people without understanding that this was really bogus self-employment?

Ms Dee Forbes:

I do not agree with the statement that RTÉ has been involved in bogus employment practices. I agree that changes to employment legislation might not have been kept up to date with. We are dealing with legacy issues for many years. The important thing is that we come to a resolution, which we are working on through a very complex process involving Eversheds, Revenue and SCOPE, so we are committed to working through that. The important thing is that the measures are put in place to ensure this does not happen in the future.

**Catherine Murphy** (Kildare North, Social Democrats)

I take it that Ms Forbes does not see that accountability. She talks about legacy issues. I will leave it at that but I must say that I do not accept that it is not bogus self-employment because people's employment status was changed, there was a review by SCOPE and there was a Revenue payment. I do not know what Ms Forbes would call it. If another Semi-State company was in front of "Prime Time Investigates" or some other really superb, really good programming RTÉ does such as "Crimes and Confessions" and this was the profile, it would be held to account. It is our obligation to hold RTÉ to account on this. I will leave it at that but I did not hear what I wanted to hear in terms of accountability.

I will move on to the RTÉ Player. There has been a significant change in how people consume content. It probably ties into the number of non-TV households. Much of that has to do with people struggling with the cost of living and putting a roof over their heads. Younger people in particular will fall into that category. How much has RTÉ spent on the RTÉ Player in terms of getting it to where it is at the moment? Does Ms Forbes use it herself? There is an ongoing discussion among people who use it. I have used it myself and have given up on it on several occasions because all you get are ads and then it drops out. Is Ms Forbes satisfied with the RTÉ Player and if not, what kind of investment will be put into it?

Ms Dee Forbes:

The Deputy is right in saying that the RTÉ Player is becoming a preferred viewing option for many - younger audiences, older audiences and across the board - and we have seen significant increases. I take her point that there have been issues and I am very committed to doing as much as we can to iron out those issues. Advertising is a fact of life in our world and must be facilitated within that environment because of our remit and objective to commercialise our output. We have allocated moneys to continually upgrade the RTÉ Player. I will be honest with the Deputy. We do not have the resources or money of some of the streamers or the likes of Channel 4, which has invested significantly in this. In terms of our future proofing, we want to spend more and we are spending more. It has stabilised significantly in the past year recognising that we have work to do but it is a very important focus for us for the future.

**Catherine Murphy** (Kildare North, Social Democrats)

Could Ms Forbes tell us how much needs to be invested in it to make it fit for purpose?

Ms Dee Forbes:

I do not have that number to hand but it is significantly more than we are spending now or have been spending for a number of years.

**Catherine Murphy** (Kildare North, Social Democrats)

Can Ms Forbes come back to us with an estimate of what is required?

Ms Dee Forbes:

I take the Deputy's point. We want to have a world-class product. It is what is expected now. One thing about us that is quite different from Netflix or Amazon Prime is that we are dealing with the complexities of live television and on-demand, which requires quite a different investment compared to somebody who is not taking advertising or providing live television.

*(Continued on page 19)*





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

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*(Continued from page 18)*

**Catherine Murphy** (Kildare North, Social Democrats)

Could Ms Forbes come back to us on that? The area I represent, which would be described as the commuter belt, although people do not feel like they are economic units or just people who are on the move all the time, is probably well represented in the non-TV household cohort and the younger age cohort. It is a missing area in terms of coverage. We are not the midlands but we are classified as midlands. We are not Dublin because we are not Dublin, which is a missed opportunity. There are probably a lot of areas that are missed as a consequence of that.

I agree with Deputy Hourigan regarding gender. The lack of transparency in terms of RTÉ being able to give us that information has not been good. It is important information. Obviously, RTÉ sets the standards for other people and the fact that it is unable to give us this information means it is falling down on this standard in terms of transparency.

I have to agree with the Deputy on that. On the orchestra, will RTÉ keep the funding it was provided to cover the cost of the orchestra now that the orchestra is being moved to the National Concert Hall, NCH.

Ms Dee Forbes:

The Deputy may remember that we commissioned a report with Helen Boaden on the future sustainability on both orchestras a number of years ago. The outcome of that was the recommendation that RTÉ could no longer fund both orchestras. The Government decided that additional funding would be made available for the National Symphony Orchestra, NSO, to become part of the NCH. Yes, that money will remain with RTÉ and additional funding has been provided for the transfer of that orchestra to the NCH, which will take effect from Monday of next week.

**South Dublin County Cllr. Eoin Ó Broin Joins The Social Democrats**  
Eoin's decision to join the Social Democrats is further evidence that the party is continuing to grow.

Social Democrats co-leaders Catherine Murphy and Róisín Shortall have welcomed the decision of Independent South Dublin County Councillor Eoin Ó Broin to join the Social Democrats.

Cllr. Ó Broin said:

"My primary goal in politics is delivering change – in improved public services, the environment and housing – so the Social Democrats were the obvious choice for me. I am looking forward to being a member of a progressive centre-left party that has a real vision for Ireland as a fairer, more inclusive and more sustainable country."

"While I enjoyed my time as an Independent councillor, I feel that I will be able to accomplish more for my local constituents as a member of the Social Democrats. Our values and political priorities are completely aligned."

"Ireland has undergone a lot of change during the pandemic and, as we begin to emerge from that phase, there is an opportunity to reshape our society. To do so, we must learn the lessons of covid. This means investing in threadbare public services; finally tackling the housing crisis; ensuring workers have access to remote working and an improved work-life balance; investing in public transport; and acting now to prevent a climate crisis."

"As a member of South Dublin County Council, I want to help build a social democratic block that can further this agenda and direct budgetary and zoning decisions accordingly. Is Gaelgeoir líofa mé freisin agus suim mór agam an Ghaeilge a chur chun chinn."

Social Democrats co-leader Catherine Murphy said:

"Eoin is a tireless community activist in Clondalkin and has used his position on South Dublin County Council to advocate for better public transport and cycling links, improved access to housing and more sustainable environmental policies."

"Eoin's background, particularly his PhD on energy efficiency in homes and his experience working abroad, means he has a real contribution to make on the most important issues now facing the country – namely, housing and the climate crisis. A lot of change, in society, begins at local level and I am delighted that Eoin has joined the Social Democrats to fight for change from within the party."

Social Democrats co-leader Róisín Shortall said: "We are thrilled to welcome Eoin into the Social Democrats – his focus on sustainability, equality and reform means that he is a natural fit for the party."

"Eoin's decision to join the Social Democrats – the second councillor to join the party in the past two months – is further evidence that the party is continuing to grow. We are very ambitious for the party, and the country, and look forward to working with Eoin to help bring about real and lasting change in our society."

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



## The benefits of light resistance exercise for menopausal women

The menopause is a transformational time in every woman's life, when our bodies must face a variety of physical and psychological challenges. As we battle hormonal fluctuations, loss of bone density, and issues such as weight gain and insomnia, it is no surprise that many women are looking for ways to feel better during this difficult and challenging period in their lives.

Many of our clients are surprised when they find out just how beneficial light resistance exercise can be, and in this guide, we will take a closer look at the benefits of Reformer Pilates for perimenopause and menopausal women.

### What is Reformer Pilates and what are the benefits?

Reformer Pilates is a light resistance form of exercise which is practiced by people of all ages and fitness levels. Its aim is to both maintain and restore movement, reduce stiffness in the body, help remove aches and pains and restore balance through light resistance low impact, controlled movements. Although they say, 'age is just a number', our muscles and bones are very different in our later years compared to the bodies we had in our 20's, and Pilates offers a safe and very effective way to exercise.

Unlike some forms of exercise which work certain parts of our bodies, while other parts are not worked at all, Pilates uses targeted movements which encourage parts of your body to work in harmony. These practiced movements will build flexibility and strength, and mobility, without high impact movements that may cause increase joint pain or urinary leakage for some.

### How can Reformer Pilates help menopausal women?

The symptoms of perimenopause can begin years before your periods stop, which is when you enter menopause. How long the symptoms last varies from person to person, depending on a variety of reasons. Common symptoms include mood swings, hot flushes, weight gain, depression, anxiety, sleeplessness, joint and muscle stiffness, and a host more, but with this small few it is only natural that women are looking for the best ways to alleviate these challenging symptoms.

If you know how to tackle the effects of menopause, it is possible to turn this challenging time into an exciting and transformational time for your body, and Reformer Pilates is a great exercise choice to help with joint stiffness, weight gain, depression, sleeplessness, anxiety. The very principles of Pilates are concentration, control, breathing, flow, centering and precision. These principles are extremely beneficial for women going through menopause or perimenopause. The following are just some of the ways which Reformer Pilates can help both peri-menopausal and post-menopausal women.

- **Stress reduction** – Some women struggle with stress, depression, and anxiety during menopause, however the breathing techniques within Pilates can help women to focus and remain grounded. It is only natural for our emotions to suffer as our bodies try to handle hormonal imbalances, but the serotonin boost you will get from Pilates will soon help you to feel happy and calm.
- **Reduced aches and pains** – If your joints are aching when you get out of bed in the morning, Pilates will help relieve this symptom by strengthening your muscles thereby improving mobility and movement. Many of our menopausal clients suffer from backache, shoulder, hip and knee pain, which often stops them from being able to fully enjoy their life. However, we can create a programme that targets specific areas of the body, so you will soon be back to your daily activities be it playing golf or Tennis or playing with your children or grandchildren.
- **Increased flexibility** – Maintaining flexibility and coordination is essential as our bodies begin to age, especially as hormonal changes can impact our bodies' usual capabilities. Many of the movements within Reformer Pilates will require you to engage your core while moving other limbs, not only will these movements help to build strength and stabilise your spine, but you will also benefit from improved balance and flexibility.
- **Improved self-confidence** – Reformer Pilates is a form of exercise which needs patience and practice, and when you achieve your Pilates goals you will find a new sense of self-confidence in the capabilities of your body.



If you have spent many years putting others first, now is the time of your life to really take care of your body, improve your health and build the confidence you deserve.

- **Boost hormone production** – One of the most important benefits Reformer Pilates will provide is the stimulation of hormones, which will help to relieve many of the symptoms of menopause. By improving blood circulation, reducing stress, and helping to manage oestrogen and progesterone production, you will see improvements in problems such as hot flushes, mood swings and weight gain.
- **Improved bone health** – At perimenopause & into menopause, oestrogen levels in women's bodies decline, which affects bone density. However, the resistance training in Reformer Pilates will help to slow these effects by supporting bone health, building muscle, and improving strength, which could help to prevent issues such as osteoporosis.
- **Improved energy and better sleep** – These are no doubts that menopause is a tiring part of our lives, however Pilates will improve energy levels and help to prepare you for this new phase of your life. In addition, many women struggle with insomnia during menopause, which is often linked to high stress levels as the levels of cortisol and adrenaline rise in our bodies. Practicing Reformer Pilates will help to flush your lymphatic system, relieve tension, and prevent the brain fog which may be keeping you up at night.

The menopause can take its toll on women, both physical and mentally, and for many of our clients it is often the first time in their lives that they have really taken their health seriously. If you are feeling older than your years and are looking for a way to stay fit, active, healthy, and strong, our Reformer Pilates could offer a safe and effective form of exercise, not to mention being a great place to socialise and meet other like-minded women!

Here at Finesse Movement, we are committed to providing classes which are tailored to the exact needs of our clients, which is why we offer small group sessions, semi private Pilates or Clinical Pilates which is one to one to suit your needs. Our experienced instructors will take you through everything you need to know, and the classes will move forward at a pace which is suited to your abilities.

If you're interested in trying it out, you can book for your FREE Menopause Health Taster Class. Scan the QR to register or email us at [info@finesse.ie](mailto:info@finesse.ie) or call us 01-505-4584 or 087-775-9805



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## Healthy New Year Resolutions

A new year often signifies a fresh start for many people. For some, this means setting health goals, such as losing weight, following a healthier diet, and starting an exercise routine.

However, more often than not, the health and wellness resolutions chosen are highly restrictive and unsustainable, leading most people to break their resolutions within a few weeks. This is why many people make the same resolutions year after year.

To break that cycle, it's important to make resolutions that can not only improve health but also be followed for life.

### Eat more whole foods

One of the easiest and most sustainable ways to improve overall health is to eat more whole foods.

Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain a plethora of nutrients that your body needs to function at an optimal level.

Research shows that following a whole-foods-based diet may significantly reduce heart disease risk factors, body weight, and blood sugar levels, as well as decrease your risk of certain diseases, such as type 2 diabetes.

What's more, adding more whole foods to your diet can be done slowly and consistently. For example, if you're not used to eating vegetables, start by adding one serving of your favorite veggie to your diet every day.



### Sit less & move more

Whether it's due to having a sedentary job or simply being inactive, many people sit more than they should. Sitting too much can have negative effects on health. In fact, it may be linked to an increased risk of overall mortality.

Making a resolution to sit less is an easy and attainable resolution that can be tailored to fit your lifestyle.

For example, if you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

### Cut back on sweetened beverages

Cutting back on sweetened beverages is a smart idea considering that sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults. Though quitting sweetened beverages cold turkey is always an option, gradually minimizing your intake may help you kick your sugary drink habit for good.

### Get more quality sleep

Sleep is an essential part of overall health, and sleep deprivation can lead to serious consequences. For instance, lack of sleep may increase your risk of weight gain, heart disease, and depression.

There are many reasons why people don't get enough sleep, so it's important to focus on your schedule and lifestyle to determine the best ways to improve sleep quantity and quality.

Decreasing screen time before bed, reducing light pollution in your bedroom, cutting back on caffeine, and getting to bed at a reasonable hour are some simple ways to improve sleep hygiene.

### Find a physical activity that you enjoy

Every New Year, people purchase expensive memberships to gyms, workout studios, and online fitness programs in hopes of shedding excess body fat in the year to come. Though most people start strong, the majority don't make their new routine into a lasting habit.

Still, you can increase the chances of making your fitness resolutions stick. To get started, choose an activity based on enjoyment and whether it fits into your



schedule.

For example, taking a half-hour walk, jog, or bike ride before work, or swimming at a gym that's on your way home, are simple and sustainable exercise resolutions.

Then, set an attainable goal, such as planning to walk a few specific days per week instead of aiming for every day.

Making a more realistic goal can enhance the chances of making your new routine last, especially if you're new to working out.



### Cook more meals at home

Research shows that people who cook more meals at home have better diet quality and less body fat than people who eat more meals on the go. Start by making one meal a day, then increase the frequency over time until you're making the majority of your meals and snacks at home.

### Spend more time outdoors

Spending more time outdoors can improve health by relieving stress, elevating mood, and even lowering blood pressure.

Making a New Year's resolution to spend more time outside every day is a sustainable and healthy goal that can benefit most everyone, no matter where you live.

Taking a walk outside during your lunch break, hiking on weekends, going camping with friends, or simply soaking in the beauty of your backyard or local park are all ways to incorporate nature into your daily routine.

### Try Meditation

Meditation is an evidence-based way to promote mental well-being. It may be particularly helpful for people who have anxiety or depression.

Trying out this practice is a perfect New Year's resolution because there are many ways to meditate, and it's easy to find books, podcasts, and apps that teach you how to start a meditation practice.

### Rely less on convenience foods

Many people rely on convenience foods, such as packaged chips, cookies, frozen dinners, and fast food, for a quick meal or snack. Though these items may be tasty and readily available, they can have detrimental effects on your health if eaten too often.

For example, frequent fast food intake is associated with poor overall diet quality, obesity, and an increased risk of numerous conditions, including heart disease and diabetes.

To cut back on your consumption of convenience foods, make a resolution to prepare more meals at home using healthy ingredients.

### Cut back on Alcohol

Though alcohol can certainly fit into a healthy diet, imbibing too often can negatively affect your health. What's more, drinking alcohol frequently may keep you from reaching your health and wellness goals.

If you think cutting back on alcohol may be helpful for you, set a reasonable goal to keep yourself on track, such as limiting drinking to weekend nights only or setting a drink limit for the week.

### Try a new hobby

It's common for adults to let once-loved hobbies fall by the wayside as they get older due to busy schedules or lack of motivation.

However, research shows that partaking in a hobby that you love can help you live a longer, healthier life. Make a resolution to try out a hobby that you've always been interested in — or pick back up a hobby that used to bring you joy.

*Creating a healthier relationship with food and taking better care of your body and mind can drastically improve your health in various ways. This New Year, try out a few of the resolutions above to help make this year — and the years that follow — the healthiest and happiest possible.*

Source: [www.healthline.com/nutrition/realistic-new-years-resolutions](http://www.healthline.com/nutrition/realistic-new-years-resolutions)



# Easy & natural tips to get rid of weeds in your Garden

Weeds are an inevitable part of gardening, but they don’t have to become a major nuisance.

We don’t really want to spray all kinds of chemicals into our garden, so these tips are great for us! It turns out that there are tons of natural products you can use to get rid of the unwanted plants in your garden, and you already have them in your kitchen cabinet! This way you can get rid of weeds without using aggressive chemicals

## These are 5 easy and natural tricks to help you get rid of the weeds in your garden!

Plants have a natural layer that protects them from negative outside influences. To break through this protective layer you can prepare the weeds with a mixture of water and soap. Mix together two cups of water and a few drops of dish soap in a spray bottle and spray this on the weeds. If you do this before trying any of the other techniques mentioned below, they’ll be much more effective.

### 1. Dry out

The first method is to simply let the weeds dry out. Take a spray bottle and mix together two cups of water and one tablespoon of pure alcohol (96%). Spray this on the weeds. This will cause the plants to dry out through and through, which makes them easy to remove.

### 2. Burn them

Just use the kettle! By pouring boiling water over weeds, they’ll burn and the roots will die. Be sure to only use this method in a spot without any other plants, like the driveway or the patio, because the hot water might spread and kill other plants as well. That would be a pity!

### 3. Use acid

Weeds absolutely detest acid. That’s why so many chemical weed-killing products contain acid. You don’t need all of the chemicals, though: you can just mix together two tablespoons of lemon juice and one cup of white vinegar to get the same effect. Spray this mixture onto the unwanted plants in order to kill them. This method won’t affect the soil, so you won’t risk killing other plants and flowers.



### 4. Baking soda

There it is once more, the all round champ: baking soda. Sprinkle about a teaspoon of baking soda onto the plant you want to remove, especially on the root at the bottom. This will prevent any other weeds from growing there in the future. That means this trick is especially useful in places where no plants should grow in the first place, like the driveway.

### 5. Vinegar

- This is what you’ll need:
- 3.5 liters of cleaning vinegar and 1/2 cup of salt
  - Generous squirt of washing up liquid
  - Spray bottle

### This is how it’s done:

Mix the 3.5 liters of cleaning vinegar with the ½ cup of salt and the squirt of washing up liquid together. Put part of the mixture in an empty spray can and spray it over the weeds. Repeat several times until the weeds have disappeared.



[www.tips-and-tricks.co/home-and-garden/natural-tricks-weeds/2/](http://www.tips-and-tricks.co/home-and-garden/natural-tricks-weeds/2/)

# Valentine’s Night Romantic Cocktails

If you’re planning a romantic night in for Valentine’s, along with your romantic meal, you’ll need a romantic drink, and these cocktails will definitely help set the mood. Enjoy them over a candlelit dessert, serve as an aperitif before the main meal, or just cozy up on the sofa with a glass. You can’t go wrong with these delicious drinks.

## Strawberry Daiquiri

### Ingredients:

- 4 fresh strawberries plus ½ strawberry to garnish
- 2 tsp white sugar
- 35ml/1½fl oz white rum
- 1 tbsp strawberry liqueur
- 25ml/1fl oz lime juice



### Method

Place the strawberries, sugar, rum, strawberry liqueur and lime juice into the base of a cocktail shaker and mash together. Place the lid onto the cocktail shaker and shake well. Strain the mixture into a Martini glass and garnish with half a strawberry.

## Tequila Sunrise & Sunset

This cocktail looks beautiful and tastes great.

### Ingredients:

- 1 shot of Tequila
- 120 ml Orange juice (from a box or fresh squeezed)
- Splash Rose’s Grenadine Syrup
- Ice cubes

### Method

You will need high-ball glasses for these cocktails. For the Sunrise fill the glass with ice. Start with pouring tequila, then orange juice, finally adding grenadine. Don’t stir as the grenadine has to drop to the bottom to create those beautiful sunrise colours. Start the Sunset version with the tequila, then add ice (preferably crushed), pour orange juice and dazzle with cream and cacao. Garnish both cocktails with a slice of orange and cherry. Serve with a straw.



If you prefer to have a non-alcoholic drink, there are many mocktail options. Not everyone enjoys alcohol, below is a delicious and refreshing mocktail for Valentine’s Night.

## Non-alcoholic Sangria

### Ingredients:

- 1 750 ml bottle of nonalcoholic red wine
- 1 orange, sliced/ 1 lemon, sliced
- 1 lime, sliced/1/4 cup orgeat syrup
- 1 cup orange juice, chilled/ 1 cup of soda water, chilled
- Ice



### Method

Combine all ingredients without the soda and ice into a big jug, stir it and leave it in the fridge for at least 3 hours. Before serving add the soda and the ice. Serve in a red wine glass with a short straw.

## Strawberry Mojito

### Ingredients:

- 1 lime
- 5 strawberries, divided/ 1 sprig fresh mint
- 1 teaspoon white sugar
- 2 ounces white rum
- 2 to 3 ounces club soda, to taste



### Method

Cut the lime in half, then cut each half into 3 or 4 wedges. Remove the stems and slice 4 strawberries. Pull 6 to 8 leaves from a sprig of mint, leaving the top intact for a garnish. In a tall glass, add 3 to 4 lime wedges, the sliced strawberries, and individual mint leaves. Top with the sugar. Mash the fruit and dissolve the sugar. Fill the glass with crushed ice and add the rum. Stir well to integrate the fruit and mint into the ice. Top with soda. Garnish with the remaining strawberry, mint spring, and a lime wedge.

Serve and enjoy.



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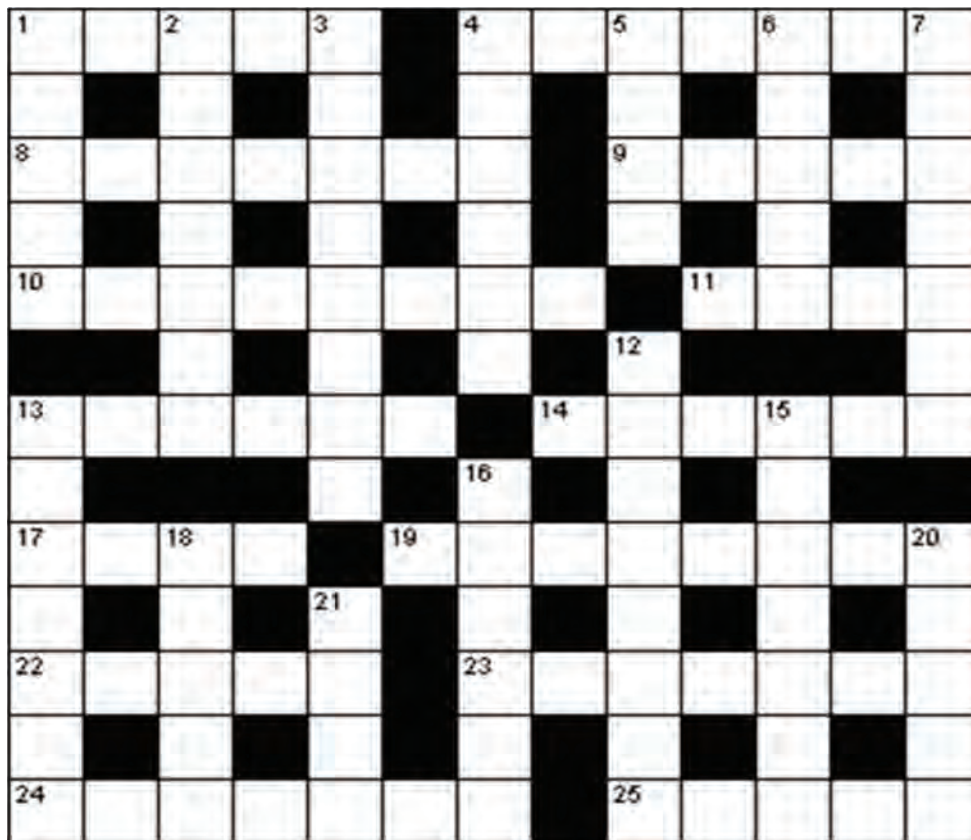
### Kildare Planning Applications for Maynooth Area

Planning Applications received from 06/12/2021 to 18/01/2022 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2241	Kildare County Council	Dermot O'Neill	O'Neills Bar & Steak House, Corner of Main Street and Kelly's Lane, Maynooth, Co. Kildare.	18/01/2022
2225	Kildare County Council	Boyne Dental Ltd	at the site of the existing adjoining properties at , Dublin Road, Maynooth, Co. Kildare W23 X0D7	13/01/2022
229	Kildare County Council	Raymond & Tracy Payne	Geraldine Lodge/Silken Vale, Maynooth, Kildare	11/01/2022
227	Kildare County Council	Christophe Dauton	No. 8 Leinster Park, Maynooth, Co. Kildare	10/01/2022
211837	Kildare County Council	Buzztap Limited	Main Street, Maynooth, Co. Kildare	23/12/2021
211796	Kildare County Council	Jim and Tatyana Devine,	30 Greenfield Drive, Maynooth, Co. Kildare W23 P8N3.	21/12/2021
211805	Kildare County Council	Donal Keane,	21 Leinster Cottages, Maynooth, Co. Kildare.	21/12/2021
211787	Kildare County Council	Fiona Hoare and Eimear Hoare	Dowdstown, Maynooth, Co. Kildare.	20/12/2021
211743	Kildare County Council	Kilpatch Limited	Kilmacredock Upper, Maynooth, Co. Kildare.	10/12/2021
211706	Kildare County Council	Alex and Therese Lockwood	Carton Demesne, Maynooth, Co. Kildare.	06/12/2021



## February 2022 Crossword - No. 509



### Clues Across

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1. Marine mammal (5)           | 19. Expert on precious stones (8) |
| 4. Type of crossword (7)       | 22. Decree (5)                    |
| 8. Deviation from the rule (7) | 23. Inactivity (7)                |
| 9. Fabric (5)                  | 24. Victory (7)                   |
| 10. Rubbing or clash (8)       | 25. Larceny (5)                   |
| 11. Woody plant (4)            |                                   |
| 13. Egyptian statue (6)        |                                   |
| 14. Creatures (6)              |                                   |
| 17. Wander (4)                 |                                   |



## Solutions to Crossword - No. 508



### Clues Down

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. Dock (5)                     | 15. Take aback (7)           |
| 2. Get rid of (7)               | 16. Social outcast (6)       |
| 3. Fastidious (8)               | 18. Excuse (5)               |
| 4. Former name of Sri Lanka (6) | 20. Helps to raise dough (5) |
| 5. Shout (4)                    | 21. Molecule (4)             |
| 6. Male singing voice (5)       |                              |
| 7. Admit to (7)                 |                              |
| 12. Feeling remorse (8)         |                              |
| 13. Glut (7)                    |                              |

### Difficult

### Sudoku Challenge

### Super Difficult

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

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

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 (27) only.



Junior Puzzle Corner

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.



Valentine Friendship

Hearts

Little red hearts  
Are meant to say,  
I am thinking of you  
On Valentine's Day  
I like being friends with  
you,  
To laugh and play.  
Thanks for your friendship  
On this Valentine's Day!!

Red hearts, white hearts,  
Pink hearts, too.  
I love purple hearts.  
How about you?  
Green hearts, yellow  
hearts,  
Blue hearts, too.  
I love rainbow hearts.  
How about you?

Directions. Trace the lines. Color the pictures.



valentine's Day

WORD SEARCH



- |           |           |
|-----------|-----------|
| FLOWERS   | ARROW     |
| HEARTS    | CANDY     |
| KISS      | CARD      |
| LOVE      | CHOCOLATE |
| VALENTINE | CUPID     |

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





Just because it’s colder, doesn’t mean you have to give up on your **herb garden**. Growing fresh food should be a thing you can do 365 days a year. So, here are some herbs that do a little better in chilly weather—the perfect winter herbs to grow and eat

**Rosemary** is a perennial herb, which means that it can be grown year-round, and sturdy enough to defend itself against icy temperatures. This herb will bloom throughout the year, and is one of the more affordable ones to grow and replace in the event that your plant kicks the bucket. Rosemary pairs well with heartier meats like lamb and beef, and stands up to pungent flavours like garlic. On top of packing a punch in flavour, rosemary—particularly its oils—has been used to treat things like poor memory, migraines, digestive issues, and other such ailments.

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

**Thyme**, like sage, **thyme** is also a great accompaniment to sage, as well as pork. These sturdy little shrubs will add brightness to your dishes few other herbs do thanks to its lemony tones. They will survive over the winter with little to no up-keep, though there will be very little growth as well. Having said that, you should be careful not to cut all of your thyme shrub’s old growth, as that will prevent it from growing new leaves, taking away all of the plant’s reserves.

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

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

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

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

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

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

**February Growing Guides**

Still winter, isn’t it? But spring is just around the corner, so there’s lots to do in the polytunnel. If you’re planning your first polytunnel this year, a sunny day in February is a great time to put the cover on in time to get early spring plantings up and running far earlier than you could outside.

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

**Sowing:**

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

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

Lilies. Eucomis. Liatris. Agapanthus Galtonia.



**Rib-eye Steak with Red Wine & Pastrami Sauce**

**Ingredients**

- 2 Rib-eye steaks (about 250g each)
- 2 tbsp vegetable oil
- 80g butter
- 2 garlic cloves
- 2 thyme sprigs
- ½ lemon, juiced
- 1 shallot, finely chopped
- 100ml red wine
- 200ml fresh beef stock
- 50g pastrami, finely chopped
- 1 green chilli, deseeded and chopped
- 1 tbsp. chopped parsley



**Method**

STEP 1 - Season the steaks with salt. Heat the oil in a frying pan large enough to fit both steaks, then add half the butter and once melted and foaming, add the garlic and thyme. Carefully put the steak in the pan and cook for 3 mins for rare, 4 mins for medium and 6 mins for well done, flip the steak and repeat. Once cooked, add a squeeze of lemon juice to the pan and spoon the lemony butter over the steak. Transfer the steaks to a warm plate and cover.

STEP 2 - Pour off the fat from the pan, discard the garlic and thyme and wipe out with kitchen paper. Place the pan back on the heat, add half the remaining butter, and once melted, add the shallot and fry for 30 seconds, then add the wine and reduce to a glaze. Pour in the stock and bring up to the boil, then add the pastrami and chilli and warm through. Finally, stir in the parsley. Put the steaks on plates and spoon over the sauce, with the ketchup and chips on the side.

**Chocolate Fondue**

**Ingredients**

- 50g melted butter, for brushing
- cocoa powder, for dusting
- 200g good-quality dark chocolate, chopped into small pieces
- 200g butter, in small pieces
- 200g golden caster sugar
- 4 eggs and 4 yolks
- 200g plain flour
- Serve with Caramel sauce, vanilla ice cream or orange sorbet.



**Method**

STEP 1 - First get your moulds ready. Using upward strokes, heavily brush melted butter (use 50g in total) all over the inside of the pudding mould. Place the mould in the fridge or freezer. Brush more melted butter over the chilled butter, then add a good spoonful of cocoa powder into the mould. Tip the mould so the powder completely coats the butter. Tap any excess cocoa back into the jar, then repeat with the next mould.

STEP 2 - Place a bowl over a pan of barely simmering water, then slowly melt 200g good-quality dark chocolate and 200g butter, both chopped into small pieces, together. Remove the bowl from the heat and stir until smooth. Leave to cool for about 10 mins.

STEP 3 - In a separate bowl whisk 4 eggs and 4 egg yolks together with 200g golden caster sugar until thick and pale and the whisk leaves a trail; use an electric whisk if you want. Sift 200g plain flour into the eggs, then beat together.

STEP 4 - Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter.

STEP 5 -Tip the fondant batter into a jug, then evenly divide between the moulds. The fondants can now be frozen for up to a month and cooked from frozen. Chill for at least 20 mins or up to the night before. To bake from frozen, simply carry on as stated, adding 5 mins more to the cooking time.

STEP 6 - Heat oven to 200C/fan 180C/gas 6. Place the fondants on a baking tray, then cook for 10-12 mins until the tops have formed a crust and they are starting to come away from the sides of their moulds. Remove from the oven, then leave to sit for 1 min before turning out.

STEP 7 - Loosen the fondants by moving the tops very gently so they come away from the sides, easing them out of the moulds. Tip each fondant slightly onto your hand so you know it has come away, then tip back into the mould ready to plate up.

STEP 8 - Starting from the middle of each plate, squeeze a spiral of caramel sauce – do all the plates you need before you go on to the next stage.

STEP 9 - Sit a fondant in the middle of each plate. Using a large spoon dipped in hot water, scoop a ‘quenelle’ of ice cream.

STEP 10 - Carefully place the ice cream on top of the fondant, then serve immediately. Repeat with the rest of the fondants.



# FILM/DVD MONTHLY BY BERNIE CLAXTON

## The 'Troubles' on Film



The backdrop of the Troubles in Northern Ireland has inspired many filmmakers over several decades. Last November, Kenneth Branagh's acclaimed film **Belfast** had its triumphant Irish premiere appropriately at the Waterfront Hall in Belfast city. It was an emotional homecoming for the Belfast native and actor-director. At the Q/A session after the screening of the film, Branagh spoke movingly about the city that had inspired the semi-autobiographical love letter to his original 1960s home and family.



4) Name the two actors pictured and the acclaimed film this true-life story is based on.

5) Which cult American actor played an IRA terrorist trying to escape his past in the 1980s thriller film A Prayer for the Dying?

- a) Kevin Spacey
- b) Harrison Ford
- c) Mickey Rourke
- d) Willem Dafoe

6) Name Neil Jordan's quirky, Oscar-winning movie about an IRA man whose life takes a dramatic turn when he kidnaps a British soldier.

- a) Mickybo And Me
- b) The Crying Game
- c) We're No Angels
- d) Breakfast on Pluto

7) Jim Sheridan's The Boxer centres on a former Provisional IRA volunteer, who is trying to "go straight" after his release from prison. Name the actor who trained as a boxer for a year in Ireland, in preparation for the title role.

- a) Cillian Murphy
- b) Michael Fassbender
- c) Daniel Day-Lewis
- d) Liam Cunningham

8) Director Pat O'Connor's film drama Cal tells the story of a young IRA member who is involved in the murder of an RUC man, and later begins an affair with the dead man's wife. Which well-known British actress plays the role of the wife?

- a) Helen Mirren
- b) Helena Bonham Carter
- c) Glenda Jackson
- d) Emma Thompson

9) Which Oscar-winning American actress starred in Ken Loach's 90s political thriller Hidden Agenda about British state terrorism during the Troubles, involving the assassination of an American civil rights lawyer?

- a) Sigourney Weaver
- b) Meryl Streep
- c) Frances McDormand
- d) Kathy Bates

10) Which 1998 film and novel by Eoin MacNamee depicts the story of the real-life "Shankill Butchers", a loyalist gang in 1970s Belfast who carried out a killing spree of Catholic civilians?

- a) Resurrection Man
- b) Shadow Dancer
- c) Shoot To Kill
- d) The Devil's Own



11) Name the two renowned actresses above and the Troubles-based film and story, co-written by Jim Sheridan, that they appear in.

12) Based on a true story, Titanic Town tells the story of an ordinary housewife (Julie Walters) who in defending her family takes on the different political factions of the Troubles in 1970s Belfast. Which celebrated Irish actor plays the role of Walter's husband in the film?

- a) Adrian Dunbar
- b) John Lynch
- c) Ciarán Hinds
- d) Gerald McSorley



1) Which well-known Irish actor played a troubled saxophone player, tracking down the loyalist killers of a deaf-mute girl, in Neil Jordan's Angel?

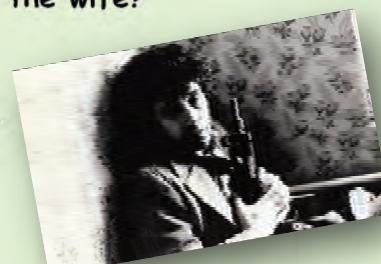
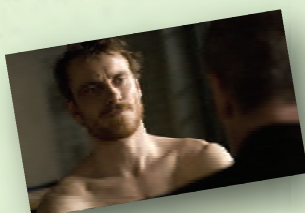
- a) Liam Neeson
- b) Stephen Rea
- c) Colin Meaney
- d) Richard Harris

2) Bloody Sunday is a 2002 film about the 1972 Bloody Sunday shootings in Derry. Which Northern Ireland actor played the leading role of civil rights activist and SDLP member Ivan Cooper?

- a) Gerald McSorley
- b) Jamie Dornan
- c) Ciaran Hinds
- d) James Nesbitt

3) In which award-winning drama film, depicting the political events surrounding the 1981 Maze Hunger Strike, did Michael Fassbender play Bobby Sands?

- a) The Crying Game
- b) Patriot Games
- c) Harry's Game
- d) Hunger



The Answers to the Film Quiz will be available in the March edition of the Newsletter