



Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s



Local News - May 2022 - Issue No. 512 - Online Version

This publication is produced by Maynooth Community Employment Project, supported by the Department of 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 2022 Prize Winners Presentation



Paul Croghan presents the Award for the Best Shop Fronts to Ursula Byrne, from Maynooth Bookshop, Main Street



Paul Croghan presents the Award for the Best Shop Fronts to Marion Bright, from Elite Confectionery, Main Street.



Winner of the Environmental Awareness Award Jonathan Meade, from Hutton and Meade Hyundai Dealers, Ballycoolin, Dublin receives the Award.



Award for Best Shop Fronts Vincent's, Greenfield Shopping Centre. Receiving the prize on behalf of Vincent's were Geraldine Byrne, Store Manager with John White and Richie Piggott



Best School Float Award went to Maynooth Educate Together School

Maynooth Newsletter

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

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Maynooth, Co. Kildare. W23CT59
Tel: 01-6285922

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

Letters to the Editor

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

Mission Statement

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

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

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

In addition we undertake the following:

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

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

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

Maynooth Newsletter Archives

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

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

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

Editorial Board - Maynooth Newsletter

Editorial

As we begin May 2022 with lovely summer weather in Ireland, I reflect on the concerns that I suspect that many of you have about the World we live in at this time. With daily temperatures already reaching those we expect in high Summer the key headline from the Sixth Assessment Report from the working group on climate mitigation as part of the Intergovernmental Panel on Climate Change issued in April states that “unless there are immediate and deep emissions reductions across all sectors, 1.5 degrees centigrade is beyond reach” is worrying and should not be ignored. Maynooth traffic levels are worse now than at anytime I can remember and I will be making an effort to only use my car when absolutely necessary.

While Covid case numbers have gone off the daily news agenda we still hear of people we know who have picked up the virus and indeed unfortunately people who are dying from it. I am pleased to see that people are making the decision to continue to wear face masks to protect themselves even though the wearing of face masks is no longer mandatory. I know that people are being asked to wear them on some airline flights. There continues to be new strains of the virus but thankfully the vast majority of people are withstanding serious illness from Covid. All we can do is to take care.

Russia invaded Ukraine on February 24th last and the war is now daily headline news. I am sure many of you like me feel powerless in this situation and are wondering how this can happen in the modern World we live in. The impact of the war is not distant in this case as we know that it has resulted in significant population displacement as well as deaths and destruction in Ukraine. I know that in Maynooth families and institutions have welcomed people from Ukraine and that everything is being done to settle people into our community and our schools. The number of people coming here from Ukraine is likely to increase during the summer months and everyone is welcome and deserve our support at any cost.

The broader issue here is how in the 21st century can the Russian leader decide to attack Ukraine in order to annex it or at least part of it with Russia. The world order of two large powers and their allies with the moderation of the United Nations through its Security Council where the large power countries have a veto on decisions has failed to prevent aggressive actions against smaller countries. There needs to be a rethink as the World is not a safe place for everyone until there is an effective process in place to protect everyone from being attacked killing innocent civilians and destroying lives forever. As citizens of Ireland and Europe we need to value the stability of our own democracy.

With the 2022 Census in April, we will get information on the growth and population changes since the previous census when the data will be published initially early next year. There is no doubt that the population of the town has grown substantially since I was first recorded as a resident of Maynooth in the 1991 census.

Finally, a growing town has needed good community leadership to help develop facilities such as sports clubs. I was saddened to hear of the death of Mick Gillick from Greenfield last month. Mick was a major influence in the development of the Maynooth GAA Club over the past three decades and the facilities that the club and community enjoy in Moyglare are a result of his tireless efforts.

Paul Croghan
Editor

**Copy date for the next edition of the
Maynooth Newsletter will be 5pm on
Thursday 26th May 2022**

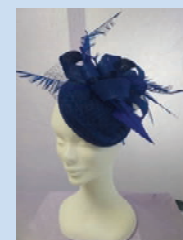
MAYNOOTH DRESSES

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



Just Arrived 2022 Debs Dresses

Now in Stock Ladies Fascinators in All Colours



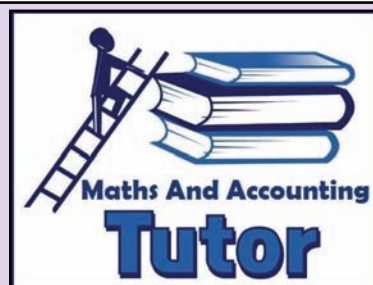
For All Our Opening Hours
Visit our Website on:

www.maynoothcommuniondresses.ie
also www.maynoothdresses.ie

Phone: 01 6293585



MATHS AND ACCOUNTING TUTOR



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per week.

First lesson/discussion free.
Text or phone Rory at
087 6751169

MAYNOOTH NEWSLETTER

Unit 10, Tesco Shopping Centre Maynooth
(Beside Coyne's Butchers)

ADVERTISE YOUR BUSINESS HERE

Opening Hours for Public
Monday - Friday 9.00am - 4.30pm

Wallet Friendly Advertising

50% Discount on All Advertising Rates

Contact a member of the Newsletter Team
for a package to suit you
at 01-6285922 or

Email: office@maynoothcep.com

Our Newsletter is now an online version
It's immediately accessible and convenient

May Events at **Maynooth Community Library**

For further information contact: www.kildare.ie/library maynoothlib@kildarecoco.ie Ph: 01-6285530



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Children's Events

May the Fourth be with You - Star Wars Crafts

4th May 3.30pm-4.30pm

Ages: 7-10 years

Location: Maynooth Community Library

Join Rosie and Niamh for some Star Wars crafting for May the 4th in Maynooth Library. Suitable for ages 7 to 10 but places are limited.

Book Now: <https://buytickets.at/maynoothlibrary/688465>

Underwater Temple: Minecraft Show and Tell

Friday 20th May 3:30pm-4.30 pm

Location: Online

Ages: 6-10 years

Do you like to create and build in Minecraft? Then why not take part in our build challenge, sign up for our Zoom discussion and show us your take on our theme 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 an Underwater Temple!

Book Now: <https://buytickets.at/maynoothlibrary/689093>

Weekly Story-Time in Maynooth Library

Friday 6th, 13th, 20th and 27th of May 10.00am-10.30am

Ages: 2-5 years

Location: Maynooth Community Library

Join the Maynooth staff for some in-person stories with nursery rhymes and songs. Each week we will have a new theme.

Places are limited and one ticket is required per child. All children must be accompanied by an adult.

Book Via Ticket Tailor:

Friday 6th: <https://buytickets.at/maynoothlibrary/688917>

Friday 13th: <https://buytickets.at/maynoothlibrary/688955>

Friday 20th: <https://buytickets.at/maynoothlibrary/688956>

Friday 27th: <https://buytickets.at/maynoothlibrary/688957>

Adult Events

Beginners Sewing Machine Classes (Adults only)

Current class is full & we are taking expressions of interest for future classes

Tuesdays 6.30 – 7.30 pm

Location: Maynooth Community Library

Must have own sewing machine.

If you have an unused, unloved sewing machine then this is the class for you.

Learn to thread, adjust tension, change needles, use different stitches and make some very simple projects.

If interested please contact Maynooth library 045 980 493.

Wednesday Morning Book Club

Wednesday 18th of May (Third Wednesday of each month)

11.00-12.00 pm

Location: Maynooth Community Library

If interested contact Maynooth library on 045 980 493.

U3A Book Club

Monday 9th May

10.30am-11.30am (Second Monday of the month)

Location: Maynooth Community Library

If interested contact Maynooth library on 045 980 493.

Every Monday

Knitting / Craft Club

12.00pm-1:00pm

Location: Maynooth Community Library

Come and join like-minded people for an hour of chat, knitting and crafting.

If interested contact Maynooth library on 045 980 493.

Maynooth Zero Waste Drop In

Saturday 14th May 2pm-4pm

Location: Maynooth Community Library

Join Zero Waste Maynooth for this drop-in event where you can check out the stalls & learn more about how to reduce waste. Includes: Ladies Clothes Swap Shop (bring one, take one); Toy Swap (bring one, take one) and a Bare Necessities collection point for this package-free food shop (no shop on the day, pre-paid orders only).

Age Friendly Day

Friday 20th May 10am-12.30 pm

Location: Maynooth Community Library

Senior citizens in our community are invited to pop into Maynooth Community Library for a cup of tea/coffee and chat with our library staff. This is also a chance to find out more about our online resources, such as our ebook app. Borrowbox. This is a drop-in event – no booking required.

Author Event with authors Peter Cunningham and Mary O'Donnell

Tuesday 24th May 7pm-8pm

Location: Maynooth Community Library

Join us for a very special evening with authors Peter Cunningham and Mary O'Donnell. Peter's most recent novel, published in 2020, is entitled Freedom is a Land I cannot See. It is set in Ireland in 1924 and takes place during the dangerous first years of the Irish Free State.

Poet and fiction-writer Mary O'Donnell's work is often cited as key in expanding the horizons of Ireland's formerly male-dominated literary world. Fiction includes the novels The Light-Makers (1992 & 2018), The Elysium Testament (1999), and Where They Lie (2014).

Book now: <https://buytickets.at/maynoothlibrary/682971>

Kildare Libraries FaceBook Club

Wednesday 25th May 8:00pm – 9.00pm

Location: Online

Our FaceBook Club is always welcoming new members, where we will discuss a new book from BorrowBox on the last Wednesday of the month over Zoom. Join our Facebook group or email maynoothlib@kildarecoco.ie for the details.

<https://facebook.com/groups/kildarelibrariesbookclub>.

German 'Stammtisch', informal conversation meet-up

Thursday 26th May at 6.30pm-7.30pm

Location: Maynooth Community Library

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 or 045 980493

For all ages

Reader Pens Now Available in Maynooth Library

Maynooth Library now have reader pens available for lending or alternatively you can just borrow one for the duration of your library visit. These text-to-speech pens read words and full lines of text aloud, promoting independent reading and confidence.

Key Features of reader pens: Read text aloud – Promote reading independence – Built-in dictionaries – Secure and private – No WiFi required – Built-in speaker & earphone jack – Rechargeable – **Easy to use** Helps with: Reading or pronunciation – Dyslexia – Language learning – Vision problems

For more information, ask a staff member at the library desk / email Maynooth Library at maynoothlib@kildarecoco.ie / phone us on 045 980493.

MAYNOOTH CYCLING CAMPAIGN NOTES



Meadowbrook Cycle Scheme

Kildare County Council has published Part 8 proposals for the Meadowbrook Cycle Scheme (Planning Reference: P82022.06). This is an important scheme for Maynooth but follows low quality provision on the Moyglare Road and temporary Covid measures which actually worsened conditions for cyclists. Maynooth Cycling Campaign has prepared a submission on the proposals. We are particularly concerned with the low quality proposed for the Meadowbrook Road. Work is ongoing on a revision of the National Cycle Manual but the scheme appears to have been designed on the basis of outdated standards. The full submission can be found here.

Road Safety

Maynooth Cycling Campaign has forwarded a copy of its submission on speed limits to Kildare County Council councillors. The submission calls for councillors to reject the proposed increase in speed limits and calls for a default speed limit of 30kph in urban areas in accordance with the Stockholm Declaration. The Irish government signed the Declaration in 2020 but have done nothing to implement it. As part of their new Road Safety Strategy, the RSA has established a committee to report proposed changes by the end of Q4 2022. As a result, it would be better for councillors to postpone a decision until then rather than approve changes in the short term and having to amend them next year.

Sustainable Mobility Policy Published

The Department of Transport has finally published its long awaited Sustainable Mobility Strategy which replaces the 2009 National Cycling Policy Framework. To achieve Ireland's targeted 51% emissions reduction by 2030, the plan aims to deliver at least 500,000 additional daily active travel and public transport journeys by 2030 and a 10% reduction in the number of kilometres driven by fossil fuelled cars. What this means for Kildare in general and Maynooth in particular is not clear. Two years ago, Maynooth Cycling Campaign proposed a target of 10% of trips by bicycle for Kildare towns by 2030 to the Transport Strategic Policy Committee but the matter has never been discussed much less accepted. The key actions includes reallocating road space to prioritise walking, cycling and public transport. The Sustainable Mobility Policy and the action plan to 2025 can be found here: https://maynoothcyclingcampaign.com/2022/04/26/proposed-cycle-scheme-at-meadowbrook-planning-reference-p82022-06/?preview_id=2826&preview_nonce=eaca6926cf&preview=true Road Safety or copy the link to your browser.

Transport, Safety & Emergency Services SPC Meeting

The next meeting of Kildare County Council's Transport, Safety & Emergency Services Strategic Policy Committee (SPC) will be held on 5th May. As the Public Participation Network's representative on the Committee, Maynooth Cycling Campaign will be holding a Linkage Group Meeting of community groups with an interest in transport matters. Any group representative who would like to attend the virtual meeting, check out Maynooth Cycling Campaign on Facebook for details.

Bikeweek 2022

It is reported that Bikeweek 2022 will be held from 14th to 22nd May. Campaign groups in other areas have been contacted about it by their local authority some two months ago but at the time of going to press, Maynooth Cycling Campaign has heard nothing.

United Nations Resolution on Cycling

For the first time, the United Nations has passed a resolution calling on governments to integrate cycling into transportation, improve road safety and promote the use of bicycles by people and businesses to ensure sustainable development and reduce transport emissions. The new resolution was adopted by unanimity after it was brought to the floor of the General Assembly on 16 March 2022.

Dutch Cycling Tours 2022

Cian Ginty of IrishCycle.com is organising two Dutch Cycling Study Tours for May (2 days) and June (3 days). The trips will be based in Utrecht. It is a wonderful opportunity to see what Cycling for All looks like in practice. The last time the tours took place, there was a mixture of councillors and cycle campaigners. The experience is strongly recommended to anyone interested – it will make a lasting impression.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website.

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



At our first Committee meeting after the AGM we elected a new Committee: Chairperson: Breedge Conway, Vice Chair: Ray Murphy, Secretary: Mary Connolly, Treasurer: Michael Kenny, PRO: Mary Molloy

The new Committee have lots of plans for the future of the town in order to retain our Gold Medal status 2022, meetings have already taken place among the Executives.

Again we would like to thank the out going Committee but especially John Kavanagh who was Chairman for 6 years and Mary Jennings who was Treasurer.

Work continues every Saturday morning, we had our National Spring Clean on the 23rd April. Thanks to all our Volunteers who turn out every Saturday. All areas of the town were covered with so much dumping.

We will be busy planting our pots in the Square and other areas in the coming weeks.

Thanks to the new GM Paul Joy in The Glenroyal Hotel and Leisure Club for supplying the refreshments tea/coffee and cakes after clean up. We are setting up a new Sunday rota, if we get enough volunteers to join. They will collect



rubbish in the areas close to the Main Street.

Please follow us on Facebook for more up to date information on the work of the Volunteers.

Contact us on WhatsApp if you wish to Volunteer on Saturday or Sunday.

We have more than 3,300 who Like our page and more than 3,700 who are followers. Thanks for your support.



Mary Molloy, PRO, Maynooth Tidy Towns



Maynooth Town FC Astro Project kicks off!



Maynooth Town FC are delighted to announce that construction of their new full size, state of the art astro pitch started on Monday 25th April. At a cost of over €600k the town can now look forward to a top class playing facility next season. To support this exciting venture the club are hosting a series of fundraising events for all ages on the 25th June 2022.

Saturday 25th June MTFC Festival of Football

The Manchester United Legends are coming to Maynooth Town! Denis Irwin, David May, Lee Martin, Wes Brown & Lee Sharpe have already been announced. Don't forget to keep an eye on our social media every Thursday for more player updates. It is going to be a really fantastic football event for club and community.

MTFC Family Zone

The club will host a family zone at Rathcoffey Road on the 25th with games and activities for younger children between 11:00am and 1:30pm and during the big game, for those attending the matches with children. Wristbands are €5 per child and may be purchased in advance from club coaches and on the day.

Meet & Greet Man United Legends

Meet & Greet with all the Man United Legends in the Glenroyal Hotel between 12:00pm and 1:30pm before the main event. Limited tickets available at €20 each and are now available at EventBrite.ie

Play the Match – Maynooth Town v Man United Legends

If you would like the opportunity to play either with or against the Man United Legends and enjoy a private post-match drink with the Legends, please register your interest ASAP with mtfcdevelopment@gmail.com

Watch the Match

If you want to see the Man United Legends play on our home ground, Rathcoffey Road, please make sure you get your ticket to see the game. Tickets are €10 each (or €35 for a family of 4) and may be purchased here:

<https://www.eventbrite.ie/e/maynooth-town-v-manchester-united-premier-league-legends-tickets-292278511897>

Or scan the QR code below.

Gala Dinner Dance

The festival will close with a club dinner dance at the Glenroyal Hotel 25th June from 7:45pm until late. Tickets will be going on sale shortly.

Members of the MTFC Executive will be available at both clubhouse on the Rathcoffey Road and at the MEC pitches over the coming weekends to update members on the astro development and the upcoming events. Please drop over to hear more. If you would like help fundraising in any way please contact

mtfcdevelopment@gmail.com

Come on the Town!



**MAYNOOTH TOWN FC
FESTIVAL OF FOOTBALL**

**FUNDRAISING EVENT FOR STATE OF THE
ART ASTRO FACILITY**

MAIN EVENT: RATHCOFFEY ROAD

**MAYNOOTH TOWN FC V MAN UNITED
LEGENDS**

**12.00 - 1.30PM MEET & GREET MAN
UTD LEGENDS GLENROYAL HOTEL**

**11.00AM - 1.30PM FUN FAMILY
ZONE, RATHCOFFEY ROAD**

**2.30 - 4.45PM MTFC VS MAN UNITED
LEGENDS 3 * 30MINS MATCHES**

**7.45PM - LATE CLUB DINNER
DANCE AT THE GLENROYAL HOTEL**

**SAVE THE DATE
25.06.22**

CONTACT: MTFCDEVELOPMENT@GMAIL.COM

COMMUNITY TEAMWORK (vertical text on left)

FUN FAMILY FOOTBALL (vertical text on right)

The heavy machinery moves into the Rathcoffey Road to commence the new development. Pitch 2 will be realigned with improved drainage and pitch 3 will be replaced with the new all-weather surface.



BRADY'S CLOCKHOUSE

BAR - LOUNGE - RESTAURANT



Whether dropping by for a friendly drink, food or settling in to watch the match, we are sure you will find a warm welcome with great service and a comfortable setting to ensure your stay is a pleasant and memorable one.

We look forward to seeing you soon.

**Like us on Facebook
@BradysClockhouseMaynooth**

Parties Catered For to book

e-mail: info@bradysbarmaynooth.ie

Web: www.bradysbarmaynooth.ie - Tel: 01-5054725

Great Food Served 7 Days



Grow Your Own Vegetables

Dear Fellow Gardeners,

May is definitely the busiest month in your vegetable garden and hopefully you have managed to do all the other jobs such as bed preparation in the previous months. The soil has warmed up sufficiently to sow and plant nearly all vegetables. So make sure you take time off in May so that you can spend your days in the garden! Finish preparing the beds and keep the hoe and rake moving over them. Watch out for late frosts and have some horticultural fleece handy to cover your potatoes if needed.

This newsletter contains:

What to sow, plant and harvest in May

Pest watch

The microbiome in our gut and soil

Summer online gardening course open for booking now (5 sessions)

Upcoming gardening courses

Sowing

Outdoor sowing:

In the first half of May you can sow early beetroot, early carrots, parsnips, perpetual spinach, annual spinach, chard, radish, turnip, peas and runner beans directly into the ground.

Towards the end of the month you can sow maincrop carrots and beetroot and any crops you didn't manage to sow at the beginning of the month.

Indoor sowing:

In May you can still sow the following vegetables into modular trays: winter cabbages, Brussels sprouts, calabrese, kale, kohlrabi, swede, turnip, lettuce, scallions, spinach and chard.

If you haven't sown courgettes, pumpkins, squash, runner beans and sweetcorn yet you can still do so at the first half of the month.

Towards the end of the month you can sow Florence fennel and Chinese cabbage.

Seeds are available from www.greenvegetableseeds.com

Planting

You can plant out the crops you sowed in the previous month: the first batch of leeks, cabbage, cauliflower, Brussels sprouts, calabrese, kohlrabi, rocket, swede, turnip, lettuce, perpetual spinach, chard, annual spinach and scallions.

Harvesting

Towards the end of the month you may be able to harvest some oriental salads, radish, turnips and annual spinach.

Pest watch

Don't forget to keep a check on your plants especially the seedlings outside. This is the time when they are most vulnerable to a slug attack. You also need to be wary of leatherjackets, the larva of the daddy-longlegs. They can be a terror during this month especially on newly planted lettuce. If a small lettuce suddenly dies, it was probably eaten by a leatherjacket. They actually just bite through the stem of the young plants. If you don't find the culprit in the soil it will move on to the next plant.

If you had carrot root fly in previous years it is nearly essential that you cover the early sown carrots with a bionet.

May is the most exciting month in your tunnel or greenhouse. This is the time to plant out your summer crops – your tomatoes, peppers, aubergines, cucumbers and basil.

Take good care of them and give them a fabulous soil and they will reward you with a bounty of delicious sun-ripened fruit. Once the busy spell of planting is over you can start to relax again.

Microbiome

There are a number of things I learned recently that I wished I would have known a lot earlier in my life.

Most of our immune system (serotonin) is located in our gut and there is a direct link between the gut and our brain (gut-brain axis). A healthy gut is what we should aim for to protect ourselves. To improve our microbiome we need to increase the number and diversity of our vegetable and fruit consumption. Dr. Zach Bush reckons we need to eat at least 40 different food plants per week. Also moderate exercise and reducing stress in your life helps to promote a good microbiome.

We also need to eat more fibre. Fibre has been taken out of our food and processed food and processed bread contains hardly any fibre any longer. Fibres are food for the microbes in our stomach. Dr. Will Bulsiewicz says there are nearly 40 trillion microbes in our colon – 100 times more than there are stars in the Milky Way. Even more shocking is that my body consists of 90% bacterial and other microbial cells and only of 10% Klaus cells. I'm an ecosystem of beings.

Gut health and Soil health

A healthy soil is a soil teeming with life, teeming with microbes. In one handful of soil there are more living creatures than there are people on Earth. These creatures are essential in keeping our garden soil fertile. This soil life is quite similar to our own inner life. A soil needs to be fed well – with a good and diverse compost or manure, some seaweed, biochar etc. and also it needs to have a great diversity of plants growing in it. A monoculture of wheat fed with NPK granules is as disastrous for the soil as highly processed food for us.

Summer Session of Online Gardening Course now available for booking

We are nearing the end of the first ten sessions of the online spring gardening course in the Bundoran Community Gardens with Sr Assumpta. We received such lovely feedback from so many people that we decided to continue throughout the summer. There will be five more sessions from mid May to early September.

Here is the link to one of the sessions from the spring gardening course – just in case you have a few spare minutes:

<https://vimeo.com/694549546/33143924a7>

If you are interested in joining the summer session of the online gardening course, here are the details:

<https://greenvegetableseeds.com/product/summer-session-online-gardening-course/>

Gardening Courses

Course: Growing healthy vegetables and fruit

Date: Saturday 28th May 2022

Venue: Tombrack Community Gardens, Co. Wexford

Contact: Denis 086 8111088

Course: Grow your own food

Date: Saturday 11th June 2022

Venue: Corbalton Hall, Skryne, Co. Meath

Contact: Andrina at info@corbaltonhall.ie

Happy Gardening,
Klaus

Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

Winner of the Memorex Culture Award Gaeltacht Summer Courses 2022

Maynooth University, Maynooth

Cúrsa A: 06/06/22 - 17/06/22

Please Note: Cúrsa A starts on Bank Holiday Monday.

Lucan Community College, Lucan

Cúrsa A: 27/06/22 - 08/07/22

Castleknock Community College

Cúrsa F: 04/07/22 - 15/07/22

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

Limited Places. Book online or contact (01) 298 5287
www.ColaisteNaomhEoin.com

Natural Ways to Stop Slugs & Snails from Eating your Plants & Vegetables.

Add a layer of texture to your garden.

Slugs and snails do not like hard sharp textures. It is hard for them to navigate through rougher textures. By adding a layer of gravel, mulch or sharp sand to your garden, it will deter the movement of slugs and snails throughout your garden and send them packing.

Use natural nutrients to ward off slugs and snails.

Many of us likely already compost our eggshells and coffee grounds, but before you add all of them to your compost pile, consider saving some for direct application in your garden. Just like adding gravel, mulch or rough sand helps to ward off slugs and snails, eggshells and coffee grounds create an unwelcome texture for these pests.



You can either sprinkle these grounds around the specific plants that these creatures are known to chomp on, or you can sprinkle it along the border area around the garden. Either way, when these snails and slugs catch one whiff of the caffeine, they'll immediately crawl the other direction.

The added benefit of the nutrients these two options add to your soil is just a win/win! Apply ground eggshells and or coffee grounds (sure, it is perfectly fine to combine them!) in a thin layer between rows and/or around the base of your plants to protect them.

Garlic is another natural alternative for thwarting slugs and snails. Just like vinegar and water or lemon juice and water are excellent options for pest control in our gardens, mixing garlic and water in a spray bottle acts as a strong repellent for slugs and snails. When applying this method, use caution and spray a small test area prior to full application to ensure no damage is done to your plants when sprayed. Delicate leaves may burn easily if the mixture is too astringent.

We already know the many benefits of growing herbs for our own health, as companion plants and as natural pest deterrents. The same holds true when it comes to keeping slugs and snails out of our gardens. Excellent options for

planting herbs that will keep these pests away are: Mint/Lavender/Sage/Rosemary/Creeping Thyme and Parsley

Citrus Peels

Next time you eat any citrus foods that contain peels, don't throw them out. These are known to be an effective method of keeping snails and slugs off your garden plants. Take your leftover peel collection and scatter it all around your garden before the snails and slugs gather for their nightly meetup and feast. They will get excited to indulge in new food, so they will crawl over to these peels to eat them.



From there, you'll see several different snails and slugs spending time on the peels. Grab either the snails and slugs themselves or peels and move them to a different area. This method also works on cabbage leaves as snails and slugs love to munch on this type of food as well. You can even bring a half-eaten melon out to the garden for these bugs to begin digging into.

Water Plants in the Morning

Snails and slugs are known to crawl around and eat different plants throughout your garden, mainly in the nighttime, as there isn't much around to disturb them while they munch. One thing they don't like is soil that is too dry for them to efficiently move and crawl around on. This is another reason why they would rather indulge in midnight snacking since the soil won't be as hot and dry.

To prevent them from enjoying the soil at night so much, water your plants in the morning. This way, by the time nighttime hits, the soil will be more dried out. This will make it less desirable for them to crawl around on. Rather than waiting to eat your plants in the morning, they will simply give up and inch their way on out of the garden.

It is never too early to implement any number of the natural remedies listed here.



Source: www.pestcontrolfaq.com/17-ways-to-get-rid-of-snails-and-slugs/
www.kelloggsgarden.com/blog/insect-pest-control/natural-ways-to-stop-slugs-snails-from-eating-plants/

Online Office

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- * Social Housing
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- * Employment Concerns
- * Covid - 19 related queries



Phone



E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.





Cllr. Angela Feeney Maynooth Labour News

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



Update on wheelchair accessibility issue on the 139 Bus:

Cllr Feeney contacted the 139 Bus company because many wheelchair users had contacted her telling her that buses had passed by that were unable to take them on board. After many calls and emails to the provider company and to the National Transport Authority Cllr Feeney is happy to report that the company has confirmed that this issue has been resolved.

Taking in Charge of Meadowbrook Estate

At the April MD Council meeting, Cllr Feeney asked the Council for an update on the taking in charge of Meadowbrook Estate. Speaking to the motion, Cllr Feeney said it has certainly been too long a wait for the residents of Meadowbrook and one she has been trying to keep on the agenda over the past three years. Cllr Feeney welcomed the good news in the response provided stating that a Development Control legacy team has been appointed in the Council to work on such legacy taking in charge requests. The Council also confirmed that the team is currently working through the list of estates that need to be taken in charge. Cllr Feeney stated that it was also good to hear as part of the response to her question, that the Council said that Meadowbrook is on a priority list and will be progressed by that team.

Reopening of the Community Space

Cllr Feeney asked the Council when the Community Space in Maynooth would reopen as she stressed that it is a facility that is much needed by the many community groups that have used it in the past. Groups such as the Seniors Activities group, the Mother and Toddler group, the Drama group for rehearsals, all are gathering again since the lifting of restrictions and can ill-afford the cost of renting a room elsewhere. Cllr Feeney welcomed the response from the Council confirming that the Community Space will reopen in April. The Council added that it would manage the bookings until a suitable community group is identified to manage the space and that it will be in contact with the local community groups with further information on the booking process.

Need for Disabled Parking Bays at Laraghbryan

Cllr Feeney asked the Council to provide disabled parking bays at Laraghbryan Cemetery. Cllr Feeney said that currently there are no designated car parking spaces of any kind at Laraghbryan. At the Council meeting, Cllr Feeney got the agreement of both the members and the Council to provide and install signage indicating an area for disabled parking beside the entrance gates.

Pikes Bridge Road Traffic Audit

Cllr Feeney requested an update on the traffic monitor and associated data capture on the Pikes Bridge Road. The area engineer said he will provide that to Cllr Feeney and she will update here when that information arrives. Councillor Feeney has also requested the installation of an electronic speed sign on this road to make it safer for the residents living there and for the many pedestrians and cyclists using this road.

Eastern Ring Road Update

The Council's Senior Engineer gave a presentation at the April Council MD meeting on road projects for the Municipal District. Regarding the Maynooth Eastern Ring Road, Councillors were informed that the CPO process and discussions that recently took place with landowners went well and that the design is 95% complete. As this is a LIHAF project, KCC is working closely with the Department of Housing on it and as soon as the Council gets the green light from the Department, the construction can commence. Regarding the Transport Strategy for Maynooth that is on going, Cllr Feeney requested that County Kildare Access Network be part of the cross-departmental discussions so that accessibility issues can be addressed. When the presentation slides are provided, Cllr Feeney will share them.

Communication to Department of Health on the Shortage of GP places

Cllr Feeney asked that the letter be sent, as agreed, to the Department of Health, regarding the lack of GP services in Maynooth and requesting an update on the planned Primary Care Centre for the town. The Council confirmed that the letter will issue as she requested with the combined support of our MD councillors.

Follow Up on Flood Relief Measures

Following on her request for information on the flood relief measures proposed for Maynooth detailed in the OPW's Flood Risk Management Plans, adopted by the Council in 2018, Councillor Feeney received an update at the April meeting. The delivery of flood relief schemes is prioritised by the OPW and the proposed

scheme for Maynooth is currently part of the Tranche 2 schemes for Kildare. The Council, in partnership with the OPW, is currently progressing all Tranche 1 schemes (Naas, Athy, Leixlip) and will begin Tranche 2 schemes including Maynooth once resources become available within both the Council and the OPW. The first stage of the Maynooth scheme is likely to consist of an extension of the Maynooth study area to include both the N4 and the Lyreen catchment (including Courtown Little). The plan is available at www.floodinfo.ie.

Fundraiser for Autism Friendly Town Application

Cllr Feeney was delighted to support the recent fundraising event at the Maynooth Education Campus. Adam Harris, CEO and Founder of Asiam.ie, officially launched Maynooth's application to become an Autism Friendly Town. Well done to all the organisers of this fantastic event.



Road Marking Improvements

Cllr Feeney is happy to report that the Council took on board her recommendation to extend the centre line on the Straffan Road out to the speed limit signs past the TLC Nursing Home. Cllr Feeney said this would make it safer for cars to exit to the left and not meet oncoming overtaking vehicles. She thanked the area engineer for his prompt action on this request.

Upcoming motions and questions at May Council MD meeting:

Motions:

1. That an Action Plan be put in place for the delivery of a Community Centre for Maynooth.
2. That improvement of traffic calming measures in the vicinity of Rathcoffey National School be explored to include ramps, flashing speed signs all with a view to enhance safety for the growing school population in the area.

Questions:

1. Can the Council explore how double yellow lines and 'Residents Only' parking signs might be installed in those housing estates within proximity of Maynooth train station and town centre.
2. Can the Council consider creating a footpath link between Brookfield Park and College Green estates in Maynooth?

Meetings attended since last Newsletter:

- April 1st at 10:00 a.m. Council MD meeting (online)
- April 7th at 12:30 p.m. Naas Enterprise Park Launch
- April 11th at 7:30pm Maynooth Community Council (online)
- April 25th at 3:00 p.m. Council Plenary Meeting in Newbridge Town Hall
- April 28th at 2:30 p.m. Governing Body Meeting of Carlow Institute of Technology

LIFFEY MEMORIALS

- ◆ Headstones
- ◆ Grave Cleaning
- ◆ Additional Inscriptions

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St. Mary's Brass & Reed Band

The Band is now getting ready for a busy year. We start with a special Band Mass for deceased members which is intended to make up for the Masses that could not be held over the past two years due to covid-19 restrictions.



The Mass is at 1pm on Sunday 8th May and we invite all family, relatives and friends of deceased Band members to join with us in remembering them on this special occasion and it will be the first time in nearly three years that the full Band will be taking part in the Mass.

On Saturday 14th May the Band will be organising a Recruitment Day in Manor Mills between 10am and 6pm where we will be inviting budding musicians of all ages, gender and Nationalities to consider joining our Academy as well as experienced musicians who might like to join our Senior Band as we feel that there are new arrivals to Maynooth who may not be aware of a Band in the Town. So if you can please come and talk to us in Manor Mills on 14th May but if you can't make that you can catch us at our Recital in Castletown House in Celbridge between 2 and 4pm and if you like what you see and hear please let us know what you think.

**Our contact details are sec@stmarysbandmaynooth.ie or
call our
Hon. Secretary Joe on 086 1737 024.**

Our third CD, More Musical Melodies from Maynooth (see cover photo below), is almost ready and it should be on sale in the **Maynooth Bookshop on the Main Street from 6th May and also from the Maynooth Newsletter Office.** It will also be available at all our recitals during the year. If you unable to get a copy please contact our Secretary Joe at the above contact number and we will arrange to send you a copy, it's only 10 euros plus postage.

MORE MUSICAL MELODIES FROM MAYNOOTH



ST. MARY'S BRASS & REED BAND
MAYNOOTH, CO. KILDARE

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 5 Ballymahon to Mullingar

The first lock the next day was Draper's Lock; a stony untidy place like Mullawornia with a cottage where Mrs. Byrne signed our pass on behalf of her husband and offered us milk. Soon afterward we paddled through our first canal village, Shrute, without anyone apparently looking at us, because of course we were low down the water and all I could see was a post-office sign high up on a pole on my right just beyond the bridge. Soon there was another bridge and then a long stretch of beautiful bog. At the three Castlegaddery locks, the youngish lockkeeper with a bicycle helped us at the first two and signed the pass. During the war years, he told us CIE used to send him with horse barges taking timber and other repairing material to Tarmonbarry, etc. From the third Castlegaddery lock there was a lovely run of calm water and reflections into Ballinacargy, where the harbour was clean and spacious.

The next morning was the warmest and sunniest of the trip, but alas after a mile we had to get out and do portage once more around Balroe Lock; and after that there were the five Kildallon locks at most of which the cottages were deserted and we had no help. Then the three Coolnahay locks, at the last of which our pass was again signed, after that, no more locks, but nearly six miles to do in two hours if we were to be at the garage at Mullingar at 5pm. as arranged. Swans delayed us a good bit, then we saw Demesne woods and were just saying that it was getting horribly civilised and we would soon see our old friend of the last trip, the railway, when a train shot past, framed in an approaching bridge. We paddled on under the red iron railway bridge and presently saw the cathedral and outline of Mullingar.

Just like approaching it from the other side, it seemed to take a long time to get near it. Past the racecourse we travelled, past the railway station and nearer and nearer to a bleak hulk that seemed to block the water, but we went round it and the canal curved to the left in a deep cutting under a crowded street bridge, round a green park high above us and behind a stone wall on the right and at last across the deserted harbour, and under Scanlon's Bridge to the grassy bank by the garage. The Royal Canal was completed: this was 'where we came in': stiffly we got out of the canoe for the last time.

Series complete.

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

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TIPS ON SAVING ON HEATING AND ELECTRICITY

Turn your heating down by one degree and you could knock 10% off your heating bill. Seal your windows and doors to make sure you're not losing heat due to draughts.

Kettles

Heat the amount of water you really need and if you're using an electric kettle, make sure you cover the elements. More modern kettles have no visible element so you use less water, you could also try to fill a cup and use it as a guide to fill the kettle, so that you boil the right amount of water.



Curtains

At night, pull the curtains to stop heat being lost through the windows. Take care not to drape curtains over radiators as this will funnel heat straight out of the windows.

Tumble Driers

Tumble driers are energy guzzlers so try to use washing lines or airers. Don't put very wet clothing into the dryer, make sure you wring clothing out or spin dry again to help use less energy.

Switching Energy Supplier

In the current rising trend of energy prices it could well be worth shopping around to save money on your energy bills, further discounts are available if you switch both gas & electricity to the same supplier. It is a simple process and there is no disruption to your existing energy supply.

Lighting

Turn the lights off when leaving a room. Use "task" lighting rather than whole room lighting when a small amount of light is required. Regularly clean light fittings, reflectors and lampshades.

Electric Shower

Take a shower rather than a bath. A typical shower uses only one fifth of the energy of a full bath.

Computer

Turning your computer off at night instead of leaving it on will save on average 25% of its annual energy bill. Remember you should turn off your computer whenever you are not going to use it for more than an hour.

Television

A television in standby mode can use up to as much as half the electricity as when it is switched on.



Fridge/Freezers

Don't let frost build up in the freezer compartment as this increases energy consumption. Remember to defrost and clean the inside of your refrigerator and freezer at least every 6 months and make sure they are positioned in a cool place, not next to the cooker or boiler or where possible not in the path of direct sunlight. Check that the door seals on the

refrigerator and freezer are tight fitting - the seals hold a 5 euro note in place when the door is closed. Don't put warm or hot food straight into the freezer - let it cool down first.

Microwaves

Remember a microwave is more efficient than a cooker for reheating food.

Electric Ovens

The oven is expensive to use - try to use it as sparingly and efficiently as possible. Where possible use it for more than just one item and remember you can cook at a higher temperature at the top of the oven, and simultaneously at a lower temperature at the bottom. Do not open the oven door to check cooking - every time you do so you lose 20% of the accumulated heat.

Washing Machines

The washing cycle selected on a washing machine should have the lowest water temperature required for the items being washed. A full load of washing is more energy efficient than two half loads. Use a cold rinse for your clothes.



Dishwashers

Stop the dishwasher before the drying cycle and open the door to let the dishes air dry and always use the economy button where possible.

Electric Heaters

When buying heaters, make sure they are the right size for the rooms they are to heat. When buying heaters, make sure that they are the right size for the rooms they are to heat, and that they have thermostatic controls. Remember that electric heaters other than storage heaters consume electricity at the most expensive charge rate. Use a space or portable heater instead of the central heater, if only one room needs heating. Choose heaters with thermostat controls and timers.



Central Heating

Turn off the heating overnight and when you are out during the day. Turn off the heating if you are going to be out of the house for more than a day. Proper control and regular maintenance of your heating system can reduce fuel consumption by 10-20%. If you have gas heating, turn-off pilot lights during the warmer months. Heat bedroom areas to less than 18°C. 20°C is an ideal room temperature. Turning down thermostats by 1°C can reduce annual space heating energy consumption by 10% with an equivalent reduction in greenhouse gas emissions.

Heat Loss

Open fires are wasteful of energy with more than 70% of the energy going up the chimney. If the radiator is mounted below a window, a projecting window-board or shelf above the radiator will direct warm air into the room, reducing heat loss through the window. Close doors to separate heated from unheated areas of your home, and minimise the area you are heating.

Hot Water Heating

Use the timer on immersion heaters. This should supply you with enough hot water as and when you need. Heating hot water account for 64% of energy consumption in the home: you should be thrifty in its use. 90% of the energy consumption of washing machines goes on heating the water. Wash clothes whenever possible in cold or cool water.

Insulation

Much of the heat loss from a house occurs through the windows particularly if they are single glazed. A reflective foil, backed by insulation if space permits should be fixed behind radiators mounted on external walls. A lagging jacket on your hot water cylinder will keep water hotter for longer and pay for itself in 2-3 months. If replacing the hot water cylinder, a cylinder with factory applied insulation should be considered. Such insulation is more effective at retaining heat than a lagging jacket, is less easily damaged and cannot be pulled out of place.

Insulate your attic and save up to 20% on your home heating bill.

Combining solar collectors with a wood burning stove provides an ideal year-round renewable energy heating solution. A solar collector system can provide around 60% of your annual hot water needs for free (80 to 90% in summer). Space and water heating account for over 70% of energy used in the home, so switching to clean renewable energy (e.g. wood fuel, solar energy or heat pump systems) makes a big reduction in the environmental impact of your home.

Wood is a renewable fuel you can use without producing the harmful greenhouse gas emissions of fossil fuels. Instead of coal or peat, throw on a log onto a fire. Whereas peat and coal take hundreds of thousands of years to form, wood is a renewable fuel that grows in just 3-70 years. Using renewable sources of energy like wood and solar energy to heat our homes reduces our reliance on polluting, imported fossil fuels like oil and coal. If you recycle glass and paper, you save on a great deal of energy, raw materials and pollution.

Cook efficiently

A lot of household energy is used in the kitchen and there are many little changes you can make to save money. Only heat the water you need if you are making tea for one, just fill the kettle for one cup. Use a microwave if you regularly reheat meals, rather than using energy to heat your oven. Match your pan size to your burner on the hob and cover your food when it is cooking to keep heat in.

Steam your vegetables or use less water for boiling. Conserve heat: Only pre-heat your oven for the specified time, defrost food before cooking and keep the oven door shut while cooking. Use a slow cooker wherever possible; they are energy-efficient and perfect for family meals there are some great energy-saving gadgets and tools to help you cut back even more on your energy bills.



Royal Canal Notes

May 2022

Education ~~ Heritage ~~ Recreation

ROYAL CANAL GREENWAY

The Royal Canal Greenway has been officially open for 1 year and we would like to share with you some of the accomplishments and accolades it has received over the past 12 months.

RESEARCH:

Waterways Ireland appointed Tracsis in 2021 to undertake a validation exercise on the data from physical counters in place along the Greenway and to undertake a consumer survey. This research has found that more than 640,000 trips annually have been taken along the Royal Canal Greenway since it opened in March 2021.

The 130km amenity cost €12m to deliver and recent research has found that the amenity has returned a dividend of €17.2 million to the business community in its first year of operation, returning the investment in the project in over eight months. The economic dividend was based on a weighted average visitor spend of €27.00

Other research also found that across the four counties involved, the greenway currently operates from Mullingar to Dublin, 17 new businesses have opened and 13 businesses have confirmed that they have diversified their businesses to provide for Greenway customers.

AWARD WINNING GREENWAY:

The Royal Canal Greenway has been shortlisted for 3 awards, two of which were international awards.

European Cycle Route of the Year: The Royal Canal Greenway was awarded European Cycle Route of the Year by leading Dutch Walking and Cycling Magazine Fiets en Wandelbeurs on Saturday 9th April. Competing against long distance routes in Germany, Netherlands and Belgium, the Royal Canal Greenway took home the winning accolade.

The Fiets en Wandelbeurs European Cycle Route of the Year Award is judged by leading, activity, tourism and journalism experts from across the Netherlands. This award is in respect of leisure and family cycling.

Best Tourism Initiative: The Royal Canal Greenway was also awarded "Best Tourism Initiative" 2021 at the rescheduled All-Ireland Community & Council Awards. The Best Tourism Initiative award seeks to recognise an initiative which directly increases visitor numbers to an area or to Ireland as a whole and its overall impact on visitors, communities and new and existing businesses.

The European Greenway Awards: While we were not winners, the Royal Canal Greenway was recognised as "highly commended" by the judges in the category of "Excellence". The European Greenway Awards took place in Valencia in October 2021 to promote examples of best practice and to support their replication on other greenways across Europe.

MEDIA COVERAGE:

With Waterways Ireland we also secured extensive media coverage over the past 12 months with a 3-part programme on RTE's Nationwide programme dedicated to the Royal Canal.

GREENWAY UPDATE:

We understand that work on the final part of the greenway, between Maynooth and Clonsilla will commence later this year. While this is good news for canal lovers, it will result in temporary closure of paths in parts of this section of the canal at different times. These closures will be clearly signposted and we will keep all our readers posted here and also on our official website, www.royalcanalamenitygroup.ie as well.

The Greenway is yours to use and enjoy. Please respect other users, take home your rubbish and leave it as you find it so others can enjoy this wonderful amenity too.

FOR THOSE WHO LOVE TO READ

A reminder that elsewhere in this publication you can read the fifth and final 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.

GET WELL WISHES

Long serving Royal canal member Gerry McGlinchey was recently hospitalised in St. James's Hospital in Dublin. During canal restoration he was to the fore in fundraising activities, working tirelessly to ensure that the work could be completed.



Photograph © FitzFoto Maynooth

We in the group would like to extend good wishes to Gerry for a speedy return to health.

*Waters rise and waters fall
But your Royal Canal is there for all
Keep an eye on your children there
Let's all exercise waterway care*

ZERO WASTE MAYNOOTH

Monthly Drop In Event

2nd Saturday of the month 2-4pm

Maynooth Community Library

Join us for this drop in event where you can check out the stalls
& learn more about how to reduce waste.

Stay for a chat or just simple browse!

Ladies Clothes Swap Shop - Bring one, take one

Toy Swap - Bring one, take one

Up to 3 items for either the toy or clothes swap- must be in usable and good condition

Cloth Nappy Library Ireland - See reusable nappies & chat to
volunteers

Sustainable Swaps - learn some ideas on how to reduce waste,
save money & care for our planet

Bare Necessities - collection point for this package free food
shop (no shop on the day, pre paid orders only)



Next event date:
May 14th

Maynooth Senior Citizens Committee



As you may all be aware we have not resumed our Morning Club activities due to the rising numbers and easy transmission of Covid. Let us hope we are beginning to see the last of it especially now that the second booster shot is coming on stream.

The Committee has been working away in the background none the less. We continue to meet monthly. We had our AGM on April 5th in the Geraldine Hall. We are very happy to welcome Garry Bermingham as our new Chairperson. Thanks to Patricia Cusker, outgoing chairperson, who kept us going over the last two years. Re-elected were Joan Lennon (Minutes Secretary), Catherine Mulready (Treasurer) and Susan Durack (Admin Secretary/PRO).

We would like to encourage new members to join our committee. If you think you would like to get involved with our group and would like to find out more about us, please contact maynoothseniorcitizens@gmail.com.

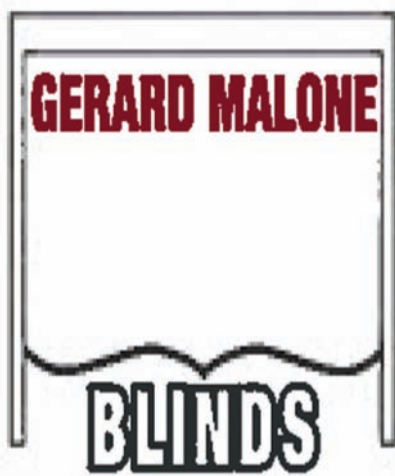
We are looking forward to resuming our Social Club when it is safe to do so. We will keep you informed.

You will see elsewhere in the *Newsletter* that May 20th is Age Friendly Day and the Community Library invites people to drop in from 10am-12.30pm for a cuppa and a chat to find out more about their library services. A nice way to spend a morning!

The month of May celebrates the Bealtaine Festival/Age and Opportunity. Programme of events to be found at [Events 2022 - Bealtaine Festival](#)

Enjoy the lovely month of May and the coming of Summer.

Susan Durack, PRO, Maynooth Senior Citizens Committee



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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.

THE MIRACULOUS PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention here). 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. Sacred Heart of Jesus I place all my trust thee

Say this prayer for three days. Promise publication and favour will be granted. Never known to fail.

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.

Tips to prepare yourself for Summer

With the arrival of spring and good weather, now is the time to prepare your skin for the long summer days. Shed the winter blues by getting outdoors and moving more. It's all about creating healthy habits. Taking a week to flush out excess toxins in your gut and intestines can not only allow you to lose some extra pounds but it will also help you to mentally adjust. Keeping yourself properly hydrated should be the first step on your list when learning how to get a summer body! And it isn't just for the weight loss benefits...

Water is great for boosting your metabolism and keeping hunger at bay. Switching sugary drinks for water will reduce your caloric intake as well as helping you to consume less saturated fat (which is the biggest contributor to belly fat!) It's great for your overall health and will make you feel more alert and energized. It reduces the chances of headaches and kidney stones.



Prepare your skin for the sun by hydrating it daily.

After winter and after layers and layers of clothing, it is important not to get carried away by the desire to expose your skin to the sun at once and do it little by little. The best thing you can do now that spring is here is to start exfoliating your skin once a week. In this way, you will eliminate impurities and dead cells and get a uniform tan. Good hydration is essential to prepare your skin for the summer. Take advantage of a moment of the day (after the shower, before bed or when it suits you best) to apply moisturizer. Also, when the summer season is approaching you will need a cream to help protect your skin from the sun's rays. Although it all depends on your skin type, look for one that has at least an SPF factor of 15. Diet is also a good way to prepare the skin for the sun, as well as to avoid premature aging. On the dates when the heat begins, it is recommended to increase the number of foods rich in beta-carotene and lycopene, which stimulate the production of collagen.

Take care of your nails

At this time they break more easily, so it is advisable to file them to keep them short. If you are one of those who always have painted nails, before the arrival of good weather it is advisable to leave them for a while to recover from the aggressions of the enamel. If you see they are yellow or dull with a little hand cream you will be able to restore the shine to your nails and hydrate them again.

Prepare your body

Now that spring is here the dreaded bikini operation also begins for many. If these months

you have not relaxed with food and led a sedentary life, you are still in time to change your habits. But instead of signing up for miracle diets that promise to lose weight in no time, it is best to start eating healthy and get some exercise regularly. In this way, you may not notice the weight loss immediately but you will avoid the dreaded rebound effect.



How to loose weight fast?

- Change your lifestyle by exercising regularly.
- Set yourself a realistic goal (loss of kilos), according to the starting situation.
- Realize that new habits are not temporary but for life.
- Go on a diet on your own initiative, not motivated by other people.
- Go to regular medical check-ups to analyze the development of the diet.
- If it's a long-term diet, you may be able to treat yourself once in a while.

Here are some quick tips to curb those cravings:

- Hydration - like we said in step 1, hydration is a great way to control your appetite
- Protein - switch refined carbs for protein and your meals will leave you satisfied for much longer
- Plan your meals - if you plan what you're eating, you're much more likely to stick to eating well (meal prep is the best way to do this!)
- Probiotics - if you eat probiotics like live yoghurt, your gut health will improve and you will start to crave healthier foods!

How to prepare your hair

Hair is one of the parts of the body that suffers the most aggression during the summer season. The chlorine in swimming pools, sea salt, and air conditioners make it dry and brittle, making it almost impossible to comb.

To prevent it, the best thing you can do is start preparing your hair for these attacks now that the sunny days are beginning to make their presence known. Protect it with hats when you go outside on hot days and keep it carefully hydrated with keratin products and treatments.

Source: www.swissbeautyandcare.com/this-is-how-you-should-prepare-your-body-for-summer/ Source: origympersonaltrainercourses.co.uk/blog/get-summer-body

***Keep up the good work through the spring and into summer.
Remember Hydrate, Exfoliate, stay positive feel energized,
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Writers’ Corner - Short Stories/Articles from our Readers

Trading Quotations

‘The sum of all the tears that be/ Cures not the primal fault; It rains into the sea /And still the sea is salt,’ Conal quoted triumphantly as their discussion heated up. ‘You’ve got it a bit muddled.’ Sean wagged his finger. ‘What Housman actually wrote was, "The toil of all that be / Helps not the primal fault..." Not a major difference I’ll grant you, but still and all...’

‘But my version makes more sense,’ Conal protested. ‘The tears and the rain are both water; while your word, *toil*, doesn’t resonate with *rains* and *sea*.’ ‘It’s not my word,’ Sean pointed out, ‘ it’s Housman’s, but we’ll let that pass. Have you any other good quotation?’ ‘How about, “*Ná bac le mac an bhacaigh is ní bhacfaidh mac an bhacaigh leat!*” ? ’

‘And what’s that supposed to mean?’ ‘Don’t bother with the son of the beggar man and the son of the beggar man won’t bother with you.’ ‘Not a very profound observation.’ ‘Fair enough. I suppose it’s basically a tongue twister. So how about *Taise le trua agus troid le tréan*? Gentleness for the pitiable and fight for the strong?’ ‘I suppose that’s just another version of “ Pity for the weak and fight for the strong ” ? ’

Well, this is one about the Three Ages of Man: *Fiche bliain ag fás; fiche bliain faoi blath agus fiche bliain gur cuma é ann nó as*; Twenty years a-growing, twenty tears in bloom and twenty years when it doesn’t much matter whether he’s alive or dead.’ ‘Not bad, but I’m still waiting for a really memorable quotation.’ Conal stroked his chin. ‘How about *La vie n’est pas rose*’ ? ‘And what exactly does that mean?’ ‘Life is not rosy.’ ‘You can do better than that.’ ‘Well, here’s one from Virgil’s *Aeneid*, *Forsan et haec olim meminisse juvasbit*, perhaps one day it will please us to remember these things. Aeneas was trying to cheer up his men on their retreat from Troy.’

‘Now, that’s more like it. Mine is *Pecunia est radix omnium malorum*, money is the root of all evil – or, in my case the lack of it! And here’s another one, *Dulce et decorum est pro patria mori*, it is sweet and fitting to die for one’s country.’ Didn’t Wilfred Owen question the validity of that statement when he saw a soldier dying from poison gas on the Western Front?’ ‘Yes – But I think we’ve traded enough quotations.’ ‘Here’s one that just occurred to me -’

‘No, by all that’s holy, not another! Brevity is the soul of wit.’ ‘See, you’ve just come out with two, so that give me the right to add mine.’ ‘Very well then; but short and sweet.’ ‘*Is bing béal ina thost*; sweet is a voice in its silence.’ ‘Amen to that; now let us practise for tomorrow’s match.

Do you think our team stands a chance?’ ‘Winning’s not important. It’s how you play the game.’ ‘See, you’re still on your quotations hobbyhorse: “it’s how you play the game.” Who said that? Some loser?’ ‘It’s better to have played and lost than never to have played at all!’ ‘All right, Conal, you win. I absolutely can’t take any more quotations.’

‘Then we’ll win tomorrow; deeds, not words; “Words are like leaves and where they most abound / Much fruit of sense beneath is rarely found ”. ’ ‘Oh merciful heavens! Now let’s get toggled out and practice before you hit me in the gob with any more of your learned quotations. I’ll take first turn in goals.’

P.G.Nerney

Reassessment

With one foot halfway in the grave
I have to clarify my state of mind,
But not repeat the custom of our bards
Who, after years of rollicking excess,
Wrote verses of abject repentance –
At least they kept their childhood faith,
Though scholars and scientists hold
The biblical version of creation
Is out of sync by four billion years
And that Old Testament account
Of God the Father’s various feats
Through six full days is just a myth.

Which brings me to the Nazarene,
Who claimed to be God’s very son,
Admittedly he was someone
Who not only pointed out the way
We all should act but led by example,
And for his pains was crucified,
But did he rise up from the tomb
And, having waged religious wars,

Followed by years of legal exclusion,
And still at loggerheads on rituals,
Can his followers claim to practice
The way of life he demonstrated?

Then there are other religious faiths
Which have distinct takes on creation
And on the true road to salvation:
Hindus, Sikhs, Buddhists, Moslems,
Even so-called Rastafarians,
To name some old and late established.
But if there’s a deity that gives life
It certainly produced some monsters:
Think of the wasp that injects its eggs
Into a living caterpillar
Or of the way we humans raise
Other creatures to fill our gullets!

That’s not to say that Evolution
Has the definitive explanation,
Though claims about the survival
Of the fittest chimes with reason,
As does an asteroid’s destruction

Of once-ascendant dinosaurs,
Birds were theropods that grew wings,
Over unknown years a cuckoo’s egg
Morphed to match a meadow pipit’s,
Giraffes’ necks lengthened to reach high-up leaves,
Lions spring from smaller, cat-like creatures
And Homo sapiens emerged from apes.

Perhaps we did, but some vast mind
Must have set this universe in motion,
Must have willed what would evolve,
And life appearing on a planet
Can’t depend exclusively on water –
Which brings me back to where I started.
Remembering my mother’s practice,
Her prompt expression in a crisis,
‘The cross of Christ between us and harm,’
Every night I bless myself and pray
To him whom soldiers crucified,
Ritual that keeps doubt at bay.

Colin Scott.

THE DEATH OF JESUS

Why was Jesus of Nazerath put to death? Why were the **chief priests** and the **elders** so determined to kill him? Serious business even then, killing a man in his early thirties or indeed at any age. Was it because he had put himself above Moses as for instance in his ruling on the binding nature of marriage? Maybe it was because he and his disciples didn't wash their hands before eating? Then, of course, he healed poor sick people on the Sabbath. That couldn't be allowed. Even though the priests and elders themselves could and did interpret the law concerning the Sabbath in their own favour when it suited them! But they had to be rid of Jesus and just as they did later when the guards brought the news of his resurrection to them they **lied**. "*After the **Priests** had assembled with the **elders**, they devised a plan to give a large sum of money to the soldiers, telling them, 'You must say, «His disciples came by night and stole him away while we were asleep.» If this comes to the Governor's ears, we will satisfy him and keep you out of trouble.' So they took the money and did as they were directed. And this story is still told among the Jews to this day.*" Matt. 28.

Jesus had no time for their double standards, lies and hypocrisy, their assuming to themselves the sole right to speak the mind of God when their hearts were far from him. They disliked Jesus' manner of speaking "with authority". Authority should have been theirs, was theirs so why should they allow this upstart to go around misleading the people? A carpenter's son without education and no training in the law, and his band of ill-informed fishermen and tax collectors and what not, even women, how could they take the place of the pharisees, scribes and elders, all of whom were totally steeped in the law and all things divine? The pharisees particularly disliked Jesus' attitude to the Sabbath. His disciples collected grain on the Sabbath when they were hungry and he himself had

the audacity to heal people on the Sabbath. They were flabbergasted when he said that the Sabbath was made for humankind not humankind for the Sabbath and then to really outraged them when he himself claimed to be 'Lord of the Sabbath'.

Of course Jesus also forgave sins and did so very openly. For the pharisees this was the final proof that Jesus was a blasphemer and so must die. Logical? Worth thinking about! Would these things ever come up in daily conversation? The pharisees simply refused to see who Jesus was even though the whole people of Israel had been awaiting the coming of the Messiah for centuries! Or did they know and said: "this is not the Messiah that we want". Hardly! For Jesus prayed on the cross "Father forgive them. They do not know what they are doing".

By: GM

Respite

After weeks of scattered showers
The sky’s blue dome, except for some
white clouds,
Is clear as I return on shaky legs
From a foray to the supermarket;
A wood pigeon coos and one loud bumble-
bee
Is buzzing pleasantly above a garden.
Cherry trees and daffodils sport pastel hues,

While neighbours, glad that dismal days

seem over,
And tomorrow is St. Patrick’s Day,
Greet me with smiling faces and bright
hellos –
But wait! In a leafless willow by the river,
On which two placid swans head upstream,
A grey crow’s ugly, stick-piled nest in-
vades,
Reminder of grey tanks outside Kyiv.

Colin Scott.

€2.4 million ERC award to MU Prof Rob Kitchin for research on Irish property data



Tuesday, 26th April 2022: Maynooth University researcher, [Professor Rob Kitchin](#) has been awarded a €2.4 million [European Research Council \(ERC\) Advanced Grant](#) for his groundbreaking project that will document in detail property data for Dublin and examine how these data are used as an evidence base for public policy, planning, and commercial decision-making.

Property and planning data is key to how cities are understood and managed. It informs government policy, shapes public perception, and guides billions of euros of investment relating to land use and development, public and private housing, homelessness, commercial real estate, and infrastructure.

This prestigious award will enable Professor Kitchin and his team to examine closely how property data are collected by different agencies such as government departments, homeless organizations, real-estate companies, and local authorities.

Charting a full property and planning data ecosystem in forensic detail for a city has not been undertaken to date and the study will provide important new insights into the collection, sharing, and the usage of planning and property data by various stakeholders.

Speaking about the need for this research, Maynooth University Social Sciences Institute Professor Rob Kitchin, said: “Improving property and planning policy and decision-making requires a strong evidence-base. A holistic, detailed understanding of Irish property data will be of benefit to government, business and local communities in helping to address the various planning and housing challenges Dublin faces.”

“This grant will help me to map out existing data, showcase where gaps are, and document how the data is and can be used to shape the property landscape.”

The project, titled ‘Data Stories: Producing stories about and with property and planning data’, will use the existing data to tell stories about property and planning in Ireland, while engagement from key state, business and civic society stakeholder organisations with creative writers and artists will encourage reflection on the current system.

While the project will focus on Dublin city, the novel approach being developed will be applicable to other cities, both in Ireland and abroad.

This is the second time that Prof Kitchin has been awarded an Advanced ERC grant, and it will enable him to build a new research team consisting of four researchers, two creative writers and two artists at Maynooth.

ERC frontier research grants are the most prestigious single Principal Investigator-based funding mechanism in the Horizon Europe. The Advanced grant is long-term funding for ground-breaking, high-risk projects for “exceptional leaders in terms of originality and significance of their research contributions”.

The ERC, set up by the European Union in 2007, is the premier European funding organisation for excellent frontier research. It funds creative researchers of any nationality and age, to run projects based across Europe. European Research Council Advanced Grants provide long-term funding for ground-breaking, high-risk projects.



European Research Council

Established by the European Commission

MU researchers lead team to address UN-Sustainable Development Goals (SDG)

Maynooth team will focus on maternal and neonatal mortality



Monday, April 11th 2022: Minister for Further and Higher Education, Research, Innovation, and Science, Simon Harris, TD, and Minister for Overseas Aid and Diaspora, Colm Brophy T.D. have announced that Professor Sean Doyle from Maynooth University’s Department of Biology, would lead one of the seven research teams competing in the Science Foundation Ireland SDG Challenge.

The challenge, run in partnership between SFI and Irish Aid, will see the seven short-listed teams receiving funding of €2.47m to develop innovative solutions in a variety of areas including improving surgical training using data science, treatments for vision loss and retinal diseases, care pathways for back pain, diagnosis of pneumonia and sepsis, as well as addressing water sanitation and pollution.

Professor Doyle’s team, with Co-Investigator Dr Nicola Mountford from Maynooth University’s School of Business, will focus on reducing neonatal and maternal mortality through the rapid detection of sepsis in resource-limited environments.

The seven teams will compete for an overall prize of €1m to further advance their solution toward deployment. The focus of the SDG Challenge is for the development of innovative solutions that contribute to improved health and well-being, with a specific objective of addressing challenges in countries where Irish Aid works.

These projects represent international collaborations between research institutes in Ireland and those in Irish Aid partner countries. Professor Doyle’s work is in partnership with Uganda while other research will also include Malawi, South Africa, and Vietnam.

The Maynooth University team also includes:

Dr Peter Waiswa, Associate Professor, School of Public Health, Makerere University, Kampala, Uganda; Dr Flaviah Namiro, Pediatrician, Mulago General Hospital, Kampala, Uganda; Mandy Daly, Director, Irish Neonatal Health Alliance; Kieran Walshe, Accuplex Diagnostics Limited, Ireland.

Congratulating the competing teams, Minister for Further and Higher Education, Research, Innovation and Science, Simon Harris, TD said: “I am delighted to announce

the seven teams who will go on to compete as part of the SDG Challenge. SFI’s Challenge Funding Programmes seek to support Ireland’s best and brightest, to develop novel, potentially disruptive, technologies to address significant societal challenges. Today it is about addressing development challenges under the UN SDGs in Irish Aid’s partner countries. The role of SFI, with the support of my department, in running challenge-based funding programmes that bring all of this together to have real world impacts, provides confidence in the future of scientific research.”

Speaking about the project, Professor Doyle said: “We’re honoured to have been selected to compete in the Science Foundation Ireland SDG Challenge. This funding will allow us to work directly to save lives of mothers and their children as well as helping to improve the lives of entire families through early detection of sepsis.”

Prof Philip Nolan, Director General, Science Foundation Ireland said: “Each of the seven teams have worked incredibly hard and I would like to commend them on their dedication and to wish them every success. Enabling talented teams to address significant national and global challenges is crucial, which is why challenge-based research funding is of high strategic importance to Ireland.

“Having this level of talent compete in the SDG Challenge bodes well for the future of scientific research and I look forward to seeing the different solutions that develop throughout the programme.”

Minister for Overseas Aid and Diaspora, Colm Brophy T.D., said: “Millions of lives are saved each year as a result of scientific discovery. We have each experienced the benefits, as innovation and research helped us in our fight against Covid-19. That of course built on the knowledge gained by scientists in their live-saving research into HIV, malaria, TB and other viruses.

I am excited by this year’s SDG Challenge funding, which will support researchers in both Ireland and Irish Aid partner countries to develop new technologies to help people live healthier lives. I look forward to the work of the seven teams announced today, each cutting edge scientific research projects, making a real difference and wish each of the teams the best of luck.”

The SDG Challenge calls on research teams to develop innovative solutions to challenges associated with health and well-being, including infectious diseases, non-communicable diseases, health systems strengthening, maternal and child health, sexual and reproductive health, and mental health.

The SDG Challenge also supports solutions in related areas such as malnutrition, water sanitation, education, and sustainable cities and consumption, where a clear impact on health and well-being can be demonstrated.



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Government On The Wrong Side Of History On The National Maternity Hospital Deal – Murphy

There is a real and genuine public concern that the government will be on the wrong side of history when it comes to the national maternity hospital.

Health Minister Stephen Donnelly must publish the legal framework for the new national maternity hospital and bring it before the Dáil before it is signed off by cabinet, according to Social Democrats co-leader Catherine Murphy. “The HSE board – bar two notable exceptions – has signed off on the legal framework for the new national maternity hospital and there is now a real danger that this deal will be signed off by cabinet before there is any scrutiny of its terms. “It is striking that the two members of the HSE board who refused to endorse this deal are among those best qualified to interrogate it - Prof Deirdre Madden, a lecturer in medical law and ethics in UCC, and Dr. Sarah McLoughlin, the patient advocate on the board.

“Many others share their concerns. There is a real and genuine public concern that the government will be on the wrong side of history when it comes to the national maternity hospital. Many years after it was first mooted, questions surrounding the ethos and ownership of the proposed new hospital have yet to be satisfactorily answered. “Health Minister Stephen Donnelly has repeatedly offered assurances that these concerns are misplaced – but he has failed to provide anything other than his own opinion as evidence for this.

“The overarching question remains – why is the State proposing to spend €1 billion on a public hospital that it will hand over to a private entity? On what planet does that make sense? “Before a secret deal is done behind closed doors, the Minister must now publish the legal framework underpinning this deal and bring it before the Dáil, and the Oireachtas Health Committee, so that it can be scrutinised in detail. “It would also be useful if Prof Madden and Dr McLoughlin spoke publicly about the reasons they declined to endorse the legal framework and dissented from the HSE Board decision to send the approved framework to cabinet.”

Housing Minister Failing to Deliver His Promises On Affordability

A new Simon Communities’ report showing a huge decline in the number of rental properties available to HAP claimants is further evidence that the housing crisis is getting worse, according to Catherine Murphy TD.

“The ‘Locked Out’ report reveals that the housing crisis is getting worse, not better. The number of properties, affordable for HAP tenants to rent, is virtually non-existent unless top-ups on the rent are provided.

“The Housing Minister claims the provision of affordable housing is a priority for the government, but where is the evidence of that? House prices and rents are exponentially increasing, while the number of properties available to rent is shrinking rapidly. HAP tenants, who are unable to pay the runaway rents now being quoted in every part of the country, are among those most at risk of becoming homeless.

“The standard HAP rate, which has not been increased since 2016, must now be increased as a matter of urgency. However, the only way to really resolve this crisis is to seriously ramp up the supply of social, affordable and cost-rental homes. The Minister promised to do this. When will he deliver on those promises?”

Currently in Maynooth there are 4 properties available to rent:

2 Bedroomed	Apartment	- €1,330
3 Bedroomed	House	- €1,850
3 Bedroomed	House	- €2,150
4 Bedroomed	House	- €2,213

HAP limits

Shared accommodation / rent a room

1 adult in shared accommodation	- €350
Couple in Shared accommodation	- €400

Own door accommodation

1 adult - €575	Couple - €750
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Couple or 1 adult with 1 child	- €975
Couple or 1 adult with 2 children	- €1050
Couple or 1 adult with 3 children	- €1100

Catherine Murphy TD asks for details of bus stations in County Kildare that are included in the Public Transport Accessibly Programme and has received the below response from the NTA:

The Public Transport Accessibility Programme aims to retrofit public transport to improve access. In term of bus stations and bus stops the focus has been on access for wheelchair users. I note that your query seeks “details of bus stations in County Kildare that are included in the Public Transport Accessibly Programme”. Bus Eireann do not operate any bus stations in County Kildare. Accordingly, we have assumed that your query relates to accessible bus stops and we have addressed it accordingly.

The operation of a wheelchair accessible bus service requires the provision of wheelchair accessible buses and wheelchair accessible bus stops. At present, many regional services in non-urban areas are delivered by high-floor coaches which use wheelchair lifts. Wheelchair lifts require a large flat area of adjacent footpath to operate. Given most bus stops do not have such a large area available the coaches are to all intents inaccessible to wheelchair passengers. The NTA recognises that this situation is not acceptable and accordingly we have developed a two-pronged approach to overcome those obstacles and facilitate increased access by wheelchair users to the public transport network in non-urban areas.

Firstly, while there is currently no viable alternative to the use of high-floor vehicles on longer-distance services, the Authority, along with Bus Éireann, are implementing a change in our fleet strategy for shorter regional commuter services. We are in the process of procuring this new fleet, which are equipped with a ramp at the entrance door suitable for the mobility impaired and a dedicated wheelchair space within a low-floor area in the front half of the vehicle which means that almost all bus stops they call to are accessible for wheelchair users without the need for modifications to the footpath.

Secondly, we are committed to upgrading bus stops to ensure that all main towns have at least one wheelchair lift accessible bus stop in each direction. In many towns and villages it is extremely challenging to achieve the necessary footpath dimensions for the wheelchair lift to function. Solutions such as relocating the bus stop to an alternative location may be necessary, but this can give rise to additional problems in that the alternative stop location may not suit other users. In other cases land or property acquisition may be required to obtain the necessary space, potentially requiring the exercise of compulsory acquisition powers to acquire the relevant lands. The Authority is actively working with operators and local authorities and we are committed to upgrading bus stops to ensure that every town with a population of over 5,000 has at least one wheelchair lift accessible bus stop serving both the inbound and outbound journeys of a Public Service Obligation (PSO) route.

In Kildare, all towns with a population of over 5000 people are served by low floor coaches. Therefore wheelchair accessibility has been provided by the fleet type rather than the need to deliver new infrastructure on the ground. NTA are currently in the process of commencing an audit of towns with a population between 1000 and 5000 people. Of these, Rathangan and Kilcullen have been identified as towns in Kildare that are served by high floor coaches. The audit will determine what infrastructure is required to achieve the necessary footpath dimensions for the wheelchair lift to function. It is expected that the audit will commence in Q2 2022.

Transport network plans for areas that link the M4 and N7 & M7

Catherine Murphy TD has always had a particular interest in transport and has been monitoring the rate of rise in residential property growth in recent times. Many of our towns and villages have high rates of use of heavy goods vehicles and traffic can often be problematic at peak times. You may often hear the M4 & M7 mentioned on the morning AA roadwatch bulletins in respect of points of congestion. With that in mind Catherine Murphy TD asked the Minister for Transport if he has engaged with the National Transport

Authority in respect of plans for the roads network that link the areas between the M4 and N7, M7 in north County Kildare; his plans to improve this network of roads in view of the high level of use by heavy goods vehicles; if he has engaged with the Minister for Housing, Local Government and Heritage and Transport Infrastructure Ireland in the context of the increasing level of residential planning permissions and builds underway in areas such as Clane, Straffan, Maynooth and Celbridge, County Kildare; and if he has initiated a review of the designation of roads in these areas in the context of regional and or national road status.

His response was as follows: Individual local authorities have statutory responsibility for the improvement and maintenance of public roads, in conjunction with Transport Infrastructure Ireland in the case of national roads, under the provisions of Section 13 of the Roads Act 1993. In relation to broader policy decisions, the National Transport Authority (NTA) has statutory responsibility for the planning and development of transport infrastructure in the Greater Dublin Area (GDA), including county Kildare.

The Deputy will be aware that the NTA published a draft revised Transport Strategy for the GDA 2022-2042 last November for public consultation. The public consultation process ended on 10 January. The development of the strategy and the need for it to be reviewed every six years is a statutory function of the NTA and the process relating to that development and review is set out in section 12 of the Dublin Transport Authority Act 2008 (as amended). Ultimately a draft strategy will be submitted to me this year for approval as provided for in the Act.

The approved strategy will set out the framework for investment in transport infrastructure and services, including road investment, in the GDA over the next two decades to 2042. The strategy will reflect the objectives of the National Planning Framework and the Climate Action Plan, and the commitments in the National Development Plan.

My Department is actively working with the Department of Housing, Local Government and Heritage to strengthen the policy links between land use planning and transport planning. In line with an action in the Government's Housing for All plan, a working group has been established to consider opportunities for transport-led development in major urban centres. The working group is made up of my Department, the Department of Housing, Local Government and Heritage, the NTA and the Land Development Agency. The group is tasked with identifying potential areas that can be developed off the back of previous and further investment in transport infrastructure.

Cost Of Living Crisis Has Vaporised Household Budgets

The question for the government now is clear: when, not if, it will act? The cost of living crisis has vaporised household budgets, according to Social Democrats co-leader Catherine Murphy TD. “This month’s consumer price index makes grim reading. Prices in the past month have increased by nearly 7pc – the fastest rate of increase since the index began, in 1997. This is not sustainable for those workers and families who are already struggling to get by.

“Household budgets have been vaporised by these relentless increases. Staples like bread, milk and pasta are up by 10pc in the past year. Electricity and gas prices are up by 22pc and 28pc – increases that don’t yet reflect the enormous price hikes announced by suppliers in recent weeks. Meanwhile, home heating oil has increased by an unprecedented 58pc in the last month alone. “The question for the government now is clear: when, not if, it will act? Measures must urgently be brought forward to try to dull the catastrophic impact of these price increases on household budgets. The alternative is clear – more and more workers and families falling into food and energy poverty and homelessness. “The Social Democrats have already suggested a number of measures that could immediately be implemented. Those measures include: putting €300 back in the pockets of workers earning €50,000 or less via a refundable tax credit; increasing core social welfare rates by €5; and expanding eligibility for the fuel allowance to those in receipt of the Working Family Payment and increasing the duration of

(Continued on page 23)



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

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(Continued from page 22)

time it is paid for at least another four weeks.
“The government has no excuse not to act.”

Government Again Fails To Sufficiently Target Cost Of Living Supports

The cost of living crisis is not impacting everyone equally. The government has again failed to sufficiently target its cost-of-living measures to low and middle-income households, according to Social Democrats Catherine Murphy TD.

“In recent weeks, the Central Bank, the St Vincent de Paul, the ESRI and even the Oireachtas Committee on Budgetary Oversight have all said the same thing – the government needs to target its supports at those who need it most.

“Despite the resounding nature of this expert advice, the government has yet again failed to sufficiently target supports to low and middle-income households. Meanwhile, it has done nothing to reduce the skyrocketing cost of home heating oil – which has increased by 127pc in the past year and is the predominant method of home heating for elderly people and those in rural areas.

“The government could have used this opportunity to introduce measures that would provide real relief to those who are struggling most. It could have put €300 back in the pockets of those earning up to €50,000 with a refundable tax credit; increased core social welfare rates by €5; increased the minimum wage and committed to a timeline for the introduction of a living wage; expanded eligibility for the fuel allowance to those on the Working Family Payment and loosened the criteria for the Exceptional Needs Payment.

“It is also now clear that the VAT reduction for gas and electricity, finally announced by the government this week, could have been introduced months ago if the government had bothered to request the change from the EU. Up until March, the government had insisted that a change to the VAT rate was not possible.

“The cost of living crisis is not impacting everyone equally. Those on low and middle incomes spend a disproportionate amount of their income on essentials like food, fuel and housing costs. It is therefore the responsibility of the government to design measures that target this cohort of households, to try to dull the impact of this crisis. The alternative, is more and more people falling into food and fuel poverty.”

Housing For All Progress Measured in Stasis And Missed Deadlines

If these figures represent success for the Minister’s plan, one wonders what failure would look like?

There has been lots of bluster from the Housing Minister on the progress he is making in housing – but very little evidence of any delivery, according to Social Democrats Catherine Murphy.

“The latest progress report for Housing For All has revealed little other than stasis and missed deadlines. The Minister’s shared equity scheme has been further delayed – despite his disputed contention that it is central to addressing endemic affordability issues – while his much-vaunted plan to boost the use of existing planning permissions is also nowhere to be seen. “If the public is looking for a real housing progress report – all they need to do is look at monthly daft.ie housing reports and CSO housing and homelessness figures. These reveal that the supply of rental accommodation is continuing to dramatically shrink while rent is skyrocketing wildly. Meanwhile, house prices are continuing to surge by approximately €100 a day as prices rose by 14.8pc in the 12 months up to January.

“Homelessness, which had decreased during the pandemic when the government imposed an eviction ban, is also climbing back to previous record levels. Nearly 9,500 people are now in emergency accommodation, up 4pc in just one month. “If these figures represent success for the Minister’s plan, one wonders what failure would look like? It is clear that Housing For All is not working and will not work. The Minister needs to go back to the drawing board, before it is too late. Every day that he delays is another day when more and more people are locked out of a home – to either rent or buy.”

Catherine Murphy TD Calls For More Resources For Birth, Death And Marriage Certs In The County

There is a high demand for certification in the county. Additional posts have been approved for the resources of birth, death and marriage certificates in County Kildare. Social Democrats TD Catherine Murphy asked the Health Minister if he would provide a walk in service in the county to deal with the demand for certification. The HSE has acknowledged the high volume of calls in the Kildare office.

It has confirmed that additional post have been approved for the county and are being progressed at this time. An online appointments system has also been developed by the service and is currently in the testing phase. It said the Kildare office is not currently considering a walk-in service for the registration of life events.

PQ 19935/22 (The PQ & REPLY)

“To ask the Minister for Health the steps he has implemented to resource the births, deaths and marriage certification offices in County Kildare; if he will consider setting up a walk-in service or increasing resourcing to the area to deal with the demand for certification; and if he will make a statement on the matter.” - Catherine Murphy

Dear Deputy Murphy,
The Health Service Executive (HSE) has been requested to reply directly to you in the context of the above Parliamentary Question (PQ 19935/22), which you submitted to the Minister for Health for response.
The Kildare office has a large volume of calls and requests on a daily basis and currently do not have the staff to deal with these as they come in. Additional posts have been approved and are being progressed at this time. Once additional staff have completed relevant training, additional appointments can be delivered at the Kildare office.

An online appointments system has been developed by the service and is currently in the final testing phase. The Kildare office is not considering a walk-in service for the registration of life events. However subject to additional staff it may be possible to facilitate a walk-in service for purchasing certificates.
I trust this information is of assistance to you.

For Written Answer on : 07/04/2022

Question Number(s): 337 Question Reference(s): 19053/22 Department: Children, Equality, Disability, Integration and Youth
Asked by: Catherine Murphy T.D.

QUESTION

To ask the Minister for Children; Equality; Disability; Integration and Youth his plans to amend the core funding model for the early education sector in view of the fact that the smaller service providers business model is not viable with the plan in its current form.; and if he will make a statement on the matter.

REPLY

Core Funding is a new strand of funding to ELC and SAC services which will form part of the new funding model as recommended by an Expert Group in December. It will operate alongside the National Childcare Scheme (NCS) and Early Childhood Care and Education (ECCE) programme and in addition to the income that services receive from parents' fees. Core Funding is designed to meet the combined objectives of: Improved affordability for parents by ensuring that fees do not increase;

Improved quality through better pay and conditions for the workforce by supporting agreement on an Employment Regulation Order through the Joint Labour Committee; Supporting the employment of graduate staff; and Improved sustainability and stability for services. Core Funding is a new and different way of providing substantial additional funding to the sector. Extensive information was communicated to the sector on 7th March, including detail on the way in which Core Funding will be allocated to individual services. A Ready Reckoner calculator has also been launched to assist providers in

estimating the impact of Core Funding for their individual service.

Core Funding will address some of the existing disparities in funding levels across ECCE and non-ECCE provision, providing funding proportionate to the age ratio of children being cared for and supporting the employment of graduate Lead Educators across ELC provision. While Core Funding will operate in addition to and alongside ECCE (standard capitation), AIM, CCSP and NCS, it replaces ECCE higher capitation and incorporates funding previously allocated to the discretionary Programme Support Payments (PSP) from September 2022.

Core Funding is related to the costs of delivery. It is based on operating hours, number of places offered by services and the age group of children for whom the places are offered, given the staffing requirements determined by the regulatory ratios for different care categories.

Services opening longer hours or offering more places will receive a higher value of Core Funding than other services. This is because their costs of operation are higher.

ECCE is 15 hours per week over 38 weeks of the year this amounts to 570 hours per year and is equivalent to 23% of the annual hours of a full day service operating from 8am to 6pm for 50 weeks of the year. ECCE ratio requirements are 11 children to one adult. Services offering places for 2-3 year olds can have a maximum of 6 children to one adult. ECCE therefore has less than half the hourly staffing requirement of a service for 2-3 year olds. Due to the nature of ECCE provision – 15 hours per week for 38 weeks per year – even a small Core Funding allocation can take account of increased delivery costs including staffing costs.

In fact, the value of funding offered is weighted in favour of sessional services for 2.5-6 year-olds. ECCE services receive proportionately more than other types of services relative to the staffing requirements of sessional pre-school provision. Core Funding is equivalent to an increase of at least 9.5% on the standard capitation for ECCE. At a minimum, for every ECCE child €78.75 per week is now available (compared to €71.90 previously from ECCE standard capitation and programme support payment combined).

Because Core Funding is paid in respect of places rather than children, effectively this often means a greater ‘per child’ marginal increase if the service has unfilled capacity. With average ECCE occupancy of 9 children, Core Funding is equivalent to weekly per child capitation of €80.92. Sessional services with standard capitation, Full Time, Part Time and School Age services will all see substantial increases in funding. Most ECCE services currently in receipt of higher capitation rates will also benefit significantly.

No service will lose out. I have issued a funding guarantee to ensure that no service will receive less in Core Funding that it previously received in higher capitation and programme support payments, if their circumstances remain the same. An estimated 1% of services will be caught by the funding guarantee. All other services will see increases in funding, and most substantial increases in funding.

The 1% of services for whom the funding guarantee will apply and those who will see just small increases from Core Funding are ECCE-only services in receipt of higher capitation for large groups of children and with high occupancy levels. Such services are currently in receipt of between €110-€120 per hour of service provided, which is the highest levels of public funding relative to the staffing levels required for operating those types of services and significantly in excess of average staffing costs required for this type of service.

I would also like to note that there is a sustainability fund in place where services are experiencing sustainability issues that can be availed of by services.

Core Funding is designed to facilitate a partnership between the State and early learning and childcare services for the public good. Its primary purpose is to improve pay and conditions in the sector as a whole and to improve affordability for parents, as well as ensuring a fair income to providers. I look forward to working together in partnership with the many providers who which to deliver services for the public good.

Maynooth: a Socio-Economic Community Profile - 1901-1911
Highlights from the past (Continued)
Maynooth College/Occupations and Employment in Maynooth

The college census for 1901 and 1911 was examined separately from Maynooth Town because of its unique identity. St. Patrick’s College was established in 1795 as a Catholic educational institutional for the training of seminarians. It therefore has a unique population profile in that it is mainly male, roman catholic and a unique employment profile of servants in the establishment and on the college farm.

In 1901 there was a total of 604 persons in the College, four of whom were female servants. There were 515 theology students enrolled. One female servant , described as a laundress was married to the manager of the Gas Works in the College. Two of the other females were not married and one was a widow. Their average age was 56. In 1911 the population of the college was 615, seven of whom were the Daughters of Charity who had arrived in the college in 1905 and who took over the running of the kitchens and the refectory after a number of years of dissatisfaction among the student body and servants about the organisation, quality and quantity of food. Three sisters were taken on as nurses to the Infirmary. The presence of a college kitchen book for 1909 which contains the amount of food in weight for each sitting at the Junior and Senior Refectories illustrates the new efficiency and accountability.

Sample from Kitchen Book entry for June 1908

1908 (June)	Junior Refectory	Senior Refectory	Junior Infirmary
Breakfast	16 mess @ 10oz 8 odd @ 1 oz 1 reader @ 1 oz	33 mess @10 oz 4 odd @ 1 oz 1 reader @ 1 oz 6 Dunboyne @ 1.5oz 6 Dunboyne Priests @ 1.5 oz Dunboyne lunch @ .5 oz Rice 40 @ 2 oz	8 students @ 1 oz 3 monitors @ 1 oz 1 woman @ 1 oz
Supper	1 mess @ 5 oz 6 odd @ .5 oz 1 reader @ .5oz	35 mess @ 1 oz 7 odd @ .5 oz 1 reader @ .5 oz 6 Dunboyne Priests @ 1 oz 36 servants @ 1oz 1 gateman @ 1 oz 3 kitchen servants @1oz 13 parlor servants @ 1oz	8 students @ 1.5 oz 3 monitors @ 1.5 oz 1 woman @ 1.5 oz

In 1911 there were fifty-two servants, five professors and fourteen men who describe themselves as priests but who were part of the teaching staff. The census is less satisfactory in its description of academic and teaching and clerical staff. The 1901 census has fewer descriptions and different descriptions of positions e.g. Dean appears in 1901 but not in 1911. Also the number of professors is more clearly indicated in 1901 than 1911 where descriptions vary and some of those that describe themselves priests were professors.

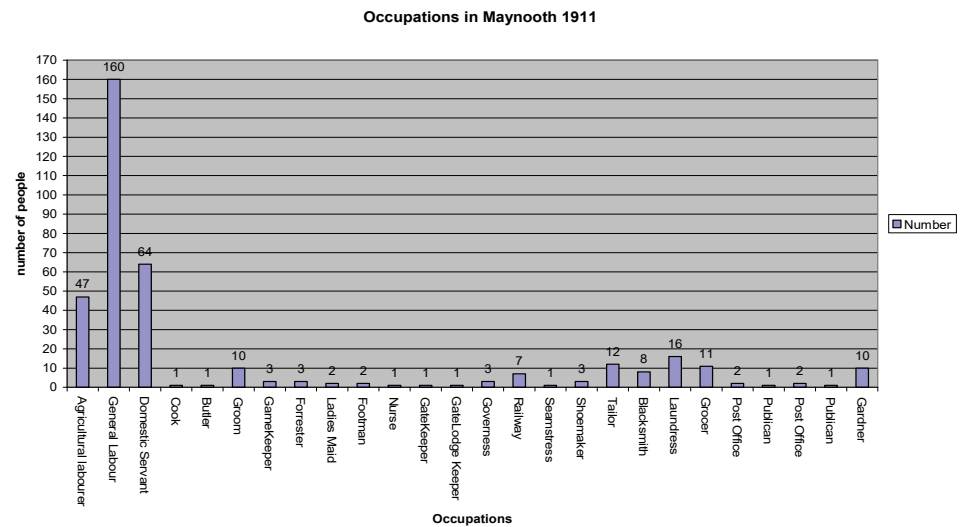
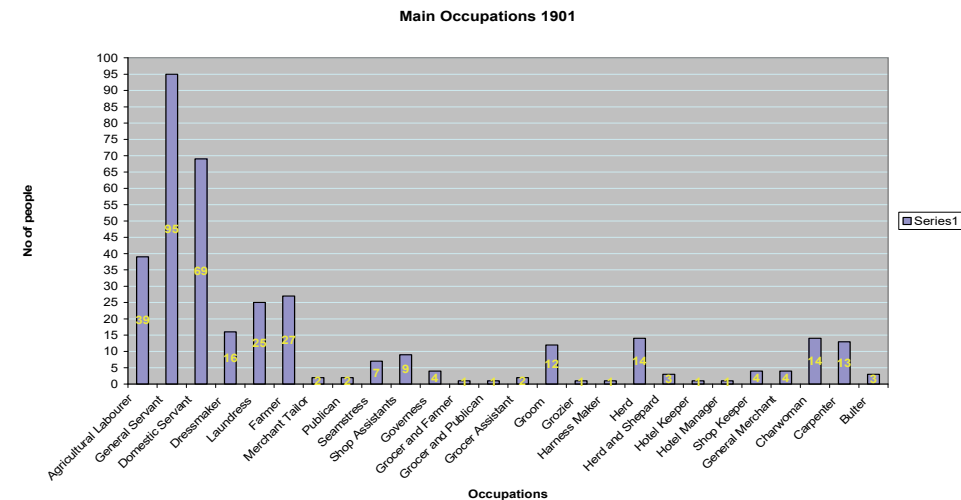
The Kalendaria for 1900-01 and 1910-11 for St. Patrick’s Colleges give a definitive picture of the college academic and support staff. The 1900-01 Kalendarium lists four deans, two spiritual directors and seventeen professors. There is four lecturing staff on sacred eloquence, elocution, biology and physiology. A lecturer on mathematics appears in the Kalendarium for the following year. The college surgeon, dentist, solicitor, physician and a resident medical attendant are also listed.

The 1910-11 Kalendarium lists similar numbers except that there are eighteen professors listed. There are seven lecturers in the fields of Elocution, Mathematics (vacant), Ancient Classics, English, Irish, Irish Archaeology, Chemistry, Hygiene which indicates further educational development. This highlights the requirement for a high number of servants in the college to serve professors and lecturers who resided within

According to the census, the population of Maynooth begins decrease from 1881. It is worth noting that the population was temporarily higher during

the building works in the college. At this time it was almost impossible to rent a room in the town. The valuation book of 1850 written by John Montgomery indicates that the town was crowded with tradesmen and labourers and their superintendents and he points to individual middle landlords whom he describes as an “avaricious class” and who “charge sharp rents”. When the work finished contractors, tradesmen left the area. People came to work and not necessarily to settle long term in the town. The other explanation for the decline in the population was that Carton Estate and the fortunes of the Duke of Leinster were in decline which impacted on development plans for the town.

Occupations and employment in Maynooth
Employment in Maynooth was to be found in St. Patrick’s College, Carton Estate, retail outlets, the Laundry, the Railway, local farms with larger houses. Both the college and Carton were separate entities at either end of the town. Each characterised with a surrounding wall and gated entrance. The servants within the college had to account for their presence by signing in and out . The college offered employment for local labourers and probably used local services such as those provided by shoemakers, seamstresses and washer women. Local tradesmen also had employment opportunities within the college.
The following charts shows the main occupations of workers in Maynooth in 1901.
It reflects the rural image of the town in that the vast majority of people were labouring or in domestic and farm service in 1901 and this had not altered very much by 1911. However we do see new occupations in 1911 such as hairdresser and an increase in the number of tailors.



The College Labourers’ Wage Book for 1911 shows that there were up to 27 local labourers employed. It was noted that they worked on the college farm or within the establishment. The majority worked on the College Farm. Three labourers worked in the establishment which included the upkeep of the grounds e.g. scuffling and cleaning yards. The remainder did work such as drawing manure, feeding cattle, making hay, milking cows, attending the vegetable and flower garden, weeding, clearing ditches and minding fowl. The college was quite self sufficient.

(Continued on page 25)

(Continued from page 24)

Highlights from the past (Continued)

There were three women, Kate Nolan, Mrs. Newman and Mary Nolan employed on the farm vegetable garden, clearing and weeding for a short time. They all came around the same time, May and June 1911. They all left on 22 July. Mary Nolan came back on 26 August and worked until 18 November which suggested that female employment was seasonal. Four of the male employees stayed for short periods of a few months and there is no evidence that they returned in the same year.

The rates of pay ranged from one shilling per day for tasks in the garden to six shillings per day for the gardener and the man tending cattle. The vast majority were paid two shillings per day for the other jobs on the farm. The gardener was Malachy Perry who is described on the census as a 39 year old agriculturist gardener. He lived at no.2 Court House Street with his wife Mary and four children. He came from Dublin County.

All labourers mentioned in the College wage book lived in the town in places such as Double Lane, Dillon's Row, Dublin Road, Back Lane, Leinster Street, Parson's Street, Maynooth, Main Street, Railpark, Greenfield, School Lane, Court House Street, and Mariavilla. All of these areas are within a ten minute walk to the College. There was one family with four members of the family working in the College from No. 1 Laraghbryan East. This property is situated opposite Collegeland not far from the farm entrance on the Kilcock Road.

Four labourers came from Kildare. Two came from Dublin, one from Kells, Co. Meath and one from Co. Galway. The descriptions of occupations in the census vary - agricultural labourer, general labourer, and labourer. Females describe themselves as servants. There is no wage book for servants for 1901 in the College archives. Servants wage books begin in December of 1911. The only reference to servants' wages for 1901 is a wage book that documents cash advances to servants and documents

dealings with businesses. December of 1911 shows 68 servants were employed in the College. Thirty-six of these were accounted for on the census for the same year for the College itself. A further five people were identified in the Maynooth Town census. The two higher servants were the cook, who lived at 15 Leinster Street and the butler, who lived at 38 Main Street.

The cook, John Kavanagh, aged 56, came from Dublin and the butler, Thomas Fagan, aged 30, came from Kildare. Both were married. Kavanagh had six children and Fagan had no children at this point, he had been married for two years. Patrick Murphy who lived at no.8 Dillon's Row was the boot polisher. James O'Brien (37) who came from Carlow and lived at number 2 Dowdstown was a College servant. It is very likely that James Dixon who lived at no. 1 Rail Park was a 2nd Delfman in the College. His father was a railway porter. Ninety-nine per cent of the College servants were male and single with the exception of Catherine Dunphy who was a widow and who had charge of cleaning the College chapel. Catherine Dunphy lived at no. 3 Dillon's Row.

One widower, John Farrelly from Co. Meath, aged 49 was the gate porter. Most of the College servants were under 40. Three servants were aged between 15 and 17 years. There were 5 servants aged 18 years. The vast majority of servants lived in the College. The table below shows the counties of origin of the servants whether in the College or the town which indicates the majority came from Kildare, Dublin and Meath.

Meath	Kildare	Sligo	Louth	Wicklow	Cavan
9	11	1	2	1	1
Dublin City & Co.	W.Meath	Queen's	Mayo	Carlow	
10	1	1	1	1	

(Sean Durack)...To be continued...

Maynooth University hosts Arts & Minds Festival

Arts and Literary Festival from Thursday 5th – Saturday 7th May on Maynooth campus

Maynooth University will welcome members of the public, students, staff and alumni to a festival of music, film, literature and discussions at venues across campus, from Thursday 5th – Saturday 7th May.

The Arts & Minds Festival will bring together a series of live and in-person events. Festival highlights include a concert with **Irish National Opera** and a discussion with award winning author **Louise O'Neill** (*Asking for It, Only Ever Yours, and After The Silence*) who is the Arts Council Writer-in-Residence at Maynooth University. She will be joined by the critically-acclaimed **Louise Kennedy** (*The End of the World is a Cul de Sac* and *Trespases*), on Saturday the 7th.

On Friday 6th March, 'Normal People' and 'Room' director **Lenny Abrahamson** will participate in a panel discussion and Q&A, following a screening of his earlier acclaimed film, 'Adam and Paul'. The Oscar-nominated director's latest film, 'Conversation with Friends', based on the novel by Sally Rooney, will shortly hit international screens.

A variety of music will be celebrated across the festival weekend, including traditional Irish musicians **Thomas McCarthy** and **Zodomo**, **Donal Lunny**, **Zoe Conway** and **Máirtín O'Connor**, presented by **Ola Majekodunmi**, on Thursday 5th May. There will also be sean-nós singing and dancing workshops, as well as Irish language craft workshops.

The Irish National Opera event with **Gemma Ní Bhriain** (mezzo-soprano), **Sarah Shine** (soprano), and **Máire Carroll** (pianist) takes place on Saturday 7th May.

The full programme of events and registration is available on Eventbrite: <https://www.eventbrite.ie/e/arts-and-minds-festival-tickets-320672659557>

Further information is also available on the MU website at <http://mu.ie/artsandmindsfestival>

Professor Eeva Leinonen, President of Maynooth University, said: "The Arts & Minds Festival is a wonderful opportunity to welcome the community of Maynooth to campus for this celebration of art and culture. Ireland has a rich tradition in music, literature, and the arts which we are committed to fostering through our education programmes and this event." Arts and Minds is supported by Maynooth University, Kildare County Council Arts Office, the Local Live Performance Support Scheme and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.



Drama News
An Nuadha Players
Community Theatre

Well our opening night is not far off now. "Twisted" takes to the stage from 19th May to 22nd May in the Aula Maxima in St. Patrick's College, Maynooth.

So what can audiences expect? Sheer madness from beginning to end. Consider it a kind of adult panto that the kids can join in with and share the fun. The story is simple – the beings from the underworld decide that they will steal the 'grand stretch in the evenings' thus depriving the humans of their much loved summer light. The humans will have to get it back but it will not be easy and will involve many twists and turns and many strange characters. Sprinkle in many well-known songs from well-known singers or well-known musicals (though not necessarily as they were originally written!) and you get a flavour of what "Twisted" is. You will not be able to get through the show without a smile on your face and a laugh in your belly!

This is a big undertaking for An Nuadha Players and we really hope that the community will give us great support. We aim to give you all a great night or afternoon's entertainment and goodness knows we could all do with a good laugh these days!

Tickets are available online at buytickets.at/annuadhaplayers or at the door. Shows run at 7.30 on Thurs 19th, Fri 20th and Sat 21st with two matinees at 2.30 on Sat 21st and Sun 22nd. Concessions (€12) are available for children, OAPs and groups of 10+. Adult tickets cost €15 and a family ticket (€45) admits two adults and two children.

Do come along and let us entertain you!

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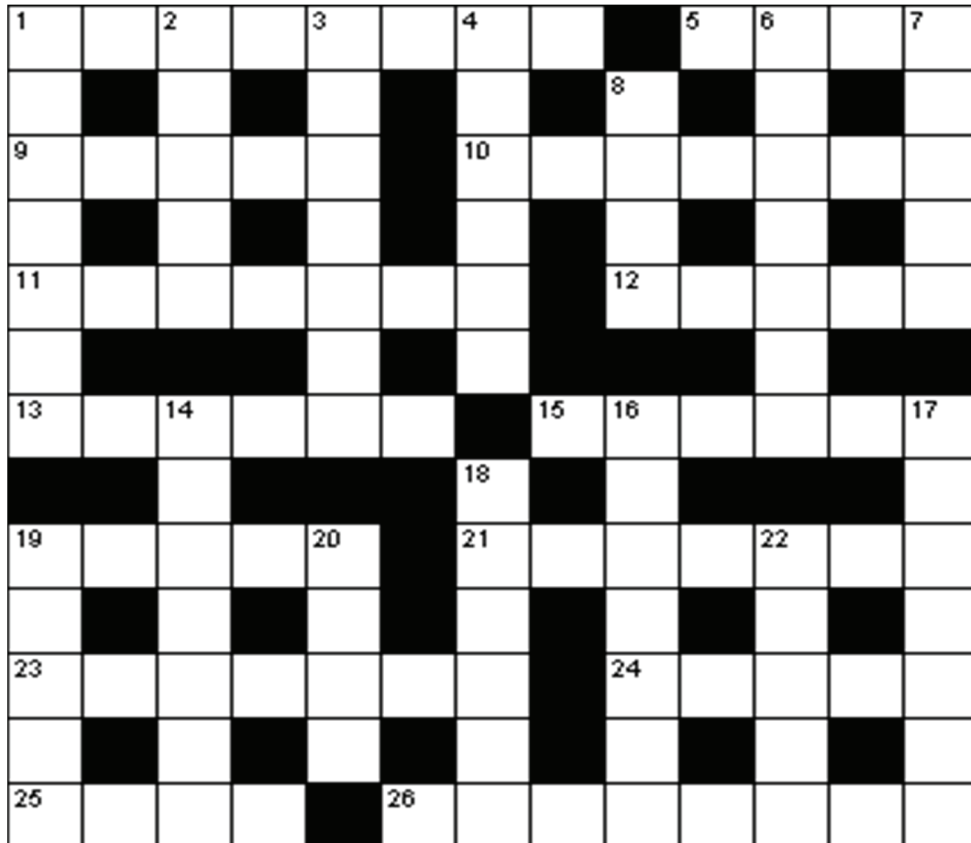
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Kildare Planning Applications for Maynooth Area Planning Applications received from 29/03/2022 to 28/04/2022 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
22457	Kildare County Council	Jim and Tatyana Devine,	30 Greenfield Drive, Maynooth, Co. Kildare W23 P8N3.	20/04/2022
22456	Kildare County Council	Nikki and Ciaran Doherty,	No. 4, Leinster Wood, Carton Demesne, Maynooth, Co.	20/04/2022
22440	Kildare County Council	Philip and Ann-Marie Donohoe	Barrogstown, Maynooth, Co. Kildare.	14/04/2022
22425	Kildare County Council	Damian and Lorraine O'Neill	112 Griffin Rath Hall, Maynooth, Co. Kildare.	13/04/2022
22413	Kildare County Council	Maynooth University	North Campus, Maynooth University, Maynooth, Co Kildare.	11/04/2022
22392	Kildare County Council	Darren Barrett	(Dowdstown), Rowanstown, Maynooth, Co. Kildare.	06/04/2022
22378	Kildare County Council	David and Sarah Halpin	13 Parklands Court, Maynooth, Co. Kildare. , W23 W1W1	04/04/2022

May 2022 Crossword - No. 512



Solutions to Crossword - No. 511



Clues Across

- | | |
|----------------------------|---------------------------|
| 1. Peril (8) | 21. Farmer's calendar (7) |
| 5. Rim (4) | 23. Italian red wine (7) |
| 9. Similar (5) | 24. Inexperienced (5) |
| 10. Extinct elephant (7) | 25. Luxuriant (4) |
| 11. Aromatic seasoning (7) | 26. Fierce (8) |
| 12. Wild feline (5) | |
| 13. Gaped (6) | |
| 15. Winner (6) | |
| 19. Go in (5) | |

Clues Down

- | | |
|---------------------------------|--------------------|
| 1. Envious (7) | 17. Wealthiest (7) |
| 2. Mediterranean fruit tree (5) | 18. Of the sea (6) |
| 3. Norm (7) | 19. Surpass (5) |
| 4. Type of plum (6) | 20. Rip (4) |
| 6. Shortage of rainfall (7) | 22. Dissonance (5) |
| 7. Used as an anaesthetic (5) | |
| 8. Leave out (4) | |
| 14. Achieves (7) | |
| 16. Vast (7) | |



Difficult

Sudoku Challenge

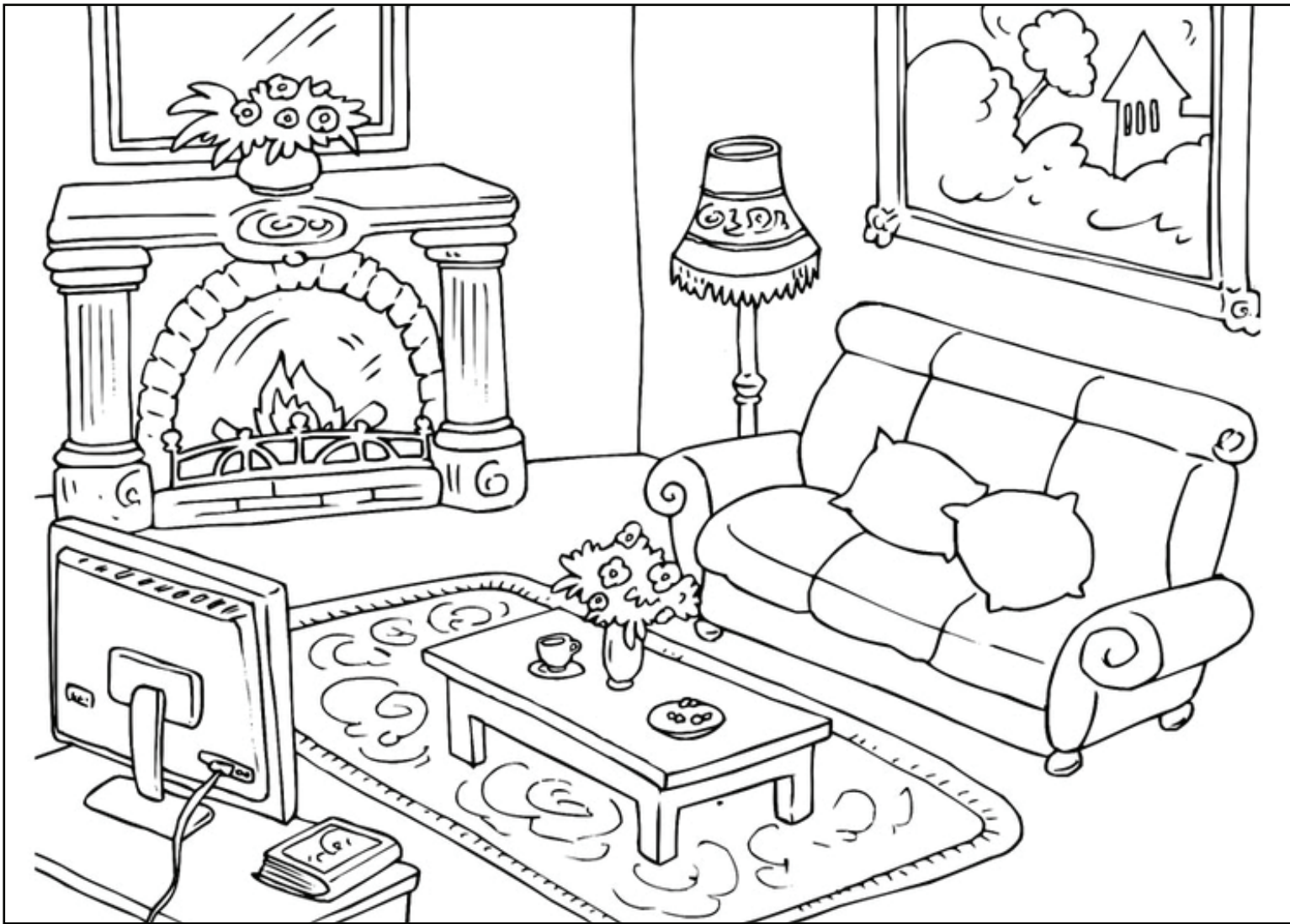
Super Difficult

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

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

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

Junior Fun 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.

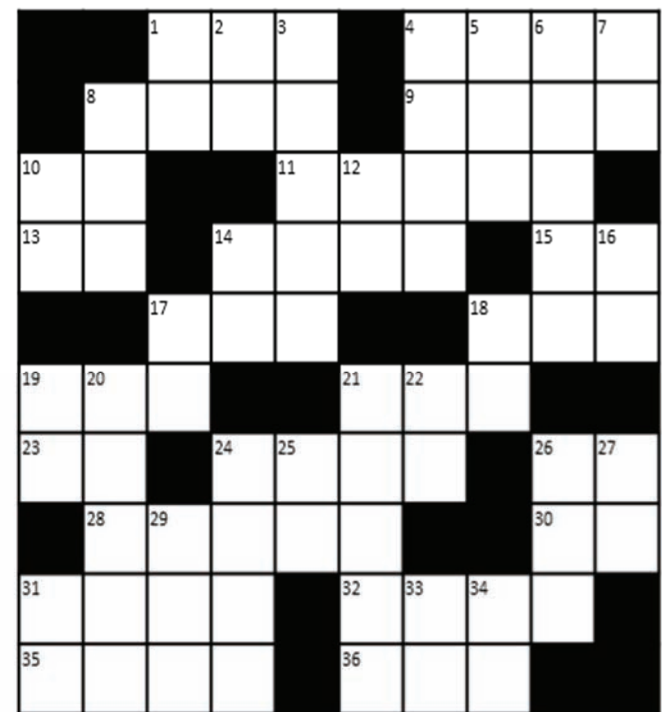
Be sure to avoid printing ALL the pages of the Newsletter unless you intend to do so.

Animal Word Search

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

CAT	HIPPO	MOUSE	TIGER
DOG	SQUIRREL	MONKEY	
BIRD	GIRAFFE	ALLIGATOR	
ELEPHANT	FISH	LION	

CROSS



NUMBERS

ACROSS

1. 1408 - 427
4. 1627 + 6068
8. 601 + 3466
9. 6046 - 2918
10. 9 + 18
11. 84863 - 2084
13. 24 + 21
14. 2109 + 7810
15. 58 - 4
17. 420 - 105
18. 40 + 946
19. 219 + 501
21. 499 - 15
23. 2 + 37
24. 401 + 2294
26. 28 + 53
28. 23833 - 11720
30. 62 - 5
31. 328 + 1133
32. 10074 - 261
35. 2826 + 3220
36. 142 + 442

DOWN

1. 172 - 82
2. 115 - 29
3. 27929 - 10034
4. 4734 + 2645
5. 138 + 479
6. 90348 + 2610
7. 105 - 47
8. 779 - 304
10. 1 + 23
12. 2 + 19
14. 20 + 71
16. 9 + 37
17. 20 + 10
18. 167 - 73
19. 1 + 72
20. 25695 + 3445
21. 70644 - 21249
22. 21 + 64
24. 1300 + 816
25. 110 - 49
26. 1207 - 354
27. 1 + 16
29. 54 + 210
31. 1 + 15
33. 50 + 38
34. 5 + 9

Gardening for May

The world’s favourite season is the Spring, all things seem possible in May. Be like a flower and turn your face to the sun

After taking time to relax after Easter it’s now time to carry on with the gardening. What’s more, May is the month that kicks up a gear as vegetable and flower plants can be planted outdoors into their final growing, weather conditions allowing of course. It is also good to be able to start taking care of lawns to get that appearance we love so much! Now that the soil should start to warm up, with weeds sprouting, it’s the perfect time for sowing seeds such as primrose, sweet william, cauliflower, spinach and radish. However, keep an eye on any weeds appearing as they will need taking in hand!

Hanging Baskets / Patio Containers

As long as your patio is sheltered or under cover, hanging baskets and containers can be planted up with fuchsias and tender perennials. Why not incorporate a slow release fertiliser and water storing crystals to reduce feeding and help water retention at the same time but remember not to place outside until end of May/early June so that containers do not dry out, watering can be stepped up on warm, breezy days. Dwarf dahlias can be potted up into containers ready to provide colour from mid summer to early autumn. As pansy flowers wither remember to dead-head them to encourage further flowering.



Should weather conditions still seem uncertain, take precautions to guard against frost especially at night by placing garden fleece over emerging crops such as potatoes, covering cold frames with either polythene or sacking, and young plants that are in the greenhouse can be covered with newspaper. Prevent weed seedlings becoming established by hoeing borders once a week. Any plants being delivered this month must be opened immediately, if not, the leaves will go yellow with rot setting in. Many plants are susceptible to attack by aphids and measures should be taken to bring this common pest under control. Vine weevil can sometimes cause quite a problem so it may be an idea to use a biological nematode simply mix into a solution and water plants when larvae are active (soil temperature should approximately be above 5°C/40°F). To keep control of slugs and snails, trap them under tiles or even grapefruit skins remembering to collect them up and disposing of them. There are also non-chemical traps available such as Slug Umbrellas – use pellets only sparingly.

Vegetables to Sow in May

Root vegetables - Carrots, beetroot, swedes, and turnips can now safely be sown outdoors. Beetroot, whose seeds can be notoriously hit-and-miss to germinate, may need covering with cloches if the spring is poor and the soil is still cold and wet. Lettuces and other salad crops - Sow more lettuce, rocket, land cress, summer purslane, corn salad, and other salad leaves outdoors this month to ensure a steady supply. Sow under cover if the weather is still cold. Continue to sow main crop peas, mangetouts, and snap peas outdoors, protecting seedlings with cloches or nets if necessary. Rhubarb: Transplant any young rhubarb plants you’ve grown indoors from seed.



Leeks: May is usually the first month during which you can start transplanting or “dibbing in” your leeks.

Herbs: - Sow further small batches of seed such as basil, coriander, chervil, dill, lovage, parsley, and sorrel. Young plants that are tender or half-hardy, such as basil, may still need protecting with cloches or covers.



Fruits in May: Plant outdoors - Cape gooseberries, Cranberries, Strawberries. Tomatoes - In May, garden centres and nurseries are full of young tomato plants for sale. But don’t be tempted until next month if there’s still a risk of frost and you’re unable to cover them at night. Home-made bottle cloches may be the answer if you’re too impatient to wait. These antioxidant-packed Raspberries are perfect for summer fruit salads. They can be planted in the summer, but early spring yields the best tasting crops. The berries are prone to root rot, so they do best well in a raised bed with rich soil that drains well. Manure or compost will help the fruit really flourish.



Whether in the flower garden or the vegetable garden, don’t forget to stay on top of the weeds. Keep hoeing between the plants to keep the beds weed free; with the increased temperatures in early May, weeds can quickly take hold unless kept in check. Early May is your last chance to sow a new lawn from seed as we come into the summer months and the temperatures rise even further. Patio pots and containers with permanent planting should get some attention at this time of year. You have to remove the top couple of centimetres of soil and replace it with fresh.

SHEPERD’S PIE IN 30 MINS

Ingredients:

- 2 pounds potatoes, such as russet, peeled and cubed
- 2 tablespoons sour cream or softened cream cheese
- 1 large egg yolk
- 1/2 cup cream, for a lighter version substitute vegetable or chicken broth
- Salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 3/4 pounds lamb mince
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 tablespoons butter
- 2 tablespoons plain flour
- 1 cup beef stock or broth
- 2 teaspoons Worcestershire sauce
- 1/2 cup frozen peas, a couple of handfuls
- 1 teaspoon sweet paprika
- 2 tablespoons chopped fresh parsley leaves



Method:

1. Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine sour cream, egg yolk and cream. Add the cream mixture into potatoes and mash until potatoes are almost smooth
2. While potatoes boil, preheat a large skillet over medium high heat. Add oil to hot pan with lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If the pan is fatty, spoon away some of the drippings. Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. In a second small skillet over medium heat cook butter and flour together 2 minutes. Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute. Add gravy to meat and vegetables. Stir in peas.
3. Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve.

Strawberry Icebox Casserole

Serves: 10
Preparation Time: 15 minutes
Chilling Time: 4 hours



Ingredients:

- 3 cups heavy cream
 - 2 (8-ounce) containers mascarpone cream, room temperature
 - 1 cup plus 2 tablespoons powdered sugar
 - 2 teaspoons vanilla extract
 - 1 teaspoon kosher salt
 - 90 shortbread cookies
 - 2 pounds strawberries, hulled and sliced, plus extra strawberries for serving
 - 1 banana, sliced
- Fresh basil, for garnish

Instructions:

1. In the bowl of a stand mixer, whip the cream, mascarpone, powdered sugar, vanilla, and salt together until the mixture forms medium-stiff peaks.
2. Spread a thin layer of the cream mixture in a 9 x 13-inch baking dish and cover with a layer of shortbread cookies. Spread one-quarter of the remaining cream mixture over the cookies and top with one-third of the strawberries. Cover the strawberries with another layer of cookies, then spread with one-quarter of the cream and one-third of the strawberries. Repeat with the remaining shortbread, one-quarter of the cream, and the remaining strawberries. Spread the remaining cream on top.
3. Cover with plastic wrap and refrigerate for 4 hours.

Serve with extra strawberries and fresh basil leaves.



FILM/DVD MONTHLY BY BERNIE CLAXTON

Movie Trivia Quiz



1) Who is the only actor to appear in both the 1961 Robert Wise screen adaptation of West Side Story and its recent Stephen Spielberg remake?

2) Which veteran American actor of Children of a Lesser God and Body Heat fame died in March of this year?

3) What is the first foreign-language movie ever to win the Oscar for Best Picture?

4) What famous Irish actor is unrecognizable under layers of makeup as The Penguin in the recent Robert Pattinson starrer, The Batman



5) Which popular American actor caused controversy after he slapped comedian Chris Rock at the recent Academy Awards ceremony in Los Angeles?

6) Who is the only actor ever to receive an Oscar nomination for acting in a Star Wars movie?

7) What was Quentin Tarantino's first film as writer/director?

8) What is the highest-grossing foreign-language film at the U.S. box office?

9) Jennifer Lawrence won her first Best Actress Oscar for what popular romantic comedy-drama?



10) In what 1979 James Bond movie does the famous spy go to outer space?

11) Joaquin Phoenix received his first Oscar nomination for playing a Roman emperor in what Oscar-winning epic film?

12) Which movie was incorrectly announced as the winner of Best Picture at the 2017 Academy Awards, during the greatest Oscars mix-up of all time?

13) What hugely popular cult crime film in 1994 revitalized John Travolta's flagging career at the time?

14) For which 1964 classic musical did Julie Andrews win the Academy Award for Best Actress?

15) Who is the only actor to receive an Oscar nomination for acting in a Lord of the Rings movie?



16) The classic theme music from Carol Reed's The Third Man (also called "The Harry Lime Theme") was performed on what instrument?

17) Marlon Brando "could have been a 'contender'" in what iconic 1954 black and white film?

18) Steven Spielberg won his first Oscar as Best Director for which classic film?

19) In what 1970s thriller film does Robert De Niro famously say "You talkin' to me?"

20) The head of what kind of animal is front-and-centre in an infamous scene from The Godfather?



21) Which American writer/director starred in several iconic European-produced "Spaghetti Westerns"?

22) What 1927 musical was the first "talkie"?

23) What was the first feature-length animated movie ever released?

24) How many 'Star Wars' movies are there?

25) Which 2017 musical film is centred around a jazz pianist and aspiring actress who fall in love with each other in Los Angeles?

26) What role does Nicholas Cage play in the recently released action-comedy film The Unbearable Weight of Massive Talent?



27) Which instrument links characters played by Holly Hunter (1993) and Adrian Brody (2002) in films nominated for the Best Picture Oscar?

28) Which film series that began in 1996 recounts the very difficult exploits of IMF agent Ethen Hunt?

29) What well-known actor became an action hero aged 56 when he had to get his daughter back from Albanian traffickers in a 2008 thriller movie?

30) Who played the British Prime Minister in the 2003 Richard Curtis film Love Actually?

31) Who starred as a chilling assassin in the Coen brothers' crime drama No Country for Old Men?



32) In which epic Oscar-winning film of survival did Leonardo DiCaprio have to eat raw bison liver, despite being a vegetarian?

33) Roberto Benigni won the Best Actor gong for which acclaimed foreign language movie in 1998?

34) Jodie Foster's second Academy Award for Best Actress came for playing an FBI agent in which classic horror film?

35) Rami Malek's Academy Award win in 2018 was for his portrayal of which legendary singer?



36) Which celebrated actress has been nominated the most times in the Best Actress category, winning for Sophie's Choice and The Iron Lady?

37) What iconic 1979 sci-fi movie had the tagline "In Space, nobody can hear you scream"?

38) Which classic horror film had the tagline "Check in. Unpack. Relax. Take a shower."?

39) Tom Hanks plays a boy who finds himself in a man's body in which popular American comedy film?

40) Who plays the author of Mary Poppins opposite Tom Hanks's Walt Disney in the moving biographical drama Saving Mr Banks?

The answers to the Movie Trivia Quiz will be in the June edition of the online Maynooth Newsletter.