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MAYNOOTH COMMUNITY

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EMPLOYMENT PROJECT

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Local News - April 2023 - Issue No. 522 - Online Version

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MAYNOOTH ST. PATRICK'S DAY PARADE 17th MARCH 2023 FÉILE LÁ FHÉILE PHÁDRAIG MHAIGH NUAD 17Ú MÁRTA 2023 Parade Photo Gallery on Pages 19 to 25



As the 2023 Maynooth St. Patrick's Day Parade has come to an end, it is only fitting to look back on an exciting and wet day. While the rain held off for a while, it picked up at the half way mark but it didn't dampen the fun on the day.

Out theme this year was "Celtic Mythology" - celebrating Maynooth's unique historical and mythological past. We witnessed some Celtic Warriors, the Salmon of Knowledge and great costumes. The St. Patrick's Day Parade is the largest community event in our town once again the crowds have gotten bigger and bigger, a sign of our growing town. There were 24 entries into this year's parade ranging from schools to sports clubs and businesses.

Matthew Lennon, who many know from his busking on the square during and after lockdown played from the stage to get the crowds warmed up. We then had Donna Phelan from Maynooth Autism Friendly Town tell the crowds about their work making Maynooth more inclusive. We were delighted to partner with the group this year as they created a Quiet Zone for those with audio sensitivity. This was a huge success with many more people getting to enjoy the parade and my thanks to all of the participants in the parade for respecting the quiet zone.

Prof. Alison Hood from Maynooth University also informed the town of the upcoming Arts & Minds Festival that will take place between the 5th and 7th of May.

The parade was started as usual by the Colour Party which included retired members of the Defence Forces in ONÉ - Óglaigh Náisiúnta na hÉireann and then the St. Mary's Brass and Reed Band. Community events such as the parade require funding and we were fortunate to receive support from many local businesses, and we ask you to support them as they have supported us.

Our title sponsors are;

Thorntons Recyling, Brady's Bar and Lounge, Manor Mills Shopping Centre, Life Credit Union, Kildare County Council, Horizon Irish Open, Hutton & Meade and McDonald's

Our other local sponsors are;

O'Neill's Bar & Restaurant, AIB, Anytime Fitness, Sherry Fitzgerald Brady O'Flaherty, McMahon's Bar & Lounge, Farrelly & Southern, Redz Barbers, Maynooth University, Love Organic.

The parade is run by a committee of volunteers who run the parade in the interest of community spirit and participation. Most of the administrative work is carried out in the Maynooth Community Employment Project's (MCEP) office and their assistance and help is truly appreciated. It is the volunteers and stewards that make the event run smoothly. Once again, the Men's Sheds were our anchor Stewards and we are extremely grateful for their assistance. They were cordial and excellent on the day. My thanks also to Willie Kiernan for orchestrating the PA system and sound for the day. To Séamas Kennedy and Mattie Callaghan for the steps. The Gardaí who did an excellent job of closing the roads and ensuring the parade went through safely and St. John Ambulance that joined us for the first time. A special word of thanks for the Committee that have worked on preparations for over a year; Stephen, Paul, Gerry, Colm and Don.

My thanks also to Manor Mills Shopping Centre for hosting the excellent Family Fun Day after the parade and allowing us to conduct the awards ceremony there. Finally I'd

like to commend each and every person who took part in the parade from infants to older members of our community. Without you, there would be no parade and we hope that you had as much fun taking part as everybody else did seeing you all.

Until next year, Beirigí Bua! Naoise Ó Cearúil - Chairperson Maynooth St. Patrick's Day Parade Committee

Winners:

Best School Float: Maynooth Educate Together School Best Commercial Float: Hutton & Meade Best Portrayal of Theme: 8th Kildare Maynooth Scouts Best Portrayal of Environmental Awareness: Maynooth Cycling Campaign Best Portrayal of Irish Culture (Dr. Muireann Ní Bhrolcháin Perpetual Trophy): Gaelscoil Ruairí

Best Club: Maynooth Tae-Kwondo

Best Shop Fronts: 1st O'Neill's 2nd Maynooth Bookshop, Main Street 3rd The Elite

Community Person of the Year: Tom McMullon & Willie Saults

This year we recognised two community activists that passed away since last year's parade, Willie Saults and Tom McMullon, with Community Recognition Awards. Willie Saults was on the St. Patrick's Day Parade Committee for decades and was an integral part of Maynooth Town Football Club for many years. Tom McMullon was Chairperson of MCEP and formally Chairperson of Maynooth Community Council and was a contributor to the St. Patrick's Day Parade for many years. Suaimhneas síoraí dóibh



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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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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

With St. Patrick's Day falling on a Friday this year it gave us a long weekend which began with the Maynooth St. Patrick's Day Parade the second year we had the parade post COVID. As usual a large number of community, sports, cultural groups took part with an increasing number of commercial floats. As the MC for this event, I had a good opportunity to witness proceedings from the review stand as well as observe the very large crowd that came to watch the parade.

The "Maynooth Newsletter" will publish a range of photographs of the participants and observers over the coming months. As usual our thanks to Mark Colfer for the pictures again this year despite having an injury to his thumb. With a first for the Maynooth parade and maybe elsewhere we had live music performed by three musicians in a moving electric car and shared with the crowd through a high-quality speaker. This was part of the float from the Hutton and Meade Hyundai car dealership and fair play to Maynooth resident and musician Jonathan Meade for this inventive approach to interpret the Celtic Mythology theme for this year's parade.

Now with the clocks gone forward we have brighter evenings, there is more time to train for the annual Maynooth 10k and 5k family runs. The event takes place this year on Sunday 23^{rd} April starting at 10am. Profits from this event supports the funding of sports facilities for the Maynooth Education Campus. Hopefully the weather will be good on the day and that the event will be as big a success as it has been in the past.

Twenty-five years ago, this month an Internationally recognised agreement was finalised and later approved by the people of Ireland with referendums held in both Northern Ireland and the Republic. The signing of the Belfast (Good Friday) Agreement on 10 April 1998 brought an end to 30 years of armed conflict, securing the peace that Northern Ireland's people enjoy in their everyday lives today. Current President of the United States Joe Biden will visit Ireland for this important anniversary. President Biden is a descendant of Irish emigrants to the United States and has previously visited Ireland as Vice President to Barack Obama, but coming as President will be an important occasion for Ireland in terms of world media attention and influence.

Two political leaders in Northern Ireland at the time were critical to the delivery of the agreement and both have passed away in recent years, but there is no doubt that the contributions of David Trimble the Ulster Unionist leader and John Hume the leader of the Social Democratic Labour Party will be remembered on this anniversary. John Hume spent a number of years in Maynooth as a seminarian at St. Patrick's College in the late 1950s. Reflecting on his time in Maynooth John Hume is reported as saying that it gave him a capacity for logical thought and persistence which he most certainly demonstrated in his later community leadership and political life. Of course John Hume's connections with Maynooth continue with both a university building and taught masters scholarships awarded in memory of John and his wife Pat Hume.

Paul Croghan Editor

Letter to the Editor:

"Fact: Courthouse Square is safe!"

Cllr Angela Feeney and Cllr Naoise Ó Cearúil want to reassure the residents of

Maynooth that the Courthouse Square is safe. Both councillors stress that the Maynooth Transport Strategy is still at public consultation stage and that any proposed change of use for the Square or indeed any other part of the town, would have to come before them as elected representatives in the municipal district for approval. Angela and Naoise said that they continue to press for improvements on the Square to make it more accessible and a better living space.



Copy date for the May edition will be 5pm on Monday 24th April 2023

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Maynooth Senior Citizens Committee

ANNUAL GENERAL MEETING WILL TAKE PLACE ON TUESDAY 4TH APRIL **AT 8PM IN THE GERALDINE HALL ALL WELCOME**

Garry Bermingham (Chair) Susan Durack (Secretary) e-mail: maynoothseniorcitizens@gmail.com

MAYNOOTH CASTLE KEEP ART GROUP IS DELIGHTED TO ANNOUNCE THAT IT WILL HOLD ITS 22ND ANNUAL ART EXHIBITION. THIS IS THE FIRST SINCE 2019.

PLEASE KEEP THE DATES FOR YOUR DIARY

Invited guests will attend the launch on Friday evening 14th April. Mary O'Donnell, poet, short-story writer and novelist will open the exhibition.

The exhibition is open to the public on Saturday 15th and Sunday 16th April from 12 noon to 5pm.

All welcome



Everyone welcome

> we're going places <</pre>

4

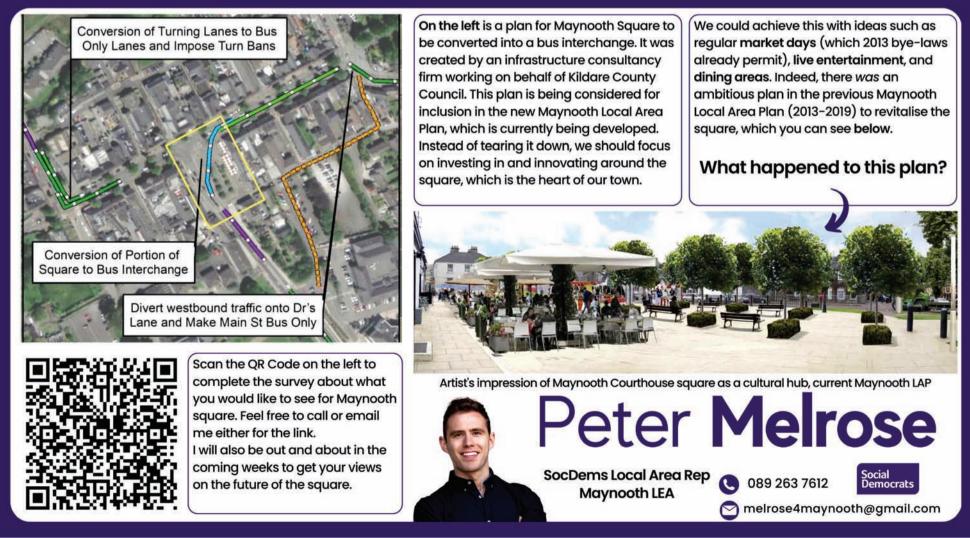
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Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.













Cllr. Angela Feeney Maynooth Labour News

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



Cllr Feeney Calls for Safety Measures at Maynooth Town Football Club

At the March Council MD meeting, Cllr Feeney asked the Council to give immediate consideration to reviewing road traffic and pedestrian safety measures on the Newtown Road, Maynooth from the M4 motorway bridge to the entrance/exit of the Maynooth Town Football Club, including measures to slow down traffic approaching the club entrance/exit, and the provision of a pedestrian crossing to facilitate safer crossing to the footpath opposite the entrance/exit. In speaking to the motion, Cllr Feeney said that it would make it much safer for all because the Newtown Road is extremely busy and so dangerous for young children to cross over the footpath on the other side of the road. Cllr Feeney welcomed the fact that the Municipal District Office said it is in favour of a push button pedestrian crossing being provided near the entrance to Maynooth Town Football Club to allow pedestrians cross the road safely as there is only a footpath on one side of the road.

Cllr Feeney asked that, given that this measure is about facilitating young people to be engaged in sport and to be active was there any possibility to link into the Active Travel funding stream. Next steps, Cllr Feeney will contact the NTA and explore funding. She is also exploring other funding options including working with her MD colleague councillors to see what we can do to make sure this is put in place sooner rather than later.

Update on Use of Vacated Fire Station and Council Site

Cllr Feeney asked the Council to provide an update on plans for the community use of the vacated fire brigade/Council site near the Harbour in Maynooth. She welcomed the response from the Council, which confirmed that the business case which forms part of the Urban Regeneration and Development Fund (URDF) application, is currently with the Department for approval. Once approved, the site referred to will be incorporated in to the Maynooth Town Renewal Master Plan. Cllr Feeney is very happy to hear this as she has been actively pursuing the issue with the Council for quite a while now with regard to the allocation of this valuable site for community use.

Provision of a Tool Library

Cllr Feeney asked the Council to investigate the possibility of offering a tool library service in the municipal district and/or enabling relevant community groups to more easily perform repairs or home upgrades. Her motion wished to address both the climate emergency as well as the cost of living crisis. Tool libraries offer no/low cost access to home and garden tools, reducing cost-related barriers to home improvements and encouraging community volunteering and sharing. Although tool lending is not currently a service the Council can offer, Kildare Library Service continues to work to support Climate Action in many other ways through information provision, hosting free and inclusive classes and workshops and the development of new initiatives aimed at all age groups in our communities.

For example, the library service continues to lend Home Energy Saving Kits through all our branches - the kit allows the user to get a better understanding of the energy usage in the home, problem areas that may need your attention and ways to improve energy efficiency. The library service worked with the Energy Team from Dunleer to provide energy saving talks in January this year. Libraries are currently working with them again to schedule information sessions on home upgrades and grants in 2023. Libraries are planning to hold a bike repair clinic in Naas this Spring to investigate if it is feasible to extend this to other Municipal Districts. Maynooth Library currently hosts a monthly clothes swap and repair shop and are also piloting a seed library project through libraries in North Kildare. Cllr Feeney will liaise with the Men's and Women's Sheds along with other community groups on such an initiative and revert back to Council for any support required to progress it.

M4 Bus Priority Corridor

At the March MD, all councillors received an update on the Part 8 Report for the Proposed M4 Eastbound Bus Priority Measures Pilot (Planning Reference: P82022.20), which will be the first of its kind in Ireland. It is intended to procure a contractor with a view to starting the work in 2024. During the works, both lanes will operate as normal. There will be low noise level surface laid and 3.7km of sound barriers provided.

Electronic Speed Sign Installed

Cllr Feeney is happy to see that, on foot of a motion that she submitted, that the Council has recently installed the electronic speed sign on the road that runs from Pike's Bridge to the Ballygoran Road junction, Maynooth, to act as a deterrent to speeding. Cllr Feeney has been supporting the residents along the road by highlighting the increased volume of cars and the speeding issues. In November last year, the residents ran a very successful 'Slow Down Day', which Cllr Feeney fully supported along with the local Gardai, in particular, Garda Triona Deehan. The sheer volume of cars was evident on that day. Cllr Feeney added that she knows this is only one part of the solution but hopefully drivers will think twice about speeding on this extremely busy road where many residents are trying to safely exit or access their homes

St Patrick's Day Parade 2023

Cllr Feeney was delighted to attend the St. Patrick's Day Parade. It was a great success and she congratulates the organisers of the event. It is a great opportunity to get everyone together and to celebrate all that is great about our community with the Willie Saults and Tom McMullon awards for local community leaders.

W6 Orbital Bus Route

Cllr Feeney said that the New Orbital Bus Route (W6) connecting Maynooth to Tallaght via Celbridge with stops on the Moyglare Road is a welcome development for the town. Based on feedback she has been getting from residents, Cllr Feeney put the following two suggestions to the Council on the consultation piece-

-That copies of the drawings be made available for inspection by residents of the town in Maynooth Community library.

-Given that Good Friday and Easter Monday are public holidays that the date for receipt of representations be extended to Friday, 14th April 2023.

Cllr Feeney welcomed the response from the Council confirming that it will extend the date of receipt of representation on the consultation portal to Friday 14th April and it will also get a copy of the S38 sent out to the Maynooth Community Library.

Affordable Housing Scheme by Kildare County Council

Kildare County Council has issued notice to allow applicants to prepare to apply for Affordable Housing Online. In the coming months, Kildare County Council intends to make new homes available for purchase by eligible applicants at reduced prices. In return, Kildare County Council will take a percentage equity interest in the home. An online system to apply for affordable housing will be available when an affordable scheme opens. Advertised notice will issue in advance with the specific details relating to the scheme.

While it is not a requirement, it is recommended that applicants have their Mortgage Approval in Principle prior to applying for Affordable Housing. Purchasers can use the Local Authority Home Loan or a mortgage from any private lending institution, to finance their purchase. The Council is giving notice now to allow applicants time to get documents together before applying online. A full list of required documentation and eligibility rules are available at Affordable Housing - Kildare County Council (kildarecoco.ie). All queries can be sent via email to affordablehousing@kildarecoco.ie

Public Meeting on getting involved in local politics

Cllr Feeney and Senator Mark Wall hosted a public meeting in Lawlor's Hotel, Naas on March 6th. The theme of the meeting was about getting more people involved in local politics, especially women and the event was planned to coincide with International Women's Day that week. Cllr Feeney said that we need to ensure that local politics continue to have healthy representation of women and women from a diversity of backgrounds.

We also need a diversity of people of all ages too. She added that we have women leaders in the heart of community groups, from school committees, to sports clubs and so many more and we need to encourage these women to take the next step and consider putting themselves forward for local elections. It was an excellent meeting with very interesting contributions from the floor.

Upcoming Motions and Questions for April Council MD

Motion 1:

That the Council install signage on the Moyglare Road to signal to motorists that there are schools in the area and that there is a need to slow down.

Motion 2:

That the required funding of €400,000 is released from the accumulated paid parking fund in Maynooth to bring the Celbridge Road upgrade project through its part 8 and the detailed design stages of the planning process. (Joint Motion with Cllrs Ó Cearúil and Durkan)

Question 1:

Can the Council update members as to the process for having rubbish bins installed at the new bus stops in the Municipal District?

Question 2:

Can the Council confirm if bark mulch continues to be used in the playgrounds in the Municipal District?

Meetings attended by Cllr Feeney since last newsletter:

March 8th 10:00 a.m. Local Area Plan Briefing (online)

March 8th 19:30 p.m. BOM for Coláiste Chiaráin (online)

March 14th 12:00 p.m. KCC Finance Committee (online)

March 27th 15:00 p.m. Plenary Council, Áras Chill Dara Naas

March 31st 10:00 a.m. LPT meeting (online)

Please email or call me if you need any support: afeeney@kildarecoco.ie 087 2381962

MAYNOOTH 10k & 5k





Sunday 23rd April 10am

New Maynooth Education Campus

Prizes for 1st, 2nd, 3rd

Entry €20 or €40 for a family

Post-race Refreshments

Medal for finishers

Registration on the day at the school from 8am or online at:

www.maynooth10k.ie

BRINGING WILDLIFE INTO YOUR GARDEN **EASY DIY BIRD FEEDER**

Takes 30mins You will need:

1 large orange - bird seed 2 kebab skewers - string

What to do:



- this) 2) Poke a kebab skewer through one side of the orange and out through the other, then poke another kebab skewer through from the other side so the two skewers make a cross in the middle. Little birds can perch on the skewers while they eat the seed.
- Take two equal lengths of string and tie these onto the skewers on either side so you can hang it up.

Fill the orange with bird seed and hang up for the birds to enjoy.

Never feed birds wheat, barley, split peas, beans, dried rice or lentils. These are only used to bulk up the feed and are not suitable for small birds.

Avoid any mixture that have green or pink lumps - these are dog biscuits which can only be eaten when soaked.

Never feed birds fat from used cooking oils, margarines, vegetable oils, milk or desiccated coconut.

Best flowers to attract wildlife into your garden are: sunflowers, foxgloves, thyme, lavender, honeysuckle, ice plant, nettles, firethorn, barberry, purple loosestrife, clovers and phacelia.

Best trees to have are: oak, ash, hawthorne and willow.



Why not consider planting some shrubs that not only will give shelter but will also give fruit to birds and insects.

Native plants to consider are alder tree, blackthorn, rowan, yew, crab apple, whitebeam, wild cherry, holly and spindle.

Create a natural mini meadow made up of grasses and flowers. They are great for insects and bees. They are low maintenance. Consider making it an annual meadow with a mix of annual wildflowers such as poppies, cornflowers and annual grasses. You can always add different flowers each year just to mix it up. Include some yellow rattle which is a partial parasite on grasses . This will keep the grass in check so it won't over take the wild flowers.





Happy Easter to all our Advertisers, **Contributors and Readers** From all the staff at the **Maynooth Newsletter**





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EARTH BABY FAIR

SATURDAY APRIL 22TH | 10AM - 4PM Glenroyal Hotel, Maynooth, Kildare



Easter Hot Cross Buns

This Hot Cross Bun recipe is filled with warm flavors like cinnamon and nutmeg, and raisins or currants add a touch of fruitiness.

These scrumptious little rolls are sweet but not overly sugary, and they can be enjoyed at breakfast, as a snack or enjoy a steaming bun with a cup of tea or coffee in the afternoon for a little pick-me-up.

And if you're planning to be a guest at someone else's house, these buns travel well and are usually a big hit!

Ingredients

- For the buns
- 625g/1lb 6oz strong white flour, plus extra for dusting (see tip for alternatives)
- 1 tsp salt
 2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)
- $45g/1\frac{1}{2}$ oz unsalted butter, cubed, plus extra for greasing
- 85g/3oz caster sugar
- 1 unwaxed lemon, finely grated zest only (alternatively use finely grated zest of ½ orange or 1 tangerine/satsuma)
- 1¹/₂ tsp dried fast-action yeast
- 1 free-range egg
- 275ml/9½fl oz tepid milk (non-dairy milks are also suitable)
- 125g/4¹/₂oz dried mixed fruit of your choice

For the topping

- 2 tbsp plain flour (see tip for alternatives)
- 1 tbsp golden syrup or runny honey, gently heated, for glazing (see tip for alternatives)

Method

- For the buns, sieve the flour, salt and mixed spice into a large mixing bowl, then rub in the butter using your fingertips. Make a well in the centre of the mixture, then add the sugar, lemon zest and yeast. Beat the egg and add to the flour with the tepid milk. Mix together to a form a soft, pliable dough.
- Turn out the dough onto a lightly floured work surface. Carefully work the mixed dried fruit into the dough until well combined. Knead lightly for 5 minutes, or until smooth and elastic.
- Grease a large, warm mixing bowl with butter. Shape the dough into a ball and place into the prepared bowl, then cover with a clean tea towel and set aside in a warm place for 1 hour to prove.

St. Mary's Brass & Reed Band

The St. Patrick's Day Parade in Maynooth is our first outing and it's always a "what's the weather going to be like" occasion. This year wasn't too bad although we still needed to wear our fleeces to be sure, to be sure. Hopefully the crowds around the Greenfield/



Train Station area were aware that this had been designated as a quiet area and the Band were asked not to play when passing. As in previous years we headed for the Kilcock Parade afterwards where we entertained the huge crowd at the reviewing stand before finishing up outside Cleary's Hardware Store at the Bridge.

We are putting our programme for 2023 together at the minute and hopefully, weather permitting, you will be seeing the Band at a number of recitals in the town, the first of which is on Sunday 23rd April at 2.30 in the Square. These recitals give audiences in the Square, the pubs and restaurants around it an opportunity to enjoy a relaxing Sunday afternoon while listening to a wide selection of music that we hope suits everyone.

We would remind musicians of all levels living in Maynooth and surrounding areas that they are most welcome to join us at our Monday night rehearsals between 7.30pm and 9.30pm in our Band Room (Photo below) on Pound Lane at the back of the Main Street, Maynooth.



• Turn out the proved dough onto a lightly floured work surface and knock back the dough. Shape into a ball again and return to the bowl, then cover again with the tea towel and set aside for a further 30 minutes to rise.



• Turn out the dough onto a lightly floured work surface and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun

shape using the palms of your hands. Cover the buns again with the tea towel and set aside to rest for 5-10 minutes.

- Grease a baking tray with butter and transfer the buns to the tray. Wrap the tray very loosely in baking paper, then place inside a large polythene bag (or cover loosely in lightly oiled cling film). Tie the end of the bag tightly so that no air can get in (if using) and set aside in a warm place for a further 40 minutes to rise. Preheat the oven to 240C/220C Fan/Gas 8.
- Meanwhile, for the topping, mix the plain flour to a fairly thick smooth paste with 2 tablespoons cold water (you may need to use slightly less or more water to get the right consistency). When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun.
- Transfer the buns to the oven and bake for 8–12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.

Recipe Tips

For the dough, you can use up to half wholemeal or spelt flour instead of all white, but you may need to add a little extra milk or water. You can even use plain flour at a push, but be aware that the dough won't rise as much and the end result may be a tad heavy. For the topping, any white-coloured flour will work, from cornflour to rice flour. Feel free to use what you have in – just ensure the paste is thick enough (different flours will absorb differing amounts of water). If you haven't got golden syrup or honey for glazing, any sugar syrup will do (agave syrup, maple syrup etc). Or try dissolving 1 heaped tsp of any granulated sugar in a little hot water.

Source: www.bbc.co.uk/food/recipes/hotcrossbuns

Traditional spiced, sticky glazed fruit buns with pastry crosses. Served as a classic Easter treat, the buns can also be enjoyed at any time of year.



Gaeltacht Summer Courses 2023

Maynooth University, Maynooth Cúrsa A: 05/06/23 - 16/06/23 Please Note: Cúrsa A starts on Bank Holiday Monday.

> Maynooth Post Primary School Cursa B: 10/7/23 - 21/7/23 (Primary Students only)

Castleknock Community College Cúrsa F: 03/07/23 - 14/07/23

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MAYNOOTH

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FOR OUR ENVIRONMEN

11

Gold Medal Winners 2016 - 2017 - 2018 2019 - 2021 - 2022

First of all we would like to express our deep condolences to the Mulready family but especially to Vincent and Catherine, Tidy Towns Volunteers, on the recent death of their son David. As a mark of respect to the family we did not participate in the St Patrick's Day parade. May David rest in Peace.

We had a fairly quiet month of March due to the inclement weather but we will be back out on our streets again on March 25th. We are so lucky to have so many volunteers at present. Thanks to The ladies in the ICA Hall and Eamon OFlaherty for the teas/coffee.

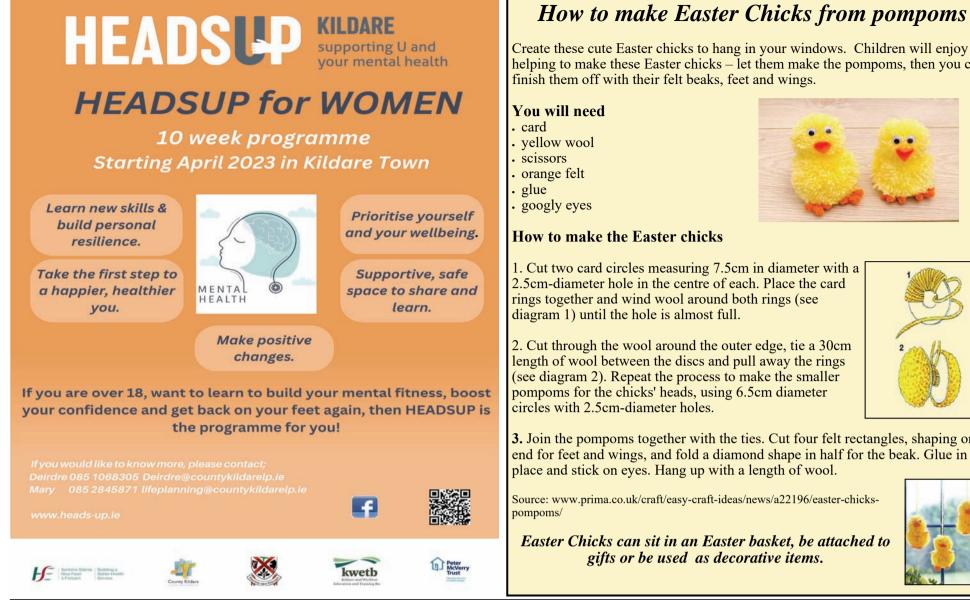
Lots of work done more to do, we cleaned the bins/seats on Main Street we will complete this task on the 25th March. Revamp of the small pond, Carton Avenue entrance and roundabout at Tesco. Paint Post Boxes around the town with oxide green and black paint. Purchase new trollies for litter picking. We completed the hedge planting along the Canal between Mullan Bridge and Bond Bridge. Clean up in the Joan Slade River.

The Spring Flowers are incredible around the Towns at the moment Daffodils, Tulips, Heleborus etc the beds at the Celbridge Road are really making an impact. Again we must thank our team of volunteers who religiously turn out every week to help. We will be organising our Sunday morning rota and Wednesday evening clean ups in April . Minister Heather Humphrey's launched the 2023 Tidy Towns Competition on March 23rd in Trim, Co Meath. Our Tidy Towns application will have to be submitted before the 10th May. We hope to receive our 2022 Gold medal at an event in Trim before Easter, fingers crossed.



Our AGM took place in The Glenroyal Hotel on the 30th March. Please follow us on Facebook for more up to date information about our group. On the 3rd of April our Facebook page will have been active for 10 years, 2013 the year we won our first Bronze medal.

Mary Molloy - PRO Maynooth Tidy Towns



Tips to keep your house Fresh

The first step in any fresh smelling home is to get rid of bad smells. We don't just want to mask existing unpleasant odors with air fresheners.

Bins may be the source of bad smells in your house. So a little 'house deodorizing' is a good idea to start with.

Be sure to change your kitchen and bathroom can liners every couple days, or more often if you detect an odor.

Your fridge is another bad-scent culprit. Go through it once a week and toss items that are past their prime. An easy way to freshen your fridge is to put an open box of baking soda inside to absorb odors.

To deodorize and make your carpet smell nice, mix baking soda and some essential oil drops in a bowl, then sprinkle on your carpet or rug.

Let it sit as long as overnight to really absorb odors!

• Open the windows

Weather permitting, the best way to freshen the air in your home is to open the windows. Even just for an hour or two!

That fresh air can get rid of cooking smells, or any other stale or lingering odor this way.

Make your own pet deodorizer

If you have pets, you know that they just come with their own set of odors. If you've ever wondered how to keep your house smelling good with pets, try making this natural pet deodorizer.

Mix 2 tablespoons of baking soda with 2 cups of distilled water and 8-12 drops of pet-safe essential oil in a spray bottle.

You can spray it right on your pet, or in their bed, to help neutralize odors. Many essential oils are toxic to pets so be sure to check with your vet

Also be sure to brush your pet regularly, in addition to vacuuming the carpet and furniture. And of course, if they have an accident, use a pet stain and odor eliminator as quickly as possible.

Use drain cleaner

C),

Your sink drains can be another contributing factor to the way your house smells.

helping to make these Easter chicks - let them make the pompoms, then you can

3. Join the pompoms together with the ties. Cut four felt rectangles, shaping one end for feet and wings, and fold a diamond shape in half for the beak. Glue in



will prevent a mildewy smell.

What can I use to make my home smell good? Use a linen or room spray

When wanting to make your bedroom smell nice, just spritz the air – or your furniture or linens – with a room spray.

Burn candles

Candles make any room smell better! Scented candles are a great way to make your house smell good. There's something so warm and cozy about the flicker of a real candle.

They range in scent from sweet baked goods, to flowery rose or lavender, to spicy cinnamon. There's something for everyone!

Stovetop potpourri

Simmer some potpourri right on your stovetop by adding potpourri to some water in a pan. You can also make your own mixture with things like citrus peels, cinnamon sticks, and your favorite herbs for a natural way to add a sweet smell in your home.



Some spices to make your house smell good are: Cinnamon, Cardamom, Cloves, Star Anise, Ginger, Rosemary, Sage Clip Febreze vent clips to your home vents

Typically designed for the car, try using vent clips on the vents in your home.

Try an essential oil diffuser

Just add some water and drops of your favorite essential oils, and enjoy the scent all day.

Put essential oil in your toilet paper roll

Just sprinkle a few drops of essential oil right on the cardboard part of your toilet paper roll. It's make your bathroom smell good, and the lovely scent will waft out every time someone grabs some toilet paper.

Dryer Sheets

Dryer sheets placed inside each of your cushions create a lovely scent. Put a scented dryer sheet in the bottom of your bins in your home before you add the plastic liner bag and they will smell really fresh.

When it comes to making your house or apartment smell good, these smart home scent strategies make a really big difference. These great ideas and fresh smelling home tips and tricks are some ways to keep your entire house smelling good all the time.

Use a daily shower cleaner spray The benefit of daily shower spray is two-fold. Your shower will stay cleaner longer, and it Source: www.unexpectedlydomestic.com/how-to-keep-your-house-smelling-good/

MU hosts female Irish university presidents to mark IWD 2023

Maynooth University has today hosted a historic event featuring female Irish university presidents in conversation to mark International Women's Day 2023.

This unique event, bringing together six sitting female presidents in a public conversation, was opened by Minister for Further & Higher Education, Research, Innovation and Science & Justice, Simon Harris TD.

The panel of female university presidents comprised Professor Eeva Leinonen, Maynooth University; Professor Veronica Campbell, South East Technological University; Professor Maggie Cusack, Munster Technological University; Provost, Dr Linda Doyle, Trinity College Dublin; Dr Orla Flynn, Atlantic Technological University and Professor Kerstin Mey, University of Limerick. The panel discussion, moderated by Irish Times columnist Kathy Sheridan, offered intriguing insights into the presidents' leadership journeys, their perspectives on gender in academia and views on key elements influencing the higher education landscape.



Opening the event, Minister Harris said: "When I was first appointed Minister for Further and Higher Education, there were no female Presidents of Irish Universities. "Today we have seven. And those seven Presidents represent a diversity of nationality, experiences, and disciplines. It's a powerful statement about the progress made towards gender equality in the higher education landscape in Ireland. But there is much more to do. And we can never stop our pursuit of gender equality."

IWD Photo: Minister for Further & Higher Education, Research, Innovation and Science & Justice, Simon Harris TD, Dr Orla Flynn, President of Atlantic Technological University, Dr Linda Doyle, Provost at Trinity College Dublin, Professor Eeva Leinonen, President of Maynooth University, Professor Maggie Cusack, President of Munster Technological University and Professor Kerstin Mey, President of University of Limerick.

Commenting on the discussion, Professor Eeva Leinonen, Maynooth University stated: "Our International Women's Day event comes at a pivotal time in Ireland's changing landscape of higher education. It is a powerful statement of the progress made towards gender equality. This coming together of female University Presidents seeks to strengthen connections across leadership in order to leverage the potential of our expanding family of universities."

"Universities of the future need a diversity of perspectives, missions and leaders. We must not stand still; further concerted efforts are required to empower women of all backgrounds across leadership positions so that collectively we can make our contribution

to the future of tertiary education in Ireland and on the global higher education stage." The panellists congratulated the latest university president to join this exceptional group of female leaders in Ireland. President-elect of UCD, Prof Orla Feely, in May, becomes the seventh female university president.

MU records highest ever number of CAO first preference applications

Maynooth University has recorded its highest ever number of CAO first preference applications. The record number is in line with a general upward trend of applications to the University over recent years reflecting its increasing popularity as a University of choice. This year the University has seen a rise of 2% in first preference applications against a backdrop of a decline in CAO honours degree applications of 1% nationally.

The Maynooth Arts degree has this year recorded the highest number of applications of any course in the CAO system, reflecting the popularity of the flexible Maynooth curriculum in which students can choose to progressively specialise while pursuing a broad range of studies.

Several programmes at the University have seen a substantial increase in first preferences including Business and Languages (+37%), Law (+27%), Social Science (+26%) and Science (+12%).

There has also been a strong interest in the new BSc in Business with Sport Science degree programme, introduced for entry in 2023, which offers students the opportunity to study Business with Sport Science, given the importance of this growing sector for the economy and society.

The University is planning to introduce a number of programmes in the coming years in the health related area given the increasing needs of the country's population in the future.

Commenting on the figures, Prof Eeva Leinonen, President of Maynooth University, said: "Today's CAO figures, together with Maynooth University's position as the highestranking Irish university in 'Times Higher Education (THE) Young Universities' globally, are key indicators of our innovative curriculum, offering students an extraordinary level of flexibility and control over their educational experiences.

Maynooth University offers students the kind of education that will equip them with the critical skills and ability to adapt to today's rapidly changing job market."

"We look forward to welcoming our new students for the academic year 2023-2024. Maynooth University is a vibrant and stimulating place to study and we continue to invest and innovate to ensure that we offer our students a world class education and experience. Their arrival will coincide with the launch of the University's new Strategic Plan



which will chart an ambitious path for the University in the coming years."

Kildare Planning Applications for Maynooth Area Planning Applications received from 24/02/2023 to 30/03/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23297	Kildare County Council	Vincent Dempsey	Laragh Demesne, Maynooth, Co .Kildare.	24/03/2023
23283	Kildare County Council	John & Laura Joyce	84 Windhurst, Newtown Road, Maynooth, Co. Kildare	22/03/2023
23280	Kildare County Council	Donna Westphal	29 The Walk, Moyglare hall, Maynooth, Co. Kildare	21/03/2023
23256	Kildare County Council	Dermot Darcy	Windgates, Maynooth, Co. Kildare.	15/03/2023
23246	Kildare County Council	Denis Gaffney	Units 1 and 2, Fagan's Lane, Maynooth, Co. Kildare.	14/03/2023
23200	Kildare County Council	Vincent Dempsey	Laragh Demesne, Maynooth, Co .Kildare	03/03/2023
23205	Kildare County Council	Donna Westphal	29 The Walk, Moyglare Hall, Maynooth, Co. Kildare	03/03/2023



Writers' Corner - Short Stories/Articles from our Readers

Coursing Day

As a special treat their father decided to take Donal and his brother Tommy to a coursing meeting. Since this was a sport for men their three sisters were left at home – Not that Donal or Tommy were men, Donal being only ten and his brother one year older. After breakfast on Saturday Bob the farm horse was harnessed to the sidecar and, with their father driving, they set off to the demesne where the annual event was held. The four-mile journey was soon over, Bob trotting whenever the road was level or downhill. On driving through the gate in the massive demesne wall their father paid the entrance fee and in a corner sheltered from the sun by a leafy oak they took the horse out from under the sidecar, tied his reins to a wheel and gave him a small bundle of hay to eat.

Their neighbour Phil McCarthy approached them. He was furious because the organisers of the meet had netted forty hares on land belonging to him without asking permission. This land was a few miles from his home farm and covered in rushes. Hares gazed the surrounding well-kept fields, then retreated into the rushes to rest. "I wouldn't mind, Phil spat, "but I'm told they came with their nets and beaters as if they owned the place." "Forty hares!" Their father began to fill his pipe. "That must be a record." "It's that alright." In spite of himself Phil sounded pleased. 'And those hares will be in prime form. The land up there has the best grazing in the county." Leaving Phil, they headed for the crowd standing near a four-foot high net-wire fence running in a straight line down the field. About sixty yards beyond this there was a parallel fence and the long stretch of ground between the fences ended in a barrier of vertical wooden laths covered with branches through which a hare, but not a hound, could pass.

Once through the barrier, the hare was in an enclosure with straw shelters where it could feel safe. There was a great air of festivity, people chatting and laughing, others with greyhounds on leads, others gathered around bookies to place bets. Further along, refreshment stalls and tables with games such as trick o' the loop and the three card trick were doing a brisk trade, while a loudspeaker blared out music. Their father gave Donal and Tommy five shillings each, telling them not to spend it all at once. They watched the race that was about to start. A man, the slipper-in, was holding two excited greyhounds by leather leashes. Next moment, someone released a hare from a long, narrow wooden box with a dozen or more compartments, each containing a single hare.

When the hounds saw the hare bounding down the field they went frantic but the slipper-in held them back till the hare was almost fifty yards ahead. Finally the hounds were let go and the race was on. The judge, dressed in a scarlet coat and brown hunting cap, galloped down inside the fence to observe the progress of the chase. When the hare became aware of the hounds behind him he put on a spurt of speed but little by little the hounds gained on him. Just as it seemed that one of them would grab him, he turned suddenly, causing the hound to miss. After that the chase continued with the hare throwing off his pursuers by his ability to twist quickly. Despite many close shaves, where sharp, gleaming teeth were within inches of his back, the hare reached the wooden fence and dodged through an opening while the hounds were left jumping about outside. In the races that followed the hare didn't always escape and his squeals as a hound's jaws closed on him rose above the noise of the gathering.

Attendants would then run up to collar the hounds and dispatch the wounded animal. Though Donal liked to see the hare get away, he did not become upset when the hounds caught one. The ability of the dogs was more engrossing than the fate of their prey. Since there were only two hounds in each race, betting gave one a fifty per cent chance of winning. The hound that reached the hare first, causing him to turn, got a high number of points, after which subsequent turns earned fewer points and a kill more points. The hounds with the highest total of points won. Donal and Tommy would have liked to place a bet on the races but didn't have enough money. They decided, therefore, to visit the games of chance, hoping to increase their funds. Donal was fascinated by the colourful operators, who called out spiels such as, "If you don't speculate, you can't accumulate; if you don't try you can't win." The trick o' the loop man folded a leather belt into a succession of loops and invited you to put a wooden pin into one of them.

If the pin held the belt when the operator pulled the two ends across the table top, you won. The game seemed so simple that both boys risked a half crown and lost. After that they tried the wheel of fortune and tree card trick, occasionally winning a few shillings. Finally they tried the lottery, where you bought a rolled-up ticket with a number on it. If your number was a lucky one you got a prize. Needless to say, their tickets were duds so they bought biscuits and lemonade and headed back to their father. He was talking to his brother-in-law, their Uncle Peter, whose greyhound, Lazy Bones, was in the next competition, the Kingston Cup. "I'm hoping he'll prove his name 'Uncle Peter said, when he had shaken their wrong,' hands. "Here's something to put on him," he added, giving them a pound note each. Their father placed the bets for them and, bursting with anticipation, they hurried back to the fence to watch the race. At first Lazy Bones, a big fawn hound, was outstripped by his rival, a brindled bitch, but he gradually caught up with her, taking the first turn out of the hare.

After a succession of twists and even running for a while back towards the start the hare evaded his pursuers and dodged into the safety enclosure. Moments later there was an announcement on the loudspeaker: "Lazy Bones is the winner by three points!" Donal and Tommy could hardly believe their luck: they were rich, having each won thirty shillings! "You'd be wise to stop gambling now," their father advised. "Lazy Bones will be up against stiffer competition next time." "Why will he?" Tommy asked. "Well, it's like this," their father explained. "Four of the eight dogs entered for the Kingston Cup have already been eliminated, so the next round is like the semi-finals; the standard is bound to be higher.' All the same, that fellow of mine will make it," Uncle Peter declared, before hurrying off to pat his dog that was being minded by his grown-up son, Ronan.

The boys didn't bet on the next race, but when it was Lazy Bones' turn to run again, they took out all their money. "Put that back in your pockets," their father instructed, then, seeing their disappointed looks, he took a pound from each of them and handed it to the bookie. This time the odds were at even money. "Aren't you going to bet yourself, Daddy?" Donal asked. "Indeed, I'm not," his father said. "Gambling is a fool's game, but you'll learn that soon enough." Despite this warning, Lazy Bones won again. At last the final race came. Although Tommy only placed two pounds on it, nothing would do Donal now but that he should risk the entire three and a half pounds he had. If

he won, he would have enough to buy a real leather football like the one his heroes on the county team used. "You're sure you don't want to keep some?" his father asked as Donal handed him all his money. Donal shook his head. Unfortunately, although he killed the hare, this time Lazy Bones failed to win. "Didn't I warn you?" his father said. "Tommy, you still have – "

He stopped talking as Uncle Peter strode up ."Do you know what I just found out?" Uncle Peter fumed. "They ran short of hares and used one that had raced earlier. No wonder the other dog got the first turn. Lazy Bones is a slow starter. That hare must have been half dead already." "All the same, Lazy Bones only lost by a point," their father consoled him. "He's still a young dog. He'll be a champion yet." Maybe he will, Donal thought ruefully, but much good that will do me now that I've only a few pennies left.

Later, Uncle Peter invited them to call into his place, a big two-storey house, on their way home. When they did, their Aunt Maggie treated them to a delicious roast beef dinner followed by jelly and custard. "If you like I could get you boys a greyhound pup," Uncle Peter offered while they were having tea and sweet cake. "Ronan can show you how to care for him." "You'd have to bring him for runs in the morning," Ronan added, "and cycle along the road with him on a lead to harden his feet." "They have enough to do already between their school books and helping me bring in the cows and mind the cattle," their father pointed out. "Oh, I only wish my men there were as sensible as you," Aunt Maggie remarked with a hint of exasperation.

"That hound is more trouble than a baby, what with cooking special meals for him and feeding him raw eggs." "Don't be put off by your aunt." Uncle Peter winked. "She's as fond of Lazy Bones as Ronan and myself." "Oh, you men and your greyhounds!" Aunt Maggie poured more tea into their cups. "You never think of the poor hares." "What's to think about?" Uncle Peter snorted. "Hunting is as old as the hills. It's part of the natural order of things." "I just don't see what's natural about setting hounds on a poor harmless creature," Aunt Maggie observed. "It's just a bit of fun, Mam," Ronan told her. "Yes," his mother retorted, "it's like what the frog said to the boys that were throwing stones at him, 'What's fun to ye is death to me.' "Before the conversation could become heated their father decided that it was time for them to be off.

"There's the cows to be milked and herself will be wondering what kept us," he explained. As they drove towards the front gate, Uncle Peter and Aunt Maggie called after them not to be so slow about their next visit. Their father assured them they wouldn't, then with a flick of the reins urged Bob into a gentle trot. Before he fell asleep that night in the bed he shared with Tommy, Donal thought about the hare Lazy Bones had caught. It was probably one of the ones netted in Phil McCarthy's field. After being taken from its home in the rushes it was brought away in a lorry, eventually ending up in the long, dark, narrow box. Then it was released and had to run for its life from two ravenous greyhounds. When it had slipped through the wooden fence it should have been safe but men had come and forced it back into the dark, narrow box. What was losing all his money compared to what the hare must have felt in that final race?

Patrick Devaney

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

Maynooth Man Who Got Free Hip Op in Spain Says More People Should Do the Same

A MAYNOOTH man stuck on a waiting list just to see a consultant to get on another waiting list has spoken of his 'shock' when he discovered he could get a free hip replacement procedure in Spain.

Father-of-three William Morris, (56), says he feels re-born after he flew out to the upmarket Med city of Dènia for his operation. The pharmaceutical engineer was on morphine for months to help mask his excruciating pain until he called the organisation Healthcare Abroad. William says it was the best decision he ever made, after suffering in pain for years. "I was told when I was 40 that I had arthritis in both hips, but I didn't really think about it very much apart from one time when I twisted a hip at home," said William.

"When I was 48, I was told I would have to get one hip replaced in around five years and the second hip seven or eight years' later. "I was in absolutely excruciating pain to the point where I was going to have to give up work, borrow money and get the operations done privately in Ireland. "I was on a waiting list just to see a consultant. That's the waiting list before the real waiting list. I was also told I was too young for the operation, and I was really really angry about that. To me, that was discrimination.

"I would be putting a further burden on the State. I would have to quit work, lose my home, be unemployed and unemployable and survive constantly on morphine." William said he was prescribed four morphine pills a day; with a stronger painkiller at night. "Thankfully I went online and found the Healthcare Abroad organisation and called them. I couldn't believe I could go to Spain for my hip replacement," said the Maynooth man.

War Museum

Rifles, bayonets, grenades, field guns, tanks, soldiers in their trim, respective uniforms, British, French, American, German, Russian, even a smartly-dressed 1916 rebel, and, contrasting with the later shades of khaki, Frenchmen wearing blue tunics, red breeches, as ill-advised among grey, armoured vehicles as a saddle horse in World War 1.

A few exhibits incidentally underline the human aspect of those armaments: letters home from a conscript at the front, a woman in Soviet uniform with a skirt, skeletons of soldiers blanching in a trench – displays trumped by rival flags and badges, emblems not just of two previous centuries but of our own, who've fine-tuned extirpation.

Not that I blame the immature recruit inveigled in his prime into war's cohorts and dispatched overseas to reestablish 'peace', so much has global conflict burgeoned – But why continue this depressing diatribe? Oh, Swift, your Brobdingnagian king was right: we're still pernicious, odious little vermin, who glory less in fellowship than might.

Patrick Devaney

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.

"I had never heard of the EU Cross Border Directive. I didn't know I could get healthcare in another EU country and that the HSE would reimburse some or all of the costs. "In my case, the entire cost of the consultation, operation and 10 amazing physic sessions after the operation were all covered 100 percent. I just had to pay for my flights and the hotel. "Healthcare Abroad were amazing. They met me at Dublin airport on the way to Spain, picked me up at Alicante airport and took us to a superb 4-star hotel in the lovely seaside city of Denia."

William said his healthcare experience was first class throughout. "I was a patient at a brand new €60M private hospital called the HCB Hospital Denia," said the Kildare dad. "Even on day one it was incredible. I met my consultant surgeon Dr Lopez who talked me through what would happen. I then had my bloods taken, my ECG done and x-rayed. "That really blew me away. I had things done in two hours that would take a year to get done at home. The only letter I got from the HSE was one asking me if I wished to stay on a waiting list to see a consultant – and then you don't hear anything ever again."

William said his GP was "superb" and was happy to refer him for the surgery. Patients in Ireland don't have to be on a waiting list; they just need a diagnosis and a referral letter from their doctor. "The aftercare at the HCB Hospital was incredible. They include two physio sessions every day so you can go home in great shape," he said. "My wife enjoyed the experience too; seeing me recover so quickly. The weather helps too – it's so much easier to recover in the sunshine at the Daniya Denia hotel. "I would say to anyone in pain to get on that plane to Spain. Call Healthcare Abroad. They even do all the paperwork."

Healthcare Abroad Ireland works alongside the HSE to

assist patients through the cross-border scheme at 46 hospitals in Spain, Portugal and the Netherlands, helps to complete the paperwork and liaise with Irish GPs. Any treatment offered by the HSE can be treated abroad under the EU legislation which is enshrined in Irish law. Healthcare Abroad works closely with County Kildare credit unions to assist with pre-payment for treatments, with the HSE reimbursing the money around 16 weeks after a patient gets home. The organisation does not send patients to Northern Ireland as it is outside the EU and the costs for procedures are often several thousand euro more than inside Spain, ranked the third best in Europe for healthcare.

Details of some of the operations available can be found on www.healthcareabroad.ie



Greg Harkin in Spain after his operation

SPIRITUAL BEINGS

I overheard a snippet on the radio recently. Someone talking about art, I think: "Looking at things with attention can be inspiring, can be even spiritually uplifting, if you believe in such things ". Subtext, "you hardly do"! Just imagine! Beings whose very deepest nature is to be spiritual, presumed not to have any truck with the spiritual dimension of life? What are we running away from? Why do we dread the very capacity that makes the dreading of things possible? I remember reading somewhere that a French physiologist, Pierre Cabanis, claimed that "the brain secretes thought just as the liver secretes bile". Such a conception appears to be commonplace nowadays! There's no doubt that the thought that Pierre's brain was secreting the day he made that statement wouldn't match even the meanest bile! Bile, my hat! What an abomination to be remembered by!

Not that all our thought is worthy of the highest praise. It's not. Jesus saw it as the very source of our evil deeds, capable of defiling us. But not by any means evil in itself. It's like a very sharp knife that can carve delicious meat or the most beautiful sculptures in wood. It can also, as we know all too well, maim and even kill other humans who are all God's handiwork!

One wonders what Jesus spoke about before his public life, when in the company of his family and friends? Whatever it was it was always about his Father's business, is my guess! It's hard to imagine him talking about everyday things such as food and local news and people known to him and others around him. It wasn't that those things didn't matter to him. He was aware of everything and they matterd to him in a unique way.

Sowing crops and harvesting them; making and drinking wine, minding sheep, building houses, baking bread, losing and finding things and all the other many incidents of daily life mentioned in his parables. They all come from his experience. He knew about robbers and locked doors, borrowing and lending. For three years' teaching, maximum, he spent three decades preparing his lessons. No wonder they were good!

We rarely talk about spiritual things, the only things, that really matter! What was Jesus talking about with Mary as Martha, overworked, prepared something to eat? Whatever it was it was the "one thing" that mattered, dealing with the life of the spirit.

In 1943 Dev wished for an Ireland where people would cherish "things of the spirit". No wonder he is so unpopular today!

Again and again the Gospels stress the superiority of the spirit over the flesh. In John's gospel Jesus says that God is a spirit and those who worship him should worship him in spirit and in truth. Mankind cannot live by bread alone. Real life comes from the mouth of God, just as living water does. Jesus body after the Resurrection was not an ordinary body like ours. It was a glorified body, a spiritual body.

One day we too will have glorified bodies, thanks to Him!

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Maynooth Cycling Campaign Notes

Maynooth Cycling Without Age

Maynooth Cycling Campaign launched its Cycling Without Age trishaw at the St. Patrick's Day parade. We would like to thank everyone who assisted us in getting to this point and to the people who have volunteered as pilots. The next stage is training which we hope to organise for later this month.



Bike Week 2023

The Department of Transport has announced that Bike Week 2023 will run from Saturday 13th to Sunday 21st May 2023. Several local authorities have already been in contact with interested parties to organise events. Maynooth Cycling Campaign hopes that Kildare County Council will engage with stakeholders more than the usual one week in advance.

Extraordinary General Meeting, Wed 19 April 2023 at 8.00pm

After many months / years of discussions, consultations,

drafting, expert advice etc., Cyclist.ie, the Irish Cycling Advocacy Network, is finally ready for an EGM to decide on the future of cycling advocacy in Ireland. A new draft Constitution is ready to be voted on by members at their online EGM on Wednesday 19 April at 8.00 pm. Also on the agenda for the EGM is the decision on a new name. Maynooth Cycling Campaign will be there

In advance of the EGM, there was an online meeting on Saturday 11 March from 2pm to 5pm. The purpose of the meeting was to explore how the unified organisation would function day-to-day. An Operations Manual has being drafted which contains proposed details of how the new organisation will function. It was important that as many members as possible took the opportunity to contribute so that the Operations Manual is as comprehensive as possible and that it meets the needs of the organisation going forward.

School boy Knocked off Bike in Newbridge

Kildare Live reported that a school boy was knocked off his bike on Eyre Street in the centre of Newbridge. The cyclist was transferred to Tallaght Hospital, Dublin for treatment of injuries which thankfully were non-serious.

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.





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You won't want to miss An Fhéile Bheag and the wonderful variety of traditional and contemporary Irish-language and Gaeltacht arts events.

Arts and Minds is Maynooth University's campus celebration of the best in Irish and international arts and culture, welcoming the university and wider community, alumni, students, and staff to join us for live and inperson arts events.

So, tell a friend, gather the neighbours, round up the family and join us at the University in May for what promises to be a great festival for all. Tickets are available online here so get in early and don't miss out!

See poster for the full programme.

Maynooth Golf Society

St. Margaret's Golf Club 4th March 2023

- 37pts
- 35pts
- 33pts
- 32pts (B9)
- 32pts
- 19pts
- 21pts
- 31pts

2's Tim Mullane, David Tobin, Derek Murray

Thank you to all who took part.

Next outing is the Owen Byrne Shield in Moyvalley Golf Club on Saturday 15th April



17

Interview skills & CV writing Part 3

The key elements of a compelling Cover Letter

Cover letters are for great first impressions.

Often Recruiters skip the cover letter part to jump right into the CV looking for the relevant keywords. Additionally, for a very long time, cover letters have followed some not-too-compelling common practices like lengthy and wordy paragraphs that in reality added minimum value to the job application. So let's not blame it all on the Recruiter right!?!? :)

This is not an encouragement to not write a strong cover letter, rather an invitation to compose an impactful, concise and truthful summary of yourself.

Cover Letters are great help when looking to change industry or applying for a role that might not align with the previous experience on your CV i.e.: you have experience managing teams, yet, you send your application for a role as an individual contributor.

In this case a well written cover letter can outline the motivation and the reasons behind a non-standard job application and clearly explain how you envision this change in role, career, industry, seniority happen and why.

Be concise.

Leverage the cover letter to outline a summary of your experience. Make it short (6/7 lines of text) and relevant. Mention total years of experience and the most relevant skills for the job you are applying to.

Use keywords.

If there is a place where you want keywords to be at the very top of your CV! Where they can be easily identified and compel the recruiter to keep reading your CV and hopefully consider you for the vacancy.

Review the vacancy's job description to capture the key skills they are looking to hire and if you got them..add them to the cover letter!

Explain the why.

Describe the reasons why you are interested in the job. I appreciate that it often boils down to simply receiving a regular payslip but I'd invite you to think of at least one more reason why you'd like to take on that job! And if the motivation lies in simply trying something new, that's ok too! The right employer / opportunity where novelty, potential, growth and a good challenge are valued will appreciate your why! :)

I hope you land the job you desire, need and want!

Valentina Tortorelli Executive Principal Recruiter, Life and Career Coach @ theintentionallife.ie

So, how to best leverage a cover letter?

Chocolate Easter Cupcakes

Get the kids helping out in the kitchen to decorate these sweet Easter cupcakes. Choose from bunnies, chicks and sheep – they're all equally delicious

Prep:45 mins / Cook:20 mins Serves 12

Ingredients

- 140g light brown soft sugar
- 100g self-raising flour
- 50g cocoa powder
- 1 tsp baking powder
- 2 large eggs
- 135ml vegetable oil
- 4 tbsp milk

For the decorations

- 300g icing sugar
- 150g unsalted butter, softened
- 2 tbsp milk
- 250g ready-rolled white fondant icing
- orange, yellow, pink and black gel food colourings
- 2 tbsp cocoa powder
- white mini marshmallows

Method

- Heat the oven to 180C/160C fan/gas 4. Tip the brown sugar, flour, cocoa, baking powder and a pinch of salt into a large bowl. Whisk the eggs, oil and milk in a jug. Slowly pour the wet ingredients into the dry, whisking until smooth. Line a 12-hole cupcake tin with paper cases.
- Divide the mixture between them, then bake for 20 mins until risen.



Leave to cool in the tin.

- Meanwhile, make the icing. Beat the icing sugar and butter with an electric whisk until pale and fluffy. Whisk in some of the milk to loosen to a pipeable consistency, if needed.
- For the chick decoration, colour a small piece of fondant orange using a drop of food colouring gel and another small piece black. Colour a few tablespoons of the icing yellow and spoon into a piping bag fitted with a large round nozzle. Pipe a yellow blob in the centre of the cupcake and a smaller one on top. Roll the black fondant into two small balls and place them as eyes. Roll a little cone of orange fondant for the beak. For each foot, roll three small, longer pieces and pinch them together at one end. Push the feet in beneath the body, hiding the pinch.
- For the bunny, beat the cocoa and 1 tbsp milk into a few tablespoons of the icing. Spread over the cupcake. Spoon a few tablespoons of the plain icing into a piping bag fitted with a large round nozzle and pipe a small blob on top. Stick a mini marshmallow on top of that for a tail. For the feet, shape two small pieces of white fondant into ovals and press down to flatten. Colour a small piece of fondant pink and form two balls and six smaller ones. Press the balls into the flattened ovals in a paw pattern. Place the feet on either side of the rabbit's bottom.
- To make the sheep, colour a piece of fondant black and shape a small piece into an oval. Use a skewer to press nostrils into the bottom end.
 Pinch two smaller pieces into ears and stick these on using a little water.
 Roll two small balls of white fondant and two smaller black balls to make eyes. Cover the cake with a layer of plain icing and fix the face in the middle. Surround with mini marshmallows for the woolly coat.

Source: www.bbcgoodfood.com/recipes/chocolate-easter-cupcakes

18





































































































































March Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService

twitter.com/kildarelibrary

Maynooth Clever Reach April 2023

Children's

Surprise Children's Film Screening Wednesday 5th April 2-4 pm

Maynooth Community Library

Enjoy a cinema afternoon with a surprise Kids Movie. Children must be accompanied by a parent /guardian. PG Rated age 8+ Suitable for children aged 8+ Booking required through Tickettailor : https://buytickets.at/maynoothlibrary/883408.

Children's Creative Writing Workshop with Niamh and Amy for Ages 7-10 Wednesday 12th April at 3pm Maynooth Community Library Join Library staff members Amy and Niamh for a writing workshop based

on the Fighting Words style. This workshop will mix collaborative writing and individual story writing with support and tips along the way.

Booking Required through : TicketTailor: https://app.tickettailor.com/ events/maynoothlibrary/878399 Suitable for ages 7- 10.

Baby and Toddler Stay & Play Group Every Thursday at 10am - 11am

Maynooth Community Library

If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am. No need to book, just drop in!

Young Adults

Teen Writers' Group

Thursdays 6th and 13th April at 6pm

Open to Teens and Tweens to enjoy writing, Maynooth Teen Writers Group meets online for an hour, twice a month. This is a relaxed and friendly environment to talk about writing, get some feedback if they wish and also very important quiet writing time. Contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980 493 for more information.

Teen Book Club Friday 21st April at 4pm Maynooth Library

This is a book club for ages 12-15 with a difference; while there is always a suggested book to pick up, members can read whatever they like and share their best BookTok recommendations.

Places are limited so please get in touch if you'd be interested in joining.

For 12-15 year olds

Available for Pickup now:

'Inheritance Games' by Jennifer Lynn Barnes or a surprise book by Agatha Christie

Available for Pickup now:

Members aged 11-13: 'Inheritance Games' by Jennifer Lynn Barnes Members aged older or reading at a higher level: surprise book by Agatha Christie

Adults

Breast Feeding Support Group with Public Health Nurse Tuesday 11th & Tuesday 25th April 9.30am - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breastfeeding Mums and Mums to be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions. **No booking needed, just drop in.** ***Please ring the library doorbell between 9.30am & 10am as the library doors will be closed, and you will be let in***

Celebrating Poetry Day Ireland: An evening of sharing poetry. Thursday 20th April 6.30pm-7.30pm Online event

Poetry Day Ireland is an annual festival by Poetry Ireland; the theme this year is Message in a Bottle, curated by poet Martina Evans.

Join us to celebrate with an evening of sharing poetry, you may wish to read aloud or just listen.

Booking and details via ticket tailor. https://buytickets.at/ maynoothlibrary/882693

Exhibitions

Antoon Knaap's "Still Life: Botanicals and Objects" Exhibition Monday 3rd April - Monday 1st May Maynooth Community Library

Antoon Knaap welcomes you to view some of his latest work curated under the heading "Still Life: Botanicals and Objects". The items on display depict colourful, ordinary items, in oil pastels, acrylic and spray paint on heavy watercolour paper. Antoon is a local visual artist.

Meet the Artist Evening Thursday 6th April 6.30pm – 7.30pm

Maynooth Community Library All are welcome to drop in to Maynooth Community Library

between 6.30pm - 7.30pm to view the "Still Life: Botanicals and Objects" Exhibition and meet the artist. Light refreshments will be provided.

Maynooth Community Library's Exhibition Space Open for Bookings

If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from February 2024. For booking enquiries, please email <u>maynoothlib@kildarecoco.ie</u>.

Library Groups and Regular Groups

Craft & Knitting Club Every Monday 11.30am – 13.00

Bring along your various crafts to inspire and to be inspired. Different craft demonstrations will take place during the year. Socialise and create!

German 'Stammtisch', informal conversation meet-up for adults. Thursday 27th April 6.30pm-7.30pm 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 contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980493.

Book Clubs

The Tuesday Murder Club: Crime Book Club Tuesday 11th April 7pm - 7.50pm

The Crime Book Club will meet on Tuesday 11th April 7.00pm – 7.50pm. The club will continue to meet on the 2nd Tuesday of each month. If you'd like to join, please email Maynooth Community Library at maynoothlib@kildarecoco.ie.

Wednesday Readers Book Club

Wednesday 19th April 11.00am – 12.00pm

The Wednesday Readers Book Club meet on the 3rd Wednesday of each month. New members welcome! Please contact <u>maynoothlib@kildarecoco.ie</u> or telephone 045980493 for further details.



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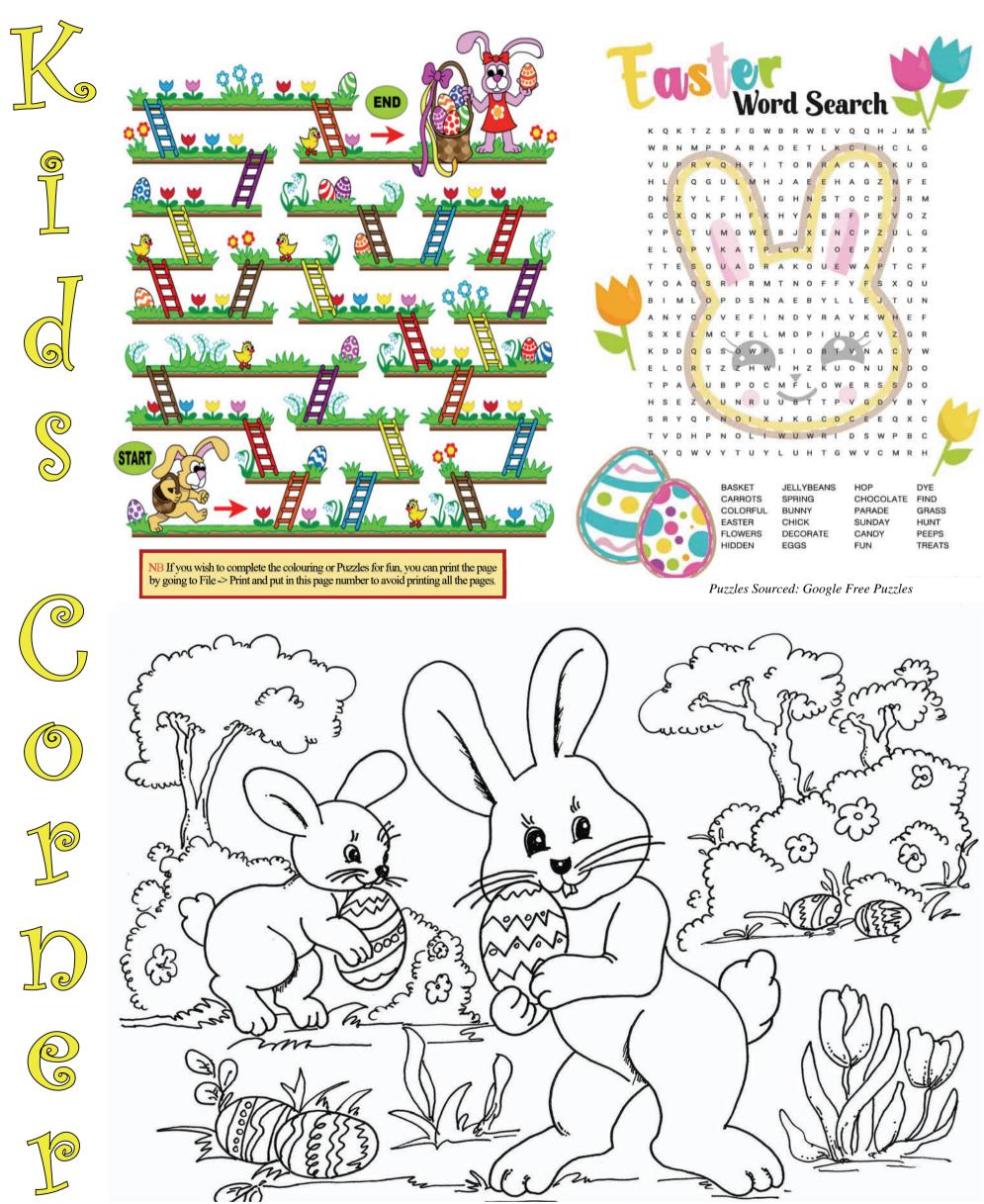
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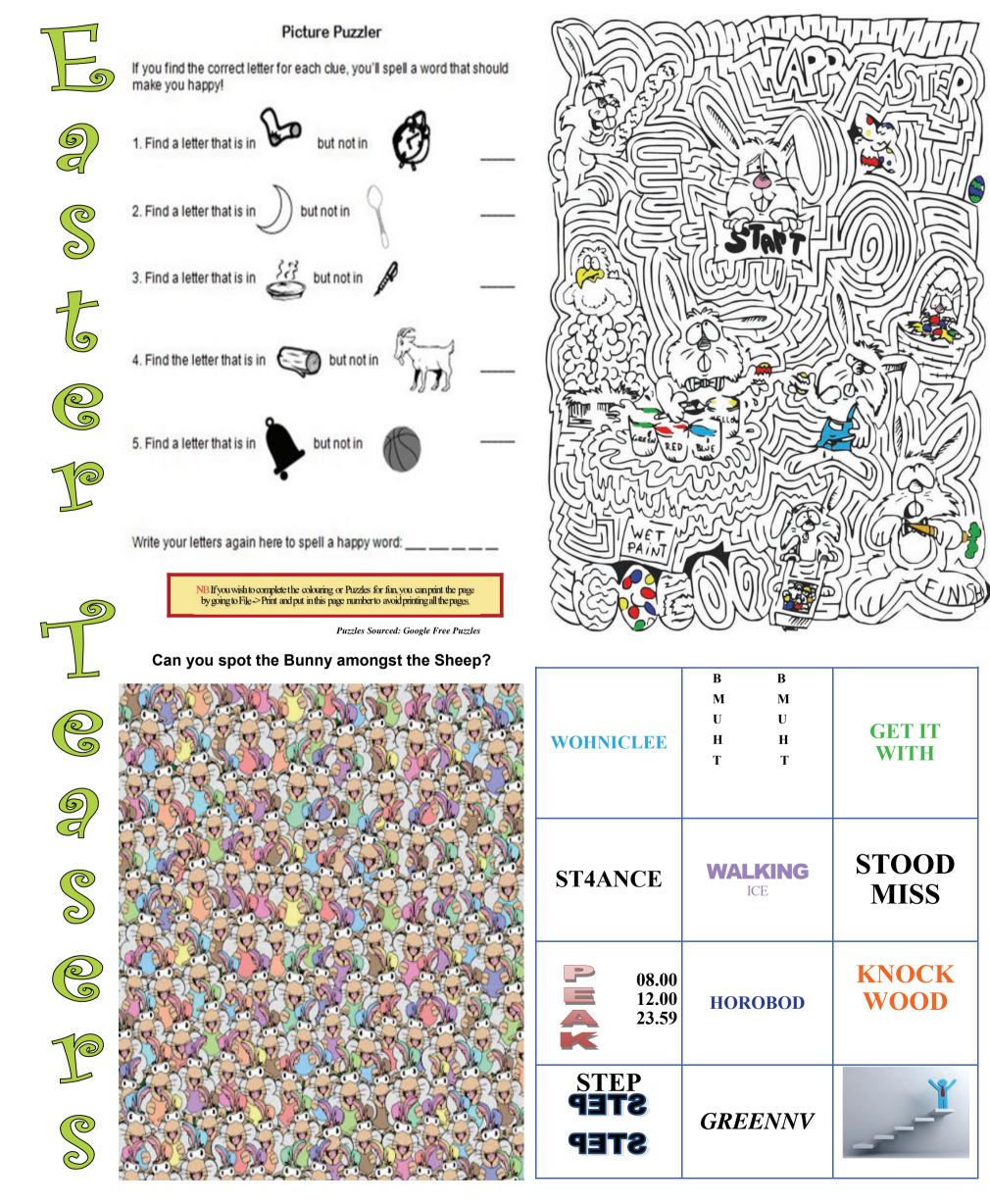
Monday – Friday: 9:00am – 5:00pm Saturday: 10:00am – 4:00pm Sunday – Bank Holidays: 12:00 noon – 4:00pm

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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.

Coconut chicken with cucumber salad

- Ingredients
- 1 egg white, lightly beaten
- 2 skinless chicken breasts 3 tbsp desiccated coconut
- 1 tsp sunflower oil
- ¹/₂ cucumber, thinly sliced on the diagonal 1 small red onion, thinly sliced
- 2 tsp caster sugar
- 2 tbsp white wine vinegar or rice vinegar salad

Method STEP 1

Heat oven to 200C/fan 180C/gas 6. Season the egg white. Dip the chicken in the egg, then in the coconut. Place on a lightly oiled baking sheet and bake for 20-25 mins, turning once until the chicken is cooked through.

Meanwhile, tip the cucumber slices into a colander, sprinkle with a little salt and leave for 5 mins to drain. Pat the cucumber slices dry with kitchen paper. In a bowl, mix the onion with the sugar and vinegar, then add the cucumber and serve with the chicken.

Rhubarb & custard cake

Ingredients $1\frac{1}{2}$ cups rhubarb (cut into 2cm chunks)

250g pack butter, softened, plus extra for greasing 150g ready-made custard 250g self-raising flour ¹/₂ tsp baking powder 4 large eggs 1 tsp vanilla extract 250g golden caster sugar icing sugar, for dusting



Method **STEP 1**

Make the roasted rhubarb first, carefully draining off the juices before you let it cool. Butter and line a 23cm loose-bottomed or springform cake tin. Heat oven to 180C/fan 160C/gas 4.

STEP 2

Reserve 3 tbsp of the custard in a bowl. Beat the rest of the custard together with the butter, flour, baking powder, eggs, vanilla and sugar until creamy and smooth. Spoon one-third of the mix into the tin, add some of the rhubarb, then dot with one-third more cake mix and spread it out as well as you can. Top with some more rhubarb, then spoon over the remaining cake mix, leaving it in rough mounds and dips rather than being too neat about it. Scatter the rest of the rhubarb over the batter, then dot the remaining custard over. Bake for 40 mins until risen and golden, then cover with foil and bake for 15-20 mins more. It's ready when a skewer inserted into the middle comes out clean. Cool in the tin, then dredge with icing sugar when cool.

Singapore sling

Ingredients 25ml dry gin 25ml cherry brandy 25ml Benedictine Handful of ice, to serve Few drops Angostura bitters 50ml pineapple juice 25ml lime juice Sparkling water to top up For the garnish 1 thin slice of fresh pineapple (optional) Cocktail cherry



Method STEP 1

Pour the gin, cherry brandy and Benedictine into a mixing glass or a jug. Add the ice and Angostura bitters. Stir well until the outside of the glass feels cold.

Pour the mix into a tall glass, then add the pineapple juice and lime juice and stir gently. Top up with sparkling water and garnish.



With the clocks gone forward, there is more day light in the morning to do some gardening. Here are some 'April Gardening Tips' to guide you on what needs doing in the garden! In case there wasn't an opportune time in March to mow your lawn, April might look to be a better bet. The lawn may be looking a little tatty after the worst of the weather has passed and may be littered with fallen twigs and the last of last year's leaves. On a dry day start by picking up the larger debris by hand and then run the mower over the lawn on a high setting. Edges of the lawn on pathways and



borders may also need a trim and you'll be amazed at how this improves the entire appearance of your garden. Use edging shears to cut any tufty edges around beds, borders, paths or patios. When mowing at this time of year the ground may be very soft and the grass can be very uneven and tufty. Therefore, adjust your mower to a high setting and just cut the top of the grass. Cutting too low can cause the grass to be ripped out of the ground leaving you with bare patches. Sometimes it just takes a few fallen leaves to accumulate on the lawn to smother the grass eventually killing it off, leaving a bare patch visible. Once you've managed to run the mower over the lawn and tidy up any debris it is the perfect time to tackle this problem. Use a rake to 'fluff-up' the surface of the bare patch to give a tilth in which to sow your seed. Then throw on a generous handful of good quality lawn seed and rake it into the soil. Finally, give your seed a canfull of water and cover with fleece or polythene to accelerate germination (and also to reduce the amount that will be eaten by birds).

Roses need plenty of feed to give maximum display through the summer and applying a good layer of mulch to your rose beds is a great way of giving them all the nutrients they'll need. You can either put a layer of mulch over the entire bed or just apply a smaller amount around the base of each rose. Once you have applied your mulch, give your roses a generous helping of water so they can start absorbing some of the nutrients straight away. As soon as the flowers on your daffodils start to look past their best, pull them off by hand. The energy



the plant saves by not having to 'die-back' and produce a seed head will be put to good use in the bulb, giving you a bigger display next year. Boost shrubs and perennials in containers by top dressing, gently scrape off the top 2-4cm of old compost, replace with fresh potting compost with and an added sprinkle of slow release fertiliser to enhance growth throughout the summer. Keep an eye on containers especially ones close to the house with spring bedding - they often dry out at this time of the year as the walls and roof overhang shelter the pots from the rain and although the plants may not actually die, they'll end up looking tatty and not flower as well.

Top dress with garden compost, spent mushroom compost or rotted farm yard manure to help improve the soil quality and structure while helping lock in moisture. Shrubs like mop-headed Hydrangea, Buddleia Davidii and Perovskia need to be pruned back to encourage the growth of new flowering stems. Check over variegated shrubs and remove stems that are no longer variegated, tidy and trim hedges. There is still time to prepare a plot to grow veg this year. Fork or rake over existing beds, breaking up large clods of earth. Cover new



seedlings with fleece if a frost is due. Start your daily slug patrols and lay beer traps. Don't let new season weeds take over - get on top of them with weekly hoeing. Indoors: lettuce, aubergine, peppers, cucumbers, celery, celeriac, sweet corn, basil, leeks, summer cabbage, cauliflower, Brussels sprouts, parsley, courgette, French beans. Sow outdoors or under cover: broad beans, red cabbage, carrots, cauliflower, spinach, kale, Brussels sprouts, onions, leeks, turnip, peas, radishes, early lettuce, asparagus. Plant your first early seed potatoes, as soon as weather conditions allow. House plants will react to longer days and brighter light at this time by putting out new growth. The end of this month is a good time to pinch them back to generate new growth and to thicken them. You can then begin fertilizing again with a dilute solution of soluble house plant food. Turn your houseplants a quarter turn each week to make sure all sides of the plant receive adequate light, and to keep the shape of the plant balanced. Mist or spray your houseplants to clean away the winters dust, prevent Spider Mites and add a little humidity.

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Spring is in the air with the longer and brighter daffodil-filled days. With Easter approaching, it's time to indulge in seasonal hot cross buns, Easter Eggs goodies and holiday movies.



Test your film knowledge with this Easter-themed movie quiz

1) In the classic Willy Wonka and the Chocolate Factory, which Willy Wonka's badly behaved guest gets turned into a giant blueberry?



2) Which actor is playing a young Willy Wonka in the anticipated origin film, Wonka?

3) Which Oscar winning American actress plays beloved author Beatrix Potter in the 2006 biopic <u>Miss Potter</u>?

4) In what Disney film does the inquisitive rabbit Thumper feature?

5) In 1948's classic musical <u>Easter Parade</u>, who stars opposite Fred Astaire as ambitious chorus girl Hannah?



6) Who wrote Jesus Christ Superstar the musical?

7) What is Paddington bear's favourite 18) Who plays the title role of Ben Hur in sandwich filling in the famous books and the 1959 film? film adaptations?

8) What is name of Charlie Bucket's beloved grandfather in the Johnny Depp version of Roald Dahl's Charlie and the **Chocolate Factory?**

9) Who played Charlton Heston's adversary in the Oscar-winning 1950s Roman epic, Ben Hur?



10) Which British actor played Jesus in Franco Zeffirelli's retelling of the classic religious story, <u>Jesus of Nazareth</u>?

11) Which English actor and comedian plays the title role in the 2018 film, Peter Rabbit?

12) The first <u>Paddington film</u> is set at Easter: True or False?

13) The spoof religious epic, The Life of Brian featured several members of a famous British comedy group formed in 1969. What was the name of this iconic group?



14) Who plays Willy Wonka in <u>Willy Wonka</u> and the Chocolate Factory 1971)?

15) Which famous American thespian and director narrated the biblical epic King of <u>Kings</u>, in 1961?

16) Who plays the role of the Pharaoh in Cecil B DeMille's The Ten Commandments?

17) Which famous actor directed and cowrote the religious epic, The Passion of the Christ?

19) In which classic Easter film does Charlton Heston play the role of John the Baptist?

20) In the 2004 movie, <u>The Passion of the</u> <u>Christ</u>, who plays Jesus?

21) In which Easter film did Max Von Sydow play the role of Jesus?

22) In which religious epic, would you see Judas being played by David Bowie?



23) Who was the second female in the musical film, Easter Parade?

24) In the film, <u>The Ten Commandments</u>, what is the first plague to hit Egypt?

25) In which Easter biblical film would you see John Wayne as a centurion?

26) Which famous American composer wrote the amazing music score for the film Easter Parade?

