



#### Local News - August 2023 - Issue No. 526 - 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.





National Heritage Week - 12th -20th August 2023 Events in Maynooth For a full list of events go to https://www.heritageweek.ie/event-listings

#### Tours of the Russell Library at Maynooth



To celebrate Heritage Week 2023, we are delighted to welcome visitors to the Russell Library for tours and to view our latest exhibition, 'Wonderful and Weird: exploring the Maynooth Library Treasures blog'.

This exhibition draws on our long running Maynooth Library Treasures blog, using the rich collections to highlight items from popular posts and

Tours of the Russell Library will take place at the following times:

staff favourites.

15 August, 11:30am - 12:15pm 15 August, 2:30pm - 3:15pm

17 August, 11:30am - 12:15pm

17 August, 2:30pm - 3:15pm Russell Library, Maynooth University Co. Kildare Please come and join us!

No booking required.

For more details, please contact (01) 7083890 or library.russell@mu.ie

Note that there is no wheelchair access at this site.

#### **Further Information**

Maynooth University - (01) 7083890 - library.russell@mu.ie

#### **Event Type**

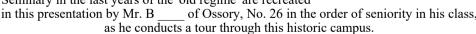
A guided or specialist tour - An exhibition or display - Suitable for families - Free Accessible by public transport - Car parking available

#### St. Patrick's College, Maynooth Tour - A Student of the Sixties

16 August, 11:30am - 12:30pm 16 August, 2:30pm - 3:30pm

Signboard at left of South Campus entrance gate St Patrick's College, Maynooth, Co. Kildare

The memories of an almost vanished student lifestyle and environment in the National University and National Seminary in the last years of the 'old regime' are recreated



Jointly organised by St Patrick's College Archives and Maynooth Colleges' Heritage Project Group

#### **Further Information**

St Patrick's College, Maynooth - 014747366 and 0862377996 - archives@spcm.ie

#### **Event Type**

A guided or specialist tour - Suitable for families - Free - Accessible by public transport - Car parking available - Fully wheelchair accessible - Vision impaired friendly

#### Heritage Talks and Tours at Maynooth Castle



12 - 20 August, 10am - 5:45pm Main St, Maynooth, Co. Kildare

For the duration of Heritage Week, Maynooth Castle will play host to talks on a wide range of topics, including medieval medicine, the lost art history of Maynooth Castle and the rebellion of Thomas FitzGerald (Silken Thomas) 10th Earl of Kildare. The Castle will be open daily from 10am until 5:45pm

#### **Further Information**

Maynooth Castle - 0469422270 - maynoothcastle@opw.ie

#### **Event Type**

A guided or specialist tour - Suitable for families - Free

#### Maynooth Heritage Trail, a guided walk around the medieval town of Maynooth



19 August, 11:30am - 1:30pm Duke's Harbour, Maynooth, on Royal Canal, opposite the train station

A guided tour of Maynooth, beginning at Duke's Harbour on the Royal Canal. The town is synonymous with the Fitzgerald family, its medieval quarter contains remnants of the castle. We will bring you on a gentle, leisurely stroll of the town, pointing out buildings and areas of interest, showing the evolution of the town from medieval times to the present day.

Guides are volunteers from Maynooth Tidy Towns group.

Duration of walk is about 1.5-2 hours.

The walk is on footpath/ street at all times so accessibility should not be an issue. Booking is essential as numbers will be limited, to enhance the experience for those attending. The Maynooth Heritage Trail has been created by Maynooth Tidy Towns, with support and funding from Kildare County Council.

To register your interest in the Maynooth Heritage Trail guided tour, please contact Maynooth Tidy Towns on Facebook, or email Maynooth Tidy Towns@outlook.ie.

#### **Further Information**

Maynooth Tidy Towns - 0872861771 - maynoothtidytowns@outlook.ie

#### **Event Type**

A guided or specialist tour - Suitable for families - Free - Accessible by public transport Car parking available - Fully wheelchair accessible

Published by: Maynooth Community Employment Project, Unit 10, Tesco's S.C. Carton Retail Park, Maynooth. Phone - 01-6285922 email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086



### aynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

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

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

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

The Editor, Maynooth Newsletter, Unit 10, Tesco S.C. Carton Retail Park, 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.

While every care has been taken to display accurate information, Maynooth Newsletter will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy or error within.

All information should be verified from an independent source.

**Editorial Board - Maynooth Newsletter** 

### **Editorial**

It being August we always mention "National Heritage Week" which runs from 12<sup>th</sup>-20<sup>th</sup> August with events taking place throughout Ireland. In Maynooth, we have a number of events taking place including heritage talks and tours of Maynooth Castle and tours of the very special Russell Library at Maynooth University. Maynooth Tidy Towns will also lead a walk of the town's heritage trail. Perhaps most intriguing is the tours on August 16<sup>th</sup> of St. Patrick's College jointly organised by St Patrick's College Archives and Maynooth Colleges' Heritage Project Group. The event recalls the memories of an almost vanished student lifestyle and environment in the National University and National Seminary in the last years of the 'old regime' are recreated in this presentation by Mr. B of Ossory, No. 26 in the order of seniority in his class, as he conducts a tour through this historic campus. For full details of events in Maynooth during heritage week visit https://www.heritageweek.ie/event-listings.

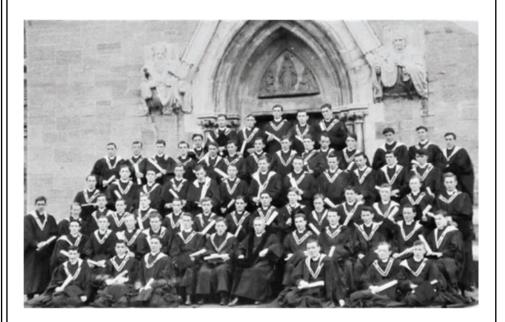


Image courtesy of National Heritage week website

While Maynooth traditionally was known for St. Patrick's seminary where priests were educated and dispersed throughout the world to promote the catholic faith and to work with communities, the reduction in vocations has meant that this work has reduced. On August 19<sup>th</sup> we mark the United Nations "World Humanitarian Day" and Maynooth continues to be associated with this important work. Trocaire the overseas development agency of the Irish Catholic Church was founded in 1973 and the headquarters is based in the grounds of St. Patrick's College in Maynooth.

The United Nations remind us of the saying that goes: It takes a village to raise a child. Similarly, it takes a village to support a person in a humanitarian crisis. With record-high humanitarian needs around the world, this year's World Humanitarian Day (WHD) builds on this metaphor of collective endeavour to grow global appreciation of humanitarian work. Trócaire responds to humanitarian crises in countries affected by natural disaster, pandemics and conflict. With long-term projects in fifteen countries in Africa, Central America, Middle East and Asia, Trocaire deserves our recognition and support for their work.

For more information see www.trocaire.org

Paul Croghan **Editor** 

> Copy date for the September edition will be 5pm on Monday 28th August 2023

#### **KNOW YOUR RIGHTS**

Citizens Information Centre, Dublin Road, Maynooth

Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

Information is also available online at <a href="https://www.citizensinformation.ie">www.citizensinformation.ie</a> and from the

Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



#### Post Leaving Certificate (PLC) courses

#### What is a PLC course?

Post Leaving Certificate (PLC) courses are full-time courses for people who have finished post-primary school (second-level education) and adults returning to education. PLC courses usually last one to 2 years.

If you have finished secondary school and want to get further education and training or skills for work, a Post Leaving Certificate (PLC) course may be the course for you.

PLC courses take place in your local Education and Training Board (ETB) schools, colleges and education centres. The course may also provide work-based experience.

#### Courses leading to a degree

PLC courses develop your technical and practical skills for an industry-recognised qualification. They can also offer you a way in to higher education and can give you the opportunity to try out a subject of interest to you. You can discuss your options with the PLC course provider. From 7 July 2023, you can apply for courses that will guarantee you entry to a third level degree programme.

#### Leaving school

The Citizens Information Board booklet, Information for school leavers, covers many of the practical questions about education and employment that you may have when you leave school.

#### PLC courses

PLC courses last one to 2 years and lead to an award on the National Framework of Qualifications at NFQ Level 5 or NFQ level 6 – see below. Most PLC courses are delivered by Education and Training Boards (ETBs). You can find a complete list of all the PLC courses available on Qualifax - the national learners' database. You can search for a course on Qualifax. PLC courses cover a wide range of areas including:

- Business
- Electronics engineering
- Computing
- Catering
- Sport and leisure
- Theatre and stage
- Art craft and design
- Equestrian studies
- Multi-media studies and journalism
- Tourism
- Childcare and community care
- Hairdressing and beauty care
- Horticulture

See all the courses available on Qualifax. https://www.qualifax.ie/

#### National Framework of Qualifications (NFQ)

The qualification you get at the end of your training will depend on the type of course you have chosen. Many of the one-year PLC courses offer Quality and Qualifications Ireland (QQI) accreditation at level 5 on the National Framework of Qualifications, while other more advanced courses may offer QQI level 6, which can lead to further studies at third level. Other qualifications such as City and Guilds are also available. It is important to check out the qualification attached to a particular course before you decide to enrol.

The National Framework of Qualifications is made up of different levels. It shows learners their progression through the education system.

#### Who can apply for a PLC course?

In general, you should have finished your secondary education and

completed your Leaving Certificate to be eligible for a PLC course. However, you may be able to apply for a PLC course if you have not completed your Leaving Certificate. If you have work experience relevant to the course or think you can show an ability in that area, you should contact the college where the course will take place. Explain your circumstances and ask to meet the co-ordinator of the course.

#### **PLC course fees**

Since September 2022, you do not have to pay a participant contribution fee for a PLC course.

Colleges offering PLC courses usually have an additional 'course charge' to cover such expenses as books, uniforms, student services, professional registration fees and exam fees. The amount varies from college to college. Everyone has to pay the 'course charge'.

You may qualify for a student grant or a Back to Education Allowance, depending on your circumstances. Find out more about who qualifies for a student grant and how to apply.

#### How to apply for a PLC course

Use the national learners' database qualifax.ie to find the course in which you are most interested. Apply directly to the school or college offering that course. Many PLC courses take place in your local Education and Training Board (ETB).

You may be called for an interview before a final selection is made because the courses are work-related. These interviews are often quite informal and offer you the opportunity to discuss your particular interest in the course.



### Mindfulness Based Stress Reduction Course

#### Maynooth (University Campus) Starting 18 September 2023

8 Mondays (face-to-face) 7 p.m. – 9.30 p.m.

Mindfulness practice can have a positive effect on:

- Developing self-awareness
- Managing stress and anxiety
- Reducing anger
- Enhancing relationships
- Increasing vitality

Contribution: A suggested donation of €130.

For details please contact Adrian on: mindfulmondays@outlook.com or 0876891131

### **MAYNOOTH DRESSES**

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



**Buy the Debs Dress of your Dreams with Maynooth Dresses** 

Dress Sizes 0 to Size 28 in stock

Now Clearing our 2023 Communion Dresses at Sale Prices from €49!



**School Register Kept to Avoid Dress Duplication** 

**Support Local** 

See www.maynoothdresses.ie for all our info

Call us 01 6293585 or drop into our Debs Dress Showroom.





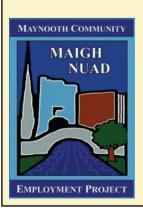




# MAYNOOTH COMMUNITY EMPLOYMENT PROJECT SECRETARIAL SERVICES

Unit 10, Tesco S.C. Carton Retail Park (Beside Coyne's Butchers)

Photocopying - Typing - Scanning to & Print from Email A3/A4 Poster Design & Printing - CVs - Theses Letters - Essays - A3/A4 Lamination Other Office Services available on request



Tel: 01 6285922 Email: office@maynoothcep.com

Opening Hours
Mon-Fri - 9.00 am - 4.30 pm
(Closed for Lunch 1pm to 2pm)





### Celbridge

Further Education & Training Centre

Enrolling now for courses starting in August in Celbridge Further Education Centre

✓ No formal qualifications needed✓ Full and part-time courses✓ Your path to:

- Return to the workplace
- Upskill
- Progress to college

Computer Skills Microsoft Office University
Access
courses

Healthcare

Unit A11, M4 Business Park, Maynooth Road, Celbridge, Co. Kildare W23 YK2V



C4 Dublin <-> Maynooth

L59 Leixlip <-> Celbridge

Bookkeeping, Accounting, Payroll English as a Second Language Digital Marketing

NTACT U



celbridgefetc



celbridgefetc



celbridgefetc



celbridgefetc.ie



celbridgefetc@kwetb.ie



087-397 7750





Rialtas na hÉireann Government of Ireland





An Roinn Oideachais agus Scileanna Department of Education and Skills





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

### The Stone of Scone by Cheryl Devaney

The Stone of Scone, also called The Stone of Destiny, in Scottish Gaelic Lia Fáil, is an oblong block of red sandstone, 66 by 26.7 centimetres. It weighs around 152 kilograms and has a rough cross, which is carved on one surface and an iron ring at each end to help with transport.

Many legends surround the Stone. It is alleged that the Milesians brought the Lia Fáil from Spain to Ireland. Once there it was placed at the Inauguration Mound on the Hill of Tara, County Meath and was credited with the power to rejuvenate Kings and prolong their reigns. One legend states that it was used at the Coronation of Conn of the Hundred Battles in 125AD.

Another tradition states that when Fergus Mac Erc of the Scottish Dál Riada, a Gaelic kingdom that encompassed the western seaboard of Scotland and north-eastern Ireland, was being crowned King of Alba he requested that his brother, Murtagh Mac Erc (High King of Ireland 512 – 533AD) should send the Lia Fáil to Alba for the ceremony. He did so but Fergus refused to return the Stone.

Another tradition holds that it was Jacob's Pillow mentioned in the Book of Genesis. Jacob was fleeing from his twin brother, Esau, whom he had tricked out of receiving their father Isaac's blessing of the first-born. The Israelite patriarch used the Stone when he had a vision in his sleep of a ladder, set up on earth, which reached heaven. Angels were ascending and descending the ladder and Jacob consecrated the Stone to God. Years later the Stone was taken out of Egypt by Scota, daughter of an Egyptian pharaoh and her son, Goidel, and brought to Scotland.

St. Colmcille of Iona used the Stone during the coronation of Aidan of Argyll in 574. The Stone was kept at the Dál Riada capital, now Dunstaffnage, Argyll, until the Dál Riadans united with the Tuatha Cruithne to form the kingdom of Alba.

In 848 AD, the High King of Alba, Kenneth Mac Alpin, took it to Sgàin (Scone), near Perth, which became Scotland's capital and coronation site. Scone was replaced by Edinburgh, which became the capital city in 1437. During Edward I's invasion of Scotland in 1296, the Stone of Scone was seized and brought to Westminster Abbey. Edward commissioned a high-backed, Gothic-style chair made from oak, to hold the Stone. Originally covered in gilding and coloured glass, much of which has been lost, it was definitely used at the coronation of Henry IV in 1399. Monarchs used to sit on the Stone of Scone, which was placed on top of the chair until a wooden platform was added in the 17<sup>th</sup> century to cover the Stone.

On June 11<sup>th</sup> 1914, as part of the Suffragette bombing campaign, an incendiary device loaded with nuts and bolts was planted next to the Stone of Scone in the Coronation Chair. A corner of the Chair was blown off and the Stone was broken in half. The latter damage was not discovered until Christmas morning 1950 when Scottish nationalist students stole the Stone of Scone. The larger piece was buried in a Kentish field and the smaller section was bought north later on Once both sections were in Scotland, it was passed to a senior Glasgow politician who arranged for it to be professionally repaired. In April of the following year, it was restored to Westminster Abbey after being left, wrapped in a Scottish flag, in Arbroath Abbey, site of the Scottish Declaration of Independence in 1320. No charges were laid on the students. Another legend states that if the Stone of Scone were taken from Westminster Abbey, it would mark the end of the English monarchy. Nevertheless, in 1996 the British Government returned the Stone to Scotland. When not needed for coronations, such as that of Charles III this year, it is kept in Edinburgh Castle with the Scottish crown jewels. However in December 2020, the Scottish Government announced that by 2024 the Stone would be relocated to Perth City Hall, which is a few kilometres from its original home in Scone Abbey.

#### That ONE thing necessary!

Martha was distracted by her many tasks; so she came to him (Jesus) and asked, "Lord do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

Where is Martha today? Who is she? And who is Mary? Martha is fully occupied maybe and perhaps still stressed out with her class of reluctant twelve year olds. She may have to shop after school for her own children, collect them from the crèche and then cook for them and her husband. And Mary? She serves too. But she's probably not stressed as her sister is. In Jesus she knows she has all the teaching she will ever need in this world. The one who makes sense of all things, the one without whom nothing is real, nothing is holy, nothing rhymes. So who are Martha and Mary. Martha and Mary are one. There is or should be a Martha and Mary in every Christian. Sure the children have to be minded. The food has to be cooked. The fields have to be ploughed and the crops harvested. But they are God's children. It is God's food that is eaten and the crops are ready for harvesting because they come directly from his hands. God didn't create the world in the past tense. He creates it now, in every minute of every day. God is the greatest example of "living in the now". He is now! We can best contribute in our role as co-creators by living now. By being aware.

All is unity. All is one. The throngs of "good" people in Matthew's general judgement scenario are those for whom this truth was the stuff of their everyday lives. There is no multiplicity. That man or woman is not the other. He or she is me. And who am I? I am a being not just "trailing clouds of glory" but one who is living on a permanent loan. My very being is on loan from its source - the everlasting, ever-living creator. One who every moment of my life is deeply in debt. I live on borrowed time, with borrowed strength, with faculties freely given to enable me in my work as a co-creator.

Mary was far from doing nothing! She gave Jesus the perfect welcome recognizing him for who he was and giving him all her attention. Jesus at that time was in a sea of desolation and isolation with the "coming of the rumbling storm audible to him alone". Here was a woman who perhaps sensed his secret turmoil and was ready to watch with him in that critical hour. It wasn't the first time Jesus had bread to eat that those closest to him had no knowledge of. Remember the Samaritan woman at the well of Jacob? Earthly food was a passing necessity. Nothing more. Martha too would learn that eventually when her intellectual faith would become a spiritual reality. Mary was already there!

#### An Unforgettable New Yorker

Reading Manchán Magan's account of the Irish famine in *Listen to the Land Speak* brought back memories of a Jewish colleague when I was working as an electrical draughtsman in Manhattan in late Fifties. Milton, our timekeeper, had a ready wit that often involved anecdotes. One of these was his account of a fellow arriving in Ellis Island and being asked by the immigration official where he was from, to which he replied, 'I'm from Hunger.' Now whether the fellow meant to say 'Hungary' was never clear to me. I suspected he might possibly be an Irishman, but didn't want to display curiosity and, anyway, we weren't the only former immigrants fleeing famine.

Milton told me that he and his wife had adopted an Irish catholic boy, of whom they were very fond. Again, I never pressed him for details. But one thing that does come back to me is the lampoon, I wrote about him for the amusement of a colleague. Fortunately, Milton never saw it. In this piece of verse I liken him to a bat:

He is a bat and he flitters far
With a homburg hat and a big cigar.
He gives out cheques with a glassy stare
Through horn rimmed specs and he's debonair.
Sports a neat bow tie and a shirt of blue,
Daring and spry for a batman too;
You can hear him twitter as he goes by
With a, 'Hey there, Rub', in the evening sky –

(Now at this point I must elucidate. Rub is an abbreviation for Rubber Nose, Milton's nickname for a colleague – Incidentally, mine was Needle Nose!)

Though he sometimes frowns and pulls his hair – Which is quite a feat as there is none there – Bemoaning the ploy that brought him ruin: 'I taught a boy too much too soon; He grew inflated while he called me 'Chief', A monster created unto my grief.'

(This calls for another explanation: The 'boy' referred to was an overweight, bright, young man, who, Milton probably feared, would eventually replace him.)

Still, joy's in vogue with the batmen throng, So the merry rogue isn't downcast long...

I think I've quoted enough of that dubious verse to give the reader a fair idea of the kind of person Milton was. It's an indication of his essentially benevolent personality that, to the best of my knowledge, nobody ever took offense at his sallies.

Shalom, Milton. I'll always be glad I met you.

Colin Scott

#### 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.



# > we're going places <

We Are Currently Recruiting Drivers



Call Us 01 6289999





- Supply and Installation of Blinds
- Roller Vertical Venetian Roman Velux
- Home Consultations
- Professional Service with Competitive Prices
- Over 14 years experience in Window Blinds

Mobile: 085 7338847

Phone: 01 - 6210100

Email:gerardmaloneblinds@gmail.com www.gerardmaloneblinds.com Follow me on facebook

### **MULLIGAN'S GARDEN SHEDS** KILCOCK

ALL TYPES OF TOP QUALITY PRESSURE TREATED TIMBER GARDEN **SHEDS** 

**GARDEN SHEDS REPAIRED & ROOFS** REFELTED

> ALL TYPES OF HEAVY DUTY TIMBER FENCING, DECKING, & SIDE GATES SUPPLIED & FITTED

KENNELS, POULTRY HOUSES, BIRD TABLES & GARDEN BENCHES

#### **Opening Hours**

Mon - Fri 8:30 - 18:00 **Saturday 8:30 - 17:00** 

> 01-6287397 085-2846781



### **MAYNOOTH NEWSLETTER**

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

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

> **ADVERTISE YOUR** BUSINESS HERE

#### 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

# THE KILDARE SCHOOL OF ACUPUNCTURE

**NOW ENROLLING** 

# A DIPLOMA IN THE PRACTICE OF ACUPUNCTURE



Would you like to be an Acupuncturist? Are you interested in Chinese Medicine? If so, The Kildare School of Acupuncture is now enrolling

START DATE: 2nd of September 2023

VENUE: The Treatment Room, Maynooth, Co. Kildare

FOR MORE INFORMATION: www.treatmentroom.ie/ksa.html

FEES: €2,500, per academic year. Payment plan available

TO BOOK: Call 086 879 0534 or email: chris@treatmentroom.ie





Apologies for the absence of Band notes in the July Newsletter as we missed the deadline for a number of reasons but normal service has now been resumed. July saw the Band play at two OPW locations, Farmleigh House in the Phoenix Park on Sunday 16th and Castletown House in Celbridge on Sunday 30th. The photo below was taken at Farmleigh and shows our two tuba players, our Secretary Joe Garvin with the very heavy silver instrument while Peter Brazil has the "different" instrument also called a Sousaphone which is much lighter and more suitable for marching.

Due to holidays August is usually a quiet month for the Band but we have two events in Maynooth in September details of which will be included in next month's Newsletter notes.









(01) 628 7434

e-mail: info@liamduffautos.ie web: liamduffautos.ie

#### VEHICLE RECOVERY

Vehicle Recovery

087 257 9400

087 929 1719

24 Hour

#### CRASH REPAIR

TYRE SERVICES

Crash Repairs
CSS Approved

Tyre Fitting Service Laser Wheel Alignment Puncture Repairs

Complimentary Ozone Sanitisation before & after repair.

Liam Duff Crash Repais, Gragadder, Kilcock, Co. Kildare





### Mary Cowhey & Company Solicitors

Suite 2/3 Manor Mills Maynooth County Kildare

Motor & Work-Related Accidents House Purchase/Sale Wills, Probate

Administration of Estates Family Law, Divorce, Separation

Telephone: 6285711 Fax: 6285613

E-mail: info@marycowhey.com www.marycowhey.com



#### Kennels, Grooming And Day Care

**Animal Physio & Hydro Therapy** 

Cooldrinagh Lane Weston, Leixlip, Co. Kildare

Tel: 087 8046168
Email: topdogsgroom@yahoo.com
www.topdogsgroom.com

### Money Saving Tips on Returning to School

Going back to school can be very expensive so here is a few tips on making costs cheaper.

- 1. Do an audit of all the school supplies that you already have so that you won't be spending money that you don't need to spend.
- 2. Make a list of all the school items that you need for each child and make a weekly back to school budget plan. Most importantly stick to the list.
- 3. Try to break the costs up by buying some school items every week, whether it is copy book, pencils, pens, etc. rather than trying to buy all the school items at the same time.
- 4. Use your contacts and see if anyone is selling school books on the list or see if the school itself is doing a second-hand book scheme or even a book rental scheme. If you have to buy new school books then break the list up by buying one or two a week.
- 5. Uniforms can be a big expense so check if local charity shops have uniforms or if they do a uniform day. This can save a fortune. Don't forget to size up as this allows room for growth.
- 6. Check around and on-line for deals on generic items such as shirts, trousers and skirts. Buy these early as supplies may run short as school time gets nearer. You might get advance warnings of sales, reduced prices and offers if you sign up for their newsletter. Don't forget to use your store points to get more reductions.
- 7. Put clothing labels on uniform with their name and your number as there is nothing worse than spending a fortune on it only for a jumper or jacket to be lost a after a few weeks.
- Check to see if you qualify for the Back to School Clothing and Foot wear Allowance Scheme.
   Go to https://www.citizensinformation.ie for all the details you need.

- 9. You can get all if not most of your stationery needs in any local discount store. Check if you can get them in bulk as this can be even cheaper.
- 10. Shop around for school bags in supermarkets, sport shops, luggage shops and on-line. Shop locally as much as you can.
- 11. Re-use stationery items such as folders, files and pockets.
- 12. Consider having a coin jar so you can throw change into. This money can go towards school trips or other unexpected expenses.
- 13. Whenever you see school bargains throughout the year stock up on them thus saving money down the line. Put them into wherever you have your spare supplies.
- 14. Research if your child may need a laptop/ tablet during the year. Large sales happen during the year such as Black Friday/Amazon Prime Day and keep an eye on local shops for deals.
- 15. Consider buying a refurbished product these are previously owned which have been professionally reconditioned (like new) and they come with a warranty.



Sourced: www.netmums.com & www.irishlifehealth.ie



Talk about school, ask about how they are feeling and what they are looking forward to and if they have any worries. Let them know what to expect focusing on the things they like doing.

It is natural to be nervous yourself but you must not show your child as they can pick up on this. Be excited and happy when talking about school.

Encourage them to be more independent, like doing more things for themselves, whether it is tidying up after themselves or washing their own hands. Tell them that they will be able to show the other kids how to do that when they start school.

Let them try on their uniform and pick out their new school shoes, school bag, pencils, pencil case, lunch box etc. - this will make them feel more excited.

Get them to help you put name labels on all school related items such as uniforms, and their lunch box. This encourages them to be able to recognise their own name and also to be able to find their own school items.

If they have friends starting in the same school, why not have play date where they can show each other all their new school items thus creating more excitement about starting school.

Practice with your child opening and closing lunch boxes, zippers and buttons before they start. Also taking on and off their coat. This will give them confidence in being able to do things for themselves.

Encourage your child to share things such as toys and to play with other children. Also get workbooks for them to get familiar with - explaining that these are what you might be getting in school.

Get them to starting reading and learning numbers on a daily basis. This will stand to them when they start school and make it easy for them.

Make learning fun by playing games such as guessing shapes and asking how many there is etc. Ask them to name something that begins with a letter of the alphabet.

Get a routine going like going to bed earlier and getting up earlier so that when school time comes around it will be easier to be organised. Keep telling them that you will be dropping them off and that you will be there to collect them too every day. This lets them know that they won't be left there.

In the week leading up to starting school, treat them and say that there will be a treat every Friday after school, the treat will depend on how good they were in school that week.

Have your child help pick out what they would like for their lunch and in getting everything organised the night before. This will help make the morning easier.

Arrange to meet one of their friends so that they can walk into the classroom together. Having a friend with them might make it easier for them.

Be positive and excited. Reassure them of how much fun they are going to have and how many more friends they are going to make. Try not to let your child see that you are upset if you are.

Tell them if need help with anything - not to be afraid to ask the teacher as the teacher is there to help them.

Sourced: www.sherbournehouse.co.uk.com & www.readingeggs.co.uk.com

# Online Office

# Here to help with

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



Phone









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



#### Yellow box Manor Court

Cllr Feeney called for the installation of a yellow box outside Manor Court Apartments. She said that entering and exiting Manor Court Estate is very difficult during peak traffic hours in the town due to cars lining up back to back heading towards the T-junction onto Main Street. She said that the installation of a small yellow box at this location would encourage drivers not to block cars turning right into the estate, and turning right leaving the estate.

The area engineer agreed to review the location as a yellow box had been in place before the redesign of the road layout. Cllr Feeney welcomed the positive response from the Council.

#### Bins need emptying in Straffan

Cllr Feeney called on the Council to include the public bins in Straffan Village and School as part of its weekly bin collection. She was disappointed with the response from the Council as she knows the very hard work being done by volunteers from the Tidy Towns Association in Straffan.

Cllr Feeney said they do fantastic work and that a weekly collection at these locations would greatly assist them in their work. It was agreed to refer the issue to the Environment Strategic Policy Committee to draft a policy on this important issue not just for Straffan but for many of our towns and villages. The funding aspect will be examined in the upcoming budget and LPT discussions.

The status of the Masterplan for Carton Avenue Maynooth Cllr Feeney asked the Council about the status of the Masterplan for

Carton Avenue. She said that the Avenue is such a special historic public amenity that we all treasure. She welcomed the report from the Council, which said that a tender for consultants is planned, to prepare a conservation plan for Carton Avenue this year. This will then be used to inform the preparation of a masterplan for Carton Avenue.

#### Taking in Charge of Moyglare Hall

Cllr Feeney asked the Council to provide an update on the taking in charge of the Moyglare Hall Estate in Maynooth. Cllr Feeney said that the estate was completed in 2021 and that the Residents Association is very proactive and had assumed that an application for Taking in Charge has been submitted by the developer.

The Council in its reply said that there is no request on file from either the developer or the majority of the homeowners to have the Moyglare Hall estate taken in charge. No significant infrastructural works remain in the Moyglare Hall estate and Development Control continues to work with the Developer to progress the delivery of the required taking in charge documentation including CCTV surveys, as-constructed drawings, taking in charge maps and vesting maps. Cllr. Feeney will continue to engage with the residents to progress this matter.

#### Cllr Feeney elected as Leas-Cathaoirleach of MD

The Municipal District Council AGM took place just before the July meeting to elect a new Cathaoirleach of the MD. Cllr Tim Durkan was elected as Cathaoirleach and Cllr Feeney was honoured to be elected by the members as Leas-Cathaoirleach. Angela said she will continue to work for the community she represents and is looking forward to the year ahead as Deputy Mayor for the Municipal Districts.

#### Maynooth Cycling Campaign

#### **Maynooth Cycling Without Age**

Maynooth Cycling Campaign is delighted to announce that we are now offering FREE trishaw cycle tours of Maynooth on Saturdays, Sundays and Bank Holiday Mondays to people who are unable to cycle on their own. Details of how to book are on our website at <a href="https://maynoothcyclingcampaign.com/cycling-without-age/">https://maynoothcyclingcampaign.com/cycling-without-age/</a>.



#### Will the Government Continue to Fiddle While the Earth Burns?

The first COP meeting took place in 1995 but in the nearly 30 years since, carbon emissions have continued to rise. It is estimated that fossil fuels to the value of \$100 trillion are still in the ground. Most of this will have to stay there if the world is to avoid a rise of more than 1.5oC in global temperatures. In the 1970s, the health implications of smoking were well known to the tobacco industry but through lobbying, advertisements and funding research to cast doubt on research which questioned what they were doing, business went on as usual. The fossil fuel industry has admitted to the US government that they knew about global warming since the 1970s, but continues to follow the same playbook.

While July has been a very wet month in Ireland, southern Europe including Spain, Italy and Greece has seen record high temperatures and out of control forest fires. The US and Canada has also seen widespread fires with smoke drifting across the border from Canada and affecting as far south as New York. Meanwhile, southern states such as Texas are also facing record high temperatures.

Ireland is out of line with other European countries in its efforts to decarbonise and the Climate Advisory Council has concluded that Ireland will fail by a significant amount to achieve the reduction in emissions to which it is legally committed.

#### **Mill Street**

Kildare County Council has recently published Section 38 proposals on the reallocation of road space on Mill Street Maynooth. Due to constraints on road space, the proposals are of low quality for pedestrians and cyclists but Maynooth Cycling Campaign generally welcomes them as they are an improvement on existing conditions. We consider that they will only be an interim measure and will have to be improved at some time in the future.

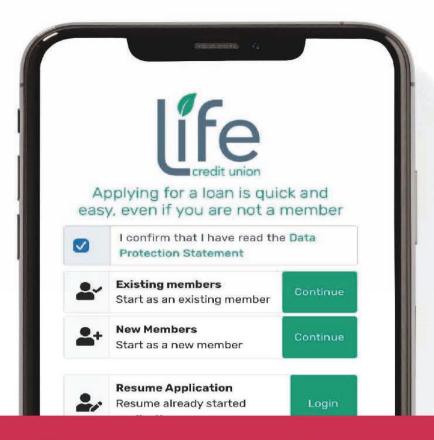
#### Road Fatality On the Dunboyne Road

On the 26th July, following a collision on the Dunboyne Road near Maynooth between a tractor and a car, the driver of the car died. As a group of vulnerable road users, we would like to pass on our condolences to the family of the deceased.

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.





### **NEW! Online Loan Portal**



### Direct to your bank account



NEW MEMBERS AND EXISTING MEMBERS WELCOME LOOKING TO FUND YOUR DREAMS?
JUST SCAN THE QR CODE TO GET STARTED TODAY!



OR CALL US ON 045 879 622 TO SPEAK TO ONE OF THE TEAM

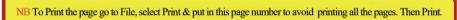
Rates vary depending on loan amount. APR stands for Annual Percentage Rate. Loans are subject to approval. Lending criteria, terms and conditions apply. Over 18s only.

Warning: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future

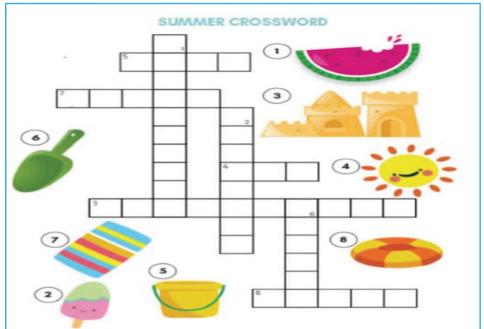


# Junior Puzzles

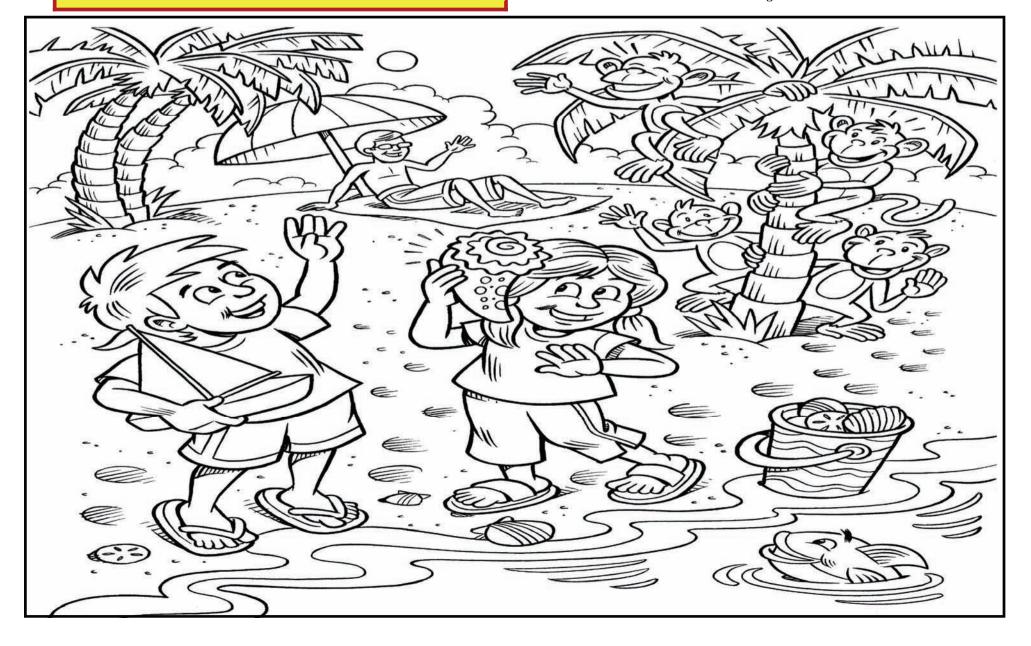








Sourced: Free Google Printable Puzzles



#### **Back to School Clothing and Footwear Allowance**

What is the Back to School Clothing and Footwear Allowance? Who can get the Back to School Clothing and Footwear Allowance? Rate of Back to School Clothing and Footwear Allowance How to apply for the Back to School Clothing and Footwear Allowance
Contact the Back to School Clothing and Footwear Allowance section

#### What is the Back to School Clothing and Footwear Allowance?

The Back to School Clothing and Footwear Allowance (BSCFA) is a payment that can help with the cost of uniforms and footwear for children going to school.

The BSCFA is paid automatically to many families. If you are paid automatically, you don't need to apply for the BSCFA.

You will be notified of your automatic payment by 8 June on MyWelfare. Your BSCFA will be paid the week starting 10 July 2023.

If you do not get an automatic payment, you can apply for the payment on MyWelfare. Applications are open until 30 September 2023.

#### Who can get the Back to School Clothing and Footwear Allowance?

You may get the Back to School Clothing and Footwear Allowance (BSCFA), if you have

You are getting a qualifying social welfare payment or participating in an approved employment, education or training support scheme. You can find a list of qualifying payments and schemes

Your household is within the BSCFA income limit. See 'Income limits' below. You and each child you are claiming the BSCFA for is resident in Ireland. If you are getting a social welfare payment, you must be getting an Increase for a Qualified Child (IQC) with your payment. There are some exceptions to this, for

You are getting a qualifying social welfare payment, but you are not getting an increase for your child because the rules of the payment do not provide for a child payment. Maternity Benefit and Adoptive Benefit are examples of this. You can still claim BSCFA if you meet the other BSCFA rules.

You are getting a qualifying social welfare payment, but you are not getting an increase for your child because your spouse or partner's income is over the specified limit for your payment. You can still claim BSCFA if your overall household income is within the BSCFA income limits. See 'Income limits' below.

#### What children qualify?

To get the Back to School Clothing and Footwear Allowance, your child must be: Aged between 4-17 on 30 September in the year you are applying for BSCFA Aged between 18-22 and returning to full-time second-level education in a recognised school or college in the autumn of the year you are applying for BSCFA You cannot claim BSCFA for a child who is not resident in Ireland. Foster children do not qualify for the BSCFA because the financial support foster parents get from Tusla (Foster Care Allowance) includes help with the cost of clothing and footwear for the child.

Your total household income must be less than the amounts set out in the 'Weekly income limits' table below. All your dependent children are counted when the income limit is applied (including children who do not qualify for BSCFA because they are aged under

Your total household income includes your main social welfare or Health Service Executive payment and any other income you may have. This includes wages (before tax, but it excludes PRSI and a standard travel allowance of up to €20 per week), maintenance, savings and investments.

Savings and investments (including property, but not your home) are assessed as follows:

How savings and investments are assessed						
Capital	Weekly means assessed					
First €5,000	not taken into account					
Next €10,000	€1 per €1,000					
Next €25,000	€2 per €1,000					
Balance	€4 per €1,000					

Any income you get from the following is not counted: Child Benefit

Rent Supplement or another SWA income supplement Working Family Payment Guardian's payments

Blind Welfare Allowance

Rehabilitation Training Allowance
Rehabilitative employment (up to €165 per week)

Domiciliary Care Allowance

Mobility Allowance

The Housing Assistance Payment (HAP)

Any income you get from the following is not counted:

Child Benefit

Rent Supplement or another SWA income supplement

Working Family Payment

Guardian's payments

Blind Welfare Allowance

Rehabilitation Training Allowance

Rehabilitative employment (up to €165 per week)

<u>Domiciliary Care Allowance</u>

Mobility Allowance

The Housing Assistance Payment (HAP)

Weekly income limits for 2023						
Number of children	Income limit					
1 child	€642					
2 children	€692					
3 children	€742					
4 children	€792*					

<sup>\*</sup>The income limit is increased by €50 for each additional dependent child.

#### Rate of Back to School Clothing and Footwear Allowance

In 2023, the BSCFA paid for each eligible child aged 4-11 on 30 September 2023 is €260. In 2023, the BSCFA paid for each eligible child aged 12-22 on 30 September is €385. Children aged between 18 and 22 years must be returning to full-time second-level education in a recognised school or college in the autumn of 2023.

#### How to apply for the Back to School Clothing and Footwear Allowance

The Back to School Clothing and Footwear Allowance (BSCFA) scheme opened in June 2023. The closing date for applications is 30 September 2023.

The BSCFA is paid automatically to many families. If you are paid automatically, you don't need to apply for the BSCFA. The DSP will let you know if you are paid automatically using your MyWelfare account, or by post, before 8 June 2023. If you are not paid automatically, you can apply for the Back to School Clothing and Footwear Allowance online at MyWelfare.ie.

If you have applied for a social welfare payment and are waiting for a decision on your application or have appealed a decision not to award you a social welfare payment, you should apply for the BSCFA before the scheme closes. Your BSCFA will be decided when you get a decision on your application or appeal.

#### Appealing a Back to School Clothing and Footwear decision

You cannot appeal a decision on your BSCFA application to the Social Welfare Appeals

If you are unhappy with the decision on your BSCFA application, you should send a letter to the Back to School Clothing and Footwear Allowance Review Section at the address below setting out the reasons why you think the decision was not correct and asking that the application be reviewed.

You should request a review within 21 days of getting your decision.

#### Contact the Back to School Clothing and Footwear Allowance section **Department of Social Protection**

Back to School Clothing and Footwear Allowance Review Section

Social Welfare Services
Department of Social Protection

College Road

F91 T384

Tel: 071 919 3318 or 0818 111 113

Homepage: https://www.gov.ie/en/service/41eb8b-back-to-school-clothing-and-footwear-

Email: BSCFA@welfare.ie

Source:www.citizensinformation.ie/en/social-welfare/social-welfare-payments/familiesand-children

#### Places to visit in Kildare

While we still have the bright summer evenings why not take advantage of the long days and visit some of the beautiful places in Kildare. Take a boat trip along the Grand Canal, or kayak along the River Barrow. Horse ride through the county's pastures. Tee off on the best greens. Visit the many castles, halls and manor houses. Nature spot in Ireland's largest peatland, The Bog of Allen. Visit the county's woodlands and forests.

#### Kildare Farm Foods Open Farm & Shop

Recent winner of the Irish Times Best Shop for a Day Out and Farmers Journal National Farm Yard Awards. The Kildare Farm is a family run farm shop and open farm. There is no charge for visitors to the farm and they offer value and quality in the farm shop that keeps customers coming back time and time again. They recommend taking a few hours out to visit as they are confident they will change the way you and your family shop! Located on their own farm they offer visitors a family friendly open farm experience, where you will see a wide variety of farm animals in a natural and relaxed setting. Visitors will enjoy a quiet countryside atmosphere, and can make the very most of their visit by feeding the farm animals or enjoying a tasty treat in the Farm Café. Experience the best of Irish Rural life for free, only a few minutes outside Kildare town. Ride the Express Train around the farm or have a go at our Indian Creek Crazy Golf.

#### Kildare Village

Sitting an hour from Dublin, in the heart of racing country with the Irish National Stud only a 5-minute drive away, Kildare Village is home to 100 boutiques of world famous designer brands – all offering remarkable savings on the original retail price. Complement your visit to the Village with a host of exceptional guest services including Reserved Parking, Personal Shopping, a concierge and more. Discover designer shopping and enjoy delicious food and drink from an array of superb



restaurants and cafés, all in a beautiful open-air setting. If you're travelling by car, there's ample free parking too. Kildare Village is part of The Bicester Collection – a family of 11 luxury shopping destinations across Europe and China.

#### **Maynooth Castle**

Maynooth Castle is a mid to late 12th Century Norman castle with a history that is both intriguing and exciting. The stronghold of the Fitzgerald family, the castle has stood on this site in the centre of Maynooth for over 8 centuries. Today, Maynooth Castle holds a detailed exhibition on the history of the Fitzgerald family, one of the most important Anglo-Norman families in Ireland. PLEASE NOTE - Maynooth Castle is a seasonal site and is only opening during the summer months. Open daily 10.00am - 17.45pm (Including public Hoildays) Free admission and Free Guided Tours. last guided tour 16.30pm. (45-60mins approx.) For self guiding visitors- Within the undercroft of the castle, an exhibit detailing the history of the FitzGerald family. Upper level holds the remains of the Great Hall. Feel free to visit the castle grounds also. (35-40 mins approx.) Visitor Guides / Post cards available to purchase.

#### Pollardstown Fen

Pollardstown Fen is the largest remaining calcareous spring-fed fen in Ireland. The area of the fen is 220 hectares and a large portion of it is state owned. It is recognised as an internationally important fen ecosystem with unique and endangered plant communities. It contains a number of rare vegetation types and invertebrates Undisturbed fens are rare in Ireland.

#### **Curragh Aquifier**

A fen is an area of alkaline peatland that obtains its nutrients from calcium rich spring water. The springs are found mainly at the edge of the fen. Most fens develop further into raised bogs. Raised bogs contain acid peat and their only source of nutrients is rainfall. The fen was declared a National Nature Reserve in 1986.

Pollardstown Fen is maintained by groundwater from the Curragh Aquifier, a natural underground store of water. The Fen is one of the main places where the aquifier's water table meets ground level. A boardwalk route has been installed by the National Parks and Wildlife Service to allow visitors to experience the fen up close.

#### **Orchids**

Orchidaceae is a diverse and widespread family of flowering plants, with blooms that are often colourful and often fragrant, commonly known as the orchid family.

Look out for the Fly Orchid in the Fen Other vegetation in the Fen includes Western Bladderwort, Sphagnum Moss and Broad-leaved Bog Cotton

#### Fen Birds

The summer in Pollardstown Fen is a good time to visit and see lots of birds on the lake, with Sand Martins swooping low over the open water hunting for insects. The fens, reeds and grasslands are also home to Skylarks. It is sometimes easier to hear some bird speicies rather than see them, as they call and sing loudly, defending their territories. In winter these birds are joined by migrating wildfowl. Birds in the Fen include Mute Swans, Herons and Little Grebes. In winter these birds are joined by migrating wildfowl. You might also see Coots, which have predominantly black plumage, Moorhens / Marsh Hens, which are members of the Rail family.

You will also find Reed Buntings, Skylarks, Water Rails, Snipe, and Sedge Warblers and there are Pintail Ducks and Tufted Ducks Mammals, Amphibians, Invertebrates, Fish.

#### Location

Pollardstown Fen National Nature Reserve is located 3km west of Newbridge in Co.

Kildare. A bird hide located in the southern section of the nature reserve is open to the public.

#### Safety on the Fen

Watch where you are walking
Stop walking while watching birds
Children should be strictly supervised.
Enter the fen only by the main entrance
Stick to the walking track.
Do not pick plants and do not disturb

animals.
Source: www.kildare.ie/details.asp

Source: www.kildare.ie/details.asp Source: www.bing.com/search? q=places+to+visit+



#### Kildare Planning Applications for Maynooth Area Planning Applications received from 28/06/2023 to 26/07/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23805	Kildare County Council	Michael & Maeve Lee	Oldcarton, Maynooth, Co. Kildare	24/07/2023
23797	Kildare County Council	Eoghan & Niamh McCartan	Smithstown, Maynooth, Co. Kildare	19/07/2023
23796	Kildare County Council	Chloe Ann Tracey & Ross Fagan	Clonfert North, Maynooth, Co.Kildare	19/07/2023
23783	Kildare County Council	Michael & Maeve Lee	Oldcarton, Maynooth, Co.Kildare	17/07/2023
23784	Kildare County Council	Donal & Sarah Fleming	10 Limetree Hall, Maynooth, Co. Kildare	17/07/2023
2360041	Kildare County Council	Mark Gilvarry	26 Limetree Hall, Maynooth, Co Kildare, W23 HX90	17/07/2023
23756	Kildare County Council	Chloe Ann Tracey & Ross Fagan	Clonfert North, Maynooth, Co. Kildare	07/07/2023
23757	Kildare County Council	Mark Gilvarry	26 Limetree Hall, Maynooth, Co.Kildare	07/07/2023
23763	Kildare County Council	Board of Management of Stepping Stones Special School	Moyglare Road, Maynooth, Co.Kildare	07/07/2023
23727	Kildare County Council	Ronan Price	92 Kingsbry, Maynooth, Co. Kildare	29/06/2023

### Maynooth University records increase in CAO applicants for 2023/24

Maynooth University has seen an increase in CAO applications with more than 18,500 students seeking admission for the academic year 2023/24.

The CAO today released national application figures following the change of mind deadline on the 1 July. While Level 8 applications remain relatively static on a national basis, Maynooth University has recorded a 1% increase in the number of applicants.

Maynooth University Arts degree has again attracted the highest number of first preferences across the CAO demonstrating demand for Maynooth's flexible curriculum in which students can choose to progressively specialise while pursuing a broad range of studies.

Other courses that have seen increases in first preferences compared to 2022 figures include Early Childhood Education (up 40%); Pharmaceutical and Biomedical Chemistry (up 40%); Robotics and Intelligent Devices (up 35%); Business and Languages (34%); Music (19%) and Engineering (up 19%).

A new degree programme, Business and Sports Science, offered by the School of Business has attracted a significant number of applications, while International Economics is also proving popular, illustrating significant interest the range of degrees offered by Maynooth.

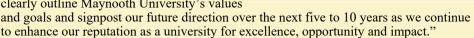
The CAO figures released today follows the publication of Times Higher Education (THE) Young University Rankings, in which Maynooth University rose 21 places to 85th globally and #1 in Ireland.

Commenting on today's CAO figures, Professor Eeva Leinonen, President of Maynooth University, said: "Today's application figures indicate that students are choosing Maynooth University as a preferred option across a diverse range of subjects. We look forward to welcoming new students for the academic year 2023-2024 and supporting them in their ongoing journey in education."

Prof Leinonen added: "Our goal is to ensure all our students are equipped with the critical skills and ability to adapt to today's rapidly changing employment demands and societal needs.

This combination of flexibility underpinned by a comprehensive academic experience ensures we continue to be a popular choice by students and their families.

"We look forward to the autumn launch of our Strategic Plan 2023-2028 which will clearly outline Maynooth University's values





### Maynooth University 85th in global Young University Rankings and #1 in Ireland

Maynooth University has climbed 21 places to 85th in the 2023 Times Higher Education (THE) Young University rankings. Maynooth University also retains its top position as #1 young university in Ireland.

The international Young University Rankings are based on a range of criteria including research income achieved; reputation for teaching and research; numbers of PhDs awarded; the number of quality scholarly papers and citations from staff, and numbers of international staff and students.

Commenting on the 2023 ranking, President of Maynooth University, Professor Eeva Leinonen said:

"We are delighted to see Maynooth University once again among the top young universities in the world, rising 21 places to 85th globally. This is a remarkable achievement, a testament to the hard work of all across our University and a valuable indicator of our commitment to constant innovation, the global reputation of our research and quality of our teaching.

"As one of the leading young universities in the world, Maynooth University is ambitious for the future, we are proud of our strong international connections, the value of our academic excellence and our vibrant and dynamic campus.

The rankings today reflect these achievements as we continue to strive to enhance our global reputation."

#### Lough Aisling – A Nature Sanctuary in North Offaly

When I was told about this place a few weeks ago, I didn't believe it would be as impressive as it is when I visited it recently. Its owners Joe and Geraldine, have turned a former bare, drained bog area, bereft of shelter for wildlife into a treasure of biodiversity, a refuge for native birds, insects, mammals, wildflowers, fruit trees and several species of fish in their lakes. These lakes were created initially by Joe, so that water could fill them, with coarse and fresh fish added. These provided fishermen with a relaxing, peaceful hobby when the owners started this massive project some twenty years ago. Now it has moved away from being a fishing amenity, to being a sanctuary and nature reserve with emphasis on peace and quiet, the perfect remedy for our mental and physical health and that of its inhabitants.



It now has five lakes, delivering a wonderful habitat for water loving insects and plants which in turn provide food for native fish, ducks, moorhen, swans, grebe and the smaller migratory birds, swifts, swallows and sand martins. A kingfisher is also seen occasionally, being difficult to view as it is shy and elusive. The fish are still there but more numerous, being a tasty meal for waders, egrets, heron and common sandpiper. Birds of prey include sparrow hawk and buzzard, whose diet consists of small mammals such as mice. An osprey was spotted in

the past, but is rarely seen now, no doubt due to habitat loss. The owner's vision is to continue developing their treasure, add more trees, native flowers and attracting the corncrake and other near-extinct mammals and amphibians.

Geraldine, having a profound knowledge of lake, woodland and bog flora and fauna, pointed out many pollinating wildflowers, bees, insect larvae, butterflies (tortoiseshell, orange tip, painted lady) and the knapweed, red clover and dandelion which feed them. A family of otters were seen early in Springtime enjoying the plentiful supply of fish in the lake. Now the swallows and swifts are in evidence swooping onto the lakes to gather flies and insects for their young. Along the esker, the debris deposited after the retreating ice during the ice age, provide home to sand martins who have tunneled into the soft sandy bank to breed and can be seen flying high and carefree



Ger took us on a two hour walk with resting places which had seating and usually a bog oak "sculpture" nearby. Each could be interpretated in various ways, maybe a deer's head, a yacht, a little black donkey. These were the trunks of oak trees unearthed when Joe excavated the bog to make the lake habitats. Bog oak roots fashioned into art pieces, highly prized for their aesthetic and sentimental value, are a pleasure to look at and would awaken a connection with the past, especially when one can touch something from thousands of years ago. It would make one wonder who, in former centuries, might have worked at cutting turf, coming across these great tree trunks, not knowing how ancient and valuable they were, and would become.





As we walked along the trails by the lakes, seeing and tasting wild raspberries and cherries, almost ripe plums, apples and berries, it was a feast for the senses. Listening to birdsong and hearing almost nothing at times, the sound of silence, in contrast to our devise laden world of 2023. Noticing the wildflowers, imagining the riot of colour in the woods and bogs in Autumn would make one return there for each season's bounty. One can imagine the natural taste of beautiful ripe plums and blackberries vying with juicy red apples from this orchard oasis in August.

Walking and talking with Geraldine along this experiential journey, recalling forgotten customs and crafts, butter making and its preservation in bog, thatching with reeds and basket making, I was reminded of the cutting and saving of turf the old way with "slean", turf fork and wheelbarrow, which we as children worked at every Summer for heat from the open fire in Winter. A slower pace of life, it wasn't as damaging as the wholesale destruction of the bogs and their habitats by huge machinery which occurred in the following decades.

This passionate pair, Joe and Ger, are aiming to reverse this trend of depleting habitats and hedgerows, too common now in Ireland, by helping nature recover, in this diversity- rich sanctuary of peace and tranquility. Their legacy is helping, not destroying what was available for generations and their vision must be to preserve all that is worthwhile for posterity. They need your help to achieve their vision, to support their immense and brave endeavour into the future. I commend them and encourage you to visit, experience and absorb the atmosphere of calm that is Lough Aisling Nature Reserve.



Submitted by: K. O'Connor, Maynooth





### **Gold Medal Winners**

2016 - 2017 - 2018

2019 - 2021 - 2022

June/July was a very busy month for our Volunteers. We collected our Gold Medal at a ceremony in Trim GAA Club. A wonderful evening was had by all volunteers in our region, Four of our volunteers attended.

Schneider Electrical staff joined us for a clean up on the 14th July, despite the rain they certainly made a difference and we hope to welcome them back again next

We would like to thank our local Council who removed our Maynooth sign from it's spot on the Leixlip Road to the corner of the R157 or the Blacklion Road which it is more commonly known locally.

Two of our Committee Mary Connolly and Mary Molloy received a cheque for €1,040.00 from The Tesco Community Fund 2023, this money will be spent locally on local projects. This is the largest amount of money we have ever received from the fund. Thanks to everyone who voted for us with your tokens.

Thanks also to local businesses and citizens who supported us financially. Evelyn McGrath gave us a voucher for €100 to be spent in a local cafe. The Elite Cafe for the complimentary cakes every Saturday morning, always tastes delicious in good company after a hard morning's graft. The Tidy Towns Judges have already visited our town but if we are in line for a major prize they will visit us again during the month of August.















Please follow us on Facebook for more up to date information about our services. We meet every Wednesday at 7pm, every Saturday at 9am. We also have a Sunday morning Rota of 4/5 people who meet up at 8am to have the town clean before most of us are out of bed.

Mary Molloy - Maynooth Tidy Towns PRO

### abundance Holistic Health

Maynooth Town Square (above Three Pin Electrical)

Phone: 0873662520

#### Reflexology

A gentle, deeply relaxing treatment applying targeted massage techniques to the feet, covered by many health insurers

1hr session: €65

### **Meditation & Chi Kung classes**

Commencing in September, weekly classes to relax and strengthen your mind and body

#### **Pelvic and Postural Health**

Treating pelvic tension/pain, prolapse, incontinence and more 1st assessment and treatment: 1 hr 15 mins €70 Subsequent sessions: 1hr €65

#### **Energy Healing**

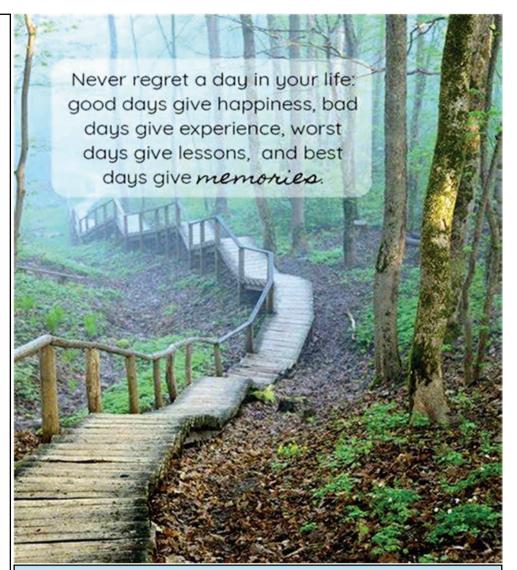
A deeply relaxing and versatile treatment 1hr session: €65











Thoughtful words for Life Source: www.bing.com/search?q=best+quote+images

### **Oliver Reilly**

Leinster Street, Maynooth, Co. Kildare Mobile 086 8105581 - 01 6289452 24 Hour Service



Undertakers and
Complete Funeral Furnishers
Wreaths, Headstones,
Mourning Coaches
Undertakers to
Maynooth Mortality Society
(Funeral Parlour Free to Society Members)

Main Office, Naas Tel: 045 868230 Paul Reilly Mobile: 086 8105581

Funeral Home
The Harbour
Leinster Street
Maynooth





01-629 0370
Unit 3, Fagan's Lane, Maynooth

Main Street, Kinnegad

info@gildeasopticians.ie

Gildea's Opticians

www.gildeasopticians.ie

#### FREE SIGHT TEST and SPECTACLES

(or allowance towards upgrades for spectacles or contact lenses) with Medical Card or PRSI



# 1

### **Hegartys Solicitors**

#### **Derroon House**

(beside Citizens Information Centre) **Dublin Road, Maynooth** 

Buying or Selling Property
Re-mortgaging
Wills - Family Law
Debt Collection

Tel: 01-6293246 Fax: 01-6293247

Also At: 29 Eaton Square Terenure Dublin 6

Email:info@hegartyssolicitors.ie

Website: www.hegartyssolicitors.ie

#### **August Events at Maynooth Community Library**

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



facebook.com/KildareCountvLibrarvService

twitter.com/kildarelibrary

#### Children's Events

Maynooth Library Summer Story Time, Friday 4th & Friday 25th of August

Ages: 1 - 5 years

A story and song session for ages 1 - 5. There'll be a few short stories, and some popular Action Songs to engage younger attendees. Places are limited and one free ticket is required per child. All children must be supervised during this session.

Friday 4th August, 10.00 - 10.30am: https://app.tickettailor.com/events/

Friday 25th August, 3.00 - 3.30pm: https://app.tickettailor.com/events/

maynoothlibrary/962869

Little Makers Morning

Friday 18<sup>th</sup> August, 10am – 11.00am

Age: 1 - 4 years

Let their imaginations run wild! Join us for a morning of making for 1 - 4-year-olds. Practice fine motor skills while having fun! Build amazing creations using construction toys such as Magna-Tiles, Duplo, Mega Bloks, Blockaroo, puzzles and more. While not all activities will be suitable for all ages – there will be something for everyone!

Suitable for ages 1-4 years. Children must be accompanied by an adult. Booking required, book your free ticket here:

https://buytickets.at/maynoothlibrary/962926

#### Heritage Week Magic Wand felted Pencil Workshop

Friday 18th August, 2pm – 3.30pm

**Age:** 7 – 12 years

In this fun felt session, children will learn the basics of wet felting, the world's oldest form of textile making. This is a fabulous introduction to a very sensory craft, suitable for beginners. There will be plenty of soapy bubbles and soft fibres. Roll up your sleeves and rub a dub dub! Children under the age of 8 attending this workshop must be accompanied by a parent/ guardian.

Limited spaces available, book your free ticket here:

https://buytickets.at/maynoothlibrary/961177

#### **Dungeons & Dragons Club for Children** Saturday 23<sup>rd</sup> September, 3 - 4pm

Age: 8- 11 years

Join Heather in Maynooth Library for fun adventures with the popular tabletop roleplaying game Dungeons & Dragons. No previous experience is required, complete beginners are welcome to join! We'll learn how to create characters, play the game, and create our own collaborative stories.

Meetings will take place fortnightly, with the first meeting on **Saturday 23<sup>rd</sup> of September from 3 - 4pm.** Suitable for ages 8 - 11 years.

Book your place on Ticket Tailor at: <a href="https://buytickets.at/maynoothlibrary/963003">https://buytickets.at/maynoothlibrary/963003</a>

### Climate Action Events Creative Use of Waste & Space workshop with The Rediscovery Center Friday 11<sup>th</sup> August ,11.30am - 1pm

Age: 7 - 12 years
Introduces the concept of waste reuse and includes a wide range of hands-on arts and crafts activities reusing waste materials such as fabric, scrap paper, food cans and tetra packs. Reading challenge element + small Space element e.g. will incorporate elements like making rockets, learning about constellations, and incorporate elements related to climate change. Children under the age of 8 attending this workshop must be accompanied by a parent/guardian.

Limited spaces available, book your free ticket here:

https://buytickets.at/maynoothlibrary/961361

#### Autumn/Winter Gardening and Biodiversity Workshop.

Suitable for all the family. Tuesday 15<sup>th</sup> August, 7 - 8pm

How to prepare your garden for the Autumn & Winter season including crops to grow, ideas to help biodiversity and how to restore the soil for the following year. Suitable for all the family. Children attending this workshop must be accompanied by a parent/guardian.

Booking required, book your free ticket here

Young Adult Events
Online Teen Writers Group
Tuesday 22<sup>nd</sup> August, 2pm – 3pm

Age: 12 – 14 years

Open to Kildare teens aged 12-14 this is a group for young writers to socialise, get some quiet writing time and share work from the comfort of their homes.

To join, email maynoothlib@kildarecoco.ie

Dungeons & Dragons Club for Teenagers Thursday 28<sup>th</sup> September, 4.30pm – 5.30pm

Age: 12 - 14 years

Join Heather in Maynooth Library for fun adventures with the popular tabletop roleplaying game Dungeons & Dragons. No previous experience is required, complete beginners are welcome to join! We'll learn how to create characters, play the game, and create our own collaborative stories.

Meetings will take place fortnightly, with the first meeting on Thursday 28th of September

**from 4.30-5.30pm.** Suitable for ages 12 – 14.

Book your place on Ticket Tailor at: <a href="https://buytickets.at/maynoothlibrary/963015">https://buytickets.at/maynoothlibrary/963015</a>

Natural dyeing Spindle Spinning Workshop, A new approach to an old craft.

Saturday 19<sup>th</sup> August, 11am – 2.30pm

Part 1: In this workshop participants will learn how plants, roots, lichens and trees were used

in the dyeing of fibre in ancient Ireland, plus introducing plants that can be used today from our own home. Each participant will be given the opportunity to dye fibre using mason jars. Part 2: An introduction to spinning and how the ancient people in Ireland prepared and spun their fibre. Each participant will then be given the opportunity to learn the art of spindle spinning. This workshop will run for approximately 3 hrs and open to adults with a maximum of 10 participants. This workshop is sponsored by Kildare County Council.

Book your free ticket here: https://buytickets.at/maynoothlibrary/961165

#### **Breast Feeding Support Group with Public Health Nurse** Tuesday 8<sup>th</sup> & Tuesday 22<sup>nd</sup> August, 9.30am - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breast-feeding 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\*\*

<u>Library Groups and Regular Groups</u> Ciorcal Comhrá / Irish Conversation Group

Tuesdays / Dé Máirt, 11.00 am - 12 i.n.

Venue: Leabharlann Phobail Mhágh Nuadh/ Maynooth Community Library

Ciorcal Comhrá / Irish conversation group. Fáilte roimh chách! All welcome!

#### Baby & Toddler Group

Thursday Mornings, 10 am – 11 am

Venue: 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!

#### Poetry Café

Tuesday 29<sup>th</sup> August, 6pm – 7pm

Want to meet for, chat about, and create poetry? Come along to the poetry café for adults in Maynooth Community Library on Tuesday the 29<sup>th</sup> of August, 6pm - 7pm. No booking required, just drop in!

#### **Book Clubs**

#### Try out the Teen Book Club in Maynooth Library

Friday 8<sup>th</sup> September, 4pm-5pm

Age: 12 - 15 years

Aged 12-15 and enjoy reading? Come along to our drop-in book-club taster session and bring one recommendation to share! There will be some book options to pick up in branch from the start of August.

For more information email maynoothlib@kildarecoco.ie

#### Midlands LGBT+ Book Club 21st of September, 6.30 - 7.30pm.

Maynooth Library will be launching a new monthly book club in September, in partnership with Midlands LGBT+ Project, focusing on books by LGBT+ authors or with LGBT+ themes. For September we will be reading Slant by Katherine O'Donnell - copies are available for collection at the desk. Meetings will take place on the third Thursday of each month, with the first meeting taking place on the 21st of September from 6.30 - 7.30pm. Please book your place on Ticket Tailor at: <a href="https://buytickets.at/maynoothlibrary/962966">https://buytickets.at/maynoothlibrary/962966</a>

The Tuesday Murder Club
Tuesday 26<sup>th</sup> September, 7pm – 7.50pm
The Tuesday Evening Crime Book Club will meet on the last Tuesday of each month from 7pm - 7.50pm beginning Tuesday 26th September. The book which we will be talking about is 'The Last to Disappear' by Jo Spain. There are copies available at the main library desk for the book club. Please register here to join the book club. https://buytickets.at/maynoothlibrary/964333

Leanie Joubert Exhibition 'Summer Walks' Tuesday 1<sup>st</sup> August - Friday 1<sup>st</sup> September

My name is Leanie Joubert and I live in Celbridge where I work from my studio in my back garden. My work often centers around themes of the natural world. I regularly paint forests and landscapes in all seasons or I make more detailed studies of plants like roses or wild

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 August 2024. For booking enquiries, please email maynoothlib@kildarecoco.ie.



### BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



**Out Door Area Open for Summer Months** 

Live Bands every Saturday & Sunday during the month of August

Like us on Facebook

@BradysClockhouseMaynooth

e-mail: info@clockhouse.ie

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

**Great Food Served 7 Days** 

# LIFFEY MEMORIALS

- **♦** Headstones
- **♦** Grave Cleaning
- **♦** Additional Inscriptions

SERVICING
LARAGHBRYAN
CEMETERY
MAYNOOTH

01-8237710

See our large range of stones on www.liffeymemorials.ie





Thinking of replacing your PVC Windows?

Call: 01 620 3232 Email: office@keanewindows.ie www.keanewindows.ie

#### **Opening Hours**

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

> UNIT 1, TRINITY COURT, FONTHILL INDUSTRIAL PARK DUBLIN 22

Apply for Finance Now Get Approval Online Today

Showroom Open 7 Days a Week!

#### **Solutions to Crossword No. 525** August 2023 Crossword - No. 526 R Т С E О Ε N N G 10 Р N S S E О Υ G 0 1 U L E E E M 12 C W R Α 1 S Ε Т Н S Е T N 14 Y G E Ν D Α T R Α Ν T 18 17 22 20 23 E Α 0 В Α R R N 24 25 С W Α C Т E D R 0 D E D H E V E E 26 27 R E R Α G T E N D Е **Clues Across Clues Down** 1. Knowledgeable person in a 22. Mindful (5) 1. Oar (6) 18. Juicy fruit (5) particular field (6) 24. Once more (5) 19. Breakfast food (6) 2. Not at any time (5)

4. Aquatic South American rodent (5)

9. Last letter of the Greek alphabet (5)

5. Leave out (7)

7. Progeny (5)

6. Aggregates (6)

14. Emaciated (7) 16. Item of furniture (5)

17. Colonnade (6)

21. Parts of a chain (5) 23. Die away (5)

25. Imbue (7)

money (6)

26. Firstborn (6)

27. Request for a sum of

3. Receive something offered (6)

8. Circuitous (7)

10. Luxury craft (5)

12. Out of the ordinary (7)

11. Prominent (5)

13. In front (5)

15. Felt pain (5) 20. Frequent patron (7)

	Difficult					Sudoku Challenge								Supe	r Diff	icult	
																5	
	8			6	3									2		8	9
5		2			9			6	5	6		8	7				
1		9		8		5								9		3	8
2	5						8	1			4	3		5	2		
		7		2		6		3	2	3		1					
6			5			3		8					9	3		4	1
			2	9			5		9	7		2					
										5							

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.

#### Quinoa salad with feta, pea and mint

#### **SERVES 1**

#### **HANDS-ON TIME 15 MIN**

Laura Herring's quick quinoa salad with feta and mint from The Fast Days Cookbook is low in calories, for fast days on the 5:2 diet, but high in protein to keep you full for longer.

#### **VEGETARIAN**

#### **NUTRITION: PER SERVING**

CALORIES: 204KCALS FAT: 7.3G (3.8G SATURATED)

PROTEIN: 11G

CARBOHYDRATES: 22.8G (3.4G SUGARS)

FIBRE: 4.1G SALT: 0.7G

#### **Ingredients**

- 35g white or red quinoa
- 5g fresh mint leaves, finely shredded
- Finely grated zest and juice ½ lemon
- ½ small red chilli, deseeded and finely chopped
- 30g frozen peas, thawed
- 25g feta, chopped into small cubes

#### **Method:**

- 1) Put the quinoa in a small saucepan with 125ml cold water. Bring to the boil over a high heat, then reduce the heat to low-medium. Cover and simmer for 15 minutes or until soft and fluffy, adding a splash of water if the quinoa starts to dry out.
- When the quinoa is cooked, drain well and transfer to a bowl. Gently stir in the mint leaves so they soften a little in the heat. Squeeze over the lemon juice and mix in the chilli and the thawed peas. Mix in the feta. Sprinkle over the lemon zest, then season with black pepper.

#### **Raspberry and Custard Muffins**

#### **Ingredients:**

- 140g unsalted butter, melted
- 3 medium free-range eggs
- 125g custard
- 1 tsp vanilla bean paste
- 180g golden caster sugar
- 180g self-raising flour

#### For the icing:

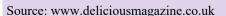
- 4 tbsp seedless raspberry jam
- 100g icing sugar
- Sprinkles to decorate

#### **Specialist kit:**

• 12-hole muffin tin









#### Your monthly gardening checklists

#### **Flowers**

- Cut laurel hedges with secateurs rather than a hedge trimmer, to avoid half-cut leaves that turn brown.
- Clear weeds from cracks in paving and driveways before they get established.
- Tackle problem lawn weeds, digging them out or applying a lawn weedkiller.
- Sow green manure to fill any bare ground.
- Summer prune wisteria by shortening all long sideshoots to about 20cm.
- Keep deadheading border plants, unless you want to collect their seeds.
- Remove suckers from roses or around the base of trees.
- Collect seeds and ripe seed pods from your favourite flowers and vegetables.
- Prop up any clumps of tall border plants that are starting to flop, using canes and string, or twiggy sticks.
- Prepare soil for sowing a lawn or laying turf during September and October.
- Go on regular snail hunts, especially on damp evenings, to reduce populations.
- Turn compost to speed up decomposition.
- During periods of drought or dry weather, be sure to water wisely.

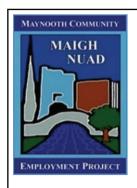
#### Fruit and Veg

- Be vigilant for signs of tomato and potato blight, removing affected plants immediately to prevent spread.
- Summer prune both free-standing and trained apple trees, to encourage good fruiting in future years.
- Plant well-rooted strawberry runners into new beds.
- Pinch out the tops of outdoor tomatoes, as further flowers are unlikely to produce fruits that have time to ripen.
- Order saffron crocus bulbs (Crocus sativus) to plant in September, so you can harvest your own saffron this autumn.
- Use netting or fleece to protect blackberries and autumn raspberries from birds.
- Lift onions and shallots once their tops die down, then leave to dry in the sun.
- Cut back leaves on grapevines to let the sun ripen the fruits
- Sow hardy crops such as land cress, rocket and corn salad for winter pickings.
- Harvest fresh herbs to freeze in ice cubes for winter use, or to hang up and dry then s tore in jars.
- Plant a kiwi plant, to climb over a trellis, fence or arbour.
- Water crops regularly, especially during hot weather, use water from a water butt
  if possible. In periods of drought, there may be a hosepipe ban so water your crops
  with a watering can.
- Plant blueberry bushes into acid soil

#### Greenhouse

- Set up a capillary matting system to ensure plants have enough water if you're going away on holiday.
- Plant cold-stored potato tubers in large tubs in a greenhouse or cool porch, for harvesting at Christmas.
- Pouring water over the greenhouse floor every morning during hot weather can help to increase humidity during periods of drought try to use grey water to help reduce mains water use.
- Plant up pots with 'Paper White' narcissus bulbs for fragrant indoor displays this Christmas.
- Remove the lower leaves of cordon tomatoes up to the lowest truss, to let more light and air reach the fruits..
- Take leaf cuttings from succulents, such as echeverias, crassula and sedums.
- Start watering dormant cyclamen to bring them back into growth after their summer rest.
- Plant flowering bulbs, such as nerines, lachenalia and veltheimia in pots indoors, for autumn and winter colour.
- Look out for pests and diseases on greenhouse plants, and treat any you find immediately.
   Harvest tomatoes, cucumbers and chillies regularly to encourage more fruits to
- Tackle vine weevil infestations by watering pots with a solution of biological
- control nematodes.Shade delicate plants in the greenhouse to avoid sun scorch on hot days.
- Take leaf cuttings from houseplants, including begonias, African violets and Cape primroses.

Source: Gardenersworld.com



# Maynooth Community Employment Project Community Employment Scheme

### Staff Required

JOB TITLE: Grounds Person x 3 (Outdoor)

Job Ref # CE 2291081

Location: Maynooth Town Football Club

DUTIES TO INCLUDE: General Building & Pitch Maintenance.

Outdoor Work & some heavy lifting may be involved

# All Positions are 19.5hrs per week C.E. Programme Rates Apply

No experience necessary as training will be provided.

Applicants Must be eligible under the Department of Social Protection Guidelines Eligibility can be checked at your local Intreo Office CONTACT: LOCAL INTREO OFFICE / LES

Kelly's Lane, Maynooth or your local INTREO office Send CV to office@maynoothcep.com

**Before 21st August 2023** 



	Maynooth Community Contacts Listing							
Group Name	Contact Number	E-Mail Address	Facebook Page					
An Nuadha Players		annuadhaplayers@gmail.com	https://www.facebook.com/annuadha					
An Post Sorting Office Maynooth	01-6293390							
Bernard Durkan T.D	01-6183732	bernard.durkan@oireachtas.ie	www.facebook.com/bernarddurkan					
Brass & Reed Band (St Mary's)		sec@stmarysbandmaynooth.ie	https://www.facebook.com/maynoothband/					
Catherine Murphy T.D.	01-6183099	catherine.murphy@oireachtas.ie	https://www.facebook.com/catherinemurphytd					
Cemetery Committee (Laraghbryan)	01-6293018							
Church of Ireland	01-6292163	secretary@meath.anglican.org						
Citizen Information Centre	1890777121	maynooth@citinfo.ie						
Cllr Brendan Wyse	087 2328867	brendan.wyse@gmail.com	https://www.facebook.com/brendanwysefg					
Cllr. Aidan Farrelly	087-9614540	aidan.farrelly@socialdemocrats.ie	https://www.facebook.com/AidanFarrellySD/					
Cllr. Angela Feeney	087-2381962	angelaemfeeney@gmail.com						
Cllr. Brendan Weld	087 7828649	bweldmcc@gmail.com						
Cllr. Daragh Fitzpatrick	087 2538184	daraghfitz2007@gmail.com						
Cllr. Naoise Ó Cearúil	086 7280050	cllrnaoise@gmail.com	https://www.facebook.com/naoiseocearuil/					
Cllr. Pádraig McEvoy	086-8658262	padraigmcevoy@gmail.com	https://www.facebook.com/CllrPadraigMcEvoy/					
Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com						
Cllr. Peter Hamilton	087-2316308							
Cllr. Tim Durkan	086-8632784	tim.durkan321@gmail.com						
Cloth Nappy Library Ireland	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/NappyLibraryIreland					
Community Welfare Services	0818607080	Kildarecws@welfare.ie						
Employment Office	01-6106000	bo.maynooth@welfare.ie						
Intreo Employment Services Office	01-6016360	EstMaynooth@welfare.ie						
James Lawless T.D.	01-6183587	james.lawless@oireachtas.ie	https://www.facebook.com/JamesLawlessFF/					
Kildare Civil Defence	045 980529	pmcneela@kildarecoco.ie						
Kildare County Council	045 - 980200	customerservice@kildarecoco.ie						
Kildare County Council (Local Office)	01 - 6286236							
Kildare MABS	0818 07 2600	kildare@mabs.ie						
Maynooth Autism Friendly Town		autismfriendlytownmaynooth@gmail.com	https://www.facebook.com/maynoothaft/					
Maynooth Community Care Unit	01-6106351	,						
Maynooth Community Church	01-5054990	office@maynoothcc.org	https://www.facebook.com/maynoothcommunitychurch/					
Maynooth Community Library	01-6285530	maynoothlib@kildarecoco.ie.	facebook.com/KildareCountyLibraryService					
Maynooth Cycling Campaign	0.7 0.20000	Maynoothcycling@gmail.com						
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com						
Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/					
Maynooth Health Centre	01-6106130	boototally may noounantain et ogganite	napan www.naccook.com may noonigaa					
Maynooth Kilcock Lions club	0.7 0.700.750	contact@maynoothkilcocklionsclub.org	https://www.facebook.com/MaynoothKilcockLionsClub/					
Maynooth Library	01-6285530	Maynoothlib@kildarecoco.ie	www.facebook.com/KildareCountyLibraryService					
Maynooth Newsletter	01-6285922	office@maynoothcep.com	https://www.facebook.com/MCEPNewsletter					
Maynooth Senior Citizens	01 0203722	maynoothseniorcitizens@gmail.com	https://www.nuccook.com/wcb/recusicus					
Maynooth Students Union	01-7083669	frontdesk@msu.ie	https://www.facebook.com/MaynoothSU					
Maynooth Tidy Towns	083 304 6130	MaynoothTidyTowns@outlook.ie	https://www.facebook.com/MaynoothTidyTowns					
Maynooth Town Football Club	086-1060654	info@maynoothtownfc.ie	https://www.facebook.com/MTFC1969/					
North Kildare Club	01-6103909	info@northkildareclub.ie	The state of the s					
North Kildare Tennis Club		info@northkildaretennis.ie						
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com						
Post Office	01-6286259	Singuisticon						
Réada Cronin T.D.	01-6183823	reada.cronin@oireachtas.ie	https://www.facebook.com/ReadaCroninSinnFein					
SVP Vincent's Shop	01-6289643	geraldinebyrne.east@svp.ie	https://www.facebook.com/profile.php?id=100064619179003					
Zero Waste Maynooth	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/zerowastemaynooth					
Zoro w aste maynootii	001-7777103	zerowastemaynootn@gman.com	ntips.//www.naccoook.com/zerowastemaynoom					

If you wish to have your Community contact added, updated or removed from the above listing please e-mail office@maynoothcep.com with "Community Contact" in the subject line.