



Local News - February 20223 - Issue No. 520- 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.





Clean to European Norms

12	Waterford City Centre
T13	Ballinasloe
T13	Dublin Airport Environs
15	Wicklow
16	Athlone
17	Sligo
18	Dublin City - Crumlin
19	Galway City Centre
20	Portlaoise
T21	Navan
T21	Tralee
23	Tipperary
24	Waterford City - Ballybeg
25	Carlow
26	Roscommon
27	Longford
28	Killarney

Moderately Littered

ı	29	Cork Northside
ı	30	Tallaght
	31	Dublin City Centre
Š	32	Drogheda
	33	Limerick City South - Galyone

Cleaner than European Norms

1	Naas
T2	Kilkenny
T2	Maynooth
4	Castlebar
5	Ennis
6	Letterkenny
7	Cavan
8	Monaghan
9	Mullingar
T10	Gorey
T10	Midleton

Littered

34	Dundalk
35	Galway Inner City - Ballybane
36	Ballymun
37	Limerick City Centre
38	Cork City Centre
39	Dublin North Inner City

Seriously Littered

40 Cork City - Mahon

Naas is cleanest as survey shows marked fall in litter levels in 2022

The final litter survey of 2022 by business group Irish Business Against Litter has shown a significant rise in the numbers of areas deemed clean across Ireland. Three quarters of the 40 cities and towns surveyed were clean, compared to just over half this time last year. While Naas was again top of the rankings, city areas showed greatest improvement, notably Dublin City. IBAL says the prevalence of plastic bottles and cans in the study strengthens the case for the impending Deposit Return Scheme. Cleanliness levels nationwide improved by 6% in 2022, with Naas pipping Kilkenny and Maynooth in the rankings. An Taisce, who carry out the surveys on behalf of IBAL, praised Naas for attaining "a level of cleanliness and presentation that should inspire local authorities across the country to better things". The Main Street was singled out as 'exceptionally well presented and maintained'. For the third year in succession, Waterford was the cleanest city, ahead of Galway.

Cities on the rise

Urban areas improved by 12%, yet they continue to occupy the lower positions in the IBAL rankings. Mahon in Cork deteriorated to 'seriously littered' at the foot of the table, with An Taisce reporting dumping as a definite issue: "many sites were let down not just because of casual litter but due to presence of dumped items", such as dirty nappies. There was little improvement in 'littered' Cork City, which suffered from a number of blackspots, such as Kennedy Quay, Carmelite Place / Western Road and the North Ring Road where "there was no let up on the dumping along this road – as well as bags of rubbish, there were larger household items e.g., chairs, white electrical appliances. It was in a very, very poor state."

By contrast, Dublin City Centre rose to 'moderately littered' as did Galvone in Limerick, recording one of its best scores of recent years. Dublin's North Inner City was again littered but much improved on 12 months ago.

"The results reflect a pattern of improvement since the peak of the Covid pandemic, when litter levels soared, especially in cities," said IBAL's Conor Horgan. "In particular we are seeing local authorities concentrate their efforts on ridding areas of heavily littered sites. We have no reason to believe this improvement will not be sustained. Cleanliness is a virtuous circle: clean streets beget clean streets, inspiring a pride and consciousness of the environment among people."

A strong case for Government schemes

Plastic bottle and cans continue to be a major source of litter, second only to sweet wrappers and present in one in three of the 500-plus sites surveyed. IBAL believes the findings bolster the case for a deposit return scheme, which is due to be introduced this year, and which will see consumers paying a deposit which they can reclaim on returning their containers to a retailer or other collection point. "Based on this data the scheme is sorely needed and stands to rid our streets of a significant amount of litter. The same applies to the proposed coffee cup levy," commented Conor Horgan. While there was a fall in the prevalence of coffee cups, they were still found in 25% of sites surveyed.

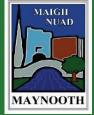
The survey showed cigarette butts remain a persistent form of litter. "We welcome the announcement that cigarette manufacturers will now be contributing to the cost of clean-up, but we really need to see preventative measures such as widespread butt disposal facilities alongside innovative packaging which can store butts," said Conor Horgan.

MAYNOOTH ST. PATRICK'S DAY PARADE 2023



FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 2023

Parade entry form is available on page 22 Printed copies are available for collection from the Newsletter office in Carton Retail Park or e-mail office@maynoothcep.com to request a copy by e-mail



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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:

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Website: www.maynoothcep.com

Letters to the Editor

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

Mission Statement

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

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.

The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

In addition we undertake the following:

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

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

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

Maynooth Newsletter Archives

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

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

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

Editorial Board - Maynooth Newsletter

Editorial

It is always great to hear about new community initiatives in Maynooth particularly if they are likely to deliver real benefits. In January there was a well-attended launch of the Maynooth Autism Friendly Town programme. Maynooth will participate in the structured programme managed by "As I Am" the training and advocacy organisation supporting people with autism in Ireland. The programme follows a series of principles aimed at fostering autism inclusion and empowerment in local communities.



Having been part of the development of Maynooth Educate Together National School for over a decade I was very pleased with the fact that the school was the first school in Maynooth to provide dedicated educational opportunities for children with additional educational needs. Special classes catered for children of primary school age and ensured that children with autism were educated and integrated with their peers. It is good to see that the Maynooth Boys School is also providing special classes in their new school building thus helping to meet the huge demand for these classes.

The committee who are promoting the Maynooth Autism Friendly Town programme will put a three-year plan in place to raise awareness of the main barriers to inclusion for autistic people living in Maynooth including understanding issues such as communication and sensory processing. One of the priorities for the Maynooth committee is the provision of appropriate educational opportunities so that children with autism can progress through the education system and secure school places at all levels appropriate for their needs. The Maynooth Newsletter will watch their progress with more than a passing interest and hopefully we will get ongoing progress reports.

I was delighted with Maynooth's performance in the IBAL competition coming in joint second in the autumn assessment last year. It was during my time as Secretary of Maynooth Tidy Towns, that Maynooth was first included in the IBAL league. Towns are included by IBAL for a period of time and then they are replaced by other towns. I remember that at one stage we had a visit from the late Dr. Tom Kavanagh who was one of the founding figures in IBAL to talk to us about how the IBAL competition works. Of course, the competition is aimed at rating local authorities on how they manage litter in designated locations in the towns included in the competition. While local authorities such as Kildare County Council provide litter management services these are always inadequate to deal with litter.

Maynooth Tidy Towns play a major role in litter management in this area with one member doing daily early morning litter collection. In fact, I saw members of tidy towns collecting litter during Christmas. Success in competitions such as IBAL needs everyone to support the effort to keep Maynooth free of litter. Coming joint second should spur us all on to try for first in the next IBAL judging and who knows become the winner of the National Tidy Towns competition in 2023. Of course, congratulations to Naas on topping the table as Ireland's cleanest town.

There is no doubt that since Covid we all have more appreciation for the outdoors and appropriate places to exercise. Walking is by far the commonest form of exercise and in Maynooth we have some nice walking routes. A number of years ago I was involved in two projects that supported the development of walking routes. One project saw some community activists of the time publish four walking routes of the town. The second was as part of the Royal Canal Amenity Project, the upgrading of the Royal Canal Towpath in Maynooth so that it could be used as a walking route. The recent campaign to further extend the Royal Canal Towpath upgrade as a marked walking route is welcome. Some work has been done on part of the route between Maynooth and Leixlip and more works will be done as part of the Maynooth Eastern Relief Road but this work is some time away.

Paul Croghan Editor

Copy date for the March edition will be 5pm on Friday 24th February 2023

MAYNOOTH DRESSES

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

Now Selling Boys Communion Suits, Jackets and Chinos White & Ivory Communion Dresses, Accessories & Shoes



Transition Year Ball and 2023 Debs Dresses
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For All Our Opening Hours Visit our Website on: www.maynoothdresses.ie

Phone: 01 6293585







The North Kildare Bowls Club A Safe Haven for Retirees in a Post-Covid Lockdown

As the world continues to navigate the aftermath of the Covid-19 lockdowns, many retirees are looking for safe and healthy ways to stay active and engaged with their community. The North Kildare Bowls Club offers just that, providing a welcoming and well-maintained environment for retirees to come together outdoors, stay active, and make new friends. Established just five years ago, the North Kildare Bowls Club has quickly become a staple of the local community. Its beautiful green and well-maintained facilities provide the perfect setting for league play, tournaments, and social events. But the club is more than just a place to play bowls – it's a community where retirees can come together and build lasting relationships.

One of the club's most active members, Billy Kennedy, has been a member since the opening of the club. He said, "After being cooped up for so long during the pandemic, I was eager to get out and stay active. The North Kildare Bowls Club provided me with the perfect opportunity to do just that. The club's facilities are top-notch, and the community of members is welcoming and friendly." The North Kildare Bowls Club is more than just a place to play bowls. It's a community where retirees can come together, stay active, and make new friends. The club's Public Relations Officer, Johann Taljaard, said "We're proud to offer this service to the retirees in our community, and we're always looking for new members to join us."

The club's facilities are not just restricted to retirees, it welcomes players of all ages and abilities. The club also provides an opportunity for families to bond over the sport, and to create lasting memories together. North Kildare Bowls Club also plays an important role in the community, by partnering with local organisations. This helps to reach potential members who may not be aware of the club or the sport of lawn bowls. The club's dedication to the community extends beyond providing a place for retirees to stay active. The North Kildare Bowls Club is also committed to giving

back to the community through annual fundraisers. In October bank holiday, the club raised €2550 for Parkinson's, showing their dedication to the community.

The sport of lawn bowls may not be as popular as it once was, but the North Kildare Bowls Club is working hard to change that. With its beautiful facilities, friendly community of members, opportunities for league play and tournaments and its commitment to giving back. If you are looking for a way to stay active, make new friends and be part of a community that cares, North Kildare Bowls Club is the place for you. People can contact our secretary via our website northkildarebowlsclub.org or via email at northkildarebowls@gmail.com, and we will be happy to assist you with any information or questions you may have.





> we're going places <

Call Us 01 6289999





Food Budgeting Tips

Know your budget and stick to it. The food shop maybe one of the biggest household expenses. Try to spend the same amount every week. Planning meals in advance ensures that you will stick to your shopping list

Make a shopping list and be mindful of how much things cost. Check what you have before you make your final list. Keeping your cupboards, fridge and freezer organised makes this much easier.

Once a month clean out your cupboards, fridge and freezer and use any leftovers or ingredients near their use by date. Rotate ingredients to reduce food waste.

Make sure you have all your vouchers/coupons before heading to the shops. Bring your own shopping bags.

Be weary of special offers - don't buy them unless you can freeze them or they are ingredients with long expiry dates. Don't buy them just because they are on special offer - think do you really need them or will they be used.

Be aware of prices and maybe look around in various shops for the cheapest price or deals. Check on-line for deals in various supermarkets.

Try making meals in advance and freezing them. This ensures less waste and put a list of your prepared frozen meals on the fridge to help with your meal plans.

Source: mabs.ie

St. Mary's Brass & Reed Band

The Band is just getting its breath back after an exceedingly busy 2022. We held our AGM last month and are starting to set the wheels in motion to see if we can repeat the performance this year. February is historically a very quiet month but March is a totally different story with FOUR and possibly FIVE events happening starting with a recital in Carton House on Saturday 11th quickly followed next day by the Dunboyne St. Patrick's Day Parade and then five days later we have at least

another two parades, Maynooth and Kilcock.

We are at the planning stage for our Summer programme and we hope to do a number of recitals in the Square in Maynooth as well as Kilcock and Castletown in Celbridge. Over the course of 2022 we have had some musicians come to play with the Band and if there are any others out there who would like to join us please feel free to talk to any of our band members at these recitals or call our Secretary Joe

Garvin on 086 1737 024, we are a very friendly group and you will be made most welcome.



Kilcock Parade 2022

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











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Maynooth Primary Care Centre Update

Cllr Feeney has been pursuing the need for a Primary Care Centre for Maynooth over the past few years and has been in constant communication with both the HSE and the Minister for Health on this issue. A town the size of Maynooth, with such a large and growing population, really needs this very important health service, particularly at a time when it is so difficult for many residents to get access to GP services. In May 2022, in response to her request to the Minister for Health for an update, Cllr Feeney was informed that "the centre is being delivered via the HSE's Primary Care Centre Operational Lease mechanism. Maynooth was included on the latest National advertisement seeking expressions of interest from third Parties in the Provision of Primary Care Centre via Operational Leases. The selection process is at the final stage, letters inviting interested parties that met all qualifying criteria to submit a priced offer were issued, and the evaluation process of responses received is currently underway". In October 2022 Cllr Feeney again requested an update from the HSE and the response was very disappointing and really concerned me saying, "it was considering extending footprint of Leixlip Primary Care Centre". Cllr Feeney said that this is simply not good enough and is unacceptable. So at the meeting, she asked the Council to write to the HSE and to the Minister, calling for this much needed service for Maynooth. The Director and area manager as well as all members agreed to do this and Cllr Feeney will continue to keep this issue to the forefront.

Maynooth Community Centre Update

At the January 2021 Council meeting Cllr Feeney submitted a motion suggesting using the vacated fire station/council site for a community centre for Maynooth, as it would be ideal. The area manager and members of the Council's public realm team, met Cllr Feeney and some other councillors at the current Maynooth fire station and Council offices site during the Summer to discuss possible options. The Council has confirmed that consultants are working on the project and that an urban designer has been identified. Cllr Feeney is delighted to hear from the Council that delivering a Community Centre is a priority project and that URDF funding capital funding, along with previous development contributions, has been allocated and that the project will progress fairly rapidly in this prime location.

Swimming Pool Update

Cllr Feeney asked the Council to provide clarification regarding the possibility of a new application for a swimming pool in Maynooth given the delay in the appeal response from the Department for the Council's earlier application. The Director replied saying there has still been no response from the Department regarding the appeal. Cllr Feeney stated that not getting any formal response is at best, discourteous given that we are years in this limbo situation and that her concern is that we are possibly missing out on other options. The Director agreed that we should explore other options and that she is in discussions with K Leisure for this purpose.

Housing Emergency needs to be called out

At the Plenary of the Council, Cllr Feeney called on the Council to support the 'Raise the Roof' campaign by writing to the Minister for Housing calling for urgent action, through legislation, if necessary, to address the current housing emergency and growing levels of homelessness in the county. In speaking to the motion, Cllr Feeney stated that the private rental market is at its lowest in terms of supply since online records began. More and more people are turning to their local authority for help. The number of properties within HAP limits advertised continues to decline and that potential homes are being lost to short-term let solutions. She stated that homelessness is a serious issue in the county and there are thousands of people waiting on the Council's social housing waiting list. However, not all members agreed to write to the Minister for Housing calling for urgent action. The motion did not receive the support of the majority of FF/FG councillors so her motion fell by one vote.

Footpaths Update

Cllr Feeney asked that the footpaths immediately to the left and right of the old entrance at Laraghbryan Cemetery, Maynooth be surfaced in tarmac to enhance accessibility. Most of the other pathways in the cemetery are tarmacked; however these remaining paths, if tarmacked, would make it easier for those with mobility issues, people with buggies to visit the cemetery. The Council agreed that this will be added to the footpath works for the municipal district and will be carried out in the coming weeks. She asked for an update on planned footpath repairs in the municipal district and if the Council could confirm if older estates in the town such as Railpark and Greenfield Drive and others in need of repairs will be included. The Council said that the Municipal District Office is currently examining locations and identifying a list of works to repair minor footpath falls and disrepairs throughout the Municipal District and that Railpark and Greenfield Drive estates are included on this list. The Council also confirmed that it has sent out a tender for footpath works at Cluain Aoibhinn, drop kerbing on the Dunboyne Road, works on Dublin Road in Maynooth as well as Bridge Street in Kilcock, Highfield in Kilcock, Abbbeyfield in Kilcock and on the Enfield Road in Kilcock opposite the Garda station.

Yellow Boxes

Cllr Feeney asked the Council to install a yellow box at The Crescent, Straffan Road, Maynooth and at Hayfield Estate. She is happy to report that the yellow boxes are now in place at these locations. She also asked the Council to reinstate the yellow box at the end of Pound Street onto Mill Street Maynooth. In speaking to the motion, she said this is a

very busy location and it can be very difficult to get out on to Mill Street from Pound Street if turning left but even more difficult if trying to turn right. Cllr Feeney reminded the meeting that there used to be a yellow box at this location. In its response, the Council said that works for Phase five of the North-South cycle corridor for Maynooth will be happening on Mill Street early in the New Year and that the yellow box will be reinstated when those works are complete.

Fuel Allowance Changes

More people are entitled to the Fuel Allowance under new guidelines that came into effect in January 2023. The new system is now open for applications and all changes take effect from 2 January 2023, but you can apply now in advance. To find out more and see if you are eligible: https://services.mywelfare.ie/.../pensions.../fuel-allowance
The easiest and quickest way to apply for Fuel Allowance is through the new Online Application System at-https://services.mywelfare.ie/

Family Resource Centre Needed

Cllr Feeney asked the Council to provide a much-needed family resource centre to serve the needs of the municipal district. South Kildare is well served with Family Resource but North of the county does not have any such service and it is really badly needed to support families. It was agreed to refer the request to the Kildare Local Community Development Committee.

Community Grants Schemes Open

Kildare County Council 2023 Community Grants Schemes is open for Applications. These applications are open earlier than usual and closing date also earlier than usual so make sure to get your application in! Closing date is March 10th.

Types of grants available:

- 1. The Community Grants Scheme is open to all groups engaged in activities or projects which encourage community participation, volunteerism and which benefit communities in County Kildare.
- 2. The Festival Grants Scheme is open to all voluntary groups which organise and run key festival events in County Kildare, such as community fun days, historical re-enactments, drama/musical/food festivals, intercultural days or annual parades.
- 3. Local Authority Estate Residents' Association Grants for the purpose of open space maintenance are now open.
- 4. Private Estate Residents' Association Grants for the purpose of open space maintenance are now open.

Link here to application:

https://kildarecoco.ie/AllServ.../Community/CommunityGrants/

Please Note: There are some changes in the Residents Association Grants allocation formula, so if you can attend the information session in person (evening of January 31st in Town House Naas) or online (February 15th on Zoom) that will be useful for questions you might have and to get some tips on making a successful application.

Register here for sessions:

In person in Naas January 31st: https://www.eventbrite.ie/.../kcc-community-grants...
Zoom online meeting February 15th:

https://www.eventbrite.ie/.../kcc-community-grants... https://www.eventbrite.ie/.../kcc-community-grants...

Please share with your community groups.

Well done on IBAL National Award

Great news to hear today that in the National Irish Businesses against Litter (IBAL) survey results Maynooth is joint second with Kilkenny. Huge thanks and congratulations to all involved, Tidy Towns, Kildare County Council, Local Businesses and all who keep our town tidy. Maynooth Tidy Towns Association volunteers who work so hard week in, week out, in all weather. Maith sibh.

'Maynooth Through the Ages' Lecture Series

A really interesting series of free lectures is being offered in the coming weeks on the theme of 'Maynooth through the Ages' by the History Department at Maynooth University. Cllr Feeney is honoured to have been invited to chair one of the sessions at my alma mater.

My upcoming Motions and questions to Council

- That the Council writes to the businesses in the vicinity of Doctor's Lane Maynooth regarding bins being placed on footpaths and making it unsafe for pedestrians.
- That the Council installs pencil bollards at the grass verges near the entrance to O'Neill Park in Maynooth.
- What is the process for selecting which local newspapers are used by the Council in its communication of Council consultation matters to residents in the MD?
- What are the planned upgrading and retrofitting repairs to the Council housing stock in the MD?

Please get in touch by phone 087 2381962 or email <u>afeneey@kildarecoco.ie</u> if I can help in any way.

February Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Climate Action Events

Maynooth Zero Waste Ladies Clothes Swap Saturday 11th February 2 - 4pm

You might find the outfit of your dreams! Zero Waste Maynooth hosts its monthly Ladies Clothes Swap Shop. Reduce textile waste by swapping clothes - great for the environment and your pocket! Bring up 3 items of clothes in good condition and get something new to you. Drop in anytime between 2pm - 4pm

Kids Toy Swap Maynooth Zero Waste Saturday 11th February 2 - 4pm

Kids Toy Swap Maynooth Zero Waste- let the kids enjoy swapping too! Small items only please. Drop in anytime between 2pm and 4pm.

Clothes Mending Session with The Craft Corner Saturday 11th February at 2-4pm

Repair drop-in session with The Craft Corner - join us to answer any mending questions and offer some tips. Reduce waste, save money and the clothes we have by repairing

North Kildare Nappuccino at Maynooth Library Saturday 11th February at 2 - 4pm

The Kildare branch of Cloth Nappy Library Ireland will be joining us to answers any questions on Reusable Modern Cloth Nappies. A brilliant way to cut back on trips to the rubbish bin and reduce your waste charges. Plus, kinder to babies skin! Drop in anytime between 2pm & 4 pm.

Brigid 1500 for Children & Adults

The Story of St. Brigid with Storyteller & Singer Helena Byrne

Wednesday 1st February at 3.30pm - 4.30 pm Venue: Maynooth Community Library

Join in in this wonderfully fun and interactive storytelling session with storyteller and singer Helena Byrne where children will learn all about St. Brigid and her story. Suitable for ages 7+

Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/827044.

St. Brigid's Cross-Making Workshop with Willow Wonder's Beth Murphy

Friday 3rd February at 12am - 1pm Maynooth Community Library

Learn how to make a St. Brigid's cross from rushes with Beth Murphy from Willow Wonder. Adults can attend on their own or with a child. Families attending the workshop will make one St. Brigid's cross per family. Children must be accompanied by an adult.

For Adults & Children aged 8+

Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/828011.

Ireland Reads Events for Children and Adults

Ireland Reads: Share Your Love...For Poetry. An evening of sharing poetry.

Thursday 16th February at 6.30pm (Online via Teams) Poetry lovers, we invite you to join us as we celebrate 'Ireland Reads' and Valentine's Day. Maynooth and Ballitore Libraries will host an evening of sharing poetry readings. Some of you may wish to read a poem aloud, and others might like to just listen, while we enjoy your favourite poetry.

Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/840809

Ireland Reads: Online Book Club with author Caoilinn Hughes

Wednesday 22nd February 2023 8pm (Online via

We are delighted to have acclaimed Irish author Caoilinn Hughes join to discuss her 2020 novel The Wild Laughter. The book can be borrowed from our Kildare branches and is also available as an eAudiobook on Borrowbox, narrated by Chris O'Dowd. Join us online for a friendly book club discussion!

Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/837411.

Book Busters Children's Book Club Friday 24th February 3:45pm

Our Book Busters children's book club for ages 8-12 meets on the last Friday of the month at 3:45pm. New members are welcome! Contact maynoothlib@kildarecoco.ie. to

Ireland Reads: Oliver Jeffers Short Film & Reading

Saturday 25th February 2023 11:30am

To celebrate Ireland Reads Day, join the staff of Maynooth Community Library for a short, animated film screening based on an Oliver Jeffers' classic, followed by a family reading party of one of his most cherished children's picture books.

Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/837640

Ireland Reads: workshop with Author & Illustrator Jennifer Farley

Saturday 25th February at 3pm - 4pm

Read and draw to celebrate Ireland Reads! Join author and illustrator Jennifer Farley for this fun workshop as she reads from her book Scout's Best Day Ever - an Adventure Around Ireland. Jennifer will then show the children how to illustrate some of the favorite characters from the book! Suitable for ages 7- 10 years

Book your ticket via Ticket Tailor here https:// buytickets.at/maynoothlibrary/838388.

Children's Events

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

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. Bring a coffee and chat to other parents while your babies play with the toys and books provided. No need to book, just

Song & Rhyme Time for 0 - 2 year olds Friday 3rd and 10th February at 10am

A special pocket of time for you and your very young child, specifically tailored for children under 3. There'll be Nursery Rhymes, Action Songs and an engaging story to support their literacy development. Places are limited and one ticket is required per child. All children must be supervised during this session.

Book your ticket via Ticket Tailor here:

Friday 3rd February: https://app.tickettailor.com/ events/maynoothlibrary/836788

Friday 10th February: https://app.tickettailor.com/events/maynoothlibrary/836789

Little Makers Morning Saturday 11th February at 10am – 11.30am

Let their imaginations run wild! Join us for a morning of making for 2-7 year olds. Practice fine motor skills while having fun! Build amazing creations using construction toys such as Magna-Tiles, PlusPlus, Duplo, Mega Bloks, Lego and more, a doodling corner, puzzles and a crafting station. While not all activities will be suitable for all ages there will be something for everyone! Booking required drop in anytime between 10am & 11am.

Suitable for ages 2-7 years
Book your ticket via Ticket Tailor here: https:// buytickets.at/maynoothlibrary/840492

Drop in Valentines Day Card Making Workshop Tuesday 14th February 3.30 – 4.30pm

A fun, quick, drop-in workshop where your child can make a card for someone they care about, be it mum, dad, grandparent or their bestie!

Suitable for ages 6+.

No booking required.

Story-Time for 3 - 6 year olds Friday 17th and 24th January at 3pm

A story-time specifically tailored for children 3 and older. There'll be a few stories, and some popular Action Songs to support their stage of literacy development. Places are limited and one ticket is required per child. All children must be supervised during this session.

Book your ticket via Ticket Tailor here:

Friday 17th February: https://app.tickettailor.com/ events/maynoothlibrary/836792

Friday 24th February: https://app.tickettailor.com/events/maynoothlibrary/836793

Young Adult Events

Online Teen Writers Group Thursdays 2nd and 9th February at 6pm

Open to Teens and Tweens to enjoy writing, Maynooth Teen Writers Group meets online for an hour, twice a month. This is a relaxed and friendly environment to talk about writing, get some feedback if they wish and very important quiet writing time too.

Contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980 493 for more information.

Suitable for ages 12-15

Teen Book Club for Ages 12-15 - Taster Session Friday February 17th at 4pm at Maynooth Library

Maynooth Library is starting a brand new in-person book club for ages 12 to 15 and it needs you! - or any book lovers you know. This is a book club with a difference; while there is always a suggested book to pick up, members can read whatever they like and share their best BookTok recommendations. We know us bookworms are shy so to put you at ease, the meetings will be drop-in; all the teens will be new, and they can bring along a book/ comic/audiobook they've enjoyed recently or choose one of our picks below.

Available for Teen Book Club Pickup now:

'Enola Holmes: The Case of the Missing Marquess' by Nancy Springer (Detective)

'Scythe' by Neal Shusterman (Dystopian, similar to Hunger

'Wonder Woman: Warbringer' by Leigh Bardugo (author of the Shadow and Bone Series, Superhero/Fantasy

Adult Events

Breast Feeding Support Group with Public Health Nurse

Tuesday 14th & Tuesday 28th February 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 so that postnatally they may feel more confident with getting their breastfeeding journey off to a good start. Mothers who may be having any breastfeeding problems will have the opportunity to speak to the PHN on a one-toone basis or to the group in general. We hope the group will allow mothers to meet with other mothers, have a chat and thereby build a social network for these mothers. 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***

Decade of Commemorations Lecture by John Dorney -The IRA War On Entertainments, 1923 Thursday 16th February 7pm - 8pm

In March 1923 the anti-Treaty IRA, in response to the ongoing execution of their prisoners, anti-Treaty IRA Chief of Staff Liam Lynch declared a ban on public entertainments including sports, theatre and cinema during a period of 'national mourning'. This resulted in a concerted campaign which involved stopping sports and burning theatres and cinemas, only ended by the close of the Civil

(Continued on page 8)

February Events at Maynooth Community Library Cont/....

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



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twitter.com/kildarelibrary

(Continued from page 7)

War. John Dorney is an independent historian, editor of The Irish Story website and author of 'Peace After the Final Battle the Story of the Irish Revolution' (2014) and 'The Civil War in Dublin, the Fight for the Irish Capital' (2017). **Book your ticket via Ticket Tailor here:** https://buytickets.at/maynoothlibrary/837389.

Beginners Level Adult Sewing Machine Classes Tuesday 14th, 21st & 28th February

Learn how to sew using a sewing machine and these fun, informal classes with Mary! These classes run for three consecutive weeks on Tuesday evenings from 6.30 - 7.55 pm. Participants must be available to attend all 3 classes. Please register interest by emailing maynoothlib@kildarecoco.ie, calling 045980493 or by dropping in to us.

Art Exhibition

Colour Me Bright by artist Beverley Henley Thursday 2nd - Tuesday 28th February

Beverley Henley has been painting for over 20 years. Her work is vibrant and contemporary and she primarily paints in acrylics, oils, and gold leaf. Now based in Maynooth, Henley has lived in Seville, Los Angeles, and Paris. Her paintings are uplifting, happy and full of vitality and colour. The Colour me Bright exhibition contains original abstract pieces with flow and form, floral works, and abstract paintings based on local places.

Beverley Henley's Art Exhibition will be available to view in Maynooth Community Library's exhibition space, on the ground floor of Maynooth Community Library Thursday

2nd - Tuesday 28th February. Please note that is a multipurpose room and may not be accessible to the public at all times – if you wish to view these works you can ring Maynooth Community Library to inquire when the space will be accessible.

Colour Me Bright Exhibition Opening Saturday 18th February 2- 4pm

Join us for the opening of Colour Me Bright Beverley Henley. Everyone is welcome! Light refreshments will be provided in the gallery area and you can chat to the artist about her work. The "Colour me Bright" exhibition contains original abstract pieces with flow and form, floral works, and abstract paintings based on local places.

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 March 2023. For booking enquiries, please email maynoothlib@kildarecoco.ie.

Craft & Knitting Club Every Monday 11.30am – 13.00

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

German 'Stammtisch' informal conversation meet-up for adults

Thursday 23rd February 6.30pm-7.30pm

Do you want to practice your German? Maynooth Library

hosts a monthly informal German conversation meet-up, for anyone with an interest in the language and culture in German-speaking countries. All levels from learners to native speakers are welcome. Meetings take place on the 4th Thursday of every month. For more information, please contact Maynooth Community Library at maynoothlib@kildarecoco.ie or 045 980493

Book Clubs

U3A Book Cub

Monday 11th February 10.30am – 11.30 am
The U3A book club meet on the 2nd Monday of each month. New members welcome. Please contact maynoothlib@kildarecoco.ie or telephone 045980493 for further details.

The Tuesday Murder Club: Crime Book Club Tuesday 14th February 7pm - 7.50pm

This brand-new Crime Book Club will meet on Tuesday 14h February 7.00pm – 7.50pm. The club will continue to meet on the 2nd Tuesday of each month. If you'd like to join, please email Maynooth Community Library at maynoothlib@kildarecoco.ie.

Wednesday Readers Book Club Wednesday 15th February at 11.00am – 12.00pm

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

Maynooth University Town F.C.

Charlie Cahill Cup

Greystones Utd 0 Town 7

Town paid a pre-Christmas visit to the seaside town of Greystones for this Charlie Cahill Cup game. The trip proved fruitful with Town putting on an impressive display in brushing aside the home side in a one sided affair.

Goals by Calum Warfield (2), Jack O'Connor (2), Jack Reynolds, Paddy O'Sullivan and Jay Amour completed the score line.

L.S.L. Senior Division Sun.

Town 3 Kilnamagh F.C. 1

Town recommenced their league campaign with this solid performance against their Dublin rivals.

Town were sluggish in the opening minutes following the Christmas break but then settled and put on a very impressive show as the game wore on.

Calum Warfield capped a fine performance with two goals following assists from the impressive Paddy O'Sullivan. Dean O'Shea chipped in with a goal from his full back position.

L.S.L. Senior Division Sun.

Town 5 Malahide Utd. 1

Malahide began in whirlwind fashion and struck in the second minute with a shot from outside the areas to open the scoring. Town settled quickly and were on level terms soon

after with an angled shot from Calum Warfield. This spurred Town to maintain their quick tempo and Paddy O'Sullivan shot his side in front with a delightful free kick.

Paddy chipped in with another goal followed by one each by Evan Murphy and Dean O'Shea. This closed the scoring before half time. Town made several changes after the break and easily cruised through for an easy win to maintain our push for honours.

	L.S.L. Senior Sunday	P	W	D	L	F	A	GD	Points
1	Maynooth University Town FC	13	8	2	3	27	17	10	26
2	Liffey Wanderers	16	6	6	4	25	22	3	24
3	Killester Donnycarney FC	13	6	5	2	20	11	9	23
4	Wayside Celtic	15	7	2	6	19	16	3	23
5	St. Mochtas FC	11	7	1	3	21	17	4	22
6	Ballymun United	15	5	4	6	24	26	-2	19
7	Glebe North FC	13	4	6	3	19	15	4	18
8	Kilnamanagh AFC	16	5	3	8	21	32	-11	18
9	Crumlin United FC	15	5	2	8	22	24	-2	17
10	Home Farm FC	14	4	5	5	16	18	-2	17
11	Lucan United FC	11	4	4	3	21	15	6	16
12	Malahide United	13	3	3	7	13	26	-13	12
13	Bangor Celtic F.C	10	2	4	4	13	15	-2	10
14	Bluebell United	11	3	1	7	13	20	-7	10



Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

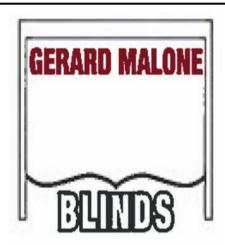
Winner of the Memorex Culture Award Gaeltacht Summer Courses 2023

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

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

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Department of History

in association with

Department of Adult Education, Maynooth University Library, and St Patrick's College Maynooth

presents

Maynooth Through the Age

Free to the public online spring lecture series 13 February - 27 March 2023





Maynooth Through the Ages: Aspects of Town and University History

When: Monday, February 13, 2023 - 19:00 to Monday, March 27, 2023 - 19:00 Where: Maynooth University Library

Department of History in collaboration with Department of Adult Education, Maynooth University Library, and St Patrick's College Maynooth presents ComMUniversity Lecture Series

Maynooth Through the Ages: Aspects of Town and University History. This event is free to the public. Booking is essential via the links below.

Programme:

13 February - 19:00

Maynooth from earliest times to c. 1600, Dr Michael Potterton

19:00 Welcome, Professor Terence Dooley, Head of Department of History 19:10 Introducing the ComMUniversity Lecture Series, Dr Derek Barter 19:30 Maynooth from earliest times to c. 1600', Dr Michael Potterton Chair: Alexandra Caccamo

This illustrated lecture will take participants on a virtual tour of Maynooth from its earliest human settlement to the end of the Middle Ages. The place-name 'Maynooth' derives from Mag Nuadat, the plain of Nuadha, a legendary Leinster figure. There is evidence for prehistoric activity in the area before several early churches were established in this border territory between the north of Leinster and the ancient kingdom of Meath. When the Anglo-Normans arrived in Ireland, Strongbow (the earl of Pembroke) granted north-eastern Kildare to Maurice FitzGerald, who built a castle at a strategic location at the confluence of two streams. The castle provided shelter for a growing settlement and soon there was a weekly market and an annual fair. Grain from the hinterland was ground at a watermill on the River Lyreen. There was a library and a chapel in the castle and Laraghbryan functioned as the parish church.

In 1316 the FitzGeralds became earls of Kildare and they rose to become the most important family in Ireland by the sixteenth century – the 'Great Earl' (Garret Mór) and his son (Garret Óg) both served long periods as king's lord deputy in Ireland. Maynooth was a key site and its castle was crucial to the defence of the beleaguered English colony centred 25km away at Dublin. A college was founded in 1518 but the Dissolution and the failed rebellion of Silken Thomas dealt a double blow to Maynooth in the 1530s and 40s.

Dr Derek Barter is the Continuing Education Co-Ordinator in the Dept. of Adult and Community Education (DACE) Maynooth University and Director of the Communiversity. Returning to education as a mature student Derek completed his PhD in

History in 2009 while he was working as an Adult Educator for the CDETB in Dublin's inner city. It was here that he became interested in Community Engagement, Widening Participation and Access. He established the ComMUniversity in 2012 and has been bringing academics out to local communities and libraries in the Leinster area since that time to engage people in subjects such as Local History, Politics, Economics, Philosophy, Criminology to name but a few. Click to find out more about the ComMUniversity

Dr Michael Potterton is a lecturer in the Department of History at Maynooth University. His core field of research is the history and archaeology of medieval Ireland, with special reference to landscape and settlement – urban, rural and hinterlands. He has established an international reputation as an innovative researcher, a dynamic teacher and an accomplished writer and editor. He has published thirteen books (as author, co-author or co-editor)

Alexandra Caccamo is the Special Collections Librarian at Maynooth University. She is responsible for overseeing the collections in the historic Russell Library, St. Patrick's College Maynooth and the special collections and archives of Maynooth University.

20 February - 19:00

Building Maynooth 1700-1900: some key features in the making of the village and the creation of a small town'. Prof Arnold Horner Chair: Susan Durack

This talk will explore how Maynooth was transformed and subsequently consolidated over a long period from the mid-eighteenth century. A particular focus will be the changing lay-out and appearance of the Main Street area and its immediate vicinity. A series of maps, some of them created for the landlord proprietor, the earl of Kildare (later duke of Leinster) helps document the extent to which Maynooth changed. In the early 1700s, much of Maynooth, formerly a medieval stronghold, was run-down and ruined. However, from the 1750s, the village was greatly re-developed along a new Main Street. The establishment of the college in 1795, together with proximity to the great estate at Carton, helped sustain the village in later decades. This is a talk that offers an insight to the origins and heritage aspects of the present-day Main Street area.

Dr Arnold Horner formerly taught Geography at University College Dublin. He contributed two chapters on the development of Maynooth to Terence Dooley (et al), Aspects of Irish aristocratic life: essays on the FitzGerald's and Carton House (Dublin, 2014). He has also contributed a history of Maynooth to the Irish Historic Towns Atlas series being produced by the Royal Irish Academy. Specialising in the geography of Ireland and in the history of mapping in Ireland, he has written three books Mapping Offaly in the early nineteenth century (2005), Mapping Meath in the early nineteenth century (2006) and Mapping Sligo in the early nineteenth century (2011). Susan Durack MA is Senior Library Assistant, Special Collections and Archives, Maynooth University.

27 February - 19:00

Carton House: a brief history from c.1730 to the present, Prof Terence Dooley. Maynooth treasures: the Russell Library, its collections, and beyond, Susan Durack Chair: Cathal McCauley

For almost 800 years, from their arrival with the first wave of Anglo-Normans in 1169, the FitzGeralds, earls of Kildare, marquesses of Kildares, and, from 1766, dukes of Leinster, were the pre-eminent noble family living in Ireland, dominating the social, political, economic, and cultural landscapes. In 1729, they built their Palladian mansion at Carton, a monument to their status which came to house magnificent collections of art, silver, and furnishings, while outside the demesne was designed as one of the finest examples of eighteenth-century landscape in Ireland. But 200 years and seven generations later all had changed utterly. Indebtedness and profligacy, untimely deaths and family misfortune allied to the revolutionary social and political changes that swept Ireland from the late nineteenth century meant that by the early 1920s the FitzGeralds had lost – quite literally as a gamble – the house and all its appurtenances. This talk provides an overview of the reasons for this calamitous fall.

Terence Dooley is Head of Department of History, Professor of History, and Director of the Centre for the Study of Historic Irish houses and Estates. He is the author of many books including The decline and fall of the dukes of Leinster, 1872-1948: love, war, debt and madness (Dublin, 2014) and Burning the Big House: the story of the Irish country house in a time of war and revolution.

'Maynooth treasures: the Russell Library, its collections, and beyond', Susan Durack

At the end of the tree lined avenue from Carton Demesne and the Main Street of the planned town of Maynooth lies St. Patrick's College in which the Russell Library is situated. Located in the Pugin designed St. Mary's quadrangle, the Russell Library houses important and significant collections. This talk will give a brief overview of the history of the library and its special collections, focusing on selected items. It will also reference the on-going development of special collections and archives held in the John Paul II Library, which are of great importance to researchers.

Susan Durack MA is Senior Library Assistant, Special Collections and Archives, Maynooth University.

Cathal is University Librarian at Maynooth University (MU), Ireland. He previously worked in a number of roles in University College Dublin (UCD) Library. Prior to joining UCD, he worked for FGS (now Grant Thornton) as Director of Consulting. In 2016 he led

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(Continued from page 10)

the move of the IReL initiative to MU and he was the founding Director of the Irish University Libraries Collaboration Centre at MU - a shared services centre that provides electronic resources and ORCID consortium support to the Irish third level sector.

Cathal is President and a Council Member of the Library Association of Ireland, a member, and former Chair, of the Irish Universities Association Librarians' Group and Treasurer of the Consortium of National and University Libraries in Ireland. Cathal is a member, and information coordinator, of IFLA's Library Building and Equipment Section. He is co-chair of the Irish IFLA World Library and Information Congress (WLIC) National Committee responsible for bringing the WLIC and almost 2,000 delegates from 110+ countries to Dublin in 2022. In 2020 he worked with colleagues to draft a call for action on the electronic content crisis that was subsequently endorsed by all Irish library sectors and became the basis of the Irish involvement in the #ebookSOS campaign. He is a regular speaker nationally and internationally on a range of libraryrelated issues including open access, library design and change management.

The revolutionary life of Lord Edward FitzGerald, 1763-1798, Dr Liam Chambers Chair: Prof Marian Lyons

Lord Edward FitzGerald was born in 1763, the twelfth child of the most senior peer in Ireland, James, duke of Leinster, and his wife Emily, daughter of a leading English aristocrat, Charles Lennox, the second duke of Richmond. Lord Edward's early career followed the kind of path typically pursued by an aristocratic younger son: the military profession coupled with an Irish parliamentary seat on the family interest. In the 1780s, FitzGerald saw action during the American War of Independence, but as the decade wore on he became increasingly disillusioned with his military career. When the French Revolution broke out in 1789, FitzGerald embraced it with enthusiasm. Unlike those who quietly shed their revolutionary zeal as the full implications of events in France revealed themselves in the early 1790s, FitzGerald's support for the revolution only grew. He witnessed the Terror at first-hand and was soon identified as a leading Irish radical. He finally joined the Society of United Irishmen later in the 1790s and played a pivotal role in organising the 1798 rebellion. Lord Edward was arrested only a few days before the rebellion broke out and died of wounds inflicted during his capture, on 4 June 1798. He was only thirty-four years old when he died. In the nineteenth century, Lord Edward was presented as a Romantic figure, who stumbled into revolution almost by accident. In reality, Lord Edward was a convinced radical. This lecture re-examines Lord Edward's revolutionary life 225 years after his death.

Dr Liam Chambers is senior lecturer and Head of the Department of History at Mary Immaculate College Limerick. His research interests include eighteenth-century Irish history; Irish migration to early modern Europe; history of Catholicism; Irish students, and clergy and colleges in early modern Paris. His books include Rebellion in Kildare 1790-1803 (Dublin, 1998).

Prof Marian Lyons is Professor of History at Maynooth University. She has published on Franco-Irish relations and Irish migrants in Europe during the early modern period, and on various aspects of Irish history including religion in the late medieval and early modern eras, the House of Kildare, and the emergence of professional medicine from the early 1600s onwards. She is a Trustee of the Catholic Historical Society of Ireland and of the Jacobite Studies Trust, and a member of the Irish Manuscripts Commission.

20 March - 19:00

A tour of Maynooth College Chapel, Dr John-Paul Sheridan Chair: Rev Prof Michael Mullaney

Meet at entrance of South Campus

At the centre of the life of any seminary is its chapel. The college chapel in St Patrick's College is the apotheosis of nineteenth-century ecclesiastical design, combining the tenets of neo-Gothic revivalist architecture and the devotional style which became common in Irish church decoration in the nineteenth and early twentieth century. The chapel is 68 metres long, 12 metres wides and 21 metres high.

This talk will be in two parts. To begin there is the story of the chapel's construction and decoration in the neo-Gothic style. The second part is an explanation of the chapel's iconography, and how the interior was influenced not only by conventional ecclesiastical design, but also by the assistance of the college's academic community from that time

Two architects were responsible – J.J. McCarthy was the architect who gave the imposing neo-Gothic building and William Hague, who won the contract for the design of the interior. It is Hague's interior decoration as well as McCarthy's spacious design that helps make this the architectural jewel we see today. This is greatly assisted by the considerable work of restoration and lighting design which was undertaken prior to the college's bicentennial in 1995. All this combines to leave such a lasting impression on all who visit the chapel today.

Dr John-Paul Sheridan is a priest of the Diocese of Ferns and was ordained in 1990. He joined the staff at Maynooth in 2014 as Education Programmes Coordinator. He lectures in the areas of Religious Education, Theology and Liturgy. Following a request from a colleague to show some visitors around the college chapel, he went away to learn a few facts about it. He has been learning ever since. He has given numerous talks and tours of the chapel. He was joint editor (with Professor Salvador Ryan) of the recent publication, We remember Maynooth: a college across four centuries (Dublin, 2020).

Rev Prof Michael Mullaney is a priest of the Archdiocese of Cashel and Emly, the President of St Patrick's College, Maynooth, and Professor of Canon Law at St Patrick's Pontifical University.

Since 2019, he has also been the President of the European Federation of Catholic Universities (FUCE). He serves as a Judge of the National Marriage Appeals Tribunal of Ireland and as a canonical advisor to the National Case Management Reference Group (NCMRG) attached to the Catholic Church's Safeguarding Office. At weekends, Fr. Michael serves as a parish chaplain in the parish of Holycross-

Ballycahill, Tipperary

27 March - 19:00

Women in the "new" Maynooth: the early years, Prof R.V. Comerford. Dr Jennifer Redmond in conversation with Dr Mary Cullen

Chair: Dr Angela Feeney

Before 1966 the core female presence in the College was the small community of sisters located in the Senior Infirmary. Labouring, maintenance, and housekeeping work was done preponderantly by men. The kitchen was staffed by men, although one of the sisters from the infirmary was at least nominally in charge there.

To retain financial and academic viability, Maynooth needed more students. Women religious were an obvious group from which to recruit. In anticipation of the 1966 decision to admit 'externals', female congregations were canvassed systematically. The response was very positive and initial expectations were that the 'new' Maynooth would have nuns as a large proportion of its student population. In the event, large numbers of sisters did become students, but in a matter of years lay students came to predominate.

Accommodating the enclosed regime of a seminary to the demands of the new population of students and staff posed many challenges that impinged on issues of ethos, access, and societal norms. The working out of these over a period of a decade and more is an intriguing story

The purpose of this paper is to look at the roles of women in that story, from gaining anxious permission for camogie in the List field (provided only players were present!) in the late 1960s, to the opening of the creche and the contribution of female staff to women's rights activism in the late 1970s.

Prof R.V. Comerford was Professor of Modern History and Head of Department at Maynooth, 1989-2010. He is the author of Ireland (London and New York, 2003) [in series 'Inventing the nation']; The fenians in context: Irish politics and society, 1848-82 (Dublin and New Jersey, 1985; 2nd ed., 1998); C.J. Kickham: a study in Irish nationalism and Irish literature (Dublin, 1979); while his contributions to New history of Ireland include Introduction and primary narrative for 1870-91 in vol. 6, ed. by W.E. Vaughan (Oxford, 1996), and primary narrative for 1850-70 in vol. 5, ed. by W.E. Vaughan (Oxford, 1989).

Dr Jennifer Redmond is Assistant Professor in Twentieth-Century Irish History in the Department of History at Maynooth University. She is on the executive committee of the Irish Historical Society and sits on the Editorial Boards for Women's History Review and the Documents in Irish Foreign Policy series. Her publications include Moving Histories: Irish Women's Migration to Britain, from Independence to Republic (Liverpool University Press, 2018) which was longlisted for the Michel Deon prize. Jennifer is a specialist in modern Irish social history with a focus on gender, women and migration.

Dr Mary Cullen was the first female member of the academic staff at St Patrick's College Maynooth (later NUI Maynooth) and taught for three decades there. She was the first president of the Women's History Association of Ireland which she helped to found in 1989, an all-island professional association for scholars in women's history that is still thriving today. The WHAI initiated an essay prize in honour of Mary and her co-founder Dr Margaret MacCurtain which has been awarded over the last decade. Mary was a visiting lecturer at Trinity College Dublin where she taught women's history for many years as part of the Centre for Gender and Women's Studies, inspiring further generations of students. Her writings over many decades were collected in the book Telling it our way. Essays in gender history published by Arlen House in 2013. Mary was also a contributor to the Field Day anthology of Irish women's writing. In her interview with Dr Jennifer Redmond, Mary will reminisce on her academic career, her role as a pioneer in the field of women's and gender history in Ireland and internationally.

Dr. Angela Feeney is a proud graduate of Maynooth University; having been awarded the President's entrance scholarship to Maynooth University, she completed a BA in French and Gaeilge, a H.Dip.Ed., a Masters in French and a PhD in Education at the University. A former Head of School of Languages, Law and Social Science in TU Dublin and previously a lecturer in French, Angela has spent most of her professional life working in higher education and was awarded Chevalier des Palmes Acacémiques status by the French government for her work in fostering collaborations between Ireland and France. Angela has acted as a national assessor on Canada-EU joint consortia and as a national representative on the Digital Online Training and QualiTraining projects for the European Commission. Her research interests include Translation Studies, French-Canadian literature and student engagement. Currently, Angela is an elected public representative and serves as a Labour Councillor on Kildare County Council.

'Maynooth from earliest times to c. 1600', Dr Michael Potterton Tickets, Maynooth Eventbrite

MU welcomed as full member of the Arqus European University Alliance

Maynooth University joins the Arqus Alliance's efforts to build a forward-looking, open, integrated and research-driven European University, establishing transformative excellence and worldclass research opportunities.

The Alliance officially welcomed Maynooth University on 20th January with a visit to Ireland. The Maynooth University becomes the ninth full member of the Alliance, completing its enlargement strategy initiated in 2021. Maynooth University not only brings a dynamic, rapidly-growing, research-led and engaged institution to the Alliance, but also makes Arqus more diverse thanks to incorporating new languages and a new culture

Universities within the Arqus Alliance work together to create opportunities for partnership among their institutions, strengthening ties across the European higher education sector. Already, Arqus has established initiatives such as joint Master's programmes, summer and winter schools, staff professional development, and public policy papers. The alliances also provide member universities with increased access to European research funding for collaborative research projects.

After the incorporation of the University of Minho and the University of Wroclaw a year ago, Maynooth University now becomes the ninth member of the Arqus Alliance, joining Granada, Graz, Leipzig, Lyon 1, Padua, Vilnius.

Maynooth University is an internationally recognised institution located 25 kilometres outside of Dublin, Ireland, and is the nation's fastest growing university. Maynooth University is ranked #1 in Ireland in the latest Times Higher Education (THE) Young University Rankings 2022.

Maynooth University's leadership in the field of digital transformation and data, climate change and sustainability, and European integration, were identified by the Alliance as priority research areas. Additionally, as host to Scholars at Risk Europe, and in driving Ireland's sectoral response to helping Ukrainian students and researchers access the Irish higher education system, Maynooth University has demonstrated its commitment to widening participation and inclusivity.

On 16 June 2022, Maynooth University celebrated its 25th birthday, having been formally established as an autonomous university in 1997. Yet, it traces its origins to the foundation of the oldest seat of learning in Ireland, the Royal College of St Patrick in 1795, drawing inspiration from a heritage that includes over 200 years of education and scholarship.

Today, Maynooth University is a place of lively contrasts—a modern institution, dynamic, rapidly-growing, research-led and engaged, yet grounded in historic academic strengths and scholarly traditions.

With over 15,000 students from more than 100 countries, Maynooth offers a range of programmes at undergraduate, Master's and PhD level in the humanities, science and engineering, and social sciences including business, law, and education. The University also offers a range of international programmes and partnerships.

Maynooth University shares extensive experience with Arqus' eight other partners in pursuing collaborative projects and a common profile as an internationalised institution engaged in comprehensive research, with deep regional engagement.

Pictured below right to left: Professor Dorothy Kelly, Arqus Coordinator and Vice-Rector for Internationalization at the University of Granada; Professor Patrick McCole, VP-International at Maynooth University; Professor Eeva Leinonen, President of Maynooth University, and Fernando Galán, Arqus Executive Manager.



By joining the Alliance, Maynooth University joins more than 320,000 students, 24,000 academics and researchers, and 17,000 professional staff in the mission of working on the transformation of European higher education, research and innovation through deep cooperation and progressive integration, in pursuit of an equitable and sustainable future by together:

- Educating critical and socially engaged European citizens, equipped for lifelong learning, leaving no-one behind.
- Generating excellent, open, challenge-driven, innovative, and reflective knowledge.
 Acting as a committed multi-level societal and global player.
 Bringing down barriers to

effective cooperation
In 2021, the Alliance adopted an
enlargement strategy to incorporate new
members with a view to strengthening its
pan-European nature, to help fulfil the
Arqus mission of bringing about
inclusive systemic impact, building on
the added-value brought by new
institutions of a similar profile in new
geographical, cultural and linguistic regions.



Dorothy Kelly, Coordinator of the Arqus Alliance and Vice-Rector for Internationalization at the University of Granada, has expressed that "the incorporation of Maynooth University to the Arqus Alliance is exceptional news for us and we couldn't be more pleased. Maynooth University champions a balanced commitment to learning, teaching and research as equally important aspects of the university's mission. Moreover, it is strongly committed to promoting and advancing quality and diversity, which is a fundamental value of our Alliance."

President of Maynooth University, Professor Eeva Leinonen, said: "Partnering across disciplines, borders and cultures will be critical to solving the problems we face as a global society. The European University Alliance provides us with this opportunity, and we are delighted to find such common cause within the Arqus Alliance. We look forward to working with such an esteemed group of colleague institutions and, more importantly, to the benefits the Alliance envisions for students, staff and across European society." Arqus is looking forward to making feel Maynooth colleagues at home in this new stage of the Alliance. As the Irish proverb says "Ní neart go cur le chéile", which means "There is strength in unity" or "we are better together".

Further information about the Arqus Alliance at https://arqus-alliance.eu/

Government announces €1.2m in funding to MU-led STEM project

Minister for Further and Higher Education, Research, Innovation and Science Simon Harris TD, and Minister for Education Norma Foley TD, have announced €1.2 million in funding to extend the STEM Passport for Inclusion project.

The project, led by Dr Katriona O'Sullivan at Maynooth University, addresses gender inequalities among female pupils in socially disadvantaged communities through an innovative programme of mentoring and education supports.

The &1.2 million project will be funded jointly by the Science Foundation Ireland (SFI) Discover Programme (&300k), the Department of Education (&300k), and Microsoft Ireland (&600k).

Speaking about the project, Minister Simon Harris said: "I am delighted to announce today that £1.2million has been awarded to the STEM Passport for Inclusion project. This is a really worthy programme which aims to engage Transition Year girls with STEM, opening pathways to further and higher education. My Department is committed to increasing the number of women and girls studying and working in STEM subjects. I hope that initiatives like this one will help to inspire a new generation of female leadership in science, research, and innovation."

Pictured below left - right: James O'Connor, VP Microsoft Ireland and Dr Katriona O'Sullivan, Maynooth University with STEM Passport to Inclusion participants Kelechi Unaegbu and Sinéad Keane

Minister Foley said: "I would like to congratulate Katriona O'Sullivan and her team on this wonderful initiative. The Recommendations on Gender Balance in STEM Education launched earlier this year, illustrated the importance of encouraging female participation in STEM. In Ireland, out of almost 120,000 people working in STEM, just one-quarter are women. The STEM Passport for Inclusion project was included in the recommendations and is an



excellent initiative which aims to make STEM subjects more accessible and attractive to female students across the country."

The STEM Passport for Inclusion offers female secondary school students the opportunity to graduate with a university-accredited STEM skills module, and to develop a meaningful mentoring relationship with women in Industry. Recent research conducted by Maynooth University has shown that 16% of female students were not studying a science subject at Higher Level for the Leaving Certificate, while 6% of female students do not have the opportunity to study STEM subjects at Secondary level. The initiative provides a platform for girls to understand, participate and celebrate STEM, in order to increase STEM awareness and create pathways to further and higher education in STEM.

(Continued on page 13)

(Continued from page 12)

Dr Katriona O'Sullivan, of Maynooth University's Assisting Living and Learning (ALL) Institute, said: "I am delighted that STEMp.inc has got the combined support of SFI, the Department of Education and Microsoft to expand nationally. We aim to ensure that every young woman, irrespective of socio-economic background, gets a chance to see where they fit in the STEM eco-system. I am looking forward to growing our partnerships with Atlantic Technological University, and Munster Technological University and other industry partners, as well as expanding our work with Microsoft's Dream Space team as their vision and passion for STEM has ensured that the 1,250 young women we have worked with so far are motivated and ready to excel in the STEM workforce.' The STEM Passport for Inclusion programme was co-designed by the education leads at Microsoft Ireland and Maynooth University and is delivered by Microsoft's Dream Space team at its campus in Leopardstown, Dublin, and in the RDI Hub in Kerry. The national programme will empower 5,000 Transition Year girls from unrepresented communities to gain a Level 6 STEM qualification, which may not otherwise be available to them, and go on to apply for STEM courses at Maynooth University, Munster Technological University and Atlantic Technological University.

Youthreach staff wellbeing report by MU highlights workload pressures

Maynooth University has published 'The Youthreach Employee Wellbeing Report 2022: A review of employees experience of working in the Youthreach Sector'. This national study reports on the experience and wellbeing of frontline staff working in the Youthreach Further Education and Training (FET) programme.

The report indicates significant challenges facing frontline Youthreach staff including workload pressures, difficulties taking time-off, inadequate infrastructure, and a lack of recognition of their role and responsibilities.

The report also highlights the dedication and commitment of Youthreach staff to their student cohort who often come from marginalised and disadvantaged communities and have dropped out of mainstream education pre-Leaving Certificate.

The Youthreach Programme is the Irish government's primary response to early school leaving and is designed to provide young people with access to education and training, progression and social inclusion. It is an integrated education, training and work experience programme that has a strong emphasis on personal development. The programme operates country-wide across 112 Youthreach centres, with 6,779 learners in 2020.

One-third of the Youthreach sector, some 325 staff, responded to a survey developed by researchers in the Department of Adult and Community Education at Maynooth University in December 2021. Almost half of the respondents worked in the role of a resource person (47%), followed by teachers (31%), Centre coordinators (15%), Centre managers (4%) administrators and others (3%). The survey measured resilience, mental health, compassion fatigue and explored participants' experiences and sense of wellbeing while working at Youthreach.

The frontline Youthreach staff identified a lack of recognition at a systemic level, with participants describing a lack of awareness or consideration of the value of the

Youthreach programme, especially by statutory agencies whose focus of attention, they suggest, is on mainstream school or Further Education and Training (FET) provision. This lack of recognition and parity of esteem with teaching colleagues in second level education was mentioned most often as the main challenge facing Youthreach staff. Participants noted pay levels, conditions, career progression, holidays and entitlements as key issues when compared to secondary teachers.

Some 80% of participants reported heavy workloads, with half regularly working in the evening, and a quarter regularly working over the weekend. Youthreach employees were found to take significantly less time off over weekends and holiday periods compared to second level teachers.

One quarter of participants reported burnout; this measure increased in likelihood with length of service in Youthreach. The sense of burnout was expressed by Youthreach staff, who experienced compassion fatigue due to the complex needs of learners within the Youthreach system.

Participants indicated that the complex needs of young people in Youthreach facing disadvantage and exclusion worsened during Covid-19, with participants describing the challenges of maintaining relationships with Youthreach learners significantly impacted by the pandemic.

Despite workplace stress, the findings nonetheless indicate wellbeing among Youthreach staff as relatively high, as employees reported significant psychological and social resilience that help them deal with work-related challenges, while also developing skills to help them cope with adversity.

Researchers also found that personal commitment, values and positive relationships that are formed between Youthreach employees and learners underpin the resilience of Youthreach staff.

Dr Michael Kenny, Associate Professor, Department of Adult and Community Education at Maynooth University explained: "Youthreach employees describe their commitment to young people and deep connection to learners' lives as bringing purpose and meaning to their own work and life, despite the significant challenges they face. This report reveals the valuable contribution of the Youthreach programme and Youthreach staff in supporting vulnerable young people who have left school early."

Speaking to the educational approach of the Youthreach Programme, Dr Bernie Grummell, Associate Professor, Department of Adult and Community Education at Maynooth University comments "The distinctive value of the person-centred and holistic education provided by Youthreach which builds positive relationships with students in safe environments is clear. This is crucial for learners who have had negative experiences in their school education. The positive learning and relationships that Youthreach provides in our education system needs to be recognised at a sectoral level, especially in terms of ensuring parity of esteem between Youthreach staff and their colleagues at second level."

Dr Jolanta Burke, Associate Professor at the Centre of Positive Psychology and Health, RCSI, University of Medicine and Health Sciences, said: "The report demonstrates the strength and resilience of Youthreach employees. However, it has also highlighted the need for significant changes to happen in the Youthreach sector to prevent employees' distress. More action needs to be taken by the Department of Education to reduce the risk factors impacting employees' wellbeing."

Kildare Planning Applications for Maynooth Area Planning Applications received from 12/12/2022 to 26/01/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
<u>2362</u>	Kildare County Council	Darragh Hickey,	73 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare.	26/01/2023
<u>2354</u>	Kildare County Council	Damien Travers	Taghadoe, Maynooth, Co. Kildare.	24/01/2023
<u>2350</u>	Kildare County Council	Sarah O' Flaherty	Kilmacreddock Upper, Maynooth, Co. Kildare	23/01/2023
2334	Kildare County Council	Patrick O'Callaghan and Paula Curran,	5 The Rise, Moyglare Hall, Maynooth, Co. Kildare	18/01/2023
2329	Kildare County Council	Vladimir Anghel,	15 Beaufield Green, Maynooth, Co. Kildare.	17/01/2023
221517	Kildare County Council	Damien Travers,	Taghadoe, Maynooth, Co. Kildare.	21/12/2022
221524	Kildare County Council	Sarah O'Flaherty,	Kilmacreddock Upper, Maynooth, Co. Kildare.	21/12/2022
<u>221516</u>	Kildare County Council	Hilary Cronin and Stephen Madden,	Glenhall, Railpark, Maynooth, Co. Kildare	21/12/2022
221499	Kildare County Council	Niall and Rhona McNerney,	225 Kingsbry, Maynooth, Co. Kildare	16/12/2022
<u>221469</u>	Kildare County Council	Cairn Homes Properties Ltd.	Mariavilla, Moyglare Road & Dunboyne Road, Maynooth, Co. Kildare	12/12/2022



Writers' Corner - Short Stories/Articles from our Readers

Grouse Quest

Nowadays crossing the border is no big deal but back then it was a different matter. Republicans were planting bombs everywhere, Loyalists were on the rampage and the British army had shot dead thirteen civilians in Derry. Not that I had any intention of crossing the border: I just wanted to talk to a man who lived near it, J.P. Mc Shane. So here I was at the wheel of my new Renault with my brother-inlaw John beside me, and my wife Gwen and her mother in the back. We had spent the night in a B & B and, the weather being perfect, were on the road soon after breakfast.

"You're sure we won't be shot?" my mother-in-law Liz asked in her arch Bristol accent.

"You'll be as safe as a house on fire," I assured her. "Listen to him, Gwen," she said. "I told you Irishmen were crazy. Why do you want to see this Mc Shane chap

"Tom wants to get additional information for his novel," Gwen explained. "He had two chapters published already in, Dog and Gun, but he needs to do more research." "Why not do it in a library?" Liz riposted.

"It's not the same," I told her. "This will be the real Mc Coy. We'll be able to see young grouse in a pen, and, anyway, I want to show you the real Ireland.

'I thought that was Wicklow," Liz countered.

"Tom loves the West of Ireland," Gwen explained. "The first book he wrote was set in Galway.'

"I'm inclined to agree with Tom," John said, his mild voice belying the fact that he was a Bristol police sergeant. "Wicklow is more like the Scottish Highlands; this is really

different." I could have crowed assent, my eyes roaming over the

hedge-enclosed fields, shining, green hills and pale-blue mountains ahead.

The further north in Connacht we travelled the wilder and more unspoilt the scenery became. Just over an hour's steady driving brought us to the town where Mc Shane lived. The place was quiet, almost no traffic or pedestrians and no sign of a patrol car. I parked near a newsagent's and went in to ask directions. The girl behind the counter gave me a quizzical look then shook her head. "Try the chemist's," she suggested. This was strange: when interviewed on the radio J.P. had definitely said he lived

As I crossed the street in my blue shirt and pants it occurred to me that the girl might have mistaken me for an off-duty guard. The chemist looked down at his hands as I made my enquiry. Yes, he knew J.P. but the grocer's further up would be able to give proper directions. Feeling a little puzzled, I thanked him and walked to the grocer's. To appear casual, I purchased some biscuits before asking where J.P. lived.

"I wouldn't know the exact place," the assistant said, "but the filling station up the road might."

"You're fairly close to the border here," I remarked. "Did you have any trouble?'

"Oh, didn't you know? Our school was bombed." He glanced fleetingly at my face.

'No," I confessed. "Was anybody killed?"

"Not this time."

'And has the town been affected in any other way by the Troubles?"

'Yes," he seemed reluctant to discuss it. "Since the Brits blew up the bridge we've lost half our customers, the ones from the North."
"That's tough," I remarked, thanking him and hurrying

back to the car.

At the filling station I asked the owner if he knew where J.P. lived.

He shook his head. "Why do you want him?"

As I explained about the grouse a burly customer paying for petrol said, "Oh, I know that man; he lives just a mile up the road. Follow my Land Rover."

When the Land Rover pulled out John noticed its yellow number plate. "That's a Northern Ireland registration," he said.

Which is funny, I thought. How come this bloke knows where J.P. lives and the locals don't? Suppressing my unease I cruised along, noting a high mountain rising on our left and the scarcity of houses. Mile after mile passed with the countryside growing more and more deserted. By now the Land Rover had disappeared.

"I don't like this, Tom," Gwen's voice quavered. "Can we turn back?'

To calm her I began to sing about "The mountain streams where the moor cocks crow.'

"Maybe we should stop?" Liz interrupted my serenade. "No," I said. "If we came this far we may as well see it through."

Next moment we rounded a bend and there was the Land Rover about ninety yards ahead with the driver lying under it. I pulled into the other side of the road with the intention of walking forward to ask if he needed help.

"Keep going!" John urged sotto voce so that the women wouldn't hear.

I knew what he was thinking: this would be a perfect spot for a hijack. Stepping on the accelerator I shot past the Land Rover. To my relief it didn't follow. Maybe it really had broken down? I sped on with the intention of turning off at the first opportunity but over two miles passed without any intersection. Then we were crossing a bridge and ascending a low hill. The surface was pitted as if the road hadn't been repaired in ages. At the top of the hill three big men stood right in the middle of the road, opposite a stone-built, two-storey farmhouse. As I drew to a halt my mind was racing. Were these paramilitaries or former B-Specials? If so, it would be best to act the friendly tourist.

"Hello." I called out, lowering the window.
"What do you want?" The leading fellow's tone was decidedly unfriendly.

"Does J.P. Mc Shane live near here?" I said. Ignoring my question, the fellow poked his head in the car window. "Who have we here?" he demanded.

At once Liz piped up: "This is my son-in-law, Tom – he's a writer – and this is my daughter Gwen, his wife, I'm Liz and this is my son, John. We're – that is John and I are just over on a holiday." Oh, how grateful I was for her confident English accent!

The big, hulking fellow withdrew his head.

"What do you want with Mc Shane?" He sounded less truculent.

"I'm told he raises grouse," I said.
"Aye," he snorted, "It's about all he does. You can reverse down over that bridge. The first cottage to the left."

"Is it okay if I turn around?" I asked. For answer he made a circular motion with his hand and stepped back to his companions.

"Whew!" John breathed in relief.

Watched by the three surly giants, I swung the car around and headed downhill.

'Oh, Tom, can we please go home now?" Gwen begged. "I'm scared."

"Having come this far, we might as well visit Mc Shane's," I demurred.

"And we English are supposed to be the stubborn ones!" Liz's voice betrayed grudging admiration.

John and I got out and walked towards Mc Shane's, an oldfashioned cottage with decaying thatch such as a bachelor might inhabit.

"Do you reckon that the bridge back there marks the border?" John said. "Those fellows looked rather hostile." Very likely," I replied. "We must have crossed by an unapproved road.

"And we still have to pass the bloke in the Land Rover," John reminded me. "I could have sworn it was a gun and not a wrench in his hand."

"This is bandit territory all right." I tried to sound nonchalant.

By this time we had reached the cottage and I knocked on the door. There was no answer. I knocked again then peered through the window. The place looked empty. We

walked to both ends of the house but could see no sign of grouse pens: they were probably kept out on the side of the mountain. Had I put all our lives in jeopardy for nothing? "We'd better call it a day," John advised. "People are bound to be wary of a stranger making enquiries about grouse: they probably reckon you're after other game." "You mean I could be gathering information for the police?"

"Or the I.R.A. – as you said, this is bandit territory." I was as tense as a coiled spring on the return journey, expecting at any moment to come upon the Land Rover blocking the road. If that happened I would have no option but to swing round and head back across the bridge in the hope that the three big fellows would take pity on us. What I wouldn't give for the sight of a garda patrol car! But the road was empty and the countryside had a sinister air as if gunmen were lurking behind every bush.

"It's gone!" John's voice brought me out of my incipient nightmare. He was right: the Land Rover wasn't where we had passed it. Maybe it had pulled into some field thought the only thing visible in the fields was the occasional bullock.

"He didn't come our way so he could have driven to an approved border crossing," John speculated. "Is there one near here?"

"Yes," I said. "I think there's one about eight or nine miles to the east."

"You're not going to chase after him?" Liz was only half

"No," I assured her. "I'm not that crazy."

At long last the filling station came into view and I relaxed. In no time we were driving through the town and heading

"Well, that was quite a trip," Liz remarked. "I thought those hillbillies were going to murder us all."

"You should have written to J.P. first," Gwen said. "That way you could have arranged to meet him in the town." "You're right," I conceded. "Anyway, I'm going to treat you all to a nice dinner in The Bush Hotel in Carrick." "No you won't," John said. "This one's on me." "No, it's my turn," Liz insisted.

After the tension of the previous few hours it was good to get back to the normality of squabbling, and the closer we got to Carrick the more it seemed that we had let our imaginations run riot. After all, the "hillbillies" were probably three locals unused to people crossing from the South and as for the driver of the Land Rover, he might have been an innocent guy repairing his car. Late that evening when we got back to Kinnegad, where Gwen and I had our new home, the grouse quest had taken on the aura of a harmless, if exciting adventure.

About a fortnight later – by this time Liz and John had returned to Bristol – I was in the bank where I worked as a junior financial adviser when a customer came in to see me. He was a respectable looking man in his forties who spoke with a faint northern accent. After the usual polite exchanges he remarked, "You were looking for J.P. Mc Shane recently.

"That's right." I tried to hide my surprise.

"And you had your brother-in-law with you."

I nodded as alarm bells started to go off in my head. "We checked into your background," the man continued, "and we figure you're all right – I myself read your articles in Dog and Gun – and we know your uncle was a republican. But – and this is for your own good, so don't take it wrong – if you want to visit Mc Shane's place or even to go grouse shooting with him, don't bring your brother-in-law along. We know he's a sergeant in the Bristol police. Enough said. Oh, and by the way, I'm

going to call it?" 'The Keeper of the Red Grouse," I mumbled.

"A good title," he said. "Grouse learn to keep their heads down when it's the open season.'

looking forward to your next novel – what is it you're

With that he rose, shook my hand and walked quietly out the door.

By: Patrick Devaney



Writers' Corner - Short Stories/Articles from our Readers

The Problem of Evil

"Why do I suffer? This is the rock of atheism. The slightest throb of pain, even if it stirs merely in an atom, makes a rent in creation from top to bottom." According to Hans Küng, Georg Büchner attributes these sentiments to Thomas Paine. Indeed Paine, Nietzsche, Dawkins, Stephen Fry and many, many others, all very intelligent men, have been seriously preoccupied with the problem of evil and suffering.

Surprising? Maybe not. "Great wit to madness sure is near allied and thin partitions do their bounds divide". For surely it's madness to think that of ourselves we count for anything? Our very existence from second to second is in the hands of our Creator!

There is no "problem of evil". It is merely the birthpangs of creation in which God has intimately involved us. As a fisherman throws out his hook and line, so our Creator threw out his imaginary line at the end of which was this infitesimally small unit of being from which he has been drawing ever since all things, from the most basic particles, and will go on drawing all things to himself until all is spiritual and this material world is no more. God is a Spirit, after all!

We, humans, are merely in a transitionary stage, existentially involved in the work of creation. Shakespeare didn't know this! Neither did Thomas Aquinas!

But then they didn't have modern science to help them. Père Teilhard knew it. Our bishops don't know this! Our priests and ministers don't know this for if they did they wouldn't be content to mumble a few outworn clichés to a starving gathering of Christians!

So why do we suffer and how can we counter Paine's assertion? By stating that there is no "rent in creation". Creation is a work in progress and its method, chosen by our Creator, is for our own ultimate bliss. Had we never known pain we could never experience freedom from pain. Had we never known deep sorrow how could we delight in the ecstacy of happiness? Well done good and faithful servant. You have been trustworthy over a few minor things, enter into the joy of the Lord.

Because of the manner in which God has set things in motion we can "merit" the happiness in store for us. Of course the labour of creation isn't easy and God was well aware of that. So he sent us a model to show us how to go about cooperaing in the work of creation. He sent us his 'Idea' of himself, his "Son". He lived, suffered, died for his us our path.

Mankind has made enormous blunders down through the ages and is still making them! Think of The Ucraine and all the wars born of human pride, revenge, vanity and greed. Think of the numberless innocents who have died at the hands of those who have taken the Hippocratic oath!

But remember also that it is written: "Let your sins be as red as scarlet, I will wash them white as snow; be they red as crimson I will wash them white as wool".

The Lord will have the last word when all will be brought to perfection in his mansion of many rooms! "Eye hath not seen nor ear heard not hath it entered into the heart of man the things that God has prepared for those who love him", for those who love his creation!

GM

Unexpected Gifts

We reckoned it an eyesore, a pole supporting three high-tension wires above our bungalow's back garden, but as days and weeks slipped by, perched on the wires like music notes, starlings, finches, house martins, swallows...

This change of outlook holds for other things:

that time we left the town where we had raised

five children to settle in this dull one without castle or university – regrets until new prospects dawned: a theatre, Cúpla Focal ¹, LitLab ².

There was a bigger change before that one, leaving The New World of reinvention beyond the western ocean – where I had overcome past failures, grown in confidence –

to seek a more fulfilling job back east with, salary apart, a storm-proof life.

Now, in my ninth-decade, the final change: a farewell to the world of living things.

I think of bosom friends, once brimmed with life,

who one by one passed to the great unknown

and trust, despite doubts born of reason, they will await me in some realm to come.

Colin Scott

¹ an oral Irish group ² a literary group



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North Kildare Nappuccino Drop by to chat to volunteers about cloth nappies

Local loan kit of nappies available to rent

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For more information please check out our website: www.clothnappylibrary.ie or email us on info@clothnappylibrary.ie

Alternatively join the conversation on:













LADIES CLOTHES SWAF



Maynooth Community Library 11th February 2-4pm Join us once a month, free event

Joining us this month:

The Craft Corner - drop in with your clothes mending project & get advice from Vanessa.

Plus a kids toy swap!

Cloth Nappy Library Ireland Chat to volunteers about modern reusable nappies







EARTH BABY FAIR

GLENROYAL HOTEL 22ND APRIL 10-4PM



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TABLE





ST MARYS GAA, LEIXLIP

- 24th February 2023
- 8 pm
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Interview skills & CV writing Part 1

Writing a CV could be an overwhelming task, especially when we have been out of work for some time, into one job for a very long time and / or if we are sending our candidacy for a position in a different industry/ sector to our background.

I want to press pause on the graphic / aesthetic of a CV for now. That's the easy part!

There are many examples of CV templates out there. The way the content of a CV is organized and looks on paper is important AND!! even more key is the quality of the content itself.

So let's see how to identify what goes into a CV to make sure we present our best most authentic foot forward in a candidacy.

Do not sell yourself, present yourself

We have heard too many times that, when applying for a job, you have to sell your experience. This could be a dangerous game as selling (or overselling) might land you the wrong job.. You want to clearly outline your experience, skill set and potential in a truthful way.

"Over" selling, inflating scope and responsibilities of past roles might make you look the best person for the job and might also set you up for a challenging ramping into a new role.

This does not mean that you should not consider roles where there is the potential to grow and be exposed to bigger responsibilities. If this is the case, simply state that is the type of role you are looking for and, in this case, highlight your ability to learn fast and the transferable skills.

How? Read on!

Play scavenger hunt with your skills!

We learn and develop skills in E V E R Y T H I N G we do and when we undertake one, or more, tasks repeatedly we become experts at it. Though, we might become blind to the skills we develop as we take those tasks and the abilities we need to perform them for granted. So! In a chronological way (most recent to least recent) go back to the jobs you have had, list the job titles down on a sheet of paper and ask yourself the questions below:

- 1. What tasks did I carry out on a daily basis? (Really jot down every task assigned to you and also what you'd take on spontaneously, just cause you saw a need for it)
- 2. What positive (expected from the job at hand) outcomes did I create? Don't forget the times when you over-performed!
- 3. What behaviors did I show to create said outcomes?

This simple exercise not only will help you populate your CV but will also give you plenty of material to eventually prepare for an interview in a way that is factual and convincing.

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

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





Gold Medal Winners

2016 - 2017 2018 - 2019 2021 - 2022

After a very successful year in the Tidy Towns Competition 2022, we were pleasantly surprised to come joint second with Kilkenny in the IBAL Competition 2023. We should get a certificate in recognition of this achievement. We are still waiting for the invitation to Trim from Meath County Council for the presentation of our 6th Gold Medal. Trim were the regional winners and they also won the All Ireland Competition. Maybe I can report on that event in the March Newsletter.

We ceased our meet ups on the 2nd of December for 2022 season due to the inclement weather. We resumed our meet ups for 2023 on the 7th January where we removed the Christmas tree and Crib from the square. Tree was brought to the Kildare County Council recycling yard on Leinster and the Crib was put in storage until next December. There was lots of litter picking all around the town, we cleared some areas of dumping and we are delighted to see the Spring bulbs sprouting all over the town. We cleared some of the foot paths on the Kilcock Road of rotting leaves.

Looking forward to March and The St Patrick's day parade on the 17th.

If anyone wants to volunteer please follow us on Facebook for updates, we meet at our shed in The Council Car every Saturday morning at 9am.

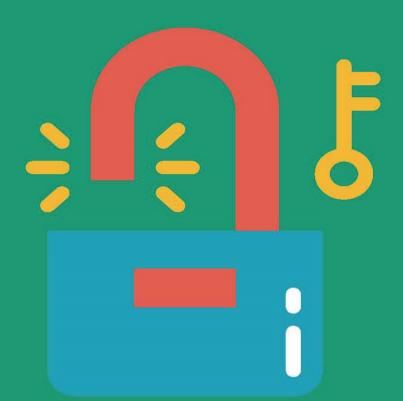
Mary Molloy - Maynooth Tidy Towns PRO





unlock some extra cash!

feeling the pinch of the cost of living increases? transfer your existing loans and credit card balance to us and see what you could save!





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

Warning: Changing your loans may result in you paying over a longer term and/or paying more interest over the life of your loan. Warning: The cost of your repayments may increase

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 www.citizensinformation.ie and from the

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



Rent Tax Credit

- What is the Rent Tax Credit?
- How much is the Rent Tax Credit?
- Can I claim the Rent Tax Credit?
- How to claim the Rent Tax Credit
- Further information

What is the Rent Tax Credit?

An income tax credit reduces your income tax by the amount of the credit.

A new Rent Tax Credit was introduced on 15 December 2022.

You can claim the tax credit for rent payments you made in 2022 by making an income tax return for 2022.

The Rent Tax Credit will be available for the years 2022 to 2025.

How much is the Rent Tax Credit?

The amount of the credit is 20% of your rent payments in the year, up to a maximum credit of:

- €500 for an individual
- €1,000 for a couple who are jointly assessed for tax

If a number of people pay the rent for a property, each individual or couple can claim the Rent Tax Credit for the rent they pay.

You cannot claim for payments for:

- A security deposit
- Repairs or maintenance
- Board, laundry or other services

Can I claim the Rent Tax Credit?

You can claim the credit for rent payments you have made for:

- Your home.
- A second home that you use to take part in your work or an approved course (a course that is eligible for tax relief on third-level fees)
- A property that is used by your child to take part in an approved course, if they are under 23 at the start of their first year

You cannot claim the credit if you are getting housing support which includes:

- The Housing Assistance Payment
- Rent Supplement
- The Rental Accommodation Scheme
- Cost rental housing

Registration of your tenancy

Your tenancy must be registered with the Residential Tenancy Board, unless it is a type of tenancy where this is not required, called a licence arrangement.

This includes where you are sharing with the owner in a rent-a-room or digs arrangement. In some cases, only the types of tenancies that must be registered with the Residential

Tenancy Board are eligible for the credit. This applies if:

- You are related to your landlord or
- You are claiming for a property that is used by your child

Your landlord

Your landlord must not be:

- A housing association or approved housing body
- A local authority
- Your parent
- Your child

If the property is used by your child to attend a course, the landlord cannot be any relation to you or your child.

How to claim the Rent Tax Credit

If you are a PAYE taxpayer, you can claim the tax credit for rent paid in 2022 in myAccount:

- 1. Sign in to myAccount
- 2. Go to the 'PAYE Services' section
- 3. Click 'Review your Tax 2019–2022' and select 2022
- 4. Click 'Request' under the 'Statement of Liability' section
- 5. Click on 'Complete your Income Tax Return'
- 6. In the 'Tax Credits & Reliefs' page, select 'You and your family' and click on 'Rent Tax Credit'
- 7. Enter the information requested

For rent paid in 2023, it will be possible to claim the tax credit before the end of the year using Revenue's Real-Time Credit facility.

If you are self-assessed

If you are registered for income tax self-assessment, you will soon be able to claim the tax credit for rent paid in 2022 by using the Revenue Online Service (ROS):

- 1. Sign into ROS
- 2. Open the 'My Services' screen
- 3. Click on 'File Return'
- 4. Select 'Income Tax' from the dropdown menu
- 5. Select the 2022 tax year
- 6. Go to the 'Rent Tax Credit' section of the tax return and enter the information requested

Further information

Revenue has published a detailed guide to the Rent Tax Credit (pdf).

Free Legal Advice Centres (FLAC)

- What is FLAC?
- How can I get free legal advice?
- Can I volunteer to work at FLAC?
- Contact

What is FLAC?

The Free Legal Advice Centre (FLAC) is an independent voluntary organisation that offers free basic legal advice.

The main functions of FLAC are to:

- Provide free basic advice and information to people with legal queries
- Promote equal access to justice through advocacy campaigns
- Conduct research in priority areas of law in the name of the public interest

FLAC does not offer a representation service and cannot assist you with finding legal representation. The Law Society has information on how to find a solicitor. FLAC does not provide legal aid which is administered by a separate body, the Legal Aid Board.

How can I get free legal advice?

FLAC offers a telephone information and referral line Monday to Friday. The phone line is free of charge.

FLAC cannot provide legal information or advice via email or post.

You can find a list of guides containing legal information on the FLAC website.

FLAC Phone Advice Clinics

FLAC also offer free legal advice phone clinics on a limited basis, in conjunction with Citizens Information Services (CIS). The volunteers who answer the phones are qualified to practice law in Ireland.

This is a free confidential service that may provide:

- First stop assistance
- Basic legal information
- Advice, such as the next steps you need to take
- A referral to another appropriate service

If you already have legal representation, the FLAC Phone Advice Clinic cannot give you a second opinion on your legal issue.

You can make an appointment by contacting your local Citizens Information Centre (CIC). You can learn more about these clinics on the FLAC website.

Can I volunteer to work at FLAC?

It is usually necessary to be fully qualified to practice law in Ireland to volunteer with FLAC. FLAC posts volunteer opportunities on their website as they arise.

Contact

Free Legal Advice Centre 85/86 Upper Dorset Street Dublin 1 D01 P9Y3 Ireland

Opening Hours: Lines open 9:30am – 1pm

Tel: +353 (0)1 906 1010 Homepage: http://www.flac.ie

Contact Form: https://www.flac.ie/contact/

St. Brigid's Day / Lá Fhéile Bríde



Lá Fhéile Bríde falls on the 1st February, it is a time of Imbolg. This is an ancient festival which marks the beginning of Spring. This festival became Christianised in Ireland and became known as St. Brigid's Day. St. Brigid is Ireland's most important female Saint. Here in Ireland from 2023 St. Brigid's Day will be a new annual national holiday, therefore equalling her status to St. Patrick, who is our Patron Saint. The first Monday in February will now be known as St. Brigid's Day; the Celtic Goddess of Ireland. But if the 1st February falls on a Friday then that Friday will be the Bank holiday.

St. Brigid enter the home". People inside the house would reply "You are welcome, St. Brigid". When she entered the house, she would go over to the table which was laden with food and sit and say grace before eating. Then after eating, all would make crosses from the rushes and sprinkle them with holy water.

Some parts of Ireland, there are groups called Biddy Boys. This group went from house to house with a straw figure of the Saint which was dressed in white, or straw costumes or both. They would collect money or food for a party in St. Brigid's name. The group would also be wearing various strange costumes and music. It was unlucky and thought mean to refuse them a donation.



There was also a tradition of marching with a doll known as a Brideóg also called Miss Biddy. This was a figure of the Saint, made from straw and dressed in white. This doll was carried in the march. Occasionally a girl, dressed as the Saint, was there too. She carried crosses and offered blessings to the houses. This custom has been brought with the Irish to various other countries they emigrated to. This custom was observed by locals as strange and even some thought this incited violence.



In 1830 in Kensington in London one such procession was described as marchers scandalising the local shopkeepers by marching their pagan dolly up the High Street and thrusting it into the shop doorways which sent refined customers for the smelling salts. The Police did not confront the mob but they did arrest the dolly and locked her in a cell until a woman turned up to the station asking to collect her sister's dress which was on the Celtic goddess.

Who is St. Brigid? She was born in Dunda

She was born in Dundalk in 450AD and she was the founder of the first monastery in Co. Kildare. Her father was a pagan chieftain of Leinster and her mother was a Christian. She joined a convent and eventually asked her father for some land so that she could build a convent. Her father said that he would give her as much land as her cloak would cover. She placed her cloak on the ground and she prayed to God that her cloak would grow and it did, it covered acres, as legend says. St. Brigid was always by the bed of sick and dying people. One particular time she was by the sick bed of a dying pagan chieftain, this could very well have been her father, telling him stories of her faith and her total trust in God. She started telling the story about the Cross and Christ, while doing so, she picked up rushes from the ground and started making a cross. The chieftain then asked to be baptised just before his death. So over time the creating of the cross came to be known as the "Saint Brigid's Cross". The tradition of making the cross for St. Brigid's Day still continues to this day. The crosses are hung over or beside doors and are said to ward off evil, fire and hunger. St, Brigid is renowned for her kindness and faith towards all.

She died at age of 75 in AD 525 and is buried in the very church that she created. Later in years her remains were exhumed and brought to Downpatrick to buried along side our patron St. Patrick and St. Columcille, which shows just how much esteem St. Brigid is held here in Ireland to be buried alongside as an equal to St. Patrick. Her skull was brought to Lisbon where it is still to this day. It is widely believed that three Irish Knights brought her head to Lisbon, the reason - no one is exactly sure why but it is thought that they brought it with them to keep them safe from sickness while on their crusades. It is preserved in the church in Lumiar in Lisbon.

Customs

On the eve of St. Brigid's Day, she is said to pass over the whole of Ireland give her blessings to the people and the land. Offerings were left out for her. These were

offerings of bread and butter. People also left out items for her to bless as she passed. Occasionally water and salt were left out and after these were thought to have curative properties. Each part of Ireland would have their own varied traditions, such as in Antrim, where a place was set at the table for her where she had passed over a poor person from the locality who was invited in her place to enjoy the meal.



It is still a tradition in Ireland to make St. Brigid crosses and place them at doors in the



house for protection of the household, farm and land. Many primary schools in Ireland to this day still make the crosses. The day before the old crosses from the previous year would be burned before the new ones would be put up. In some parts of Ireland if there was a female member of the family called Brigid, she would leave the house with a pile of rushes and return knocking three times on the door saying "Go down on your knees and let

St. Brigid's Well

There is a well in Co. Kildare which is situated in the Black Abbey grounds. This abbey was founded in 1212 by the Knights Hospitaller. It is now in ruins. This well is a very popular place for pilgrims as it is thought to have healing properties. It is fitting that St. Brigid, Ireland's only female Saint, be given equal status to our male patron Saint, St. Patrick, in recognition of her kindness to the sick and dying, her compassion and her faith. In honour of St. Brigid, we should try to make this day as important a day as St. Patrick's Day in our celebrations and show a little more kindness on 1st February.





Sourced: www.rte/cultural.ie. Images: Google Free Images.



Maynooth Cycling Campaign Notes

Maynooth Cycling Without Age

Maynooth Cycling Campaign is delighted to reveal that before Christmas, it ordered a Danish trishaw as part of Cycling Without Age in Kildare. Cycling Without Age is

an international community based movement which enables elderly or people with mobility problems to enjoy the pleasures of cycling by riding a trishaw, although they may not be physically able to cycle on their own. A trishaw is an electric tricycle which carries a pilot and two passengers. The pilot controls the trishaw and brings the passengers to a park, along a greenway or just around their local town.

We are grateful for financial assistance from Kildare Sports Partnership, Kildare County Council and Healthy Ireland for its purchase. Delivery is due in March - before St. Patrick's Day. We propose to use the trishaw at weekends so are looking for a number of people to volunteer as pilots. If you are interested email us at maynoothcycling@gmail.com. Training will be arranged.

We also have had preliminary discussions with Genil Training/St. John of God regarding use of the trishaw Monday to Friday. The one outstanding problem is somewhere to store the trishaw. We have raised the matter with Maynooth University and are hoping that they will grant permission to store it in one of their secure bike sheds but it is difficult to get engagement from them.

vulnerable road users. Serious injuries in Kildare for Q1 to Q3 increased from in 2021 to 39 in 2022.

Maynooth Cycling Campaign is a non-party political cycling advocacy group.

Further information on the campaign is available on our website.

Cycling Without Age was started by Ole Kassow in Copenhagen 2012. Ole wanted to help the elders get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents. It spread from Copenhagen across Denmark and then went international. Now it has a presence in more than 50 countries with over 3,700 trishaws and 35,000 trained pilots.

It was established in Ireland in 2017 by Clara Clarke in Dun Laoghaire but now there are over 70 CWA trishaws in locations including Dun Laoghaire, Dublin, Blanchardstown, Clonakilty, Wexford Town, Cashel and Tipperary. Next month Maynooth will join that list.

An Garda Siochana Reports

An Garda Siochana has not yet revealed the number of bike thefts in Kildare for the final quarter (Q4) of 2022. From a look at the published figures from the last three years, bike theft is likely to have increased in 2022 compared to 2021.

	2020	2021	2022
Q1	23	14	24
Q2	39	19	38
Q3	53	47	33
Q4	14	25	
	129	105	95

Preliminary estimates of Kildare road fatalities suggest a reduction from 8 in 2021 to 4 in 2022. Nationally, however, there was a big increase in the fatality of vulnerable road users. Serious injuries in Kildare for Q1 to Q3 increased from 36 in 2021 to 39 in 2022.

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.





Oliver Reilly

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Website: www.hegartyssolicitors.ie

Maynooth I.C.A. Notes

Maynooth Guild are looking forward to a very busy year ahead. Some of our members will attended the launch of Daffodil Day in January 2023. Members will also do collections on Friday 24th March for this event.

Members will also be attending Kildare weekend in An Grianán from 19th to 21st May 2023. We are looking forward to our Federation meeting on 18th February which will include a Quiz and Simnel Baking Competition. It is hoped to have this event in Castledermot. Our members celebrated Nollaig na mBan with an outing for coffee in one of the Towns restaurants/ We also intend to do something similar for St. Brigid's Day and National Women's Day.

Each month we hold a competition at our meeting. Members will also attend the Regional ICA meeting in the Galway Bay Hotel on 11th March and also our national AGM which will be held in the Silver Springs Hotel on 27th May 2023. Tickets are now on sale for our Easter Hamper Raffle. The Guild will be doing a trip to Kilkenny to see the Ross Tapestry. The Guild will also be doing a collection for the Samaritans. Goods needed are hats, gloves, scarfs, tooth brushes, soaps, shampoos etc.

Some of our members also take part in exercise classes each week, walking, dancing, swimming, pole walking etc. Our monthly meeting is always held on the first Thursday of the month and our Craft Nights take place every Monday night. All are welcome.

Nora Mc Dermott PRO Maynooth ICA

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. (ELP)

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.

~ Have Fun While Advertising Your Organisation ~







Application Form 2023

This Year's Theme: Celtic Mythology



Closing Date for Entries: 5pm Friday 3rd March 2023

A	dress:
-	ntact e-mail:
-	ntact Person: Telephone:
٠	All vehicles entering must have a float, preferably a live band with traditional, rock or pop music.
٠	HGV's, lorries or cars without a float will not be accepted.
٠	Entry Fee does not include Insurance cover. All participants/Floats should have suitable Insurance cover.
Do	ou wish to do a demo (2-3 mins) at Reviewing Stand?
E	trance Fees: (Cheques should be made payable to "Maynooth St Patrick's Day Parade"
	Commercial Float ~ €60
	First Time Entry ~ €10 Bands ~ Free
	Please submit two paragraphs about your club/organisation or business with this application

he	categories for which prizes will b	e awarded a	re as	follows:	
1	Best Commercial Float	Trophy	2	Best Club Float	Trophy
3	Best Band	Perpetual Cup	4	Best School Float	Trophy
5	Best Portrayal of Irish Culture (Dr Muireann Ní Bhrolcháin Perpetual Trophy)	Perpetual Trophy	6	Best Portrayal of Environmental Awareness	Trophy

Applications with entry fee to be sent to: Maynooth St Patrick's Day Parade Committee c/o Unit 10, Carton Retail Park, Maynooth, Co. Kildare.

Organised by:

Maynooth St Patrick's Day Parade Committee E-mail: maynoothparade@gmail.com Naoise Ó Cearúil (Chair) Mobile - 086-7280050

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Catherine Murphy T.D. Social Democrats, Kildare North. Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

Bus Eireann Bus 115 Undergoing review

Catherine Murphy TD has stated that a comprehensive review of the Bus service 115 is due to take place and has received the below update from the National Transport

"The national Transport Authority can confirm that Bus Éireann has just started a comprehensive review of route 115, in order to make some timetable adjustments and add additional peak time trips. This is aimed to solve punctuality, frequency, reliability and capacity issues. Please note that any adjustments proposed will be subject to funding and resources (buses and drivers) availability.

We can't give a definite date yet as this is still a work in progress but we will update you when the review is complete."

Ongoing delay in retrofitting loan scheme will impact Ireland's climate ambitions.

Government can only offer vague timelines on when lowcost loan scheme for households will be available Ongoing delays in the rollout of a low interest loan scheme for retrofitting will make Ireland's carbon reduction targets even more difficult to achieve, according to Social Democrats Co-Leader Catherine Murphy TD.

"A low interest loan guarantee scheme – designed to help households make up the difference between the cost of retrofitting works and SEAI grants - was a key feature of the Government's Climate Action Plan when it was announced in 2021. More than two years later, it is still not up and running and we still don't know when it will be open for applications.

"This scheme, which will provide low-cost loans of up to €50,000 per household, was due to be in place by last summer. Environment Minister Eamon Ryan told me on two separate occasions that it would be launched in the third or fourth quarter of 2022, but this did not happen. "According to reports, there has been extensive due diligence between the European Investment Bank (EIB) and the Irish banking and credit union sector, and that "significant progress" has been made in identifying

"Yet, all Government can say is that the scheme will be launched "in the coming months". Such a vague timeline is utterly unacceptable.

"The cost of retrofitting is completely out of reach for most families and it is simply not good enough that this scheme is not yet finalised. Even when the loans are available, retrofitting will remain pie in the sky for those homeowners already struggling to pay their mortgages. "So far, the Government's retrofitting ambition, which aims to see 500,000 homes upgraded to a B2 energy rating by 2030, is looking increasingly unattainable."

Homelessness figures highlight need to extend eviction ban and increase tenant in situ purchases

. Lifting the ban at the end of March will create a tsunami of evictions, with homelessness services already completely overstretched

The latest homelessness figures highlight the need for an extension of the ban on evictions and a ramping up of tenant in situ purchases, according to Social Democrats TD Catherine Murphy, said:

"Figures released today show that homelessness has yet again hit record levels. There were 11,632 people living in homeless emergency accommodation over the Christmas period, 3,442 of them children.

"This represents a shocking 40 percent rise in the number of children in emergency accommodation in just one year. "Lifting the ban at the end of March will create a tsunami of evictions while our homelessness services are completely overstretched already.

"The Government must extend the eviction ban and use the time to grow our social housing stock. A relatively quick

measure that keeps families in their homes would be the rapid expansion of tenant in situ purchases.

"We have seen such purchases rolled out sporadically across the country, with some local authorities using them more than others. The Minister needs to issue clear direction to all local authorities and provide the necessary funding to ramp up tenant in situ purchases to save people from the ordeal of becoming homeless.

The Government has wasted the breathing space provided by the eviction ban and has allowed the crisis to get even

"We cannot grow accustomed to grim records like this being broken month after month. Homelessness has a deep and lasting impact on those who experience it. These are people, not just statistics."

Minister can't see the wood for the trees on Coillte deal

Ireland's Forest Strategy has been undermined by partnership with UK investment firm Coillte's controversial partnership with a UK investment firm is undermining Ireland's new Forest Strategy before it has even begun, according to Social Democrats TD Catherine Murphy.

"The long-delayed Forest Strategy says all the right things and makes big commitments. But based on this Government's track record and the recent Coillte deal with Gresham House, it is not worth the paper it is written on. 'Not surprisingly, there are widespread objections to this arrangement. Under the plan, Coillte – a public body – will do all the heavy lifting by sourcing tens of thousands of acres in rural Ireland, planting trees and managing the forests. However, private international investors will reap the rewards.

"Already, €25 million of public money has been invested in the fund to facilitate a corporate land-grab of huge swathes of rural Ireland.

"The Coillte deal highlights serious flaws in the Government's approach to forestry policy and climate action. The State should be developing our forests in a way that supports biodiversity and a sustainable forestry sector. "The Minister for Agriculture seems to have been asleep at the wheel by allowing this agreement to be signed off without proper public scrutiny or debate. Minister McConalogue has stated that the Coillte deal is not the Government's preferred option, yet his department has been aware of a proposed public/private partnership for almost two years.

"It appears that the Minister has been unable to see the wood for the trees when it comes to the Coillte deal. Coillte makes a profit of €100 million a year and has a landbank of over 1.1 million acres – so why exactly does it require the involvement of a UK-based investment firm? "All of this undermines the credibility of Ireland's new Forest Strategy before it has even begun."

Taoiseach finally admits that Government's own target for social housing was missed

The Government must now explain why the State cannot or will not – build enough social homes

The Taoiseach has finally admitted that the Government's own target for the delivery of social homes in 2022 was missed, according to Social Democrats TD Catherine

"When questioned in the Dáil today by Catherine Murphy TD, the Taoiseach conceded, for the first time, that the target for social housing had not been met last year. This admission is a departure from the usual Government spin on housing delivery figures.

"It is important to remember that the initial target for newbuild social homes in 2022 was 9,000, but this was quietly reduced to 8,000 in November. By September, just over 2,700 social homes had been delivered, with more than 70% of them acquired from the private sector.

"Last December, the Department of Public Expenditure and Reform warned that only 6,500 social homes were likely to be delivered by the end of the year. This falls short of the original target set by the Government by as much as 30%.

"The shortfall in the delivery of social homes is not surprising when you consider that, according to the Department of Public Expenditure and Reform, the Housing Minster failed to spend almost €1 billion of his capital allocation last year. This is a grave insult to the record numbers of people living in emergency homeless accommodation and the tens of thousands of renters struggling to pay unaffordable rents.

"Following the Taoiseach's admission of his Government's spectacular housing policy failure, he now needs to explain why the State cannot – or will not – build enough social homes and outline what immediate action he is going to take to address this."

Government must act to increase awareness of tax credit for renters

Some renters losing out on rebate because landlords are not registered with Residential Tenancies Board The Government needs to do more to raise awareness of the €500 annual rent credit introduced in Budget 2023, according to Catherine Murphy.

"It has been reported that only a fraction of those who are eligible for the credit – worth €500 per year to an individual or €1,000 per couple – have claimed it so far. It is estimated that up to 400,000 people are entitled to claim the refund, but just over 78,000 have applied to date. 'Significantly, a survey by Taxback.com revealed widespread lack of public awareness about renters' entitlement to the credit, which can be applied for retrospectively for 2022.

"With exorbitant rents putting households under severe financial pressure, it is important that as many people as possible avail of this budgetary measure. Given the low uptake so far, it is clear that the Government needs to run an awareness campaign to encourage more renters to apply to Revenue for the refund.

'Separately, some tenants are excluded from applying for the credit because their landlords are not registered with the Residential Tenancies Board (RTB). This is completely unacceptable and highlights the requirement for proper enforcement to ensure that landlords are fully compliant with the rules."

Damning CAMHS report demands immediate **Government response**

It is time that the Government stopped wringing their hands about dysfunction within the health service and actually did something about it

A damning report by the Mental Health Commission has revealed that the Child and Adolescent Mental Health Service (CAMHS) is failing children across the country, according to Social Democrats TD Catherine Murphy.

"Last year, a shocking report into South Kerry CAMHS revealed that hundreds of children had received risky care, with scores suffering "significant harm". Today, we learn that the dysfunction laid bare in South Kerry last year is replicated across the country.

"In fact, Inspector of Mental Health Services, Dr Susan Finnerty, was so disturbed by her review of CAMHS that she published an interim report to highlight serious failings in the service.

"Those concerns extend to 140 children "lost" in the Midwest CAMHS; children not receiving follow up appointments for up to two years, despite children being on medication; chronic understaffing of CAMHS teams; an increasing reliance on telepsychiatry; and children reaching the age of 18 without being transitioned to adult services. "Families spoke about their children deteriorating while on waiting lists and being forced to try to seek help from the private healthcare system. One family had to pay €90 a

(Continued on page 24)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.) Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

(Continued from page 23)

round trip of three hours to do so.

"It is time that the Government stopped wringing their hands about dysfunction within the health service and actually did something about it. The children who are being failed by CAMHS will not get their childhoods back. It is a national scandal that some children have been seriously harmed by CAMHS, rather than helped.

'It is notable that some of the issues highlighted in this scathing report could be addressed if the Sláintecare plan was implemented – particularly, the implementation of Regional Health Areas. The report notes that Community Health Organisations (CHOs) are unable to plan for the services they need locally because HSE budgets are centralised. Recruitment is also centralised, meaning local services have huge difficulty in hiring the staff they need at the time they need them.

'Minister Donnelly must now come to the Dáil and answer questions about this latest damning report into CAMHS and tell us what he intends to do about it. This is an interim report, but the response from Government must be immediate."

NCT operator must be held accountable for unacceptable delays

Confirmation that Road Safety Authority is engaged in legal process to impose penalties relating to NCT contract is welcome – but must be fully pursued

The Government must urgently address ongoing delays being experienced by motorists trying to access National Car Testing (NCT) centres and apply appropriate penalties on operator Applus+ for any breaches of its contract, according to Social Democrats co-leader Catherine Murphy.

"In recent years, motorists have experienced unacceptably long delays when trying to book a test in their preferred centre – often up to several months at some locations with factors such as staff shortages and Covid-19 being

"According to the NCT's website, none of the centres around the country can offer appointments within the 28day period, with Leinster and Dublin seeing the longest waiting times.

"Despite the NCT's customer charter promising a free test if no appointment is available within a 28-day period, the Road Safety Authority (RSA) has confirmed that no customer was offered this concession last year. Will eligible drivers now be entitled to a refund and, if so, will Applus+ be held liable for these payments under the terms

'It is also worth noting that the NCT contract was rolled over for a further 10 years in 2020. We need to know if key performance indicators were met by the company before the contact was renewed by the RSA.

"At the core of this issue is vehicle safety and compliance with road traffic legislation. It continues to be an offence to drive a car without a current NCT certificate under the Road Traffic Act 1961, with motorists at risk of five penalty points on their licence, a fine of up to $\in 2,500$ or three months in prison.

"While we are advised that insurance companies are taking a pragmatic and understanding approach to the issue of backlogs at testing centres, drivers remain concerned they may not be covered in the event of an accident for not having a valid NCT certificate.

"The high demand for tests demonstrates that motorists want to be compliant, but the system is not allowing them

"Minister of State Jack Chambers confirmed to me in the Dáil today that the RSA is engaged in a legal process to impose penalties on Applus+ for not providing services to the State, as contracted. This approach must be fully pursued by the Government to restore public confidence in

the NCT system and ensure there is full accountability for week to see a private occupational therapist while driving a the sub-par levels of service currently being offered.'

Government must act as house prices hit record levels and continue to rise

House prices nationally are now 3 percent above their highest point at the peak of the property boom Social Democrats TD Catherine Murphy has called on the Minister for Housing to explain what he is going to do to address the rising cost of home ownership after figures released by the Central Statistics Office (CSO) revealed that property prices have reached record levels. Deputy Murphy, said:

"It is deeply concerning that house prices in Ireland have reached record levels and continue to climb. The national Residential Property Price Index (RPPI) shows an 8.6 percent increase in the 12 months to November 2022, with values in Dublin rising by 7 percent and by 9.8 percent outside the capital.

This means house prices nationally are now 3 percent above their highest level at the peak of the property boom in April 2007, increasing by nearly 130 percent since 2013. "The Government needs to urgently change tack on its housing policy. The Minister must immediately act to increase the supply of social, cost rental and affordable purchase homes, and tackle delivery bottlenecks when it comes to land and financing.

"In addition, the scandalous waste of vacant properties must be confronted head on with the introduction of a punitive tax to heavily discourage leaving homes empty. Given the prohibitive cost of home ownership, it is clear we cannot just rely on the property market to solve the

Reform of ethics legislation must not be delayed by controversy engulfing Paschal **Donohoe**

It would be bizarre and grotesque for reform to be further delayed because the Minister overseeing SIPO was the subject of an investigation

Long overdue reform of our ethics legislation must not be further delayed by the controversy that has engulfed Minister for Public Expenditure Paschal Donohoe, according to Social Democrats co-leader Catherine Murphy.

"Minister for Public Expenditure Paschal Donohoe has conceded he failed to properly record his election expenses and has now asked SIPO to amend his 2016 election statement. A complaint in relation to the matter has also been made to SIPO.

"The Minister has quite rightly recused himself from any ministerial duties relating to SIPO while the complaint in relation to his election returns is investigated. However, this necessary recusal should not slow down much-needed reform of our ethics legislation.

"Until the Cabinet reshuffle, Michael McGrath had been responsible for reform of our ethics legislation. It makes sense for that responsibility to now revert to the Finance Minister.

"On December 13, Minister McGrath received approval from the Cabinet for a review of ethics legislation to be published, but that has yet to happen. There is no reason to further delay the publication of this review. The Minister should also confirm when updated ethics legislation is likely to be published.

"SIPO has been calling for increased powers of investigation and enforcement for 20 years – and it would be bizarre and grotesque for reform to be further delayed because the Minister overseeing SIPO was the subject of an investigation.

"Minister McGrath had been responsible for SIPO until December and should now confirm that he will immediately oversee the next steps of its long overdue reform process.

"In the first instance, the review of our ethics legislation should be published this week and the Minister must confirm when updated legislation is likely to be published."

Slow rollout of eating disorder teams must by addressed by HSE

Model of Care was supposed to deliver 16 specialist eating disorder teams - but just three are operating The slow delivery of specialist eating disorder teams across the country is potentially putting lives at risk, according to Social Democrats co-leader Catherine Murphy TD "Of the 16 community-based teams promised under the HSE's National Model of Care for Eating Disorders in 2018, just three are operational. The pace of progress is completely unacceptable and represents a significant gap in our mental health services.

"The clinical programme aimed to establish an eating disorder network comprising eight adult teams and eight CAMHS (Child and Adult Mental Health Service) teams. Last year, the HSE informed me that nine multidisciplinary teams would be in place by the end of 2022. However, it has now emerged that serious recruitment difficulties have delayed progress on the programme, which was expected to be delivered within five years. "It is widely accepted that outpatient specialist care is the most effective treatment setting for many people with eating disorders. The Model of Care was intended as the blueprint for the rollout of a community-based network to address the unmet need for dedicated eating disorder services.

"Recent years have seen an alarming rise in psychiatric inpatient admissions for children and adolescents presenting with eating disorders, an issue that predominately affects women. This is an area that is constantly under-resourced, despite eating disorders being among the psychiatric conditions most associated with mortality.

"Lack of investment means people often have to go to the UK for treatment, paid for by the State, while others are forced to spend thousands on private care. We need greater intervention at primary care level to prevent these situations escalating to inpatient admissions. "I will be seeking an update on this issue when the Dáil resumes next week. Any recruitment or funding barriers delaying the rollout of public eating disorder services must be urgently addressed by the Minister for Mental Health

COMMITTEE OF PUBLIC ACCOUNTS REPLY TO REQUEST FOR INFORMATION FROM MAYNOOTH UNIVERSITY R1657 (ii) PAC33

Ollscoll Mha Nuad Maynooth University Oifig an Uachtarain Office of the President Our Ref; P/CL 11 January 2023

and the HSE."

Ms. Sarah Cremin Committee Secretariat Committee of Public Accounts

Dear Ms. Cremin,

I refer to your correspondence on behalf of the Public Accounts Committee, requesting information on the following issues:

- 1. The University's rationale for terminating the construction contract for a new student centre.
- 2. Details of the student levy fund, including details of how much was collected from students since it was established,

(Continued on page 25)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.) Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

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how much was collected annually, what it is being used for, and what the remaining balance is. I have outlined below the relevant information on each of these issues.

1. Rationale for terminating the student centre construction contract.

It is important to recognise at the outset that the University remains committed to delivering a new student building. We fully recognise the ongoing need for additional student spaces and facilities. The decision that was taken by the Governing Authority ("GA") of the University on 22nd September 2022 was to terminate a specific construction contract for delivering the MU Student Centre due to the issues outlined below.

The GA has responsibility for the strategic direction of the University, the management and administration of its revenue and property, and the general conduct of its affairs. Members of the GA are drawn from the staff, students, graduates and external organisations.

At its meeting on the 22nd September, the GA decided the construction contract for the MU Student Centre had to be terminated. The decision was made because the costs for construction were projected to be 50% more than the costs of the original contract. This would mean that a breach in public procurement rules would be likely, as the Public Spending Code states that this level of increase (over 50%) is not allowed. As a public sector institution, Maynooth University is a steward of public monies and we are obligated to abide by the Public Sector Spending Code, the Capital Works Management Framework and the European Union (Award of Public Authority Contracts) Regulations 2016.

The reason for the increase in project costs was due to technical issues and an escalation in costs. Also, as it was still in the early stages of construction, further increases could have occurred. The decision to terminate the contract was informed by legal advice received by Maynooth University. The risk associated with continuing with a project that would breach the Public Spending Code was a primary concern of the GA

The expenditure that has been incurred to date on the project, approximately €1.6m, will be met by the University from financial reserves. No financial contribution is being sought from the exchequer, and no student levy monies (as detailed below) have been lost as a result of the GA's decision to terminate the construction contract for the MU Student Centre. The student levy funds remain ring-fenced for student facilities projects.

Following the decision of the GA to terminate the contract, the University is currently considering the scope for legal redress against certain parties involved in the project, with a view to cost recovery. As outlined below, we are also considering the most appropriate means of meeting the need for additional student spaces on campus, in the short and longer term, in the overall context of achieving value for money in any future investment. Since technical issues associated with the project were first identified, the University has sought to act prudently at all times, comply with relevant governance requirements, engage with stakeholders in an open and constructive manner, and act in accordance with legal advice, in order to prevent a challenging situation from becoming an even more serious issue. The University is currently reviewing the process that led to the termination of the construction contract and this will form the basis of an interim Project Completion Report (PCR) as per the Public Spending Code, in order to capture any lessons learned. This PCR will be submitted to the Higher Education Authority once it has been approved by GA.

Student levy income and expenditure The student levy has been in place at Maynooth University

since 1992, with student classes each year contributing to a . fund for the development of student facilities from which future students will benefit.

From 2015, following consultation with Maynooth Students' Union ("MSU"), the levy was increased on an incremental basis until it amounted to €150 per annum per student. The levy has been frozen at €150 per year since the 2018/19 academic year and this will remain the case until such time as the projects within scope are substantially delivered. Since 2015, €11m has been collected in total through the student levy.

The cost to build a student centre is significant and, therefore, in order to meet the scale of the planned student facilities and to deliver them in advance of collecting the amount of funding needed to cover the costs, the University took out a loan from the European Investment Bank (EIS). The student levy is used to repay the portion of the loan that is being used to provide the student facilities.

The total funding available for student facilities, financed in part by the EIS loan, is €34.2m. To date, almost €7.5 million of this funding has been spent and the remaining €26.7m remains ringfenced for student facilities.

The €7.5 million expenditure to date is broken down into: land for student facilities (€4 million), commuting facilities including a bus terminus, bus parking and car parking facilities (€1 million), enabling infrastructure (over €1.4 million) and sports infrastructure (€1.1 million).

The University has ring-fenced the remaining $\ensuremath{\mathfrak{C}} 26.7 m$ to be invested on student facilities, including a student building, and remains committed to addressing the need for spaces for MSU, university clubs and societies, meetings, informal learning and groupwork, places to eat and relax between classes, and other activities. There is also a recognised need for enhanced sports facilities and a shared ambition for a dedicated cultural space on campus.

A detailed summary of the student levy monies collected and expended on student facilities is outlined below.

(Editors Note* Table referred to above has been included at the end of the Letter*)

3. Next steps

In addition to the above information on the rationale for the termination of the construction contract for the MU Student Centre, and the breakdown of the student levy, I would also like to outline the current position in relation to our planning for the delivery of future student facilities.

Following the decision of the GA to terminate the student centre construction contract, the Student Facilities Project Advisory Group (SFPAG) was established to make recommendations to GA on the development of student facilities for the immediate, medium and longer term. The group comprises students and staff and is chaired by Professor Peter McNamara, Dean of the Faculty of Social

Membership of the Advisory Group is drawn from students and staff from MU, along with an external expert. The Advisory Group is considering the following as part of its

- Requirements of student facilities regarding space for informal study, groupwork, discussion and argument in the immediate and longer term and agreed recommendations.
- Requirement of students facilities regarding social space in the immediate and longer term and agreed recommendations.
- Requirement of a student building to provide student facilities.
- Consider feasibility in terms of risk, costs (within the existing financial envelope) and delivery.

- Research the current landscape and best practice regarding student facilities provision in Irish and international higher education contexts.
- Consider current best practice with regard to immediate and long-term student facilities for the size and scope of MU.
- Agree methodology to consult with the broad student body on the Student Facilities Project.

The first meeting of the SFPAG was held on 6th December 2022. The group is working collaboratively to make progress and regular updates will be shared with the student and staff community at MU. The group is scheduled to submit its proposals to GA by June 2023.

I hope the above information addresses all of your queries. However, should you require any further information, I am happy to provide any additional detail that may be necessary.

Yours sincerely, Professor Eeva Leinonen President Maynooth University

Amount	Details
€11million	Total amount of the student levy collected since 2015
€34.2 million	Funding allocated for student facilities (EIB loan)
€7.493 million	Amount spent to date on student facilities
€26.7m	Funding remaining and ring-fenced for student facilities including student building
€7.493 million	Breakdown of money spent to date on student facilities
€4m	Towards the purchase of land for student facilities and infrastructure
€1m	Commuting facilities including a bus terminus, bus parking and car parking facilities
€1.425m	Enabling infrastructure, including the developments on the campus ring road (€792k), undergrounding of overhead electricity cables to make the land purchased developable (€246k), and furniture for student social spaces in various building (€387k)
€1.068m	Sports infrastructure, including floodlighting of three pitches on the North Campus (€602k), upgrading of the surface of the all-weather pitch (€198k), and additional gym equipment (€268k).

Below is the link to the Public accounts committee debate to which the letter applies.

https://www.oireachtas.ie/en/debates/debate/ committee of public accounts/2023-01-26/9/#spk 866

Maynooth Community Employment Project Community Employment Scheme

Staff Required: Ground Workers x 2

19.5 hours per Week C.E. Programme Rate Apply

Applicants Must be eligible under the Department of Social Protection Guidelines

Eligibility can be checked at your local DEASP Employment Services/Intreo Office

To Apply: Send CV to office@maynoothcep.com Before 15th February 2023

Quote Job Reference # 2259179

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

Gardening Recycling Using Everyday Objects

Canning Jar Lids/Tin Cans

Make a hole in used canning lids and thread them using heavy twine. Then hang them up to scare birds away from young plants.

Nail the lids to a stick to use them as name markers for plants/veggies.

Cover coffee cans with patterned paper to make lovely vases.

Cans can be also used as scoops for scooping compost into pots or even using the cans for starting seeds.

Baby Food Jars

These jars can be used to store seeds, twist ties and any other small garden items. Remember that the seeds jars will need to be put in a dark place or you can paint them black.

Metal Baskets

Recycle old metal baskets from a fridge or freezer to cover seedlings to stop animals getting at them.

When its frosty throw nets over these baskets to protect young seedlings. You can also do this to protect them from heavy rain.

Plastic Sandwich Bags

Sandwich bags can be used for cuttings to be rooted. Don't forget to add water. Keep them mostly closed tight and hang them up on a clothes line so you can see when the roots have formed.

Milk/Soda Bottles

Clean and dry the bottles before using them. Cut 1/3 off the bottom. Bury the neck of the bottle into the ground beside the plant that needs a lot of water and top up daily. The cut off part of the bottle can now be used as a seed starter tray or even as a paint tray.

Plastic Bags

As a time saving idea, tie a plastic bag to your garden apron so that you can throw in weeds, trimmings etc. thus saving you time so you only have to go to the compost heap in one trip. This plastic bag can be used numerous times.

Feather Pillows

Feathers from old pillows can be left out for birds as they can use them to build their nests. If they get blown away, the birds will find them.

Waste Paper/Cereal Boxes

Newspaper and all paper including junk mail can be composted. Cover with grass clippings and the worms will love them. Cereal boxes can be also put into the compost heap. Why not use the boxes as organisers for seed packs, desk organisers or draw dividers.

Coffee Filters

These can be used to dry out seeds and can be used multiple times. When they get too worn out, use them for sprouting seeds.

Old Carpet Bits

These can be used as weed barriers under a layer of mulch for paths.

Used Dryer Sheets

These are especially great for putting at the bottom of pots before putting soil in to stop soil from pouring out the bottom. Also helps slugs from entering the pot to harm the roots.



Sourced: kidsgardening.org

How to keep Spiders out of your home

Do a weekly clean of your home to remove dust, dirt, and debris. Keeping your house clean will ensure there are no pieces of food on your floors that can attract spiders. Dust and dirt in the corners of rooms can also serve as a great hiding spot for spiders, so be sure to sweep or vacuum these areas regularly. Clean window sills and frames once a week, or daily, to prevent spider webs from forming.
You can also apply a natural vinegar or essential oil spray as part of your weekly clean to

keep spiders away.

Check indoor plants for spiders. Spiders can hide in the leaves of indoor plants and spin

webs in the plants. Make sure you check indoor plants every few days for spiders and remove them if you find any. You can also spray a natural pest repellent on the plant, such as white vinegar or essential oil spray. Another option is to make a spray out of 1 to 2 teaspoons (4.9 to 9.9 ml) diatomaceous earth powder and 2 to 4 cups (470 to 950 ml) water and apply it to your plants to keep spiders away.



While most plants can tolerate being sprayed with vinegar, you may want to spray a small area first just to make sure yours won't be affected.

Try spraying the area about once a week until you don't see spiders anymore.

Remove any spider webs inside your home. If you notice spider webs or cobwebs on your rafters, corners, or window frames, use a cloth to wipe them away. This will prevent new spiders from moving into the webs. Keep windows and doors to the outside closed. Prevent spiders from wandering inside your home by keeping windows and doors that open to the outside shut as much as possible. Installing screens on your doors and windows can help keep pests out while still allowing you to enjoy the fresh air.

Maintaining the Outside of Your Home

Turn outside lights off at night to deter bugs that spiders like to eat. Having outside lights on at night can attract flies and other pests. The presence of insects will, in turn, attract more spiders. Shut off outside lights at night to keep the perimeter of your home insect-

Keep outdoor plants away from the sides of your home. Spiders tend to burrow in the leaves and folds of plants. Try to arrange outdoor plants so they are at least 1 ft away from the sides of your home. You can also spread diatomaceous earth, a white powder made of fossilized remains of algae, around plants or spray it on plants to kill spiders.

Avoid planting plants that will try to grow on the sides of your home,

Fill any gaps or cracks on the outside of your home. Inspect the exterior of your home to ensure you do not have any cracks in the foundation or gaps forming in your roof or under your doors. Fix any gaps, cracks, or holes by filling them with cement or filler.

You should also do regular maintenance on the outside of your home to ensure spiders cannot get in by checking for gaps or cracks once a month and fixing them as needed.

Applying Natural RemediesUse a vinegar and water spray on cracks or crevices in your home. Fill a spray bottle with half white vinegar and half water. Then, apply the spray to any cracks or crevices in the floors, walls, or windows of your home, as well as on the window sills. Do this once a day

Vinegar may kill spiders if they come into direct contact with them, but even if you don't spray the spider directly, it can help ward them off.

Do not apply the spray to any varnished surfaces, as the vinegar may damage them. Apply essential oils like peppermint, tea tree, and cinnamon. These essential oils are a great natural way to deter spiders from hanging out in your home. Put 15-20 drops of essential oil in a spray bottle with 3 to 5 cups (710 to 1,180 ml) of water and spray your home once a day for a natural spider repellent.

Swap out different essential oils in the spray so the spiders do not get used to the scent of one particular oil.

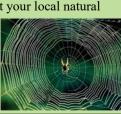
Rub citrus peels on the floorboards and window sills in your home. Lemon and orange peels are a natural deterrent for spiders. Rub floorboards and window sills with the peels once a day so the smell lingers. You can also have a bowl of citrus fruits in your kitchen to keep spiders out of this area.

Be aware that this could strip the paint off of your windowsill, so if you do try this, test it in an inconspicuous area first. You could also try placing citrus peels near your window sills and doorways to discourage spiders.

Put horse chestnuts in the corners and window sills in rooms. Horse chestnuts have a smell and texture that deters spiders. You can buy horse chestnuts at your local natural food store or online. They tend to last a long time and require no upkeep. Spread 4-5 horse chestnuts in each room, especially near

windows, to keep spiders away.

Source: www.wikihow.com/Keep-Spiders-Out-of-Your-House



Fun Facts about Valentine's Day



Valentine's Day is celebrated every February 14th as couples across the globe honor their spouses, partners, and sweethearts. Hundreds of years of traditions and customs have made it into the holiday that we observe today.

People think of the best Valentine's Day ideas for their special someone, the perfect gifts to get them, and how to make those they love feel special.

We know Valentine's Day is the most romantic day of the year. St. Valentine, a Catholic saint who was executed by Roman Emperor Claudius II on that date sometime during the third century A.D. Saint Valentinus composed a letter to the girl of his prison guard some time recently he was executed. His letter was marked 'From your Valentine'. He was buried on February 14th. Valentine's Day was not related with sentimental cherish until the center ages. By the 1700s in Britain it started to take after the Valentine's Day we know nowadays.

- Valentine's Day is the second most popular day of the year for sending cards. Christmas is the first most popular..
- · About 1 billion Valentine's Day cards are exchanged each year.
- Approximately 27 percent of those who buy flowers on Valentine's Day are women. Only 73% are men.
- Cupid is said to be the symbol of valentines. Cupid is the son of Venus. Venus is the Roman god of love and beauty.
- The heart is associated with Valentine's Day as it is considered the source of all human emotions.

- Red rose is a favorite flower of Venus. For this reason red rose is also the symbol of Valentine's Day. All over the world, over 50 million roses are given for Valentine's Day each year.
- 220,000 is the average number of wedding proposals on Valentine's Day each year.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.



- Lace is often used on Valentine decorations. The word "lace" comes from the Latin laques, meaning "to snare or net," as in to catch a person's heart.
- . 60% of America's red roses are grown in the state of California
- At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.
- In Wales, wooden love spoons were carved and given as gifts on Valentine's Day. Hearts, keys and keyholes were favorite Valentine decorations on the wooden spoons. These symbols meant the heart would be unlocked for love.

Source: www.theholidayspot.com/valentine/facts.htm Source: www.thepleasantgarden.com/blog/interesting-facts-about-valentines-day/

Maynooth Senior Citizens Committee

Maynooth Senior Citizens Committee resumed its Thursday Morning Club on the 12th Jan. We are happy to say that people were eager to return. We have had bingo sessions and a return to art classes. In the weeks leading up to

Christmas each member of the morning club produced a pack of homemade Christmas cards which featured a "Christmas Robin". This activity was really enjoyed by all.

The Mass Bus service continues on Saturday evenings. The Fuel provision service was also carried out before Christmas. This is a costly service and we acknowledge two grants which go towards the overall costs. These are from the HSE, Department of Older Persons, Section and from Kildare County Council, local property tax grant.

Our first meeting of 2023 will take place on Tuesday 7th February. The agenda will be a long one as there is much to discuss. Our AGM will be coming up in April. If anyone thinks they would like to be involved with the work of the Committee please contact us to find out what is involved. We welcome new members. We will update everyone in the next issue as to any developments from the meeting. In the meantime, enjoy the coming of Spring....

Susan Durack Secretary/PRO

Maynooth Senior Citizens Committee.

Phone: 0877974582

e-mail: maynoothseniorcitizens@gmail.com

Heart shaped Chocolate Cake

Prep Time: 20 minutes Cook Time: 60 minutes

Ingredients:

- 100g butter
- 100g caster sugar
- 4 medium happy eggs
- 80g self raising flour
- · 30g cocoa powder

For the icing:

- 50g butter / 50g 72% cooking chocolate
- · 20g cocoa powder / 250g icing sugar

Instructions:

- 1. Preheat the oven to 180°C/160°C fan/Gas Mark 4. Mix the butter and sugar together until light and fluffy. Mix the happy eggs together in a separate bowl, then slowly add to the butter mixture. **Top tip:** if the mixture starts to curdle, add a tbsp of flour.
- 2. Fold in the flour and cocoa powder until it has an even consistency **Top tip:** if the mixture won't drop off the spoon, it's too thick, so add a little warm water.
- 3. Pour the mixture into a heart shaped baking tin. Bake in the oven for 40 minutes.
- 4. To test whether the cake is cooked, probe it in the middle with a skewer, if the skewer comes out clean, it's cooked.
- 5. Remove from the oven and cool on a rack.
- 6. For the icing: Melt the butter and chocolate together over a low heat. Add the cocoa powder, then mix in the icing sugar with a fork, adding warm water until it has a thick consistency. Wait until the cake is cool before icing it.

www.huffingtonpost.co.uk/2014/08/14/easy-heart-shaped-chocolate-cake-recipe-for-valentine-s-day

Homemade Detox Drinks

Boost your immune system to avoid colds. Flushing out your system gives your body extra energy to fight against germs. So you can have a cold-free winter!

- Lose weight to feel great. ...
- Get glowing hair, skin and nails.
- · Boost your Metabolism.

Homemade detox drinks, or detox drinks are beverages made with functional ingredients that help to detoxify the body's vital organs. A regular intake of detox drinks aid in weight loss, boosts body metabolism and helps proper digestion.

Cucumber mint detox drink

This concoction not only aids in the removal of toxins from the body but also tastes wonderful.

When cucumber and mint are combined in water, they make an excellent digestive aid.

Cucumber contains antioxidants that help fight free radicals and aids in the clearance of toxins from the body due to its moisturizing impact.

Toss a few cucumber slices and fresh mint leaves into a big pitcher. Allow it to infuse for a while and then sip from it throughout the day.



Apple cider vinegar drink

Apple cider vinegar is a fermented drink that replenishes the gastrointestinal tract with beneficial microorganisms. It can aid with weight reduction, an upset stomach, cough, dry and chapped skin, and cleaning surfaces, among other things.

Thanks to the good bacteria, it helps to enhance the immune system. It also maintains the skin's health and radiance. It helps to lower blood pressure, lower cholesterol, and enhance cardiovascular health.

Take 10-20ml of apple cider vinegar in one glass of lukewarm water. Add half spoon of lime juice and to give a sweet effect you can add a teaspoon of honey to your drink.



Lemon ginger water

This drink works wonders for weight loss. In a glass of lukewarm water, squeeze half a lemon and add an inch of grated ginger. Ginger includes gingerol, which is believed to help digestion and avoid stomach disorders.

Lemons are high in Vitamin C as well as antioxidants, which help the body fight free radical generation.

Haldi tea

Haldi tea has a lot of health benefits because of its excellent balance of antioxidants and anti-inflammatory compounds.

Turmeric is a potent liver cleanser, therefore it improves liver function and hence promotes immunity.

When ginger is added, the anti-inflammatory effects are doubled.

Take 2 cups of water. Add 1/2tsp of Haldi and an $\frac{1}{2}$ inch of ginger. Bring it to boil till it reduces to half. Add $\frac{1}{4}$ tsp of black pepper powder n sip slowly.

Beetroot detox juice

Beets are high in fiber and low in calories. Adding fiber to your diet can help you lose weight and control your appetite. It's an excellent liver cleanser.

Chop the beetroot into cubes and toss them in the blender.

Add a few mint leaves and a pinch of salt. Drink while still fresh.

Orange, ginger and carrot juice

Orange, carrot and ginger drinks are high in nutrients and can be used as detox drinks for weight loss.

This detox drink is high in vitamin C, beta-carotene, and fiber aids in weight loss and digestion.

In addition, ginger is a traditional cure for digestion and bloating, which aids in weight management.

Juice 2 oranges and 1 carrot separately. Pour the juice into a blender add ½ inch grated ginger. Blend for 30 seconds and then squeeze half lemon. Strain and serve.

Apple cinnamon detox water

Apple detox water recipes are beneficial for a variety of reasons.

Apples contain pectin, which binds to heavy metals in your system and allows them to be flushed out more easily, which benefits your liver.

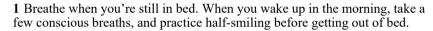
Apples also contain antioxidants and flavonoids like Vitamins C and B Complex. Cut 2 apples with their skin into large chunks.

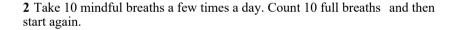
Fill a Mason jar with chunks of apple, add 1 cinnamon stick and fill with water. Let it sit overnight in the refrigerator.

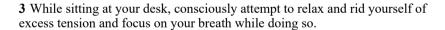
Source: www.healthystripe.com/blog/homemade-detox-drinks



Tips for Every Day







4 At lunch, change your environment. If you take your lunch, or work from home, go into another room to eat. This will enable you to relax while eating.

5 Take some time to relax consciously. Close your eyes and breathe, counting your breaths and letting go of the day behind you and ahead.

6 At the end of the workday, try retracing the day's activities. Acknowledge and congratulate yourself for all you have accomplished and then make a list for tomorrows tasks.

7 When you get home, try to unwind by leaving work at work. Change out of work clothes, say hello to everyone in the house, not forgetting your pets. Take a moment to yourself then wash your hands to cleanse yourself from your work day.

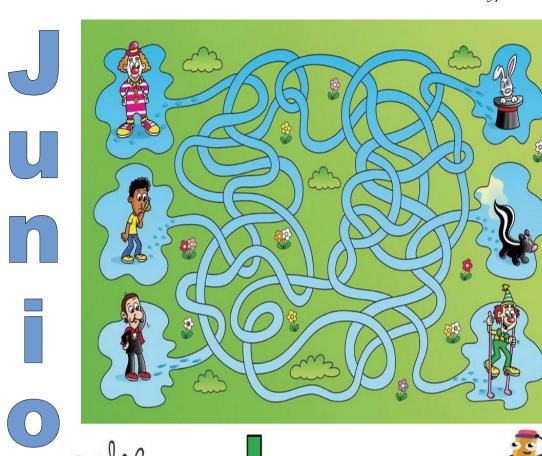
8 Before falling asleep, bring awareness to your breathing and your body-take five full breaths, all the way in and out. This will activate the parasympathetic nervous system and will help you rest.

Sourced from: www.mindful.org and www.liferam.org

20 DAYS Mindfulness Challenges

- 1 Just stop and relax. Let yourself relax before starting next to-do item.
- 2 Have no expectations for the next 30 days. Take each day as it comes.
- 3 Walk for 15 mins daily, during your lunch or after work.
- 4 Compliment someone each day.
- 5 Drink water while sitting for maximum benefits.
- **6** Chew your food as much as possible. This aids your digestive system.
- 7 Start your day with any seasonal fruit.
- **8** Write down 3 things that you are grateful for every day.
- 9 Smile more.
- 10 Listen to good music for the mood you want to be in, not your current mood.
- 11 Avoid negative people.
- 12 Create a moment folder. Take a photo of best moment of the day and save in a folder. After the challenge, look at the photos and you will see all the happy memories you had during the challenge.
- 13 Accept yourself.
- 14 Practice self-care. Take time each day just for you.
- 15 Meditate for 5-15 mins each day.
- 16 Plan your weekly meals on a Sunday.
- 17 Don't complain for the 20 days.
- 18 Don't copy others.
- 19 Have your dinner before 8pm.
- 20 Read a book in 20 days.





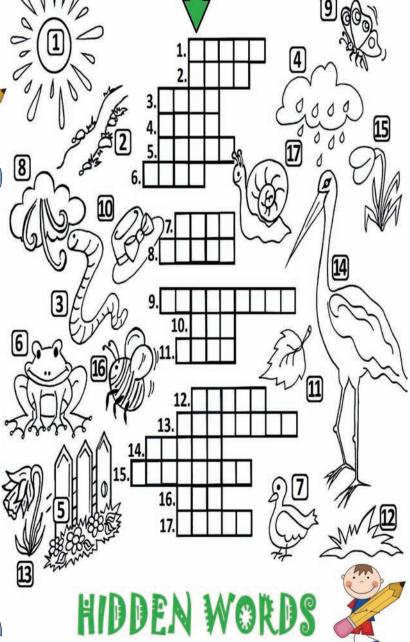
SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!





NB If you wish to complete the colouring or Puzzles for fun, you can print the page by going to File -> Print and put in this page number to avoid printing all the pages.





S

Sourced from: Google Free Printable Puzzles

Fish and chips for two

This easy recipe for beer-battered fish and chips serves two people, so it's ideal for an anniversary, date night or Valentine's Day. Fish and chips pair perfectly with Champagne or fizzy wine, too!

The battered fish here also works beautifully in a taco with pickled red onions and spicy mayo.

Nutrition: per serving

Calories - 1,131kcals
Fat - 67.1g (7.1g saturated)
Protein - 44.2g
Carbohydrates - 79.8g (6.5g sugars)
Fibre - 6.8g
Salt - 2.5g



- 500-600g floury potatoes such as maris piper, cut into 1cm thick batons
- Sunflower oil for tossing and deep frying (about 500ml)
- 50g plain flour, plus extra to dust
- 25g rice flour or cornflour
- Large pinch paprika
- ½ tsp salt
- ½ tsp baking powder
- Large pinch bicarbonate of soda
- 150ml ale, lager or sparkling water
- 2 x 200g sustainable skinless white fish fillets, such as haddock, sole or plaice
- Tinned mushy peas, lemon wedges, malt vinegar and ketchup to serve

For the homemade tartare sauce

- 75g good-quality mayonnaise
- 1 tsp English mustard
- ½ tbsp each finely chopped gherkins, green olives and capers
- ½ tbsp each snipped fresh chives and chopped fresh parsley and squeeze of lemon juice

Method

- Heat the oven to 220°C/200°C fan/gas 7. Soak the prepared potatoes in water for at least 30 minutes, then drain well and dry on kitchen paper. Toss in a bowl with a little sunflower oil to coat, then arrange on a lined baking tray and bake for 30-40 minutes or until golden and crispy, tossing halfway through.
- Mix the batter just before using. Mix the flours, paprika, salt, baking powder and bicarb in a bowl. Make a well in the centre and pour in the ale (or lager/water), mixing until you have a thick batter. Stir together the ingredients for the tartare sauce.
- Pour the sunflower oil into a wok or large pan to no more than half full, then heat to 190°C on a thermometer (or until a small cube of bread browns in 30-40 seconds). Trim the fish so you have evenly sized fillets, then season lightly, dust with plain flour, then dip in the batter to coat.
- Carefully add the fish to the oil, one fillet at a time, and fry for 3-4
 minutes, turning halfway through, until golden and cooked throughout. Remove with a slotted spoon, drain on kitchen paper and keep
 warm while you cook the other fillet.
- Meanwhile, heat through the peas. Serve the fish and chips with the mushy peas and tartare sauce, plus lemon wedges, salt, malt vinegar and tomato ketchup.

Source: www.deliciousmagazine.co.uk



The days are beginning to lengthen and officially spring has arrived. Certainly our gardens are starting to show signs of life with early bulbs making an appearance. While this is a busy month with plenty to do both indoors and outside, the rewards in the months to come will make it all worthwhile. Baby plants including Busy Lizzies, Petunias, Begonias, Blue Lobelias, Trailing Lobelias, Marigolds and Pansies can be potted indoors for super colour for borders and containers during summer. For summer colour in flower borders and beds, plant up some summer flowering bulbs including Double Dahlias, Long Stemmed Gladiolas, Double Begonias and Scented Lilies. Place

the potted bulbs in a bright warm location to encourage early growth and early flowering. Summer flowering bulbs can be planted out of doors in early April. Summer flowering Lupins planted in late February will reward you with a stunning show of colour in early summer. Lupins provide long stemmed flowers from May to mid summer and are ideal for adding a splash of vibrant colour in shrub beds and borders.



Now is the time to prune your Wisteria and prune your winter flowering shrubs. Plant your Lily and Allium bulbs. Start chitting potatoes in a bright, cool, frost-free place. Raised beds warm up quicker and drain faster on heavy soil. Continue to plant raspberry canes for the summer. Though St Brigid's Day (Feb 1st) is considered the start of spring, it's really still winter outside in the veggie patch. Come February we should be itching to get started with seed sowing and of course you can get lots of vegetables

started in seed trays on a sunny windowsill indoors. The problem is that when they are bursting from their pots and ready to be planted out in a few weeks time, it may be still too cold to do so. The relative lack of light (due to the short days) can cause problems for seedlings at this time of the year – tiny seedlings literally strain to reach the light and can end up getting too long and "leggy" as a result. Patience is the ultimate virtue.



Turn over the soil only if the weather is dry – if the soil sticks to your boots it's too early for digging! Keep off the soil to prevent soil compaction - use timber planks to stand on for access. If you have not already done so order/buy your seeds, spuds and onion sets. "Chit" or sprout seed potatoes – put them in a container (e.g. used egg carton or empty seed tray) and leave them in a bright warm place. Check the pH of your soil – you can buy a soil pH testing kit in any garden centre. Lime your soil now if required

(to reduce acidity in very acid soils), particularly important in your brassica bed. Finally, we can sow some seeds. On a sunny windowsill indoors, in a heated greenhouse or on a heating mat: sow celery, globe artichokes, celeriac, leeks, onions, lettuce, tomatoes, peas, aubergines, peppers/chillipeppers. In a polytunnel or greenhouse: beetroot, brussel sprouts, summer and autumn cabbage, carrots, leeks, lettuce, radish.

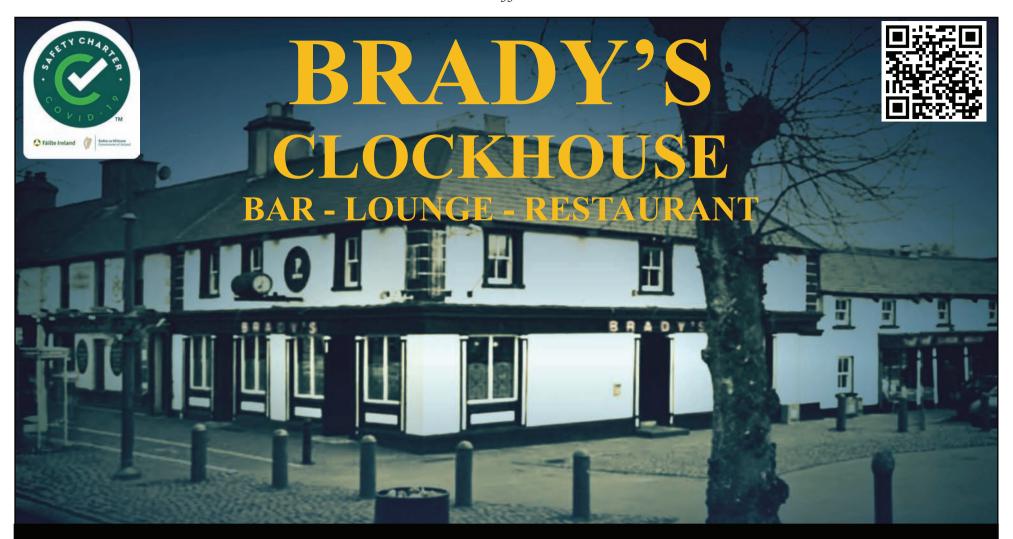


Outside: Weather permitting you can try planting out broad beans, spinach, kohlrabi, onion and shallot sets, Jerusalem artichokes, parsnip and early pea varieties. Building Mini Tunnels: Mini tunnel kits really are incredibly versatile for all sorts of weather and pest protection. The frame kit can be knocked together in about 15 minutes to produce a very strong and long lasting structure. The beauty is you can attach any cover you like including green windbreak, insect protection mesh, fleece or polythene depending on what the tunnel is to be used for. February is a nice time to do this sort of stuff and I can

guarantee you will be absolutely delighted with yourself in April when you proudly whip a ready made tunnel out of the shed. Although February is the shortest month, it can also be the most important in the gardening calendar. February is the month for renewal and regrowth; "February is an important month in the gardening calendar. You have 28 days to look after your wild birds, sow, grow and tackle your garden moss." Now is the time to begin weeding if you want to stay on top of your weeds. Tidy lawn and border edges.



Happy Gardening !!

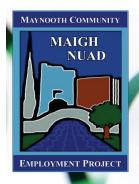


Live Bands every Saturday & Sunday during the month of February

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aynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s



Local News - March 2023 - Issue No. 521 - 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.



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Galway Cycle 2023 Maynooth students are set to give the charity As Darragh a huge boost after the

Maynooth students are set to give the charity As Darragh a huge boost after the organisers agreed to donate the proceeds of their marathon cycle. RTE star Miriam O'Callaghan was on hand on Wednesday to formally launch the 2023 Galway Cycle in aid of the charity which is named after Darragh McGinley, who along with his brother Conor and sister Carla, left this world just over three years ago – and supports local community clubs, societies and projects. The event, which is hosted by Maynooth Students for Charity will be run in aid of the charity over the weekend of March 31 to April 2.

The Galway Cycle sees hundreds of cyclists making their way from the college to Galway and back over the last weekend in March and has taken place every year since 1987 (with the exception of 2020) and raised almost €2 million for a variety of children's charities along the way. The event will see a huge convoy of cyclists and support crew making their way from Maynooth University to Galway on the Friday, and cycling back to Maynooth on the Sunday - a distance of 200kms each way.

Darragh died on January 24, 2020 with his brother Conor and sister Carla. The founder of the charity, their dad Andrew Mc Ginley, wants to remember all three of his children by the promises he made to them. Darragh had asked Andrew to get involved with Rathcoole Boys as a coach for the under 10 team he played for. Andrew promised he would and is currently coaching there. "Darragh participated in everything locally from drama and art to hurling and soccer," said Andrew. "Whatever was going on, Darragh got involved. In his memory I founded this charity to help get people involved in their local communities too....as Darragh did

"Our charity cannot succeed in achieving its purpose without your help and support, so please help us, please support us and please get involved – as Darragh did." Miriam O'Callaghan said that she was very pleased to be present to launch the Galway Cycle 2023 in aid of As Darragh Did. "The work done by this charity is very important and is a very fitting way for Andrew to remember his children. "And best of luck to all the cyclists – I'm sure there will be plenty of sore backsides after 400kms!" Mr McGinley urged any experienced cyclists who wish to take part to sign up for the event and welcomed any donations by non-cyclists.

"The Galway Cycle by Maynooth Students for Charity is such an institution as a charity fundraiser and I'm so grateful to them for the help they will give this very special charity.

"The vision of the charity is to advance community welfare and development through the provision of support and funding to local clubs, societies, groups and projects to enable them to increase participation and to promote social inclusion and positive integration. "And with its long history and amazing record of fundraising, the Galway Cycle certainly lives up to that vision."

Also present at the launch was well-known Maynooth man Mark Nugent who will take part in his own unique Galway Cycle. A veteran of numerous Galway Cycles, Nugent is a hand cyclist and will leave from Howth on the evening of Tuesday, March 28 with his own band of supporting cyclists and arrive in Galway the same day as everyone else.

His trip is divided into four stages, stopping in Maynooth, Athlone, Oranmore and Galway city centre. "I'll take a bit longer to get there, but I'll be there for the craic in Galway for the weekend," Nugent said.

For more information or to register to take part in the event, see <u>galwaycycle.ie</u> and <u>asdarraghdid.ie</u>



Launch of the Galway Cycle 2023

L to R: Bill Watson, Miriam O'Callaghan, Mark Nugent, Andrew McGinley & Mark McLoughlin Photo - Robbie Reynolds

MAYNOOTH ST. PATRICK'S DAY PARADE 2023



FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 2023

Parade entry form is available on page 22 Printed copies are available for collection from the Newsletter office in Carton Retail Park or e-mail office@maynoothcep.com to request a copy by e-mail





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.

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

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Tel: 01-6285922

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

Letters to the Editor

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

Mission Statement

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

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.

The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

In addition we undertake the following:

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

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

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

Maynooth Newsletter Archives

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

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

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

Editorial Board - Maynooth Newsletter

Editorial

It was great to see the return of the Maynooth Education Campus school musical this year, the first year post Covid. The show being performed this year is "The Addams Family" which runs up to Sunday March 5th. The show is described as a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family—a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before—keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. These productions involve many people contributing to make them a success and we congratulate everyone involved but in particular the performers and production team for bringing the show to life and providing enjoyment for the appreciative audiences.

In 2012 the Maynooth Post Primary School musical was "Phantom of the Opera" and the leading role was played by younger Paul Mescal. While only a local celebrity in 2012 he has gone on to capture worldwide recognition for his professional acting roles. Having won his first BAFTA award in 2021 for his leading role in the series "Normal People" he received a second Best Actor BAFTA nomination this year as well as his first Oscar Nomination for an Actor in a Leading Role in a full feature film for his role in the movie "Aftersun". Our best wishes to Paul for the Oscars and it is clear that he has a great future in his chosen career. His public performances on TV including his use of the Irish language in interviews are getting him even more

Another young Maynooth star who started performing even younger than Paul Mescal is Aidan McCann who has just competed in the final of America's Got Talent All Stars. Aidan is a magician and comes from a family of performers best known in Maynooth for the Brennan Performing Arts Academy. At just thirteen years old Aidan has performed in Ireland in both magic and acting roles as well as major talent shows in the UK. He has been a performing guest on major US television shows as well as reaching the final of America's Got Talent All Stars. His unique shows are popular no matter where he performs. He has a great future ahead of him.

While Paul Mescal credits his taste for acting was provided by the opportunity he got back in 2012 there are other opportunities in Maynooth that can encourage our children into other chosen careers. STEPS Engineers Week, run by the Engineers Ireland STEPS programme, gives children the opportunity to discover engineering, facilitated by their teachers, parents and local community. STEPS Engineers Week 2023 will take place from Saturday, 4th - Friday, 10th March 2023. Here in Maynooth on Wednesday March 8th in the Aula Maxima with the kind support of Intel Ireland there is a complimentary STEPS Engineers Week roadshow performed by 'Mark the Science Guy'. Join physicist, TV presenter and former professional footballer, Mark Langtry, aka 'Mark the Science Guy', for a highly interactive investigation into the engineering and technology in our favourite sports! From football design, wearable technologies, sports equipment and materials to in-game analysis; discover how engineers create the modern game and improve the performances of athletes to help them gain the competitive edge. Challenges, demonstrations, experiments, skills and mucho thrills, this show will reveal how engineering can improve your performance on and off the pitch.

Talking about pitches you probably still have time to get involved in the Maynooth GAA 3 Counties Walk on March 4th. The campaign invites people everywhere to join fellow Maynooth GAA supporters as they walk 42km. In joining this initiative participants will be able to help generate the funds needed for the ongoing development works at our Moyglare Hall Pitches including a new community walkway. Participants who wish, can of course complete a portion of the walk if so desired and not necessarily the full 42 km. On the day, there will be a support bus traveling along the route.

Finally, it wouldn't be March without the St. Patrick's Day Parade. After a gap of two years the 2022 the event brought out a record crowd to enjoy the parade helped by the good weather. There are lots of interesting floats and speakers for the 2023 event so come out and enjoy this year's parade. Many of the participants tell us they enjoy taking part and there is still time to enter your community group or local business in this year's parade. Let's hope that we get good weather as well on the day and if Paul Mescal or Aidan McCann are around you would be welcome to join us on the parade reviewing stand.

Paul Croghan Editor

Copy date for the April edition will be 5pm on Monday 27th March 2023

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- * Community Issues
- * Environmental Concerns
- * Employment Concerns
- * Covid 19 related queries

Wishing you all a Happy St. Patrick's Day













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



Bins Blocking Footpaths

Cllr Feeney called on the Council to write to the businesses in the vicinity of Doctor's Lane, Maynooth regarding bins being placed on footpaths making it unsafe for pedestrians and can obstruct sightlines for motorists. Cllr Feeney stated that Doctor's Lane is a very busy lane with a lot of pedestrians using it, school children going to and from the nearby Presentation Girls School, and a lot of traffic too, as an alternative route for motorists to avoid the Main Street. Cllr Feeney added that many residents have contacted her because in recent months more and more bins are being placed on the footpaths making it unsafe for pedestrians, people with buggies and wheelchair users who end up having to step onto the busy road.

The bins are also obstructing sightlines for motorists and the issue needs attention, as it has become unsafe. The Council in its response to Cllr Feeney said that under the waste management byelaws, waste containers should be removed from roadways or footpaths no later than 8.00 a.m. on the day after collection and be kept within the premises where the waste is generated. The Council added that the local Community Warden would contact the businesses concerned about this to make it safer for all.

Damaged Grass Verges in O'Neill Park

Cllr Feeney asked the Council to install some pencil bollards at the grass verges near the entrance to O'Neill Park. Cllr Feeney thanked the Council for the great work which was carried out recently by the Council on footpaths and grass verges in the estate but sadly some drivers have been using the estate to turn around especially when there is a traffic build up coming from Tesco and Carton Retail Park. As a result, some of the verges are being destroyed. Cllr Feeney welcomed the response from the Council and the invitation to meet the Municipal District Engineer onsite to discuss the issue and to see what appropriate action will be taken.

Council Houses Upgrades

Cllr Feeney asked the Council to confirm the planned upgrade works to the Council housing stock in the municipal district. The Council's Housing Maintenance Team said it would continue to carry out response maintenance works as usual. Refurbishment works are being progressed for vacant units and we get a monthly report on those. But in addition to that it was Good to hear that our Municipal District has been selected for the Energy Efficiency Retrofit Program (EERP) in 2023.

Details of the location and number of units to be retrofitted will be advised following confirmation of funding from the Department (DHLGH). A number of housing units are also expected to benefit from the upcoming windows and doors upgrade works as part of the countywide scheme this year around 100 homes in the county.

Communication of Council Matters in Local Newspapers

Cllr Feeney asked the Council to outline what the process is for selecting which local newspapers are used by the Council in its communication of Council consultation matters to residents in the Municipal District. The reason Cllr Feeney brought this matter up is that the recent CPO for the Maynooth Eastern Ring Road scheme was not advertised in the Liffey Champion even though that scheme involves many landowners in Maynooth and its catchment area and that the advertisement for this very important local matter should have been placed in the Liffey Champion as well as the other local papers. Cllr Feeney stressed that it is important to reach out to everyone on these matters, that is why our local papers and our local radio plays such an important role in doing that. Not everyone is on social media, and we must remember that.

The Council in its response explained the general process for placement of newspaper advertising and they agreed that the advertisement should have been placed in the Liffey Champion for the reasons Cllr Feeney presented and that it was simply a staffing issue in this instance. Cllr Feeney asked that in future matters of importance to Maynooth that the Liffey Champion also is included in the newspapers chosen by the Council and she welcomed the fact that this was agreed at the meeting.

A Kildare for All

Cllr Feeney was proud to be involved in co-signing the following motion at the February plenary of the Council: "That the elected members support new and existing groups in County Kildare that welcome displaced persons, and the council highlights the partnerships and services available to empower inclusive communities responding to the challenge. Furthermore, that the elected members endorse the Irish Refugee Council's recommendation to appoint a national

refugee response director to coordinate increased investment in suitable accommodation with trained personnel and appropriate support". Cllr Feeney said the purpose of the motion is to send out the message loud and clear that Kildare continues to be a place of welcome for displaced persons fleeing war in their home countries.

Public Meeting on March 6th

To mark International Women's Day, Cllr Feeney and her Labour colleague, Senator Mark Wall will host a public meeting in Lawlor's Hotel Naas on Monday March 6th at 8pm on the theme 'Why Not You? Getting More Women Involved in Local Politics.' Cllr Feeney has always tried to be a voice for gender, diversity and equality. In her professional life, she has actively supported women, mature students, students from disadvantaged communities and students with mobility issues to enter higher education. She called for maternity and paternity leave for councillors and initiatives to broaden the diversity of local government.

Addressing the potential obstacles that prevent women from participating in education or in politics is important to Cllr Feeney including setting up a Community Crèche Action Group to address the lack of quality affordable childcare for working mothers.

Cllr Feeney joined the Labour party because she believes in a fair society with equal opportunities for all. The Labour Party has always been at the forefront championing equality, gender and diversity issues. We need more women to put themselves forward for public office. Politics and society will be the better for it. Join the Labour Party and be part of the change needed to make politics truly inclusive. All welcome to attend.

Upcoming motions and questions at March Council meeting:

Motion 1:

That the Council give immediate consideration to reviewing road traffic and pedestrian safety measures on the Newtown Road, Maynooth (from the M4 motorway bridge to the entrance/exit of the Maynooth Town Football Club), including measures to slow down traffic approaching the club entrance/exit, and the provision of a pedestrian crossing to facilitate safer crossing to the footpath opposite the entrance/exit.

Motion 2:

That the Council investigates the possibility of offering a tool library service in the Municipal District and/or enabling relevant community groups to more easily perform repairs or home upgrades.

Question 1:

Can the Council provide an update on plans for the community use of the vacated fire brigade/council site near the Harbour in Maynooth

Question 2

Can the Council update members on planned upgrades in Straffan, including the provision of footpaths, on the Boreen Road in Straffan?

Meetings attended by Cllr Feeney since last Newsletter:

Jan 6th 10:00 am Council MD meeting in Áras Chill Dara, Naas

Jan 18th 7:30 pm Coláiste Chiaráin BOM meeting (online)

Jan 30th 2:00 pm KCC Housing Maintenance briefing in Áras Chill Dara, Naas

Jan 30th 3:00 pm Full Council meeting in Áras Chill Dara, Naas

Jan 31st 7:30 pm Coláiste Chiaráin BOM meeting (online)

Feb 2nd 2:00 pm KCC Strategic Policy Committee meeting at Athy Distributor Road.

Feb 3rd 9:00 am, Joint Policing Committee, in Áras Chill Dara, Naas Feb 3rd 10:00 am Council MD meeting in Áras Chill Dara, Naas Feb 27th 3:00 pm Full Council meeting in Áras Chill Dara, Naas

Cllr Feeney meets individual constituents for personal representations and community groups on a regular basis. Email: afeeney@kildarecoco.ie or call 087 2389162.

March Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService

twitter.com/kildarelibrary

Children's Events

Magical Mackers Magic Show & Bubble disco

Maynooth Library 40th Birthday Party! Friday 3rd March at 3.00pm – 4.30pm

Join us to celebrate the 40th Birthday of Maynooth Community Library with a magic show and bubble disco from Genie Mackers! Children attending the event must be accompanied by a parent / guardian. Suitable for children of all ages

Booking required: https://buytickets.at/maynoothlibrary/859615

Ceardlann Scileanna Sorcais le Stephen McGinley ó www.juggle.ie Satharn 11ú Mí na Márta 11am – 12.30 i.n.

Tá an cheardlann oscailte do chách, agus beidh sí á stiúradh trí Ghaeilge agus trí Bhéarla.

Bain triail as cothromú Cleite, Plátaí, Flowersticks agus lámhcleasaíocht. Roghnaítear na scileanna le bheith spraíúil agus indéanta. Tá taispeántas lámhcleasaíocht i ngach

Caithfear tuismitheoir / caomhnóir a bheith in éineacht le páiste faoi bhun 8 mbliana d'aois

Oiriúnach do pháistí ar 7-10 mbliana d'aois

Circus Skills Workshop with Stephen McGinley (Bi Lingual Irish & English) Saturday 11th March at 11am – 12.30pm

The workshop is open to all and will be led through Irish and English language. Each participant gets to try several fun props and learn new skills. Each workshop also includes a high skill juggling demonstration.

All children under 8 must be accompanied by a parent / guardian.

Suitable for ages 7- 10

Booking required / cuir in áirithe riachtanach: https://buytickets.at/ maynoothlibrary/857892

Ceardlann Drámaíochta Gaeilge/Béarla

Ceadaoin 15ú Márta 15.30- 16.50

Sracfhéachaint is ea an cheardlann seo ar na bunscileanna a bhíonn ag teastáil chun léiriú nó cóiriú drámata a thabhairt ar leabhar nó scéal. Úsáidfimid cluichí aisteoireachta, mím, ceol agus cultacha chun ár gcuid samhlaíochta a spreagadh. Deis ag an bpáiste cur lena f (h)éinmhuinín trí Ghaeilge.

Caithfear tuismitheoir / caomhnóir a bheith in éineacht le páiste faoi bhun 8 mbliana

Oiriúnach do pháistí ar 6-10 mbliana d'aois

English/Irish Drama Workshop

Wednesday 15th March 15.30 - 16.50

This workshop looks at the basic skills needed to bring a book or tale to life on stage. Through theatre games, improvisation, mime techniques, music and costume we guide our imagination to create and make. A chance for children to build on their self-esteem with Irish.

Suitable for ages 6-10

Booking required / Cuir in áirithe riachtanach https://buytickets.at/ maynoothlibrary/848996

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

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. Bring a coffee and chat to other parents while your babies play with the toys and books provided. No need to book, just drop in!

Spring into Storytime

Storytelling and Kamishibai with Fiona Dowling

Saturday 25th March 10am – 11.15am

In this hands-on workshop, participants will get to design their own Kamishibai slide. Kamishibai is the Japanese art of paper theatre, a way of telling stories using hand-drawn illustrations and the storyteller's voice.

The session will start with Fiona telling a few folktales and end by retelling the whole story as a group with the Kamishibai box and using the illustrations the children have made.

Suitable for ages 7+

Booking Required: https://buytickets.at/maynoothlibrary/858909

Online Teen Writers Group

Thursdays 2nd and 9th March at 6pm

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

Teen Book Club for Ages 12-15

Friday February 24th March at 4pm at Maynooth Library

Maynooth Library has started a brand new in-person book club for ages 12 to 15 and it needs you! - or any book lovers you know.

This is a book club with a difference; while there is always a suggested book to pick up, members can read whatever they like and share their best BookTok recommendations. We know us bookworms are shy so to put you at ease, the meetings will be drop-in; all the teens will be new, and they can bring along a book/comic/eAudiobook they've enjoyed recently or chose one of our picks below.

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

Available for Pickup now:

Members aged 11-13: 'Knights of the Borrowed Dark' by Dave Rudden Members aged older or reading at a higher level: 'Sabriel' by Gareth Nix

World Poetry Day Open Mic / Slam Poetry Night

Tuesday 21st March at 6.30pm - 7.50pm

On World Poetry Day let Emmett O Brien, Annie Peter and David Hynes regale you with their pieces about life and death and everything in between.

Come be entertained to within an inch of your lives.

Some limited time is available for fellow or wannabe poets who would like to perform. Under 18's must be accompanied by a parent/guardian.

Suitable for Adults and Young Adults age 16+

Booking required: https://buytickets.at/maynoothlibrary/858932

Breast Feeding Support Group with Public Health Nurse Tuesday 14th & Tuesday 28th March 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 so that postnatally they may feel more confident with getting their breastfeeding journey off to a good start. Mothers who may be having any breastfeeding problems will have the opportunity to speak to the PHN on a one-to-one basis or to the group in general. We hope the group will allow mothers to meet with other mothers, have a chat and thereby build a social network for these mothers.

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***

World Poetry Day

Celebrating Poetry from around the World: An evening of sharing poetry. Thursday 30th March, 6.30pm-7.30pm,

Online event via Microsoft Teams

Join us as we celebrate World Poetry Day with your favourite poems from across the globe. You may wish to read aloud or just listen, as we enjoy the colourful diversity of

Hosted by Maynooth and Ballitore Libraries. Booking via ticket tailor.

https://buytickets.at/maynoothlibrary/860267

Climate Action Events

Maynooth Zero Waste Maynooth Ladies Clothes Swap

Saturday 11th March at 2pm – 4pm

You might find the outfit of your dreams! Zero Waste Maynooth hosts its monthly Ladies Clothes Swap Shop. Reduce textile waste by swapping clothes - great for the environment and your pocket! Bring up 3 items of clothes in good condition and get something new to you. Drop in anytime between 2pm – 4pm

Kids Toy Swap Maynooth Zero Waste

Saturday 11th March 2 - 4pm

Kids Toy Swap Maynooth Zero Waste- let the kids enjoy swapping too! Small items only please. Drop in anytime between 2pm and 4pm.

Clothes Mending Session with The Craft Corner

Saturday 11th March at 2- 4pm
Repair drop-in session with The Craft Corner - join us to answer any mending questions and offer some tips. Reduce waste, save money and the clothes we have by repairing

North Kildare Nappuccino at Maynooth Library Saturday 11th March at 2 - 4pm

The Kildare branch of Cloth Nappy Library Ireland will be joining us to answers any questions on Reusable Modern Cloth Nappies. A brilliant way to cut back on trips to the rubbish bin and reduce your waste charges. Plus, kinder to babies skin! Drop in anytime between 2pm & 4 pm.

(Continued on page 8)

March Events at Maynooth Community Library (Cont.)

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



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twitter.com/kildarelibrary

(Continued from page 7)

Emma Kilcullen's My World Exhibition Wednesday 1st March - Thursday 30th March

Emma Kilcullen: Daughter, Sister, Social Butterfly, Dreamer and Artist, welcomes you to her "My World" Exhibition, where the light reflects the magic of all that surrounds. Her First Exhibition shares Photographs and Mixed Media Art pieces all uniquely personal and reflective of her artistic eye.

These works have brought moments of serenity, in a busy world, it is hoped that you too will share a moment of calm as the colours dance to your inner voice.

Please note this work is exhibited in a multipurpose space, room may not be accessible to the public at all times.

Exhibition Meet the Artist Evening Thursday 9th March at 6.30pm - 7.30pm

All are welcome to drop in to Maynooth Community Library between 6.30pm -7.30pm to view the 'My World' Exhibition and meet the artist. Light refreshments will be provided.

Maynooth Community Library's Exhibition Space Open for Bookings

If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from September 2023. For booking enquiries, please email maynoothlib@kildarecoco.ie.

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday 11.30am – 13.00

Bring along your various crafts to inspire and to be inspired. Different craft demonstrations will take place during the year. Socialise and create! German 'Stammtisch', informal conversation meet-up for adults

Thursday 23rd March 6.30pm-7.30pm Venue: Maynooth Community Library

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

For more information contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980493.

Book Clubs

U3A Book Cub

Monday 13th March 10.30am - 11.30am

The U3A book club meet on the 2nd Monday of each month. New members welcome. Please contact maynoothlib@kildarecoco.ie or telephone 045980493 for further details.

The Tuesday Murder Club: Crime Book Club Tuesday 14th March 7pm - 7.50pm

The Crime Book Club will meet on Tuesday 14h March 7.00pm – 7.50pm. The club will continue to meet on the 2nd Tuesday of each month. If you'd like to join, please email Maynooth Community Library at maynoothlib@kildarecoco.ie.

Wednesday Readers Book Club Wednesday 15th March 11.00am - 12.00pm

The Wednesday Readers Book Club meet on the 3rd Wednesday of each month. New members welcome! Please contact maynoothlib@kildarecoco.ie or telephone 045980493



Build a Coffee Table with Storage

This DIY coffee table used to be a set of 4 drawers. It can be spruced up simply with a bit of paint. You can pick up leg parts in any hardware store or upcycle wheels from old furniture/carts.



Old Mason Jars into Handy Organisers

Mount the mason jars on a recycled length of wood using hose clamps and make a wall hanging organiser. After you mount the mason jars, you can fill them with your favourite accessories or place one in the kitchen and plant some herbs.





Upcycle old shampoo/moisturising bottles to make an easy and clever DIY charging station. Just cut the front of the shampoo bottle in half moving up and cut off the lid part. The back should be longer than the front. In the back part cut a small circle out so that you can fix it on a hook on the wall. You can paint or cover the bottle in whatever design you wish. You can leave the charger in the station when

not in use and when in use your phone can sit safely in there while it is charging.



Turn Plain Glass Vases into Wine Cork Vases

Use corks of similar length. Start by laying them out on one side of your vase until you find a mix that you like. Depending on the size of your vase, you may have to trim some corks with a knife. Start gluing the corks on one side of the vase. Hold in place for a few seconds before doing the next cork. You can move the corks around to get a good fit until the glue is dry. Let one side dry completely before moving onto the next side. Finish

the vase by gluing corks vertically down the side. Use thicker corks than you used on the vase already if you have them.



Rainbow Crayons using Broken Crayons

Remove any paper wrappers. Get the kids to help. Place the crayons in an old muffin/bun tray. Or you can put them into bun cases to give them a fun edge. You can mix up the colours. Heat the oven to 150 degrees - it may take up to 15 mins, you just want the candles to melt. The higher the temperature the less



time that is needed to melt. Take them out of the oven when melted and leave to set hard. If any are stuck, just run a knife around the edge. You wont have this problem if you use bun cases.



Drawer Wall Units

Upcycle an old drawer to create a shelving unit. It can be sanded down and re-painted to any design you wish using paint you already have. Its such a simple way to create extra storage and it costs very little.





Board Game Clock

Re-use an old game board from a game that has missing pieces. You can use an old picture frame too or buy a cheap in a thrift shop or discount store. Carefully take out the glass from the frame and place it over the game board. Using a pencil trace around the glass to get the exact size that you need to cut out. When cut, place it and the glass in the frame to make sure it fits. Carefully measure the middle of the board as you will need to cut a small



circle for the clock mechanism. Cut a small circle in that centre point. You can use an old clock mechanism or you can get a clock from a thrift store and use that mechanism. Assemble the clock kit onto the game board. You can paint the frame if you wish before assembling the clock fully. Don't forget to set the time and add a battery to the clock backing. You can use the original hanging part from the back of the frame. Just take it off easy and using some glue stick it onto the back of the clock for hanging.

Sourced from: www.upcyclingideas.com





Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

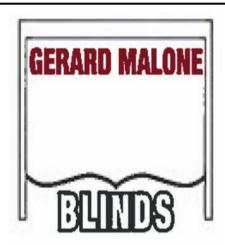
Winner of the Memorex Culture Award Gaeltacht Summer Courses 2023

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

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

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

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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

HEADSLAP

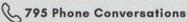
supporting U and your mental health

January - December 2022
Shortlisted for an Aontas STAR Award



SUPPORTS

OFFERED



96 hrs spent offering phone support

- 236 1:1 Counselling Sessions Provided
- 104 Online Peer Support Sessions facilitated
- 159 Hours of Group Work facilitated
- 1 Online 12 week programme completed
- · 3 Pilot Women's mini programmes completed
- 2 Face to face 12 week men's programmes
- 1 Student Placement offered to Past Participant



164 MEN & 25 WOMEN SUPPORTED

CURRENT, PAST PARTICIPANTS & NEW REFERRALS

"I am more confident & self-aware. The sessions have really benefitted me." Female Participant

Supporting Men & Women from:

- · Athy
- Blessington, Ballymore Eustace
- · Castledermot, Celbridge, Clane
- Hollywood
- Inch
- Kilcock, Kilcullen, Kildangan, Kildare Town, Kill
- Maynooth, Moone
- Naas
- Newbridge
- Sallins



731 job
opportunities in
Kildare
signposted to
past participants



Over 154,000 people reached and 2,100 engagements

"HEADSUP helped me to realise that I was not alone and that issues with mental health can affect people in

many ways". Male Participant

Referrals from MANAGED BY: 1 Full time Programme Coordinator 1 Full time Administrator 1 Part time Administrator 1 Contracted Co-facilitator 2 Volunteer Peer Supporters 1 Student Peer Supporter 1 Student Peer Supporter

Comhairle Contae Chill Dara Kildare County Council

Maynooth Golf Society



Outings 2023

Date	Venue	Tee Times
Sat 4th March	St Margarets	12.30pm
Sat 15th April	Knightsbrook	12.50pm
Fri 26th/Sat 27th May	Glasson/Athlone	Weekend Away
Sat 17th June	Moyvalley	12.50pm
Fri 30th June	Grangecastle	2.30pm
Sat 15th July	Heritage	10am
Sat 12th August	Powerscourt	12.35pm
Sat 9th September	Headfort New	12.30pm
Sat 14th October	Tulfarris	1pm

New Members Welcome

Text 0894906510 with any queries

First Outing 2023

Saturday 04th March 2023

St. Margarets Golf Club

Price € 50.00

Tee times from 12.30pm

New Members Welcome

Enjoy the Day

Text 0894906510 with any queries





Gold Medal Winners

2016 - 2017 - 2018

2019 - 2021 - 2022

Our volunteers were really busy during the month of February clearing the beds, removing dead trees, litter picking, planting hedgerows along the Canal. We are so lucky to have so many volunteers in Maynooth, we have welcomed people from all over the world Algeria, Ukraine to mention just a few.

We would like to thank all our sponsors especially The Glenroyal Hotel. Locals who have sponsored our teas/coffees especially the ladies in our local ICA Hall and Limetree Hall

We are having our annual get together evening with all of the volunteers in The Glenroyal Hotel on the 25th March.



We hope to receive our Gold Medal 2022 at an event in Trim sometime in April.

We are also participating in the St Patrick's Day parade on the 17th March, always a privilege. Its wonderful to see all the Spring flowers, so much colour after a long winter.

Tidy Towns volunteers meet up every Saturday morning at our New Shed in The Council Car Park at 9am, newcomers always welcome.

Please follow us on Facebook for more up to date information. Mary Molloy - PRO Maynooth Tidy Towns



Disorder in the American Courts

The following are from a book called Disorder in the American Courts. These are actual transcribes from real court sessions recorded by court reporters.

- Q: What is your date of birth?
- July 15th.
- What year?
- A: Every year.
- Q: What gear were you in at the moment of impact?
- A: Gucci sweats and Reeboks.
- Q: How old is your son, the one living with you?
- A: Thirty-eight or thirty-five, I can't remember which.
- Q: How long has he lived with you?
- \tilde{A} : Forty-five years.
- Q: What was the first thing your husband said to you when he woke up this morning?
- \overrightarrow{A} : He said, "Where am I, Cathy?"
- And why did this upset you?
- My name is Susan.
- Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?
- A: Did you actually pass the bar exam?

- Q: Were you present when your picture was taken?
- Q: Doctor, how many autopsies have you performed on dead people?
- A: All my autopsies are performed on dead people.
- Q: Do you recall the time that you examined the
- A: The autopsy started around 8.30pm.
- And Mr. Dennington was dead at the time?
- \widetilde{A} : No, he was sitting on the table wondering why I was doing an autopsy?









Maynooth Senior Citizens Committee

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



We are continuing with the Thursday morning Club which is proving very successful and enjoyable for our senior citizens. We are currently unable to run the Tuesday morning Club. We need new members on our committee who are available to commit to this and our other activities.

These include Tuesday Morning Club 9.30am to 12.30pm. We need people to take part in the provision of the Saturday evening mass bus service. It requires one person to travel on the bus and one to be present at the church to assist our senior citizens off and on the bus if need be. The more people that can volunteer the better, as we may then only have to call on people 2 or 3 times in the year. We will also be organising fundraising events and will need committee members to help. The other two services we provide are the Senior Alert Scheme in conjunction with Pobal and a winter fuel provision service. We will be organising a summer outing for our senior members this year.

If you think you can dedicate some time to the work of Maynooth Senior Citizens Committee, please come along to the AGM.

We meet on the first Tuesday of every month at 8pm in the Geraldine Hall. We would like to express our thanks to all from the local community who have and continue to support the work of Maynooth Senior Citizens Committee. We also acknowledge the support of Kildare County Council and the HSE.

Garry Bermingham (Chair) Susan Durack (Secretary)

maynoothseniorcitizens@gmail.com e-mail: maynoothseniorcitizens@gmail.com

MEC PTA Maynooth 10K/5K – 23rd April @ 10am in the new MEC campus

After a two-year break because of the Covid pandemic, the Maynooth 10K/5K returns this year and it will be on **Sunday April 23rd at 10am.** This year the Maynooth 10K/5K will start at the brand new MEC campus on the Moyglare road where there is ample parking for everyone. The Maynooth 10K/5K committee have designed a really stylish collectable medal for all who participate in this event.

We greatly appreciate the sponsorship of these medals for last year and again this year by **Pearls Dental** and to **Specsavers** for the sponsoring the snoods. We would also like to welcome a new sponsor **Glenroyal Leisure Club Maynooth** for sponsoring the race numbers. Both the 10K & 5K will start at the new MEC Campus and run down Moyglare road and after the entrance to Maynooth University the runners will make their way across the newly opened Lyreen Avenue to the Dunboyne Road. The 10K runners will then make their way to Carton estate via the Blacklion road and return to the MEC Campus by Carton Avenue, Dunboyne Road, Lyreen Avenue and the Moyglare road.

This event is a fundraiser for the upkeep of the multi-purpose playing fields shared by Maynooth GAA on the Moyglare road and it also raise money for a Multi-Use Games Area located on the MEC Campus.

This is our eleventh year organising this event and each year we call on all sectors of the community to assist us and without fail they gather and give their time and expertise. This positive aspect of our community is greatly appreciated. Without the support of our business community, volunteers, sponsors and associate organisations, the organisation of the $10\mathrm{K}/5\mathrm{K}$ would not be possible. Financial support is vital to cover organisational costs, including health and safety measures which alone costs over £2,000. We also greatly appreciate the support from the Community Employment Scheme office to advertise the event.

Register on-line at www.popupraces.ie . Entry fee is €20 for an individual or €40 per family. Teams of 4 also get a 10% discount when they register on-line. Please note: Both the 10K and 5K race get underway at 10am sharp at the MEC

Please note: Both the 10K and 5K race get underway at **10am sharp at the MEC Campus**. All participants and friends are invited into the school after the race for our prize giving ceremony and refreshments, provided by our hard-working MEC PTA Committee.

We hope to welcome hundreds of runners, joggers, and visitors to our town on Sunday 3rd April. We wish all the participants in the 10K/5K, a most enjoyable day. Each participant will receive one of our stylish 50th Anniversary collectable medal and fashionable snood and we hope that they will return on an annual basis.

We are very grateful to Carton House Hotel for allowing us to avail of this scenic route and all of our generous sponsors and volunteers on whom we depend on to run this great event

Maynooth 10k / 5k 2023



Event Details

Location Kildare

Race Type Real Events, 10k Run, 5km

Date 23-04-2023

Time 10:00

Contact Organisers

This year's race will take place on Sunday April 23rd starting at 10am at the new Maynooth Education Campus on the Moyglare road **W23 P2R0**.

Organized by MEC PTA, the Parent teacher association for Maynooth Education Campus, this race is a fundraiser for the upkeep of the school playing fields on the Moyglare road and school facilities.

Excellent Prizes for 1st, 2nd and 3rd Ladies and Men in the 10K and 5K and all finishers will receive a medal sponsored by Dental House Maynooth plus a Snood sponsored by Specsavers

Entry fees are €20 for an individual or €40 for a family of 2 adults and one or more children.

Number collection and registration at Maynooth Community College, Maynooth Education Campus, W23 P2Ro, from 8am to 9:45am on Sunday April 23rd.

Ample car parking, toilet facilities and cloakroom available at the school. Refreshments and prize-giving in Maynooth Community College after the race.

For more information please see our website: www.maynooth10K.ie or Facebook page https://www.facebook.com/maynooth10k











MU hosts 'GoGreenRoutes' event for mental and physical wellbeing

Maynooth University this week hosted a 'GoGreenRoutes' conference for mental and physical wellbeing attended by Jack Chambers, TD, Minister of State at the Department of Transport and the Department of Environment, Climate and Communications.

GoGreenRoutes is a $\in 10.5$ m EU-funded project that aims to enhance the physical and mental health of urban residents through access to, and experiences of, nature. The project based at Maynooth University is examining the impact of nature-based design, such as introduction of green corridors and parks and shared walkways on environmental quality and the public's sense of well-being.

Addressing the event, Minister of State Chambers said the work of GoGreenRoutes would contribute to the Government's aim to embed a more sustainable and biodiverse environment, while helping to address the climate crisis.

The Minister said the Programme for Government committed to cross-government spending of approximately €360m per annum for active travel measures throughout the lifetime of this Government. This will contribute to the development of almost 1,000 km of new and improved walking and cycling infrastructure across the country by 2025. "This is a transformational change from a community perspective and encouraging greater levels of walking and cycling both for leisure and for journeys with a purpose, is a key priority of this Government."

Minister Chambers noted: "Maynooth is a fantastic location to have that discussion, with the Royal Canal Greenway right here. This is something we're working on to further expand the Greenway from an active travel perspective."

The event was attended by the French Ambassador to Ireland H.E. Vincent Guérend and by delegates from across a range of European countries. The GoGreenRoutes project has established 'Urban Well-being Labs' in six cities, Burgas, Bulgaria; Lahti, Finland; Limerick, Ireland; Tallinn, Estonia; Umeå, Sweden and Versailles, France. The project tests new ideas in urban design and public spaces where the public can actively move around the city in a sustainable way to enhance local ecology.



GoGreenRoutes Photo: Pictured at the GoGreenRoutes conference hosted by Maynooth University (left to right) Senior Lecturer in the Department of Psychology and GoGreenRoutes Coordinator at Maynooth University, Dr Tadgh MacIntyre, French Ambassador to Ireland, H.E. Vincent Guérend, Minister of State at the Department of Transport and the Department of the Environment, Climate and Communications, Jack Chambers, and Director of Internationalisation at Maynooth University, Claire Doran.

MU celebrates St Brigid's Day with 'Herstory' Light Show

Maynooth University is celebrating St Brigid whose life and legacy is being commemorated this year with a new public holiday.

The University took part in one of the first initiatives of The Brigid 1500 programme, which specifically recognises St Brigid's reputation as a champion for peace.

The series of events and initiatives includes festivals, concerts, talks, art commissions, illuminations, pilgrimages, and craft workshops and aims to seal St Brigid's lasting legacy.

The Brigid 1500 programme is chaired by Professor Mary Corcoran of the Department of Sociology at MU.

As part of the Brigid 1500 series the 'Herstory' Light Show took place at Maynooth Castle as well as other sites in Kildare and featured illuminations of Brigid on their façades.

Students and staff also participated in a global 'Pause for Peace,' an initiative involving Into Kildare, the Tourism Board for County Kildare and Irish diaspora around the world.

People from New Zealand, New York, Brisbane, Barcelona and elsewhere stopped what they were doing for one minute of silence to express support and solidarity for those who have been affected by war.





St Brigid's Day: Lightshow of St Brigid on the wall of Maynooth Castle. Photo by Daniel Balteanu.

Kildare Planning Applications for Maynooth Area Planning Applications received from 27/01/2023 to 24/02/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23155	Kildare County Council	Ciaran Gallagher	Railpark, Maynooth, Co.Kildare	23/02/2023
23153	Kildare County Council	Dermot O'Neill	Pebble Hill Lodge, Dunboyne Road, Maynooth, Co. Kildare	21/02/2023
23143	Kildare County Council	Riona Lynch & Euan Mackay	Laragh, Maynooth, Co. Kildare, W23 N2R4	17/02/2023
23147	Kildare County Council	Niall & Rhona McNerney	225 Kingsbry, Maynooth, Co. Kildare, W23C9C3	17/02/2023
23141	Kildare County Council	Padraig Travers, Niamh Travers, Ellen Travers, Cian Gaynor & Karen Gaynor	Johninstown, Maynooth, Co. Kildare.	16/02/2023
23135	Kildare County Council	Sarah O'Flaherty	Kilmacreddock Upper, Maynooth, Co. Kildare	15/02/2023
2392	Kildare County Council	Aldi Stores (Ireland) Limited	Maynooth Road, Celbridge, Co. Kildare W23 XK03	03/02/2023
2395	Kildare County Council	Daibhéid and Hollie McHugh	No. 139, Carton Wood, Maynooth, Co. Kildare	03/02/2023
2369	Kildare County Council	David Dunne,	Clonfert South, Maynooth, Co. Kildare.	27/01/2023



Writers' Corner - Short Stories/Articles from our Readers

From Humble Beginnings; Boots' Shops

John Boot was born in Radcliffe-on-Trent in 1815. He was a farm worker but ill health forced him to change careers. He set up a shop to sell medicinal herbal remedies at Goose Gate, Hockley, a poor area in Nottingham. He had learnt his skills from his mother who was knowledgeable in the use of herbal medicines and he studied 'Primitive Physic', written by Methodist John Wesley, which dealt with the basics of herbal biology and remedies. Collecting plants and flowers that grew in local fields and pastures, for three days a week he offered cures and consultations to members of the public.

John Boot married Mary Mills and, in 1850, they had a son, Jesse. On May 30th 1860, John died at the age of 45 and Mary carried on with the business, calling it 'M and J Boot, Herbalists'. Jesse, who had left school at the age of thirteen, helped his mother, working long hours and, through bulk buying and convenience packaging, was able to bring products such as Epsom salts, camphor and bicarbonate of soda to the general population.

The town of Nottingham was an overcrowded and unhealthy place in which to live and Jesse realized that the poorer residents could not afford to see doctors and pay for their medicines. His aim was to sell a great many items as cheaply as possible. His best selling product was 'No Name Ointment' which was a cure-all for a large amount of complaints, including stiff joints and various pains.

In the late 1870s his mother, Mary, decided to retire and Jesse took over control of the business. By 1885, he had opened more shops in Nottingham and also in Sheffield. Always aware of new technologies, one of his Nottingham shops even had an elevator to take customers to the higher floors.

All Jesse's hard work had, however, affected his health so he decided to take a break by going to St. Helier, on the island of Jersey. It was here that he met his future wife, Florence Rowe, who, as a daughter of a stationer, was well used to the business world. Married in 1886, they had three children, Marjorie, Dorothy and John, and eventually moved to a large residence, 'St. Heliers', in The Park Estate, Nottingham.

As a result of his wife's influence, Jesse's shops started to sell books and fancy goods. Now manufacturing his own drugs in a factory on Island Street in Nottingham, by 1908 he had several other factories and three hundred shops.

Being devout Methodists, Jesse and Florence took a keen interest in their employees' welfare. Clubs were formed for various pastimes such as cycling and tennis and day-trips

to the seaside were organized. Work canteens were installed where Boot's employees could obtain food at reasonable prices. He offered financial incentives to his workers who were taking examinations set by the Pharmaceutical Society and was one of the first British employers to introduce pension schemes. In his Nottingham factory, Jesse used glass blocks in its roof construction to allow light to flood in. This improved working conditions and thereby increased productivity. A railway even ran through the centre of the factory floor enabling raw materials to be delivered and finished products taken out. By 1934, Boots was able to reduce everyone's regular hours by half a day a week without cutting pay.

Plagued by arthritis, Jesse decided to retire. As he felt that his son, John, was not sufficiently skilled to run the business successfully, in 1920 Jesse sold the entire company to an American millionaire and drug store magnate, Louis K. Liggett, for £2,250,000. Jesse had not revealed his intentions to his family, which caused much angst, but he did secure for his son, John, a directorship in the company under its new owner. In contrast to his father, Louis Liggett left John to manage the business.

With extra funds available from the sale of Boots, Jesse devoted his last years to public good works, including a gift of land and a grant towards the building of what is now Nottingham University. He also gave £50,000 to Nottingham General Hospital. Knighted in 1909, created a baronet in 1917, he was given the Freedom of the City of Nottingham in 1920. When he was elevated to the peerage in 1929, he took the title of Lord Trent. He was a significant benefactor to his wife's birthplace, Jersey, and died on the island on June 13th, 1931.

His son, John, who became the Second Baron Trent, ran the company very successfully, acquiring more and more of its shares through the Stock Market. With the 1929 Wall Street crash in America, the value of the shares dropped and, by 1933, John was able to secure a sufficient number to gain a controlling interest in the company. Boots was once again a truly British company, opening its thousandth store in 1933. His father, Jesse, never witnessed what John had achieved.

Today, Boots is no longer in British hands as it is part of a multinational drugs conglomerate. Its shops are now located in many foreign countries, including Ireland, Italy, Norway, the Netherlands, Thailand and Indonesia. With two and a half thousand shops across the United Kingdom and Ireland, Jesse Boot was the pioneer of the British chain store phenomenon and his generosity certainly benefited the city of Nottingham.

By Cheryl Devaney

Musings on Eternal Punishment

Dives and Lazarus? I often wonder if the parable based on those two famous people, fictional, of course, has been recorded accurately by Luke, the evangelist? Sure, Dives had no compassion in this life and deserves some punishment. But how did he become compassionate in the torments of hell? "Send Lazarus to warn my brothers lest they too come into this place". If family ties in this life were so unimportant to Jesus how come they weigh so heavily in his story about Dives?

Eternity – just ponder it – nothing to do and nothing to look forward to would be bad. But think of eternity with unrelenting suffering? No end! NOOO END!

That would indeed appear to me like a rent in creation from top to bottom. Could you or I, as we think we know ourselves, be happy in heaven while being aware of people like us excluded and suffering for ever and ever? If we couldn't how could the Father of the Prodigal? He who waited with longing for his errant son to return home and when he did he ordered a feast in his honour. Could he claim, as Oscar Wilde claimed regarding "The Importance of Being Ernest", that creation was an "enormous success"? Wouldn't it be flawed for all eternity and wouldn't God Himself be lessened by it? Which, of course, is unthinkable.

Maybe there are degrees of happiness suited to various groups? "There are many rooms in my Father's mansion". Not all people love to the same extent and some would appear not to love at all. "Appear", of course.

We never know the mind of another and even when we do we do not know his or her history. Many are abused in one way or another from the cradle and never see the world as God intended it to be seen. Beauty is in the eye of the beholder and so too is ugliness, and fear, and disgust, and quite frankly all degrees of madness and sickness. So whether there is a hell or not it's just as well that the Just Judge is in charge. I'm very glad it won't be my job to separate the good from the bad.

But isn't there an assumption in what I said? Am I more compassionate than God? Vanity! The essence of God is love and compassion and here am I claiming that it is I that is all love and compassion? Reminds me of the inscription, fictitious, of course, on a Scottish headstone:

Here lies one, Martin Hellingorod, Have mercy on his soul, Oh God, As he would do were he Lord God, And you were Martin Hellingorod!

Blasphemy indeed, were it anything but a little fun that God himself would laugh at. Is there a hell? What is the next life, the real life, going to be? Paul said that he had been carried up to the seventh heaven and had seen things that could not be spoken of! What will this spiritual existence be? No more bodies? At least no perishable bodies. Without my body who or what will I be? I simply don't know. No one does but it is something it would do no harm to think about from time to time. Love is the highway to the glorious next life! Share what you have and you will have it forever.

GM

Clough Oughter Castle

In the tree-grown island of a tranquil lake this ruin's broken wall pains like a wound that, though it may have healed, flares now and then:

Owen Roe, our last hope against the Roundheads, died here in Forty-Nine, left us ripe for conquest.

Harassed Owen O'Reilly imprisoned Planters captured during Ulster's bitter conflict

in this castle's gloomy, fireless chambers; he even held Bishop Bedell here before Cromwellian cannon breached its wall.

But such blood-soaked tales of ancient discord are now vague memories in our cyber-busy zones, or, if more vexing, art's transforming power, as in a luminous watercolour, tempers conflict with autumnal tones.

By Patrick Devaney

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen

Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail. Thanksgiving for favour received.

Maynooth Cycling Campaign **Notes**

Public Meeting

Maynooth Cycling Campaign will be holding a public meeting by zoom on Thursday 9th March to discuss a range of issues related to cycling in Maynooth in 2023. Details of the meeting will be published later.



Maynooth Cycling Without Age

Maynooth Cycling Campaign is delighted to reveal that before Christmas, it ordered a Danish Trio Taxi for Cycling Without Age, thanks to Kildare Sports Partnership, Kildare County Council and Healthy Ireland. We would also like to express our appreciation to Maynooth University for granting us permission to store it in one of their secure bike shed. We are delighted to announce that eight people have volunteered to be trained as pilots. Unfortunately, due to a delay in the shipping of the trishaw, training, which was provisionally arranged for 4th March, has been postponed. The good news is that we have applied to participate in the St Patrick's Day parade in Maynooth and are still planning to be there so give us a wave as we pass!

KCC Transport, Safety and Emergency Services Strategic Policy Committee (SPC)

On 2nd February, as PPN Rep on the Transport, Safety & Emergency Services SPC, the Maynooth Cycling Chair took part in a meeting in Athy at which the work programme for the SPC was discussed. The Chair proposed a motion that the work plan be amended to include shared space, access and bike hangers. Bike hangers were included in response to calls for improved cycle parking by Maynooth members. The motion was seconded by Cllr. Angela Feeney who also is a SPC member and as there will only be four more meetings before the next council election, the implications of the amendment to the work plan is unclear. Here's hoping!

Fifteen Minutes Town

Recently, there has been a lot of discussion on Twitter and the media generally about fifteen (15) minute towns. The 15-minute town or city is an urban planning concept in which most daily necessities and services, such as work, shopping, education, healthcare, and leisure can be easily reached by a 15-minute walk or bike ride from any point in the urban area. Conspiracy theorists claim that they are a "socialist", or even "Stalinist", attempt to control the population by actively preventing citizens from straying more than 15 minutes from their homes. In Oxford, an advocate of 15 minute cities has even received death threats over a plans to restrict traffic and reallocation of road space.

Benefits of the 15-minute city concept include improvement in the quality of life, reduction in the carbon footprint, and help to promote health and health equity. The aim is to make towns and cities more liveable and connected, with less private car use - meaning cleaner air, greener streets and lower levels of planet-heating pollution.

2024 to be named the European Year of Cycling

IrishCycle.com reports that MEPs in the European Parliament this week near-unanimously voted to call on the European Commission to "develop a dedicated European cycling strategy with the aim of doubling the number of kilometres cycled in Europe by 2030".

Jill Warren, CEO of the European Cyclists' Federation, said: "This important resolution, which reflects many of our longstanding advocacy and policy demands, represents a key milestone for cycling. We applaud the entire European Parliament for adopting an EU Cycling Strategy that can unlock cycling's potential to enable more people to cycle – and to cycle more safely – all across Europe."

One of the issues highlighted was the need for inclusiveness ie Cycling for All. Maynooth Cycling Campaign's embracing of CWA accords with this principle.

Road Safety

Road fatalities increased in 2022 compared to 2021. Now road fatalities to date in 2023 have soared by 26% compared to the same period last year. This is in stark contrast to Europe in general where road fatalities declined by 10%. If this is to change we need more enforcement by An Garda Siochana but it is not a priority with them. Maynooth Cycling commends councillors in their efforts to reduce traffic speeds via their Review of Speed Limits.

Yearly Comparison 2023, 2022 and 2021 for comparable figures							
Total Killed to 24/02/2023							
Total Collisions to 24/02/2023	29	Total Collisions to 24/02/2022	26	Total Collisions to 24/02/2021	20		

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.







Happy St. Patrick's Day to all our Customers

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10 Tips for Daily Inspiration

1. Breathe and enjoy your surroundings

Though our lives are crammed with studying, working and dealing with errands and other headaches, taking the time to take a walk, breathe, and do nothing but enjoy the moment will make you a more relaxed and pleasant person, who is open to many different things.

2. Laugh More

Laughter is the best medicine, especially for issues that common prescriptions cannot cure. Taking life less seriously and finding the joy and silliness in each day will inspire your personality and allow more positivity to flow in your life.

3. De-Clutter

Though multitasking can be seen as a strong point, doing too many things at once means that you are not giving your full attention to any of these activities. Keep your mind and space clean. Participate in one activity at once and allow yourself to live in that moment. Also, keep your home and workspace clean. A clean space will clear your head and allow the creative juices to flow.

4. Live with Purpose

Every life needs purpose and every day needs meaning. When you wake up in the morning, decide the purpose of your day's course. No purpose is too small. If the purpose of your day is to remain positive or smile more, then that is an excellent place to begin with your inspiration.

5. Subscribe to Positive Media

What are you watching and reading daily? Be sure that it's positive. For instance, listening to the nightly news could be switched with watching a program on GaiamTV. One great way to receive daily inspiration is to stay subscribed to Power of Positivity on Facebook. By becoming a fan and being part of this fast-growing, positive

community you will receive daily quotes of inspiration and connect with likeminded people any time.

6. Choose to See the Positive Perspective

To become in tune with your own life and receive personal inspiration, you must learn to tune out the opposite. Worrying about negative wants, needs, and thoughts

will muddle your own thoughts of purpose and confuse you. Instead, make a commitment to yourself and your personal goals.

7. Repeat Daily Affirmations

Positive self-affirmations will help with self-confidence and will give you a daily boost of inspiration. You can find excellent positive affirmations and articles describing them simply by searching "Affirmations" at the top right of the screen here.

8. Stay Creative

For some, this is painting, for others it's reading, meditation, or writing to name a few. No matter what your preferred outlet, do it daily or as often as you feel inspired.

9. Take Action

Actions that you participate in help define your purpose. Constantly participating in positive actions will help you become a positive person without thinking about it.

10. Be Y-O-U

You will never be happy or inspired by imitating or becoming someone else. Remain true to who you are and give the world the gift of your own personal inspiration and positivity.

www.powerofpositivity.com/10-tips-for-daily-inspiration/

Saint Patrick is Ireland's patron saint, known for spreading Christianity throughout the country as a missionary during the 5th century.

Who Was Saint Patrick?

The man who would come to be known as Saint Patrick was captured by pirates as a child and brought to Ireland. During his enslavement, he was called to Christianity and escaped his captors after six years. He returned to Ireland as a missionary, and in his teachings combined Irish pagan beliefs with Christian sacrament. He is annually honored on his feast day, March 17.

The man who would come to be known as Saint Patrick, apostle of Ireland, was born in Britain circa 386 A.D. Much of his life is unknown to historians and can't be verified, though some sources have listed his birth name as Maewyn Succat, with the name Patrick later taken on during his religious journeys or ordainment. His father, Calphurnius, was a deacon from a Roman family of high social standing. Patrick's mother, Conchessa, was a close relative of the great patron Saint Martin of Tours. Patrick's grandfather, Pontius, was also a member of the clergy. Surprisingly, Patrick himself was not raised with a strong emphasis on religion. Education was not particularly stressed during his childhood either. Later in life, this would become a source of embarrassment for the spiritual icon, who would write in his Confessio, "I blush and fear exceedingly to reveal my lack of education."

Enslaved as a Teen

When Patrick was 16 years old, he was captured by Irish pirates. They brought him to Ireland where he was sold into slavery in Dalriada. There his job was to tend sheep. Patrick's master, Milchu, was a high priest of Druidism, a Pagan sect that held major religious influence over the country at the time. Patrick came to view his enslavement as God's test of his faith. During his six years of captivity, he became deeply devoted to Christianity through constant prayer. In a vision, he saw the children of pagan Ireland reaching out their hands to him and grew increasingly determined to convert the Irish to Christianity.

Freedom & Religious Calling

Around

408 A.D., the idea of escaping enslavement came to Patrick in a dream, in which a voice promised him he would find his way home to Britain. Eager to see the dream materialize, Patrick convinced some sailors to let him board their ship. After three days of sailing, he and the crew abandoned the vessel in France and wandered, lost, for 28 days — covering 200 miles of territory in the process, with Patrick ultimately becoming reunited with his family.

A free man once again, Patrick went to Auxerre, France, where he studied and entered the priesthood under the guidance of the missionary Saint Germain. He was ordained a deacon by the Bishop of Auxerre around 418 A.D. As time passed, he never lost sight of his vision to convert Ireland to Christianity. In 432 A.D., he was ordained as a bishop and was soon sent by Pope Celestine I to Ireland to spread the gospel to non-believers while also providing support to the small community of Christians already living there.



Missionary Work

Upon his arrival in Ireland, Patrick was initially met with resistance but managed to spread Christian teachings far and wide, along with other missionaries, through preaching, writing and performing countless baptisms. Recognizing the history of spiritual practices already in place, nature-oriented pagan rituals were also incorporated into church practices. It is believed that Patrick may have introduced the Celtic cross, which combined a native sun-worshiping symbology with that of the Christian cross. Throughout his missionary work, Patrick supported church officials, created councils, founded monasteries and organized Ireland into dioceses.

Death and Legacy: Saint Patrick's Day

Saint Patrick died circa 461 A.D. in Saul, Ireland, and is said to have been buried in the nearby town of Downpatrick, County Down. Saint Patrick is recognized as the patron saint of Ireland, and his writings, noted for their humble voice, include the autobiographical Confessio and Letter to Coroticus. Many legends also have been associated with his life including that he drove away all the snakes from Ireland and he introduced the Holy Trinity through the three-leaved shamrock.

Saint Patrick is annually honored with the celebration of Saint Patrick's Day on March 17 (which some cite as the date of his death), which falls during the Christian season of Lent. For more than 1,000 years, the Irish have observed Saint Patrick's Day as a religious holiday. Traditionally, on Saint Patrick's Day, families attend church in the morning and observe other rituals — including eating a traditional meal of cabbage and Irish bacon. The holiday has expanded into the secular world as well, becoming a robust international celebration of Irish culture and heritage.

Source: www.biography.com/religious-figure/saint-patrick

Interview skills & CV writing Part 2

What is the ideal structure of a CV? In 10+ years in Recruitment I have seen an abundance of different CV styles ranging from more structured and linear to more artistic and eclectic ones. I like to think that a CV (or resume) is your presentation slip, so for a Designer, it makes sense to have a CV that is colorful and vibrant with graphics!

As a Recruiter, I am a fan of clarity and readability. The easier it is to read a CV, the better. The easier it is, for the reader, to find the information they need to assess your skillset the better again! So let's see what is a generally good structure for a CV and what we need to add to it and what needs to stay out!

OUT!

Picture, Date of birth, Full Postal Address, Nationality as these all can lead to bias! AND they add no value to portraying your experience and skillset.

IN!

OK to add your general current location (i.e. Dublin or Ireland vs your full postal address). Why? It is your responsibility to show up at I hope you land the job you desire, need and want! work on time no matter where you are. Your full postal address is redundant info and can lead to discrimination. Note - during an interview your interviewer can assess your ability to show up in work on time but cannot make assumptions around your ability to be Life and Career Coach @ theintentionallife.ie in work on time based on where you live!

OK to add your work permit status vs your Nationality. Your future employer needs to know your work permit status to work in Ireland so they can decide on the type of contract they can offer. Your future employer does NOT need to know what your nationality is. Again, redundant info and can create grounds for discrimination.

Contact details (phone number & email address).

Start date and finish date of your previous roles - i.e. Sales Assistant, May 2019 - September 2022

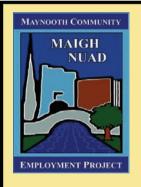
Gaps - If there are any significant gaps in your CV (3+ months) add a note to share context around the reasons for the gap (i.e. a long term illness, traveling, intentional time off etc..)

Keep the structure of the CV simple. After the name of the employer, the role you have covered and the dates add a bullet point list of the tasks carried out and relevant skills developed. In my previous article (February issue of this newsletter) I shared a quick guide on how to identify what goes in this list.

We will address the cover letter in the April issue of the Newsletter. If you are interested, keep an eye out for it!

Valentina Tortorelli

Executive Principal Recruiter,



Maynooth Community Employment Project

Secretarial Services

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

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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 www.citizensinformation.ie and from the
Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



Help with the cost of living

Introduction

Prices have risen this year and you may be struggling to pay for the everyday things you need to support yourself and your family.

This page has advice on some of the supports that are available and information about how you can manage your money.

Cost of living supports announced in February 2023

Some new measures were announced on 21 February 2023.

Once off payments

- An additional once off payment of €100 per child to parents who get Child Benefit will be paid in June 2023.
- An extra €200 for anyone who gets a long term weekly social welfare payment will be paid in April 2023. We will add details of which payments qualify when it is available.
- An extra €100 Back to School Clothing and Footwear Allowance.

VAT rates and excise duty

- The VAT rate for hospitality services, and for gas and electricity will remain at 9% until the end of August 2023 (hospitality) and the end of October 2023 (gas and electricity).
- Excise duty on petrol and diesel will gradually increase over the coming months until it is back to 21 cent per litre in November 2023. It will increase by:

From	Petrol	Diesel	Oil		
1 June 2023	6 cent per litre	5 cent per litre	1 cent per litre		
1 September 2023	7 cent more	5 cent more	1 cent more		
31 October 2023	8 cent more	6 cent more	3 cent more		

Exam fees

There will be no exam fees this year.

School transport 2023 - 2024

The fee for the School Transport Scheme will be reduced to €50 per primary school child and €75 per secondary school child. A cap of €125 per family will apply.

Temporary Business Energy Support Scheme

The Scheme has been extended for another 3 months.

Cost of living measures in Budget 2023

Budget 2023 was announced on 27 September 2022. It contained a series of short-term measures to help people with the cost of living.

Electricity account credit

€600 credit will be paid to your electricity account in 3 instalments. The first payment was made in November 2022, the second in January 2023, and the third will be made in March 2023.

Social welfare double payments

Most people on a weekly social welfare payment got a double payment in the week beginning 17 October 2022. People getting Illness Benefit did not get a double payment. In addition, a double payment of Child Benefit was paid on 1 November 2022.

Once-off payments

A number of extra once-off payments were paid in the weeks beginning 14 and 21 November 2022:

- €200 if you get a Living Alone Increase
- €400 if you get the Fuel Allowance
- €500 if you get Working Family Payment
- €500 if you get Disability Allowance, Invalidity Pension, Blind Pension or if you get the yearly Carer's Support Grant.

Only one €500 payment was due, even if you are getting more than one of these payments or you are caring for more than one person.

Public transport fares

Reduced fares of 20% on public transport will continue until the end of 2023. The 50% price reduction on the Young Adult Leap Card will continue until the end of 2023. The Young Adult Leap Card will be extended to 16, 17 and 18 year olds in third-level education.

Help for students

- Some once-off measures for the 2022/23 academic year were announced:
- The student contribution is reduced by €1000 for undergraduate students who are eligible for free fees
- A double Student Grant payment was paid in December 2022
- Postgraduate students who qualify for the Student Grant got a once-off payment of €1000
- A payment of €500 was paid to PhD students getting Science Foundation Ireland or Irish Research Council awards

Claiming social welfare

You may be able to get social welfare assistance even if you work full-time or have never claimed a payment before. There are many types of social welfare payment, and you can find the rules of each payment on in our social welfare section.

Additional Needs Payment

The Additional Needs Payment can help you with an expense that you cannot pay from your weekly income. The amount that you can get depends on your circumstances and the type of help you need. You can get the Additional Needs Payment for:

- An increase in your fuel or electricity costs
- Essential repairs to property, including motor vehicles and replacing household appliances and furniture
- Funeral costs
- Deposits for private rented accommodation
- Bedding and cooking utensils, if you are setting up home for the first time
- Food, clothing and shelter after an emergency event such as a fire or flood
- Recurring travel costs to hospital
- Visiting a relative in hospital or prison

This is not a complete list, other expenses can be covered too.

Working Family Payment

Working Family Payment (WFP) is a weekly payment for employees with children. It supports people who are on low pay who work at least 38 weeks per fortnight. The amount you get depends on how many children you have and the amount of money you take home..

Other social welfare supports

You can get information about:

- Payments to families and children
- Benefits for people who are sick or have a disability
- Losing your job

Housing costs

You could qualify for help with paying your rent through the Housing Assistance Payment. If you have difficulties paying your mortgage, you should talk to your mortgage provider as soon as possible. You can get advice from the Money Advice and Budgeting Service (MABS).

Housing Assistance Payment (HAP)

The Housing Assistance Payment (HAP) is a social housing support for people who have a long-term housing need. The rent must be within set rent limits that depend on the size of your family. Local authorities can now go up to 35% above the HAP rent limits.

Rent increases

If you live in a Rent Pressure Zone, your landlord cannot increase the rent by more than 2% per year. Outside of Rent Pressure Zones, your landlord can increase rent in line with the current market value for similar properties in the area.

Your landlord cannot increase the rent more than once per year. Disputes about rent increases can be referred to the Residential Tenancies Board.

Problems paying your rent or mortgage

MABS has advice on dealing with:

- Problems paying your rent
- Mortgage arrears

Childcare and back to school

The Early Childhood Care and Education (ECCE) programme is a free preschool programme for all eligible children before starting primary school. Your child must be between 2 years and 8 months in the September that the ECCE term starts. They cannot be older than 5 years and 6 months by the end of the ECCE term in June. ECCE is normally provided for 3 hours a day, 5 days a week over the school year.

(Continued on page 20)

KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth

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



(Continued from page 19)

The National Childcare Scheme has 2 types of subsidy for children who are aged over 6 months:

- A universal subsidy for children under 15. It is not means tested.
- An income-assessed subsidy for children up to 15. It is means tested.

Back to school costs

The Back to School Clothing and Footwear Allowance (BTSCFA) helps you meet the cost of uniforms and footwear for children going to school. It was paid automatically to some families in July. It is a means-tested payment. If you did not get the automatic payment already, you can check if you qualify. You must apply before the end of September.

Energy costs

Recent increases in energy costs have had a big impact on the cost of living for households. If you are worried about paying your gas or electricity bills, help is available.

€600 credit will be paid to your electricity account in 3 instalments. The first payment was made in November 2022, the second in January 2023, and the third will be made in March 2023.

You can also:

- Make an appointment for free confidential advice with MABS
- Speak to your supplier to discuss payment options
- Contact your local Citizens Information Service

MABS has advice if you have problems paying your bills.

Energy efficiency grants

You could qualify for a grant to upgrade your home energy system and improve the BER rating of your home. This will lower the amount of electricity or gas that you use. There are also grants available for solar panels.

Fuel Allowance

You can get Fuel Allowance if you are getting certain social welfare payments and satisfy the other conditions of the scheme. This year, extra once off payments of Fuel Allowance were paid on top of the normal seasonal allowance that is paid during the winter months. This year, a \in 400 once off payment of Fuel Allowance will be paid on top of the normal seasonal allowance that is paid during the winter months.

Switching energy suppliers

You can save money by changing energy suppliers when your contract expires.

Managing your income

MABS has a budget tool that can help you track the money coming in to your household and your weekly, monthly and yearly outgoings. MABS also has advice on managing your money.

You can use the Competition and Consumer Protection Commission (CCPC)'s money tools to compare financial products like loans, credit cards and savings accounts.

Regularly getting paid late

Your legal rights

Under your contract of employment, you have a legal right to be paid on time. If your employer is regularly late paying your wages you can take steps to enforce your legal right to be paid on time.

First, you should try to resolve this dispute with your employer, by using any internal complaint or grievances procedures available. If this does not work and your employer is still paying you late, you can make a formal complaint to the Workplace Relations Commission (WRC).

At both stages, you should use any supports available, such as a trade union or your local Citizens Information Centre.

Talk to your employer to resolve the problem

You should start by asking your employer to pay you on time and to pay any wages you are overdue. Your written terms of employment should state how often you are supposed to be paid (for example, weekly or monthly).

Make a formal complaint

If there is a complaint or grievance procedure at your workplace you should use this. Your employer should have written grievance and disciplinary procedures in place under the WRC's Code of Practice: Grievance and Disciplinary Procedures. You should have got a copy of these at the start of your employment.

If you cannot resolve the problem by following your workplace grievance procedure, or if your employer does not have one, you may have to take your complaint further.

Take your complaint further

The WRC can adjudicate on disputes, grievances and claims made by individuals or small groups of workers under a range of employment legislation. You can make a complaint under either the Industrial Relations Acts 1969-2015 or the Terms of Employment Acts 1994 and 2014. In either case, you start by applying to the Workplace Relations Commission, using the online complaint form.

You must make the complaint while you are still employed by the employer who is paying you late or within 6 months of leaving that employment.

Next steps

If you bring a case to the WRC, the adjudicators may hold a hearing to investigate it. If your employer objects to a hearing, you should go to the Labour Court.

Following their investigation, the adjudicators will make a decision. Either you or your employer can appeal this decision to the Labour Court.

If you are consistently paid late by your employer, you have the option to resign and claim constructive dismissal because your employer has breached the terms of your contract. Before you do this, you should always get legal advice because proving constructive dismissal can be difficult.

Where to complain:

Workplace Relations Commission - Information and Customer Service O'Brien Road

Carlow R93 E920

Opening Hours: Mon. to Fri. 9.30am to 1pm, 2pm to 5pm Tel: (059) 917 8990

Locall: 0818 80 80 90

Homepage: https://www.workplacerelations.ie/en/

DAFFODIL DAY FRIDAY 24th MARCH 2023



Join thousands of people in Ireland in the fight against cancer this March by supporting Daffodil Day

HOPE FOR OUR FUTURE



SUNDAY 19TH MARCH 2023



Don't forget to set your clocks forward on Sunday March 26, 2023 @ 1.00 a.m.

ST. PATRICK'S DAY 1992

Memories of Old Maynooth - Photos from the Archive

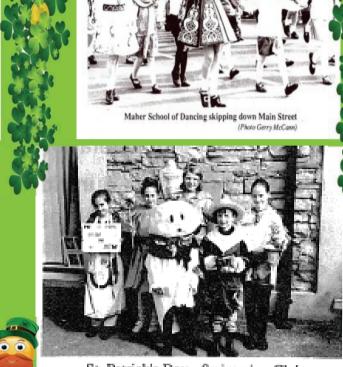
The Brasso Brigade push for 'The Flower Pot'
(Photo: Gerry McCann)

MAKING A FINE SHOW ON MAIN STREET

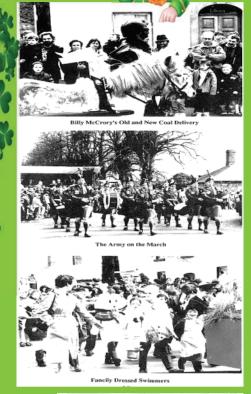
PHOTOGRAPHS OF MAYNOOTH ST. PATRICK'S DAY PARADE
(All Photographs taken by Gerry McCann)



The Best in the Land - St. Mary's Brass and Reed Ba



St. Patrick's Day - Swittming Club Winners in Fancy Dress Competition (L to R) Ciara O'Neill, Ellouise and Therese Mc An Airchinnigh, Emma Fleming, Colin O'Neill and Sarah Flatley.







Oliver Reilly

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MOBILE PHONE AWARENESS & ADVICE

EXAMPLE OF A SENERIO:

A lady had her handbag stolen. Her handbag, which contained her mobile phone, credit card, wallet, etc. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen mobile phone to text 'Hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the Lesson:

- a. **DO NOT** disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.
- b. And very importantly, when sensitive info is being asked through texts, *CONFIRM* by calling back.
- c. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

Even if this doesn't pertain to you. Pass it on to your family and friends

BE CAREFUL WITH YOUR PERSONAL DATA. SECURITY IS VERY IMPORTANT STOP AND THINK BEFORE YOU CLICK



~ Have Fun While Advertising Your Organisation ~

Maynooth

St Patrick's Day Parade





Application Form 2023

This Year's Theme: Celtic Mythology



Closing Date for Entries: 5pm Friday 3rd March 2023

	ldress:				
Co	ntact e-mail:	PAR SUF	- 1	建工业	Calle I
Co	ntact Person:	1,000,00	Te	lephone:	100
	All vehicles entering must have a fleh HGV's, lorries or cars without a flow Entry Fee does not include Insuran	nt will not be accep	ted.		
Do y	ou wish to do a demo (2-3 mins) at F	Reviewing Stand?		Yes No	
En	trance Fees: (Cheques shoul	d be made paya	ble t	o "Maynooth St Patrick's Da	y Parade")
	Commercial F	loat ~ €60 CI	ub/0	Organisation ~ €30	
	First Tim	- Entry - 610	174		
		e Entry ~ e 10	5 90	Bands ~ Free	
	Please submit two paragraphs at				olication
⊺he		oout your club/or	ganis	ation or business with this ap	olication
The	Please submit two paragraphs at	oout your club/or	ganis	ation or business with this ap	olication Trophy
The 1 3	Please submit two paragraphs at	oout your club/ord	ganis	fation or business with this app	

Applications with entry fee to be sent to:

Maynooth St Patrick's Day Parade Committee

c/o Unit 10, Carton Retail Park,

Maynooth, Co. Kildare.

Organised by:

Maynooth St Patrick's Day Parade Committee
E-mail: maynoothparade@gmail.com
Naoise Ó Cearúil (Chair) Mobile - 086-7280050



St. Mary's Brass & Reed Band

The month of March usually signifies the beginning of the Band's public performances, and we have a very busy year planned with recitals in and around Maynooth. Our first event takes us to Carton House on Saturday 11th March which is a new location for us where we have not played since the 1930s when the Band played for the many Garden Parties organised by Lady Fitzgerald.

The ever present St. Patrick's Day Parades will see us leading the Maynooth Parade and the one in Kilcock but unfortunately due to a lack of Volunteers the Dunboyne Parade, usually held on the Sunday before March 17th is not happening this year which is disappointing as it will reduce the income which helped towards the running of the Band for the year.

This time last year, thanks to the generosity of the Board of Management of Maynooth Educate Together School, we were able to record our third CD. The use of their Assembly Hall allowed us to observe the social distancing, as you can see from the photo below showing the band getting set up to stay well apart, which was still required at the time of the recording. The CD is still on sale in the Maynooth Bookshop of the Main Street for those who would like a copy. Looking at the number of new housing developments



springing up over the town we feel sure that there are many musicians who have come to live in Maynooth may not be aware of the presence of a Band in the town so we invite them to drop in to our Bandhall on Pound Lane any Monday night (Except Bank Holidays) between 7.30 and 9.30 to listen to the Band. We have vacancies in all instrument sections and you will receive a very warm welcome.

You can also contact our Secretary Joe on 086 1737 024 or email sec@stmarysbandmaynooth.ie for more information..

MORE MUSICAL MELODIES FROM MAYNOOTH



The Maynooth Bus Depot Proposal - Save our Square (A Letter to the Editor)

It's Hip to be Square

Dear Editor,

My wife and I moved to Maynooth in November 2021. We love it here. Indeed, I appeared on Prime Time in May 2021, admonishing the sale (since overturned) of the Mullen Park estate to an investment "vulture" fund, while proclaiming our adoration of the area! On the back of that interview, I was invited onto a French podcast (in English, thankfully) by a French student living in Maynooth at the time. The most obvious rendezvous point? The square, of course.

One of our favourite areas in Maynooth is the Courthouse Square. Admittedly, this is largely in part to our love of brunch in Willow and Wild on a Sunday morning, watching the world go by on its picnic benches. A diverse array of people treads the stones of the eighteenth-century plaza; friends, walking groups, lovers, families, strollers, runners, and just about every type of person you could expect in a growing town on the outskirts of Dublin. All converge on the town's central meeting point: it's where you go.

A (Brief) History

The Courthouse Square has had a storied journey thus far. Arnold Horner surmises from a 1781 map of Maynooth; "That this square was intended to be the focal point is evident from the buildings flanking it along the main street". It was originally conceived as a market square, and indeed there are bye laws (Kildare County Council's Casual Trading Bye-Laws for the Market Square Maynooth 2013) specifically related to the use of the square as a market place, setting out the entirety of the area as a casual trading space. A Courthouse, from which has ultimately derived its name, was built in the 1820s by Augustus Fitzgerald, 3rd Duke of Leinster. From visits by Daniel O'Connell during his repeal campaign of the Acts of Union between Great Britain and Ireland in the 1840s, to holding huge pro-Parnell nationalist meetings in 1890s, the square has often been placed at the centre of history in the town.

According to Donal Fallon of the "Come Here to Me" historical blog, in 1916, Irish volunteers met at the square before holding a meeting with Maynooth College President Monsignor J. Hogan, and subsequently marching to the GPO. There, they assisted the rebels of the Easter Rising, even seizing the Exchange Hotel on Parliament Street in Dublin at one point. A monument bearing the names of the fifteen volunteers now stands in Maynooth, somewhere everyone would see it. Where? The square.

The Proposal

Towards the end of 2022, I became aware of a call for submissions on the Maynooth and Environs Draft Transport Strategy. There is plenty to admire about the ambition and scope of the plan, which will see sweeping changes to the many facets of our town's infrastructure. And while I appreciate that thinking big on the way our transport works in Maynooth is necessary, there was one item in particular I could not reconcile with: the proposal to build a bus depot through the square. This plan would see the square significantly reduce in size and is tantamount to its eradication.

Not only that, but it is a complete contradiction with the first objective of the aforementioned transport strategy:

"Promote Maynooth's Town Centre as the core of activity and prioritise the improvement of its transport functionality, thus making Maynooth a more attractive place to live, work, visit, study and socialise"

Furthermore, the proposal contravenes the most recent Local Area Plan for Maynooth; "Courthouse Square at the heart of the town has the potential to strengthen the image of the town centre." (p.41, Part B, LAP Maynooth 2013-19)

"The square has the potential to become the central hub of economic and community activity which will serve as the primary public space and help present an active front to the Main Street of Maynooth." (p. 47, Part B, LAP Maynooth 2013-19)

The proposal threatens to irrevocably alter this historic and cultural hub. The square is a place where generations of local families have gathered to create cherished memories, and it is a symbol of the town's strong sense of community and identity. Cultural events such as St. Patrick's Day activities, the Leinster Fleadh, the Christmas crib, and innumerable rallies and markets all seek out the square as its base.

Let's Find a Solution

Those I have spoken to in Maynooth have expressed significant anxiety about the impact of the proposed development, calling for alternative plans to be considered. With the welcome news of a new fire station for Maynooth, the old building will be free for use. Why not there? That is just one suggestion that doesn't involve literally bulldozing the heart of the town. I urge the local authorities to reconsider the plan and work with the people of Maynooth to find an alternative solution that not only preserves the square for future generations, but also strengthens and cements its place as the cultural core of our town

As Joni Mitchell laments in Big Yellow Taxi:

"Don't it always seem to go

That you don't know what you got 'til it's gone?

They paved paradise and put up a parking lot bus depot".

Peter Melrose. Moyglare Hall, Maynooth



Courthouse and Court House Square, 1893 (LL 21.10.1893)

Irish Historic Towns Atlas (IHTA), no. 7, Maynooth, Arnold Horner 1995



My wife and I tucking into brunch at W&W

Proposal for Conversion of Maynooth Town Sq. (MTS, 2022)



 $\textit{View of Courthouse Square dominated by car parking and traffic providing a poor quality public realmant traffic providing a poor quality public publi$



Indicative transformation of Courthouse Square to become the central hub of community activity through the use of materials and finishes which reflect and enhance the existing landscape character

Proposal for Conversion of Maynooth Town Sq. (Maynooth Local Area Plan 2013-2019)



1916 Monument in Maynooth Sq. Photo Credit - Seamus Cullen & Maynooth Fire Station Building Photo Credit: Fire Ireland (2016)



St. Patrick's Weekend at the Glenroyal Hotel



Friday 17th March

Family Fun Day

12pm-3pm Corrib Centre Children's Entertainment Admission : €10 per child Food available and full bar

Shoda Cafe

Open 8am - 5pm Grab coffee or breakfast before the parade

Lunch in The Enclosure

12pm-3pm Relax after the parade

Dinner in The Enclosure

5pm-9:30pm Pre-booking essential

Arkle Bar

12pm-12:30am Raise a glass to St. Patrick

Saturday 18th March

Live on the Big Screen

Scotland V Italy @ 12:30pm France V Wales @ 2:45pm Ireland V England @ 5pm Cheer on the Boys in Green

Dinner in The Enclosure

5pm-9:30pm Pre-booking essential

Sunday 19th March

Mother's Day Lunch

12pm-3pm
The Enclosure
Pre-booking essential
Complimentary prosecco for all
mothers on arrival

Dinner in The Enclosure

5pm-9:30pm Pre-booking essential





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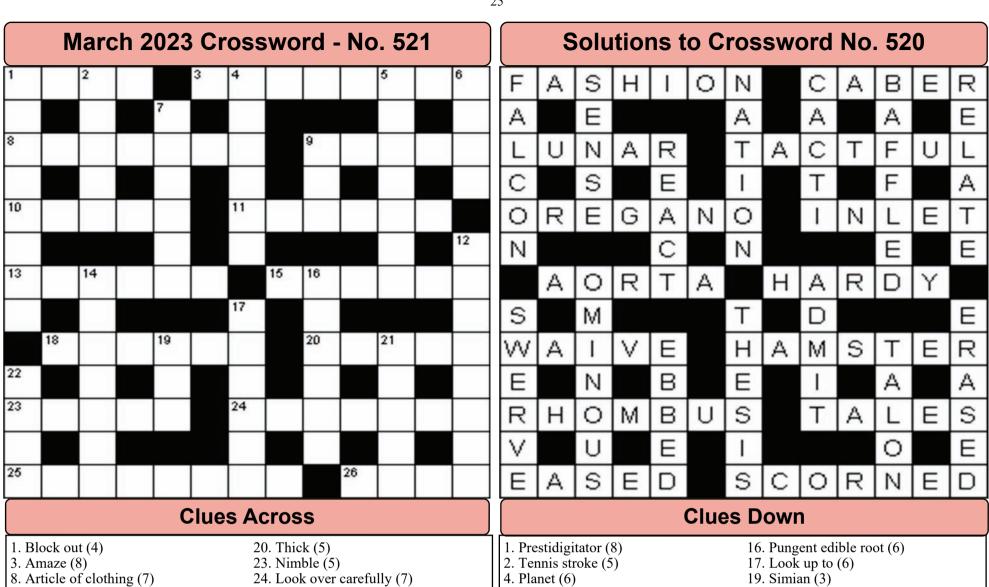
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9. Meaning of a word (5)

11. An extreme attainment (6) 13. To the opposite side (6)

15. Upper deck of a ship (6)

10. Board game (5)

18. Reptile (6)

25. Got back (8)

26. Notable achievement (4)

	Diffi	cult				Sudoku Challenge								Sup	er Dif	ficult	;
		1					9	7				3	2				7
4				1		2		8				4			8		1
		8	4	7		5		6		9				7	3		2
			6	3									8		5	3	
			1		7					5	8				1	2	
				8	5					3	2		6				
9		6		4	2	8			2		6	5				8	
1		3		9				2	7		9			6			
8	2					3			5				4	2			

5. Disregarded (7)

14. Precipitating (7)

9. Pouch (3) 12. Vanquished (8)

6. Pay close attention to (4)

7. Periodic population count (6)

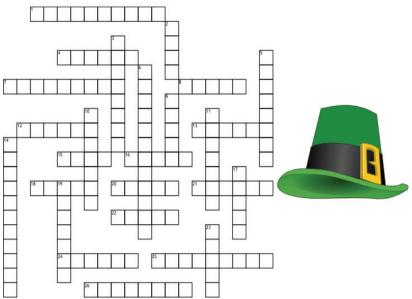
21. Female relative (5)

22. Impartial (4)

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 this page number only.



St. Patrick's Day



Across

- 1. A mischievous elf in Irish Folklore
- 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.

 21. A staple food of Ireland 22. Occurring by chance 24. A story about mythical or supernatural beings or events
- 7. To publicly party
- 8. The Celtic language of Ireland
- **12.** A plant of the genus Trifolium
- 13. March in a procession15. Something likened to the metal in brightness or preciousness 16. A month of a year
- 18. Resembling the color of growing grass

- 20. An occasion on which people can assemble for social interaction and entertainment
 6. Christian missionary and bishop in Ireland
 9. Any art that invokes

- 25. An inherited pattern of
- thought or action 26. Another word for 3-leaf

Down

- 2. Invoke upon
 - 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
 - 5. A special kind of clover

- supernatural powers
- 10. Achieved independence from the UK in 1921
- 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
- 14. The day of the month of St Patrick's day
- 17. A small being, human in form, playful and having magical powers
- 19. Highly valued as a
- 23. A form of money

Sourced: Google Free Puzzles

ST. PATRICK'S DAY & TRIVIA NIGHT

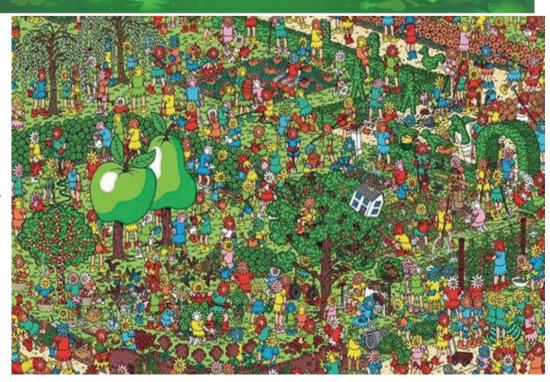


- 1. Newbie's break
- 2. Bid yours truly success
- 3. More desirable fate on a subsequent occasion
- 4. Grueling fortuity tale
- 5. Satisfactory fortune
- 6. Refined female advantage
- 7. Opportunity of the Celtics
- 8. Hard as nails accidental discovery
- 9. Accompanied by each and every chance
- 10. Opportunity of the alluring force
- 11. Zero comparable fortune
- 12. Force thy destiny

NB If you wish to complete the Puzzles for fun, you can print the page by going to File -> Print and put in this page number to avoid printing all the pages.

- Riddle Me This......

 1. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?
- 2. Some try to hide, some try to cheat, but time will show, we always will meet. Try as you might, to guess my name, I promise you'll know, when you do claim. Who am I?
- Take one out and scratch my head, I am now black but once was red. What am I?
- 4. I weaken all men for hours each day. I show you strange visions while you are away. I take you by night, by day take you back. None suffer to have me, but do from my lack. What am I?

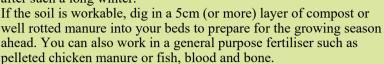


noon good	WEAR
noon good	LONG
BIG BIG ignore ignore	Try <u>Stand</u> 2
THINK	3.14159
ARREST you're	STOOD MISS
PAwaikRK	JACK
DOOR	BLOOD WATER





S pring Marches forward this month, with longer days and warmer temperatures to encourage many spring flowering shrubs and trees to come into flower and add colour and interest after such a long winter.





Plant bare root roses.



If you need to move deciduous trees or shrubs, now is the time to do it provided the soil is not frozen or waterlogged. Feed trees, shrubs and hedges with a slow-release fertiliser by lightly forking it into the soil surface. Plant summer-flowering bulbs such as Gladiolus, Lilies and Ranunculus into beds, borders and containers.

Plant out any forced flower bulbs in the garden, such as hyacinths and daffodils which have finished flowering indoors. Plant snowdrops in the green to brighten up your winter garden next year. Prune roses to encourage strong new growth. Remember to wear gardening gloves to protect from thorns. Sow your flower seeds now so they are ready for planting out in June.

Hardy annuals can be sown directly into the soil. Alternatively sow them in pots or module trays for planting out later in the spring. Begonia tubers that have been started into growth will start to produce new leaves. As leaves appear, pot them up individually. Hardwood cuttings taken last year may need planting or potting on now. Prune early flowering Clematis once the flowers have finished and Summer flowering start into active growth.

Keep an eye out for slugs as the weather warms; they favour soft new growth. Use nematodes for an effective organic control. Cut off the old leaves of Hellebores to remove any foliar diseases and make the spring flowers more visible. Continue to deadhead faded flowers from your winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring. Deadhead daffodils as the flowers finish and let the foliage die back naturally. Dead-head Hydrangeas before new growth appears. Cut to about one third of last season's growth

Vegetables

Start sowing your bedding plant seeds now ready to plant out after the last frosts. Sow tomato seeds in a heated greenhouse for early crops. For better seed germination in cold weather, try using an electric propagator to help your early sowings along. Plant onion, shallot and garlic sets provided the soil isn't frozen or waterlogged. Alternatively pot up sets into individual pots for transplanting outdoors later on. Start to direct sow vegetable seeds such as carrots, radishes and lettuce in greenhouse borders or under cloches.



Frui

Bring strawberries under cover for an earlier crop. Bring bags of compost into the greenhouse to warm up for a week or two before you start sowing. Plant apple trees, cherry trees and other fruit trees now in a sunny, sheltered spot. Continue to plant raspberry canes. Cut autumn-fruiting raspberry canes to the ground to stimulate new canes, which will fruit in the autumn. Cut the tips of summer-fruiting raspberry canes that have grown beyond the top of their supports; cut just above a bud. Feed Blueberry plants with ericaceous plant fertiliser.

Recut any lawn edges if necessary. Try installing lawn edging to make future maintenance easier. If your lawn needs mowing choose a dry day to complete this. Ensure the blades are set higher than usual. New turf can be laid if the ground is not frozen or waterlogged. Buy fresh compost from your local garden centre and store it in a cool dry place in preparation for the season ahead. Check your compost bins to see if there is any compost ready to use. Check containers to ensure the soil hasn't dried out.

Now is a great time to build a compost bin before the growing season gets underway.

March is a bridge month in the garden. Some activities must be completed before month's end; others are just revving up.



Lemon Chicken Piccata Dish

The light and luscious lemon sauce really pops without being too acidic; it is simply divine.

Prep Time: 20 mins Cook Time: 30 mins Total Time: 50 mins Servings: 4



Ingredients

- 3 large skinless, boneless chicken breast halves cut into 1/2-inch medallions
- salt and pepper to taste
- ½ cup all-purpose flour
- 2 tablespoons vegetable oil, or as needed
- 1 clove garlic, minced
- 1 cup low sodium chicken broth
- ½ cup fresh lemon juice
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons butter
- 2 tablespoons minced Italian (flat-leaf) parsley
- ½ lemon, thinly sliced

Directions:

- Preheat oven to 200 degrees F (95 degrees C).
- Place a serving platter into the oven to warm.
- Season the chicken breast pieces with salt and pepper and dredge them in flour.
- Shake off excess flour.
- Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed.
- Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.
- Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds.
- Pour in the chicken broth.
- Scrape and dissolve any brown bits from the bottom of the skillet.
- Stir in the lemon slices and bring the mixture to a boil.
- Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes.
- Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more.
- Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated. Add the parsley; remove from heat and set aside.
- Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.



FILM/DVD MONTHLY BY BERNIE CLAXTON OSCARS 23 SPECIAL &

When writer Colin Welland won an Oscar in 1982 for *Best Original Screenplay* for the film classic, about two athletes at the 1924 Olympic Games, **Chariots of Fire**, he declared "The British Are Coming!"

Critics' Choice Awards earlier this month. In the craft categories, Irish editor Jonathan Film been nominated for *Best A chievement in Film Editing* alongside Matt Villa for their work or

This could justifiably be the rallying cry for the Irish at this year's Oscars ceremony. The Irish film industry have scooped an impressive record-breaking number of 14 nominations in various Academy categories, generating great excitement on home soil.

Writer-director, Martin McDonagh's acclaimed West of Ireland drama, **The Banshees of Inisherin** has emerged among the frontrunners for this year's Academy Awards, securing a total of 9 nominations including *Best Picture* and four first-time acting nominations for the main players.



Colm Bairéad's **An Cailín Ciúin**, already a winner of seven **IFTA**s and several Jury and Audience Awards from film festivals across the globe, made history in January by becoming the first ever Irish-language film to be nominated for an Oscar. **The Quiet Girl** is among the final five films competing for this year's coveted award.

Colin Farrell (already a **Golden Globe** winner) and Paul Mescal will go head-to-head in the *Best Leading Actor* category for their roles in **The Banshees of Inisherin** and **Aftersun** respectively. However, both Irish actors face stiff competition from sentimental favourite Brendan Fraser for his moving performance as a morbidly obese man in the tear-jerker, **The Whale** and Austin Butler's (BAFTA-winner) impressive turn in the musical biopic about the legend and icon that was **Elvis**.



Fresh from their recent and well-deserved **BAFTA** successes in London, Dubliner, Barry Keoghan and Kerry Condon are both nominated in the Best Supporting Actor/Actress categories for **The Banshees of Inisherin** at this year's Oscars ceremony. Veteran Irish actor, Brendan Gleeson has also picked up a nomination for his superb supporting work in **Banshees**.

Martin McDonagh, no stranger to nominations, has been nominated for his original screenplay and direction for his work on **The Banshees of Inisherin**.

The film recently received 10 nominations at the **BAFTA Film Awards** as well as winning three **Golden Globe** awards, five **Screen Actors Guild Awards**, and nine

Critics' Choice Awards earlier this month.

In the craft categories, Irish editor Jonathan Redmond has been nominated for *Best A chievement in Film Editing* alongside Matt Villa for their work on Baz Luhrmann's Elvis, while Richard Banehan has received a nod for Best *A chievement in Visual Effects* for Avatar: The Way of Water.



The winners will be announced at a live ceremony hosted by Jimmy Kimmel on Sunday, March 12th, which will be televised live on ABC in the United States and viewed by audiences worldwide. Irish interest and hopes will be high for the artists flying the flag for Ireland, this year.

FAMOUS IRISH OSCAR RECIPIENTS

Brenda Fricker

In a career, spanning many decades, Brenda Fricker has appeared in more than 30 films and television roles. The veteran Irish actress of stage and screen (**Tolka Row**, **The Irish R.M.**) created great excitement for Irish people (along with her co-star, Daniel Day-Lewis) when she became the first Irish actress to win an Academy Award, for her supporting role in Jim Sheridan's **My Left Foot at** the 1990 Oscars ceremony. The Irish drama-comedy, based on the memoir of the life of Christy Brown, (a talented Irish writer with cerebral palsy) was hugely popular with audiences.





George Bernard Shaw

The famous Irish playwright has the distinction of winning both a *Nobel Prize for Literature* and an Academy Award for *Best A dapted Screenplay* for his own play about the relationship between a Cockney flower girl and a Professor of phonetics., **Pygmalion** (1938). The film of Bernard Shaw's play, later to become the hugely successful musical, **My Fair Lady**, starred English actor, Leslie Howard as Professor Higgins.

Barry Fitzgerald

Irish character actor, Barry Fitzgerald, best known for his impish, mischievous matchmaker, Michaeleen Óg in The classic John Wayne/Maureen O'Hara film, **The Quiet Man**, achieved the unique feat of being nominated for both the *Best Actor* Oscar and the *Best Supporting Actor* Oscar for the same performance. Barry went on to win an Oscar in a supporting role for his performance in **Going My Way** (1944) which starred legendary crooner, Bing Crosby.

Neil Jordan

Iconic Irish director, Neil Jordan has directed 4 actors in Oscar nominated performances: Bob Hoskins, Stephen Rea, Jaye Davidson, and Julianne Moore. His own moment of Oscar glory came with his *Best Original Screenplay* win for his IRA thriller, **The Crying Game** (1993).

Glen Hansard

Irish singer-songwriter, musician and actor., Glen Hansard quit school at age 13 to begin busking on local Dublin streets. He also studied at the New York Film Academy School of Acting before getting his big break in The Commitments and Once. The 2007 small-budget, Irish romantic musical drama film, Once stars Glen Hansard and Markéta Irglová as two struggling musicians in Dublin,. Hansard and Irglová had previously performed together in a band and composed and performed the film's original songs. Once was a commercial success, Hansard and Irglová's song "Falling Slowly" won the 2008 Academy Award for Best Original Song, The film has also been adapted into a successful stage musical.

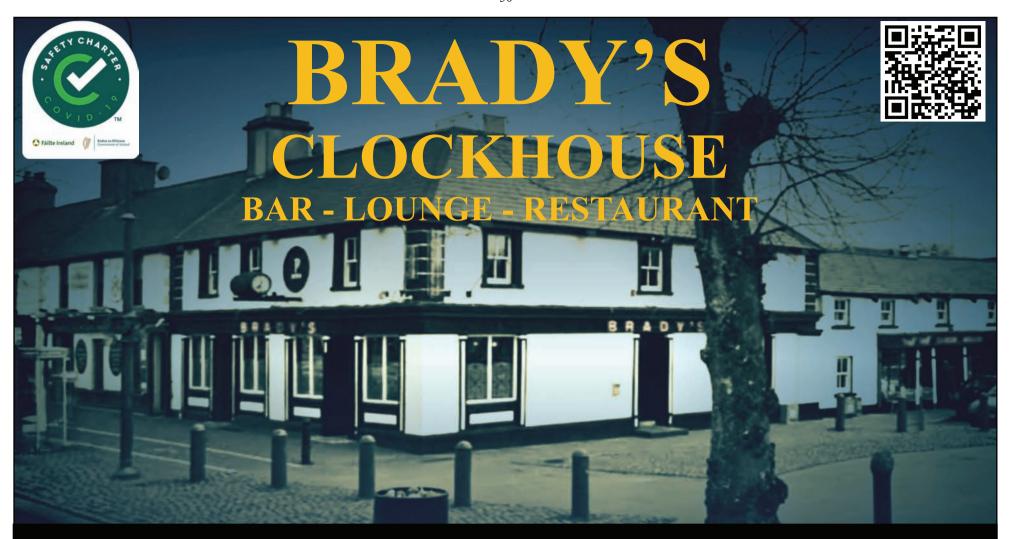
Maureen O'Hara

The Dublin native, was a fiery beauty who starred in over 60 Hollywood, from 1939 to 1971. She was known for her strong-willed and spirited characters. Maureen was often paired with John Wayne, most famously in John Ford's Irish classic, **The Quiet Man**. became only the second actress to receive an Honorary Oscar (**Lifetime Achievement**) in 2015, without having previously been nominated for an Oscar in a competitive category. Remarkably, the Irish actress was the first woman to produce her own films, too.

Answers to Christmas Movies Quiz

1. b) 2. b) 3. c) 4. a)5. d) 6. c) 7. c) 8. b)9.a) 10. b) 11. c) 12. c) 13. b)





Live Bands every Saturday & Sunday during the month of March & on St Patrick's Day

Live Racing during Cheltenham Week



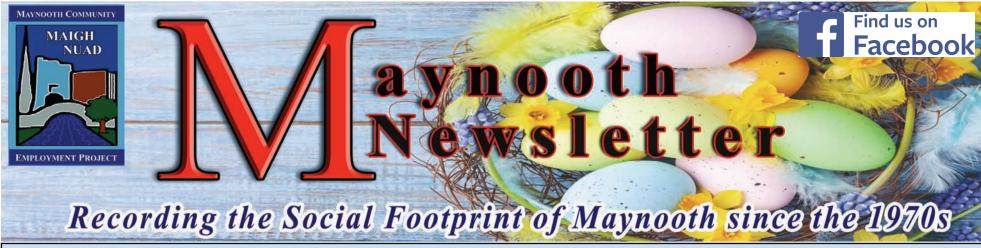
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Happy St. Patrick's Day from Declan & the Staff

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Great Food Served 7 Days





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

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

The views & opinions expressed in this Publication are those of the contributors.





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



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

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

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

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

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

Our title sponsors are:

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

Our other local sponsors are;

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

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

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

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

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

Winners

Best School Float: Maynooth Educate Together School

Best Commercial Float: Hutton & Meade

Best Portrayal of Theme: 8th Kildare Maynooth Scouts

Best Portrayal of Environmental Awareness: Maynooth Cycling Campaign Best Portrayal of Irish Culture (Dr. Muireann Ní Bhrolcháin Perpetual Trophy):

Gaelscoil Ruairí

Best Club: Maynooth Tae-Kwondo

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

Community Person of the Year: Tom McMullon & Willie Saults

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





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.

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

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.

Editorial Board - Maynooth Newsletter

Editorial

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

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

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

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

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

Paul Croghan Editor

Letter to the Editor:

"Fact: Courthouse Square is safe!"

Cllr Angela Feeney and Cllr Naoise Ó Cearúil want to reassure the residents of Maynooth that the Courthouse Square is safe. Both councillors stress that the Maynooth Transport Strategy is still at public consultation stage and that any proposed change of use for the Square or indeed any other part of the town, would have to come before them as elected representatives in the municipal district for approval. Angela and Naoise said that they continue to press for improvements on the Square

to make it more accessible and a better living space.

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

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Maynooth Senior Citizens Committee

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

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

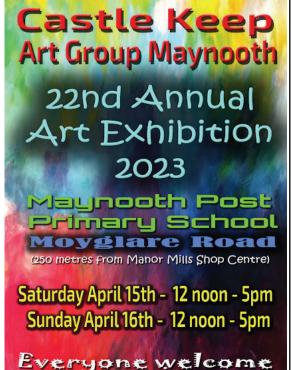
MAYNOOTH CASTLE KEEP ART GROUP IS DELIGHTED TO ANNOUNCE THAT IT WILL HOLD ITS 22ND ANNUAL ART EXHIBITION. THIS IS THE FIRST SINCE 2019.

PLEASE KEEP THE DATES FOR YOUR DIARY

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

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

All welcome



taxy

> we're going places <

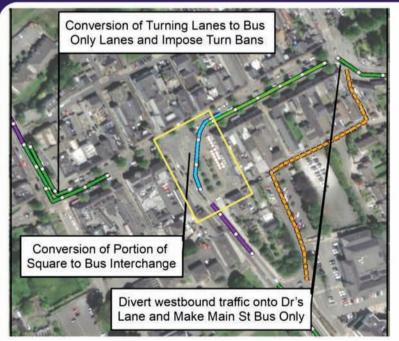
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SAVE THE SQUARE - WERE YOU CONSULTED?



Scan the QR Code on the left to complete the survey about what you would like to see for Maynooth square. Feel free to call or email me either for the link.

I will also be out and about in the

I will also be out and about in the coming weeks to get your views on the future of the square.

On the left is a plan for Maynooth Square to be converted into a bus interchange. It was created by an infrastructure consultancy firm working on behalf of Kildare County Council. This plan is being considered for inclusion in the new Maynooth Local Area Plan, which is currently being developed. Instead of tearing it down, we should focus on investing in and innovating around the square, which is the heart of our town.

We could achieve this with ideas such as regular market days (which 2013 bye-laws already permit), live entertainment, and dining areas. Indeed, there was an ambitious plan in the previous Maynooth Local Area Plan (2013-2019) to revitalise the square, which you can see below.

What happened to this plan?



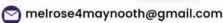
Artist's impression of Maynooth Courthouse square as a cultural hub, current Maynooth LAP



SocDems Local Area Rep Maynooth LEA







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- * 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













Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com Stay safe everyone.



Cllr. Angela Feeney Maynooth Labour News

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



Cllr Feeney Calls for Safety Measures at Maynooth Town Football Club

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

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

Update on Use of Vacated Fire Station and Council Site

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

Provision of a Tool Library

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

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

M4 Bus Priority Corridor

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

Electronic Speed Sign Installed

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

St Patrick's Day Parade 2023

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

W6 Orbital Bus Route

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

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

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

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

Affordable Housing Scheme by Kildare County Council

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

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

Public Meeting on getting involved in local politics

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

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

Upcoming Motions and Questions for April Council MD

Motion 1

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

Motion 2

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

Question 1:

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

Question 2:

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

Meetings attended by Cllr Feeney since last newsletter:

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

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

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

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

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

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

MAYNOOTH 10k & 5k





Sunday 23rd April 10am

New Maynooth Education Campus

Prizes for 1st, 2nd, 3rd

Entry €20 or €40 for a family

Post-race Refreshments

Medal for finishers

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

www.maynooth10k.ie

BRINGING WILDLIFE INTO YOUR GARDEN EASY DIY BIRD FEEDER

Takes 30mins You will need:

1 large orange - bird seed 2 kebab skewers - string



What to do:

- 1) Cut a large orange in half and scoop the middle out (you can eat this)
- 2) Poke a kebab skewer through one side of the orange and out through the other, then poke another kebab skewer through from the other side so the two skewers make a cross in the middle. Little birds can perch on the skewers while they eat the seed.
- 3) Take two equal lengths of string and tie these onto the skewers on either side so you can hang it up.
- 4) Fill the orange with bird seed and hang up for the birds to enjoy.

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



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

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

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

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







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

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

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



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





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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

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EARTH BABY FAIR

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

The Earth Baby Fair is an the annual fundraiser for non-profit organisation Cloth Nappy Library Ireland and is proudly sponsored by Kildare County Council

@clothnappylibrary

Tickets €6 per adult
KIDS GO FREE!
Visit clothnappylibrary.com
for more information

25+ Eco-Friendly Stalls
Junk Art Area
Expert Talks & Demo's
Kids Clothes Swap
Face painting







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

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

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

Ingredients

For the buns

- 625g/1lb 6oz strong white flour, plus extra for dusting (see tip for alternatives)
- 1 tsp salt
- 2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)
- 45g/1½oz unsalted butter, cubed, plus extra for greasing
- 85g/3oz caster sugar
- 1 unwaxed lemon, finely grated zest only (alternatively use finely grated zest of ½ orange or 1 tangerine/satsuma)
- 1½ tsp dried fast-action yeast
- 1 free-range egg
- 275ml/9½fl oz tepid milk (non-dairy milks are also suitable)
- 125g/4½oz dried mixed fruit of your choice

For the topping

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

Method

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

St. Mary's Brass & Reed Band

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

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

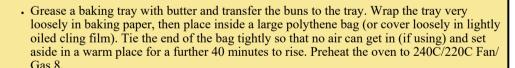
We are putting our programme for 2023 together at the minute and hopefully, weather permitting, you will be seeing the Band at a number of recitals in the town, the first of which is on Sunday 23rd April at 2.30 in the Square. These recitals give audiences in the Square, the pubs and restaurants around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

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



- Turn out the proved dough onto a lightly floured work surface and knock back the dough. Shape into a ball again and return to the bowl, then cover again with the tea towel and set aside for a further 30 minutes to rise.
- Turn out the dough onto a lightly floured work surface and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the business of the palms of your hands.

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



- Meanwhile, for the topping, mix the plain flour to a fairly thick smooth paste with 2 tablespoons cold water (you may need to use slightly less or more water to get the right consistency). When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun.
- Transfer the buns to the oven and bake for 8–12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.

Recipe Tips

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

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

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



Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

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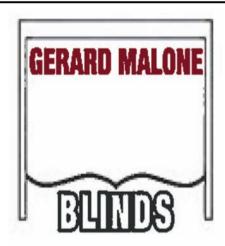
Maynooth University, Maynooth Cúrsa A: 05/06/23 - 16/06/23 Please Note: Cúrsa A starts on Bank Holiday Monday.

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

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

First of all we would like to express our deep condolences to the Mulready family but especially to Vincent and Catherine, Tidy Towns Volunteers, on the recent

death of their son David. As a mark of respect to the family we did not participate in the St Patrick's Day parade. May David rest in Peace.

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

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

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



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

Mary Molloy - PRO Maynooth Tidy Towns

FEADS IP KILDARE supporting U and your mental health

HEADSUP for WOMEN

10 week programme Starting April 2023 in Kildare Town

Learn new skills & build personal resilience.

Take the first step to a happier, healthier you.



Prioritise yourself and your wellbeing.

Supportive, safe space to share and learn.

Make positive changes.

If you are over 18, want to learn to build your mental fitness, boost your confidence and get back on your feet again, then HEADSUP is the programme for you!















How to make Easter Chicks from pompoms

Create these cute Easter chicks to hang in your windows. Children will enjoy helping to make these Easter chicks – let them make the pompoms, then you can finish them off with their felt beaks, feet and wings.

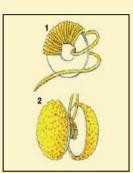
You will need

- card
- yellow wool
- scissors
- orange felt
- glue
- googly eyes



How to make the Easter chicks

- 1. Cut two card circles measuring 7.5cm in diameter with a 2.5cm-diameter hole in the centre of each. Place the card rings together and wind wool around both rings (see diagram 1) until the hole is almost full.
- 2. Cut through the wool around the outer edge, tie a 30cm length of wool between the discs and pull away the rings (see diagram 2). Repeat the process to make the smaller pompoms for the chicks' heads, using 6.5cm diameter circles with 2.5cm-diameter holes.



3. Join the pompoms together with the ties. Cut four felt rectangles, shaping one end for feet and wings, and fold a diamond shape in half for the beak. Glue in place and stick on eyes. Hang up with a length of wool.

Source: www.prima.co.uk/craft/easy-craft-ideas/news/a22196/easter-chicks-

Easter Chicks can sit in an Easter basket, be attached to gifts or be used as decorative items.

Tips to keep your house Fresh

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

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

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

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

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

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

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

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

Make your own pet deodorizer

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

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

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

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

Use drain cleaner

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

Use a daily shower cleaner spray

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

will prevent a mildewy smell.

What can I use to make my home smell good?

Use a linen or room spray

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



Burn candles

Candles make any room smell better!

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

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

Stovetop potpourri

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



Some spices to make your house smell good are:

Cinnamon, Cardamom, Cloves, Star Anise, Ginger, Rosemary, Sage Clip Febreze vent clips to your home vents

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

Try an essential oil diffuser

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

Put essential oil in your toilet paper roll

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

Dryer Sheets

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

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

MU hosts female Irish university presidents to mark IWD 2023

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

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

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



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

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

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

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

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

MU records highest ever number of CAO first preference applications

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

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

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

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

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

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

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

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



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

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

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



Writers' Corner - Short Stories/Articles from our Readers

Coursing Day

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

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

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

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

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

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

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

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

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

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

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

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

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

Patrick Devaney

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

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

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

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

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

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

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

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

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

Healthcare Abroad Ireland works alongside the HSE to

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

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



Greg Harkin in Spain after his operation

War Museum

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

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

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

Patrick Devaney

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen

Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail. Thanksgiving for favour received.

SPIRITUAL BEINGS

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

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

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

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

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

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

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

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

Maynooth Cycling Campaign Notes

Maynooth Cycling Without Age

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



Bike Week 2023

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

Extraordinary General Meeting, Wed 19 April 2023 at 8.00pm

After many months / years of discussions, consultations,

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

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

School boy Knocked off Bike in Newbridge

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

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









Happy Easter to all my Customers

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Maynooth Golf Society

St. Margaret's Golf Club 4th March 2023



1st	Martin Maguire	37pts
2nd	Martin Shiels	35pts

3rd Anthony Tyrell 33pts

4th James Keegan 32pts (B9)

5th Danny O'Neill 32pts

F9 Danny Finnan 19pts

B9 Sean Lennon 21pts

O65 Tommy Campbell 31pts

NP Ryan Deegan

2's Tim Mullane, David Tobin, Derek Murray

Thank you to all who took part.

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

ARTS & MINDS FESTIVAL 3-6 MAY

'Get Curious About Culture' and come to the second ever Maynooth University Arts and Minds Festival which takes place from Wednesday 3 May until Saturday 6 May.

Among the wide variety of events on campus these four days, is a performance by the multiple award-winning Irish folk duo from Carlow, Ye Vagabonds. (There's an exclusive reception for Maynooth graduates before this concert.)

For the first time, the festival will partner with <u>Maynooth Film For All</u> and on the opening night of the festival, show a screening of *Aftersun*, the internationally acclaimed Paul Mescal movie.

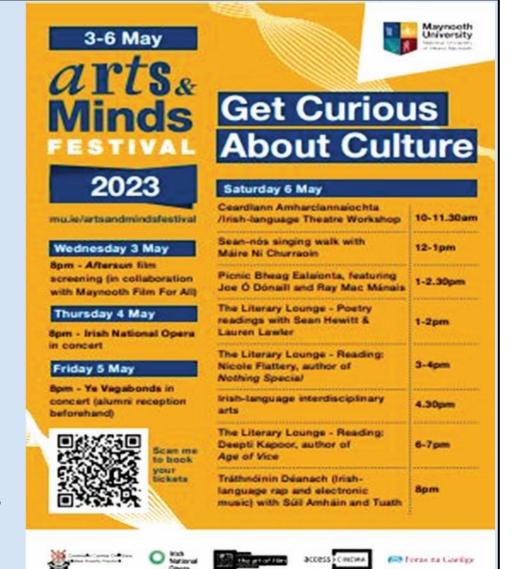
You won't want to miss <u>An Fhéile Bheag</u> and the wonderful variety of traditional and contemporary Irish-language and Gaeltacht arts events.

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

So, tell a friend, gather the neighbours, round up the family and join us at the University in May for what promises to be a great festival for all.

Tickets are available online <u>here</u> so get in early and don't miss out!

See poster for the full programme.



Interview skills & CV writing Part 3

The key elements of a compelling Cover Letter

Cover letters are for great first impressions.

Often Recruiters skip the cover letter part to jump right into the CV looking for the relevant keywords. Additionally, for a very long time, cover letters have followed some not-too-compelling common practices like lengthy and wordy paragraphs that in reality added minimum value to the job application.

So let's not blame it all on the Recruiter right!?!?:)

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

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

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

So, how to best leverage a cover letter?

Be concise.

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

Use keywords.

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

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

Explain the why.

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

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

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

Chocolate Easter Cupcakes

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

Prep:45 mins / Cook:20 mins Serves 12

Ingredients

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

For the decorations

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

Method

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

Leave to cool in the tin.

- Meanwhile, make the icing. Beat the icing sugar and butter with an electric whisk until pale and fluffy. Whisk in some of the milk to loosen to a pipeable consistency, if needed.
- For the chick decoration, colour a small piece of fondant orange using a drop of food colouring gel and another small piece black. Colour a few tablespoons of the icing yellow and spoon into a piping bag fitted with a large round nozzle. Pipe a yellow blob in the centre of the cupcake and a smaller one on top. Roll the black fondant into two small balls and place them as eyes. Roll a little cone of orange fondant for the beak. For each foot, roll three small, longer pieces and pinch them together at one end. Push the feet in beneath the body, hiding the pinch.
- For the bunny, beat the cocoa and 1 tbsp milk into a few tablespoons of the icing. Spread over the cupcake. Spoon a few tablespoons of the plain icing into a piping bag fitted with a large round nozzle and pipe a small blob on top. Stick a mini marshmallow on top of that for a tail. For the feet, shape two small pieces of white fondant into ovals and press down to flatten.

 Colour a small piece of fondant pink and form two balls and six smaller ones. Press the balls into the flattened ovals in a paw pattern. Place the feet on either side of the rabbit's bottom.
- To make the sheep, colour a piece of fondant black and shape a small piece into an oval. Use a skewer to press nostrils into the bottom end. Pinch two smaller pieces into ears and stick these on using a little water. Roll two small balls of white fondant and two smaller black balls to make eyes. Cover the cake with a layer of plain icing and fix the face in the middle. Surround with mini marshmallows for the woolly coat.

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











































































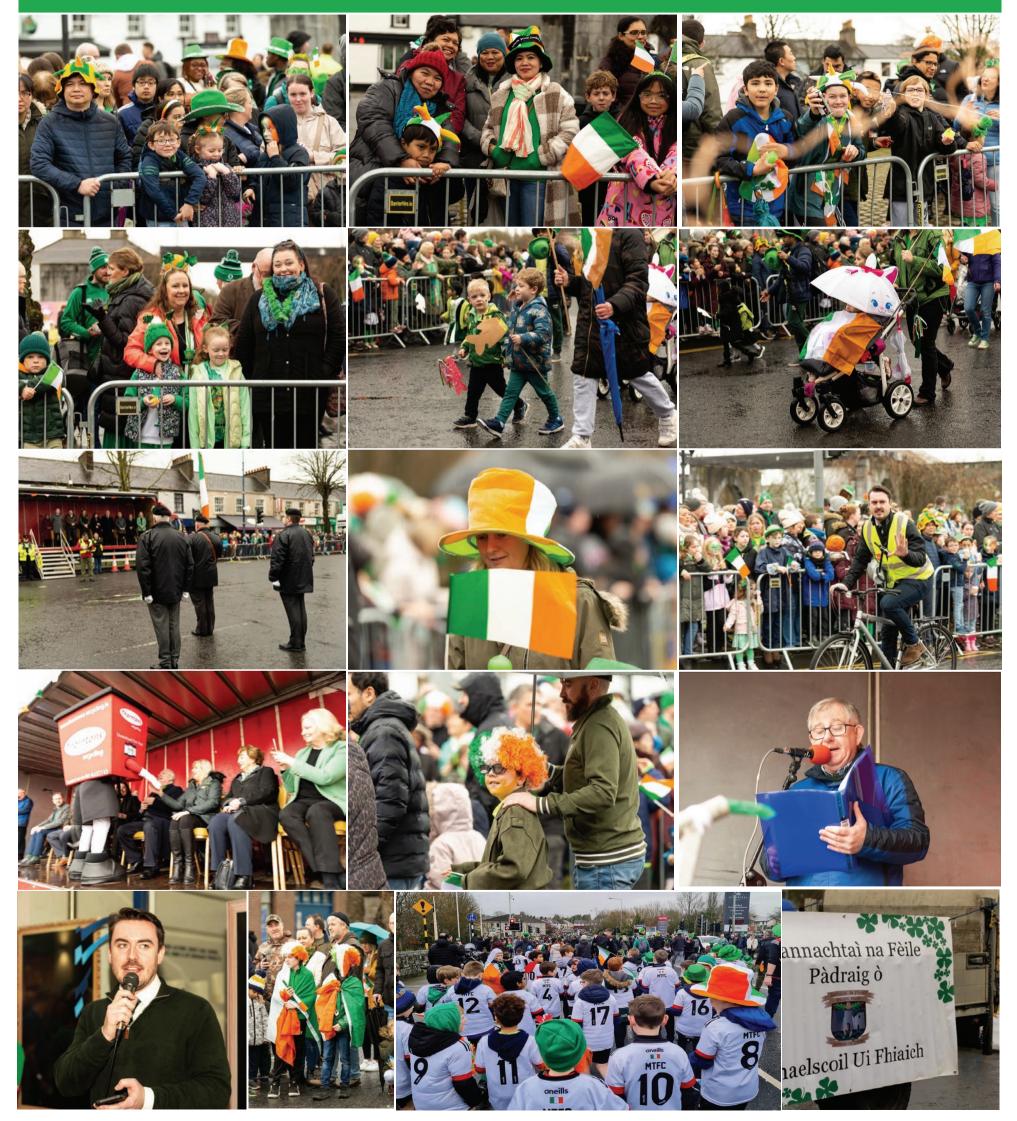












March Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService

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twitter.com/kildarelibrary

Maynooth Clever Reach April 2023

Children's

Surprise Children's Film Screening Wednesday 5th April

2-4 pm

Maynooth Community Library

Enjoy a cinema afternoon with a surprise Kids Movie. Children must be accompanied by a parent /guardian.

PG Rated age 8+

Suitable for children aged 8+

Booking required through Tickettailor:

https://buytickets.at/maynoothlibrary/883408.

Children's Creative Writing Workshop with Niamh and Amy for Ages 7-10 Wednesday 12th April at 3pm

Maynooth Community Library

Join Library staff members Amy and Niamh for a writing workshop based on the Fighting Words style. This workshop will mix collaborative writing and individual story writing with support and tips along the way.

Booking Required through: TicketTailor: https://app.tickettailor.com/events/maynoothlibrary/878399

Suitable for ages 7-10.

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

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

Young Adults

Teen Writers' Group

Thursdays 6th and 13th April at 6pm

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

Teen Book Club

Friday 21st April at 4pm

Maynooth Library

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

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

For 12- 15 year olds

Available for Pickup now:

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

Available for Pickup now:

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

Adults

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

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

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

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

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

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

Exhibitions

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

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

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

All are welcome to drop in to Maynooth Community Library between 6.30pm - 7.30pm to view the "Still Life: Botanicals and Objects" Exhibition and meet the artist. Light refreshments will be provided.

Maynooth Community Library's Exhibition Space Open for Bookings

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

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday 11.30am – 13.00

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

German 'Stammtisch', informal conversation meet-up for adults. Thursday 27th April 6.30pm-7.30pm Maynooth Community Library

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

Meetings take place on the 4th Thursday of every month. For more information contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980493.

Book Clubs

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

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

Wednesday Readers Book Club Wednesday 19th April 11.00am – 12.00pm

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







Did you know... At least 1 in 65 people in Ireland are autistic. How many people do you know? It's likely that you meet many autistic people everyday but may not realise. It's important to remember autistic people don't look different to anyone else but may communicate, think, and experience the world very differently



Autistic individuals are very anxious people because the lack of understanding around Autism in their communities. This lack of understanding means the environments around them are not suitable, so simple things like shopping can be very triggering due to noise and light pollution.

Did you know... A picture can tell a thousand words. Many autistic people find visual instructions easier to follow than spoken or written words . Using images to explain helps autistic people.













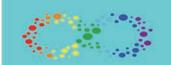


2nd April



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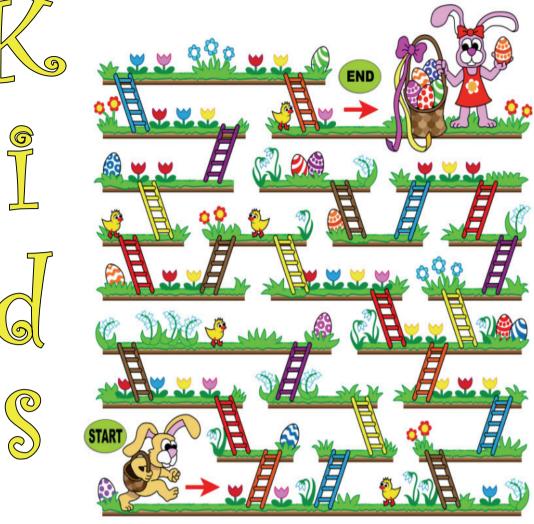
Opening Hours

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

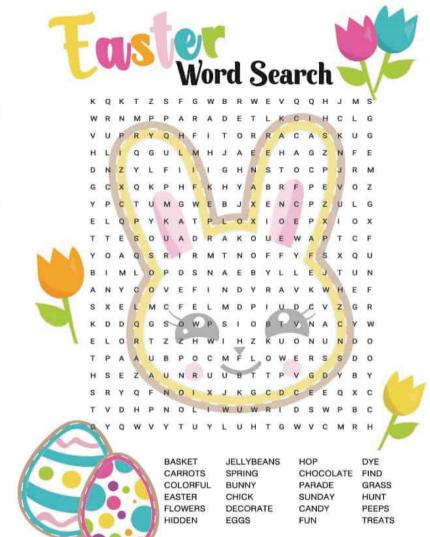
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NB If you wish to complete the colouring or Puzzles for fun, you can print the page by going to File -> Print and put in this page number to avoid printing all the pages.



Puzzles Sourced: Google Free Puzzles





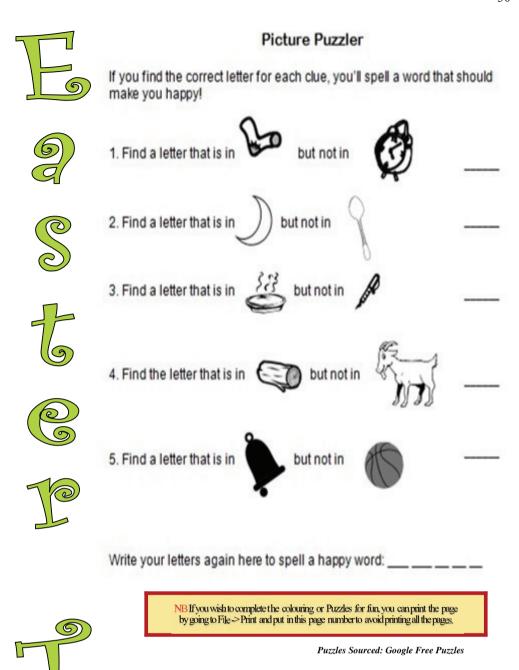




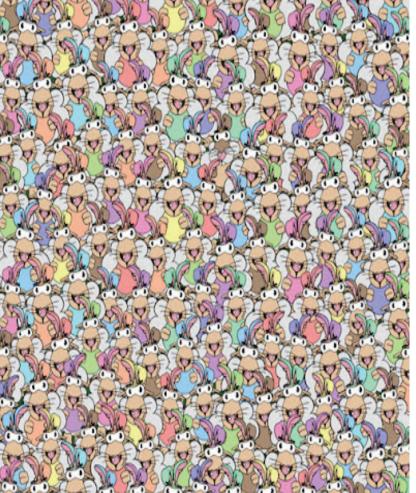




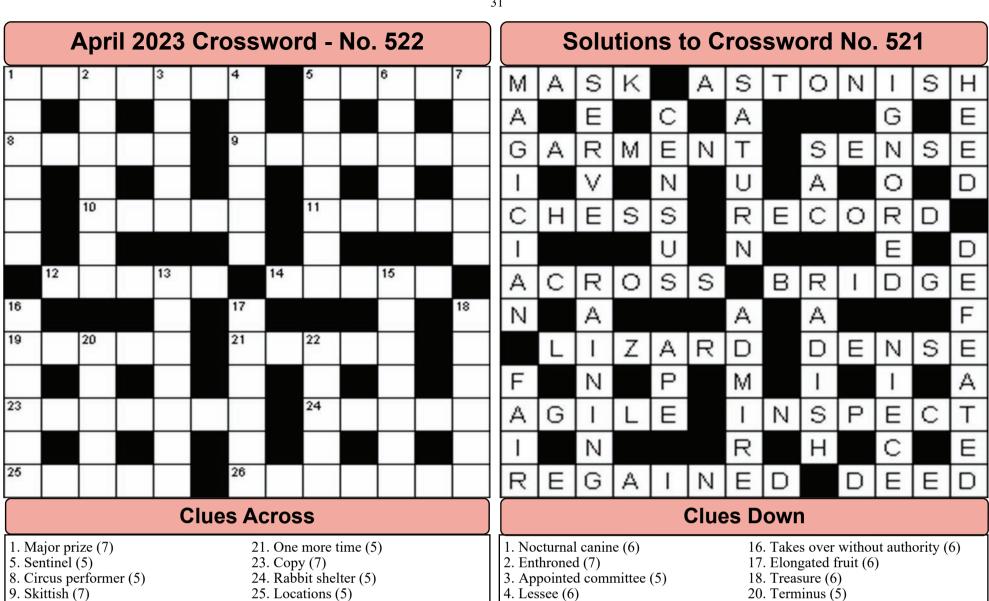








WOHNICLEE	B B M M U U H H T T	GET IT WITH
ST4ANCE	WALKING ICE	STOOD MISS
08.00 12.00 23.59	HOROBOD	KNOCK WOOD
STEP STEP STEP	GREENNV	



Difficult						Sudoku Challenge					Super Difficult						
		1	4	3				2			7		4	1		2	
				8	9		3	6			8	9			3	1	
		3	8	5			7	1	6			4			5	8	
		2				5					5	2	3	9	6		
8	5			1	4	9				4	9			6			3
1	4		3	7						5	3			2	4		
2				9	8	3				8		6	5		7		

5. Large ape (7)

7. Wilderness (6)

15. Leviathan (7)

6. Fruit of the oak (5)

13. Writing implements (7)

22. Dull pains (5)

10. Synthetic fabric (5)

12. Proficient (5)

11. Relating to the moon (5)

19. A closed litter for one passenger (5)

14. Mild and pleasant (5)

26. Assimilates (7)

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

Coconut chicken with cucumber salad

Ingredients

- 1 egg white, lightly beaten
- 2 skinless chicken breasts
- 3 tbsp desiccated coconut
- 1 tsp sunflower oil
- ½ cucumber, thinly sliced on the diagonal
- 1 small red onion, thinly sliced
- 2 tsp caster sugar
- 2 tbsp white wine vinegar or rice vinegar salad



Method STEP 1

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

STEP 2

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

Rhubarb & custard cake

Ingredients

1½ cups rhubarb (cut into 2cm chunks)

250g pack butter, softened, plus extra for greasing

150g ready-made custard

250g self-raising flour

½ tsp baking powder

4 large eggs

1 tsp vanilla extract

250g golden caster sugar

icing sugar, for dusting



Method STEP 1

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

STEP 2

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

Singapore sling

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



Method STEP 1

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

STEP 2

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



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



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

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



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

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



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

FILM/DVD MONTHLY BY BERNIE CLAXTON

Easter Movies Quiz

sandwich filling in the famous books and the 1959 film?





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



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

film adaptations?

- 9) Who played Charlton Heston's adversary in the Oscar-winning 1950s Roman epic, <u>Ben Hur?</u>
- 19) In which classic Easter film does Charlton Heston play the role of John the Baptist?

7) What is Paddington bear's favourite 18) Who plays the title role of Ben Hur in

- 20) In the 2004 movie, <u>The Passion of the Christ</u>, who plays Jesus?
- 21) In which Easter film did Max Von Sydow play the role of Jesus?
- 22) In which religious epic, would you see Judas being played by David Bowie?



- Test your film knowledge with this Easter-themed movie quiz
- 1) In the classic <u>Willy Wonka and the Chocolate Factory</u>, which Willy Wonka's badly behaved guest gets turned into a giant blueberry?



- 2) Which actor is playing a young Willy Wonka in the anticipated origin film, Wonka?
- 3) Which Oscar winning American actress plays beloved author Beatrix Potter in the 2006 biopic <u>Miss Potter</u>?
- 4) In what Disney film does the inquisitive rabbit Thumper feature?
- 5) In 1948's classic musical <u>Easter Parade</u>, who stars opposite Fred Astaire as ambitious chorus girl Hannah?



6) Who wrote <u>Jesus Christ Superstar</u> the musical?



- 10) Which British actor played Jesus in Franco Zeffirelli's retelling of the classic religious story, <u>Jesus of Nazareth</u>?
- 11) Which English actor and comedian plays the title role in the 2018 film, Peter Rabbit?
- 12) The first <u>Paddington</u> film is set at Easter: True or False?
- 13) The spoof religious epic, The Life of Brian featured several members of a famous British comedy group formed in 1969. What was the name of this iconic group?
- 23) Who was the second female in the musical film, <u>Easter Parade</u>?
- 24) In the film, <u>The Ten Commandments</u>, what is the first plague to hit Egypt?
- 25) In which Easter biblical film would you see John Wayne as a centurion?
- 26) Which famous American composer wrote the amazing music score for the film Easter Parade?



- 14) Who plays Willy Wonka in Willy Wonka and the Chocolate Factory 1971)?
- 15) Which famous American thespian and director narrated the biblical epic <u>King of Kings</u>, in 1961?
- 16) Who plays the role of the Pharaoh in Cecil B DeMille's <u>The Ten Commandments</u>?
- 17) Which famous actor directed and cowrote the religious epic, <u>The Passion of the Christ?</u>







Local News - May 2023 - Issue No. 523 - 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.



Castle Keep Art Group Maynooth

Castle Keep Art Exhibition 2023
- a resounding success -

The Maynooth Castle Keep Art Group celebrated its first art exhibition since 2019. This was our 22nd exhibition. The group is in its twenty fifth year this year. The exhibition took place in the (Old) Post Primary School, our venue for many years, from the 14th to 16th April with a launch on the Friday night.

It was an outstanding and enjoyable event where friends and members of many Maynooth community groups came together to celebrate with us. Mary O'Donnell, Irish novelist and poet opened the exhibition. Mary took the time to preview the exhibition on the afternoon of the exhibition and gave a considered, reflective and complimentary opening address on the night. We would like to express our sincere thanks to Mary for her words in support of the artists and their works and for her observations on the creation of art.

Seventeen artists from the Maynooth and surrounding areas, submitted 70 works of art for the exhibition. There was an array of subject matter and media which showed the extensive range of talents and interests within the Group. The sales and commissions that followed were testament to the high standard of works on display.

This year we are especially thankful to Maynooth Men's Shed. The art group commissioned Men's Shed to make display easels for the exhibition as you will see from the photograph. Judging from public comments the easels added greatly to the visual experience of the exhibition. Thanks to Joe Brown and his fellow members for their great assistance.

We would like to thank KWETB, Johnny Nevin and Siobhan McCauley for the use of the school not just for the exhibition but also for the use of a classroom where we attended our weekly meet and paint sessions. We also thank Mr. Thomas Ashe for his continued patronage of the Art Group. We thank the people of Maynooth and beyond for turning out in such great numbers on the night and over the weekend. Our stalwart supporters were there and we were delighted to see new faces. It was a community gathering in every sense of the word. A sincere thanks to all.

Looking forward to next year already!

Susan Durack Castle Keep Art Group









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.

Editorial Board - Maynooth Newsletter

Editorial

While our "Maynooth Newsletter Archive" goes back to 1975 and is available as a resource to researchers the world of communications has changed dramatically since 1975. The arrival of the web as well as more recent social media forums has reduced the content provided to the Maynooth Newsletter from local community and sporting groups. While clubs would have originally seen the Maynooth Newsletter as the way of informing their members now they use other platforms. While other platforms have a purpose they do not meet the purpose of recording the social history of the organisation. Many Maynooth organisations use our archive when producing their own history and we are always willing to help.

Just looking back at the Maynooth Newsletter editions published so far this year and it is clear that we continue to deliver on our promise of - recording the social footprint of Maynooth. In February we highlighted the town's incredible result finishing joint second with Kilkenny City in the "2022 Irish Business Against Litter League" which is a credit to Kildare County Council, Maynooth Tidy Towns, Businesses and the community and of course to our own Community Employment workers in Maynooth Harbour. We also highlighted the fact that in January that Maynooth had been formally accepted into the "Ireland's Autism Friendly Towns Programme" where an excellent local committee will lead a three year programme to raise awareness of the needs of young people with Autism and to deliver on additional resources but most importantly promote better understanding of the needs of people with Autism in the entire community.

In March, we highlighted the Annual Maynooth-Galway Charity Cycle where hundreds of participants take on this tough task over a weekend in an event organised by Maynooth Students for Charity supporting children's charities annually since 1987 with only one year missed because of Covid. We also highlighted the Maynooth GAA 3 Counties major fund-raising event. In April, we gave major coverage to the biggest event of the year the St. Patrick's Day Parade, publishing one hundred photographs including at least one of each float that participated in this year's event.

This month, we highlight two more annual events, the Maynooth 10K/5K road walk/race which is an annual fund-raiser for Maynooth Education Campus. We also highlight the work of the Maynooth University Green Campus committee undertaking a voluntary clean up of litter in the Royal Canal Harbour and Maynooth Railway station as part of the An Taisce Spring Clean month. While our Maynooth Community Employment workers clean the Harbour field and towpath on weekdays we are not able to go into the water or work on private property so this annual clean up by the Maynooth University staff and students is really needed. We also cover the annual Castle Keep Art exhibition which highlights the talents of local visual artists.

In March 2020, the Maynooth Newsletter went on-line and ceased the printed edition for the time being. Over the period up to now we have monitored the number of monthly visits to the Maynooth Newsletter on-line editions and we see number usually between 3,000–4,000 hits a month between Facebook Post Impressions & visits to our website Homepage. It shows that the community is still looking for local information on organisations and businesses. Despite this success we know that we can improve what we produce.

Therefore, we are inviting feedback from any readers on your opinions on what you would like to see included in the Maynooth Newsletter. Additionally if you have a relevant skill and would like to volunteer to be involved in the Maynooth Newsletter Editorial Team you can contact me directly at editor@maynoothcep.com

Paul Croghan Editor

Copy date for the June edition will be 5pm on Monday 26th May 2023



Seeking Accommodation for Students for the Academic Year 2023/2024

We are currently seeking accommodation for our current and incoming students who are either currently studying at Maynooth University or are due to start their studies at Maynooth University. Additionally, we host ERASMUS students during Semester 1 who will require accommodation. We are seeking accommodation for **both 5-days per week** and 7-days per week for the Academic Year 2023/2024.

If you have a spare room in your home, you might consider letting it on a self-catering or full/partial board basis, for the Academic Year **(September 2023-May 2024).** It is a great way to provide the students a warm 'home away from home'.

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Maynooth Senior Citizens Committee

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



Our Annual General Meeting was held on Tuesday 4th April in the Geraldine Hall. It was a well attended meeting and we are pleased to welcome three new volunteers to the Committee.

Our executive committee remains the same. Garry Bermingham - Chairperson; Susan Durack Admin Secretary/Pro, Catherine Mulready, Treasurer and Joan Lennon, Minute Secretary.

There will be a Summer outing, more details to come. Our Thursday morning club continues and is well attended and very much enjoyed. Bingo and Art take place on alternate weeks. We will be reviewing our activities and fundraising opportunities over the coming weeks.

We extend our sincere condolences to the Mulready family, the Begley family, the Cusker family and the Garvey family on the recent loss of their family members.

Beannacht Dé leo go léir.

Susan Durack, PRO Maynooth Senior Citizens Committee.



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BOWLS OPEN WEEKEND SATURDAY & SUNDAY

2023

FREE ENTRY

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www.northkildarebowlsclub.org

THE BOWLS EQUIPMENT IS PROVIDED - JUST WEAR RUNNERS OR FLAT SHOES

North Kildare Bowls Club to Host Bowls Open Day on 6 & 7 May 2023

North Kildare Bowls Club is thrilled to announce that it will be hosting a Bowls Open Day on 6 & 7 May 2023, at the North Kildare Sports Club. The event is set to be an exciting day for both experienced bowlers and those who have never tried the sport before.

Lawn Bowls, also known as bowls or lawn bowling, is a sport that can be enjoyed by people of all ages and abilities. It involves rolling biased balls, called bowls, towards a target ball, called the jack, with the aim of getting as close to it as possible. The sport is played on a rectangular, flat surface called a rink, which measures 30-41m long and 4.3-5.8m wide.

North Kildare Bowls Club currently has 70 members, most of whom are aged 50 and over. The Club has been actively engaging with the local community since Christmas and has linked in with local Men's Sheds in Kilcock and Maynooth to promote the sport.

The Bowls Open Day will provide an opportunity for individuals and families to come and learn more about the sport of lawn bowls. Club members will be on hand to offer guidance and assistance, and all equipment will be provided. Attendees will also have the chance to socialize with other members of the community and enjoy light refreshments.

"We are excited to host the Bowls Open Day and share our love for this wonderful sport with the community," said the club spokesperson. "Lawn bowls is a sport that offers numerous physical and social benefits, and we look forward to introducing it to new people."

The Bowls Open Day will take place on 6 & 7 May 2023, at the North Kildare Sports Club. Admission is free, and all are welcome to attend.

For more information on the Bowls Open Day or the North Kildare Bowls Club, please contact us through our website at https://www.northkildarebowlsclub.org or by email to northkildarebowls@gmail.com

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- * Environmental Concerns
- * Employment Concerns
- * Covid 19 related queries











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



Better Signage needed on Moyglare Road

At the April Council MD meeting, Cllr Feeney asked the Council to install further signage on the Moyglare Road to signal to motorists that there are schools in the area and that there is a need to slow down. In speaking to the motion, Cllr. Feeney said that the Moyglare Road in Maynooth has become such a busy road and that many residents and parents have safety concerns. She added that there are four schools on this road with thousands of pupils walking and cycling which is and their safety is a priority. In addition there is a GAA club, a University campus, along with lots of new housing estates which makes for a very busy road. This is why Cllr Feeney raised this as a motion because we need to take action and install speed signs telling motorists that there are schools on this road and to slow down.

There are some signs on the road but they date back to when the road was less busy and there is now a need to review where the signs are positioned and assess if more are needed and what types of signs would be most effective. The Council agreed to review the signage and Cllr Feeney will meet the area engineer on site to assess what further safety signage could be installed so as to bring it up to date and make it safer.

Rubbish Bins at Bus Stops

Cllr Feeney asked about the process for having rubbish bins installed at the new bus stops in the municipal district. We have more and will continue to have more bus stops as our towns grow but unfortunately, there is often an accumulation of rubbish around them. While Cllr Feeney said that people should take their rubbish home, the reality is that rubbish is often left when people get on or off the bus. Cllr Feeney asked if the onus is on the Council to provide bins or is it the responsibility of the bus providers when they install the bus stops and bus shelters, to provide a bin. What was clarified at the meeting is that while the bus provider might provide the bin, it is the ongoing cost of emptying and maintaining the bins that falls to the Council. It was agreed that this is an issue and The Council's Environment Strategic Policy Committee is looking at a policy around the provision of bins for the county. Cllr Feeney welcomed that because such a policy is needed.

Celbridge Road Maynooth

Cllr Feeney asked that the required funding of €400,000 be released from the accumulated paid parking fund in Maynooth to bring the Celbridge Road upgrade project through its part 8 and the detailed design stages of the planning process. This was a joint motion with Maynooth Council colleagues Ó Cearúil, Durkan and Hamilton. Cllr Feeney said that the Celbridge Road into Maynooth is now the approach road in Maynooth that is in the worst condition. She added that there are almost 800 young primary school children using that road each day, it is a priority for the Council. In fact, a presentation was made to the Council in the chamber some time back by parents and pupils from the schools about their safety concerns.

While we were given a detailed report at the meeting, it was agreed that the Council would come back on this issue at the next MD meeting with fuller details and clarity around what funds are available for Maynooth projects. It was also agreed that the money now needs to be spent to deliver these projects for Maynooth, including this Celbridge Road project but also the other projects for Maynooth like Courthouse Square and the Harbour field.

Playgrounds and Accessibility

Cllr Feeney asked the Council to confirm if bark mulch continues to be used in the playgrounds in the municipal district. As a member of Maynooth Access Group and the Co Kildare Access Network too, Cllr Feeney said that this issue has come up by wheelchair users and their carers as it is an accessibility issue. Many wheelchair users find that bark chips or bark mulch is not accessible and that rubber tiles would be a much easier surface for wheelchairs. Poured in place rubber or rubber tiles are much better for access. The Council confirmed that bark chips are used in playgrounds such as Harbour Field, Maynooth and Prosperous and that it would bring Cllr Feeney's proposal back to the parks team for consideration and get back to her on the matter. Cllr Feeney will follow up on it too as she believes that all children should be able to access playgrounds both our newer ones and the older playgrounds too.

Access to GP Services

Access to GP services is an issue that Cllr Feeney has been highlighting in recent years as it is causing huge stress to many residents in North Kildare. This was borne out during the consultation phase of the new Age Friendly Strategy for Kildare where issues around access to GP services came up frequently. As an action on this, it was agreed to complete further more detailed research to get a clearer picture around wait times etc. The Kildare Age Friendly Programme and the Kildare Older persons council (OPC) are conducting a piece of research into the locations and wait times of GP services in Co. Kildare.

Please see below a link to the online survey. Members of the OPC will also be out in various towns and villages in the coming weeks with paper copies. https://www.surveymonkey.com/r/BZC6BH8

Please take the time to answer these questions and share it among your friends, family, community groups and general contacts. We need the data to get action on this important issue.

KCC Tenant Support Scheme 2023

Applications are invited from Kildare County Council for the Tenant Support Scheme 2023. If you are a tenant of Kildare County Council and your rent account is up to date, you can apply. This scheme is to help Local Authority tenants to carry out improvement works in their home and can be used to replace defective windows and doors, defective kitchen units, heating systems, or for other minor works. Priority will be given to climate action improvements such as new glazing, insulation, heat pumps etc. Applications and quotations must be returned to the Tenant Support Scheme 2023, Housing Maintenance, Tenant Support Scheme 2023, Housing Maintenance Department, Kildare County Council, Wolfe Tone House, Wolfe Tone Street, Naas, Co Kildare by close of business on Friday, 12 May 2023 by 5.00pm.

Application forms and further details can now be requested from any of the following: Telephone: Kildare County Council Customer Services- 045-980200 or the Housing Section-045-980998. Email: tenantsupportscheme@kildarecoco.ie
Tenant Support Scheme 2023 - Application Form: https://kildarecoco.ie/.../Tenant%20Support%20Scheme...

Cllr Angela Feeney calls for 139 Bus to be extended to Blanchardstown Hospital and Abbottstown Sports Campus.

On foot of the announcement by the National Transport Authority (NTA) of its planned new and enhanced Connecting Ireland bus services, Cllr Feeney contacted the Authority calling for the 139 bus service to be extended to Blanchardstown Hospital and the Abbottstown Sports Campus.

Currently, the 139 bus serves Naas, Clane, Sallins, Rathcoffey, Maynooth, Leixlip, Ongar and Blanchardstown, with the terminus at the TU Dublin campus. Cllr Feeney said that it is great to see how the service has become more popular and that it is very successful. However, Cllr Feeney knows that James Connolly Hospital in Blanchardstown is the hospital to which many people from North Kildare are referred by their doctor and it can be very difficult to access. If the 139 served the hospital, many people would avail of that enhanced service for medical and out-patient procedures as well as to visit relatives in the hospital. Equally, families who want to visit the Abbottstown Sports Campus would be delighted to have the possibility of bringing their children swimming and to get involved in other sports.

Councillor Feeney received the following response to her request from the NTA.

"The Authority has currently no plans to extend the contracted 139 to Connolly Hospital or the Sports Campus. Before the commencement of the 139 service, the Authority had previously discussed terminating the 139 at Connolly Hospital. At that time Connolly Hospital did not grant permission for the 139 to terminate on the campus. This issue is being discussed with Connolly hospital management again in the light of the additional benefits that would accrue to hospital staff, visitors and others resulting from the Bus Connects network redesign proposals.

The Authority also investigated the Sports Campus and Technological University Dublin (TUD) Blanchardstown for a terminus location for the 139. The Authority ultimately chose TUD Blanchardstown as the 139 terminus, as there was a dedicated layover space, a large amount of employment and education transport demand and environs and it was positively supported by the campus authorities".

Councillor Feeney responded by saying that from an environmental perspective, extending the 139 bus service makes sense as it would encourage greater use of public transport to get people to where they need to go without having to get in a car. It also makes economic sense because it avoids parking and toll charges as well as fuel costs. For all these reasons, Councillor Feeney will continue to pursue this issue with both the NTA and the other stakeholders because it would provide a much needed service for the public.

Meetings attended by Cllr Feeney since last newsletter:

April 6th, 09:30 am Public Realm Briefing, Áras Chill Dara, Naas

April 6th, 10:00 am MD Council Meeting, Áras Chill Dara, Naas

April 19th, 19:30 pm, Board of Management, Coláiste Chiaráin

April 25th, 19:00 pm Meeting with parents of students in Gaelcholáiste Mhá Nuad

April 27th, 12:00 pm KCC Finance Committee meeting (online)

April 27th, 18:30 pm, Meeting with Kilcock Business Association and KCC

Contact:

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









The Quiet Zone was a huge success this year in the St Patricks Day Parade. We want to sincerly thank our sponsors: The Glenroyal Hotel, Carton House Hotel and Maynooth Community Council for all their support.



Throughout April the local schools are hosting non-uniform days in support of Autism Acceptance Month. The Presesentation Girls School hosted their event before the Easter Break and it was so lovely seeing all the girls in the colours of the rainbow supporting us.



A huge thank you to Kildare County Council who have awarded us funding to purchase sensory boxes for local Autism Business Champions.



We are so delighted to be working with Maynooth Tidy Towns to help them upgrade the towns sensory garden behind the parish centre. The Community Spirit in the town is just so positive and it highlights what a great place we live in.



Autism Champion Training will commence online at the end of the month hosted by Adam Harris. We cannot wait to see our Champions that have signed up. If you want to become an Autism Champion or help us with this project please email us, we would love to hear from you.

autismfriendlytownmaynooth@gmail.com







PAIDIR

Cad is Paidir ann? Achainí a dhéanamh ar an Tiarna aire a thabhairt do rud éigin nach bhfuil sé ag tabhairt aire dó cheana féin? Na daoine mí-ámharacha san Ucráin? Na mílte milliún sa domhan atá gan bhia ná fiú amháin gan cupán fíor uisce glan acu? Is féidir leanacht leis an liosta uafás sin go deireadh an leathanaigh. Agus muna ndeirimid paidir ar son na ndaoine bochta sin bheidís uilig i gcruachás?

Má's mar sin do mheon is mór an dul amú atá ort. Ní thuigfimid go deo cé'n fáth go bhfuil ocras sa domhan, go bhfuil cogaí ar siúl anseo is ansiúd, go gcuirtear daoine as a dtithe? Nó b'fhéidir go dtuigimid go maith ach nach n-admhaíonn muid é? Nach iad an leithleachas agus an tsaint is cúis leo go léir? Tá saibhreas éigin i do thír agus d'fheilfeadh sé go maith do mo thír? Tá daoine ocracha ann mar ní roinneann muid bia an domhain go cothrom leo? Tá daoine bochta inár measc mar tá an t-iliomairce dínn lenár seacht ndóthain rachmais curtha i dtaisce againn.

Cinnte sábhálfaidh an phaidir an domhan, ach ní mar a cheapann muid. Ní athraíonn Dia ó lá go lá de bharr paidreacha a dhíritear ina threo. Tá Sé i bhfad níos flaithiúla ná na daoine a iarrann comaoineacha air agus tuigeann sé i bhfad níos fearr agus níos luaithe an gátar ina mbíonn gnáth daoine go minic. Ach má's mar sin atá an scéal ní fiú tráithnín na paidreacha go léir a chuireann muid 'suas' chuig Dia agus na naoimh na mílte uair sa ló? Agus céard faoi pharabal Īosa mar gheall ar an mbreitheamh éagórach? Nach ndéanann an scéal sin neamhní dem' argóint? Bhuel nó, ní dhéanann. Agus lean ort le do chuid phaidreacha mar is fiú iad chun d'aigne, do spiorad, a chur i dtiúin le meon an Tiarna. Agus nuair atá do spiorad ag

Maynooth Cycling Campaign Notes

Kildare Sustainability Forum

Two years ago, KCC abolished the Cycle Forum with the acquiescence of Cllr Joe Neville, the then Chair of the Transport Strategic Policy Committee. The SPC had invited a presentation on the Cork Sustainability Forum as a model to replace the Kildare Cycle Forum but councillors discovered that in Cork the Forum was composed of transport stakeholders and specifically excluded elected members. Nevertheless, Kildare council proceeded to abolish its Cycle Forum. It was spun by the Chair as a replacement forum but in reality it was an abolition as nothing was done to replace it for more than two years.

Thankfully, Cllr. Neville was replaced as Chair by Cllr Paul Ward who is more sympathetic to cycling and who has been involved in establishing the new Sustainability Forum. However, while two cycling groups Maynooth Cycling Campaign and Naas Neighbourhood were members of the Cycle Forum and despite the provision of cycling infrastructure being a controversial issue, there appears to be no involvement by any cycling group in the Sustainability Forum.

Although the PPN seeks the application by a representative of a cycling group, the application by the Chair of Maynooth Cycling Campaign was rejected because he is currently a PPN rep on the Transport SPC and the Terms of Reference drawn up while Cllr. Neville was Chair ruled out membership of the new Forum by existing SPC members.

This is in marked contrast with Dublin City Council where the rep of the Dublin Cycling Campaign sits on both the Walking & Cycling Forum and the SPC.

Cycling Without Age

Ole and Ciara Kassow, the founders of Cycling Without Age visited Dublin on 23 April to celebrate six years since an Irish branch was set up by Clara Clark. We were sorry that we were unable to meet them due to prior commitments.

Trishaw training for Maynooth pilots took place at the end of April and we are now hoping to offer cycles to the general public who are unable to cycle for whatever reason from mid-May.

Bike Week 2023

Bike Week 2023 runs from 13th to 21st May. Other councils have been in contact with cycling groups in their area about Bike Week from January but Maynooth Cycling Campaign is still awaiting contact from Kildare County Council about events in Kildare.







oibriú i gcomhar le meon an Tiarna bíonn tionchar agat ar ghníomhartha agus ar thorthaí thíos anseo. Nó b'fhéidir go bhfuil sé níos cirte a rá go gcuireann an Tiarna a thoil i bhfeidhm triótsa, agus tusa ag comhoibriú leis!

Deir roinnt mhaith saoithe nach gcuireann Dia isteach ar ghnóthaí an domhain a chruthaigh Sé ná ar na rialacha a chum Sé dó, ach tá sé soiléir go gcuireann muidne isteach ar na rialacha sin go minic agus go hoscailte. Nach bhfuil a lán daoine beo inniu de bharr na gcóracha leighis a chuir na dochtúirí agus eolaithe eile ar fáil dóibh? Nach féidir linn na mílte duine a shabháil gach bliain mar tá muid in ann tuar cruinn na haimsire a thabhairt ar an teilifís agus an raidió? Ar aon nós ní hé gur "chruthaigh" Dia an domhan, ach go "gCruthaíonn" Dia an domhan ó nóiméad go nóiméad agus muidne lena chois.

Nuair a deirimid paidir ar son duine nó cúis éigin is é atá á dhéanamh againn ná brú imbhraite, diaga, i ndáiríre, a chur i bhfeidhm chun toradh fónta a bhaint amach i gcúinsí áirithe i saol an duine sin nó i dtitim amach na cúise sin. Tá neart sa bhrú! Tá sé éifeachtach. Sin é an brú a bhí i gceist ag Íosa sa pharabal faoin mbreitheamh éagórach. Sin é brú na haigne, aigne an duine i nglaschéim le haigne an Tiarna. Sin é an tslí inar cheart dúinn ár saolta a chaitheamh. Sin é brí fhocail an Tiarna nuair dúirt sé lena dheisceabail "nárbh fholáir dóibh bheith i gcónaí ag guí (agus) gan bheith cortha de choíche". Ná déanaimid dearmad air riamh! Is ionann cuireadh chun paidir a rá agus cuireadh chun comhoibriú leis an Tiarna i ngníomh an chruthaithe!

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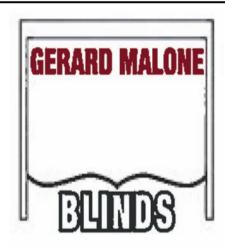
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KNOW YOUR RIGHTS

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 www.citizensinformation.ie and from the

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



Additional Needs Payment

What is the Additional Needs Payment?

The Additional Needs Payment is a payment to help you with an expense that you cannot pay from your weekly income. You may get an Additional Needs Payment, if you are working and on a low income, or getting a social welfare payment. When you apply for the payment, your income and circumstances will be assessed to find out if you qualify.

The Additional Needs Payment includes the Exceptional Needs and Urgent Needs payments.

What can I get the Additional Needs Payment for?

You can get the Additional Needs Payment to help you with an expense that you cannot pay from your weekly income. For example:

- An increase in your fuel or electricity costs
- Essential repairs to property, including motor vehicles and replacing household appliances and furniture
- Funeral costs
- Deposits for private rented accommodation
- Bedding and cooking utensils, if you are setting up home for the first time
- Food, clothing and shelter after an emergency event such as a fire or flood
- Recurring travel costs to hospital
- Visiting a relative in hospital or prison

This is not a complete list, other expenses can be covered too.

How to qualify for an Additional Needs Payment

To qualify for an Additional Needs Payment, you must:

- Live in Ireland and
- Have an income below the 'weekly household income' limit see below

When you apply for an Additional Needs Payment your application will be assessed by a Community Welfare Officer (CWO). The CWO will look at your circumstances and decide if you qualify for the payment. In some cases, the CWO can provide a payment if your income is above the weekly household income limit, but it will depend on your circumstances.

Weekly household income

Members of your household	Amount
Single person	€390
Couple with no children	€490
1 child	€591
2 children	€692
3 children	€793
4 children	€884
5 children	€1,010
6 children	€1,126
7 children	€1,262
8 children	€1.358

How much is an Additional Needs Payment?

There is no set rate for an Additional Needs Payment. The amount you get will depend on your circumstances and what you need help with. The Department of Social Protection (DSP) has some examples of how the CWO assess applications for an Additional Needs Payment and the amount they will pay.

Repairing a car

Ivan and Niamh apply for assistance to cover the cost of repairing the car. They have 2 children. Ivan works 32 hours per week with household income of €630 per week. They have normal weekly outgoings of €610 per week for rent, utility bills, food, credit union loan, miscellaneous car expenses. Their car breaks down and they have received a quote of €1,200 (parts and labour) to repair it. The car is required for transport to and from work and taking children to and from school.

The couple have applied to the credit union for a top up loan which has been refused. The couple have $\[\in \] 250$ in savings and an outstanding loan of $\[\in \] 2,100$ with the credit union.

Income and expensesAmountHousehold income€630 per weekHousehold outgoings€610 per weekDisposable income€20 per week

Decision: The Community Welfare Officer assists the couple with an Additional Needs Payment of €1,200.

Repairing a boiler

Sean applies for assistance to cover the cost of repairing the boiler. Sean is a single parent with 3 school going children who works 30 hours per week in a local Supermarket. He has household income of ϵ 700 per week. The family's normal weekly outgoings are ϵ 650 per week for utility bills, loan repayments, food, miscellaneous car expenses and shopping.

The boiler in their house has broken down and they have been quoted $\in 1,500$ to replace the necessary parts and labour. Sean has savings of $\in 250$, which he intended to use for a refill of oil.

Income and expenses	Amount
Household income	€700 per week
Household outgoings	€650 per week
Disposable income	€50 per week

Decision: The Community Welfare Officer awards an Additional Needs Payment of €1,450.

Electricity bills

Roman applies for assistance in meeting an increase in electricity bills. Roman is a person with Multiple Sclerosis getting Disability Allowance and he is having difficulty meeting his electricity bills following recent unit cost increases. The monthly energy costs have risen by €40. He is unable to reduce the energy usage due to his medical condition and he does not have any disposable income to cover it

Income and expenses	Amount
Household income	€208 per week
Household outgoings	€208 per week
Disposable income	€0 per week

Decision: In the circumstances, the Community Welfare Officer awards a Heating Supplement at €40 per month. In the event that the energy costs increase further, the Officer can increase the Heating Supplement payment to reflect same.

Filling an oil tank

Siobhan applies for assistance to fill the oil tank at a cost of \in 700. Siobhan is a single parent with 4 children and has noticed an increase in the cost of everyday items including food and utility bills. Their household income is \in 368 per week. Her weekly outgoings are \in 350 - \in 368 per week. Previously, she had managed to put some money aside (\in 20 per week) towards a fill of heating oil but this has not been possible for many weeks.

Income and expenses	Amount			
Household income	€368 per week			
Household outgoings	€368 per week			
Disposable income	€0 per week			

Decision: The Community Welfare Officer awards an Additional Needs Payment of $\[mathebox{\ensuremath{$\epsilon$}}\]$ 700 to cover the cost of the oil refill. As the child's medical condition requires the house to be heated permanently, the Officer also provides Siobhan with heat supplement of $\[mathebox{\ensuremath{$\epsilon$}}\]$ 30 per week to assist in meeting the ongoing cost associated with it.

How to apply for an Additional Needs Payment

You can make a paper application or apply online. When you apply for an Additional Needs Payment your application will be assessed by a Community Welfare Officer (CWO).

(Continued on page 11)

KNOW YOUR RIGHTS (Cont.)

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 www.citizensinformation.ie and from the

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



(Continued from page 10)

Online application

You can apply online through MyWelfare.ie. To apply online, you will need a verified MyGovID account.

Paper Application

You can post your application for an Additional Needs Payment or make an appointment with your local CWO, if you prefer.

If you post your application, the CWO may issue a payment or arrange an appointment to meet with you.

How to get an ANP application form

You can download and fill-in the application form for an Additional Needs Payment (SWA1) and send it to your local Community Welfare Service. If you are applying for help with funeral costs you will need to fill in SWA1 and SWA5 for help with funeral costs.

You can also get application forms at your local Community Welfare Service and fill it in there.

You can also request application forms by completing an online form. For general information about the Community Welfare Service and application forms phone: $0818\ 60\ 70\ 80$

What you need to provide when you apply

You will need some of the following to apply:

- PPS number for you and people in your family that are dependent on you such as your partner or children
- Proof of your identity such as Public Services Card, Driving Licence or Passport
- Proof of address such as a household bill
- Proof of residency such as an Irish Residence Permit (IRP) or EU/EEA passport or national ID card
- Proof of income and financial situation such as payslips and bank statements

For general information about the Community Welfare Service phone: 0818 60 70 80

How to apply for your first Irish passport as an adult

Introduction

This page explains how to apply for your first Irish passport if you are over 18. If your previous passport was issued when you were a child and has not yet expired (or has only recently expired), your application is considered a renewal application and not a first-time application.

The Passport Service strongly recommends that you apply for your passport at least 8 weeks before your travel date. The latest turnaround times are available on the Passport Service's website. Applying online is the quickest way to get a new passport.

You can apply for your first Irish passport:

- Online, through Passport Online
- By post, through Post Passport
- In person, through the Passport Office's counter service or at an Irish embassy or consulate if you are living abroad

You can also get more information on replacing a lost or stolen passport and how to renew your passport.

Passport Online service

If you are living in Ireland, Northern Ireland, Great Britain, the EU, the EEA, Switzerland, Australia, Canada, New Zealand or the USA you can use the Passport Online service to apply for your first Irish passport.

You need access to a printer for your first passport application. You must also be able to pay by credit or debit card. You will have to send original documents to the Passport Service after you have completed the online application form.

Digital photographs

You must include a digital photo as part of your online application. You can do this in 3 ways:

• Have your photo taken at a participating photo provider, who will give you

- a unique code to include with your online application.
- Have your photo taken at a photo provider, and ask them to email it to you, or save the photo on a USB device, or another storage method. You must have access to the photo when completing your online application.
- Take a photo at home using a digital camera or smartphone. This cannot be a "selfie" and you should not use the zoom function of your camera. The photo must capture your image from the waist upwards.

You can read more about the photo requirements for the Passport Online service. Photo Guidelines - Department of Foreign Affairs (dfa.ie)

Proving your identity

- When your online application is completed, you will be asked to print an Identity Verification Form.
- If you are applying in Ireland, a member of the Garda Síochána must sign this form.
- If you are applying outside Ireland, the form can be witnessed by a person in one of the occupations listed on the Passport Online site, or on the verification form itself.

Sending documents

Once the application is completed, you will be asked to print an Application Cover Page. This will list the documents you have to send to the Passport Service. All documents sent must be original. The Passport Service recommends that you use a secure method of postage for sending your documents. A postage label is generated as part of your application (if you are applying in Ireland). If you are applying outside Ireland, you should use a reliable postal service. In some countries, the local postal services are not reliable. In this case, you can submit your documents to your nearest Irish Embassy.

You can read more about the documents you may need to send below. You can read Frequently Asked Questions about the extended Passport Online service.

Online FAQs - Department of Foreign Affairs (dfa.ie)

Applying by post through Post Passport

Post Passport is a service provided by An Post.

If you are an Irish citizen living in Ireland, you should fill in form APS 1. You will find this form at Garda stations and any post office. It is not currently possible to download the paper application form.

Photographs

You must include 4 recent identical photographs of yourself with your application. Two of these photographs should be signed on the back by the person who witnesses the application. The witness should also write the form number shown in Section 9 of the application form on the two signed photographs. If you are applying for your passport in Ireland the witness must be a member of the Garda Síochána.

You can get more detailed information on passport photographs. Photo Guidelines - Department of Foreign Affairs (dfa.ie)

Post Passport abroad

There are a number of UK Post Office branches in Northern Ireland that provide the Post Passport service (pdf).

Copy of nipx list 16 nov 07 (dfa.ie)

There are also two post offices in Great Britain offering Post Passport (Glasgow Post Office, 140 West Nile Street, Glasgow, G1 2RD and Liverpool Post Office, 1 – 3 South John Street, Liverpool, L1 8BN).

If you are applying abroad, the application form lists suitable categories of witnesses. The witness should enter their daytime contact number on the application form as this may need to be verified by the Passport Service or the relevant embassy or consulate.

Applying in person

Applying in person to the Passport Office for your first passport is not recommended. Nearly all Irish citizens can apply for their first passport online. The counter service in the Passport Office is designed to accommodate people who need to renew their passports urgently, and don't have enough time to apply in other ways. It should not be used for first-time applications.

(Continued on page 12)

KNOW YOUR RIGHTS (Cont.)

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. nformation.ie and from the Information is also available online at www.cii Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



(Continued from page 11)

These applications are too complex to be processed at the public counter because your right to Irish citizenship must be established and your documents must be verified. You should not book any travel until you have received your passport as these applications cannot be expedited. If you are living abroad, in a country where Post Passport or Passport Online are not available, you can apply for an Irish passport in person or using ordinary or registered post to your nearest Irish embassy or consulate. You use form APS 2.

You cannot download the application form. You can get the application form from the Irish embassy or consulate in the country where you live (or the closest embassy or consulate).

Fees for passports

The fees are:

Standard 34-page 10-year passport

Passport Online €75 Plus a €15 postage if you live outside

Ireland

Post Passport with An Post $\in 80$ Plus a $\in 9.50$ fee for 1 application or a $\in 16$

fee for a Family Application for up to 4

applications

Service

Passport Online €105 plus a €15 postage if you live outside

Ireland

€110 Plus a €9.50 fee for 1 or a €16 fee for a Post Passport with An Post

Family Application for up to 4 applications

What documents do I need?

You should submit the following documentation with your application:

- Your full civil birth certificate
- Your civil marriage or civil partnership certificate (if you have changed your surname)
- Proof of address
- Proof of name
- Copy of your Public Services Card or original government issued photo identification document
- If resident in Northern Ireland or abroad, you must supply either an original passport, national ID card, social security card; or a certified copy of your driving licence

You may need to send additional documents as well as those listed above depending on your particular situation.

Additional documents

If you were born abroad to a parent born in Ireland or Northern Ireland - you You can contact the Passport Service via phone or webchat. should also include:

- Your Irish-born parent's birth certificate
- Your parents' civil marriage certificate (if applicable)

If you became an Irish citizen through naturalisation - you should also include:

- Your original naturalisation certificate
- Your original foreign passport (if available)

If you became an Irish citizen through the foreign birth register process – you should also include:

- Your foreign birth registration certificate
- Your foreign passport

If you were adopted you should include:

Your certificate of entry in the Register of Intercountry Adoptions (If

adopted abroad your adoption must be entered in the Register of Intercountry Adoptions)

- Your civil marriage or civil partnership certificate (if you have changed your surname)
- Your adoptive Irish parent's birth certificate or Irish passport
- Your adoption certificate

If you became an Irish citizen through post-nuptial citizenship - you should include:

Your post-nuptial certificate (this must have been issued before 30 November 2005)

If your documents are not in English you must also supply a certified English version, translated by a registered translator.

The Passport Office can request further documentation and/or interview applicants.

You can order birth, marriage, civil partnership and adoption certificates online from the HSE.

You can order a certificate of entry in the Register of Intercountry Adoptions from the Adoption Authority.

Information on how to get a foreign birth registration certificate is available on the Department of Foreign Affairs website.

How long will my passport application take?

Online applications are completed in approximately 20 working days for first-time applicants.

If you are applying by post, you should allow at least 8 weeks for your application to be processed (not including postage times). This period may be extended at certain times of the year due to increased application numbers.

First-time postal applications from the UK take at least 8 weeks.

You can check the Passport Service website for current processing times.

Tracking the progress of your application

The Passport Service provides a Passport Tracking Service. This service lets you check the status of your application online. You must have the application number from your form to use this service (this number is in the top left-hand corner of the application form).

Signing the passport

When you receive your passport, you should sign it. If it is a child's passport, the child should sign it. If the child is not able to sign their name, it should be left blank.

Useful contacts

Passport Office Knockmaun House 42-47 Lower Mount Street Dublin 2 **D02 TN83 Ireland**

Opening Hours: 9:00am -4:30pm, Mon-Fri

Tel: +353 (0)1 671 1633

Homepage: https://www.dfa.ie/passports-citizenship/

How to achieve a Lush Green Lawn

For many gardeners having a green lawn is the ultimate goal. While there's nothing quite like an immaculate green lawn, your grass can be used in all manner of styles. From a highly formal garden, to a flower filled meadow, dotted with daisies, or even just a place to kick a ball. The beauty of a green lawn is that it's soft and friendly, yet durable and hardwearing. It invites a mood of relaxation and acts as a constant foil for the more showy elements to star. So what's are the best tips for maintaining a green lawn?

How often should I mow for a green lawn?

From May onwards most plants including grass will begin to romp away. For effective lawn care it's important to establish a mowing routine. In late spring and summer every five to seven days is about right for most lawns. At the start and tail of the season however, (March/April – October/November) the interval between cuts should be greater.



Before the first cut, ensure that all debris is cleared from the lawn. It is also a good idea to gently rake the lawn to lift the grass blades. The first few cuts of the year should only remove the tips of the grass. As the season progresses you can gradually lower the cutting height. Generally speaking you are aiming to remove about a third of the growth.

For formal lawns a height of 13-20mm should be maintained through the summer and at either end of the season set the mower on a slightly higher setting. Less formal lawns should be cut to a height of about 30mm. Raise the cutting height and reduce mowing frequency in hot, dry weather or risk your green lawn turning brown!

Do I need to water the lawn?

During dry weather you should raise the height of the cut, so that only the tips of the grass are clipped. Allow these clippings to remain on the lawn to help reduce evaporation. Most lawns will recover quite quickly from a period of drought, so to practice the best lawn care only start watering the lawn when absolutely necessary. Once you begin you will need to continue at weekly intervals until sufficient rain has fallen.

Use a sprinkler to water in the evening and minimise evaporation but be sure to apply the right amount of water: too much water is wasteful and too little will cause the roots to come to the surface so aim to allow the water to soak into a depth of about 10cm.

Do I need to feed for a green lawn?

For the best chance of getting a lush, green lawn, apply a spring feed just as the grass is starting to grow in March. The fertiliser should contain nitrogen, which encourages strong healthy growth, as well as potassium, potash and trace elements. Many brands are available, mostly as resin coated granules, which are easy to apply. The granule coat breaks down gradually, providing the lawn with a constant supply of nutrients without the risk of burning or scorching. One application should be enough to see the lawn through to the autumn. If during the summer, however, your lawn shows signs of slight yellowing or a loss of vigour, then an application of an organic liquid fertiliser based on seaweed can be applied.

Along with grass, weeds will also be growing quickly during periods of sunny, warm weather. Individual weeds can be dealt with easily by an application of a selective weed killer or alternatively removed using a narrow trowel. If using liquid chemicals diluted with water be sure to apply at the recommended dose and always read the label. In essence, apply early in the morning on a calm



and moist day. After six weeks, a repeat application may be necessary, particularly for established weeds or those with a creeping habit such as clover. Remember to wash the watering can thoroughly or better still have two cans and use one only for chemical application.

Source: www.theenglishgarden.co.uk/expert-advice/how-to-get-a-green-lawn-all-year/

You don't have to spend a lot to keep your lawn green.

"There are a few money-saving and effective hacks for gardeners on a budget, get a lush green grass with common kitchen ingredients & cheap solutions to naturally kill weeds.

Compost te

Compost tea is a nutrient-rich liquid that is made by steeping compost in water. It can be sprayed on your lawn, providing a natural fertilizer and boosting healthy growth.

You can easily make compost tea at home using a bucket, some compost, and water. Simply mix it all together, let it steep for a few days, and then spray it on your lawn!"

Another go-to cheap lawn care hack is especially simple because what you need is already in your kitchen.

Baking soda is a natural weed killer and can be used to kill weeds without harming your grass. Simply mix baking soda with water and dish soap, and spray it on any weeds you see. It's a cheap and safe alternative to harsh chemicals.

Finally, make the most of your mower. When it comes to mowing, a simple trick to maximize effectiveness and budget is to use a mulching mower.

Mulching mowers are designed to chop grass clippings into small pieces, which are then deposited back onto the lawn.

This can help to fertilize your lawn naturally, saving you time and money on fertilizers.

Source: www.thesun.ie/fabulous/10528954/lawn-care-money-saving-tricks-hacks-weed-killer

Kildare Planning Applications for Maynooth Area Planning Applications received from 30/03/2023 to 26/04/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23396	Kildare County Council	Catherine & Kieran Diggins	1 Ashleigh Grove, Maynooth, Co. Kildare	14/04/2023
23393	Kildare County Council	Dermot Darcy	Windgates, Maynooth, Co. Kildare	14/04/2023
23341	Kildare County Council	Andrew & Lorraine Neill	7 Rockfield Gardens, Maynooth, Co.Kildare	03/04/2023



Writers' Corner - Short Stories/Articles from our Readers

Harmless Fun

Recently my wife and I were talking in a Dublin café to our glamorous, self-confident, grown-up daughter, Jakki, who was about to embark on a Far-Eastern odyssey with Dave, her Australian boyfriend.

"You and Mam didn't know half the things we got up to in the Post Primary," she confided, before proceeding to enlighten us about various escapades. These were harmless enough for she was always a warm, caring person, though she did hang around with a high-spirited crowd, some of whom occasionally indulged in antisocial behaviour. This, as we reminded Jakki, had once led to an unsettling outcome.

On our estate there was a retired bank clerk, Mr McNamara, whose wife was confined to a wheelchair because of some debilitating illness. The local teenage boys used torment her by repeatedly kicking a football into her walled back garden, which was adjacent to the green, and then ringing the door bell to ask for its return. If her husband chased them it only added to the fun. As a result of the constant tension, the poor woman was close to a mental breakdown.

One day a young policeman called to our house and said that he wished to talk to Jakki about an incident at McNamara's. Since a visit from the law had never happened before we were flabbergasted. Furthermore, as a result of a cycling accident, Jakki's leg was then in plaster, a condition that would hardly dispose her to indulge in high jinks. The policeman was very pleasant, however, so I allowed him to question her, while I in my role as parent sat nearby. It turned out that graffiti had been painted in large yellow letters on McNamara's end wall. A crowd of teenagers had run away but Jakki had been observed hobbling on crutches from the scene. She protested her innocence, while readily admitting that she was with the group responsible. When pressed by the policeman she insisted that she had not seen who had done the actual painting. The policeman had no option but to accept this defence, though he did emphasise how unfair it was to subject a seriously ill woman to such mindless vandalism. "Did you really not see who did the graffiti?" I asked the grown-up Jakki.

"Of course I did," she told us, and proceeded to name a local boy. This fellow, while troublesome, was somebody for whom I had always had sympathy: his parents had split up, his mother had departed, and he was often to be seen dawdling back from school to an empty house. "Why didn't you give his name to the policeman?" I asked.

She smiled at my naivety. "I couldn't have done that," she said. "It would have meant betraying my friends." Though she never suspected it, I knew exactly what she meant. Fifty years previously I myself had been in a somewhat similar situation. My brother and I were attending our local national school, a two-room building out in the country. Every summer evening a crowd of us, dressed in short trousers and jumpers, walked home barefooted across the fields, though during winter months, fitted out with boots and overcoats, we kept to the limestone road. Two tearaway brothers, Jimmy and Des, dominated our lives, leading us in various activities, such as exploding carbide "bombs" outside a sweet shop run by a cranky middle-aged couple or engaging Traveller boys whose families were camped by the roadside in pitched battles. The weapons used for the latter activity were catapults, which Jimmy and Des obligingly sold to us! My brother and I, though warned by our father never to misbehave, were in the interests of solidarity invariably present on these occasions

Now a local farmer, Paddy Mack, had recently acquired a Ferguson tractor, something especially prized at the time, since most of our neighbours were still using horses or donkeys for farm work. When not in use the tractor was parked by the roadside across from Paddy's house and, as might be expected, proved an irresistible temptation to

Jimmy and Des. The first evening they got up on it and pretended to be driving while other schoolboys examined the engine or, like my brother and me, simply looked on. The next evening this performance was repeated but what we didn't know was that Paddy Mack was lying in wait. With an enraged roar he came charging out from behind his garden wall. Immediately the crowd, headed by Jimmy and Des, took to the nearby field, while my brother and I hared it up the road. That was a fatal mistake.

Paddy Mack took up the pursuit and though in his late thirties, gained relentlessly on us. At last he collared me and knocked me to the ground. Despite my protests of innocence, my face was pressed into the coarse wet gravel as this bellowing giant knelt astride me, laying into me with both hands, first the right then the left. In my abject terror I wet my pants. Then it was over. Growling that he would kill me next time, Paddy rose to pursue my brother, who had lingered to scream at him to leave me alone. He too was beaten for his pains.

For weeks after that I lived with a sense of baffled resentment. The memory of the unmerited assault, but most of all the shame of wetting myself like a small child, seared my consciousness. If only I were grown-up what I wouldn't do to that thick, ignorant lout! My father chose not to intervene: we didn't want him to reveal the names of the real culprits and, in any case, he had always warned us to respect other people's property. We should have known better than to be with those young pups messing with the tractor. As an adult I can understand that that was the harsh code he himself had endured but at the time his inaction added to my sense of helplessness. Today a young fellow in my position would even the score by throwing eggs at Paddy Mac's house or a rock through his window but in my youth such behaviour, even for the likes of Jimmy and Des, was unthinkable. I did remove a cut branch from his fence, however, and threw it into a nearby field, a feeble gesture of defiance that didn't make me feel any better since it afterwards occurred to me that I had violated the Seventh Commandment, "Thou shall not steal." I told this sin to the priest in confession and he assured me in a mild voice that it wasn't a grievous offence, though I should put the branch back. When I looked for the branch it had disappeared and for months the thought kept nagging at my mind that, should I die suddenly, I would be in danger of eternal damnation.

Those were tough times, when corporal punishment was the norm, and as a consequence there was no widespread anti-social behaviour. The unwritten law, that one must not rat on one's comrades, was, however, just as inflexible then as now.

"Nobody can blame you for what you did," I assured my grown-up daughter. "As our catechism used to say, in this world the good often suffer and the wicked prosper — that's why there's need of a General Judgement." "Oh, yes, Father!" she smiled. "And is that what they used to teach you in school?"

"When you're my age," I told her, "you'll realise that there was a lot of wisdom in those old teachings."
"And what about the time you caught the fellow smashing our garden hedge?" she teased. "You didn't wait for the General Judgement!"

"No," I admitted. "I sent your mam for his father."
"And he almost went berserk," my wife reminded me.
"He accused you of imprisoning his son. I thought he would flatten you."

would flatten you."
"Now, Father," Jakki gleefully demanded, "how do you explain that?"

"He was the typical modern father," I said. "How dare anybody lay hold of his boy? So what if he had smashed our hedge? It was just a bit of harmless fun."

"But, legally, you were in the wrong," Jakki pointed out. "I didn't imprison his son," I explained. "I merely detained him."

"Oh yes, Father!" Jakki gave me a knowing grin.

Privately, I had to concede she was right. When it came to my own property I had reacted almost exactly like Paddy Mack: put the fear of God into any youngster unfortunate enough to get caught. Wasn't the conclusion to be drawn from such incidents, therefore, the obvious one; we repeat the behaviour that adults instil in us? "As the twig is bent so shall the tree grow" sort of thing! "Don't look so glum, Dad," Jakki remarked. "You were dealing with a difficult situation as best you knew how." "Thank you, Jakki," I ruefully acknowledged the implied censure. "So, as a modern young miss, how would you, deal with anti-social behaviour?"

"Now, Dad," she smiled, "to use your own expression, that's the sixty-four thousand dollar question – or should it be the sixty-five thousand dollar one?"

P. G. Nerney

Mr. W. Percy French, Inspector of Loans

A patient in the General Hospital assured me you were buried in this town and gave directions to the cemetery.

Two weeks later I'm walking past your statue, enjoying the fragile November sun, the friendly greetings from some locals and see inside an iron gate a disparate array of headstones, polished marble, weathered limestone...

Walking up the central, concrete path
I'm in a tranquil world enclosed by trees,
but where to find you in this crowded company?
Wait! There's the headstone of a Paddy Reilly.
I check the chiseled dates —
no, not the man who, before that move to Scotland,
drove you on his side-car to inspections
when you were Board of Works engineer —
a profession I once contemplated.

Could yours be that simple, weathered one over there by the crowded western edge?

I check and find a William - something? - Monahan – your unused given name but not your surname.

Still, I must concede it's possible you're here, not in that county where both of us were born, or in the cities where on turning troubadour you earned fame behind the footlights, drawing sentimental tears, but mostly laughter.

Thinking of your life's triumph-crowned trajectory reminds me of my own mundane accomplishments: some teenage novels written for post-primaries, attempts at art that pale beside your landscapes — but back to this day's quest: I learn in time you're resting now in Formby, beyond the Irish Sea, and want to plead, 'Come back, Percy French, to Ballyjamesduff, not as fragments in a coffin, but as a song thrush, caroling lustily.

Patrick Devaney

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen

Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail. Thanksgiving for favour received.

S

1 Accepting your personal level of messiness

Some people are naturally tidier and some are naturally messier. That's just how it is.

2 Be kinder to yourself

Don't be shaming yourself. Do as much as you can each day and do more on the days you can.

3 Identify why you want a tidy home

Do you want your home to be airy and bright; calmer and less stressful; tired of clutter; want to be able to find things easier?

4 What is a mess?

A mess is: duplicates, the "just in case" things, things that we don't know where to put, things that we hang on to because we don't want to get rid of, clothes that don't fit, tonnes of books, things we find when cleaning up and keep, things that are too good to throw out or give away and not forgetting the "maybe pile".

5 Own less stuff

This is the one that we should all be living by - the less you have = the less mess you have.

6 Set a timer. Tidy little and often.

Setting a timer to start and finish a chore will make that chore easier to do. Start off small and work up to a longer time for bigger chores. Aim to do something each day. On off days, just do a small chore that way you will still feel like you did something.

7 Come up with an order to tidy in

Making a list will make it easier to keep track of what has to be done and what gets done daily. Make bed, put clothes away - at night or putting fresh laundry away as soon as it is cleaned, put toys away (get children involved - picking up all their toys before bedtime - reward them at the end of the week), clean up the dishes as you use them, empty the bins in the kitchen.

8 Don't make piles if you're likely to get interrupted

Don't wait for piles of things to build up to be put into each room. Something might pop up and you wouldn't be able get rid of each pile, making it look more messier than it is. Better to put each item away straight away, that way things will look better than when you started.

9 Don't walk down memory lane

Don't stop to reminisce as you will lose momentum. Reminiscing will only slow you down. Instead put these items into a memory box to be looked at later.

10 Don't get side-tracked

If you find things that need action such as bills to be paid or find unread magazines/papers - put them into an action pile for things that you need to do when you are finished your list of chores.

11 Don't organise

Tidying up is not the time to start organising things. If it doesn't have a home then put it in the "to be organized pile" for later when all chores are done.

12 Don't guess where things go

Don't spend time guessing where they should go. Put them into the "to be organised pile" for later.

13 Don't clean

Tidying up is not cleaning time. Don't spend time cleaning one spot and leaving all the clutter around that clean spot. It is much easier to clean when everything is tidy.

14 Don't be an interior designer

Tidy first. It is much more easier to move things around when all is tidy.

15 Get everyone in the household involved

We all make the mess so we are all responsible for tidying it up. It is only fair that all members of the household tidy up their mess. Everyone must clean up after themselves and keep their own areas tidy.

16 Make a game of it

A great way to get kids involved is to see who can collect 15 things first or pick things up by colour or even use the alphabet by picking things up by the letter they start with.

17 Put on your favourite music

Dance around tidying up to your favourite playlist and before you know it everything is all tidied away.

18 Take a photo to motivate you to start

Take a photo before you start as its easier to see clutter in a photo. When you have all tidied away, take another photo to show just how much better everything is all tidied up.

19 Count your steps

Have a competition with family members to see who has the most steps after tidy up and at the end of the week, the winner gets a little treat. There is nothing like a little incitement.

Sourced from: www.minimizemymess.com

St. Mary's Brass & Reed Band

With the marching side of our programme done and dusted for another year we were back to outdoor recitals last month but it was like playing Russian Roulette with the weather. Our first outdoor engagement took us to Castletown House in Celbridge on Easter Monday where we had rain both before and after our outdoor recital for their OPW Staff Easter Bonnet Competition, but the sun shone brightly for the Bonnets and the Band played Congratulations for the worthy winner.



Sunday 23rd April brought us back to the Square in Maynooth for our first recital of the year in the Town and once again we just escaped the rain. As is always the case in Maynooth we had a very appreciative audience and we will be back there again during the year.

The standout event for the Band this month is our Concert in the College Chapel of St. Patrick's College on Sunday 21st May at 6pm with doors opening at 5.30pm. This is a repeat of the Concert we gave there in February 2018 and we will be again joined by the Parish Church Choir for which promises to be a wonderful evening of music and song in a beautiful setting.

The last concert was organised by the Music Department of St. Patrick's College but on this occasion we are delighted that all proceeds are going to Trocaire, whose Head Office is based in the College, who are playing a big part in the organisation of the concert. While this is a free walk-in event, donations with €10 suggested, will be very welcome as it's going to a very worthy cause which the Band is delighted to be associated with.







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

On the 19th April we got an invite from The Maynooth Green Campus Group to join them disappointed to say we have not received our winning Gold Medal for 2022, at the time of for a clean up on The Royal Canal. We put the word out to our volunteers on our WhatsApp Group, more than 10 were available. Our work was filmed for the 2 hours by RTE and should be aired in the Autumn. We want to thank the ICA ladies for refreshments and a history of their hall which was as always very interesting. All rubbish collected was segregated and thanks to Pat Keogh from our local Council yard who supplied us with a skip.

Thanks to all our local benefactors who have donated money to our group either by cash or bank transfer. Its much appreciated, we were able to buy all our volunteers an Easter egg. Thanks again to Eamon OFlaherty for the Complimentary tea/coffee. On Saturday April 22 we have been invited to the Parish Centre St Mary's Catholic Church for refreshments after clean up. Weather permitting of course.

One of our nominated projects for the Tidy Towns Competition this year was to revamp The Pound. 10 volunteers were involved we removed most of the old plants that were overgrown and unsightly. We will replace them with all pollinator friendly plants in the coming weeks and a few surprises.

The Tidy Towns entry form 2023 must be submitted online by the 13th May . We are very



Thanks to volunteer Olive for completing the rota for our Sunday morning meet ups from now until the end of the Summer. We will be meeting up on a Wednesday evening from the start of May at 7pm. Please follow us on Facebook for up to date information on our projects now and in to the future.

Last but not least we would like to thank our Volunteers who turn out in great numbers every week. We are very lucky to have such a dedicated group.

Mary Molloy - PRO Maynooth Tidy Towns Association





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Maynooth 10k 2023 Photo Gallery Photos courtesy of Mark Colfer







Maynooth 10k 2023 Photo Gallery Photos courtesy of Mark Colfer





































Maynooth University organises community clean-up of the Royal Canal and Maynooth Harbour

Students, staff and regional community organisations rolled up their sleeves this week to support a clean-up of the Royal Canal, helping to breathe new life into Maynooth Harbour and the historic canal network. Organised by the Maynooth Green Campus and An Taisce's Clean Coasts, the canal clean-up saw more than 50 volunteers weigh in with kayaks, pickers and stacks of recycling and waste bags to help clear refuse from along the canal banks.

These volunteers came across the community, including Maynooth Tidy Towns, the Maynooth Irish Country Woman's Association, Zero Waste Maynooth, MU EnviroSoc, MU Canoeing & Kayaking Club (MUCK) and members of the Maynooth Student Union. In total, 12 bags of waste were collected and among the items gathered were cans, bottles, footballs, plastic bags and a shopping trolley. The contents of six waste bags went for recycling. The canal clean-up had been planned for mid-March as part of An Taisce's National Green Week, but it had to be postponed due to freezing temperatures. Rescheduling to mid-April worked out even better, as the milder temperatures brought volunteers out in large numbers.

Although there was a lot of work involved in organising the event, MGC Coordinator Mireia Guardino Ferran was delighted with how the day turned out, particularly the cross-community collaboration.

"I would like to thank everyone for their hard work and dedication during the event and to everyone from the wider Maynooth community who took part. We are extremely lucky to have such a fantastic amenity on our doorstep. Thanks to our combined efforts, we have made great steps to improving the canal from an aesthetic and environmental perspective," she said.

"Given the enthusiasm we experienced today and the willingness of people to do something positive for their local environments, we now hope to be able to run the canal clean up as an annual event."

In addition to being a great resource and amenity for the people who live alongside or close by the Royal Canal, it also plays a very important role in sustaining native wildlife, according to Dr Jim Carolan, Maynooth Green Campus Chairperson.

"The Royal Canal itself is home to many species of fish including roach, bream and pike in addition to the vast array of invertebrate and aquatic plant species," said Dr Carolan. "We also find mammals such as otters, badgers, foxes, and birds such as herons, swans, and even kingfishers along the canal. The hedgerows offer bird nesting sites, and the flowering plants found along canals sustain many important pollinator species, including bees, hoverflies and butterflies.

"As we could see today, there is significant biodiversity associated with our canals, highlighting the importance of developing canal greenways in general and improving biodiversity along their routes. Events like today's are crucial for engaging with and educating our communities about the importance of our local environments and appreciating and protecting the biodiversity on our doorsteps, while we still can."



Maynooth University students and staff partnered with local community groups for a clean -up of the Royal Canal. Photos by Maxwell Photography.

The Maynooth Green Campus is part of An Taisce's Green Campus Network and is made up of staff and students from Maynooth University and St Patrick's College Maynooth and the local community groups. It encourages the community to take action on environmental sustainability through teaching, research, public engagement and other campus activities and beyond.

They regularly organise events such as Green Campus Week, Sustainability Expos, and edible garden and biodiversity walks that are open to staff, students, and the public. For more information on the MGC and to see upcoming events, please see https://

www.maynoothuniversity.ie/green-campus

Minister Heydon launches €7m Digital and Data Research Programmes

The Innovation Value Institute (IVI) at Maynooth University has been selected to lead the €7 million Digi+ and ENTRUST programmes that are focussed on sustainable digital transformation and data. The programmes are funded by the EC under the Marie Sklowdowska-Curie programme and Digi+ is also co-funded by Lero and ADAPT; both world leading Science Foundation Ireland (SFI) Research Centres.

Data Driven technology is viewed by many as the next frontier for agriculture and a crucial component required to achieve a sustainable ecosystem, yet there remains a global challenge with a lack of skills and expertise in this space. ENTRUST tackles this challenge head on through the formation of a doctoral network that brings together 16 leading European research institutions.

This will attract top tier doctoral candidates who will emerge as leading experts in addressing current challenges around data governance in agriculture and farming. They will provide evidence based information in relation to the adoption of Data Technologies in order to allow farmers to unlock data potential while safeguarding their data. The Entrust programme will build towards a fair and trustworthy agri-data space that is aligned with the European Data Strategy and Green deal.

This places Ireland at the forefront of agri data driven technology on an international stage. Speaking on the announcement of the awards, Martin Heydon, Minister of State for the Department of Agriculture, Food and the Marine with special responsibility for Research and Development, Farm Safety and New Market Development said: "I am delighted to announce Maynooth University has successfully been selected to lead the 7m €Digi+ and ENTRUST programmes in these two European research initiatives. I commend the Irish researchers involved for their success in these highly competitive research calls. The research will contribute to Digital innovation which is fundamental to achieving sustainability in all its forms. Ireland's agri-food sector has been making good progress in embracing technology and innovation in recent years. These awards highlight Ireland has an innovative, competitive, and resilient agri-food sector, driven by technology and talent."

The Digi+ programme complements the goals of ENTRUST through its multi-sector focus addressing the global challenges of sustainable digital and data ecosystems. Embedded within Ireland's leading SFI-funded research centres, Lero and Adapt, and led by Maynooth University, it brings together a group of world-leading experts that will develop a new generation of creative, entrepreneurial and innovative research leaders, able to face current and future challenges aligned with EU's Digital and Green Agenda.

Ireland will benefit significantly from this cohort of 20 highly skilled Postdoctoral Researchers that the programme will fund. They will work towards advancing digital transformation practices, addressing vital areas such as new and innovative business models, accelerating digital and data skills, developing forward looking data governance and business models while ensuring alignment to the EU sustainable development goals. Ireland is well positioned to be a leader in the digital and data economy and this €7m investment will contribute strongly to Ireland's continued sustainability and progression towards world leading status both in the private and public sector.

Professor Markus Helfert, Director of the Innovation Value Institute and the Science Foundation Ireland EMPOWER Data Governance Programme explains: "The cross-disciplinary focus on sustainable digital transformation and data will deliver significant positive impact on multiple sectors including agriculture, health, climate, fintech, construction and manufacturing.

"This investment will drive the co-creation of new ways of doing business, creating value and moving from 'potential' to 'real' benefits for companies and public sector organisations. At IVI, we are looking forward to working with our partners and prospective new partners to achieve these goals and advancing the digital and data research fields."

Professor Eeva Leinonen, President of Maynooth University said: "At Maynooth University, we are delighted to play a world leading role towards achieving sustainable

digital and data ecosystems. With a growing focus on Environmental, Social and Governance (ESG) factors, Digi+ and ENTRUST are timely initiatives that will address the challenges across the ESG spectrum through a highly collaborative engagement model that benefits from the Digital and Data expertise in IVI."



Benefits of Downsizing your home

Downsizing your home can happen for a number of reasons—size of your home, health reasons or to release equity. Here are some tips.

Are you struggling to deal with the upkeep of your home or finding the related costs hard to handle? Are you eager for a change, want to simplify your life, or start a new phase in life. If you can relate to these issues, downsizing your property may be the answer. Downsizing is when you buy a smaller home than the one you currently have. It's often a decision made by those who now have an empty nest, are finding it challenging to maintain their house, or want to release equity. However, it can also be due to a change in lifestyle, mobility issues, or the loss of a loved one.

So, how do you know when you're ready to downsize? If you can relate to any of the following issues, it's time to consider downsizing:

- Location you want to live in a town or village with good transport links and plenty of amenities, making you less dependent on a car and increasing your security.
- Your house is too big your family has left the nest, and you're living in the house with your spouse or perhaps by yourself.
- Maintenance you find it challenging and time-consuming to maintain your house, which can be costly to pay someone to handle or impossible to find someone to do it.
- Release equity you want to free up money to help a family member get on the property ladder or travel in your retirement.
- Reduce costs of running a home you're living in a big old house with a low Building Energy Rating (BER), which must be hard and costly to heat.
- More independence you want to be independent and manage your house yourself, or perhaps you live alone and don't drive, and being located near transport links would make you feel more independent.
- Change of lifestyle retirement is one of the most common reasons to downsize your home, cutting basic expenses and creating more retirement income.
- Health or mobility for mobility reasons, it may be easier for you to live in a bungalow.

Starting a new phase of your life can be exciting. Understanding what your needs are is vital in finding your next home.

Get a sheet of paper and write them down. Get a valuation of your current property to budget for your next home.

Speak to an estate agent who will work with you to not alone sell your property but also help to find your next home.

Downsizing your property can be a smart move, providing you with a simpler and more comfortable lifestyle.

Advantages of Downsizing - Financial Savings

One of the most significant advantages of downsizing is the financial savings it can offer. A smaller home typically means lower mortgage payments, property taxes, and utility bills.

Additionally, the proceeds from the sale of your large home can be used to pay off debt, invest, or even finance your retirement.

Reduced Maintenance

Maintaining a large home can be time-consuming and expensive. By downsizing, you can significantly reduce the amount of maintenance required. A smaller property generally means less cleaning, fewer repairs, and lower gardening costs, freeing up time and resources for other activities.

Increased Energy Efficiency

Smaller homes are typically more energy-efficient than larger properties. With less space to heat and cool, you can expect to see a reduction in your energy bills.

Additionally, downsizing presents the opportunity to invest in energy-efficient upgrades or choose a newer property with modern, eco-friendly features.

Better Use of Space

As you downsize, you'll have the opportunity to reassess your living space and prioritise what is truly important.

This process encourages you to declutter and streamline your belongings, resulting in a more functional and efficient living environment.

Access to Amenities

Downsizing often leads to moving into a more urban location, granting you closer access to amenities such as shops, restaurants, healthcare services, and public transportation. This convenience can improve your quality of life and reduce your reliance on driving.

Increased Free Time

With fewer responsibilities and lower maintenance requirements, downsizing your home can provide you with more free time.

This newfound freedom allows you to pursue hobbies, travel, or spend quality time with family and friends.

Simplified Lifestyle

Downsizing encourages a simpler, more minimalist lifestyle. By reducing clutter and focusing on what truly matters, you can experience a more organised and stress-free way of living. This can lead to improved mental health and overall well-being.

Opportunities for New Experience

Finally, downsizing opens the door to new experiences and opportunities. Whether it's exploring a new neighborhood, making new friends, or trying new hobbies, the process of downsizing can be an exciting adventure.

Source: www.echolive.ie/corkviews/arid-41109181.html Source: fumballyproperty.ie/downsizing-your-home-in-ireland/





























May Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



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Children's Events

Africa Day Storytime: Folktales from an African Childhood Tuesday 23rd May at 3.30pm

Join author Toluwani Akaehomen and Philomena for this wonderful Storytime to celebrate Africa Day. Back in the day in Africa, parents and grandparents entertained the children with folktales. These stories ranged from why things were the way they were, for example, how the Tortoise got the cracks on its shell. These stories were participatory as the children asked questions and received funny answers in return. It was always a night to look forward to. Suitable for ages 3-12. Children must be accompanied by an adult.

Book tickets via Ticket Tailor here:

https://buytickets.at/maynoothlibrary/904258

Adult Events

Breast Feeding Support Group with Public Health Nurse Tuesday 9th & Tuesday 23rd May 9.30am - 10.45am Maynooth community Library

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***

Kildare Libraries Let's Talk about Parenting Programme Free Play, Risk and Social and Emotional Development Presented by Dr Mary O'Kane

Tuesday 9th May, 7.00pm – 8.00pm Maynooth Community Library

Social and Emotional skills are some of the most important skills for young children to develop. Free play is very important in this regard. In our culture today children are often deprived of freedom for exploration. In this talk Mary explores the value and impact of opportunities for free play.

Book here:

https://www.tickettailor.com/events/letstalkaboutparenting/833976

Young Adult Events

Online Teen Writers Group Thursday 4th May, 6pm – 7pm Online

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

Teen Book Club for Ages 12-15 Friday 12th May, 4pm – 5pm Maynooth Library

Maynooth Library has started a book club for ages 12 to 15 and it needs you!- or any book lovers you know. This is a book club with a difference; while there is always a suggested book to pick up, members can read whatever they like and share their best BookTok recommendations or chose one of our picks below. Keep an eye out for our special event with an author in June!

Available for Pickup now:

'Prim Improper' by Deirdre Sullivan (younger readers)

'The Inheritance Games' by Jennifer Lynn Barnes (13+)

Climate Action Events

Zero Waste Maynooth Saturday 13th May, 2-4pm Maynooth Community Library

Ladies clothes swap - bring up to three items of clothing & swap for something new to you

Kids toy swap - let's start swapping and making it fun.

Craft Corner -Vanessa from The Craft Corner will be at the swap to answer any mending questions when it comes to your clothes. She will have her sewing machine also for any questions.

No booking needed, just drop in

Exhibitions

Bike Week 2023 Exhibition Wednesday 17th May, 10am - 5pm Maynooth Community Library

This exhibition for bike week 2023 will cover many aspects of the history of cycling, including from the original 'running bike' to modern bicycles, cycling and its social role in the 19th century and Specialist military-use bicycles in the Allied Armies in World War Two.

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

Library Groups and Regular Groups Craft & Knitting Club Every Monday 11.30am – 13.00

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

German 'Stammtisch', informal conversation meet-up for adults. Thursday 25th May 6.30pm-7.30pm

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

Meetings take place on the 4th Thursday of every month. For more information contact Maynooth Library at maynoothlib@kildarecoco.ie. or 045 980493.

Book Clubs

The Tuesday Murder Club: Crime Book Club Tuesday 9th May 7pm - 7.50pm

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

Wednesday Readers Book Club Wednesday 17th May 11.00am – 12.00pm

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

Free attractions in Dublin

From acclaimed museums and art galleries to city beaches and street musicians, you can still tap into the city's culture and charm without spending a cent.

Enjoy the epic Phoenix Park

The ultimate urban escape, Phoenix Park is the largest enclosed city park in Europe, and gives serious bang for zero bucks. Join the walkers and joggers, cyclists and cricketers, footballers and families, who all come to breathe fresh air, enjoy the cultural and historic sites, spot the herds of fallow deer and catch a glimpse of the park's most famous resident, the President of Ireland.

Planning tip: Áras an Uachtaráin, the president's official residence, offers free guided tours on Saturdays, which need to be booked in advance.

Take a day trip to Howth Head

The perfect day trip from the city center, Howth offers quintessential fishing village vibes without leaving the capital. The Cliff Walk passes beautiful private houses before rewarding walkers with spectacular views across Dublin Bay. There are four waymarked routes to follow with the full loop achievable in 3 hours. Look out for seals and seabirds, the small islands of Ireland's Eye and Lambay, and the Secret Beach (safest to admire from above). If the budget allows, don't leave Howth without sampling fresh fish and chips on the seafront.



Tour the National Botanic Gardens of Ireland

Tropical plants, spectacular structures and frisky squirrels are some of the delights on offer at the National Botanic Gardens of Ireland. Home to Ireland's only tropical rainforest, the Turner Curvilinear Range and Great Palm House are the country's most famous greenhouses, with exotic orchids, cacti, bamboo and bananas thriving under glass. Covering 50 acres in Glasnevin, the gardens are a haven of endangered species, rare trees and fragrant

gardens are a haven of endangered species, rare trees and fragrant flowers. Planning tip: There are free guided talks on Sundays and <u>downloadable official</u> audio guides.

Hunt for ancient treasures at the National Museum of Ireland - Archaeology

Prehistoric gold, Viking weapons, ancient ceramics and medieval shrines are some of the startling objects on display in the National Museum of Ireland, Archaeology. This Kildare St museum combines interactive displays with themed exhibitions.

Planning tip: Daily guided tours will transport you back in time, via original objects, from the Stone Age to Medieval Ireland.

Stroll Dún Laoghaire's East Pier and take a swim

A confection of Victorian and Georgian terraces overlooking a large harbor, the coastal suburb of Dún Laoghaire has drawn Dubliners for generations to enjoy a leisurely stroll along its East Pier. In summer, continue to walk south along the shore to join the bathers on tiny Sandycove Beach, or head around the corner to the Forty Foot Pool, Ireland's most famous swimming spot.

Marvel at modern masterpieces at IMMA

Housed in the Royal Hospital Kilmainham, a magnificent 17th-century building modeled on Les Invalides in Paris, the Irish Museum of Modern Art – IMMA – has a setting worthy of the contemporary treasures held inside. Ramble the corridors and galleries discovering works by Le Brocquy, Freud and Mary Swanzy amongst installations, sculptures and moving images.

Soak up the views in the Dublin Mountains

Encircling the city, the Dublin Mountains might only pass for hills in other parts of the world, but what they lack in height they more than make up for with scenery. There are trails for every fitness level with Carrickgollogan Forest Walk a good entry level one. Popular with mountain bikers and families, the disused stone chimney of the leadmine, with its twisty staircase, is mesmerizing, while the viewing rock enables spectacular panoramas from south Dublin to north Wicklow.



Go people-watching on Grafton St and St Stephen's Green

You're never far from music in Dublin, and the city's buskers provide year-round entertainment along pedestrianised Grafton St. Catch a tune, move along to the next entertainer and soak up the vibes with the crowds. Then head to nearby St Stephen's Green, the grandest Georgian park in Dublin and fashionable since opening to the public in 1880. With 9 hectares of manicured lawns, colorful flower beds, a Victorian bandstand, pond and playground, it's a calm space to grab a bench or hang out on the grass. There will be swans and sculptures, ducks and dogs, but this is the ultimate place for people-watching.

Go on a seaside nature walk along Dollymount Strand

Connected to the coast at both ends, long and skinny North Bull Island is a glorious nature reserve tucked into Dublin Bay. Come to jog or walk along the three-mile Dollymount Strand, spotting seals at the northern end and kite surfers at the southern one. Migratory birds nest in the dunes, making it a popular spot for birders, with the chilly waters populated year-round by swimmers. There are designated bathing areas, should you feel like joining them.

Source: www.lonelyplanet.com/articles/top-free-things-to-do-in-dublin

Oliver Reilly

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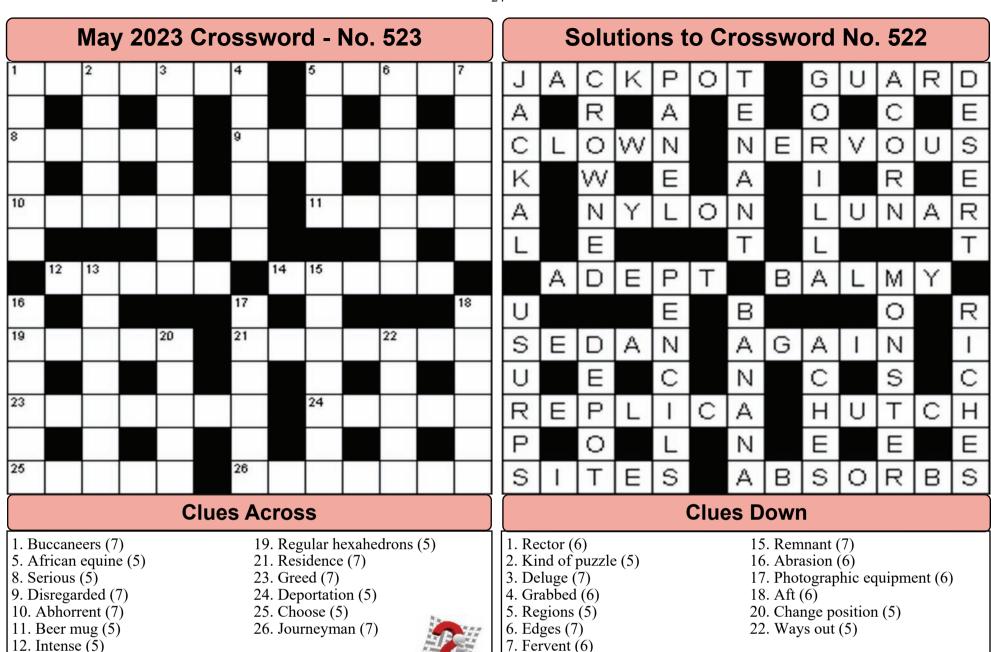
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14. Thicket (5)

13. Vegetable (7)

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.

Chicken Supreme

Prep: 5 mins Cook:40 mins

Easy

Serves 2

Enjoy this creamy chicken supreme with mashed potato and steamed green veggies. It makes an easy midweek meal for two

Ingredients

1 tbsp olive oil

1 tbsp butter

1 small onion, thinly sliced

50g smoked bacon lardons

1 garlic clove, crushed

2 skin-on chicken breasts

1 tsp plain flour

50ml white wine

150ml double cream

½ tbsp Dijon mustard

½ small bunch of parsley, very finely chopped Prep: 5 mins

Cook:40 mins



Step 1

Heat half the oil and butter in a large non-stick frying pan. Add the onion and a pinch of salt and fry for 10-15 mins or until golden brown and caramelised. Add the bacon, turn up the heat and cook for 5 mins or until golden brown. Add the garlic and cook for 1 min more. Scrape the mixture into a bowl and set aside.

Step 2

Heat the remaining oil and butter in the same pan over a medium-high heat. Season the chicken skin and fry, skin-side down, for 8-10 mins or until deep golden brown and crisp. Flip over and fry for 5 mins on the other side

Step 3

Add the onion and bacon mixture back to the pan. Stir through the flour and cook for 2 mins. Pour in the wine, bring to the boil and simmer for a few minutes.

Step

Stir through the cream and mustard and simmer over a low heat, uncovered, for 5 mins with the chicken skin-side up. Season to taste. Scatter with parsley, if you like, and serve with mashed potatoes and greens.

Vanilla-Roasted Rhubarb and Strawberries

Ingredients

4 Servings

4 rhubarb stalks (about 1 pound), trimmed, cut on a sharp diagonal into 2-inch pieces

12 large strawberries (about 1/2 pound), hulled and halved

1/4 cup bourbon or water

1/4 cup sugar

4-inch piece of vanilla bean, split lengthwise Greek yogurt, honey, chopped pistachios

Step 1

Combine rhubarb, strawberries, bourbon, and sugar in a medium bowl. Scrape in seeds from vanilla bean. Cut bean into 4 pieces and add to bowl; stir mixture until sugar begins to dissolve.

Step 2

Place four 16x12" sheets of parchment paper, or heavy-duty foil if grilling, on a work surface. Divide mixture evenly among sheets, arranging on one side of each sheet. Fold parchment over mixture and crimp edges tightly to form a sealed packet. DO AHEAD: Foil packets can be made 4 hours ahead; parchment packets should not be made ahead. Chill. Let stand at room temperature for 15 minutes before continuing.

Step 3

Preheat oven to 425°. Place packets on a small rimmed baking sheet. Alternatively, build a medium fire in a charcoal grill, or heat a gas grill to medium-high. Bake or grill packets until rhubarb is tender but not mushy (carefully open 1 packet to check; steam will escape), 10–12 minutes for thinner rhubarb, 14–16 minutes for thicker. Carefully cut open packets. Transfer mixture to bowls. Top with yogurt, honey, and pistachios.

One serving contains:

Calories (kcal) 200 Fat (g) 4 Saturated Fat (g) 1 Cholesterol (mg) 5 Carbohydrates (g) 33 Dietary Fiber (g) 4 Total Sugars (g) 26 Protein (g) 4 Sodium (mg) 20



The Bridge between the Spring Bulb Rush and Summer

In time to prune spring shrubs as they go out of flower, such as forsythia, flowering currant, kerria and spring spirea, but only if necessary, if the plants are getting too big for the position in which they are growing, or if they are becoming misshapen. The pruning should remove the older shoots of shrubs and allow new wood to take their place. Water young trees and hedging if



there is a dry spell. Continue to spray roses against blackspot disease, especially after wet weather. Water recently planted trees and shrubs in dry spells to encourage rooting out in to the surrounding soil. Dahlias and corms of gladiolus can be planted out where they are to flower.



Containers and baskets of summer bedding flowers, such as petunias and verbenas, can be planted up now. With increasing temperatures, slugs and snails can very quickly cause severe damage to susceptible plants like hostas and ligularias. Dahlias can be attacked by slugs as they come through the soil and sometimes this is difficult to spot. Bedding plants should be grown on strongly to get good size, spacing the plants

strongly to get good size, spacing the plants well to give them room to grow before planting out. There is still time to sow hardy annual flowers for a spot of colour later on. Bedding tulips and other bulbs can be lifted and moved to a place where they will be allowed to flower again in future years.

As the weather warms during this period and daylight is more intense, lawns respond with strong growth and regular mowing is necessary. If a lawn is growing well, it will not need feeding for a while but as soon as its growth slows or the colour begins to fade, it should get some lawn fertilizer or high-nitrogen fertilizer. Take care of the edging now around the margins of flower beds or



borders, or where a lawn meets a driveway or wall, before the grass gets long. Apple and pear trees often get apple or pear scab disease and check for greenflies in large numbers. Sowing of vegetables can continue if the ground is dry enough, especially french beans, summer turnips, carrots, peas and salad crops.

Repeat sowings of those sown early, such as lettuce. radish and peas, can be made. Thin out vegetable seedlings that have reached suitable size. Sow cabbage and cauliflower for autumn and winter. Sweet corn and runner beans can be sown directly outdoors but, with outdoor sowing of these tender crops, a lot depends on the summer weather for success. In May your indoor plants are in need of some extra care! The temperatures shoot up a notch this month so you can give them a little more water. Add some soluble plant



food to the watering can once a week when watering. Your plants will benefit from a bit of housekeeping. As you water, you can also gently wipe the dust off the leaves, remove dead leaves and spent blooms and pinch back leggy-looking stems to help them branch out.





Local News - June 2023 - Issue No. 524 - 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.



Picnic in the Park

Maynooth Community Council is delighted to announce that the Picnic in the Park will be back again this year in the Harbour Field on Sunday 18th June from 2:00pm to 5:00pm. MCC is working in partnership with Kildare County Council on this year's festival which promises to be a great day out for everyone. There will be a picnic area, games, music, face painting, dancers, artists and more. An Accessoloo and Portaloos will be on site to ensure everyone's needs are catered for.

Because Maynooth has been designated by Kildare County Council as the Decarbonising Zone lead town for Kildare, many of the activities and info stands will be themed around climate awareness and action and provide an opportunity to learn more and have input into the decarbonising process.

This is a free event and all are welcome.



NATIONAL BIODIVERSITY WEEK 2023 19 - 28 MAY - EVENTS EVERY DAY - BIODIVERSITY PHOTOGRAPHER OF THE YEAR - BACKYARD BIOBLITZ - BIODIVERSITY SCAVENGER HUNT PHOTO: DAN LETTICE

The 19th - 28th May was Biodiversity Week, the time when actions small and large can make a difference, so important as we know from the Citizen Assembly that the state of the Nation in terms of Biodiversity is not great, needing action.



For Science Week 2022 Peter Cuthbert BSc Agr (Hort) prepared a thought provoking PowerPoint giving a snapshot of nature in the

surrounding area. Taking action is what students in Maynooth Community College have done during Biodiversity Week. With the help of the Maynooth Community College Green Committee Ms. J Mangan and Mr. E Holton helped organise a group from the school to participate in the preparation of ground and sowing Sunflower seed as a resource for pollinators. I must say I look forward to seeing big bright yellow Sunflowers this autumn, hopefully the slugs and snails will be kind.

Peter brought along some Young Oak trees which were raised from acorns collected from Oak trees last autumn along the stretch of woodland by the Royal Canal by the R148 to demonstrate how it would be possible with his knowledge of propagation to raise a range of native Irish Trees as a student based project on the school campus to enhance Biodiversity on the school grounds by raising and planting some of the Keystone Tree Species.

Thinking BIG, what if the students, with the help of the staff and technical input from Peter, were able to produce a range of trees which could help to repopulate the wooded area along the Royal Canal for days to come as a start? Just imagine how this could help enhance Biodiversity in Maynooth .



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.

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

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.

<u>Disclaimer</u>

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

With record heat temperatures in May let us hope that we have not just had our Summer and that we at least get good weather in June and the coming months. As I write this editorial, I am conscious of the amount of activity in the sky above me. With the clear sky I can see jets above me almost in a line most likely flying between the USA and Europe. Below that there are a number of planes making their descent towards Dublin Airport. That is not all as there is a low flying smaller plane most likely departed from Weston Aerodrome as well as a helicopter travelling in the direction of Baldonnell. The city in the sky is an apt description of the skies over Maynooth.

This brings the thought of sustainability, which is a much-used word in many contexts of our lives. The preliminary results of the 2022 Census were recently released with data at county level. We know that the population of Maynooth increased between the 2016 and 2022 censuses. For Co. Kildare the census showed the County has the third highest growth in population at 11%. We are always told of the value of census data to help plan for services so it would be great to hear what additional services will be delivered. Failure to provide key new services puts pressure on existing services and impacts negatively on everyone as it makes some services unsustainable.

Many readers will know Maynooth has been selected as a Co. Kildare's low carbon demonstrator town and there were a number of consultation meetings with local business and the community during May. The key issues for carbon in Maynooth have been identified as emissions from traffic and home heating. The issue of traffic generated emissions will be addressed ultimately by Government policy on the move to electric vehicles and the electrification of trains on the Maynooth Rail line. Again, we would all want to reduce our carbon emissions and live more sustainably but the issue of heating our homes is more complex as much of the Maynooth housing stock is poorly built from an energy rating perspective. The cost of retro-fitting our homes to improve the energy rating is still prohibitive for many people. We await details of the plan to make Maynooth a low carbon town.

It is important that there is a shared view of what we mean by sustainability in the different issues in our lives. Interesting to note that there is a one-day workshop in Maynooth University on June 12th which will consider how teaching and learning can embrace and promote sustainability and whether existing approaches to learning and teaching are sustainable. I also note that Maynooth University will host the Inaugural International Digital Health Summer School on June 8th and 9th. Digital Health is emerging as a completely new discipline, one which combines intersecting disciplines of health, technology, engineering, economics, demographics and much more.

While current health systems have served humanity very well yielding a more than doubling of life expectancy over the last two centuries, the systems are now facing a major crisis with full hospitals, a demographic time bomb and record clinician attrition. However, one half of the world's population don't have access to affordable healthcare and the other half who do have access are increasingly finding it unaffordable. Digital Health is emerging as a potential 'silver bullet' solution which can address critical issues such as accessibility, affordability, variability, quality and clinician work life balance. This event will bring some of the world's leading speaker on the issue to Maynooth and developments in this field makes the delivery of medical care more sustainable for everyone.

Paul Croghan Editor

LETTER TO EDITOR

Congratulations and "WELL DONE" all the TEAM for making the Newsletter available to us each month. As Oscar Wilde might say "It is an ENORMOUS SUCCESS".

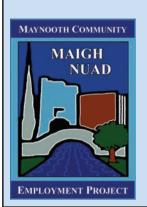
GM.

Copy date for the July edition will be 5pm on Monday 26th June 2023

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Maynooth Senior Citizens Committee

We are continuing with our Thursday morning Club activities (Art and Bingo) which is very much enjoyed by our people. It is a great chance to come, meet up have a cuppa and a chat and maybe win a modest amount in the Bingo. Our art class is proving to be very enjoyable and the art that is being produced in wonderful. We have members in the group who have never done art and they are flying now. Our Saturday evening Mass Bus service continues.

We hope to organise some other activities soon and we will be letting our people know about this. This year we will be taking a break for the month of August as usual. We are organizing activities already for later in the year such as our pub quiz night and of course a Christmas lunch, but let us enjoy the summer first. The committee continues to meet on the first Tuesday of every month in the Geraldine Hall. We welcomed three new members to the committee. If you feel like you would like to help please drop us an email or contact 0877975482.

Susan Durack, PRO Maynooth Senior Citizens Committee.



Father's Day Sunday 18th June

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Kildare Planning Applications for Maynooth Area Planning Applications received from 26/04/2023 to 30/05/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23552	Kildare County Council	Gavan Shanley & Jeanette Cameron	23 Parklands Place, Maynooth, Co. Kildare	23/05/2023
23536	Kildare County Council	Ulster Bank Ltd.	Main Street, Maynooth, Co. Kildare	19/05/2023
23506	Kildare County Council	Dermot Tighe	No. 31 Castlebridge, (Townland of Railpark), Maynooth, Co. Kildare	12/05/2023
23496	Kildare County Council	Mark & Gillian Lindsay	83 Leinster Wood, Carton House, Maynooth, Co. Kildare	11/05/2023
23493	Kildare County Council	Kris and Eileen Frendorf	30 Cluain Aoibhinn, Maynooth, Co. Kildare	10/05/2023
23494	Kildare County Council	Ladas Property Company Limited	Lands adjoining and to the rear of St Mary's Church, Mill Street, Maynooth, Co Kildare	10/05/2023
23461	Kildare County Council	Mark & Gillian Lindsay	83 Leinster Wood, Carton House, Maynooth, Co. Kildare	02/05/2023
23456	Kildare County Council	Dermot Tighe	No. 31, Castlebridge, (Townland of Railpark), Maynooth, Co. Kildare, W23 K6C7	28/04/2023
23445	Kildare County Council	Catherine & Kieran Diggins	1 Ashleigh Grove, Maynooth, Co. Kildare	27/04/2023

A Breath of Fresh Air – Bord Bia Bloom to inspire positive action towards a healthier, more environmentally conscious world

Popular festival to return to Phoenix Park, Dublin from 1st – 5th June 2023

Plan your best day out at Bord Bia Bloom

Wednesday May 31st: Bord Bia Bloom returns to the Phoenix Park, Dublin, this Thursday (June 1st) with a vibrant mix of beautiful blooms, tasty treats, and engaging entertainment for visitors of all ages.

The festival takes place across 70 acres of the Phoenix Park with more than 100,000 visitors expected to attend the show over the June Bank Holiday weekend.

Laura Douglas, Head of Bord Bia Bloom offers advice on how to make the most of your Bord Bia Bloom experience: "After months of planning and weeks of building, we're all set to bring you five fantastic days in the Phoenix Park. We've put together really useful guides on the Bord Bia Bloom website to allow you to plan your trip and see what's on each day. You'll find site maps and a listing of events and features for all the family. It's a great resource to make sure you don't miss out on your favourite entertainers, speakers, chefs, gardens, or exhibitors."

The Bord Bia Bloom website (<u>BordBiaBloom.com</u>) also has advice on how to get to the site. Laura added: "We encourage those who can to walk or cycle, but for those traveling from further afield, there are free, regular shuttle buses from near Heuston Station, ideally located to serve public transport links."

Walking or public transport

Chesterfield Avenue is the Pedestrian Entrance to Bord Bia Bloom, and whether entering the park from the Parkgate Street, White's Gate (pedestrian only) or Castleknock Gate, it is a 25 minute walk. The free shuttle buses depart from Parkgate Street.

Rike or car

For traffic coming from the city centre, there are three suitable entrances to the park: the Main Gate off Parkgate Street, the Cabra Gate via Blackhorse Avenue or the North Circular Gate. Traffic coming via the M50 or north of the city can take the Ashtown, Castleknock, Knockmaroon or Chapelizod Gates.

Once you enter the Phoenix Park, follow the signs for the nearest car park. There are two car parks at Bord Bia Bloom, a green and a red, both costing €5 per day. Disabled car parking is available in both car parks, close to the entrances. Parking can be pre-booked on <u>Ticketmaster</u> with tickets valid for either car park. For cyclists, it's possible to cycle right up to both entrances and park in the expanded cycle parks.

Be sun smart

The Met Éireann forecast for the 'Bloom' bank holiday weekend promises sunny conditions and highs of up to 18 degrees Celsius. The Marie Keating Foundation, which is back at Bloom with the 'Catching Cancer Early' Garden designed by Robert Moore, recommends we all follow the SunSmart Code:

- 1. Slop on sunscreen with a good UV rating. Look for factor 30+ for adults and 50+ for kids.
- 2. Slip on sun-protective clothing. This helps to reduce the impact of the sun's rays on unprotected skin.

- 3. Slap on a wide-brimmed hat. This helps to protect the skin on your face and neck from direct sun exposure and will help to reduce your risk of skin cancer.
- 4. Slide on sunglasses. Protect your eyes from the sun's glare by sliding on a pair of sunglasses with UV protection.
- 5. Seek shade. This is especially important if you are outdoors between the hours of 11am and 3pm when the sun is at its peak.

Finally, Laura added her last minute tips for Bord Bia Bloom: "Aside from sunscreen, my top three essentials are a reusable water bottle to fill up at our water filling stations, comfortable shoes and clothing so you can walk around and see as much as possible, and a blanket for moments to sit and relax."

Tickets

Tickets can be pre-purchased at <u>BordBiaBloom.com</u> priced from €25 per person and two children under 16 can attend for free with every adult ticket purchased. Tickets are also available for purchase at the two entrances.

To stay up to date with #BordBiaBloom news, sign up to the Bloom ezine at <u>BordBiaBloom.com</u> and follow on Twitter, Instagram, and Facebook: @BordBiaBloom.



Bloom 2023 Feature Garden designed by local business people Ken Folan and Ruth Liddle from The Kildare Gallery.

Bloom 2023 Show Gardens













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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



Speed ramp/s on the Newtown Road

At the May MD Council meeting, Cllr Feeney asked the Council to provide an update on the installation of speed ramp/s on the Newtown Road in Maynooth. In speaking to the motion, Cllr Feeney said that the Newtown Road approach road to Maynooth is very busy and is known for speeding.

It is a long, straight road but there are lots of housing estates and shop units along that road from Castle Dawson, Cluain Aoibhinn, Newtown Road right up to Bond Bridge. Many residents have been in touch with Cllr Feeney, asking for something to be done to address the speeding.

One of the measures residents have been calling for is the installation of a tabletop ramp to help reduce speeding on the road. In the response from the Council, Cllr Feeney welcomed the fact that the Municipal District Engineer said he would arrange to meet her on site to carry out an assessment and to see where best to position the ramp/s.

A playground needed for Straffan

Cllr Feeney asked the Council to provide an update regarding the provision of a playground for Straffan. She stated that there has been a significant increase in the population in Straffan and a changing demographic profile with more young families moving into the area. However, Cllr Feeney said that there is nowhere for children to play and that there is a huge need for this recreational facility.

In the Council response, Cllr Feeney was informed that discussions had been happening with the GAA about locating a playground on its grounds but that those discussions with the GAA did not conclude. So, at the meeting Cllr Feeney asked if those discussions could be reactivated and she welcomed the fact that the Council agreed to reactivate those discussions.

Cllr Feeney said finding a suitable site is key and it is really important to get a playground for the children and their families to enjoy in Straffan without having to travel to other towns.

Mullen Park and Lyreen Lodge, Maynooth

On foot of meetings with residents, Cllr Feeney asked the Council to engage with the developers of Mullen Park and Lyreen Lodge, Maynooth to ensure that both estates are completed to the required standard for residents. Cllr Feeney met with the residents associations of both estates and did a walkabout and saw some of the issues of concern; the green spaces, the footpaths and the boundaries as well as finished surfaces.

In its response, the Council said that the Development Control Section continues to liaise with the developers of the Mullen Park and Lyreen Lodge estates on an on-going basis. It is envisaged that the works will commence on the green area in Mullen Park in May 2023 provided the ground has sufficiently dried out. Lyreen Lodge is very close to completion and the Taking in Charge process will commence once all remaining snag items have been completed and an Uisce Eireann Conformance Cert has been received.

'Community Centres Investment Fund, New Build Measure'

Cllr Feeney asked that an application be made by the council to the recently launched 'Community Centres Investment Fund, New Build Measure' to assist in funding the provision of a Community Centre in Maynooth at the vacated fire brigade/council site.

This scheme was launched recently and Cllr Feeney said that the last thing we want is to miss out on any potential funding opportunities, especially when a community centre is so needed for Maynooth.

While Cllr Feeney learned from the Council that Maynooth would be excluded from this scheme because it's for 'shovel ready' sites where planning is already in place and it is intended for a green/brown field site, it was great to hear from the Council, that provision for a community centre at the vacated fire brigade/council site in Maynooth is expected to emerge from the Town Renewal Master plan for Maynooth as one of the 10 key town renewal projects.

It was also good to hear that the business case, which forms part of the Urban Regeneration and Development Fund (URDF) application, is currently with the Department for approval.

Maynooth Decarbonising Zone

On May 24th, Kildare County Council held a Community Public Consultation Event at Maynooth University, in preparation for Kildare's Climate Action Plan and Maynooth Decarbonising Zone Plan. There were presentations by guest speakers at the event followed by breakout groups where ideas and suggestions were provided to feed into the plan.

The All of Government Climate Action Plan, 2019 sets out an ambitious whole-of-society approach designed to enable Ireland to meet its EU targets of reducing carbon emissions by 50% by 2030, and thereafter to achieve net zero carbon emissions by 2050.

A Decarbonising Zone (DZ) is defined as a spatial area in which a range of climate mitigation, adaptation and biodiversity measures and action owners are identified to address local low carbon energy, greenhouse gas emissions and climate needs to contribute to national climate action targets.

Maynooth has been selected, as the DZ for Kildare and will provide Kildare County Council with a very important test-bed. The practical experience and knowledge gained from this initial demonstrator project will accelerate learning in the county and inform future decarbonization.

Cllr Feeney participated in the public consultation event. The next consultation event is to be held on June 18th and Cllr Feeney urges everyone to attend and to have their say on this very important initiative for Maynooth's future.

Cllr Feeney's Upcoming Motions and Questions for next Council meetings:

- That the Council prepares a plan for a pedestrian crossing and road safety improvements at Maynooth Town Football Club using an allocation from unspent funds.
- That improvement works be carried out on the steps between the old and new cemetery in Straffan and that a handrail be installed to make it safer.
- That an update be provided on the works at the roundabout near Maynooth Education Campus.
- That an update is provided on the current status of the swimming pool in Maynooth?
- That Kildare County Council calls on Approved Housing Bodies operating in the county to end the ban on pets being allowed in rented accommodation and that a common sense approach be taken. (Labour group joint motion at plenary)

Meetings attended by Cllr Feeney since last newsletter:

May 5th, 10:00 am Council MD meeting, Áras Chill Dara

May 10th, 14:00 pm, Strategic Policy Committee (online)

May 11th, 10:00 am, Brigid1500 Steering Committee, MERITS building KCC

May 16th, 10:00 am, Co. Kildare Access Network (CKAN) (online)

May 17th, 19:30 pm, BOM Coláiste Chiaráin (online)

May 18th, 12:00 pm, Finance Committee (online)

May 18th, 15:00, Briefing on Just Transition (online)

May 29th, 11:00 am, Taking in Charge Briefing (online)

May 29th, 14:00 pm, meeting with NTA, Áras Chill Dara

May 29th, 15:00 pm, Council Plenary, Áras Chill Dara

Please email me if I can help on any issues afeeney@kildarecoco.ie

Thank You!

Maynooth Cycling Campaign Notes

Rikeweek 2023

Well that is Bikeweek over for another year. Thanks to everyone who joined us for our events - the very successful Nature Cycle (thanks to Dr. Karen Moore) and the Why We Cycle film night which was followed by a discussion of cycling conditions in the Netherlands and the challenge of cycling in Kildare. Your participation and enthusiasm have made this year's Bikeweek a big success.

We would also like to thank Kildare County Council for their support for our events and for the events that they organised. These included the Cycle to Kilcock, the photographic exhibition in Maynooth Library and a cycle by Maynooth secondary school pupils. We hope that next year working together we will see a bigger and even more successful Bikeweek.

Bikeweek may be over but let's keep the cycling spirit alive throughout the year. Remember, every week can be a Bikeweek.

Picnic in the Park Summer Festival

Maynooth Community Council in conjunction with KCC's Climate Action is having a second Picnic in the Park on Sunday 18th June. The picnic will have a special focus on Climate Action and it is rumor that a key announcement about Maynooth will be made on the day.

Maynooth Cycling Campaign will be taking part this year but we will need a gazebo so if you have one that we could borrow for the day, please contact us at Maynoothcycling@gmail.com. We would be very grateful.

Cycling Without Age

When last month's Notes were being prepared, it was expected that the training for pilots would take place at the end of April. However, due to an outbreak of Covid, we were forced to postpone training. It has now been rescheduled for 27th May so hopefully, it will have gone ahead this time.

Maynooth Kildare Decarbonisation Zone

Kildare County Council held a public consultation on the Maynooth Decarbonation Zone on Wednesday 24th May in Maynooth University.

The meeting was organised by Paula O'Rourke, the Climate Action Officer. Paula informed the meeting that Maynooth was not just a testing ground for Kildare but that in conjunction with An Taisce, Maynooth was also a national testing ground. It is unclear

how much funding this will leverage but Kildare has to publish a Climate Plan in the summer and funding will depend on the ambition of the plan.



KCC Grants

Maynooth Cycling Campaign wishes to thank Kildare County Council for the award of two grants - ϵ 800 from the Community Grant and ϵ 600 from the LPT which is allocated by councillors in the Maynooth Clane Municipal District. The funds will be used to progress our objectives of promoting increased cycling in Maynooth, in particular developing Cycling Without Age.







St. Mary's Brass & Reed Band

The highlight of our programme for last month was our Concert in the Chapel of St. Patrick's College where we were joined by the Maynooth Parish Choir with all proceeds from the evening being donated to Trocaire, who provided Volunteers for the event. There was a tremendous reaction to the performances of both the Band and the Choir with the Band in particular, according to one of the audience, "sounding like an Orchestra". The opening piece of the Band's programme was a Spanish Religious Processional March which was presented to the Band by a Band from Benalmadena in Spain. There have been suggestions that this should be an annual event so we will see how things go in 2024. You can view a short clip from the opening piece of the College Chapel Concert by copying and pasting the link to your browser. https://www.facebook.com/watch/?v=520831750102035

Our Academy Band wrapped up its term with a Summer Concert for friends and family in the Bandroom on Sunday 28th May which showcased the Band at it's finest with some well-known pieces as Mambo No.5, the Beatles and the Foggy Dew. The audience provided a supportive and encouraging environment and were very appreciative of the hard work and dedication of the Band members over the year. The Band welcomes musicians of all ages and abilities to join them in the Bandroom on Monday nights (Bank Holidays excepted) or you can contact our Secretary Joe on 086 1737 024. The Band has a very international flavour with member from Austria, Belgium, Germany and England among its ranks.

The Band will be one of the many organisations taking part in the Picnic in the Park in the Harbour on Sunday 18th June when we hope to be blessed with better weather than last year when they had the Four Seasons all in the one day.



Photo: Academy Band Concert



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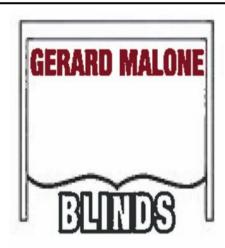
Maynooth University, Maynooth Cúrsa A: 05/06/23 - 16/06/23 Please Note: Cúrsa A starts on Bank Holiday Monday.

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

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

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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 www.citizensinformation.ie and from the

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



Assisted Decision-Making (Capacity) Act 2015

Introduction
What is capacity?
New decision-making arrangements
Changes to current decision-making arrangements
The Decision Support Service

Criminal offences under the Assisted Decision Making (Capacity) Act Further information

Introduction

The Assisted Decision-Making (Capacity) Act 2015 is a law that establishes a new legal framework for supported decision-making in Ireland. It allows people to make legal agreements on how they can be supported to make decisions about their welfare, property and affairs.

These new regulations may apply to you, if you don't have the capacity to make decisions, now or in the future, without help.

People who may have difficulty making decisions include (for example) people with intellectual disabilities, acquired brain injury, mental health difficulty or dementia.

The Act also allows you to plan for a time when you might lose your capacity in 2 types of future planning arrangements, known as Advance healthcare directives and Enduring power of attorney.

Decision support arrangements only apply to people aged over 18. The Act was commenced and came into effect on 26 April 2023.

What is capacity?

Capacity is your ability to understand when a decision is being made and the nature and consequences of the decision in the context of the available choices. You are always presumed to have capacity.

The new legislation sets out a functional test for the assessment of capacity. This means that your ability to make a decision is assessed based on the decision that has to be made at that time. You do not lose your capacity to make decisions in general.

The test for capacity recognises that your capacity can change over time, meaning you might need more or less support in the future.

You lack the capacity to make a specific decision if you are unable to:

- Understand the information relevant to the decision
- Retain that information long enough to make a voluntary choice
- Use or weigh that information as part of the process of making the decision, or
- Communicate your decision

You do not lack capacity simply because you:

- Need information to be explained to you in an appropriate way considering your circumstances
- Can only retain the relevant information for a short period of time
- Lacked capacity for a particular decision at one time but you may no longer lack capacity to make that decision, or
- Lack capacity for some decisions but you have capacity to make decisions on other matters

New decision-making arrangements

The Act creates new decision-making arrangements to support people who have issues with making decisions:

- Decision-making assistance agreements
- Co-decision-making agreements
- Decision-making representation orders

It also makes changes to some existing arrangements:

- Advance healthcare directives
- Enduring power of attorney

Changes to current decision-making arrangements

Since 26 April 2023, a person can no longer become a ward of court.

If you are currently an adult ward of court, or you are a ward who will turn 18 before 26 October 2025, your wardship will be reviewed by the courts and you will be discharged from wardship within 3 years. The courts will decide what decision support arrangement, if any, you need. An application can also be made to court for this review to happen before then.

If you are a ward of court under 18 who is still under 18 on 26 October 2025, your wardship will be reviewed within 6 months of turning 18. Advance healthcare directives and enduring powers of attorney are already recognised in Ireland but the Act establishes a legal framework for them.

The Decision Support Service

The Decision Support Service is a service that promotes the rights and interests of people who may need support with decision-making.

The Decision Support Service will:

- Regulate and register decision support arrangements
- Supervise the actions of decision supporters
- Maintain a panel of experts who will act as decision-making representatives, special and general visitors, and court friends
- Investigate complaints made under the Act
- Promote awareness and provide information about the Act

You can contact the Decision Support Service and read their frequently asked questions.

Criminal offences under the Assisted Decision Making (Capacity) Act

The Act introduces specific criminal offences.

It is an offence to use fraud, coercion, or undue influence to force another person to make, change or revoke a decision-making assistance agreement, co-decision-making agreement, enduring power of attorney or advance healthcare directive.

A person guilty of such an offence is liable on summary conviction to a class A fine or imprisonment for a term not exceeding 12 months, or both, and on conviction to a fine of up to €50,000 or imprisonment for a term up to 5 years.

Making a false statement when registering a co-decision-making agreement or enduring power of attorney is also an offence. A person guilty of this offence is liable on summary conviction to a class A fine or imprisonment for a term up to 6 months, or both, and on conviction to a fine of up to &15,000 or imprisonment for up to 2 years, or both.

If you are appointed to support somebody in one of the arrangements, you are guilty of an offence if you ill-treat or wilfully neglect the person. Anyone guilty of such an offence is liable on summary conviction to a class A fine or imprisonment for term not exceeding 12 months, or both, and on conviction to a fine of up to ϵ 50,000 or imprisonment for up to 5 years, or both.

If you fail to engage with an investigation of the Decision Support Service or obstruct such an investigation you are guilty of a criminal offence liable on summary conviction to a class A fine.

Further information

You can read A Guide to the Legal Aspects of Caring and the Practical Guide for Family Carers on the Assisted Decision-Making (Capacity) Act 2015 from Community Law and Mediation and Family Carers Ireland.

You can get further information from the Decision Support Service.

Decision Support Service Waterloo Exchange, Waterloo Road, Dublin 4 Eircode: D04 E5W7 Republic of Ireland

Tel: 01 2119750

Homepage: https://www.decisionsupportservice.ie Email: queries@decisionsupportservice.ie

KNOW YOUR RIGHTS (Cont.)

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 www.citizensinformation.ie and from the

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



Making a will

Introduction
Reasons for making a will
How do I make a will?
What should my will contain?
Changing or revoking your will
What happens if I die without leaving a will?
Can I give my possessions away before I die?
Common problems and disputes about wills
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Introduction

A will is a written document that sets out what you would like to happen to your possessions after you die. A will must be signed and witnessed.

When you die, your possessions are called your 'estate'. A 'testator' is a person who writes a will. If you die without leaving a will, you die 'intestate'.

You can also read about:

- What happens to a deceased person person's money and possessions?
- Dealing with a deceased person's money and possessions

Here you can read information about how to make a valid will, the things you should consider when writing your will, and what will happen if you die without leaving a will.

Reasons for making a will

You do not have to make a will. If you die without making a will, your estate will be distributed according to the law on succession. This means that your estate will be distributed between your surviving family members in the way that is set out in law. How this works is explained in 'What happens if you die without leaving a will' below.

If you want to have a say over who inherits all or part of your estate, you should make a will. You can also complete and keep an updated list of the things that you own. You can use a form like our form, Form: Where my possessions are kept (MS Word), or you can download it as a pdf. It will make it easier to identify and trace your possessions after you die. You should keep the list in a safe place.

How do I make a will?

You can write a will yourself, or have a solicitor write it for you. There is no set cost for having a solicitor write your will, and you can get quotations on prices on a solicitor's website or by calling their offices. You may be able to save money by shopping around.

A solicitor can advise you about your will and can make sure that your will is legally valid. If you write your own will, you should make sure that it is valid. It can only be valid if:

- The will is in writing
- You are over 18
- You are of sound mind
- You sign or mark the will or confirm that you made the signature or mark in the presence of two witnesses, present at the same time if possible (the witnesses do not have to see the contents of the will).
- Your two witnesses sign the will in your presence
- The signature or mark is at the end of the will

Gifts left to a witness or their spouse or civil partner are not valid. If you want to change your will after you make it, you can add a codicil (amendment or change) to your will; this codicil must meet the same requirements set out above. You can read more about 'Changing or revoking your will' below.

What should my will contain?

You do not have to have your will in any set format. However, it is important that the will has the following:

- Your name and address.
- A statement that says you revoke or disown all earlier wills or codicils.
- The appointment of one or more executors, or people who will carry out

your wishes in your will after you die, along with their names and

Your will should be dated and signed by you and your witnesses. This statement is called an *attestation clause*.

Residuary Clauses

A residuary clause, is a section in your will that sets out how property not specifically dealt with in the will should be distributed. You may leave a part of your estate to someone, but that gift (sometimes called a bequest) could later found to be invalid. When this happens, that part of your estate becomes part of the residue of your estate, along with other things that are not specifically mentioned in the will.

For example, your residuary clause could say that anything not identified in your will should be left to your spouse.

Signing your will

You have to sign your will in the presence of 2 witnesses. They have to sign the will to attest (witness) that you have signed the will.

If you are unable to sign your will because you cannot write, you can make a mark that should be witnessed like a signature.

If you are physically disabled and are unable to sign or mark your will, you can direct an agent or representative to sign your will for you. Your agent must sign the will in your presence and on your direction and your two witnesses must be present.

What does being 'of sound mind' mean?

In order to make a valid will, you must have, in the eyes of the law, the mental capacity to do so. This means you must understand and be able to decide what you are doing. If you have a medical condition that could affect your ability to understand and make decisions about what you should put in your will, you should ask your doctor or specialist to certify that you are capable of making a will.

For example, if you have a history of mental illness, or if you are in the early stages of a condition that can affect your ability to think and understand (like dementia for instance), you should ask your doctor or specialist to certify that you are currently mentally capable of making a will.

Undue Influence

Acting under undue influence means that you are acting under pressure from another person or persons. Your will can be challenged on the basis that you were acting under duress when you made it and the will doesn't reflect what you actually wanted.

For example, if you want to leave part of your estate to a solicitor, it is best to write your will with a different solicitor. Otherwise, it could might be alleged that the solicitor put you under pressure to leave them something.

Provisions for your spouse, partner and dependents

Your spouse or civil partner has a 'legal right share' to your estate. This means that they are entitled to benefit from your will, even if you do not provide for them in your will. Your children also may have entitlements. Partners (that you were not married to or in a civil partnership with) may also be able to claim a share of your estate.

You can read more about the legal right share of spouses and civil partners.

Property abroad

If you have property in other countries, you should make a will in each of those countries due to possible differences in succession law.

Under EU Regulation 650/2012 on matters of succession (Brussels IV), if you have property in another EU member state, apart from Denmark, you can direct in your will that the law of your nationality should apply to the property.

Changing or revoking your will

If you want to change your will, you and your witnesses must sign or initial your will in the margin of the page beside the changes. You can also change your will in the form of a memorandum or written note that is signed by you and your witnesses that refers clearly to the changes.

To change your will, you can also make a separate document, called a codicil, which is like an update added to the end of your will. This document, again

(Continued on page 13)

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(Continued from page 12)

signed by you and your witnesses, should set out clearly and accurately the changes you want to make to your will. These changes are then legally binding.

If you plan to make a lot of changes to your will it might be easier to simply revoke or cancel your current will by making a new one. This can only be challenged if your mental capacity when you revoked your will is called into question.

Your will is revoked automatically in certain situations:

- If you marry or enter into a civil partnership, your will is revoked, unless your will was made with the marriage or civil partnership clearly in mind
- If you make another will, the first will you made is revoked.
- If you draw up a written document that is executed in accordance with the requirements for a will, your first will shall be revoked.
- If you burn, tear or destroy your will, it will no longer be considered valid. Or, if you have someone else destroy it, your will shall be revoked, provided this was done in your presence, with your consent, and with the intention of revoking your will.

What happens if I die without leaving a will?

If you die without leaving a will, then your estate will be distributed in accordance with the law of succession.

This also happens:

- When the will is not valid because it was not made properly
- When a legal challenge to the validity of the will has been successful

The law of succession also applies to assets which are not covered by a will such as where there is no residuary clause

The order in which your estate is distributed in these cases is set out in the Succession Act 1965.

If you are survived by:

- A spouse or civil partner but no children (or grandchildren): your spouse or civil partner gets the entire estate.
- A spouse or civil partner and children: your spouse/civil partner gets twothirds of your estate and the remaining one-third is divided equally among your children. If one of your children has died, that share goes to his/her children.
- Children, but no spouse or civil partner: your estate is divided equally among your children (or their children).
- Parents, but no spouse, civil partner or children: your estate is divided equally between your parents or given entirely to one parent if only one is living.
- Brothers and sisters only: your estate is shared equally among them, with the children of a deceased brother or sister taking his/her share.
- Nieces and nephews only: your estate is divided equally among those surviving.
- Other relatives only: your estate is divided equally between the nearest equal relations.
- No relatives: your estate goes to the State.

Can I give my possessions away before I die?

You can give your property away before you die, but you should consider:

- The rules on Capital Acquisition Tax (CAT) mean that the person you are giving your possessions to might have to pay tax. CAT may also be charged on an inheritance.
- If a court finds that you gave away property before you died with the intention of unfairly reducing the legal right share of a spouse, civil partner or the rights of any child, the person who received the inheritance could be made to pay it back to the estate.

Common problems and disputes about wills

When you make your will, you should consider some common problems that result in a gift made in a will being invalid.

- The possession that you want to leave to someone may be lost or no longer exist at the time of your death.
- There is confusion about the identity of a beneficiary. For example, you leave a gift to your cousin, Jim, and you have two cousins named Jim.

- If the gift is not clearly identified in your will or it does not conform to its description in the will.
- If you leave a gift to a person who is a witness to your will, that gift will be invalid.

Joint bank accounts

If you have a joint bank account with your spouse, civil partner or child, usually the surviving account holder will be fully entitled to the money in the account when you die.

If you open a joint bank account with a relative or friend so that they can help you manage your money and do not intend that person to own the money in the account after you die, you should make this clear when you are opening the account.

Disputes about wills

Most wills are not disputed, but if there is a disagreement, it must be settled in court. The court will give effect to the testator's wishes as expressed in the will if possible.

The testator's wishes are taken from a reading of the will as a whole, with words and phrases given their ordinary meaning unless they are technical words and it can be assumed the testator meant them to be taken in their technical meaning. Evidence outside the will, like letters or notes that refer to the will in advance of its making, may be introduced to the court to explain more fully the testator's intentions and to help discover the true meaning of the will.

Because wills can be disputed, it is important that you write your will in simple, straightforward language. Statements which could have more than one meaning should be avoided.

Who can read my will after I die?

After probate has been taken out on a person's will, that will then becomes a public document and anyone can get a copy of the will and the grant of probate of these documents from the Probate Office or relevant District Probate Registry using Form PAS1 (doc). Probate is the process of getting authorisation to represent you and carry out the wishes set out in your will.

The grant sets out the name and address of the executor or administrator of the estate and the name of the solicitor acting on their behalf (if any). It also sets out the gross value and the net value of the estate.

Detailed information about the estate is not normally available to the general public, however, certain people may be able to inspect the Inland Revenue Affidavit or the Statement of Affairs (Probate) SA.2 Form which contains the detailed information. They include:

- A beneficiary who is named in the will
- Someone who is entitled to a share of the estate
- A child who is entitled to bring proceedings against the estate under Section 117 of the Succession Act 1965

Information on obtaining a copy of a will is available on the Courts Service website as well as in the information notes of Form PAS1. The Probate Office also sends copies of the will, the Grant of Representation and the Inland Revenue Affidavit to the Revenue Commissioners.

Further information and contacts:

Probate Office Personal Application Section First Floor 15/24 Phoenix Street North Smithfield Dublin 7 D07 X028 Ireland

Tel: +353 (0)1 888 6174 Homepage: https://www.courts.ie/ Email: ProbateGeneralOffice@courts.ie

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All information should be verified from an independent source.



Writers' Corner - Short Stories/Articles from our Readers

Christmas in America

In 1958, my first year in America, I was living in Union City, New Jersey, and at Christmas visited Mrs. Essie Melia, who had sponsored me when emigrating. I can't remember much of what was a fairly typical Christmas family gathering, except that I succeeded in getting an electric train set running, more by good luck than by any technical expertise. At that time I was working as a draughtsman for Fischbach and Moore, who had the electrical contract for the Seagram Building then being erected on Park Avenue. To avoid the hassle of taking the Lincoln Tunnel to Port Authority and the subway to work, I got a furnished room with a German woman, Mrs. Fischer, on the Upper Westside, a few blocks away from Columbia University. Now I was effectively on my own.

I have mixed memories of Christmas in Manhattan. Of course the place was a wonderland of lights and colour: ice-skating in Central Park and at Rockefeller Center, pedestrians in a merry mood after office parties, music from department stores, but it could be a lonely time if one was thousands of miles from home. My first Christmas there, however, was special. Vince McAvey, an engineer with the general contractor for the Seagram Building invited me to his home. Vince, like most Irish-Americans, had a great fondness for the country of his ancestors. He was also a very likeable person, so in due course I arrived by train at his address in upstate New York bearing a bottle of Jameson whiskey.

Vince's hometown resembled one of those pretty places one sees in Christmas movies, every house adorned with coloured lights and some with reindeer and sleighs placed on their front lawns. The family consisted of his wife, a somewhat tired-looking but friendly woman, and two young girls. The eldest girl was quiet and a little withdrawn but Kathy, her younger and more attractive, auburn-haired sister, was a livewire who treated me to a display of Irish dancing. When I was asked to take the

children by bus to the nearby playground, the elder girl stayed at home, no doubt to have the mother all to herself. I found it almost impossible to control Kathy and her friends on the bus ride but, luckily, there was no mishap.

That evening Vince showed me how, because of his excellent central heating, there was some fluff on the bedroom floor. Mrs. McAvey's meals were delicious and after our Christmas Day turkey dinner I went ice-skating on a frozen pound with a crowd of athletic locals. Despite my lack of skill, that experience was the highlight of my visit

The following Christmas Vince invited John, an acquaintance of mine, whose family back in Ireland lived a few miles from ours; John worked in a Blarney Stone bar and grill near West 42nd street. I was disappointed at being passed over but had to accept that I had no special claim on Vince's hospitality and my bottle of Jameson's might not have been up to expectations.

That was one of the worst Christmases of my life. After work in the Seagram Building I was attending lectures in electrical engineering at City College and had lost contact with Irish expats. I remember eating dinner in a Horn & Hardart self-service restaurant and listening to a new carol, The Little Drummer Boy, but nothing could overcome my feeling of total isolation. While families were gathered in cosy dining rooms, tucking into delicious food and enjoying each other's company, I was all on my own. The commercial merriment just added to the anguish. Now I understood why some people committed suicide at this time of year.

A few years later I was living in Woodside and driving a Volkswagen Beetle. This was because Fischback and Moore had opened a New York office in the borough of Queens and apartments in the area were affordable. In the evenings I used to drive across the Queensboro Bridge into Manhattan and up to City College.

One winter I was part of a crew working at the Indian Point Nuclear Power Plant beside the Hudson River in upstate New York. This was a most enjoyable assignment because of the camaraderie between electrical workers, draughts men and estimators. The cold seemed to knit us into a team of pioneers and, coming up to Christmas, to offset the freezing temperature there would be a free glass of whiskey at a filling station beside the highway leading back to the city. That year I had Christmas dinner with Michael Beirne's extended family in Brooklyn. Michael, whom I had met by chance when he was delivering prints of electrical layouts to our field office, was related to my father's people.

Fast forward to the late 60s and I had one of my most fabulous American Christmases. This time I was the guest of Al and Bubs Hudson at their luxurious home in Ridgewood, New Jersey. They and their grownup daughter, Lindy, served the most delicious food, but since they weren't Catholics they didn't accompany me to morning mass in the nearby church. After Christmas we all spent a few days in a Green Mountain Club chalet beside a pristine lake, which was frozen over. There was no central heating and only an outdoor wooden toilet, but that added to the frontier buzz of the place. I remember watching a man and his son fishing at a hole in the ice, out in the middle of the lake. We could have been back in frontier times.

Later that year I joined the Green Mountain Club and still have the sturdy walking boots that were essential for outdoor treks. Some years later I was able to repay Al and Bubs for their generosity when, on their visit to Ireland, my wife and I treated them to a play in the Abbey, followed by tea in an O'Connell Street restaurant. Nowadays, many Irish homes have outdoor Christmas lights, occasionally almost equaling those in America, our food is delicious and, because of changes in eating habits, more varied than formerly but I still think we were shown the way by our New World friends.

P. G. Nerney

LIVING WATER

If you only knew the gift of God, and who it is that is saying to you, "Give me a drink," you would have asked him, and he would have given you living water." The Samaritan woman didn't know then the gift of God nor to whom she was speaking but she was about to learn. And she became so convinced that she forgot her water jar and ran back to the city to tell all her neighbours. Many of them came to believe in Jesus because of what she told them and many, many more believed in him having listened to his word as he agreed to stay with them over the following two days.

"If you only knew ...!" What if we, supposed Jesus' followers, could capture that life changing moment in the lives of those citizens of Sychar? What if we could revive within us the symphony of his words it would transform us into a people who would be in a fever to build a world according to the blueprint he laid out for those Samaritans and indeed for all the Jewish people and for everyone. It would then no longer be a vale of tears or a "tale told by an idiot, full of sound and fury, signifying nothing."

For without being shot through with the divine element, with the gift of God, with the Maker's name on every single consituent part, this world is just one great tragedy. It is a "vale of tears". It is a "tale told by an idiot", a monumental practical joke where bombs and bullets are preferred to healing the starving and the maimed. The birds, fish and animals are the privileged ones. We, the "first of things" are daily threatened by war and rumours of war, by famines and interracial and interreligious conflicts. And we know that death awaits each one of us.

No road was ever known to be more famous than its goal, Except the royal road of life whose end's a six-foot hole.

That couplet, of course, refers to the atheistic road of life. And that is the chosen road of so many people. Mankind reigns! Mankind can manage all! Mankind is the greatest! Better to reign in hell than serve in heaven! But it's not the true road of life. The true road of life that leads to happiness here on earth and everlasting happiness in heaven is the road laid out for all by Jesus in his life and in his teaching. The Beatitudes are the Master Plan for humans. They run contrary to everything that selfish, envious, egotistical people stand for. They run counter to all who say that love is not the essence of human living. For love is the essence of human life. And love is sharing. And sharing one's bread is a divine act. So much so that shared bread becomes Love. And God is love. People need to be "sensetised" to the essential spiritual dimension of human beings. Where to start? The Word of God! "I am the living water". If we only believed?

Goodbye

for Cathal

When celandines and primroses joined daffodils and the first, hope-winged swallow arrived you left for that far country from which no voyager has ever returned.

I try to figure out your present state: are you aware of things you left behind or merged in passive unity with the vast and still-unfathomed universe?

The truth is our best minds are unable to penetrate life's subtle veils, and so, dear brother, comrade of my rural youth, please God we'll meet when this heart fails.

Patrick Devaney

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine.

Amen

Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail. Thanksgiving for favour received. **EPL**

Steps to a better Sleep

Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine. Many factors can interfere with a good night's sleep — from work stress and family responsibilities to illnesses. It's no wonder that quality sleep is sometimes elusive. You might not be able to control the factors that interfere with your sleep. However, you can adopt habits that encourage better sleep. Start with these simple tips.

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested. Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle. If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed, but continue to maintain your sleep schedule and wake-up time.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

3. Include physical activity in your daily routine

Regular physical activity can promote better sleep. However, avoid being active too close to bedtime. Spending time outside every day might be helpful too.

4. Create a restful environment

Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime.

Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

5. Limit daytime naps

Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day.

However, if you work nights, you might need to nap late in the day before work to help make up your sleep debt.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

7. Know when to contact your health care provider

Nearly everyone has an occasional sleepless night. However, if you often have trouble sleeping, contact your health care provider. Identifying and treating any underlying causes can help you get the better sleep you deserve.

Source: https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep

"Early to bed and early to rise makes a man healthy, wealthy and wise." – Benjamin Franklin

Wildlife at Maynooth Harbour









Tips for packing your suitcase for Holidays

It may seem obvious but having a general plan for your holiday – and knowing the weather forecast in advance – can make the packing process so much easier.

Whether you're headed for a stay in sunny Spain or a windy weekend in Wales, simply go through your itinerary and decide on your outfits for each day, noting how many shorts, trousers, long-sleeved shirts and shoes you may need.

By looking ahead to what you might do each day and how the weather may fare, you'll maximise your organisational skills and set yourself up for a successful packing session.

Always start with a packing list

A packing list is going to help you remember everything. It also means you can pack faster, and you'll spot anything you need to buy before you go to avoid panic buying things before you leave, or paying extra for things at the airport.



Write your packing list on your phone so you've got a template for future trips that you can use every time you go away!

Pack light

Realistically we don't need any of those 'just in case' items that we always take along. That extra outfit, the extra bikini or pair of shoes - they never get worn, so just leave them at home and stick to the things that you really need. You'll probably have washing facilities so you'll be able to wash any clothes if you do run out.

Arrange your clothes into outfits

Laying out all of your clothes and arranging them into outfits will help you see what clothes go together, and spot if there are any items in your case that don't match anything. Maybe you've got a top that doesn't go with any bottoms, or a pair of shoes that just don't match any jeans - leave this stand out item at home and avoid wasting space in your suitcase.

Use travel sized toiletries

Take travel sized toiletries rather than packing heavy bottles filled with products that you are not going to use. Most of us never use as much shampoo or conditioner as we think we will. A travel sized bottle should be more than enough shampoo for a two week holiday, even for long hair. Decant your favourite products into smaller pots.

Don't pack clothes that need ironing

You probably don't want to spend your whole holiday ironing. There are some

trips where packing clothes that do need ironing is completely unavoidable, especially for men who might like to take smart shirts. If this is the case then roll the shirt really gently instead of folding, and as soon as you arrive in your destination hang it up and place it in the bathroom where the steamy shower will help loosen the creases and make it easier to iron. Rolling your clothes will help keep creases out of clothes and also saves

space.

Only pack 2-3 pairs of shoes

Shoes are bulky and take up a lot of space, and more often than not you don't wear half of the pairs of shoes you have taken on holiday. Take 2 or 3 pairs including the comfortable flat shoes that can also be worn on the aeroplane, one pair of evening shoes that are dressier, and one pair of flip-flops for everyday wear that hardly take up any space in the suitcase.

Weigh your suitcase

Weigh your suitcase before you leave the house. Avoid that embarrassing moment when you get to the check in desk and they tell you your bag is overweight so you either have to pay extra to check the bag in, or you have to take the bag aside to remove heavy items - especially with a queue of people watching you as you do it!



When it comes to holidaying with the family, a million and one things can seem essential. Print out a list of what needs to be packed as a priority. Items that are harder and more expensive to replace should be at the top of your list, such as your child's favourite toy (the ultimate peace offering) and any medication your child might need. There are some things, like snacks and nappies, that you can buy while you're on holiday.

Here's a list of a few fundamental things to pack if you're travelling with kids:

- Baby wipes, because the mess is guaranteed
- A sippy cup for your toddler as many restaurants don't have cups with lids
- Sandwich bags for packing snacks while you're exploring (ideal for avoiding tantrums when they need a treat or two)
- A first aid kit just in case
- A portable changing mat, especially if you have young children & Hand sanitizer

It also helps to know your luggage allowance when travelling with infants, as many airlines allow you to take at least one essential item, such as a pushchair or car seat, on board for free. Some will even let you take both.

Source: www.jamesvillas.ie/holiday-ideas/how-to-guides/pack-a-suitcase Source: www.travelsupermarket.com/en-gb/blog/travel-advice/tips-on-packing-your-holiday-baggage/



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MU hosts historic conference examining 50 years of Ireland's EU membership



Maynooth University is hosting a watershed two-day event marking the fiftieth anniversary of the EU, bringing together politicians, academics, diplomats, policy makers and members of civil society to evaluate the highs and lows of Ireland's membership.

On 1 January 2023, Ireland reached a historic milestone - the fiftieth anniversary of its accession to the European Communities. Co-organised by Maynooth University and the Institute of International and European Affairs (IIEA), this unique event examines the span of Irish membership of the EU from the perspective of policy, politics and transformation.

The conference will reflect on the most important themes that helped define 50 years of Ireland's participation in European integration, and share insights into events that continue to shape Ireland's role within the EU.

A range of politicians from across the political spectrum are gathering at Maynooth University over the next two days, including Mairead McGuinness, EU Commissioner for Financial Stability, Financial Services, and the Capital Markets Union; former Taoisigh Bertie Ahern and John Bruton and Alan Dukes, former Minister for Finance. Guest speakers also include Barry Andrews, MEP, and former Minister of State for Children; Director General of the IIEA Alex White, former Minister for Communications, Energy and Natural Resources, Marian Harkin, TD and former MEP, and Proinsias de Rossa, a former Government minister and former MEP.

Academics from universities across the island include Professor John O'Brennan, Maynooth University, Dr Mary C. Murphy, UCC, and Dr Lisa Claire Whitten,

Queens University Belfast among many others.

Opening the conference, President of Maynooth University, Professor Eeva Leinonen, said: "I am delighted that one of the major conferences reflecting on Ireland's relationship with the European Union should take place at Maynooth University. I am glad to say that Maynooth University is very closely involved with

partners across the EU



Professor Eeva Leinonen, President Maynooth University & Mairead McGuinness, EU Commissioner for Financial Stability, Financial Services and the Capital Markets Union.

in addressing many of these key societal challenges, collectively and collaboratively.

"We now have more than 2,000 students taking modules on 'Europe' in any given academic year. Our University has forged excellent collaborations in research and teaching with universities across Europe, most recently through the Arqus European University Alliance, and we continue to expand that cooperation. The EU is justifiably considered an important vehicle that facilitates and supports such endeavours."

Speaking at the opening session Alex White, IIEA Director General said: "Since 1973 a key feature of Ireland's EU membership has been public debate about Ireland's role in Europe, expressed most intensely during referendum campaigns. It has now been 14 years since the last EU referendum in Ireland which is more than a lifetime in politics.

But the EU will have to change the way it works. From how decisions are made, to the areas EU members cooperate on, big questions will need to be answered. Covid 19 showed us that Europe working together to supply vaccines was of great benefit to Ireland. So, should health now become an EU competency? That would require treaty change. The IIEA is delighted to co-host this conference, assessing the past 50 years, and looking ahead to the next chapter of Ireland's European engagement."

John O'Brennan, Jean Monnet Professor of European Integration at the Centre for European and Eurasian Studies, Maynooth University, said: "The fiftieth anniversary of Irish accession to the European Union is an appropriate moment to

stop and reflect on what has been achieved over 50 years of increasing cooperation with partner states in Europe. Ireland is often viewed as one of the great success stories of the European project. There is lots of evidence to support this view. But we have also made mistakes which complicated relations with our partner states. The conference will reflect on the lessons we might learn from our participation in the EU and how we can drive forward further transformation of the country, especially through cooperation on climate change, with our EU partner states."

Maynooth University hosts its annual Alumni Reunion on Saturday, 6th May

Maynooth University's Development and Alumni Office celebrated its annual alumni reunion on Saturday 6th May, with graduates from the classes of 2013, 2003, 1993, 1983 and 1973 invited back to campus for a welcome reception in the hallowed halls of the cloisters of St. Patrick's House, and a celebratory lunch in the beautiful Pugin Hall, located on the south campus.

Alumni reconnected with former classmates and current and retired Maynooth University staff members. There were a strong presence from 1973 graduates, who celebrate 50 years this year.



Peter Finnegan, Maynooth Alumni Advisory Board Chair & Class of 1976, and alum Isabelle Smyth, Class of 1969.

The President of Maynooth University, Professor Eeva Leinonen was in attendance, along with VP External Affairs, Rebecca Doolin. The President spoke with alumni about the growing Maynooth alumni community and what it means to be a Maynooth graduate.



Alum Audrey McKenna (composer), Class of 1993, with Prof. Alison Hood, Dean of Arts, Celtic Studies and Philosophy.

Maynooth University has over 105,000 alumni across the globe and over 15,000 students from more than 100 countries. Maynooth offers a range of programmes at undergraduate, Master's and PhD level in the humanities, science and engineering, and social sciences, including business, law, and education.





Gold Medal Winners

2016 - 2017 - 2018

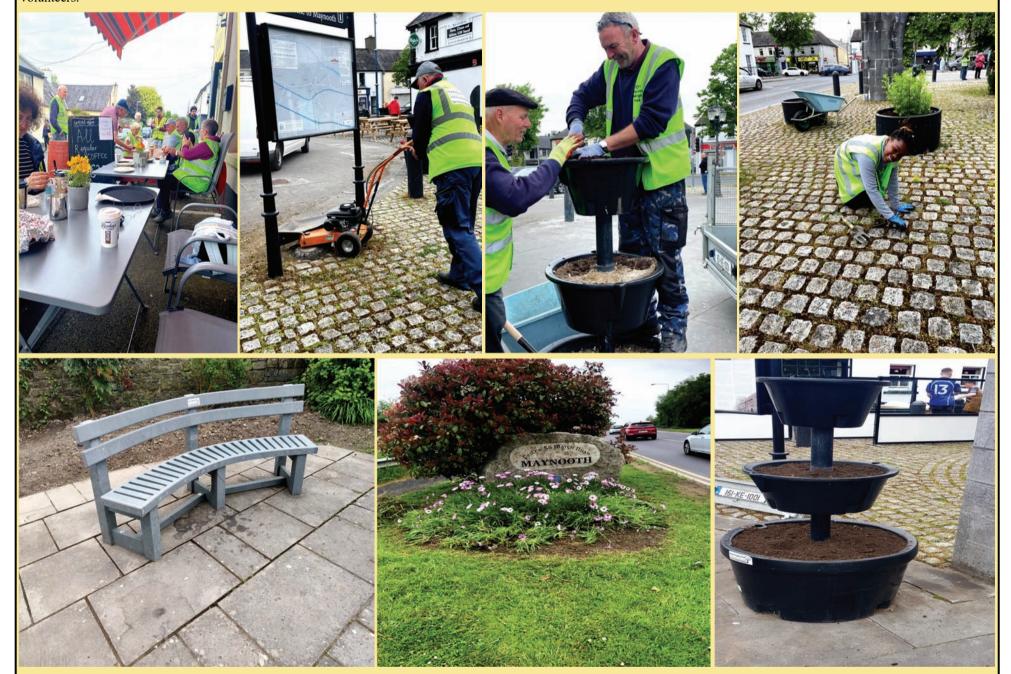
2019 - 2021 - 2022

May was a very busy month for Maynooth Tidy Towns. We had to complete our 2023 application to submit before the 10th, gathering all that info is quite a task for our Secretary Mary Connolly and then submitting it online to Tidy Towns Ireland. Its always a relief when Tidy Towns Ireland acknowledge that they have received our application. Judges will be making an appearance around the Country in June/July we never know the day or the hour, we are asking residents to be extra vigilant about littering. We will remove any graffiti and posters that do not have permission from Kildare County Council.

We would like to acknowledge all the businesses for the complimentary teas/coffees we have received over the last month, especially Mark Nolan in Lily's Cafe and The Glenroyal Hotel.

One of our projects for this year's competition is the revamp of The Pound. We are removing all the old plants and replanting the area with Pollinators. We sourced 2 benches made from recycled materials from Murrays in Castlebar and they were installed recently by our volunteers. We will be planting up the pots in the Square and Carton Avenue entrance before the end of the month.

Litter picking is ongoing every Saturday and Wednesday evenings. We have a new machine for scuffling the weeds in the square and all around the town, much easier on the volunteers.



For more information please follow us on Facebook. We are always looking for new volunteers please join us on Saturday morning at 9am or Wednesday evening at 7pm at our Shed in The Council Car Park.

Mary Molloy - Maynooth Tidy Towns PRO



Outdoor Fun for Kids





Toss the Bean Bag

On cardboard draw monsters for this toss game, and cut out shapes for their mouths and colour them in. Then prop them up against something to keep them upright. Children take turns throwing three bean bags into the monster's mouth to see who can get the most within it.



Split the kids into two teams. Mark a defined playing area and a home base for each team with a "flag." At the start, each team attempts to run into enemy lines, steal the flag, and safely return to their side. If an opposing team player taps you, you are frozen and unable to support your team. For younger kids, keep the space small, but add hurdles, hideaways, or play in the dark for older children.



SA/ENGER HWYT

Scavenger Hunt

Make a list of items for the children to find. Give them sheets and a pen to mark off all the items. The first team to mark off all the items on the list, is the winner. The children can work in teams or work individually.

Kick the Can

Choose an open area and place an empty tin can in the centre. Choose one to be the guard. While the guard counts to 30, other children hide. The goal of the invisible children is to kick the can without being tagged by the guard. The guard's goal is to keep the can from being kicked by tagging any kid who comes running toward it. When a child is tagged, they will freeze in place — the child who kicks the can or the guard who tags all the other players out wins.



Splat bucket

Using any buckets or pots. Fill them with some water. These will be targets to throw water balloons into. When someone gets the balloon into the target, they get another go. If they miss they get a pot of water over them. Any number of people can play this especially on a hot summer day.

Red Rover

Divide kids into two groups. Each team must form a hand-in-hand line and face the opposite team. Someone from team one will say, 'Red Rover, let (player's name from Team Two) come here!' The player rushes at them, attempting to break through a pair of clasped hands. If the player manages to break the chain, they can recruit a member of Team One to Team Two, and if they fail, they will join



the opposite squad. The teams alternate turns until just one man remains.

Water Cup Race



All of the plastic cups should have a hole in the bottom centre. Fasten two lengths of string to two separate points, then put the cups through the string and knot the other end to a tree branch or chair. Bring both cups to the end of their strings and give each child a water gun loaded with water. The children pour water into the cups to push them along the string. The first child to get their cup across the string to the other side wins!

Sourced from www.splashlearn.com

HAY FEVER SEASON

Hay fever is an allergic reaction to pollen, usually when it comes into contact with your mouth, nose, eyes and throat. Pollen is a fine powder from plants.

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Hay fever symptoms

Symptoms of hay fever include:

- · sneezing and coughing arunny or blocked nose
- . itchy, red or watery eyes
- . itchy throat, mouth, nose and ears
- . loss of smell
- · pain around your temples and forehead
- headache
- earache
- feeling tired

Asthma and hay fever

If you have asthma, you might also:

- have a tight feeling in your chest
- be short of breath
- · wheeze and cough

Hay fever may last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

Hay fever treatment

There's currently no cure for hay fever and you can't prevent it. But you can do things to ease your symptoms when the pollen count is high.

To ease your hay fever symptoms:

- put Vaseline around your nostrils to trap pollen
- · wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash the pollen off
- stay indoors whenever possible
- . keep windows and doors shut as much as possible
- · vacuum often
- dust with a damp cloth

- . buy a pollen filter for the air vents in your car
- buy a vacuum cleaner with a special HEPA filter (these can trap pollutants)

To ease your hay fever symptoms, do not:

- cut grass or walk on grass
- · spend too much time outside
- . keep fresh flowers in the house
- smoke or be around smoke it makes your symptoms worse
- · dry clothes outside they can catch pollen
- let pets into the house if possible they can carry pollen indoors

When to see a pharmacist

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments. These include antihistamine drops, tablets or nasal sprays. These treatments can help with itchy and watery eyes and sneezing or a blocked nose

When to see a GP

If you are not seeing any improvement from the pharmacist's treatment, your GP may be able to help.

Visit your GP if

your symptoms are getting worse

your symptoms don't improve after taking medicines from the pharmacy

Treatments from your GP

Your GP may prescribe steroids. If steroids and other hay fever treatments don't work, your GP may refer you for immunotherapy.

This means you'll be given small amounts of pollen as an injection or tablet. This will slowly build up your immunity to pollen.

This kind of treatment usually starts in the winter about 3 months before the hay fever season begins.

Source: www.hse.ie



June Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Cruinniú na n**O**g

Teen Writing Workshop with Best-Selling Author Adiba Jaigirdar Saturday 10th June , 11am - 12pm

For ages 12+

Online

Join YA author Adiba Jaigirdar online for a writing workshop for complete beginners and future authors alike. Aimed at age 12+, this is a great opportunity to get tips and tricks from an award-winning, critically acclaimed, and bestselling author. Adiba Jaigirdar is the writer of The Henna Wars, Hani & Ishu's Guide to Fake Dating, A Million to One, and the upcoming The Dos and Donuts of Love. She is the winner of the YA book prize 2022, the KPMG Children's Books Ireland Awards 2021, and was a finalist for the 2022 Lambda Literary awards.

Limited places, book free via TicketTailor: https://buytickets.at/maynoothlibrary/894755.

Hedgehog Adventures: Illustration Workshop with Author &

Illustrator Aga Grandowicz Saturday 10th June, 3pm – 4pm

For ages 7-10

Venue: Maynooth Community Library

Calling all young nature enthusiasts and budding artists! Dive into the captivating world of hedgehogs in an exciting and educational art workshop. Unleash your creativity, learn fascinating facts about hedgehogs and their habitats, and embark on a unique artistic journey guided by experienced instructor Aga Grandowicz. No prior artistic experience is required, just an eagerness to learn and a love for hedgehogs! Limited spaces are available, so register today to secure your child's spot in this unforgettable adventure.

Book your free ticket via tickettailor: https://buytickets.at/maynoothlibrary/917408

Young Adult Events

Online Teen Writers Group

Thursday 1st and 8th June, 6pm – 7pm

Online

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

Teen Book Club for Ages 12-15 Friday 16th June, 4pm – 5pm Venue: Maynooth Library

Maynooth Library has started a book club for ages 12 to 15 and it needs you!or any book lovers you know. This is a book club with a difference; while there is always a suggested book to pick up, members can read whatever they like and share their best BookTok recommendations or choose one of our picks below. Keep an eye out for our special event with an author in June!

Available for Pickup now:

'Prim Improper' by Deirdre Sullivan (younger readers) 'The Inheritance Games' by Jennifer Lynn Barnes (13+)

Adult Events

Breast Feeding Support Group with Public Health Nurse Tuesday 13th & Tuesday 27th June 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***

Poetry Picnic: An evening of sharing poetry.

Thursday 29 June, 6.30pm.

Online event

Join us for a spread of poetry on a summer's evening, hosted by Maynooth and Ballitore Libraries. Some of you may wish to read a poem aloud, or you might like to just listen, while we enjoy a taste of your favourite poetry. All welcome. Booking and more information via ticket tailor:

https://buytickets.at/maynoothlibrary/925046

Exhibition

DoodleBox Annual Children's Art Exhibition Tuesday 6th June – Thursday 29th June

Doodle Box is delighted for its Maynooth students to have their first ever local exhibition in Maynooth Community library. The children aged 5 to 12 years have worked in many different media: Paint, pastels, papier mâché and pottery, while exploring the theme of 'Food'. It's evident from the creativity displayed that these young artists are full of energy and talent. Doodle Box provides fun, creative and inclusive art classes for primary school children in Maynooth. www.doodlebox.ie

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

Library Groups and Regular Groups

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!

Craft & Knitting Club

Every Monday, 11.30am – 13.00

Bring along your various crafts to inspire and to be inspired. Different craft demonstrations will take place during the year. Socialize and create! The last Craft Club before the Summer break will take place on Monday 26th June 11.30 am - 13.00.

German 'Stammtisch', informal conversation meet-up for adults. Thursday 22 June, 6.30pm-7.30pm

Venue: Maynooth Community Library

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

Meetings take place on the 4th Thursday of every month. For more information contact Maynooth Library at maynoothlib@kildarecoco.ie or 045 980493.

Book Clubs

The Tuesday Murder Club: Crime Book Club Tuesday 20th June, 7pm - 7.50pm

The Crime Book Club will meet on Tuesday 20th June 7.00pm – 7.50pm. If you'd like to join, please email Maynooth Community Library at maynoothlib@kildarecoco.ie . This will be the last meeting of the book club before the Summer break.

Wednesday Readers Book Club Wednesday 21st June, 11.00am – 12.00pm

The Wednesday Readers Book Club meet on the 3rd Wednesday of each month. New members welcome! Please contact maynoothlib@kildarecoco.ie or telephone 045980493 for further details. This will be the last meeting of the book club before the Summer break.



Healthy & Safety Tips for the Summer



Always keep your skin protected from the sun even if its cloudy. Not forgetting to protect your head by wearing a hat and wear sunglasses

Never leave perishable food our in the sun for more than 2 hours

Pack your food in an insulted cooler with ice packs

Be sure to wash all cutlery in between uses

Don't forget to have insect repellent spray as summertime means more bugs and mosquitoes. So don't let the bugs have more fun than you. Some bug bites do cause problems. If they don't go away, seek medical advice

Wash your hands often

Make sure the BBQ grills are cleaned using hot soapy water before they are used

With the weather being hotter and dryer, why not get more physical activities in. Try going for longer walks, pack a picnic and get the whole family out cycling, playing some outdoor sports with family, friends and even pets

Have plenty of drinks - important to stay hydrated especially if doing activities in the heat. Heat stroke and heat exhaustion need to watched for. Signs to watch out for in heat exhaustion are heavy sweating, dizziness, light-headedness. For heat stroke are high body temperature, confusion and unconsciousness. If any sign of heat stroke call the emergency services immediately

Eat more summer fruits and vegetables that are in season. Give your immune system a big boost

When near water or going swimming remember the dangers! Never go swimming alone and swim in a safe place where there are lifeguards

Remember to keep pets safe in the heat also. Keep them cool and keep their water full and out of the heat. Make sure they have somewhere to go for shelter from the heat. Don't walk them on hot paths as this could cause 3rd degree burns on their feet. Walk them either early in the morning or late evening when it is much cooler

Pets can get heat exhaustion the same as us. If walking pets a 20min walk is all they need and if its too hot for you, then its too hot for walkies. Leave them at home, a few missed walks won't do them any harm.

Source: www.healthline.com

Wishing you all a fun filled Safe & Healthy Summer



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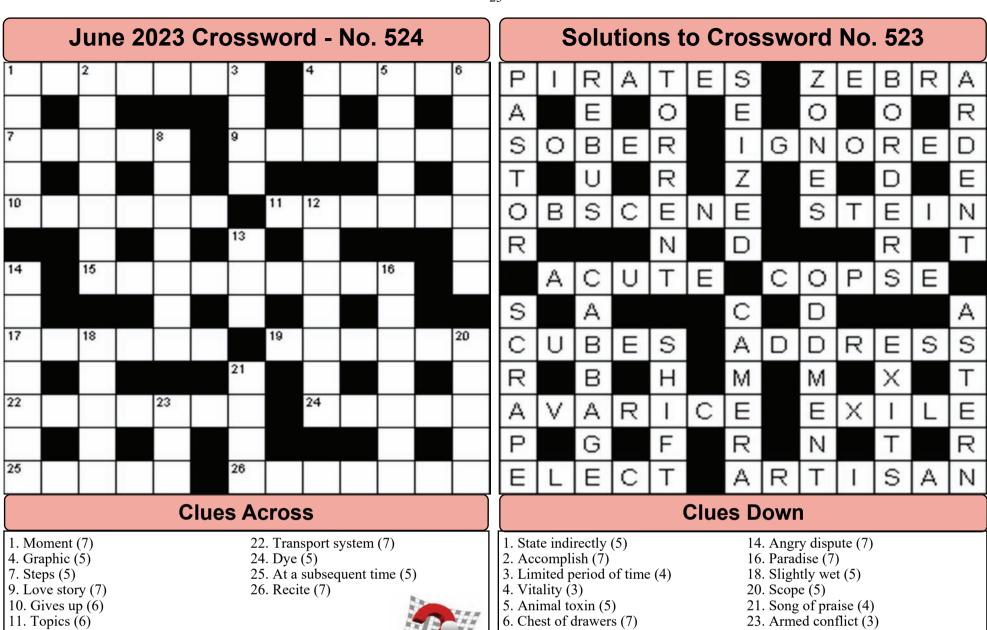
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Difficult						Sudoku Challenge								Super Difficult				
	7		4	3								1			3			
					8	6			2					7		8	6	
		9			6	7			1	7						4	5	
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		3	1						9	2		8					3	
				8	4		5				3			5				

8. Sorrow (7)

13. Fuel (3)

12. Monstrous (7)

15. Nutritionist (9)

17. Nearly (6) 19. Movie genre (6)

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

Pea, Asparagus & Ham Hock Tart

Prep:25 mins

Cook:1 hr and 25 mins

plus at least 1 hr 30 mins chilling

Serves 6-8

Nothing says spring more than peas and asparagus. Showcase their grassy sweetness by combining with ham hock in a luxurious quiche, encased in golden, flaky pastry

Ingredients

200g fresh podded peas, or use frozen (defrosted)

8 asparagus spears, halved

4 eggs

200g double cream

200g double cream 200g crème fraîche

flat-leaf parsley or mint (or use a mixture), finely chopped

6 spring onions, finely chopped

1 lemon, zested and juiced

25g parmesan, finely grated

150g cooked ham hock, shredded

For the pastry

250g plain flour
125g cold unsalted butter, cut into cubes
2tsp mustard powder (optional)
30g parmesan, finely grated
For the topping
25g pea shoots
50g mangetout, halved lengthways
½ tsp extra virgin olive oil



Method

STEP 1

First, make the pastry. Rub the flour, butter, mustard powder (if using), parmesan and 1 tsp fine salt together in a large bowl using your fingertips until the mixture resembles sand. Or, do this by pulsing the ingredients together in a food processor. Gradually add 4-6 tbsp cold water, pressing the mixture together until you have a soft dough. Briefly knead the dough until smooth.

STEP 2

Roll the pastry out between two sheets of baking parchment until 3mm thick and large enough to line a 20 x 7cm loose-bottomed spring form cake tin. Remove the top layer of parchment and invert the pastry into the tin, or drape it over the rolling pin and unravel it into the tin. Push the pastry into the base and up the side – there should be about 1½cm excess pastry that comes above the rim. Use your thumbs and index finger to crimp the excess around the edge. Chill for at least 1 hr 30 mins. or overnight.

STEP 3

Meanwhile, cook the peas and asparagus in a pan of boiling water for 3 mins, or just 2 mins for defrosted frozen peas. Immediately plunge into a bowl of ice-cold water to halt the cooking process, and leave to cool in the bowl for 2 mins. Drain and set aside until needed.

STEP 4

Heat the oven to 200C/180C fan/gas 6. Prick the base of the chilled pastry case all over with a fork. Scrunch up a piece of baking parchment, then use it to line the case, leaving some overhanging. Fill the case all the way to the top with baking beans or uncooked dry beans or rice. Bake for 15 mins, then remove the beans and parchment and bake for 10-15 mins more until golden. Don't worry if it shrinks from the edge slightly. Leave to cool while you make the filling.

STEP 5

Whisk together the eggs, double cream and crème fraîche, then mix in the herbs, spring onions, lemon zest and juice, parmesan and cooked peas. Season with sea salt and a good crack of black pepper, then pour the filling into the baked case. Sprinkle the shredded ham hock over, pressing it into the filling slightly, then arrange the asparagus spears on top.

STEP 6

Turn the oven down to 190C/170C fan/gas 5 and bake the quiche for 45-55 mins until golden on top with a slight wobble in the middle. Leave to cool for 20 mins in the tin, then serve warm or leave to cool completely and chill until needed. Will keep chilled for three days.

STEP 7

When ready to serve, toss the pea shoots and mangetout with the olive oil, then pile in the middle of the quiche. Cut into wedges to serve. 'Docking', or pricking the base of the pastry case with a fork, ensures it bakes evenly and doesn't rise. Use a small offcut of pastry to push the pastry into the base of the tin. This helps prevent tearing.

Source: www.bbcgoodfood.com recipes



Now it's Summer!



Gardening tasks and projects that you can do to help keep your garden looking great.

Spray roses against blackspot disease on regular basic, especially in the damper parts of the garden, and after wet weather. Also continue to tie in the new shoots of climbing roses so that they will be in the correct position for training later and are safely out of the way.

Even if it rains, young trees and shrubs planted in the last twelve months can be suffering from moisture shortage due to inability of the roots to take water. Water if the leaves are small and sparse. Begin to take cuttings of soft wood of current season's growth of fuchsia, clematis and other shrubs.

Bedding plants can be planted out in flower beds and containers and baskets planted up. There is still plenty of time for them to flower well, especially if large plants in individual pots or cell trays are used. Make certain to control the first flush of weeds among bedding plants. If there is wet weather, a flush of seedlings will appear and these will give a



lot of trouble if they are allowed to make growth. If bedding plants are a little set back by cold weather, just after planting out as sometimes happens, a liquid feed will bring them on.

Continue to watch for slugs and snails in the first few weeks after planting and on perennial flowers. Stake perennial flowers that need it, especially in an exposed garden, such as alstroemeria and delphiniums.

Grass really responds to rain showers and if there is some lightning as well it helps to green up the grass by 'knocking' nitrogen out of the air. If the grass is not growing well despite rain, apply some fertilizer to improve growth. The ideal weather for applying lawn weed killer is fine and settled, warm but with some moisture in the soil. Lawn weed killers are very effective in the right conditions. Do not apply weed killer if you want to grow a wildflower lawn.

Pinch out any side shoots from your tomato plants and feed once the first truss is setting fruit. You can pot up the side-shoots to create new tomato plants.

Continue to earth up potato plants as they grow. If you're growing potatoes in bags simply add more compost to half way up the plant stem. Harvest salad crops and resow every 2 weeks for a constant supply of tasty leaves. Harvest early potatoes -

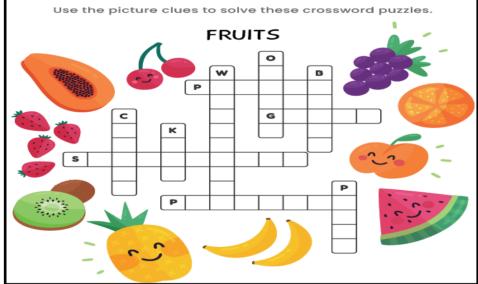


these are normally ready from 10 weeks after planting. Look out for onion and garlic leaves yellowing and dying back - this means they are ready to harvest! Plant out tender vegetables such as corvettes, squash, tomatoes and sweet corn now the risk of frost has passed. When planting out cabbages, use cabbage collars to prevent cabbage root fly attack. There is still time to plant runner beans - sow them directly in the ground now. By all means, take some time to simply enjoy your garden and all the hard work you've put into it. *Enjoy!*

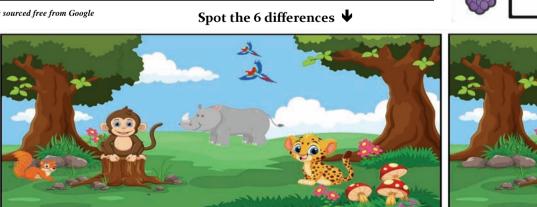
Source: www.gardenersworld.com







All puzzles sourced free from Google















FILM/DVD MONTHLY BY BERNIE CLAXTON Classic Movies Trivia



Taxi Driver (d. Martin Scorsese, 1976)

In Martin Scorsese's iconic masterpiece, <u>Taxi Driver</u>, the most famous line, *You talkin' to me?* wasn't part of Paul Schrader's original screenplay. De Niro was just directed by Scorsese to look in the mirror and talk to himself. The rest was brilliant improvisation on the part of the actor.



Titanic (d. James Cameron, 1997).

In the final stages of Cameron's epic blockbuster film, based on the Titanic tragedy, the famous scene where the water comes cascading into the Grand Staircase room was filmed in one single take because the entire set and furnishings were going to be demolished.

The scenes set in 1912, have a total length of two hours and forty minutes, the approximate time it took for Titanic to sink. Also, the collision with the iceberg was said to have lasted 37 seconds, which is how long the collision scene runs in Cameron's film.

Jaws (d. Stephen Spielberg, 1975)

Every day, the <u>Jaws</u> technical crew had to gather on a barge that was too small to hold them all. *You're gonna need a bigger boat*, became a repeated expression. Roy Scheider, who played Brody, had fun using the sentence on set. It subsequently made it into the movie to become the most iconic line uttered by Scheider's paranoid police chief character, when confronted with the reality of the shark menace.



The Godfather (d. Francis Ford Coppola, 1972)

The cat sitting on Marlon Brando's lap in the classic opening <u>Godfather</u> scene is a stray that director Francis Ford Coppola spotted around Paramount Pictures. Once he was placed on Brando's lap, the cat felt so at home that he started to purr at full volume, to the extent that some of the star's dialogue was indistinct and, consequently most of his lines had to be looped afterwards

Marlon Brando wanted to make Don Corleone look like a bulldog, so he stuffed his cheeks with cotton wool for the audition. For the actual filming, he wore a mouthpiece made by a dentist to give the same effect.

Babe (d. Chris Noonan, 1995)

The English character actor, James Cromwell, converted to a vegan lifestyle after filming several scenes with the sheep-herding piglet star of the popular family movie. Cromwell, who was already a vegetarian, became a strict vegan and committed animal-rights activist after his role in Babe.

There were actually 48 purebred, Large White Yorkshire pigs cast as <u>Babe</u>, since the filming stretched out over three years. The chosen pigs kept outgrowing the young piglet requirements of the story. All the Babes in the film were female pigs.

Raiders of the Lost Ark (d. Stephen Spielberg, 1981)

Originally, the script of the film required Indiana Jones to be involved in a fight with a dangerous opponent, wielding a sabre. The scene would require several takes and complicated choreography. Unfortunately, during filming, Harrison Ford was exhausted and suffering from severe dysentery. Spielberg and Ford decided on a clever alternative. Indiana whips out his gun and shoots the bad guy instead. Thus, a classic film scene, which proved very popular with audiences, came to life.



The African Queen (d. John Huston, 1951)

The legendary actress Katharine Hepburn was reportedly shocked by her famous co-star's - Humphrey Bogart - drinking habits during the filming of <u>The African Queen</u>. Bogart was in good company with their hard-drinking director, John Huston. In revolt, Hepburn decided to drink nothing but water during filming. Ironically, she caught dysentery, while the two drinking buddies remained unscathed. There's a moral there somewhere.

The Dark Knight (d. Christopher Nolan, 2008)

In preparation for his role as the Joker, in <u>The Dark Knight</u>, Heath Ledger shut himself away in a hotel room for several weeks. Ledger totally immersed himself in the psyche of his character, creating the Joker's disturbing mannerisms, the voice and sadistic-sounding laugh. The late actor's intention was to give a totally different interpretation of the malevolent Joker, to Jack Nicholson's previous screen incarnation.

Ledger's take on the Joker's appearance was based on the chaotic, unkempt look of punk rocker Sid Vicious aligned with the psychotic mannerisms of Malcolm McDowell's character from <u>A Clockwork Orange</u>. Heath Ledger's blistering performance as the evil Joker earned him a well-deserved posthumous Oscar. Only the second actor in film history, after his fellow Australian Peter Finch for <u>Network</u>, to be so honoured.



The Empire Strikes Back (d. George Lucas, 1980)

The classic line -"I know" - which Hans Solo says to Princess Leia (Carrie Fisher) after she confesses that she loves him is said to have been improvised by Harrison Ford.

As George Lucas didn't want the twist getting out, apart from James Earl Jones and Mark Hamill, no one knew that Vader was really Anakin himself. David Prowse was instead led to believe that Obi-Wan had killed Anakin. The actor was very annoyed upon learning the truth, stating he would have acted differently if had known. The fact that James Earl dubbed his voice in the finished cut of The Empire Strikes Back incensed Prowse even more.

Mark Hamill, as Luke Skywalker, did most of his stunts in the film. In fact, the actor had to bang his head sixteen times on the ceiling of Yoda's hut before the director was satisfied with the scene. Talk about suffering for your Art.

Answers to Easter Movies Quiz

- 1) Violet 2) Timothée Chalamet
- 3) Renée Zellweger 4) Bambi 5) Judy Garland
- 6) Andrew Lloyd-Webber 7) Marmalade
- 8) Grandpa Joe 9) Stephen Boyd 10) Robert Powell
- 11) James Corden 12) True 13) Monty Python
- 14) Gene Wilder 15) Orson Welles 16) Yul Brynner
- 17) Mel Gibson 18) Charlton Heston
- 19) The Greatest Story Ever Told 20) Jim Caviezel
- 21) The Greatest Story Ever Told
- 22) The Last Temptation of Christ 23) Ann Miller
- 24) Water turned into blood 25) King of Kings
- 26) Cole Porter







Local News - July 2023 - Issue No. 525 - Online Version

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

The views & opinions expressed in this Publication are those of the contributors.



Maynooth Educate Together NS officially opens new school building

From a small beginning in 2008 when Maynooth Educate Together NS opened with just fourteen pupils the school has grown and now has close to four hundred attending the school. With a permanent site on the Celbridge Road the school opened in a temporary building which was home for ten years. The provision of a permanent building on the site was confirmed in 2016 and it was completed 2022.

The official opening on June 23rd 2023 was performed by Dr. Emer Nowlan, CEO of Educate Together the Patron body for the school assisted by retiring school principal Marie Hand with Niall Hare current Chairperson of the Board of Management and Paul Croghan who was the previous Chairperson.

St. Mary's Brass and Read Band performed at the event with a number of musical and other performances by the pupils of the school including the school choir which added immensely to the occasion.



Marie Hand has retired as Principal of Maynooth Educate Together National School. Marie was appointed as the school's first principal in 2008.



Photo: L to R: Paul Croghan former chair METNS, Marie Hand Principal, Emer Nowlan CEO ET, Niall Hare Chair of the Board of Management Maynooth ETNS.

Maynooth - Ireland's cleanest town

It was clear that progress on litter management in Maynooth was being made when joint 2nd place was achieved in the final Irish Business Against Litter League (IBAL) survey in 2022.





Still to have achieved 1st place in the 2023 summer judging is a great success and an acknowledgement of the efforts being made in the town to tackle litter management. IBAL pick ten locations for each survey and in the latest Maynooth litter survey they picked seven streets and approach road locations and three privately managed sites in Maynooth University and St. Patrick's College.

The public road and street locations are cleaned by Kildare County Council and volunteers from Maynooth Tidy Towns who do midweek and weekend litter picking but there are some areas of the town where Maynooth Tidy Towns volunteers undertake a daily litter pick up. It is important that everyone including businesses continue to support the efforts to tackle litter. Organisations such as Maynooth University and St. Patrick's College are also key to Maynooth's success. Well done to everyone involved.

You can read the detail of the June 2023 results in the Maynooth Tidy Towns notes on page 17



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.

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

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Letters to the Editor

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

Mission Statement

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

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.

The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

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

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

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

Maynooth Newsletter Archives

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

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load. The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Disclaimer

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

If Maynooth was not already all a buzz this month the holding of the Annual Beekeeping Summer School and the Bord Bia National Honey Show on the 28th and 29th of July in Maynooth University Southern Campus will get it going. This event has always provided wonderful educational, as well as social opportunities for beekeepers around the world, and this year's event in Maynooth will prove just



as popular with a host of lectures, workshops, and exhibits, the centre piece being the An Bord Bia sponsored 'Irish National Honey Show'. I know that there are beekeepers in Maynooth so it will be of interest to local people.

(See full details on page 12)

There is clearly a big interest in growing allotments and community gardens in County Kildare with over thirteen hundred submissions already to the public consultation being conducted by Kildare County Council. There is no doubt that during the Covid pandemic people who have gardens with their homes spent more time in



them and many including myself started to grow their own vegetables and fruits. An allotment where people could come together and make their gardening a social activity as well as a productive one would be a great addition for the people of Maynooth. There are some great examples of successful allotments such as the one developed by Fingal County Council at Clonsilla. Unfortunately, a suitable site in Maynooth will be difficult to find so we should not get our hopes up that an allotment will be available in Maynooth anytime soon. The benefits for the environment as well as for the wellbeing of gardeners should make the provision of allotments a priority for Maynooth.

After promising for many years another bus service linking Maynooth and Tallaght (Hazelhatch train station for the moment) started in June. W61 is operated by the private bus company Go ahead and is the latest service that provides a radial route as distinct from the bus services such as the



C3/C4 which serve the Maynooth to Dublin City route. This follows on from Route 139 which started in March 2018 and serves a route between Naas and Blanchardstown including Maynooth which has become a very popular service. The restart earlier in the year of the Maynooth/Dublin Airport Hopper after suspension during Covid also provides an important access service to Maynooth.

Paul Croghan Editor

Copy date for the August edition will be 5pm on Thursday 27th July 2023

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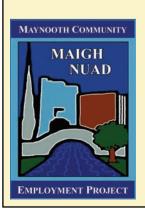




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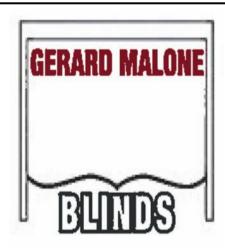
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Top Tips for Surviving the School Holidays

School holidays can be a difficult time for parents, especially working parents. Balancing work with childcare is hard and often expensive. Even if you are home, keeping children entertained can be tough, especially when weather is bad and going out is more of a challenge. But get it right and the holidays can be a lovely time for everyone, including you. Here are some tips for surviving, and enjoying, the school holidays.

Involve Other People

Your friends, particularly those with children or the parents of your children's friends, will also be trying to find ways to entertain their children during school

Using each other as entertainment is mutually beneficial, so you do not need to feel bad about it.

Doing things together will provide ready-made entertainment for the children, and adult conversation for you.

In summer, you can meet up somewhere outside, including the park, or go to a café with some outdoor play space.

Use Community Resources

Community resources, such as churches and libraries often have craft activity sessions or days during school holidays and, better still, they are likely to be

Even if you have to stay, it will still keep your children occupied and busy, and you will probably get a cup of tea or coffee.

To find out more, look at 'What's On' websites, or noticeboards at local community centres, libraries and churches, and ask other parents for ideas.

Libraries are also good places to spend time because they are a source of free books. You can sit there and read to your children if you like, or they can read books to decide if they like them. An hour or so choosing books, followed by a cup of coffee at the café, can be a good way to spend a morning at any time of year.

Look Out for Sports and Other 'Camps'

Schools and sports centres are well aware that parents work, and that children need entertaining.

Most schools will run some kind of holiday clubs, many of which are open to the wider community and not just to children at the school. Some run very specific sports clubs, or coaching sessions, which can



be good if your child is into sports. Many camps offer either daily or weekly rates, so you can either send the children for a few days, or just a day as a taster if you really need to get something done.

Use the Rest of the Family

School holidays are a good time to draw on family resources.

Look on it as giving your children a chance to spend time with cousins/grandparents/ other relatives. You may be able to do this on a day or overnight basis, depending on distances and also your children's ages. Alternatively, consider a 'child share' with other family members, where you take their children for a few days and they then reciprocate.

Use Free and Subsidised Resources

Many museums are free or heavily subsidised, making them cheap options for

It also makes them busy so, if you can plan your visit for days at either end of the holidays when other people are at school, this may be better.

Plan Ahead

If you have four, six, or even more weeks of holiday ahead of you, it pays to plan ahead. Mark out when you are planning to be away on holiday together, and make sure that you give yourself enough time to do some packing beforehand and washing afterwards.

If your children are going to be spending any time away with grandparents or other family members as well as on holiday with you, try to space out their time away so that they do not feel they are being rushed from one thing to



another (and you have time to wash their clothes and repack their bags)

Try to arrange to do at least one or two 'organised' things each week, such as days out with friends, or craft activities, so that the expectation on you for spontaneous entertainment is less. Space out your spending, especially if your budget is limited, so that expensive things do not all happen in the first week of the holidays leaving the rest as a bit of a let-down.

Check for Special Offers and Events at Local Venues

Because so many people go away in the summer holidays, local venues like leisure centres and swimming pools often have special offers, especially midweek. You can therefore do more with your children within budget.

Plenty of venues, including museums and art galleries, also have special family events during school holidays.

Stock Up on Craft Activities or Equipment

Make sure that you have plenty of indoor activities in hand, planned and ready to go, especially for wet days, or if you unexpectedly have to do some work for a few hours.

Look out for shops having sales of craft activities or kits, and stock up for emergencies, and use your local library or the internet as a source of ideas for craft activities that can be put together easily.

Plan a Treat for the End of the Holidays

For example, plan to take your children out somewhere special, perhaps a museum or theme park, or somewhere that they have wanted to go for a while.

This has two main purposes:

First, it acts as a milestone that the holidays are over and that everyone will be going back to school or work. Secondly, it acts as a reward for good behaviour during the holidays (or a gentle threat in the event of poor behaviour).

Furthermore, it gives everyone, including you, something to look forward to, especially if you have any period of time without much planned.

Source: www.skillsyouneed.com/parent/surviving-school-holidays.html



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Stay safe everyone.





Cllr. Angela Feeney Maynooth Labour News

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A Pedestrian crossing at Maynooth Town Football Club.

Cllr. Feeney put forward a motion to the March MD calling for a pedestrian crossing and road safety improvements at Maynooth Town Football Club. The reason Cllr. Feeney raised the issue that the club is located on the Newtown Road with a footpath on one side of the road. However, the footpath is not on the same side as the football club which means that children walking or cycling to the club have to try and get across a very busy road, to get safely to the other side onto the footpath.

Cllr Feeney asked for a safety review at the March meeting and welcomed the fact that the Council in its response stated that it is in favour of a push button pedestrian crossing being provided near the entrance to the club so that everyone can cross safely. The related motion by Cllr. Feeney at the recent June Council MD meeting aimed to move the project forward because as Cllr. Feeney said, it needs to be done.

Cllr. Feeney welcomed the fact that the Municipal District Engineer said he will work with the Traffic Management Team to prepare a proposal at this location. As to funding, the members will be discussing how best to use remaining LPT funds in the MD in the coming days and weeks and Cllr. Feeney quietly confident that it will be provided as it will be money well spent.

Unfinished roadworks at the roundabout near Maynooth Education Campus.

Cllr. Feeney stated at the June Council MD meeting that she had been contacted by many local residents about the unfinished works near the roundabout at Maynooth Education Campus. The works appear to have been started and then abandoned for some time now and not only does it look unsightly, it is not safe. The Council said that while this area is not in the charge of the Council, Cllr. Feeney got clarification at the meeting as to who needs to be contacted and she is pursuing the matter and in communication with the stakeholders to address these unfinished works.

Old and new cemetery in Straffan safety improvements

Cllr. Feeney asked the Council to carry out improvement works on the steps that connect the old and new sections of the cemetery in Straffan and to install a handrail to make it more accessible and safer. On foot of the motion, the Council has already done an initial inspection and in consultation with the Council's Heritage Officer is assessing what improvement works can be carried out on the steps. It was also confirmed at the meeting that a handrail will be installed. Cllr. Feeney thanked the Council for its prompt action.

Swimming pool in Maynooth.

Cllr. Feeney asked the Council for an update on the swimming pool for Maynooth. She stated that the recently launched pop up pool in Leixlip is really welcome and she is delighted to hear that there has been great uptake, with bookings filling up fast. However, Cllr. Feeney continued that this only serves to prove the huge demand that exists for a permanent swimming pool to serve this part of the county. She said that it simply beggars belief that, with the combined population surge in towns such as Maynooth, Leixlip, Celbridge and Kilcock that there is no swimming pool. Cllr. Feeney said that the provision of a swimming pool has become a saga going on for generations. At the meeting, she asked about the status of the swimming pool.

The Council said that it submitted a joint application four years ago with Maynooth University and that the application was not successful, however, no reason was given as to why the application was unsuccessful. That decision was appealed and the Council, after almost three years, has not yet received the outcome of that appeal.

In the response to Cllr. Feeney's question, the Council did state that the outcome of the appeal is imminent and it also confirmed that a new funding scheme is being launched. The data being collected from the pop up pool bookings will be useful in making a strong case to the department.

Pets should be allowed in rental properties

Cllr. Feeney submitted a joint Labour motion requesting the Council to call on Approved Housing Bodies (AHBs) operating in the county to end the ban on pets being allowed in rented accommodation and that a common sense approach be taken. The motion received full support from all members and the Council's Housing Department will correspond with the principal AHBs providing social

housing in Kildare to enquire about their specific policies, the responses received will be collated and provided to the members.

Official Opening of Educate Together National School

Cllr. Feeney was invited to the official opening of Maynooth Educate Together school on June 23rd. The 37 different nationalities of pupils were represented at the event with flags from those countries on full display. Retired Labour TD, Emmet Stagg who was part of the start-up group in 2008 was also an invited guest and was rightly thanked in the speeches. Maith sibh go léir!

Kildare County Council's Allotment Strategy

Kildare County Council is preparing to develop a 'Kildare Allotment Strategy', from which one potential allotment location may be identified in each of the five Municipal Districts: Leixlip-Celbridge; Clane-Maynooth; Naas; Newbridge-Kildare; and Athy.

To understand the demand for allotments and to prioritise the delivery of potential sites for such schemes in Kildare, the Council wants to hear from the public via the online survey. Whether you are an individual or part of a local community group, we're inviting you to submit your ideas for suitable locations for allotments in your town/village that are in accessible locations, are easily serviced, and are large enough to facilitate potential allotment developments. For further details and to participate in the online survey visit the consultation portal at:

https://consult.kildarecoco.ie/en/surveys.

The closing date for submissions is 5pm Tuesday, July 4th 2023.

Meetings attended by Cllr Feeney since the last newsletter

June 2nd 10:00 a.m. Council MD meeting, Áras Chill Dara, Naas

June 20th 14:30 p.m. BusConnects Briefing (online)

June 23rd 24:30 p.m. Official Opening of KCC MERITS building, Naas

June 23rd 14:30 p.m. Council AGM, Áras Chill Dara, Naas

June 26th 15:00 p.m. Council Plenary, Áras Chill Dara, Naas

Upcoming Motions at Council

Motions:

- 1. That the Council Installs a yellow box at the entrance to Manor Court estate Maynooth.
- 2. That the Council includes the public bins in Straffan Village and school as part of its weekly bin collection.

For full Council jointly with colleagues Cllrs Galvin and Breslin:

In recognition of the critically important local services our retained firefighters provide to the communities we represent; we call on the Minister for Housing, Local Government and Heritage and the Minister for Public Expenditure to provide the funding necessary to sustain and enhance the Retained Fire Service-including the pay and conditions of employment for firefighters- now and for future generations.

Questions:

- 1. Can the Council provide an update on the taking in charge of the Moyglare Hall estate in Maynooth
- 2. What is the status of the Masterplan for Carton Avenue Maynooth?

Contact: Please contact me for any issue: <u>afeeney@kildarecoco.ie</u> or 087 2381962

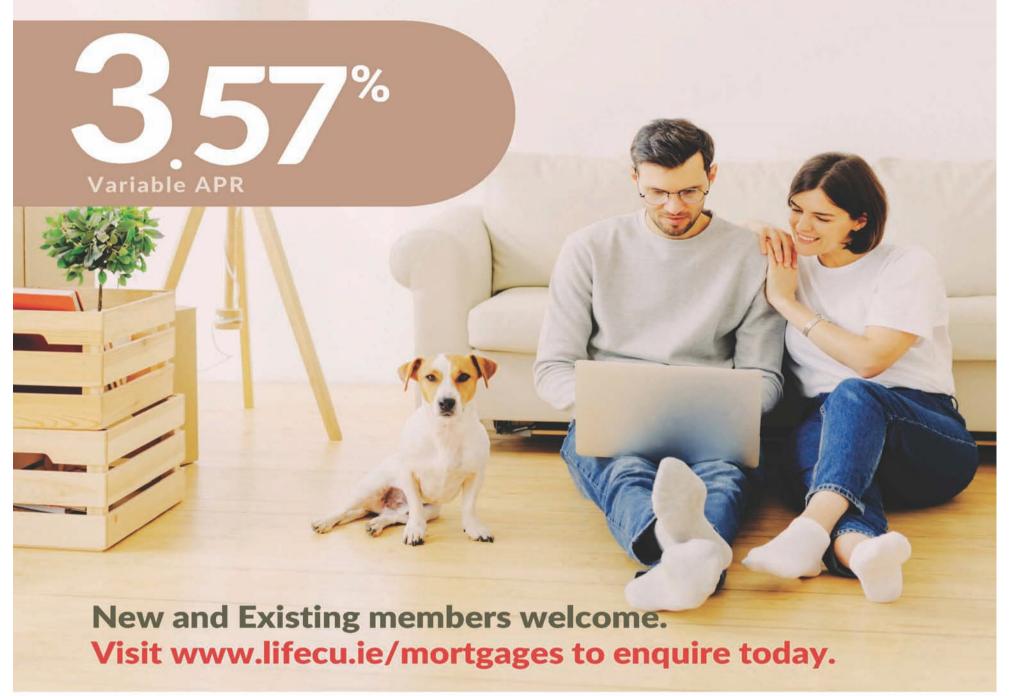
Thank you.

Angela

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Low Rate. Local Decisions. Real People.



Representative example as at 17/05/23. Example is for illustrative purposes only.

Mortgage Home Loan - €120,000 over 10 years, 3.57% variable APR, €1,187per month, total amount payable €142,396.

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.

WARNING: Your home is at risk if you do not keep up payments on a mortgage or any other loan secured on it.

WARNING: The cost of your monthly payments may increase.

Life Credit Union is regulated by the Central Bank of Ireland.

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 www.ci nformation.ie and from the

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



Irish passport card

What is an Irish passport card?

The Irish passport card is a travel document that Irish citizens can use for certain travel instead of the standard passport book. It is similar in size to a credit card and it has a SealCrypt strip. You can only get a passport card if you hold a valid Irish passport book.

You must apply online to get an Irish passport card.

Online applications are completed in approximately 3 to 5 working days. Check the Passport Service website for the current processing times.

Where can I use it?

You can use the passport card when traveling in the European Union, the European Economic Area (which includes Iceland, Liechtenstein and Norway) and Switzerland.

If you are an Irish Citizen travelling from Ireland, you do not need a passport to enter the United Kingdom under Common Travel Area rights, but airlines and sea carriers may want you to prove your identity when checking in. You should check with your airline or sea carrier to see what types of identification they accept.

For travel to other non-EEA countries, you must use your standard Irish passport book.

How much does it cost?

Adults and children can get passport cards. You will save money The personal details you provide when applying for a passport if you get your passport book and passport card at the same time card must be exactly the same as those on your passport book. as part of a bundle.

Fees for a passport card							
Type	Cost						
Adult passport card	€35						
Adult standard passport, plus passport card bundle	€100 includes a 10-year passport book and 5-year passport card for people aged over 18.						
Adult large (66 pages) passport, plus passport card bundle	€130 includes a 10-year passport book and 5-year passport card for people aged over 18.						
Child standard passport, plus a passport card bundle	€45 includes a 5-year passport book and passport card for people aged under 18.						
Child large (66 pages) passport, plus a passport card bundle	€75 includes a 5-year passport book and passport card for people aged under 18.						

There is an additional €5 postal fee for each child application to cover the cost of returning documents to the applicant. There is an additional €15 postal fee if you reside outside Ireland

How to apply

You can only apply for a passport card online.

Over 18 and hold existing passport book

- You may apply for a passport card individually.
- Your passport book must have at least 3 months remaining validity.

Over 18 with no passport book or passport card

You can get a passport card and passport book at the same time online as part of a bundle.

If you are under 18

- You can only get a passport card with a passport Book as part of a bundle which is an option you can select when renewing your child's passport online.
- Passport Cards for under 18s will be valid for the same period as the Passport Book.

When making the application you need:

- Your current passport book
- Your photograph (see the detailed guidelines on dfa.ie)
- A valid email address
- A debit card or credit card

The passport card is valid for 5 years or until your passport book expires, whichever period is shorter.

If you are going to use your passport card when travelling, you must use the passport card number when checking in online.

Track your application

When you submit your application online, you are issued with an 11-digit application number. You can track your application's progress on the Department's website using the application number.

Lost, stolen or damaged card

If you have lost your Irish passport in Ireland, tell the Passport Office immediately. Lost, stolen or damaged passports can be renewed online.

More information

You can find more information in the Department's list of FAQs and on dfa.ie. You can also view the turnaround times for the processing of applications. If you have any queries you can contact the Passport Service.

Beekeeping Summer School



Over the past couple of years, you may have noticed more wild flowers being sown along roadsides, in gardens, and even on top of roundabouts. Apart from adding a dash of natural beauty and colour to their surroundings, these flowers are also playing their part for biodiversity by attracting the honey bee to harvest their pollen.

Interest in bees appears to have soared recent years as we are becoming ever more aware of their ecological importance. Coupled with this is a growing awareness of the health benefits of natural honey, which in turn has generated a newfound appreciation for the art of beekeeping, with even celebrities like David Beckham, and Morgan Freeman, donning bee suits and tending to hives.

If you've ever harboured an interest in becoming a beekeeper, or you wish to further develop your beekeeping skills, then the 'Annual National Beekeeping Summer School' in Maynooth on the 28th and 29th of July is be for you.

Now in its 75th appearance, this event has always provided wonderful educational, as well as social opportunities for beekeepers around the world, and this year's event will prove just as popular with a host of lectures, workshops, and exhibits - the centrepiece being the An Bord Bia sponsored 'Irish National Honey Show'.

Lectures and workshops are tailored to beginners, intermediate, and advanced, so there's something to suit all skill levels, and with access to a host of experienced beekeepers and tutors you will have the means to turn your beekeeping dream into a reality.

You can book for one or both days of the school, and there is also accommodation available to rent in Maynooth Campus for those wishing to stay over. There is a 10% early-bird discount in tuition fees for those who book before the 30th of June. More information can be found on irishbeekeeping.ie, and the Federation of Irish Beekeepers' Associations, Facebook page.

Tickets can be booked through Eventbrite, while accommodation can be booked on maynoothcampus.com.



ANNUAL BEEKEEPING SUMMER SCHOOL

NATIONAL HONEY SHOW

Website: www.irishbeekeeping.ie 15 and more Lectures to choose from







Friday 28th - Saturday 29th JULY 2023

SOUTH CAMPUS . MAYNOOTH UNIVERSITY



KEY NOTE SPEAKER Norman Carreck Bran has been a bee research Blentist for thirty two years. Blecturing panel, drawn from Ireland, Britain, the EU and the Bricas is a balance of hands-on practical beekeepers with

The lecturing panel, drawn from Ireland, Britain, the EU and the Americas is a balance of hands-on practical beekeepers with significant technical expertise and well published, accomplished academics involved in leading edge apicultural research.

HONEY SHOW

The Irish National Honey Show '23, sponsored by An Bord Bia takes place on Friday 28th and is the centrepiece of this our Beekeeing Festival on the Irish Beekeeping Calendar. Entry details see www.fibka.ie

Presentation of prizes on Saturday 4pm.

LECTURES • WORKSHOPS • TUTORIALS • EXHIBITS

Tuition fees for Friday & Saturday including morning & afternoon refreshments are £65 per day (£55 for FIBKA members). There is an additional 10% early-bird discount for tuition fees, if received before the end of June. On Saturday 29th we have organised three practical microscopy classes on Preparation, Morphology and Pests/Diseases, in the new 'state of the art' Microscopy Laboratory on the north Campus.

A Social evening and awards ceremony will be held at 7pm on Friday 28th. In addition the FIBKA Annual Beekeepers' Conference is planned for the eve of the Summer School from 5.30 to 7.30 pm on Thursday 27th with demonstration sessions on live bee-handing on Sunday am 30th July. Also a study visit to a local Queen Rearing Apiary on Sunday afternoon is an option. The Thursday & Sunday activities are free of charge.

ACCOMMODATION

Accommodation is booked through MU CAMPUS link. / Booking: www.Eventbrite.ie link
Queries: Website: www.FIBKA.ie • Tel:+353-87-1700314 • Email: admin@irishbeekeeping.ie
Our thanks to all our FIBKA Volunteers/Contributors and to Kildare Co. Council for their continued support, without which our fees could not be held at the quoted figures.

Summer Recipes for Cool Drinks

Passion Fruit Martini

This easy passion fruit cocktail is bursting with zingy flavours and is perfect for celebrating with friends. Top with prosecco for a special drink

Ingredients

2 ripe passion fruits (they should have a crinkly appearance), halved 60ml vanilla vodka

30ml passoa

1 tbsp lime juice

1 tbsp sugar syrup prosecco, to serve



Method

• Scoop the seeds from one of the passion fruits into the glass of a cocktail shaker, add the vodka, passoa, lime juice and sugar syrup. Add a handful of ice and shake well, strain into 2 martini glasses, top up with prosecco, then add half a passion fruit to each. Serve immediately.

Tequila Sunrise

Master the art of a classic tequila sunrise, with grenadine, tequila, triple sec, orange juice – and of course a cocktail cherry and umbrella as garnish

Ingredients

2 tsp grenadine ice

50ml tequila 1 tbsp triple sec

1 large orange, or 2 small ones, juiced

½ lemon, juiced

1 cocktail cherry

Method

- Blitz the orange juice, vinegar, coriander, vanilla and 50ml water together in a blender until smooth.
- Strain into a tall cocktail glass filled with ice, then pour in the grenadine slowly so that it settles on the bottom. Garnish with an orange slice.

Summer Cup Mocktail

Get into the summer vibe with this fruity mocktail featuring red berries, lemonade, mint, and cucumber. Cool and refreshing, it's fabulous on hot summer days

Ingredients

1cm thick slice of cucumber 1 sprig mint few frozen red berries 120ml clear, sparkling lemonade ice

To garnish

more frozen berries, chopped fruits, cucumber slice, mint, citrus - all optional

Method

- Chop the cucumber and mint sprig into small pieces. Bring 200ml water to the boil in a small pan and then add the mint and cucumber. Turn off the heat and leave for 2 mins. Add a small handful of frozen berries, let them defrost for a minute, then crush them lightly with the back of a spoon. Strain the mixture. This will keep in the fridge for up to 24 hours and will be enough to make four drinks.
- Pour 40ml of your strained mixture into a tall glass. Add a handful of ice and top up with 120ml lemonade. Garnish with whatever chopped fruit you like or some more frozen berries and mint leaves if you have them. Stir gently to combine.

Fruit Punch

Make this fruit punch as a non-alcoholic drink for a summer party. With fresh fruit, mint, juice and lemonade, it's wonderfully refreshing

Ingredients

8-10 strawberries, halved or sliced ½ orange, slice / ½ lemon, sliced handful of mint leaves large handful of ice 500ml pineapple juice 300ml orange juice/ 300ml lemonade

1ethod

· Put the fruit, mint and ice in a large jug. Pour in the juice, stir and top up with lemonade

Source: www.bbcgoodfood.com/recipes/collection/summer-drink-recipes







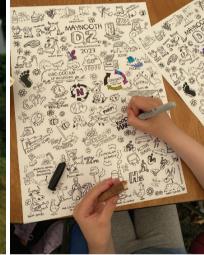
Photo Gallery 1 Photos courtesy of Ronan Melia & Eoin McKeown



























oicnic in the parl



Photo Gallery 2 Photos courtesy of Ronan Melia & Eoin McKeown





























Photo Gallery 3 Photos courtesy of Ronan Melia & Eoin McKeown





















Kildare Planning Applications for Maynooth Area Planning Applications received from 30/05/2023 to 28/06/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
23705	Kildare County Council	Anne Gabbett	Lawerence Avenue, Maynooth, Co. Kildare	23/06/2023
23685	Kildare County Council	Ronan Price	92 Kingsbury, Maynooth, Co. Kildare	21/06/2023
23671	Kildare County Council	Ray Tyndall	Clonagh, Maynooth, Co. Kildare	19/06/2023
23652	Kildare County Council	Denise Nolan	1 Beaufield Avenue, Maynooth, Co. Kildare	14/06/2023
23595	Kildare County Council	Jimmy McMahon	Maynooth Road, Celbridge, Co. Kildare	01/06/2023
23596	Kildare County Council	Mary Ryan Boyd Personal Representative of George Fennell (Deceased)	344 Old Greenfield, Maynooth, Co. Kildare	01/06/2023
23598	Kildare County Council	Maynooth University	North Campus, Maynooth University, Co. Kildare	01/06/2023



Writers' Corner - Short Stories/Articles from our Readers

Macnadille Foray

Knowing how much their home states of New Jersey and Vermont outstripped Ireland in most respects, I decided to go for traditional attractions, so with my brother Charlie, I was leading Dave and his girlfriend Karen into the wilderness, well not exactly a wilderness, but the seldom-visited rural hinterland of our county. They were on a visit to Ireland, while I was permanently back in the old sod after having worked for eleven years in New York.

'Those hazel and blackthorn trees over there are what we call a culleen,' I pointed across from the bog track on which we were walking.
"And what's a culleen?' Karen wanted to know.

"And what's a culleen?' Karen wanted to know. 'It's a small wood,' I explained. 'Coill is the Irish for a

wood.'
'I saw a woodcock sunning himself on a bank there last week,' Charlie was always eager to impart his encounters with wildlife. 'I could hardly believe my eyes.'

'What's a woodcock?' though he was a lawyer, Dave was no naturalist.

That question was all Charlie needed to launch into an explanation larded with anecdotes of the times he had taken a potshot at those elusive game birds. By now we had drawn near to the turlough, which allowed me to inform Karen that the word meant a small lake that rose after heavy rains. It drained into a swallow-hole, from which it flowed via an underground river into a lake on the far side of Ballinvilla Hill.

'And what does Ballinvilla mean?' Karen asked.

'It probably means The Home of the Poet,' I told her.

'I just love those Irish place names,' Karen remarked.

'They remind me of Native American ones like Idaho, Gem of the Mountains.'

'That was a made-up name,' Dave informed her, at which Karen remarked, smiling, 'Well, maybe it was, but it's still better than New Jersey.'

Dave shrugged. 'So what? "A rose by any other name..." 'This exchange was interrupted by the sudden eruption of a duck from a drain.

'Is that a Mallard?' Dave asked.

'No, it's a Wigeon,' Charlie said. 'You can tell by his brown head. I wish I'd brought the shotgun.'

We were now at a cutaway bog with rhododendrons growing in one corner.

'What a magnificent clump!' Karen exclaimed. 'Is it ok if I pluck one?'

Sure,' I said. 'Nobody owns them.'

'There's an orchard over there,' Charlie pointed. 'The gooseberries and currants should be ripe by now, not to mention the apples and plums.'

'That reminds me of the time we were children,' I added. 'We were helping Jimmy Burke with the hay and his daughter Helen arrived with a hatful of plums. She told us she had got them from Mrs. O'Rourke, who lived in Macnadille, over there, beyond the bog.'

'She didn't want us raiding their orchard,' Charlie pointed out

'Are any of the O'Rourkes still living there?' I enquired. 'No,' Charlie shook his head, 'though some people claim to have seen smoke rising from trees in that area. Maybe it's been taken over by the fairies!'

Mention of the fairies made Dave's eyes light up, 'Then we'll have to check it out. We may even find the leprechaun's pot of gold.'

'Surely you don't believe all that old folklore stuff?' Karen scoffed.

'No,' Dave assured her, 'but it'll make a great story for the guys back in the office. Some of them are quite gullible.' 'Fine then,' I agreed. 'We can visit the orchard on the way back.'

After traversing rush-grown bottom fields and a treacherous stretch of bog, where it looked as if somebody had recently been digging for something, we eventually arrived at O'Rourke's, but to our surprise, instead of a weed-grown ruin, we found that the farmhouse had been made somewhat habitable with makeshift repairs to the slated roof and front door.

'What's all this?' I asked Charlie.

'It's as much a mystery to me as to you,' he declared. 'Let's try the door.'

To our surprise the door wasn't locked and the four of us ventured inside, expecting to be challenged by the new owners, but the kitchen, which seemed unchanged since the O'Rourkes lived there, was empty.

'Look at this!' Dave said to Karen, opening a large leatherbound dictionary left on the windowsill. 'You wouldn't expect to find a tome like that outside a library, and it's a Webster's. Wow! The O'Rourkes must have been an educated lot.'

'Yeah, we're not all backwards here!' Charlie retorted. 'Old Joe happened to be the wisest man in the parish. But there's no dust on it or anywhere else and that looks like fresh ashes in the fireplace.'

'Let's see what's in here,' I pushed open the bedroom door and the others followed. To our amazement a canopied, four-poster bed like those once found in certain country houses had been roughly dressed and covered with a nylon quilt and on the floor beside it there were three rolled-up sleeping bags.

'What's going on here?' Dave asked.

'I've a fair idea,' Charlie picked up a booklet lying beside one of the sleeping bags. 'This is an army training manual. 'So the Irish army trains here?' Dave seemed nonplussed. 'Not exactly,' Charlie said. 'More likely Dissident Republicans.'

'Wow!' Dave's face lit up. 'Wait till my buddies back home hear about this!'

Karen looked alarmed, 'Suppose they come back, find us here and then murder us?'

'They probably only come here on weekends to get a bit of peace and quiet' Charlie told her.

'Surely now that there's a power-sharing executive in the North –' I began, but the others were already leaving the

Instead of following them I decided to inspect a wardrobe. It was half filled with soiled tracksuits and overalls thrown on top of a few pair of sturdy boots. Maybe the people who used the house were just nature enthusiasts?

On reentering the kitchen I found it empty. There was a door ajar on the far side, so I made a beeline for it. Charlie and Karen were examining framed black and white photos of the O'Rourkes hanging on the walls, while behind them, facing the fireplace, there was a settle bed, closed so that it served as a couch. But what really caught my eye was a tea chest with five or six upright spades and shovels. Why keep tools like that in the parlour? Was it to stop them being seen by visitors who were in the kitchen?

On being told that Dave had stepped outside, I decided to

join him and found him walking, head bent, at the back of the house. 'I just wanted to see if there were any signs of military training,' he explained, 'trampled grass, spent shells, that

sort of thing.'
'And you found nothing?'

'They could have used another spot.'

'Maybe,' I said, 'but there's another possibility. Do you remember the dug-up area we passed on the way here? It had crumbling black logs scattered on it.'

'That spot in the bog about half a mile back?'

'Yes. Well, why would anyone dig in a place like that?' 'Buried treasure?'

'You could be right, and I know just the man who'll enlighten us.'

'An archaeologist?'

'No, a man of the cloth.'

That afternoon we were all waiting to enjoy the spread my sister Maureen had prepared when Fr. Bernard finally arrived. He was in civies, probably because he guessed our American visitors weren't Catholics. After introductions, he took his place near the end of the table and soon had Dave and Karen chatting to him like old friends. When the conversation eventually turned to the dug-up area of the bog, Fr. Bernard's eyes lit up.

'Not having seen the actual spot I can't be sure what you saw,' he confessed.

'It was an area about six times the size of this room,' I explained.

'More like twelve times,' Charlie corrected, 'and it was roughly circular.'

'I can't be certain of this,' Fr. Bernard said, 'but it could be a *crannóg*.'

"What's that?' Karen asked.

'To answer your question I'll have to fill in the background,' Fr. Bernard was obviously delighted to elaborate on a favourite subject. 'You probably know that our raised bogs were once lakes that over centuries filled in with vegetation. Some of these lakes had artificial islands built on a foundation of tree trunks, hence the word crannóg, from crann, a tree. There almost certainly was such an island in the bog near Macnadille, but nobody noticed it, nobody that is except a few, shall we say, dodgy characters? They probably picked up some artifacts, shards of pottery, dress pins, maybe even a brooch, and decided that with thorough excavation they might even find a gold horde, so they commandeered O'Rourke's house for their base camp.'

'But why didn't our own people excavate it?' Charlie asked.

'A good question,' Fr. Bernard remarked, 'especially as the name Macnadille in Irish is Mac an Iodáile, Son of the Idol. There must once have been a pagan idol in these parts and our ancestors usually appeased such idols with rich offerings, even human sacrifices. I'm guessing that something like that may have prompted those squatters to move into O'Rourke's.'

'You don't think they are Dissidents then?' Charlie put down his teacup.

'They may very well be,' Fr. Bernard conceded. 'The Gardaí will certainly be investigating that angle – By the way, have you phoned them?'

'I can drop into the station when I drive Dave and Karen back to their hotel,' I piped up. 'The squatters can't know we're on to them, so there's no hurry.'

'So where are they now?' Dave asked.

'Fr. Bernard shrugged, 'Probably across the border in Northern Ireland,'

'I still don't see how idol worship and this crannóg are related,' Dave challenged. 'Did the people living on the crannóg worship the Son of the Idol?'

'Assuming there was a crannóg, the answer to your question depends on when it was built,' Fr. Bernard explained. 'If it was before the coming of St. Patrick they might have. Anyway, that's pure speculation on my part.'

'But informed speculation,' Dave seemed content to drop the matter.

'In any case, I'm sure the O'Rourkes wouldn't be too pleased with the present occupants of their house,' Karen buttered another slice of soda bread.

'You're dead right,' Maureen was carrying a pot of fresh tea from the work counter. 'Old Joe always said that the good earth provides enough to satisfy our needs, but not our greed.'

'I think he was quoting some famous person,' Fr. Bernard tapped his forehead, trying to remember. 'Anyway, I'll have to make that the subject of my next sermon.'

'Now I'm sure you'd all like some apple pie and custard?' Maureen smiled at our guests. "I baked the pie this morning.'

P. G. Nerney

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.

MU partners with Intel to create New Robotics Lab

The <u>Maynooth University Foundation</u> is delighted to announce the creation of a state-of-the-art robotics lab which will be supported by a donation from Intel Ireland. The lab will provide MU students with invaluable hands-on learning experiences using cutting-edge robotic technologies.

The establishment of the robotics lab at a total cost of €150,000 will equip Maynooth University students with access to innovative robotic technologies and equipment used by engineers from Intel and other companies. This hands-on experience will enable them to bridge the gap between classroom learning and real-world application, empowering them to develop and refine their skills in robotics.

The new robotics lab is set to become a hub of innovation, where students can explore and experiment with robotics, pushing the boundaries of technology and unlocking new possibilities. This new lab will support students in MU's current degree programmes in Robotics and Intelligent Devices, Electronic Engineering and Computer Science.

The gift from <u>Intel</u> is coupled with an investment from the University, demonstrating the power of public-private partnerships to fuel innovation and improve student learning experiences.

The establishment of the robotics lab further strengthens the ties between Intel and Maynooth University.

Dave Selkirk, the Director of Advanced Analytics MSO Automation at Intel Ireland, said: "We are very proud of our close partnership with Maynooth University, a close neighbour of ours here in North Kildare. The development of key infrastructure in the area of robotics will provide an important opportunity for students to gain practical experience in an evolving technology field that has massive potential in Advanced High-Volume Manufacturing."

Vice-President External Affairs at Maynooth University Rebecca Doolin said: "We are tremendously grateful to our neighbour and partner Intel for supporting the development of a new robotics lab, which will give Maynooth students hands-on learning opportunities to work with the same robots Intel engineers down the road are using, bringing their classroom learning to life."

Doolin noted a Memorandum of Understanding (MOU) signed by Maynooth University and Intel in 2019, and its significance in creating a strategic research and innovation partnership.

"Over the years, Maynooth University has developed a strong partnership with Intel that has fostered collaboration in various areas, including student skills and experiences, research, innovation, and community engagement. As neighbours in a vibrant and fast-growing region of Ireland, today's announcement not only deepens the ties between Intel and MU, but also demonstrates the positive impacts on student learning and innovation that such partnerships can yield."

<u>Prof Gerry Lacey</u>, Head of Engineering at Maynooth University, said: "Robotics and AI are creating new industries, making agriculture more sustainable and revolutionising transportation. We are excited that Intel's support will help our students to become leaders in creating this new future."



Pictured L-R: Bernard Capraro, EU Talent Development Programme Manager, Intel; James Petri, Student -BSc Robotics and Intelligent Devices, Maynooth University; Heather Bruen, Student - BSc Robotics and Intelligent Devices, Maynooth University and Allan Stewart, Area Manager, Intel.

New School of Business project supports green energy transition



Researchers at the School of Business, Maynooth University, have received Science Foundation Ireland (SFI) funding for an innovative citizen engagement project to harness business and community participation in the green energy transition.

SFI's National Challenge Fund has awarded the researchers €250,000 to advance this innovative project, with a further two researchers to join the team as a result of this funding.

The team aims to drive change towards green energy and climate action by bringing the local community into the research process, making their needs central to the project, and facilitating knowledge sharing with key MU academics, particularly in the area of renewable and smart energy systems.

Over the next 18 months, the researchers will work with local organisations to identify and address their energy transition needs, creating a suite of tools and resources, including a targeted micro-credential course.

The MU project is one of 47 competing in the National Challenge Fund − receiving initial funding totalling more than €13 million to work on solutions to major environmental and societal issues.

Commenting on the ambitious goals of the project, <u>Prof Fabiano Pallonetto</u>, <u>School of Business</u> and lead researcher said: "We are delighted that our project RENEW has been selected by SFI for funding. We see huge potential for our local community to show leadership in the green energy transition. Our aim is to work closely with the local community, and together explore how Maynooth and Kildare can become an active node of the electrical grid through the co-creation of smart energy management systems."

Dr Amy Fahy, School of Business and co-lead on the project, noted the unique methods employed by the project that involve the community: "This is a perfect example of engaged research at Maynooth University. We are taking a community first approach, addressing the research needs of our local community of Kildare, and creating a process where we can build tools and resources that specifically address community needs, while also providing us with valuable knowledge that can be shared both nationally and internationally."

Speaking at the launch of the National Challenge Fund, Minister for Further and Higher Education, Research, Innovation and Science Simon Harris TD said: "These teams have presented ingenious ideas and committed their talents to working for the benefit of the people of Ireland. We see examples in the news most days of why Ireland needs to work at the green transition and digital transformation and ensure that our innovation and research prepare the country for the future. In fact, the solutions being worked on in all eight challenges in the National Challenge Fund have the potential not just to improve life here in Ireland, but across Europe and around the world."

The National Challenge Fund was established under the government's National Recovery and Resilience Plan (NRRP), funded by the EU's Recovery and Resilience Facility. The fund is coordinated and administered by Science Foundation Ireland.



Pictured L-R: Dr Amy Fahy, lecturer in the School of Business, Peter Hamilton, Chair of Maynooth Sustainable Energy Community and Prof Fabiano Pallonetto, School of Business

MU announces new undergraduate course in Nursing

Maynooth University has announced that it will establish an undergraduate General Nursing programme. The course is being developed to meet Ireland's existing and growing population and healthcare requirements. As part of the University's broader ambition, it is also exploring opportunities to develop programmes in Medicine in the future, subject to regulatory approval.

The development and introduction of the new Nursing course supports the Maynooth University Strategic Plan 2023-28, which aims to develop a strong academic presence in health and medical disciplines. This builds on the University's strong academic underpinnings in biomedical sciences, immunology, assisted living, digital health and social care courses. MU aims to establish a School of Health and Medicine over the next five to ten year horizon that will be known for innovative and inclusive health education, making a significant contribution to the development of a future health care workforce in

B.Sc. (Hons) General Nursing – Key Information

A four-year undergraduate (Level 8) General Nursing Programme, the programme will commence in 2025, with a planned initial intake of 50 students rising incrementally to 100 students per year. The course will take approximately 50% of its intake from mature/local FET learners (those who have completed pre-nursing schools). The establishment of the course is aligned to the MU strategic plan to develop a School of Health and Medicine that will offer health programmes at all levels from undergraduate to PhD. In developing the programme, the University will continue to actively engage with key stakeholders,

and it aims to expand non-traditional pathways into Nursing, with a strong regional focus and the potential to create greater access to Nursing outside of Dublin.

Commenting, Professor Eeva Leinonen, President of

Maynooth University stated, "This is a very significant development for Maynooth University, the healthcare sector and citizens accessing services. Our ambition in healthcare, nursing and medicine is aligned to our long standing and emerging strengths in academic disciplines underpinning Human Health and significant medical and health focused research. Through our existing strengths in areas such biomedical sciences, chemistry, digital health, the work of the Kathleen Lonsdale Institute for Health Research and the Institute for Assisting Living and Learning, for example, we are well placed to deliver the country's next future-focused health care

Maynooth

University

National University of Ireland Maynooth

"With regard to the new courses being developed, we are actively engaging with regional providers to develop a unique model of collaboration that enables an enhanced focus on community-based placements to address both existing and future regional and national healthcare needs. We will offer new academic and professional opportunities for those from backgrounds under-represented in health professions. This is part of our new strategic vision and plan for 2023-28 which builds on the ongoing success of the university to date, and indeed the broader development of Maynooth and the overall region as a desirable location to live and work.'

Summer Visit

My mother sits beside the fireless grate, Eyes closed, murmuring with intensity: "I once was small...my own canoe..." * She does not recognise us, Wandering the frontier of an inner world That lies beyond our questions.

After dinner we follow our children downhill To the farmhouse that held Her warmth like an open hearth For close on fifty years -The place of her enclosure: "My heart sank when I saw it..."

Now piers and gables crumble And weeds supplant the lupins that she tended, While on the chimney's side A TV aerial – emblem of a hard-won comfort – Pipes signals from the outside world Into the disconnected kitchen...

We walk across the meadow field Through which barefooted I lead a donkey With carts of turf to build the garden rick; It was a drawing near to her unfailing welcome.

> Often stooking oats in the Far Bog Or putting hay in cocks, Her thrilling whistle summoned us To dinner in the kitchen.

Today the field is once again Green with after-grass, But sheds collapse and children's ghosts Watch us from their empty doors.

How can I tell my children this? How let them know my heart Is crying for the days of happiness That was her gift to us, Who now are ravelled from her thoughts?

*Part of he song: 'I once was small/ I cared not at

My rent was paid when due/I never sat down/ With a tear or a frown/ To paddle my own canoe.

Patrick Devaney

Maynooth Senior Citizens Committee

Maynooth Senior Citizens Committee will take its usual break for the month of August. However please note that our last Thursday morning Club for the will be on Thursday 20th July and we will resume the morning club on Thursday 7th September. Our September Committee meeting will take place on Tuesday 5th September. In the meantime we still have a few weeks of the morning club activities, mass bus service and of course our pendant alarm provision.

We would like to thank those who gave so generously at our Annual Church Gate Collection on 25th June. All funds go to maintaining the services. Fundraising is a necessary consideration if we are to continue with the service. We will be having a fundraising table quiz in November, more about that later. We also acknowledge the support of the HSE grant and the LPT grant throughout the year.

We will be back re-energized and ready to go in September. We will circulate a newsletter then to our people, as we are aware that not everyone has access to online resources. Maybe the Newsletter board might consider bringing back the print edition.

In the meantime wishing all our members the best for the rest of the Summer.

Susan Durack, PRO

Maynooth Senior Citizens Committee.

E-mail: maynoothseniorcitizens@gmail.com

Quote of the day

- "The same boiling water that softens the potato hardens the egg. It's what you're made of. Not the circumstances." — Unknown
- "If we have the attitude that it's going to be a great day it usually is." Catherine Pulsifier
- "You can either experience the pain of discipline or the pain of regret. The choice is yours." Unknown
- "Impossible is just an opinion." Paulo Coelho
- "Your passion is waiting for your courage to catch up." Isabelle Lafleche
- "Magic is believing in yourself. If you can make that happen, you can make anything happen." Johann Wolfgang Von Goethe
- "If something is important enough, even if the odds are stacked against you, you should still do it." Elon Musk
- "Hold the vision, trust the process." Unknown
- "Don't be afraid to give up the good to go for the great." John D. Rockefeller
- "People who wonder if the glass is half empty or full miss the point. The glass is refillable." —Unknown





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

We are congratulating ourselves this morning on been judged Number 1 for the 1st 6 months of the year in the IBAL Irish Business Against Litter league, Summer Survey. Early in January 2024 the winner of this survey will be announced by IBAL, Naas won the 2022 and 2021 Competition. As the report states our litter bins look a bit tired and should be replaced by Kildare County Council ASAP. The bottle bank in The Council Car Park also took a hit with broken bottles and cardboard at the base. This is mainly due to couriers who lift the bins on a weekly basis.

Other news, the work continues every Wednesday evening, Saturday morning and we have a rota of 4 people who litter pick on a Sunday morning before our Citizens arise. We have 4 Asylum seekers who have joined us since last January and they have done trojan work around the town painting all the bollards, which look magnificent, I might add. Maynooth is SO lucky to have these young men working with us. They also volunteer in Celbridge and Leixlip.

Mary Molloy PRO - Maynooth Tidy Towns Association Please follow us on Facebook for more up to date information









An Taisce Report – IBAL Anti-Litter League, Survey 1, 2023

Maynooth: 1st out of 40 towns / cities surveyed. Cleaner than European Norms

A near-perfect showing gives busy student town Maynooth top spot in the rankings. Many of the open / outdoor spaces were particularly good, not just with regard to litter but the presentation and maintenance of same e.g., Carton Avenue / Parkland, Maynooth Campus, St. Patrick's College and the Sculpture / Heritage Wall. It was great to see the participation of Maynooth Tidy Towns beside Buckley House (Parsons Street), a boarded-up property.

Leinster Street: Grade A: The overall impression along Leinster Street was a good one with regard to litter, just minor sweet paper, cigarette butt and chewing gum presence. Great to see the opportunity to 'separate' waste with recycle bins position right beside general waste 'Big Belly' bins. Some of the other, older, style bins were looking rather tired / defaced.

Buckley House, Parsons Street: Grade A: Clearly a careful eye is kept on this boarded up property as there was no litter directly associated with it. A 'Maynooth Tidy Towns' sign indicates that the area outside has been cleaned by volunteers and asks that people help to keep it that way.

Carton Avenue / Parkland: Grade A: A wonderful expanse of green space with attractive "Visitor Information" notice at the beginning of Carton Avenue. There were very minimal items to be seen throughout a vast expanse of parkland – a credit to the users and those responsible for the same.

Recycle Centre, by SuperValu: Grade B: The main items to be seen at this 'Bring Facility' were broken glass at the base of the units, cardboard boxes and other miscellaneous items to the front of the units.

R184 Kilcock Approach Road: Grade A: A very clean and fresh impression was created along this approach route into Maynooth. All aspects were in very good order e.g., asphalt path, cycle lanes and shrubbery. This was maintained for almost all of the remaining sites surveyed.

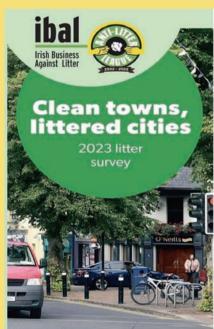
Maynooth University Campus: Grade A: Work has continued apace at this campus with some very fine new builds and sculptures. Not only was the campus excellent with regards to litter, it was very well presented and maintained.

St. Patrick's College: Grade A: The grounds of St. Patrick's College were spotless and meticulously maintained.

Sculpture & Memorial Plaques / Heritage Wall, by University: Grade A: A beautiful environment and spotless throughout.

Convent Lane approach: Grade A: There were some nice features along Convent Lane: 'The Tree of Liberty' 1798 -1998 plaque looked very well, with the text easily legible and the Compass Indicator with sculpture was in good condition. The area was characterised by clean streets and green verge.

Dublin Road: Grade A: Despite heave levels of traffic, there were no litter issues of note along Dublin Road



1	Maynooth
2	Mallow
3	Kilkenny
4	Clonmel
5	Ennis
6	Monaghan
7	Sligo
T8	Ballina
T8	Enniscorthy
10	Naas

	Cavan							
T13	Bray							
T13	Carrick on shannon							
15	Carlow							
16	Roscommon							
17	Mullingar							
18	DublinAirport Environs							
19	Galway City							
20	Killarney							
21	Letterkenny							
22	Athlone							
23	Portlaoise							
24	Waterford City - Ballybeg							
25	Longford							
26	Tullamore							
27	Drogheda							
28	Navan							
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to European Norms

Waterford City



Gold Medal 2022, this is our 6th Gold Medal. Pictures to follow in the August addition of the Newsletter.





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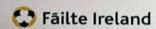
Four members of Maynooth TidyTowns

To the presentation of the Midlands and East Regional Awards of the 2022 SuperValu TidyTowns Competition

At St Lomans GAA Clubhouse, Newhaggard Rd, Trim C15 Y9VA Wednesday, June 28th 2023

Registration from 5:45pm with hot food served at 6:30pm the ceremony to begin at 7.15pm.

Mr. Damien English, T.D., and SuperValu will present the awards. RSVP: by Wednesday June 16th 2023 To (01) 773 6973 /tidytowns@drcd.gov.ie





SuperValu

Our Prayer? What is it?

Asking God to see to something that He appears to be forgetting? Those poor unfortunates in The Ukraine? The millions starving all over the world, without even a cup of clean water, being ignored by their Creator? And if we don't pray for them they are lost?

If that's your idea of prayer then I suggest that you are somewhat astray! We know why there are wars and famines and evictions fron houses but we are reluctant to name it. Isn't it selfishness and greed that are the causes of all these horrible realities. Your country has a wealth that my country wants? There is hunger because we won't share the riches of the world with everyone and we waste them on churning out tons and tons of armaments. There is poverty all round us because so many of us have far too much.

Certainly prayer will save the world but not as we often imagine it. God doesn't change from day to day because of our prayers. God is far more generous than the people who ask favours of Him and he understands much better and much earlier the dire straits that people often find themselves in. But then if that's the way things are aren't the many prayers we say each day quite useless? And what about Jesus' parable of the unjust judge? Does that parable not negate all may argument? Well, no, it doesn't. And continue on praying as that is the best way to put your mind and spirit in synch with God's will. And when your spirit is in step with the mind of the Lord you are having an influence on actions and outcomes here below. Perhaps it is more correct to say that the Lord brings about the fulfilment of his will through you as you cooperate with Him.

Many experts say that God does not take an active part in the happenings of the world He created nor set aside its laws. We, however, continually try our best to change the course of events. Aren't there millions alive today thanks to our medical interventions in their healthcare? Don't we save thousands every year with our technological ability to forecast the weather and make that forecast widely known by means of radio and television? Anyway it's nonsense to say that God "created" the world when in fact his creative power keeps it and us in existence from moment to moment.

When we say prayers for some person or for some desirable outcome what we are doing is aligning our will with the will of God who desires nothing but good. Thus our prayer becomes effective in bringing about the result intended. That was what Jesus was talking about in the parable of the unjust judge. Power of the mind when in lockstep with the mind of the Lord. That is how we should live our lives. That was what Jesus intended when he told his disciples that they should always be praying and never to be discouraged. Let's not forget it! An invitation to prayer is an invitation to cooperate with the Lord in his work of creation! And lastly! Don't let saying prayers get in the way of praying!

GM

Oliver Reilly

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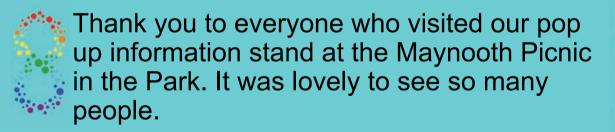
Also At: 29 Eaton Square Terenure Dublin 6

Email:info@hegartyssolicitors.ie

Website: www.hegartyssolicitors.ie



This month has been a busy one for MAFT.
We were delighted to receive €5000 from the Intel Pride of Place Competition. This money will help us start up a social club for children and teens in Maynooth.





Are you a parent or guardian of an autistic child?
Join us for a cuppa and a chat

Shoda Café, Glenroyal Hotel
Maynooth
First meet up this Friday 23rd of June
9:30am -11:00am

Meet other parents/guardians. Share stories, enjoy the cuppa find out what activities/events are available in Maynooth for the autistic community

We had our first parent support coffee morning. This was another milestone and we plan to offer this support morning one day every month.

If you wish to contact us please do our email is: autismfriendlytownmaynooth@gmail.com





June Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Children's Events

Little Makers Morning Friday 7th July, 10 am - 11.00am

Ages: 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.

Book your free ticket through TicketTailor:

https://buytickets.at/maynoothlibrary/928832

Little Makers Morning Friday 14th July, 10 am – 11.00 am Ages: 1-4 years

Let their imaginations run wild! Join us for a morning of making for 1-4year-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.

Book your free ticket through TicketTailor:

https://buytickets.at/maynoothlibrary/946396

Children's Creative Writing Workshop with Niamh Wednesday 19th July, 3pm – 4pm, for Ages 8- 10

Join Library staff member and long-time creative writing enthusiast Niamh for a writing workshop during the Summer Holidays. Based on the Fighting Words style, and suitable for ages 8-10 years old, this workshop will mix collaborative writing and individual story writing with support and tips from Niamh.

Limited Places, free tickets via TicketTailor:

https://app.tickettailor.com/events/maynoothlibrary/945543

Summer Story Time Friday 21st July, 3pm - 3.30 pm **Ages:1-5**

An open story and song session for ages 1-5. There'll be a few stories, and some popular Action Songs to support the different stages of literacy development and engage younger attendees. All children must be supervised during this session.

Places are limited and one ticket is required per child via TicketTailor https://buytickets.at/maynoothlibrary/945746

Summer Stars Mary Poppins theme Kite Workshop Saturday 22nd July . 2pm - 3pm

Ages: 5- 11 years

This Mary Poppins workshop includes a sing a long of Let's Go Fly A Kite. Fancy Dress is optional. The second half of the workshop you will trace, colour, build and learn how to fly your special Mary Poppins Kite which really does fly.

Limited spaces, free tickets via TicketTailor:

https://buytickets.at/maynoothlibrary/944912

All children under 8 years attending this workshop must be accompanied by a parent /guardian.

Comic Workshop/ Ceardlann Greannán le Aidan Courtney Monday 24th July, 1pm – 2.30pm

Age: 8 +

Aidan will be showing children how to create mini comics, draw cartoons step by step and use a cúpla focal as well. Píosa spraoi agus ealaín!

Limited Spaces, free tickets via TicketTailor:

https://buytickets.at/maynoothlibrary/945906

Summer Story Time

Friday 28^{th} July, 3pm - 3.30pm:

Ages: 1-5

An open story and song session for ages 1-5. There'll be a few stories, and some popular Action Songs to support the different stages of literacy development and engage younger attendees. All children must be supervised during this session.

Places are limited and one ticket is required per child via

TicketTailor: https://app.tickettailor.com/events/ maynoothlibrary/945753

Young Adult Events

Online Teen Writers Group Thursday 4th and 11th July , 2pm – 3.30pm **Online via Teams**

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

Library Groups and Regular Groups

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 25th July, 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 25th July, 6pm - 7pm. No booking required, just drop in!

Exhibition

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.



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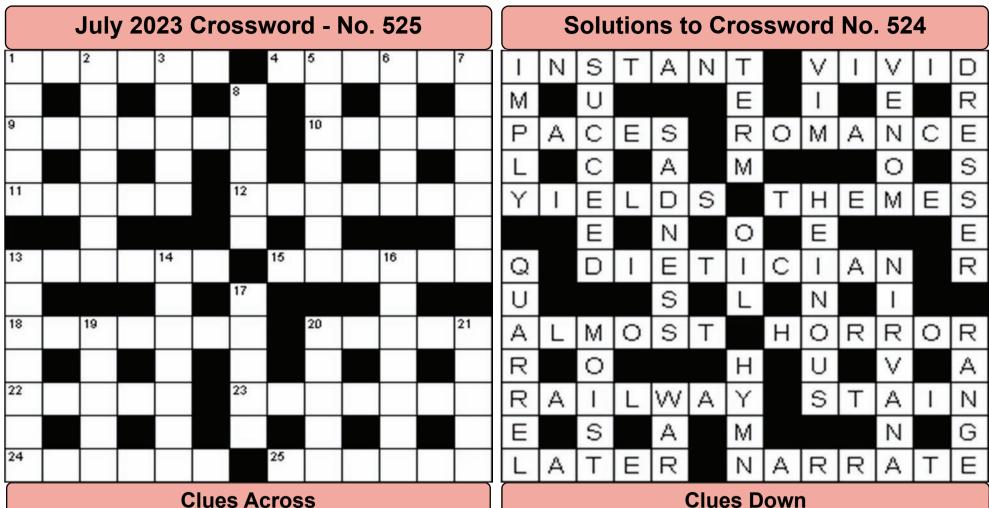
Opening Hours

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

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- 1. Plaid (6)
- 4. Inveigle (6)
- 9. Plane figure with straight sides (7)
- 10. Publish (5)
- 11. Creep (5)
- 12. Plant with prickly-edged leaves (7)
- 13. Schedule (6)
- 15. Despot (6)
- 18. Producing a sensation of touch (7)
- 20. Investigation (5)

- 22. Performed (5)
- 23. Gathered together in large numbers (7)
- 24. Objective (6)
- 25. Formal proposal to buy (6)

Clues Down

- 1. Subject (5)
- 2. Let go (7)
- 3. Investor in theatrical production (5)
- 5. Nimbleness (7)
- 6. Beginning or early stages (5)
- 7. Best environment for a
- plant or animal (7)
- 8. Become one (5)13. Draw in (7)
- 14. Diminish (7)

- 16. Kept away from (7)
- 17. Impart skills or knowledge (5)
- 19. Supply food ready to eat (5)
- 20. Provide evidence for (5)
- 21. Type of duck (5)



	Difficult				Sudoku Challenge							Sup	er Di	fficul	t		
	3			2					8					2		7	
			7			9							8	1	9		
8			3					1				6			3		2
		8		3		6		7	3				7		1	9	
	9		5		6		3				5				4		
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		7			2						6	2	1				
				4			8			2		4					3

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.

Chow Mein

This simple chow mein is packed with spring onions, mangetout and lightly marinated chicken.

Preparation time:

Less than 30 mins

Cooking time:

10 to 30 mins

Serves 4

Ingredients:

- 225g/8oz egg noodles
- 2 tbsp sesame oil
- 100g/4oz chicken breast, skinned
- 2½ tbsp finely chopped garlic
- 50g/2oz mangetout, trimmed
- 50g/2oz cooked ham, finely shredded
- 2 tsp light soy sauce
- 2 tsp dark soy sauce
- 1 tbsp Shaoxing rice wine or dry sherry
- $\frac{1}{2}$ tsp salt
- ½ tsp freshly ground white pepper
- ½ tsp sugar
- 3 tbsp finely chopped spring onions
- 2 tsp sesame oil

For the marinade:

- 2 tsp light soy sauce
- 2 tsp Shaoxing rice wine or dry sherry
- 1 tsp sesame oil
- ½ tsp salt

Method:

- Cook the noodles by boiling them for 3–5 minutes in a pan of boiling water. Drain and plunge into cold water, drain again then toss with a little sesame oil.
- Slice the chicken breasts into fine shreds approximately 5cm/2in long. To marinate the chicken, combine the chicken with the light soy sauce, rice wine, sesame oil, salt and pepper in a small bowl. Mix well and leave to marinate for 20 minutes.
- Heat a wok until it is very hot. Add one tablespoon of oil and, when it is very hot and slightly smoking, add the chicken shreds. Stir-fry the mixture for about 2 minutes, then transfer to a plate.
- Reheat the wok, and add the remaining oil. Add the garlic and stirfry for 10 seconds. Add the mangetout and ham and fry for one minute. Add the noodles, light soy sauce, dark soy sauce, rice wine, salt and pepper, the sugar and spring onions and continue to stir-fry for 2 minutes.
- Return the chicken to the pan and continue to fry for 3–4 minutes, or until the chicken is cooked through. Stir in the sesame oil and give a few final stirs
- Turn onto a warm serving platter or bowls and serve the Chow Mein immediately.



July Gardening

Your monthly gardening checklist

Flowers

- Cut lavender for drying, choosing newly opened flowers for the best fragrance, then hang up in a cool, dark place.
- Give dahlias a liquid feed, keep them well watered and tie the shoots of tall varieties to sturdy stakes as they grow.
- Hoe and hand-weed borders often, so weeds don't have time to set seed
- Water and feed sweet peas regularly, pick the flowers every few days, and remove seed pods to prolong flowering.
- Plant autumn bulbs, including nerines, colchicums and sternbergia, in pots and borders
- Feed, water and deadhead summer bedding regularly, in pots, borders and hanging baskets.
- Cut back early summer perennials, such as hardy geraniums and delphiniums, after flowering for a second flush.
- Take softwood cuttings from shrubs such as pyracantha, cotinus, hydrangeas and spiraea.
- Feed and deadhead roses to keep them flowering strongly
- Keep watch for pests such as lily beetles, snails, aphids and vine weevils, and remove before they do too much harm.
- Pick off flowers on coleus plants to maintain their colourful leaves. Sow biennials, such as foxgloves, honesty, forget-me-nots and wallflowers, for blooms next year

Fruit and Veg

- Check crops such as runner beans regularly for aphids, and rub or wash them off straight away, before they multiply.
- Water thirsty plants such as celery, beans, peas, courgettes, pumpkins and tomatoes regularly.
- Make the last pickings of rhubarb and remove any flower spikes that start to form, cutting right down at the base
- Thin out heavy crops of apples, pears and plums, and remove any malformed, damaged or undersized fruits.
- Prune plum trees in dry weather, when silver leaf fungal disease is less prevalent. Sow a last batch of peas and dwarf beans before mid-July for an autumn crop.
- Shorten side shoots growing from the framework of trained fruit trees, reducing to about five leaves from their base.
- Water fruit trees and bushes, then lay a thick mulch of garden compost around their base to hold in moisture.
- Cover brassicas with fine netting to prevent cabbage white butterflies laying their eggs on the leaves.
- Peg down strawberry runners into pots of compost to root new plants.
- Pick courgettes regularly so they don't turn into marrows.
- Sow small batches of fast-maturing salad leaves, rocket and radishes every few weeks for continuous pickings.
- Cut down broad beans after harvesting, but leave the roots in the soil to release nitrogen as they decompose.





Source: https://www.gardenersworld.com/









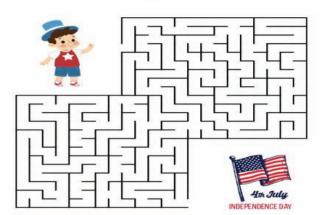


AMERICA 2 BLUE BRITAIN **DECLARATION FIREWORKS FLAG FOURTH**

FREEDOM INDEPENDENCE JULY LIBERTY NATION PARADE RED

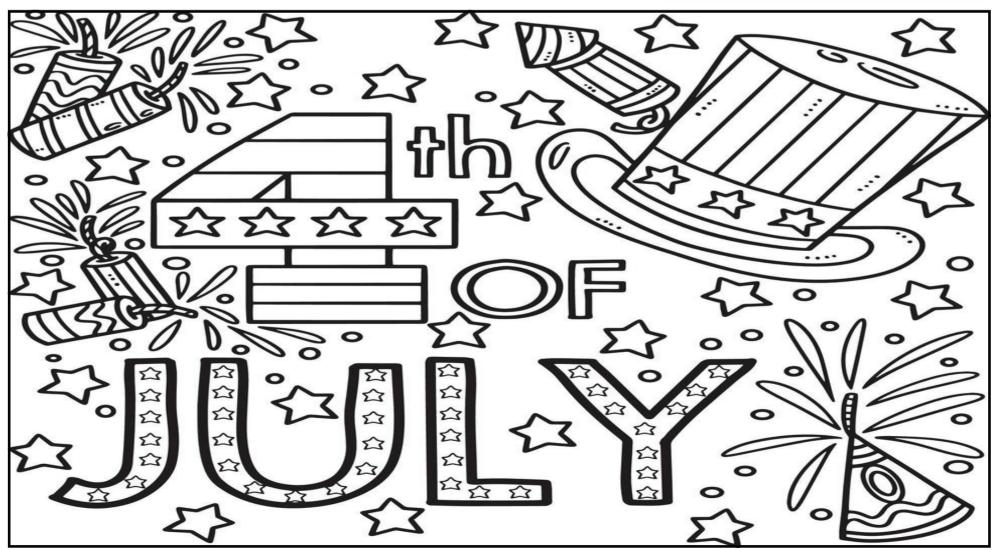
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NB To Print the page go to File, select Print & put in this page number to avoid printing all the pages. Then Print.



		Maynooth Community Contact	ommunity Contacts Listing				
Group Name Contact Number		E-Mail Address	Facebook Page				
An Nuadha Players	n Nuadha Players		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					
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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 no outminute to gamino	napan www.naccook.com/maynoomgaa				
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 0200722	maynoothseniorcitizens@gmail.com					
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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					
North Kildare Tennis Club		info@northkildaretennis.ie					
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com					
Post Office	01-6286259	Singuisticon					
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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.





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

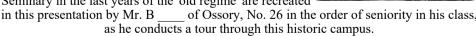
A guided or specialist tour - An exhibition or display - Suitable for families - Free Accessible by public transport - Car parking available

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 12th-20th 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 16th 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 19th 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 www.citizensinformation.ie 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

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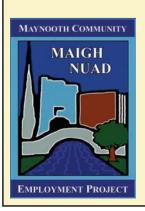




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Tel: 01 6285922 Email: office@maynoothcep.com

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





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EDUCATION AND TRAINING BOARD



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 17th century to cover the Stone.

On June 11th 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.



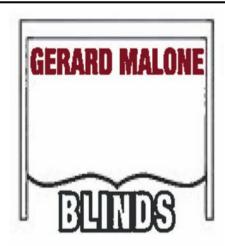
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ST. MARY'S BRASS & REED BAND MAYNOOTH

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.









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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

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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 https://maynoothcyclingcampaign.com/cycling-without-age/.



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.

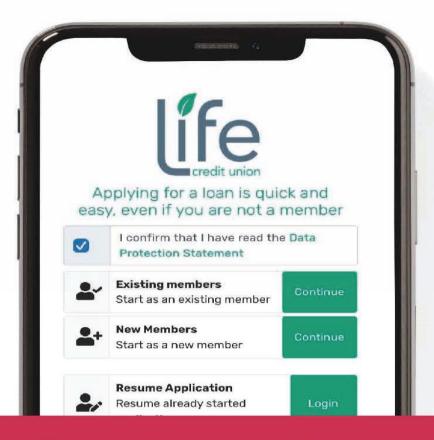
Road Fatality On the Dunboyne Road

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.





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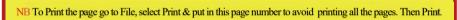
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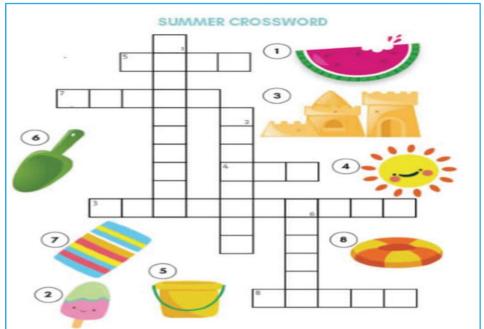


Junior Puzzles

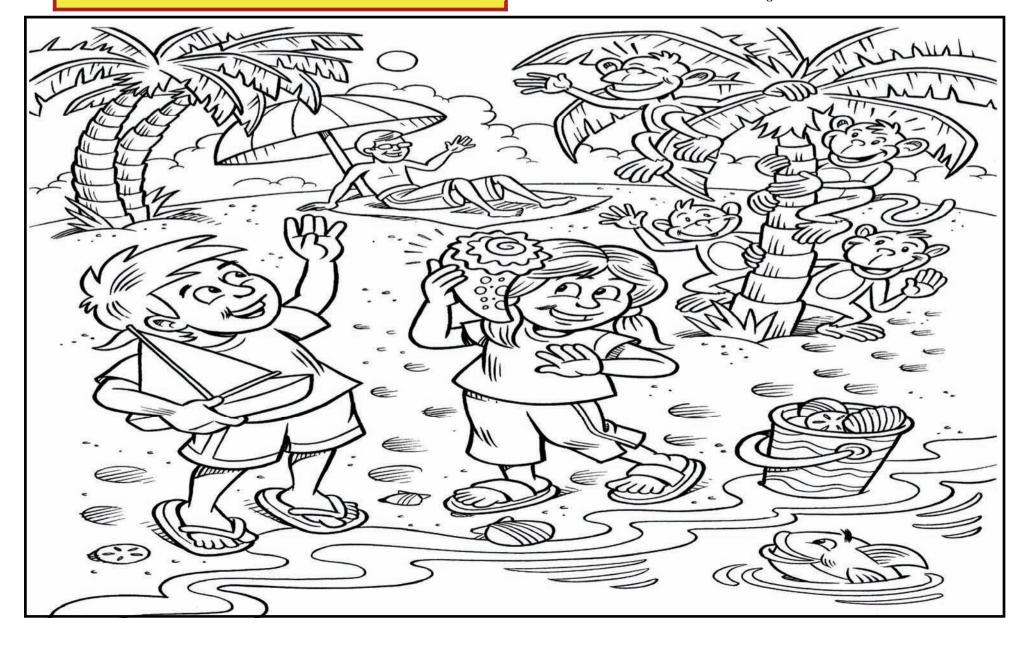








Sourced: Free Google Printable Puzzles



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*					

^{*}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.

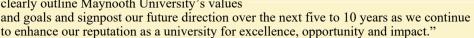
The CAO figures released today follows the publication of Times Higher Education (THE) Young University Rankings, in which Maynooth University rose 21 places to 85th globally and #1 in Ireland.

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

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Energy Healing

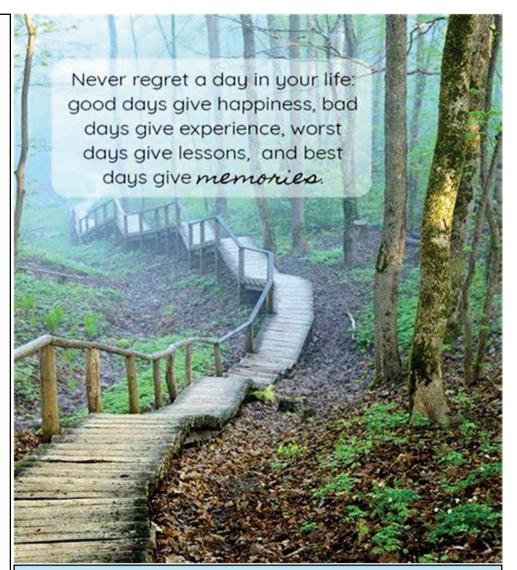
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August Events at Maynooth Community Library

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 18th 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 23rd 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 23rd of September from 3 - 4pm.** Suitable for ages 8 - 11 years.

Book your place on Ticket Tailor at: https://buytickets.at/maynoothlibrary/963003

Climate Action Events Creative Use of Waste & Space workshop with The Rediscovery Center Friday 11th 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 15th 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 22nd 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 28th 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: https://buytickets.at/maynoothlibrary/963015

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

Saturday 19th 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 8th & Tuesday 22nd 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 29th 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 29th of August, 6pm - 7pm. No booking required, just drop in!

Book Clubs

Try out the Teen Book Club in Maynooth Library

Friday 8th 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: https://buytickets.at/maynoothlibrary/962966

The Tuesday Murder Club
Tuesday 26th 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 1st August - Friday 1st 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.



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

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





Source: www.deliciousmagazine.co.uk



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.

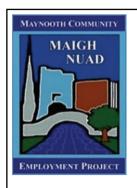
Fruit and Veg

- 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
- form.
 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 no outminute to gamino	napan www.naccook.com/maynoomgaa					
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 0200722	maynoothseniorcitizens@gmail.com						
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						
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.





Local News - September 2023 - Issue No. 527- 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.



2023 Horizon Irish Open Golf Competition

The Irish Open returns to The K Club as part of a long-term deal with the DP World Tour, which will see the island of Ireland's national Golf Open played at the former Ryder Cup venue in 2023, 2025 and 2027. The 2023 Horizon Open Golf Competition will be played at The K Club from Wednesday 6th of September to Sunday 10th 2023.

With the venue just a short drive from Maynooth it is a great opportunity to watch the 2016 champion Rory McIlroy tee it up alongside 2019 Open Championship winner Shane Lowry, three-time Major Champion Pádraig Harrington, six-time DP World Tour



champion Tyrrell Hatton and two-time PGA TOUR winner Séamus Power. The home favourites will lead a star-studded DP World Tour field at The K Club.

On Wednesday 6th the curtain raiser Pro-Am competition takes place with celebrities such as former rugby stars Tommy Bowe and Rory Best, impressionist Conor Moore, former GAA All-Star Valerie Mulcahy and TV presenter Craig Doyle lined up to challenge the professionals in the Horizon Irish Open Pro-Am. Cork sporting legend Valerie Mulcahy said: "I'm really looking forward to playing in the Horizon Irish Open Pro-Am this September. It'll be a nerve-wrecking but great day out."

Aside from the golf, the event includes evening entertainment which will start once the final putt drops each evening. Scouting for Girls, known for hits such as She's So Lovely, Elvis Ain't Dead and This Ain't a Love Song, will take to the main stage in the Championship Village on Saturday September 9th. The English pop rock band are on tour with Olly Murs in the UK this Summer before taking to the stage in Co. Kildare. Formed by Steve Wall in Galway, this will be The Stunning's first time playing at the Horizon Irish Open. Best known for their hit songs such as Brewing Up A Storm, Everything that Rises and She's on my mind, the band will perform on Sunday September 10th.

With such a strong Irish interest particularly with the return to the K Club of Rory McIlroy, the four-time Major Champion who secured a famous victory at the County Kildare venue in 2016 after producing a stunning eagle-par-birdie finish to secure his first professional victory on Irish soil by three strokes. Having the 68th edition being played on our doorstep in the K Club is an opportunity not to be missed. There is no doubt that Maynooth will benefit significantly with additional business from the large groups of participants as well as the golfing fans that will come to the area for this major annual golf event.

Tickets are selling fast and fans are urged to purchase in advance to secure their place and avoid disappointment. To purchase tickets go to: https://experiences.dpworldtour.com/horizonirishopen-2023

Maynooth Green Communities Low Carbon Consultation

Thursday 28th of September 2023. 7pm – 9 pm Glenroyal Hotel, Maynooth.

Maynooth is one of Ireland's leading climate action communities, in terms of research and planning. It is also the test town for An Taisce's Legacy4LIFE Green Communities Low Carbon Plan, as well as being the chosen town for the development of Kildare County Council's Decarbonisation Zone.

But what does this mean, and where do you fit in with planning our local low carbon future? What are the benefits, challenges, and options?



On Thursday the 28th of September An Taisce will be hosting a Low Carbon Workshop for Maynooth in the Glenroyal Hotel from 7pm – 9 pm.

The engagement and research that has been ongoing throughout 2022 and 2023 will be presented. The newly developed Maynooth Low Carbon Calculator will be used to visualise emission forecasts and reduction options. Using this, either on the night, or later online from your home, you will get to vote on your preferred focus for the future of Maynooth's Low Carbon Plan.

The new Green Communities Low Carbon Calculator will allow individuals to interact with and forecast their community Greenhouse Gas emissions. This will provide direct visualisation of the likely impact of future climate actions upon current community level emissions, and allow you to vote on the preferences for future climate action planning.

Refreshments will be provided!

To book your place at the Maynooth Low Carbon Workshop:

https://www.eventbrite.ie/e/green-communities-low-carbon-workshop-tickets-699484556137?aff=oddtdtcreator

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.

<u>Disclaimer</u>

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

The recent Labour Force Survey published (August 2023) by the Irish Central Statistics Office showing the highest level of employment since records began in 1998, should be of concern to sponsors of community employment schemes such as Maynooth Community Employment Project. Community Employment schemes have served a vital role in most communities for many decades, providing opportunities to local people to be re-trained and get valuable work experience as well as being the mechanism through which local community services have been provided. With funding from the Government the schemes are sponsored usually by local voluntary groups, who set up a legal entity structure to manage the scheme. The Government through the Department of Social Protection identifies participants who are then employed by the local company to provide local community services. In the case of Maynooth Community Employment Project as well as providing a key community resource in Carton Park which supports a range of community activities including the publication of the monthly Maynooth Newsletter, the scheme maintains the environs of the Royal Canal as an amenity area and provides ground maintenance to Maynooth Town Soccer Club.

Of course, high levels of employment must be welcomed but it means that there are fewer people available to participate in community employment projects. The total number of people recorded as unemployed in Ireland at the 2nd Qtr. 2023 was just 121,200 which is an unemployment rate of 4.4%. Employment levels has increased in most sectors and in some of these we can already see a trend that means there will be a continuing drop in the number of people coming forward to participate in community employment. One such example is the growth in jobs in the construction sector where jobs numbers increased in Ireland by 2,900 alone in the 2nd Qtr. 2023. Maynooth Community Employment Project has unfilled vacancies since October 2022 for participants that would be supported to work in that sector.

The youth unemployment rate for those aged between 15-24 years has increased in the past year from 11.4% to 12.2% but unfortunately people of this age have limited eligibility for community employment schemes as the criteria is that you must be over 21 years old and be in receipt of one of the specified benefits for the previous twelve months. Being supported to upskill and improve your personal confidence is critical particularly for younger people. Maybe the value of local community employment schemes is not appreciated in times when employment levels are high. The value of community services must also be considered particularly in growing communities such as Maynooth.

Many of us will remember Summer 2023 for the dismal weather in July and parts of August but it didn't dampen our spirits. There was much praise for the Newtown Festival which took place at the Newtown Inn in Beaufield in late August. The event was well organised and managed over the weekend of the 18^{th} - 20^{th} August with daytime events for the younger people and music events into the late evening including a number of tribute bands. So well done to the organisers.



Crowds attending the Newtown Festival

It being September the schools are back so traffic levels increase again and of course the daylight will be decreasing over time. With more people cycling in Maynooth and busy pedestrian junctions particularly when students return to Maynooth University later in the month. So let's be patient with each other and keep everyone safe.

Paul Croghan Editor

Copy date for the October edition will be 5pm on Tuesday 26th September 2023

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

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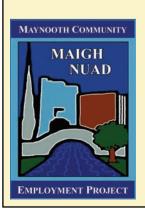




MAYNOOTH COMMUNITY EMPLOYMENT PROJECT SECRETARIAL SERVICES

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Tel: 01 6285922 Email: office@maynoothcep.com

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



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



Childcare Shortage

For many years, Cllr Feeney has been highlighting the shortage of childcare places in North Kildare because every week, families get in touch with her about the difficulties they are having sourcing childcare in their area. It is causing huge stress to parents, and it is why she continues to actively campaign on this issue. We are being told that there has been an increase in crèche places across the country but that is not our experience locally. Providers are finding it almost impossible to find suitable premises to set up or expand their service.

Please help make the strongest case by completing this survey. It is very short and will take 5 minutes max.

Link to survey:

https://labour.ie/childcare-shortage-in-north-kildare

School Bus Places Update

The return to school should be such a happy time for children and families, getting to see their school friends again but unfortunately the lack of places on school buses is taking away from that and is causing huge stress. Cllr Feeney has been asked to make representations of support to Bus Eireann and to the Minister for Education by parents of children attending schools in Straffan and in Clane who, as recently as last week, found out that their children are not receiving bus tickets for the school year ahead. The reason given to the families is that the bus is full; essentially their child was unlucky in the lottery for bus tickets. These families have been using this school bus for the past two years; they are working parents who rely on the bus to get their children to and from school. So the school bus is not a convenience, it's a necessity for these families. The service is essential to their work commitments each week and is a terrible loss.

Cllr Feeney contacted both Bus Eireann and the Minister for Education calling for them to do all they can to help these families and resolve the capacity issues as soon as possible in the interest of the families. Cllr Feeney has also suggested to the department that it

allows the children without school bus tickets to avail of GoAhead bus service at a subsidised rate. She believes that this would go some way to addressing the shortfall in available seats.

The Minister's Office replied to Cllr Feeney on Monday August 21st saying that "Enquiries are being made about this matter and a further e-mail will issue as soon as possible".

Cllr Feeney really hopes this issue can be resolved to take the stress away for these families but most importantly that these children can get to school.

EU Community Facilities EV Charging Scheme

A new scheme has opened to install EV chargers in community facilities. The €15m scheme under the EU Just Transition Fund aims to create a network of publicly accessible, community-focused, fast charging points across the EU Just Transition territory. Applications opened on 28 July. For more information contact zevischemes@pobal.ie

Cllr Feeney's Motions and Questions for the next Council MD Meeting: **Motions:**

That the council provide members with a detailed plan with timelines for the provision of planned community amenities in Maynooth, including a Community Centre and the Harbourfield project, following the recent URDF funding announcement.

That the Council carry out retrofitting works in the council houses in Maynooth in order to assist in achieving the objectives of the decarbonisation zone for the town.

Can the Council provide an update as to when Mullen Park Maynooth estate in Maynooth will be completed and what engagement has taken place with the developer?

Can the Council please update the members on the provision of a playground in Straffan?



Maynooth Educate Together National School recently installed some eye catching sculptures on their new school building. Inspired by the Educate Together Logo, the sculptures are the work of the artist John Hogan.

Miracle Prayer

Oh! Dear Mother of God, Our Lady of Conception Aparecida!

Oh! Saint Rita of Cassia and Saint Jude worker of Miracles and helper of impossible causes pray for me.

Saint Expedite, Saint of urgent causes. Saint Edwidges the

Saint of the needy, you know how desperate I feel, please ask Jesus to help me. (mention your request)

May the Sacred Heart of Jesus be adored and glorified for ever. to the Father, and to the Son, and Holy Spirit.

Thank you Conception

Oh St Rita of Cassia and Saint Jude worker of miracles and helper of impossible causes pray for me.

Aparecida.

Saint Edwidges the Saint of the Our Father, Hail Mary, Glory be Needy Thank you for answering my prayer.

B.G.

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.

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 www.citizensinformation.ie and from the

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



Step-by-step guide to setting up a business in Ireland

Setting up a business

This page gives a step-by-step guide to starting a business in Ireland. It is important that you meet all the requirements when starting a business to avoid unnecessary delays, charges, and penalties.

If you are not an EU, EEA, UK or Swiss national and you want to open a business in Ireland, you must apply for permission. Read about coming to set up a business in Ireland as a non-EEA, UK or Swiss national.

Step 1: Develop your idea

The Local Enterprise Office (LEO) runs a free Start Your Own Business programme which can help you develop your business idea.

LEO has also published a 10-step-guide to starting your own business (pdf). This guide includes information on business development, assessing the viability of your business idea, the requirements for your business such as staff, and how to write your business plan.

Find out how to get funding to start your own business. You can also get information on business grants below.

Step 2: Write your business plan and choose a business name

When you're satisfied that your business idea is viable, the next step is developing a business plan. A business plan outlines your company's goals and how you expect to achieve them. You will need a business plan if you are applying for a loan or a business grant, or if pitching to investors.

Choose a business name

If your company conducts its business under a name that is different to your own name, you must register the business name with the Companies Registration Office (CRO). Find more information on registering your business name.

Step 3: Choose a legal structure

The legal structure of your business is important as it determines the type of taxes you must pay and your personal liability for your business debts.

Types of legal structures in Ireland include:

- Self-employed or sole trader
- Partnership
- Limited company

Read about deciding on a legal structure for your business, including your tax and legal obligations.

You can also read our guide to becoming self-employed.

Step 4: Understand your tax

All businesses must pay tax. The amount of tax your business must pay depends on its legal structure.

Types of legal structures

Sole trader

As a sole trader, you must pay the following taxes on your profits:

- Income Tax
- Pay-Related Social Insurance (PRSI)
- Universal Social Charge (USC)

Partnership

If you register as a partnership, each partner must pay income tax, PRSI and USC on their share of the business profits.

Limited company

If you register as a limited company, you must pay Corporation Tax, Income Tax, PRSI and USC on the company profits.

Read more about deciding on the legal structure of your business.

Other types of tax

• VAT

Whether you are a sole trader, a partnership, or a limited company, you must charge Value Added Tax (VAT) on the sale of your goods and services.

Employers PRSI

If you employ staff, you must pay Employers' PRSI to Revenue for all employees aged 16 and over.

Get more information on paying tax as a limited company, or read about paying tax as a

sole trader (including the tax reliefs available). You can also read our page on understanding your tax as a business owner.

Step 5: Register employees

If you employ staff, you must register as an employer with Revenue. You can do this by telling Revenue of your name, address and intention to pay staff.

You must register as an employer before you pay your employees, using the MyEnquiries service on the Revenue Online Service (ROS).

Read more in our page on employing people in your business.

Grants and other supports

There are several government agencies and organisations dedicated to supporting new businesses across Ireland.

Read about:

- How to get funding
- Getting business training and advice
- Managing credit difficulties
- Websites on setting up a business
- Finding the representative body for your sector

If your business model has a focus on sustainability, you may also want to read about the financial supports available to businesses going green.

More information

If you are starting a business, you may need to consider things like insurance and planning permission.

You can also contact the organisations below for information and advice:

Enterprise Ireland,

East Point Business Park

The Plaza

Dublin 3

D03 E5R6

Tel: 01 727 2000

Homepage: http://www.enterprise-ireland.com/

Contact Form:

https://www.enterprise-ireland.com/en/About-Us/Our-Locations/Contact%

20Us/

Email: client.service@enterprise-ireland.com

Companies Registration Office

Bloom House,

Gloucester Place Lower,

Dublin 1,

D01 C8P4

Opening Hours: 10am to 12:30pm and 2:30pm to 4pm, Monday-Friday

Tel: (01) 804 5200 Locall: 0818 452 000 Fax: (01) 804 5222

Homepage: http://www.cro.ie Email: cro.info@enterprise.gov.ie

Workplace Relations Commission - Information and Customer Service

O'Brien Road Carlow R93 E920

Opening Hours: Mon. to Fri. 9.30am to 1pm, 2pm to 5pm

Tel: (059) 917 8990 Locall: 0818 80 80 90

Homepage: https://www.workplacerelations.ie/en/

Budgeting for Autumn Bills

When it comes to autumn-specific expenses, you may already be counting on shelling out money for back-to-school shopping, college tuition, and maybe even a rise in your utility bills. Also account for the extra babysitting you may need, thanks to parent-teacher meetings; the higher energy bills, road-tripping older kids to college, or the added cost of prepping your car for the winter? Pop-up expenses like these are exactly why planning ahead is essential.

Divide your take-home pay into three categories — **fixed expenses** (like rent or mortgage), **financial goals** (building up your emergency fund, paying off debt, or saving for a vacation) and **non-monthly expenses** (school tuition, appliance repairs or emergencies). Once you've allotted a portion of your wages to each of these priorities, you're left with a single amount, known as your **flex-spending number**, that you're free to spend as you like — totally guilt-free. Maybe start a Christmas fund so that the cost of Christmas will be reduced.

Weather-proofing your home for the winter will save you money on your heating bill. Use draft excluders for doors and windows.

Batch cooking and freezing will save not only time but money too. Making lunches rather than buying food daily will also save you some money.

Cancel your gym membership if you haven't used the gym often. Try going for walks with the family instead.

Cut down on takeaways or reduce the amount you get — put the money you would spend on the takeaway into your Christmas fund or your non-monthly expense or flex-spending accounts. See how quickly it will build up.

Don't impulse buy! Wait 24hrs to decide if you need it or just want to buy it.

When grocery shopping buy supermarket own brands — cheaper and the quality is just as good as named brands. Cut down on the amount of takeaway coffee you buy. Buy a

reusable mug and bring your own coffee with you. Go through your subscriptions to see if you actually need them or use them.

Call at least two of your providers to see whether they could be charging you less.

Do a massive decluttering of your house and sell some of the items. Put the money you get directly into your saving fund.

Sourced: www.forbes.com & www.theweek.com





Mindfulness Based Stress Reduction Course

Maynooth (University Campus) Starting 18 September 2023

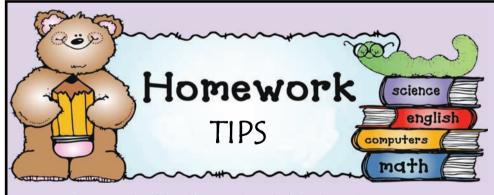
8 Mondays (face-to-face) 7 p.m. – 9.30 p.m.

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



Set up a homework - friendly area (not their bedroom)

Keep distractions to a minimum that means putting all devices away. Don't be on your phone while sitting beside your child. Give them your full attention

Find out what style of a learner your child is so that you can facilitate suitable learning aids. A good site to visit is age groups is www.VARK.learn.com for any age group

Make sure they have all materials such as pens, pencils, dictionaries to hand

Stick to a schedule

Start off with the hardest subject first working down to the easiest

Sit beside them and help them when needed

Create a homework checklist every day - have them tick off each part of the homework that gets done, that way they can see for themselves what homework is left

Be flexible - your child may have a different way of doing the work and learning

If child is becoming overwhelmed - take a break for a few minutes

Praise your child when each task is finished. Don't forget encouraging and acknowledging their efforts is most important

Remember that you are there to help and encourage - not to take over and do it or start shouting at them. If there is tension brewing then its time to take a break before things kick off

It is important to reward your child when the homework is completed whether it is letting them play computer games or playing a board game or even watching a movie

It is also important to remember to teach your child and not just tell them. They will need to know how to work things out for themselves

Be patient. If your child is having big problems with something, have a quiet word with the teacher and maybe they can go over it in detail again. Chances are your child is probably not the only one having difficulties

If your child has a test coming up, study a bit each day rather than waiting till the night before

Always check that all the homework is done each day

Sourced: www.schooldays.ie & www.pathways2success.com





Writers' Corner - Short Stories/Articles from our Readers

Of Forts and Crannógs

In the town-land where I grew up there were a number of ring-forts, all of them situated on the tops of hills that were drumlins formed during the Ice Age. Those forts were never interfered with, though cattle might be allowed to graze them. One of the reasons for this non-interference was that the forts were reputed to be the home of the fairies, something no farmer would admit believing in. I remember when I was very young telling my parents excitedly that I had seen a leprechaun on the fort in our 'horse's field' and their indulgent grins at the news. That reaction may be the reason that I never again saw one of 'The Little People', though they hovered at edge of my consciousness.

In recent times I have read of farmers bulldozing ring-forts or *raths* to make way for more efficient use of their land. That may be 'progress', but it's also the severing of an important link with our past. In this context we may note that our ruling families at Tara lived in ring-forts and our first cities, such as Dublin, Waterford, Limerick and Cork, were established not by native Irish but by Norsemen.

Some historians believe that our Iron-Age Celtic ancestors built these ring-forts from the beginning of 7th to the end of the 9th centuries, when Viking attacks became widespread, but others conjecture that many were built centuries earlier. Among these is the Irish scholar and author, Lora O 'Brien, who states that some of our ring forts date from the Bronze-Age, which means that they could have been constructed as long ago as 2000 B.C.

Most ring-forts once contained a round cabin of wattles and daub with a conical, thatched roof. Earthen banks with wooden palisades for defense and keeping livestock safe from wolves and marauders enclosed these one-room residences. Not all of these structures, however, were of this simple variety. Some, known as *Caiseals*, had stonewalls with a cellar beneath them for storing goods and also as a place of refuge; Clogher stone fort in County Sligo is a good example of these. Rath Croghan in County Roscommon, legendary home of Queen Maeve, is among our more famous Celtic sites, though, apart from its extensive cave, its forts were built of clay.

Still to be seen are other, fairly widespread places of residence, crannógs. Occurring in lakes, these were islands

created from tree trunks and rubble during the 6th and 7th centuries, though many, such as those found at Lough Gara in County Roscommon, date from the Late Bronze Age. Again the need for protection is obvious, many *crannógs* being mainly accessible by underwater steppingstones known only to the people living there. Since raised bogs were once lakes formed at the end of the last Ice Age some *crannógs* have been found in them.

Before the arrival of the Celtic 'Milesians' we had ancestors who built with stone, such as those who erected the 600 remaining dolmens over the graves of their kin. At the most well known of these, Poulnabrone Dolmen in County Clare, the remains of 30 people were unearthed, one with a flint arrowhead embedded in his hip bone. It was these Neolithic farmers, who, about 3,000 B.C., constructed the impressive passage graves at New Grange (Bru na Bóinne), Knowth and Dowth and the ones at Carrowkeel in Sligo and Loughcrew in Meath. Since Newgrange passage grave is the most impressive, it is likely that these Neolithic people first settled in Sligo before their descendants moved southeastward. Another interesting feature is the illumination of the passages by the sun, Newgrange's at the winter solstice and Carrowkeel's main tumulus by the midsummer sunset. These impressive alignments would seem to indicate that the builders must have been sun-worshippers, since they wished the remains of their dead to be touched by its rays.

There are magnificant stone forts on Aran's Inismore, including *Dún A ongusa*, which were built during the Bronze Age, over 3,000 years ago. Unfortunately, we know next to nothing about these builders. Were they related to the Neolithic farmers that built Newgrange? Even the name Aongus refers to a supposedly Firbolg king who built that fort. As William Larminie wrote in his poem *The Nameless Doon*: 'Who were the builders? / Question not the silence/ That settles on the lake for evermore...' Of course, at a much later date the iron-age Celts also built stone forts, such as Staigue fort in Kerry and The Grianán of Aileach in Donegal, but as Larminie lamented about some of their intriguing predecessors:

'and gazing upon thee,
And, filled by thy long silence of reply,
We guess some garnered sheaf of tragedy;
Of tribe or nation slain so utterly
That even their ghosts are dead...'

Now to return to the humbler ring-forts; they are a reminder of our beginnings in this island, farmers who in my area chose hilltops for their homesteads, probably because they were drier and safer than the intervening wooded valleys. And who were those farmers? Most likely they were Milesians, descendants of Celtic invaders from Central Europe that had conquered the indigenous Firbolg inhabitants, who hailed from Mediterranean regions. There was also a semi-mythical race, The Fomorians, led by their king, Balor of the Evil Eye, living on Tory Island north of Donegal, but most historians don't even mention them. Not so with the Tuatha Dé Danann.

The 11th century *Book of Invasions*, *Lebor Gabála Érenn*, describes the Tuatha Dé, who in all likelihood were the gods of the pagan Milesians. If we recall the Olympian gods of ancient Greece with their all too-human characteristics then the behaviour of The Daghda, a future king, Oghma, the warrior, Goibhniu, the blacksmith, Lugh, the long-armed, and Aonghus, the youthful champion, doesn't seem less divine. There was also a female deity, Brighid, who was a poetess and whose image has become entwined with that of the historic Saint Brighid of Kildare.

Once conquered by the warrior Celts the Tuatha De Dananns are said to have retreated under ring-forts where, over time in the popular imagination, they decreased in size to become our fairies. Before I leave this topic I must mention an Italian friend of mine in New York who believed that leprechauns were probably children who had been abandoned by their parents! How these children survived unchanged for centuries he didn't explain!

While on this topic of fairies I'll have to mention fairy trees, usually lone hawthorns. There was one such tree on the edge of our meadow field and my father, a very sensible man, wouldn't think of chopping it down. That was because in olden times such trees were supposed to be used by fairies for their moonlit dances — which reminds me of the traditional song recorded by John McCormack: 'All night around the thorn tree The Little People play And men and women passing will turn their heads away...'

So whether it's ring-forts, *crannógs* or fairy trees, the past is still very much with us and, despite the hard-nosed developers, long may it so continue.

P.G.Nerney

Jackie's Space Saving Hack

Here is a space saving idea for your clothes line this summer, you can also use this hack in the hot-press, and on your heaters. To get started you will need a wire clothes hanger and a pack of pegs.

Step 1

Make sure the clothes hanger is a wire hanger like the one shown in picture.



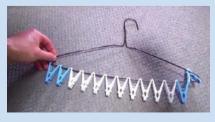
And the pegs like the ones shown in picture with the holes on top.

First you will need to open up the hook by unwinding the twisted metal. When you have successfully opened up the hanger you will then start to hook on the pegs. Each peg has two holes at the grip of the peg

which makes for stronger support when hanging your socks and underwear. When you have finished applying the pegs to the hanger you will need to twist the hook together again. Now you have yourself a socks and underwear dryer.

Step 3

Tried and tested in picture. I do hope you find this hack as useful as I have.



Happy drying folks.

Retrospection

Reading ones half-forgotten diaries is a hazardous undertaking: times when life was blossoming disrupted by regressions, self-indulgent follies, false pathways through a maze of tempting possibilities.

But maybe one was learning what one should really do, where one should really live, whom one should really love?

Oh, there certainly were times when selfishness was trumped, when one put others first, when one knew instinctively one acted for the best — and hoped no prying eye could see if one transgressed.

Colin Scott

Maynooth College Handball Alley!

Neglected, vacant ruins of happier days,

That weathered many a winter storm And many a grim, unyielding struggle,

'Twixt man and man, neither giving quarter

But chased that ball wherever resolute rival

Tried by ruse and skill to place it. No ball would now bounce true Where weeds and ivy reign in mute mockery

Of this witness to many a vocation saving

Escape from solemn psalms and arid meditation,

From silence and custody of the eyes, From rubrics, liturgy and enchained living.

And sometimes from the truth of being at odds

With a parents' dream to have a son a priest.

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Pictured above: Daniel Ayiotis, Director of the National Military Archive gave a fascinating lecture in Kilcock Library on the records held in the archive with fascinating information on the challenges and political influences that impacted on the development of the archive which is held at Cathal Brugha Barracks in Rathmines. Daniel has also written a book on the subject.

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. September promises to be a very busy month for the Band starting off with a return visit to the National Stud in Kildare where we will give a recital in the Stud Gardens from 2.15 to 3.15pm on 3rd September weather permitting. We once again we will be playing our part in

St. Mary's
Brass and Reed Band

Maynooth

the Nationwide Culture Night where we will be playing in the Square from 8 to 9pm on Friday 22nd September and hopefully we will have a good night weather-wise.

The main event for this month will be a joint Concert with St. James's Brass and Reed Band from Dublin (*Photo Top Right*) which will take place at the Bandstand on the North Campus of Maynooth University on Sunday 17th September from 3pm. This promises to be a special occasion with over 60 musicians seated under the Bandstand playing alternate mini programmes and coming together at the end of the recital to produce an amazing sound which we hope won't lift the roof from the Bandstand.

Our Band (*Photo Bottom Right*) have had a long association with St. James's Band including sharing players when people were missing in the past and even today three members of St. James's Band rehearse and play with us when they are not required by St. James's. The two Bands trace their origins back many years, Maynooth to 1795 and James's to 1737 so it's amazing that they have survived many setbacks over the years and are stronger than ever as this joint recital will demonstrate. This recital has been planned for a number of years but due to covid it is only happening now but hopefully it will be something worth waiting for.





Easy Positive Changes you can make to your Life right now

There are many positive actions and habits we know we should do, like working out, eating healthily and not spending beyond our means. We know the big things that will make our lives better, but the fact that they're big tasks means they can feel daunting or overwhelming. And so we easily give up on them.

Life isn't always about big, bold milestones. It's also about the little things that can bring you a more positive and fulfilling lifestyle.

If you feel the same way, then you should know that there are small positive changes you can still do to make your life better. Pick one thing from the list below and test it out. If you like it and it's becoming a regular habit, add another one in. And the best thing about these small changes? They require no extra money or prep time.

- 1. Get up and go to bed at the same time every day as much as you can. However, a spontaneous wild night out every now and then won't hurt anyone.
- 2. Watch some comedy every day. This is one way to keep those laughter muscles warmed up.
- 3. Have a healthy breakfast to set yourself up well for the day. Oatmeal with fruits, a smoothie or even a homemade granola will do.
- 4. Consider playing the songs you love as you're getting ready in the morning. It will give your day a great start even before you leave the house.
- 5. Unfollow people on Facebook. A major factor in feeling bad is comparing ourselves to other people. Seeing your school friends "perfect" holiday, kids or home isn't going to boost your self-esteem. It's best to remove them from your view.
- 6. Do something you've always wanted to do but haven't had the time for. Make it simple and achievable, like dining at a particular restaurant or trying out a new recipe.
- 7. While you're lying in bed at night, think of five things that went well that day. They don't have to be big or dramatic. It can be a nice lunch, a free gift at the store or a cute baby that smiled at you. As a result, you'll be able to train your brain to focus on the good rather than the bad.

- 8. Talk back to your negative thoughts. If your friend told you she'd had an unproductive day, would you respond negatively or positively? Consider it the same for yourself. Being harsh on yourself won't help you achieve more. In fact, it can only make you feel crappy.
- 9. Keep a notebook and jot down all the things that make you feel alive. You'd be amazed at how this simple act can switch your brain into feeling good.
- 10. At least once a week, wear an outfit that makes you feel great.
- 11. If you want to work out but can't find the motivation, just go for a walk. It's better than nothing and will get your blood pumping. The best way to get fit is to see yourself as someone who works out and keeps fit.
- 12. If you're a procrastinator, introduce the "yucky task, nice task" process. It works just as it sounds. Get your yucky task done first and give yourself a reward or do a nicer task after.
- 13. Another positive change you can do is clear your inbox of all the newsletters you're signed up to. Put them in a separate folder, delete them, or pare them down to just the ones you love to receive. The feeling of freedom that comes from an uncluttered inbox is worth more than the sporadic, fleeting bonus you might get from one of your newsletters.
- 14. Add one more piece of fruit into your day. Try to mix it up with the usual ones you have every day. Make it a daily challenge to see the different kinds of fruit you can eat. In addition to helping you start with some positive changes, it can also help you be healthier.
- 15. Finally, if you're a news junkie, set a timer and allow yourself to read the news for an allotted period of time only. Our news has changed over the past few years and they're designed to hook you in. Generally, we feel worse after watching story upon story of terror and bad news, so limit your exposure. If you're not a news junkie, why not take a break from watching?

Small changes that can add up to big results

Source: www.dumblittleman.com/positive-changes/

abundance Holistic Health Maynooth town centre

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NELSON MANDELA

Nelson Mandela was a fervent Christian, even if he never spoke much about it. He didn't want his religious belief to be a divisive factor. With its whole rainbow of religions and its abominable history of apartheid, South Africa was a very volatile entity. Even though baptised a Methodist, Mandela did not want any one Christian persuasion to be claiming him as its own. So what did he do? He lived Christianinty in its purist form. He forgave everybody. Forgiveness was one of the most salient precepts of Christ's teaching and Mandela, who had spent 27 years in prison, was well qualified to understand what forgiveness was all about. He was the very personification of reconciliation. Mandela understood "seventy times seven"! He was a peacemaker if there ever was one.

In an earlier life, back in the 60's, I met many men who had worked on the missions in South Africa. They painted a very dismal picture of the future for that country. They could see nothing but a bloodbath in store for it. Just a matter of time. I don't know how they managed their own work surrounded by such a divided society.

Did they compromise? I don't know! There certainly was fear among them. I remember one man saying that he, at times anyway, slept with a gun under his pillow! Even then I said to myself that that man shouldn't be there. But Mandela steered South Africa through that danger.

I wonder if Mandela had come to Maynooth GM. to speak to the various Christian

denominations at Sunday Mass and Services, would the various meeting places/ churches have been half empty as they are now? Standing room only, I imagine. And what would he have said? Because he was an authority on forgiveness and reconciliation he would no doubt have talked about just that. He would probably have emphasised that it hurts at first. Hurts greatly, until the ego is forced to take a back seat. Then it becomes maybe not easy but easier and spreads like the dawn affecting everybody.

As I suggested all would want to be there. Right? Why? Because of his truth. Because of his humility. But then isn't Jesus in these places every Sunday and every day? And as God isn't it in Him we live and move and have our being? So He's everywhere. What had Nelson Mandela done or said that Jesus isn't and hadn't done and said every hour and every day both before and after his Resurrection!

Do we not believe this? Do we have faith or not? Oh, if only our ministers believed, really believed! If they could really know who it is they are representing!! Nelson Mandela did the very thing he should have done. He lived his Christianity!

Did you know? St Paul, always inspired by that momentous meeting with Jesus on the road to Damascus, was the first in world literature to declare the total equality of all people! Masters and slaves; Jews and Greeks/Gentiles; and primarily, Men and women!

Oliver Reilly

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Update to Royal Canal in Leixlip

Catherine Murphy TD welcomes the reopening of the Royal Canal Leixlip to Confey and the proposed progression of the Maynooth to Louisa Bridge section to follow. For some time works have been going on to upgrade the Royal Canal in Leixlip at section 1 of the above scheme (from Confey Bridge to Louisa Bridge). There was a dispute between the contractors and the council which is now resolved. In an effort to resolve the situation amicably, the Project Board members met on a number of occasions to seek a mutually acceptable termination agreement.

On 14th August 2023, a legal settlement agreement between the contractor and Kildare County Council was signed. This set out a mutual agreement between the parties to terminate the obligation of the Contractor to complete the Project. An agreed settlement sum for the value of the works carried out is included along with a schedule of remaining work items on Section 1, to be completed by 3rd September 2023 by the contractor. It is planned that Section 1 will be open to the public in early September, subject to approval being granted.

Following this, the Council will retender the balance of the works and these are expected to commence in Q1 2024 (on the section from Louisa Bridge to Maynooth).

Minister must address parents' concerns over School Transport Scheme

Bus Éireann needs to clarify the numbers affected by driver shortages and give a timeline for resolution of the issue

Catherine Murphy, Social Democrats has called on Bus Éireann and the Department of Education to immediately outline what steps will be taken to address serious shortcomings in the operation of the School Transport Scheme.

Catherine Murphy TD, said:

"Despite qualifying for the School Transport Scheme, parents and students in parts of my Kildare North constituency have been left high and dry this week due to the last-minute cancellation of some routes. It is completely unacceptable that they received such late notice just days before the new school term was due to begin.

"As a result, parents have been scrambling this morning to make alternative arrangements for getting their children to and from school. In some cases, this includes runs to multiple schools.

'Speaking on RTÉ radio, the chief executive of Bus Eireann blamed the issue on driver shortages. We now need clarity on the number of routes impacted, the number of students affected and a realistic timescale for resolution.

"Ultimately, we need to see the rollout of a nationwide school bus programme so that every student who needs transport can get it. This would tackle the cost-of-living crisis, eliminate gridlock and help in meeting our climate action targets by reducing the number of cars on our roads.

Bus Éireann has also indicated that grants will be made available for families who will be left without a school bus service in the coming weeks. We need to hear full details about how much these payments will be, what exactly they will cover and who will

Catherine Murphy TD, the Social Democrats spokesperson on transport, said:

"There is a perception that this is exclusively a rural problem but it is also a major issue in commuter belt counties such as Kildare. When the Department of Education builds large 1,000-pupil schools, the catchment will be wide. However, very often schools are full so students can't get into the one closest to them where there might be public transport options.

"Many constituents have been telling me about the stress of trying to get children to three different schools every morning, with some even considering giving up work as a result. Others are paying more than €750 a year on private transport arrangements and, due to the pressure of mortgages, will not be in a position to sustain the cost this year.

'My office has been inundated with representations on the school transport issue, which I have consistently raised with the Minister for Education." Lack of protections for renters contributing to record homelessness levels Housing Minister must immediately reinstate no-fault eviction ban Lack of basic protections for renters is contributing to record levels of homelessness, according to Social Democrats Catherine Murphy who said:

"The latest figures show there are now 12,847 people living in homeless emergency accommodation. This is the highest number in the history of the State as it surpasses the grim record set last month. "Tragically, 3,829 of these are children, representing a 44 per cent rise since this Government took charge.

"The majority of people entering homelessness are coming from the private rented sector where renters live in constant fear of eviction.

"The temporary ban on no-fault evictions was working. It resulted in the first fall in homelessness in over a year until the Government made their disastrous decision to scrap the ban. "Without this basic level of protection, renters are once again exposed to the ever-present danger of eviction. We simply cannot accept the appalling numbers of people becoming homeless. "I am again calling on the Minister for Housing to immediately reinstate the ban heating their homes this winter, it is difficult to on no-fault evictions in order to protect people from the trauma of becoming homeless."

Government has lost control of National Children's Hospital project

Minister for Health unable to provide details of new completion date or an estimate of final costs for troubled development

The Minister for Health's inability to provide a revised completion date or estimate of final costs for the new National Children's Hospital shows that the Government has lost control of the project, according to Social Democrats TD Catherine Murphy. "Minister Donnelly's comments on RTE Radio were deeply troubling. While conceding that the latest completion date of May 2024 will not be met, he refused to reveal the revised handover deadline put forward by the developer. This suggests there has been a further drift in the works schedule that far

Given that BAM have submitted more than 2,000 claims totalling €760 million, it is clear that the final cost of the hospital is going to come in well above the Government's figure of €1.4 billion.

exceeds our worst expectations.

"The Minister's insistence that the development is 90 per cent complete is also astonishing given recent claims by the National Paediatric Hospital

Development Board (NPHDB) that just 27 out of 3,000 rooms are finished. "With costs expected to soar above the €2 billion mark, this will end up being the world's most expensive hospital. It beggars belief that the Minister is unable to provide even minimal clarity about what is the biggest capital project in the history of the health service."

Government fails to hold energy companies to account

Despite dramatic falls in wholesale electricity costs, households face sky-high energy bills this winter Irish households are facing another winter of sky-high gas and electricity bills due to the Government's failure to act on sky-high energy prices, according to Social Democrats TD Catherine Murphy. Deputy MURPHY said:

"It is completely unacceptable that domestic customers in Ireland are paying almost €1,000 more every year for their electricity than the European average. According to the Household Energy Price Index, bills here are 80 per cent higher than the EU average.

"This is despite the fact that figures released by the Central Statistics Office this week showed that wholesale electricity prices fell by 64 per cent in July compared to the same time last year. In fact, electricity costs on the wholesale market are now lower than at any time during the past two years. 'Speaking in the Dáil last February, the Taoiseach signalled that energy companies would be taken to task by the Government if prices did not come down fast enough. But more than six months later, there is still no indication of when these exorbitant prices are going to fall.

"The Minister for Finance said this week that it should not fall on the taxpayer to help householders with their energy costs this winter. However, it is inevitable that further State supports will be a feature of the upcoming Budget given the Government's failure to act on these enormous energy costs. 'As families once again worry about the cost of understand why the Government continues to treat energy companies with kid gloves."

Young adults putting their lives on hold due to Government's failure to tackle housing crisis The latest figures show that 68 per cent of those aged between 25 and 29 are still living with their parents

New figures showing that the number of young adults still living with their parents has nearly doubled in the last decade should ring alarm bells for the Government, according to Catherine Murphy TD who said: "The latest data from Eurostat paints a very bleak picture of what it's like to be a young adult in Ireland today. The figures show that a staggering 68 per cent of those aged between 25 and 29 are still living in their parents' home. This is significantly higher than the EU average of 42 per cent.

"The number of young adults stuck in their childhood bedrooms has almost doubled since Fine Gael took office 12 years ago and continues to skyrocket under this Government. Young people are forced to choose between sacrificing their independence or paying astronomical amounts to live in an insecure rental sector.

(Continued on page 13)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.)

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(Continued from page 12)

"This is a result of a monumental failure to provide people with access to affordable housing. "There are good examples of solutions in other European countries. In Denmark, for instance, young people have access to a wide range of high -quality social, affordable and student accommodation options. It is hardly a coincidence that 25 to 29-year-olds in Ireland are now 15 times more likely to be still living with their parents than those in Denmark.

"The Minister for Housing must stop acting as if he is a mere bystander to this crisis. If highquality, affordable housing is not provided, emigration will increasingly become the only option for young adults who want to set up a life of their own."

Damning report into CAMHS must be a catalyst for change

Children and adolescents experiencing mental health difficulties are being failed by the State Today's damning report into Child and Adolescent Mental Health Services (CAMHS) must be a catalyst for fundamental change in how the HSE operates, according to Social Democrats Catherine Murphy TD. "The independent review of CAMHS by Dr Susan Finnerty, the Inspector of Mental Health Services, reveals a level of dysfunction that goes far beyond what was feared. "The report, published today by the Mental Health Commission, spells out in the starkest terms the serious shortcomings in the way the HSE functions. This has resulted in a failure by the State to meet the needs of children with mental health difficulties.

"The review highlights inadequate governance systems, over-centralised decision-making, a lack of evidence-based approach to practices and a failure to plan for staffing needs. Inadequate funding and poor data systems were also identified in the report. "It is worth noting that the sorry state of children's mental health services only came to light because of a whistleblower. However, rather than encouraging an open culture, too often we see people who speak out being ostracised. Cultural change in the HSE is therefore essential if the needs of our most vulnerable children are to be met.

"I welcome the publication of Dr Finnerty's report, which must be a catalyst for fundamental change in the operation of the HSE, especially in the area of children's mental health services. "In the context of this shocking report, the Government's promises of a 'giveaway Budget' ring particularly hollow."

Latest Climate Change Advisory Council review should set off alarm bells for the Government This Government is good at making climate action plans but is poor when it comes to delivery

The Government's failure to address significant implementation gaps in its Climate Action Plan will make it next to impossible for Ireland to achieve its carbon reduction targets, according to Social Democrats TD Catherine Murphy. Deputy Murphy was responding to the findings of the Climate Change Advisory Council's annual review for 2023.

"This report should set off alarm bells for the Government. It comes on the back of two bleak assessments by the Environmental Protection Agency of our ability to reach legally binding climate action targets by 2030. "The latest review by the Climate Change Advisory Council makes for sobering reading. It warns that Ireland will not meet its carbon budget targets for 2021 to 2025, or for 2026 to 2030, unless urgent action is taken.

"Yet again, it highlights implementation gaps in existing policy – gaps that continue to be ignored or put on the long finger by the Government. This includes a failure to set the sectoral emissions ceiling for the 'Land Use, Land Use Change and Forestry' sector. Delaying such decisions will just make it harder to reach our targets for every year that goes by.

"This Government is good at making plans but is poor when it comes to delivering them. We can already see from extreme weather events, in Ireland and abroad, that climate change is happening in real-time. "Given the catastrophic consequences of doing nothing – or not enough – the lack of progress on climate action from the Government is unforgiveable."

Government inaction is exposing vulnerable renters to sexual exploitation

There must be consequences for anyone attempting to sexually exploit people who are desperately trying to put a roof over their heads

A shocking RTÉ Investigates report will this week lay bare the consequences of the Government's failure to protect renters from sexual exploitation, according to Social Democrats TD Catherine Murphy.

"The special report, that was broadcast on Prime Time showed why there is an urgent need for clear legislation to deter opportunists from seeking sexual favours from vulnerable renters.

"It is now more than a year since we introduced the Ban on Sex For Rent Bill 2022, which was killed off by this Government. This would have created an offence of requiring or accepting sex as a condition of accommodation, with penalties of up to seven years in prison or a \in 50,000 fine.

"Despite promising at the time to act on the issue, the Government has failed to bring in its own legislation. RTÉ's secretly recorded footage of tenants being asked for sex in return for a desperately needed place to stay is a direct result of this inaction.

"Renters are already facing an uphill battle due to the lifting of the eviction ban and ever-dwindling supply of properties. There must be consequences for anyone attempting to sexually exploit people who are just trying to put a roof over their heads.

Gardai and University teams have advised students to be very cautious about rental advertisements and to be vigilant in terms of verifying addresses and owners before handing over any deposits for rentals in the coming weeks."

Government's homecare announcement gives with one hand and takes with the other There are now more than 6,000 older people approved for homecare left languishing on waiting

The Government's announcement of increased pay rates for those working in State-funded home support services has been described as deeply cynical by Social Democrats TD Catherine Murphy. "The Minister for Mental Health and Older People, Mary Butler, indicated last year that she was in favour of implementing in full the recommendations of the cross-departmental Strategic Workforce Advisory Group to help address the serious shortage of homecare workers. This would include payment of the National Living Wage, at a minimum, in addition to agreed rates for time spent travelling.

"Those carrying out home support services on behalf of the HSE, including workers in the community, voluntary and private sectors, deserve nothing less as historically they have been paid very badly. "However, while attempting to seek credit for finally introducing these measures, the Government has advised that there will be a significant cut in the targets set out in the National Service Plan for 2023. This will see the current provision of 23.9 million hours reduced to 22 million hours. It is a blatant case of the Government giving with one hand and taking with the other.

"This is at a time when we have a rapidly aging population and there are over 6,000 older people around the country approved for homecare but left languishing on waiting lists. It will simply drive more people into nursing homes, ultimately costing the State extra money. Difficulties in accessing healthcare at home also contribute to delayed patient discharges in our hospitals.

"The Government's announcement must be seen for the political doublespeak that it is. It follows the unacceptable delay by the HSE in agreeing a new tender with homecare service providers, which was supposed to be in place in January but is only being finalised this month. "The Minister for Health will not be thanked for cutting service hours and pitting homecare workers against older people."

Government must address high cost of books for secondary school students

Parents are sick and tired of forking out huge sums of money on schoolbooks that will have to be recycled

Social Democrats TD Catherine Murphy has called on the Government to address the high cost of schoolbooks for parents of secondary school students.

"I know I speak for many parents of children in secondary school when I say we are sick and tired of forking out large sums of money every year for schoolbooks. It is particularly galling that parents have to recycle perfectly good books at the end of each school term and that siblings are unable to transfer e-codes to each other.

"Hundreds of thousands, if not millions, of schoolbooks are thrown out each year just because there are minor changes made to new editions. This is both costly and wasteful.

"Ideally, I would like to see free schoolbooks extended to secondary schools, as will be the case at primary level from September. Until this happens, the Department of Education needs to bring in the publishing companies and discuss how costs can be reduced for hard-pressed parents.

"This has been going on for far too long. Given that we are in the middle of a cost-of-living crisis, such needless waste of money and resources should no longer be tolerated."



Culture Night 2023 Friday 22nd September 2023

A full list of Culture Night Events are available at: https://culturenight.ie/about



Event: Tours Of The College Chapel And

Russell Library At Maynooth

Time: 16:00 - 20:00 **Audience:** All Ages

Booking: Booking Required

Description: Join Dr. John-Paul Sheridan, lecturer at St. Patrick's Pontifical University, for tours of the iconic nineteenth-century College

Chapel. Details of times and how to book will be available on the Library website.

The Russell Library will also welcome visitors for drop-in tours and to view their latest exhibition 'Wonderful and Weird: Exploring the Maynooth Library Treasures Blog'. Drawing on our long-running Special Collections and Archives blog, items from some of our most popular blog posts and staff favourites will be on display.

Come and join us!

Booking is not required for the Russell Library but is necessary for the College Chapel.

Booking Link:

https://www.eventbrite.ie/e/707787219627?aff=oddtdtcreator

Event: Sex, Drugs And Rock 'N' Roll Tour, Followed By Music In The Courtyard

Time: 18:00 - 20:00

Audience: All Ages

Booking: No Booking Required

Description: On Culture Night, join the team at Castletown House for stories of sex, drugs and rock 'n' roll in the big house, followed by an

hour of popular tunes in the courtyard with Clondalkin Youth Band.

The tour starts at 6.00pm; the music at 7.00pm.

The tour is indoors, partially wheelchair friendly, strictly over 18s,

ticketed, with advance booking.

The music is family friendly, wheelchair accessible, outdoors, **no advance booking required.**

Tea, coffee and soft drinks available on site.

Event: They Also Serve... **Time:** 19:30 - 21.00

Audience: All Ages

Booking: No Booking Required **Description:** "They Also Serve..." is an original play by best-selling author, Martina Murphy. Directed by Claire Joyce, for Down at Heel Productions, it is a madcap, emotional,

theatrical voyage through the early and late years of John Devoy's life and asks the question – is liberty worth the sacrifice?

Dubbed by the London Times as 'The most dangerous enemy this country (UK) has produced since Wolfe Tone', Kildare man, John Devoy wanted to lay down his life for Ireland. But his plans were thwarted when in 1871, he was banished to America as a traitor. Fifty-three years later, he arrived back to a hero's welcome. He was, in Pearse's words, 'the greatest of all the fenians'.

A fantastic script, live music and wonderful acting, come join us on Culture night for an extraordinary play about an extraordinary man - a man who lost all he loved and won it back again.

Full Address: Tea Lane, Celbridge Abbey, Celbridge, County Kildare,

Ireland

Event: Culture Night At The Steam Museum

Time: 18:00 - 21:00 **Audience:** All Ages

Booking: No Booking Required

Description: The Steam Museum will open its doors for Culture Night 2023. The Power Hall displays six huge nineteenth century stationary engines. Portraits of

the great inventors and engineers of the Steam Age can be seen adorning

the walls of the Model Hall.

The 18th century walled garden adjoining Lodge Park will be also open. Enjoy a walk around in daylight to view the array of trees, shrubs, and perennials in the many borders. As light fades, the walled garden will then be lit up throughout to create a magical atmosphere.

Delicious refreshments will be available at Barista Bike Cafe on the grounds of Lodge Park Walled Garden and Steam Museum.





Representing Kildare North in Dáil Eireann

Maynooth Senior Citizens Committee

The Committee will hold its monthly meetings on Tuesday 5th September after our August break. This will be followed by the resumption of the Thursday Morning Club on Thursday 7th September.

We were not completely off though during the month of August. Our Mass bus service continued. Pendant Alarm requests and other administrative tasks were seen to.

It will be great to see our members back again to enjoy morning art classes and bingo.

Don't forget to put the date of our annual pub quiz in your diaries. This will be held in the Newtown Inn on Friday night the 10th of November.

Susan Durack PRO

Maynooth Senior Citizens Committee. E-mail: maynoothseniorcitizens@gmail.com

Minister Joe O'Brien funds bursary for Community & Youth Work

The Minister of State for Communities, Integration and Charities, Joe O'Brien TD, has announced a bursary of €200,000 to fund places on the Masters in Community and Youth Work Programme at Maynooth University.

The bursary will support community workers to pursue endorsed postgraduate community work qualifications on the programme, which will be offered on a part-time basis.

Maynooth University was chosen as the provider for this qualification due to its leadership and expertise in the area of adaptable education. The blended mode of delivery of that programme makes it possible for potential bursary applicants also managing workloads and other commitments.

The fund was established to meet a commitment under the government's five-year strategy for the Community and Voluntary sector: Sustainable, Inclusive and Empowered Communities. It responds to a key finding of the All Ireland Endorsement Body (AIEB) in its assessment of education and training needs, which calls for affordable and accessible professional community work education for people with degrees already in community work jobs.

The bursary will be available to managers of community organisations, community workers and those who undertake community work duties in associated roles who have graduate degrees but no professional community work qualifications. The need for education and training for people with no degrees or qualifications working or involved in community work and associated areas was also strongly identified in responses to the AIEB needs assessment. AIEB is currently developing a pre-professional training initiative for people with no qualifications.

Announcing the bursary, Minister Joe O'Brien stated that:

"I am delighted to see that this postgraduate programme is now available on a parttime and blended basis making it accessible to the staff of community and local development organisations all over the country. The bursary will support successful applicants and we hope that employers in the sector will also support their staff to take up this opportunity.

"My department is currently engaging with AIEB on further proposals to support people employed and involved in community work who do not have any qualifications."

Information about the bursaries is available from bursary@aieb.ie and information on the programme can be provided by the Department of Applied Social Studies in Maynooth University

MU's RoboÉireann team wins global RoboCup

Ireland's Robot soccer team, RoboÉireann from Maynooth University, are Challenge Shield winners in the RoboCup 2023 Standard Platform League, an international robotics competition held in Bordeaux, France.

Scoring 67-2 across nine matches, RoboÉireann overcame teams from Germany, the Netherlands, Canada, USA, Australia, and Brazil to secure victory.

The winning team comprises staff and students from the Departments of Electronic Engineering and Computer Science at Maynooth University and competes in an innovative game where all competitors use identical humanoid robot hardware, but develop software so that the robots play soccer autonomously.



RoboÉireann have competed in European and International RoboCup events since 2009. To achieve this level of autonomy, teams must develop software, create advanced machine learning and AI and efficient real-time systems, so that the robots can understand their surroundings, make decisions, and collaborate in dynamic environments without human intervention or remote control.

Students gain industry-ready skills in robotics, AI, software, and teamwork with applications in autonomous robotics, assistive technologies for independent living, manufacturing, agriculture, and emergency/disaster area operations, amongst others.

Commenting on the team's success, <u>Dr Rudi Villing</u>, team coach and lecturer in the <u>Department of Electronic Engineering</u>, said: "RoboCup is an invaluable practical environment for students to learn about the challenges of creating intelligent humanoid robots, to research and develop solutions, and to develop industrially relevant skills. The competitive element is a key motivator for them and is unlike anything else. Our great result in this competition builds on our Open Challenge win in the RoboCup 2011 world championship and third place finish in the RoboCup German Open Replacement Event 2022."



Team RoboÉireann are Aidan Colgan, Shauna Recto, James Petri, Heather Bruen, Andy Lee Mitchell, Dr Ralf Beirig and Dr Rudi Villing.



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Celebrating 70 years of Excellence in Teaching, Research and Publication, 1953-2023

This year the <u>Department of History</u> at Maynooth University celebrates 70 years of excellence in teaching, research, and publication.

From modest beginnings in 1953, the Department has grown to become one of Ireland's most dynamic Arts and Humanities departments, staffed with academics who are among the leading practitioners in the fields of Irish, European, and Global history, and supported by excellent administrators who together ensure that every student's experience at Maynooth is stimulating, enjoyable and rewarding.

To mark this important milestone, we are hosting this wonderful event on campus in the historic setting of Pugin Hall (#16 on Map below) on **Friday, 29th September, at 7:30pm.**

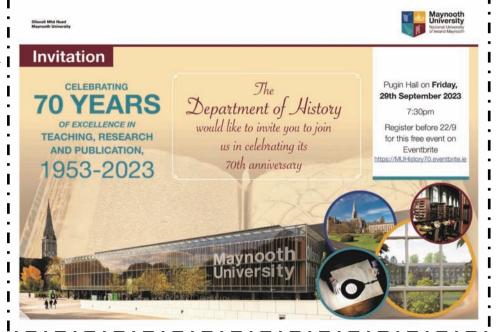
The evening will begin with the annual launch of the *Maynooth Studies in Local History*. Almost 200 books in this series have been published to date by Four Courts Press (edited from 1995 to 2021 by Raymond Gillespie and since then by Michael Potterton). It would be wonderful to see as many authors as possible back for this event.

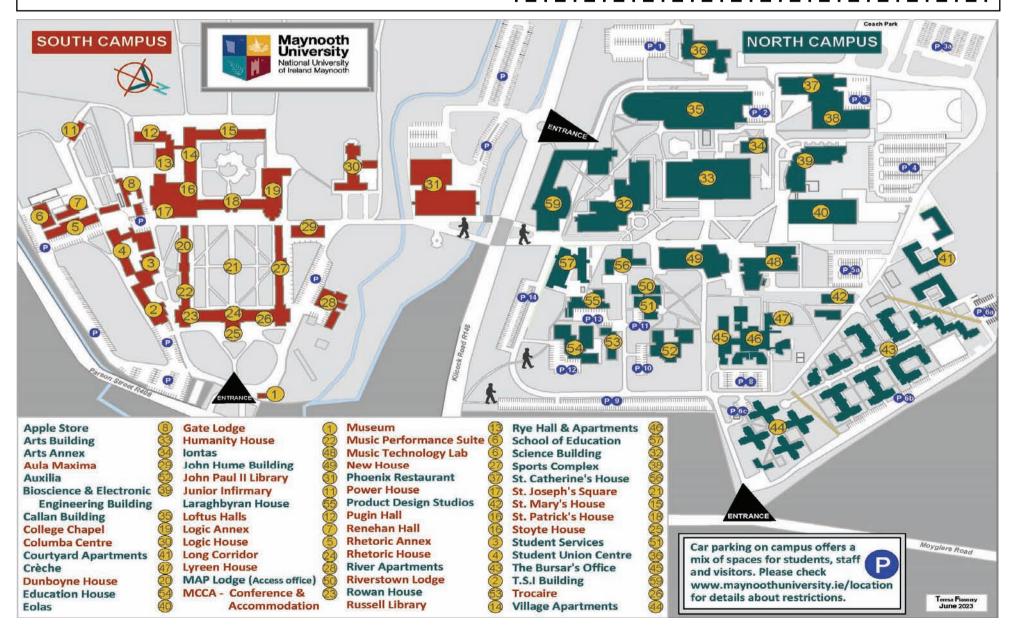
We will also be launching *Speculative Minds in Georgian Ireland: Novelty, experiment and widening horizons*, co-edited by Toby Barnard and our colleague Alison FitzGerald.

This event provides a wonderful opportunity for ALL our history alumni to reconnect with friends and staff. In addition, we would like to welcome other friends who have connected with the Department throughout the years, including members of the local community, fellow colleagues in Maynooth University, national and international academic collaborators, the staff of government departments, state and voluntary bodies, and members of history and heritage societies.

We look forward to extending a warm welcome to all as we celebrate this significant anniversary for the Department.

Enquiries: history70@mu.ie
MU History 70 Team





COMHALTAS

Comhaltas Craobh Mhaigh Nuad

Hard to believe another year has flitted by in an instant and our second term drew to a close.

The end of the teaching year was marked by the Fleadh Chill Dara, which was held this year for the first time in Kilcock. There was a fantastic programme of events laid on for the fill week with concerts, dancing, recitals and sessions from Thursday through Sunday, bringing branch members from across the county. Thanks to the Kildare County Board C.C.E. and Kilcock C.C.E. for their fantastic organisation!

The branch had a number of candidates entered this year which is a great tribute to students and teachers alike. Playing in front of eagle-eyed judges and 20-30 spectators in a room where you could hear a pin drop takes nerves of steel, so fair play to yis all!

We finished off the year with a branch session and party in Maynooth Post Primary school on May 22nd which featured some general merriment as well as an extended session for students and teachers alike. August is the time of year, when we look forward to the coming terms in 2023 and into 2024. The playing of our members is developing at an incredible rate and from tentative beginnings a couple of short years ago, they're now delighted to strut their stuff at any opportunity.

The annual Fleadh Cheoil na hÉireann was held this year in Mullingar Aug 6th-Aug 14th and many musicians from North Kildare headed for the competitions, the street music and the sessions held in every free shopfront and corner of the town. Many consider Comhaltas to be one of Ireland's most successful cultural groups, having trained generations of Irish to study, perform, promote and preserve that central element of traditional Irish culture, namely its music. Tens of thousands of youngsters have learned to play music on traditional instruments, while over two million people attend the sessions, concerts, festivals and workshops sponsored by Comhaltas annually.

Looking at this autumn, we would love you to think about taking up an instrument yourself. Our branch has beginners and improvers across all backgrounds, so if you've always had an ambition to play music, but thought it might be too late...don't worry, it isn't; learning an instrument is a fantastic journey that it is never too late to embark upon.

Kids are in a great phase of life to learn about music and we're always pleased to add new junior members to add to the fantastic bunch we've had with us for the last number of years. Our youngest members start from about 7 or 8, but, as with adults, it's never too late to join up. We are a totally inclusive organisation, and new members are always welcome – young and old.

Registration for the 2023/2024 Comhaltas year can be completed online on our branch website, or if you'd prefer to register in person, we have an information evening on September 13th with classes running from 20th September. Classes are 40 minutes long, are graded according to ability, and take place from 7pm to 9.40pm in Maynooth Post Primary School. Bígí linn!!!

Sessions will continue all over the town, as before, in Brady's, McMahon's, the Newtown Inn and the Roost, so plenty of opportunities for enjoying our traditional music locally. Please come along if you're interested in lessons for your child, or yourself! Watch our Social Media for updates - we're a fun branch and your kids will enjoy their musical journey with us!

https://ccemhaighnuad.com www.twitter.com/CCEMhaighNuad www.facebook.com/CCEMhaighNuad



Branch members practising in Costa Coffee before their Gig Rig Performance



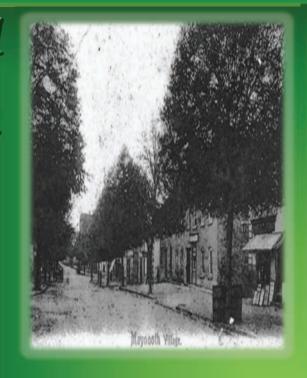
Craobh Mhaigh Nuad's U15 and U18 entries in the Ceilí Band competition were a joint entry with Leixlip and Kilteel. Both groups qualified for the for the Leinster's in Grangegorman, where they performed with distinction.

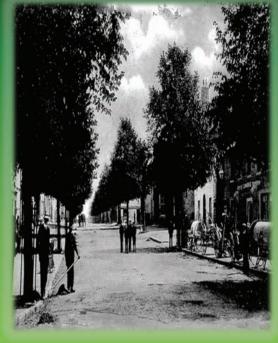
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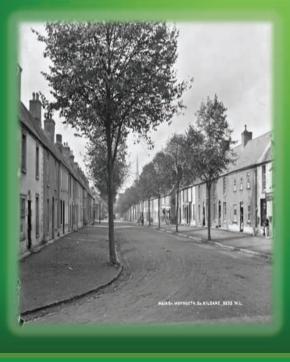


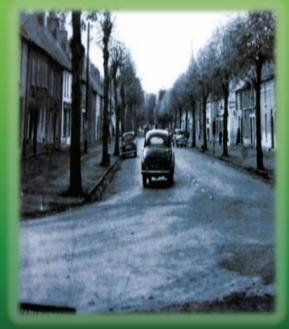


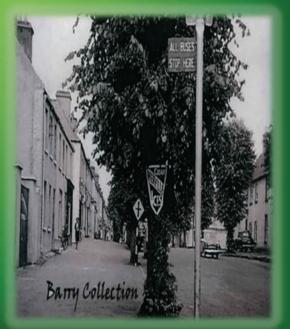


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Historic Victory as North Kildare Bowls Club Dominates ILB Championships

North Kildare, 5th August 2023 — A remarkable display of skill, determination, and teamwork took centre stage as North Kildare Bowls Club emerged triumphant at the ILB Championships held at the illustrious Bray Bowling Club from 31st July to 5th August. This prestigious event witnessed four teams from North Kildare Bowls Club vying for glory, and they did not disappoint.

Singles Nassau Cup: Ron Burns Triumphs Over Crumlin In a gripping showdown, Ron Burns from North Kildare Bowls Club took on Crumlin's finest in the Singles Nassau Cup. The atmosphere was electric as every bowl rolled with precision and anticipation. Ron Burns showcased his exceptional talent and emerged victorious, securing the first of North Kildare's four triumphant victories.

Doubles Tyler Cup: Father and Son Duo Shine The Doubles Tyler Cup witnessed a heart-warming father-son partnership as Ron and Gregg Burns joined forces to create a dynamic team. Their exceptional chemistry and unrivalled synchronicity on the green were undeniable, propelling them to victory and adding another impressive win to North Kildare's tally.

Triples Bowling League of Ireland Cup: A Stellar Performance The North Kildare Bowls Club's team, comprised of Johann Taljaard, Pat Linnane, and Gerry Flynn, showcased their remarkable skills in the Triples Bowling League of Ireland Cup. Facing off against the formidable Crumlin team, they demonstrated unparalleled precision, teamwork, and strategy, leading to a resounding victory.

Fours Mecredy Cup: Unstoppable Unity Loreto Farrell, Brian Haslam, Pat Linnane, and Gerry Flynn united their strengths in the Fours Mecredy Cup, creating an unstoppable force on the green. Their unwavering determination and unparalleled coordination led to victory against the Blackrock team, further solidifying North Kildare's dominance.

Champion of Champions: Loreto Farrell Shines Adding to the club's triumphs, the talented Loreto Farrell emerged victorious in the Champion of Champions competition, cementing her status as a true bowler extraordinaire. Her exceptional achievement added to the club's already impressive list of accomplishments.

A Legacy of Success This historic tournament marked a defining moment in North Kildare Bowls Club's journey. With all four teams emerging victorious, the club secured an unprecedented clean sweep of trophies. A testament to their dedication, skill, and unyielding determination, this achievement is a source of immense pride for every member.

A Grateful Acknowledgement None of this would have been possible without the unwavering support of North Kildare Bowls Club members and the invaluable backing of The North Kildare Sports Club. Their continuous encouragement and dedication have paved the way for the club's success on the national stage.

A Message from the Captain Pat Linnane, the Captain of North Kildare Bowls Club, expressed his pride and awe at the club's extraordinary achievements. "We have left an indelible mark in Irish Bowling Club history," he stated. "This momentous victory is a testament to the immense talent and belief within our team. We've achieved something truly remarkable."

Setting the Stage for Victory The North Kildare Bowls Club's meticulous planning was evident as they prepared for the championships. Recognizing the significance of the event being held at Bray Bowling Club, with a surface akin to their home green, they strategized and executed flawlessly.

Unprecedented Excellence A notable accolade of this remarkable season is the distinction of being the first club to secure victory in all four junior championships within the same year. North Kildare Bowls Club has indeed etched their name in the annals of history.

Celebrating Hospitality and Gratitude North Kildare Bowls Club extends heartfelt gratitude to all members of Bray Bowling Club for their warm hospitality and camaraderie throughout the championships. This collaborative spirit added to the vibrancy of the event, creating an atmosphere of unity and shared passion.

Acknowledgements Special thanks are extended to Sheila Kelly from Skerries, the Competition Secretary for the Irish Lawn Bowls. Her dedication and meticulous management ensured the smooth progression of the tournament, contributing to its resounding success.

In conclusion, North Kildare Bowls Club's triumph at the ILB Championships stands as a testament to the power of teamwork, dedication, and unyielding belief. Their journey from humble beginnings six years ago to this historic moment has been nothing short of awe-inspiring. With the last of their league matches yet to be played, the club's future is brighter than ever.

For more information about North Kildare Bowls Club please contact:

Sandra Seery: Northkildarebowls@gmail.com

Phone: 086 2428522 - Website: www.northkildarebowlsclub.org

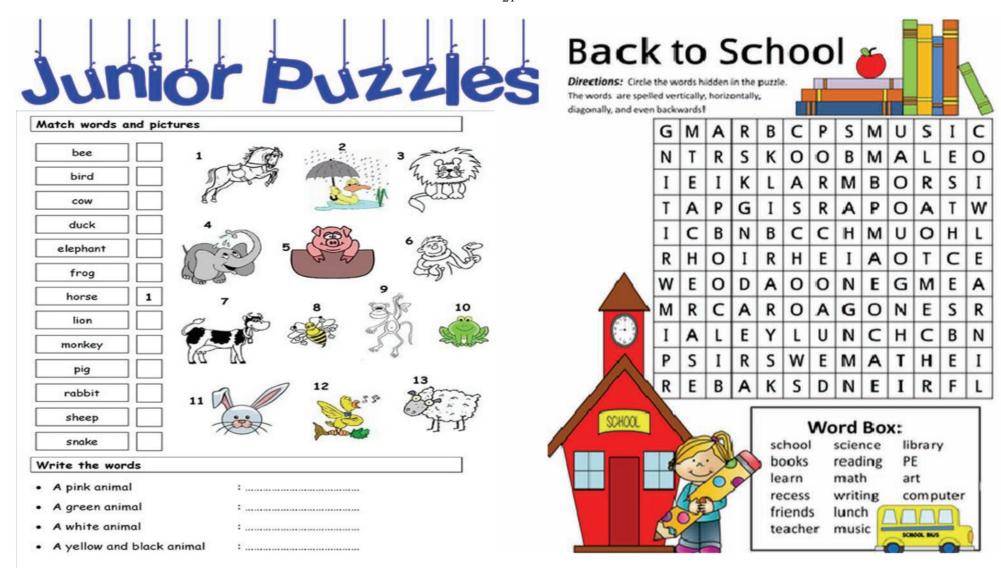
ILB Championships Photo Gallery





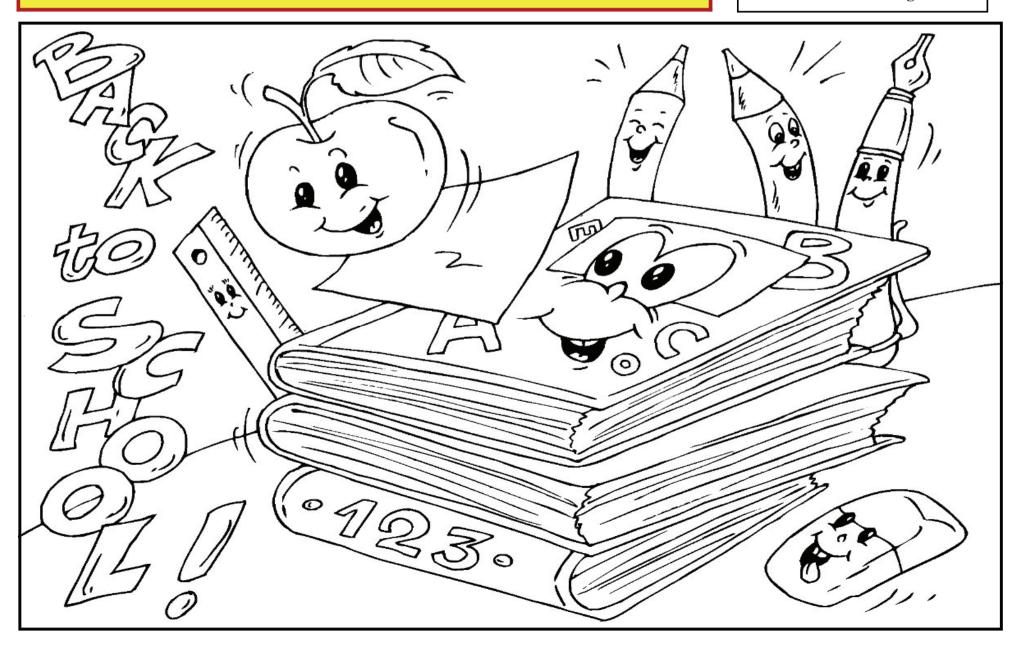






NB To Print the page go to File, select Print and put in this page number to avoid printing all the pages. Then Print.

Sourced from Free Google Puzzles



IPMS IRELAND National Show & Competition

The Irish branch of the International Plastic Modellers' Society will stage their annual National Modelling Championships and show in the Spa Hotel, Lucan on Saturday September 30th and Sunday October 1st. The International Plastic Modellers' Society was founded in the United Kingdom in 1963 to cater for the ever growing popularity of kit building. The Irish branch itself was founded in 2007 and has gone from strength to strength in the intervening years with the increasing popularity of the hobby.

Last years event attracted an entry of 420 models spread over a very wide range of subjects from WW1 to Star Trek.

The older generation amongst us, myself included, will remember building Airfix kits in our youth. Today there are a myriad of mainline manufacturers and aftermarket companies producing incredibly detailed kits that, in the hands of a skilled modeller, can be built into extremely realistic models.

Where as in my day the hobby was almost exclusively a male domain, in todays world the hobby is enjoyed by members of both sexes, old and young, all over the world. For the young, modelling can improve dexterity, teach patience and encourage an interest in history.

This is a an event which anyone with even a passing interest in modelling would not want to miss and who knows it just might reignite the modelling spirit in some of you or spark some interest within your kids. The doors open at 10am each day and close at 5pm on Saturday and 4pm Sunday. Entry is €5 for adults, which covers you for both days! Entry for accompanied children under 14 is free.

Don Foley Maynooth Newsletter.









Kildare Planning Applications for Maynooth Area Planning Applications received from 26/07/2023 to 28/08/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2360127	Kildare County Council	DHD Coachman Limited	The Duke & Coachman, Main Street, Maynooth, Co. Kildare	18/08/2023
23853	Kildare County Council	Lena Golubovskaja & Darko Gajovic	292 Old Greenfield, Maynooth , Co Kildare	18/08/2023
23851	Kildare County Council	Donal & Sarah Fleming	10 Limetree Hall, Maynooth, Co. Kildare	17/08/2023
23847	Kildare County Council	Michael & Maeve Lee	Oldcarton, Maynooth Co Kildare	16/08/2023
23822	Kildare County Council	Katie and Dwyer McCaughley	29 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare	01/08/2023
23817	Kildare County Council	Eoghan & Niamh McCartan	Smithstown, Maynooth, Co. Kildare	28/07/2023



MAYNOOTH CYCLING CAMPAIGN



Maynooth Cycling Without Age

If you know anyone who is unable to cycle because of age or any disability but would like to do so with a guardian or other companion, why don't you tell them about Maynooth's Cycling without Age. Details of how to book are on our website at https://maynoothcyclingcampaign.com/cycling-without-age/

Maynooth Cycling Campaign

Maynooth Cycling Campaign will be holding an in person public meeting in the Community Space later in September. Details to be confirmed.

KCC County Development Plan and Climate Action Targets

KCC is not noted for being particularly innovative as regards climate change. However, it is outstanding in one respect. It is (probably) the only local authority in the world to adopt new percentage targets for travel modal split which when added together is over 100%.

To address climate change resulting from transport, the Kildare County Development Plan 2023-29 includes a number of targets for change in modes of transport. The baseline figures were derived from Census 2016 add up to 100% for trips to work and trips top education which is to be expected. However, the targets which now form part of the official County Development Plan amount to 115% and 130%.

Mode of Travel		
To Work	Baseline	Target
Walking	6%	10%
Cycling	1%	20%
Bus	5%	13%
Train	5%	14%
Car Share	4%	8%
Car	74%	50%
Total	95%	115%

(Working from Home.

4%) -----

Mode of Travel		
To Education	Baseline	Target
Walk	28%	50%
Cycling	2%	15%
Public Transport	20%	25%
Car	50%	40%
Total	100%	130%

Why are targets important? Targets are important as they demonstrate the ambition of a local authority. They are also a means of measuring progress on policies or not.

Emer Walsh of the Irish Examiner recently reported that:

Ireland had the largest increase in greenhouse gas emissions in the European Union at the end of last year and was one of just four EU countries to increase emissions annually. Rising by 12.3% year-on-year, new data from Eurostat found that Ireland's greenhouse gas emissions in Q4 of 2022 rose in tandem with GDP, with its growth rate of emissions almost twice as large as the second biggest year-on-year increase.

Once again, Ireland is out of line with other European countries in its efforts to decarbonise. Targets should be challenging but also realistic. Having targets of 115% and 130% is frankly bullshit and the only reason they have been put in as a "Get out of Gaol Card" when the finger is pointed at Kildare – and it will be.

Road Fatalities

August saw continuing death on our roads with two accidents in which a total of 8 people lost their lives. Up to 9am on 25 August, there were 114 fatalities in 2023. This compares to 98 in 2022 and from 85 in 2018, a 15% and 34% increase over 2018 comparisons. An Garda Siochana is faced with a lot of challenges but exhorting drivers to slow down has proved not to work time and time again. We need some fresh thinking. Maynooth Cycling supports Cyclist.ie's campaign for a reduction in speed limits and a Garda Portal for uploading bicycle and dashcam footage of dangerous incidents on the road.

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

We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it to the European Cycling Federation.



Quick & Easy School Lunches

Here are a few ideas on what to pack in your kid-friendly school lunches:

These easy make-ahead school lunches are sure to please even the pickiest of eaters, and they make packing school lunches a breeze!

Here is a simple way to pack a school lunch:

- Choose a Main Course. The main course of your child's lunch should be something hearty that includes protein. You want to make sure their hunger is satisfied until their after school speek.
- Add Some Fruits and Veggies. We all strive to make our kids' lunches as healthy as
 possible and including fruits and veggies is a great way to do so. Plus it will help keep
 them fuller for longer.
- Throw in a Snack. Your child will have at least one snack break throughout the day, so you want to make sure they have something quick and easy to eat. There are many healthy snack options out there see a few below!
- Don't Forget a Drink! Along with including a drink to accompany their lunch, you should make sure your child has a clean bottle of water with them every day.

Ham & Cheese Pin Wheels

These tasty little roll-ups use flatbreads instead of regular bread. Simply load up the flatbread with mayo, ham, lettuce and shredded cheese.

Roll them up, cut them, and hold them in place with toothpicks.

Pasta Salad

Not many students have access to a microwave to heat up tasty lunches, so sending something that is meant to be cold is the perfect solution!

Choose your child's favorite pasta, dressing and veggies. Cook and cool the pasta then mix it all together.

This is one of those lunches your child can personalize – so you know they will actually eat it!

Cucumber Sandwiches

You can eliminate bread from the sandwich equation by using slices of cucumber to hold together ingredients such as ham and cheese. You'll need to use toothpicks to keep these cute little sandwiches together – or you can opt for lettuce leaves instead of cucumber to make a breadless sandwich.



Salac

You can easily send along a salad in your child's lunch. Just put all the salad ingredients in one container and the dressing in another.

Add cooked chicken or beef to add some protein to the meal.

This lunch is super easy for your kids to mix up and enjoy!

Leftovers

Every mom knows the value of leftovers and there's nothing wrong with sending them along as your child's lunch.

If you have something like a thermos, you can easily heat up the food in the morning and it will be nice and warm for your little one come lunch time.

Super Simple and Healthy Snacks

While the occasional treat wont do much harm you want to make sure the majority of what they have to snack on is healthy.

Or, at the very least, not just empty calories and sugar.

Here are some healthy snack ideas that are easy to put together and easy for your child to eat:

- Celery sticks and a peanut butter alternative
- Baby carrots/carrot sticks and reduced-fat ranch dressing
- Chopped strawberries and yogurt
- Hard-boiled egg and grape tomatoes
- Whole wheat crackers and hummusSliced apples and caramel sauce
- · Pretzels
- Popcorn

To ensure your child's safety during snack and lunchtime, be sure to cut foods such as grape tomatoes and grapes in half to avoid a choking hazard.

Stock up on containers

Making lunches quick and easy is much easier when you have the gear to pack it in! Stocking up on sectioned containers means you can pack up a lunch for each day of the week, saving you a whole lot of time.

Just don't feel that you have to impress your child by arranging their food into animal shapes or other fun designs to make the meal special.

Save your time by leaving a little note in their lunch bag - a great reminder that you're thinking about them while they are at school!

Source: www.smartmomideas.com/back-to-school-lunch-ideas/







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

On Saturday, August 19th, as part of National Heritage Week, Maynooth Tidy Towns Heritage group hosted a guided walk of the town. Approximately 30 people registered for the tour which took place in ideal weather conditions. Thankfully, Storm Betty had abated, the wind died down and the sun shone for the 2 hour walk.



The starting point was Duke's Harbour on the Royal Canal and took in a total of 16 buildings/ places of interest. From there to the medieval Castle Quarter, along back lanes up to Carton Avenue, to the conclusion in Courthouse Square, our volunteer tourguides, Pat Watson and Vincent Mulready, imparted their vast knowledge to a very attentive audience.



The Maynooth Heritage Trail project began, as a conversation, during the painting of the ICA Hall by Maynooth Tidy Towns volunteers in 2021. Many of us were unaware of the origins and significance of this building. This prompted a discussion at committee level, leading to the formation of the Heritage Trail sub-committee.

The sub-committee has, to date, worked on identifying the points of interest for the Trail,

designing and producing information leaflets, and purchasing story boards to display the Heritage Trail information at various locations.

We are appreciative of the funding and support from Kildare County Council throughout this project. The final phase will involve the design and production of the information for the story boards, an online version of the information leaflet, in English and Irish, and an official launch of the project.



At the outset, we envisaged a totally self-guided tour for the many visitors to and residents of Maynooth. We did not realise how popular our guided tours would become! For 'research purposes', we took various groups out along the trail to test it out, seek feedback etc. This has evolved to requests from local schools, organisations etc which we are very happy to facilitate.

There have been setbacks and delays, due to Covid restrictions etc. but we can see the finishing line in sight. We believe we will have succeeded in our goal: to share the rich heritage and history of Maynooth with a wider audience.

Thank you Breedge Conway Chairperson - Maynooth Tidy Towns

September is the month we usually receive our Tidy Towns results from Tidy Towns Ireland or to be more specific if we receive an invitation we know we have won a prize in this year's competition.

We have had to cancel many clean ups due to the inclement weather this year but we have been so lucky to have so many volunteers especially in August as there have been a group of Asylum seekers from Algeria, staying in the University who joined us regularly every Saturday/Wednesday to scuffle the weeds around the town.

With their help we were able to complete the works in The Pound in time for Heritage Day August 19th, which was another great success with special thanks to volunteers Pat Watson and Vincent Mulready who were our guides on the day.

Special thanks to volunteers Sean and Michelle who have undertaken the task of cleaning up the redundant Eir Boxes in the back lanes, we hope to see something special painted on them in the near future.

We would like to wish one of our volunteers Guida the very best of luck as she returns to Mozambique on September 5th, Guida joined us for the first time on the 5th March. She will graduate from MU in November but unfortunately she has to return to Mozambique in September. We sincerely hope she will come back to visit Maynooth in the near future.

If you wish to volunteer please follow us on Facebook for updates.

We meet every Saturday morning at our Shed in The Council Car Park at 9am. You must read our Health and Safety Statement before Volunteering.

Mary Molloy - Maynooth Tidy Towns Association PRO











September Events at Maynooth Community Library

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



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Children

Design A Summer Stars Bag Workshop

Saturday 2nd September

10am - 12pm Age: 5+ years

Design your very own Summer Stars Tote Bag! Create a totally unique Summer Stars bag with your own colour and style at this drop-in workshop!

Please note – old clothes recommended as fabric markers / paint will be used! Children must be accompanied by an adult. No need to book, just drop in.

Summer Stars Celebration Magic Show Saturday 2nd September 2023

3 - 4pm

Suitable for all ages

A huge 'Well done!' and congratulations to all the children who participated in this year's Summer Stars Reading Challenge in Maynooth Community Library! To celebrate the children's participation in the Summer Reading Challenge, we are having a special Jack Flash's Amazing Magic Show: From the "Greatest Show on Earth", with magic and juggling along with loads of audience participation. Children attending this event must be accompanied by a parent /guardian.

Places limited, booking essential, PLEASE BOOK UNDER NAME OF CHILD ATTENDING WHEN BOOKING. Book your free ticket here: https://buytickets.at/maynoothlibrary/98503

*Summer Stars Certificates of Achievement will be available to collect in the library until the end of September. *

Book Busters Children's Book Club

Friday 29th September

3:45pm-4:30pm

Age: 8- 11 years

The Book Busters Children's Book Club returns to Maynooth Library this month! Currently seeking new members. If your child aged 8-11 would like to take part, please email maynoothlib@kildarecoco.ie for further details.

Culture Night

Culture Night: Folktales from around the globe with storyteller Simone Schuemmelfeder

Friday 22nd September

4 – 5pm

Join German storyteller Simone Schuemmelfeder from StoryGate for an evening of storytelling and puppetry. With entertaining stories from many cultures, charming puppets and lots of interactive fun, Simone will bring you on a storyblast around the world. All children attending this event must be accompanied by a parent/guardian.

Book your free ticket here: https://buytickets.at/maynoothlibrary/985940

Young Adult

Try out the Teen Book Club in Maynooth Library

Friday 8th September

4 - 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.

For more information email maynoothlib@kildarecoco.ie

Dungeons & Dragons Club for Teenagers Thursday 28th September

4.30 - 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.

Book your place on Ticket Tailor at: https://scanner.topsec.com/? d=1340&r=show&u=https%3A%2F%2Fbuytickets.at%2Fmaynoothlibrary% 2F963015&t=e7847cd71b15e31015d34e3b5428635344d126d2

Adults

The Irish Legacy of the Brontës: An Exhibition of Embroidered Works:

Exhibition Opening with Guest Speaker Pauline Clooney, author of

'Charlotte & Arthur.' Tuesday 5th September 6.30 – 7.30pm

This exhibition is a collaboration between the Crafting Ladies of Banagher and its Curator, Dr Maebh O'Regan. Light refreshments provided.

Booking required.

Book your free ticket here: https://buytickets.at/maynoothlibrary/985227

The Irish Legacy of the Brontës Exhibition: Meet the Curator: Maebh O'Regan

Thursday 14th September

6.30 - 7.30pm

Introductory Film and Tour of Exhibits. *Drop in Event*

Poetry night: An evening of sharing poetry.

Thursday 14 September 6.30pm – 7.30pm

Online event

Poetry enthusiasts, join us for an evening of sharing your favourite poetry. You may wish to read a poem aloud or just listen.

Hosted by Maynooth & Ballitore Libraries. All welcome.

https://buytickets.at/maynoothlibrary/990789

Two Brontë Films by Maebh O' Regan Tuesday 26th September 6.30 - 7.30pm

To coincide with the exhibition on 'The Irish Legacy of the Brontës' in Maynooth Community Library, two films by the curator of the exhibition, Maebh O'Regan, 'The Discovery of the Brontë Family Portrait in Hill House, Banagher, 1914' and 'Charlotte and Arthur: A Victorian Romance' will be shown. The evening will include a miscellany of readings, songs, and stories. * Drop in Event*

Breast Feeding Support Group with Public Health Nurse Tuesday 12th & Tuesday 26th September

9.30 - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breastfeeding Mums and Mums to be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions.

No booking needed, just drop in. ***Please ring the library doorbell between 9.30am & 10am as the library doors will be closed, and you will be let in***

Climate Action

Autumn Seed Saving Workshop for families with Lucy Bell Thursday 7th September

5.30 - 7.00pm

Suitable for ages 14+

Join horticulturist Lucy Bell to learn how to successfully save seeds from your garden this Autumn. Become more self-reliant by ensuring you have seeds for the following year to sow, share or return to the seed library: saving you money and continuing the ancient tradition of seed-saving. Part of the Kildare Seed Library initiative.

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 3 (Good Health and Well-being), 4 (Quality Education), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action) and 15 (Life on Land). Booking required. Book your free ticket here: https://buytickets.at/maynoothlibrary/970519

Maynooth Zerowaste Saturday 9th September

2-4pm

Zero Waste Maynooth is back after its summer break with its ladies' clothes swap

Ladies Clothes Swap: Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes is a way to tackle textile waste and save some money! The Craft Corner: Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle

(Continued on page 26)

September Events at Maynooth Community Library (Cont.)

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



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(Continued from page 25)

those repairs with your clothes and bring them back to life.

Kids toy swap: Bring one, take one! Let's get the kids used to the idea of swapping before buying!

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate

*Drop In. No booking required *

An introduction to Moths and Moth Trapping talk for families with Wild Kildare Saturday 30th September

Moths: the much-maligned poor relation of butterflies! Join Chris from wild Kildare as he introduces us to these fascinating but often overlooked winged beauties. All children attending this talk must be accompanied by a parent/

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 13 (Climate Action), 15 (Life on Land)

Book your free ticket here: https://buytickets.at/maynoothlibrary/991639

Let's Talk About Parenting Events

Starting 'Big School'

Presented by Dr Mary O'Kane

Thursday 31st August

7 - 8pm

Your child is starting 'Big School' in September, this means new experiences, new friends, and a whole new identity as a Junior Infant. Naturally you want to support them in making this transition a success. How should you best prepare your child for this major transition in their lives? In this session, Dr Mary O'Kane offers some very practical advice on the most important skill sets for children during this transition, and how best to support your child over the summer in developing these skills.

Book your place here: https://www.tickettailor.com/events/ letstalkaboutparenting/990759

This aligns with the SDG goals – 3/Good Health and Wellbeing; 4/Quality Education;

First Aid for Parents

Presented by Siobhan Butler, First Aid for Everyone Tuesday 19th September

7 - 8pm

A popular and regular event on the programme, this informative and interactive course uses lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions. Topics covered will include: Calling the emergency services; The First Aid Kit; Choking; Meningitis; Burns; Temperatures / Seizures

Book your place here: https://www.tickettailor.com/events/ letstalkaboutparenting/990734

This aligns with the SDG goals – 3/Good health and wellbeing; 4/Quality Education

Lola's Y Lola's Yoga and Storytelling workshop Saturday 23rd September

10.30 - 11.30am

For parents, and their children aged 3 to 9yrs

Yoga through storytelling is a great way to support children's wellbeing. Yoga can assist in enhancing a child's physical, social, and emotional development. Some of the benefits include strength and balance, an increase in self-esteem and a decrease in anxiety. The storytelling aspect of the workshop enriches the children's imagination and provides both a visual and audio learning experience.

Book your place here: https://www.tickettailor.com/events/

letstalkaboutparenting/991018

This aligns with the SDG goals – 3/Good health and wellbeing; 4/Quality Education

Exhibition

The Irish Legacy of the Brontës: An Exhibition of Embroidered Works Tuesday 5th September – Wednesday 27th September

This exhibition is a collaboration between the Crafting Ladies of Banagher and its Curator, Dr Maebh O'Regan. The aim of the project is to highlight the role that Arthur Bell Nicholls played in preserving the memory of his wife, Charlotte, and other members of the Brontë family, when he moved from Haworth to Banagher

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.

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday Starting Mon 4th September

11.30am - 13.00pm

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

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 - 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!

Book Clubs

U3A (University of the Third Age) Book Club

Monday 11th September

10.30 - 11.30am

We will be reviewing "Crocodile Tears" by Mark O'Sullivan.

New members welcome.

Wednesday Morning Book Club

Sept 20th, 11.00 – 12pm We will be reviewing "The Tennis Partner" by Abraham Verghese.

New members welcome.

Midlands LGBT+ Book Club Thursday 21st 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: https://buytickets.at/ maynoothlibrary/962966

Tuesday Evening Crime Book Club Tuesday 26th September

7 - 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



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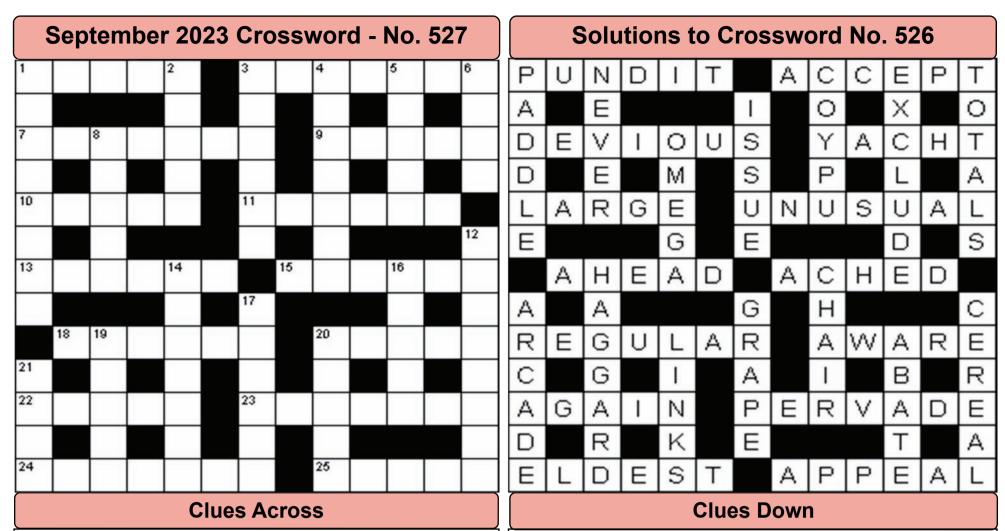
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- 1. Large oval fruit (5)
- 3. Units of time (7)
 7. Fished commercially (7)
- 9. Several music tracks issued together (5)
- 10. Irritated (5)
- 11. Birds of prey (6)
- 13. A business that serves other businesses (6)
- 15. Published (6)

- 18. Save from loss or danger (6)
- 20. Having three dimensions (5)
- 22. The relative magnitudes of two quantities (5)
- 23. Passage selected from a larger work (7)
- 24. School for special training (7)
- 25. Flowed back (5)

- 1. Based on traditional stories (8)
- 2. Lubricated (5)
- 3. Happening without warning (6)
- 4. Alterations (7)
- 5. Stately (5)
- 6. Japanese form of wrestling (4)
- 8. Leg joint (5)
- 12. Enlightened (8)
- 14. Violent windstorm (7) 16. An earth pigment (5)

- 17. Cure (6)
- 19. Additional (5)
- 20. Periodic repeated series of events (5)
- 21. Elaborate song for solo voice (4)



Difficult						Sudoku Challenge								Super Difficult			
		2															6
							8			3		1			7		
		5	1		6	9	7	4					2	3	5	1	9
	7				5			1		7				8	3	9	
	2	6	3	9	1	8	4					9		7			
4			8				5			8	5	3				4	
1	8	4	9		3	5			4	1	3	6	8				
	9										2			1		5	
						4			6								

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

Chilli con carne recipe

Prep time - 10mins Cook time - 1hr Serves - 4

Ingredients

- 1 large onion
- 1 red pepper 2 garlic cloves
- 1 tbsp oil
- 1 heaped tsp hot chilli powder
- (or 1 level tbsp if you only have mild)
- l tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes ½ tsp dried marjoram
- 1 tsp sugar (or add a thumbnail-sized piece of dark chocolate along with the beans instead, see tip)
- 2 tbsp tomato purée
- 410g can red kidney beans plain boiled long grain rice, to serve
- soured cream, to serve



- STEP 1: Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. The easiest way to do this is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way to the root end so they are still held together. Slice across the matchsticks into neat dice.
- STEP 2: Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves.
- STEP 3: Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot (a little longer for an electric hob).
- STEP 4: Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.
- STEP 5: Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.
- STEP 6: Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.
- STEP 7: Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the
- STEP 8: Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.
- STEP 9: Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.
- STEP 10: Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the
- STEP 11: Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
- STEP 12: Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.
- STEP 13: Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.
- STEP 14: Taste a bit of the chilli and season. It will probably take a lot more seasoning than you think.
- STEP 15: Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.
- STEP 16: Serve with soured cream and plain boiled long grain rice.

Source: www.bbcgoodfood.com



Sow hardy annuals, such as cerinthes, ammi, scabiosa and cornflowers, for flowers early next summer. Lift gladioli corms, dry them off, then store in a frost-free shed or garage over winter. Plant wallflowers, pansies, forget-me-nots and other spring bedding in pots and borders. Collect ripe seeds from your favourite flowers and store in labelled envelopes, ready to sow in spring. Plant up containers for autumn interest, using cyclamen, heathers, heucheras and other



colourful bedding plants.Bring any houseplants that you moved outside over summer back indoors, before temperatures start to drop. Lift, divide and replant congested clumps of perennials, such as achilleas, once they finish flowering.

Apply vine weevil control to pots if plants show the tell-tale sign of notched leaf margins Fill any gaps with late flowering perennials, such as sedums, to provide nectar for pollinating insects into autumn. Plant spring bulbs, including crocuses, daffodils, hyacinths, bluebells and snake's head fritillaries in pots and borders. Take cuttings from fuchsias, salvias and pelargoniums. Keep summer bedding flowering in hanging baskets and pots until the first frosts by deadheading and feeding regularly. Trim conifer hedges to neaten them up and control height. Leave sunflower seed heads in place for birds to feed

Plant up pots for autumn.

Sow hardy greens, such as kale, land cress, pak choi, mizuna, lamb's lettuce and mustard, for winter pickings. Prune out all the fruited canes of summer raspberries, cutting down to the base, and tie in new canes to supports. Pot up herbs, such as chives and parsley, and place on a sunny windowsill to use during winter. Start sowing hardy varieties of broad beans and peas for early crops next year. Plant onion and shallot sets in a sunny spot, 10cm apart, with the tip just showing above the soil. Cut away any leaves covering the fruits of pumpkins, squash and marrows to help the skins ripen in the sun. Plant saffron crocus bulbs (Crocus sativus), so you can harvest your own saffron this autumn. Pick apples and pears before the wind blows them down, and store undamaged fruits if you can't eat them fresh. Store chillies by threading the stalks onto strong cotton or wire and hanging up to dry somewhere warm and dry. Cut off trusses of unripe outdoor tomatoes before the weather turns cold, then ripen them indoors.Lift main crop potatoes, dry off and store in hessian or paper sacks, in a cool, dark, well-ventilated place. Complete summer pruning of both free-standing and trained apple trees, to encourage good fruiting in future years.

Plant prepared hyacinth bulbs in pots or hyacinth glasses, for fragrant indoor flowers at Christmas. Take down greenhouse shade netting or wash off shading paint by the end of the month, as light levels start to fall. Stay vigilant for pests and diseases in the greenhouse, and treat any you find immediately. Plant dwarf spring bulbs in pots, including irises, crocuses, chionodoxa and scilla, for early flowers.Pot up tender perennials, such as fuchsias and osteospermum, from summer displays and bring indoors before temperatures drop. Repot moth orchids after flowering if they look like they're about to burst out of their pot. Water houseplants less frequently and move them off particularly cold windowsills at night. Plant hippeastrum (amaryllis) bulbs in pots for spectacular flowers over the festive season. Plant Anemone De Caen corms for a vibrant indoor display in early spring

Pay close attention to greenhouse ventilation, shutting vents on cool nights. Check greenhouse heaters are in good working order. Maintain good plant hygiene, picking off faded blooms and dead leaves before fungal diseases can take hold. Look out for forecasts of early frosts and be ready to bring tender potted plants under cover. Move potted peaches and nectarines into a cool greenhouse or porch. Rake thatch from lawns, aerate well-trodden areas by spiking with a garden fork, and re-seed bare patches. Put netting across ponds to



stop autumn leaves falling in and rotting. Water autumn-flowering asters regularly to deter mildew. Clean out water butts and check downpipe fittings in preparation for autumn rains. Remove duckweed, pondweed and algae from water features and ponds. Check that tree ties and plant supports are firmly in place, ahead of any autumn gales. Wash and disinfect bird feeders and tables to maintain hygiene. Collect fallen leaves to store in a chicken wire cage or bin bags to make leaf mould. Hunt for rosemary beetles on lavender and rosemary, picking off the striped metallic beetles and their grey larvae. Collect up and bin apples, plums and pears infected with brown rot, to reduce the spread of this fungal disease. Order bare-root fruit trees to plant later in autumn or winter. Check roses for signs of fungal diseases, such as blackspot, and pick off and bin all affected leaves. Finally pick off and destroy any leaves with blackspot.

Source: www.gardeningworld.com

FILM/DVD MONTHLY BY BERNIE CLAXTON Interesting Titanic Moyie Facts



With news of the catastrophic expedition of the Titan submersible to the ruins of the **Titanic**, in recent months, interest in James Cameron's 1997 blockbuster movie has increased ten-fold. Netflix recently announced they were reissuing **Titanic** on their site. Perhaps an insensitive move considering the deep water tragedy where 5 people met their untimely deaths.

1997's mega blockbuster hit **Titanic** took audiences and critics by storm, achieving both critical and commercial success. The epic romance/disaster film would go on to be one of the highest grossing movies at the box office worldwide. Nominated for a record 14 Oscars, it scooped 11 awards in total. The film would help launch the careers of its young stars, Kate Winslet and Leonardo DiCaprio, bringing their respective talents to wider audiences. Let's take a look at some fascinating facts about the beloved hit film:



- For the recording of the sinking ship and the invasion of the sea with all its terrifying force, during the climatic scenes of **Titanic**, the production utilised, on average, 120 thousand litres of water. For filming to take place and the ship to give the illusion of sailing, it was also necessary to build a tank with a capacity of over 60 million litres of water.
- To give more authenticity to his plot, Cameron made twelve expeditions to the wreck of the real **Titanic** in preparation for his epic retelling of the tragedy. He found it an overwhelming, emotional experience to actually see the ruins of the most famous ship in history. Cameron ended up spending more time with the ship than its fateful passengers had
- Matthew McConaughey and Chris O'Donnell were considered to play the role of the working-class artist Jack Dawson. There had been reportedly some disagreement over the role of Rose before Kate Winslet was eventually cast. Madonna, Nicole Kidman, Gwyneth Paltrow, Claire Danes, Reese Witherspoon and Winona Ryder were all thrown into the casting mix, at one point.



The scenes set in 1912, (excluding the present-day scenes, opening and ending credits) have a total length of two hours and forty minutes, the exact

- time it took for the **Titanic** to sink. The collision with the iceberg reportedly lasted 37 seconds, which is how long the collision scene is in the film.
- For the scenes that were recorded in the water, Kate Winslet refused to wear thermal clothing, which led to the actress getting pneumonia.
- Some iconic, well-loved scenes such as Jack shouting "I am the king of the world" were completely improvised by Leonardo DiCaprio.
- Director James Cameron was completely hands-on in the filming process and worked tirelessly on the production. In addition to directing, he was responsible for editing, producing, and scripting **Titanic**.
- River Phoenix was James Cameron's initial first choice to play Jack Dawson. However, by the time the film was made Phoenix had died and Leonardo DiCaprio was the ideal age at 21. Johnny Depp was reportedly offered the role of Jack, but he declined.



- The veteran actress Gloria Stuart, who played the older Rose, was the only person working on the film who was actually alive in 1912, when the **Titanic** sank.
- **Titanic** was the first film that saw two actors, Kate Winslet and Gloria Stuart, both sharing an Oscar nomination for playing the same person in the same film. On the awards night, neither actress won gold.
- Despite his excellent performance, Leonardo Di Caprio wasn't nominated for an Oscar. Jack Nicholson won the award for Best Actor that year for his role in the hit comedy film **As Good As It Gets**. Among the nominated categories, **Titanic** swept most of the awards, except those for supporting actress, and lead actress. Kate Winslet lost to Helen Hunt, who also starred in the Nicholson movie.
- Researchers recreated the scene of the floating door to try to prove or disprove the fan theory that Jack would have fit on it. However, they determined that, if Jack and Rose shared the space on the door, it would have caused a whole series of problems, and probably both characters would have drowned.



- The elderly couple seen hugging on the bed while water floods their room were the owners of Macy's department store in New York, Rosalie and Isidor Straus, both of whom perished on the **Titanic**. Ida was offered a seat on a lifeboat but refused so that she could stay with her husband, saying, "As we have lived together, so we shall die together." There was a scene filmed that depicted this moment but was cut from the final cut. It was Mrs Straus who originally said "Where you go, I go" that inspired Rose's same line to Jack in **Titanic**.
- James Cameron insisted initially on not including any songs in the film, not even over the closing credits of **Titanic**. Composer James Horner, however, was struggling to end the movie on a strongly emotional note, and thought a song would be the best way to convey it. He secretly arranged with lyricist Will Jennings and singer Céline Dion to write **My Heart Will Go On**, using the central musical theme of the movie as a melody. Horner then presented the recording to Cameron, who responded enthusiastically. The director included the song over the closing credits, and it went on to win the Academy Award for Best Original Song.



- In the dramatic climatic scenes in **Titanic** where the water comes crashing into the Grand Staircase room, the filmmakers only had one shot to get it right because the entire set and furnishings were going to be destroyed in the scene. So, the whole sequence was filmed in just one take.
- The famous drawings made by Jack are actually the work of James Cameron. In the famous scene where the artist draws Rose without clothes, it is the director's hand, not DiCaprio, that appears. As Jack Dawson was right-handed and Cameron was left-handed, the scene had to be manipulated in the editing of that scene.





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Zero Waste Maynooth	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/zerowastemaynooth						
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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.





Local News - October 2023 - Issue No. 528 - Online Version

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The views & opinions expressed in this Publication are those of the contributors.



Maynooth

University

Ireland's #1 Young University congratulates 86-year-old graduate

Maynooth University has conferred its oldest graduate of the Class of 2023 -- and at 86 years one of the oldest ever graduates in Ireland – in summer conferring ceremonies. Phil Devitt, 86 years, was awarded a BA in Community Studies surrounded by her family, friends and course lecturers at an event hosted in the TSI Building on North Campus.

The co-founder of the highly successful Newlands Gardening Centre pursued a Return to Learning course at Maynooth University some years ago, and later opted for a degree course committing to four years of study. Having travelled and worked with her husband of 56 years, Phil explained her motivation to apply to university for the first time after he died six years ago. "Sadly Mike passed away in July 2017 and my life took a different path. I was living alone, and decided to go to Maynooth to meet new friends and get out of my comfort zone," she said.

"From my studies, I met great lecturers and made wonderful friends. I did classes at night and the other students were great and walked me to and from my car on dark evenings. They were extremely kind and I enjoyed every moment." Her studies kept her mind occupied and focused, particularly during Covid, she added. "If there's a little message to anyone it's that every day you can learn something, and age is only a number," she said.

Maynooth University President, Professor Eeva Leinonen paid tribute to Phil Devitt on receiving her BA in Community Studies, and congratulated all graduates conferred this week as they embark on their new journey. "I am delighted to pay special tribute to Phil Devitt on her remarkable achievement of a BA in Community Studies. She is a true inspiration in showing us the way forward by embracing the challenges and rewards of lifelong learning and education," Professor Leinonen said.

"I congratulate all our new graduates on their success in reaching this significant milestone. Such accomplishments in our lives are occasions to reflect and to celebrate. Your achievements are to be cherished and applauded and I wish you all the very best in your future endeavours." Over three days, some 2,028 undergraduates will be awarded parchments, along with 226 receiving master's degrees, 73 diplomas, and 30 doctorates.

Attending the conferring ceremony on Wednesday were Phil's daughters Marie Kennedy and Denise Evans, son Tomás and other family members including grandchildren. Describing her mother as kind to everyone, Marie described her mother's example as an inspiration, spurring her grandson's return to university to study engineering as a mature student.

"She didn't have an opportunity to go to college when she was a young person and she was adamant that her children would," Marie said. Her family members are no strangers to university life, as Phil's niece, Dr Jackie Nugent is a biology lecturer at Maynooth University and was also very encouraging of her aunt's studies.

Dr Derek Barter, Co-Ordinator of Continuing Education Programmes at Maynooth University said: "Phil exemplifies the real meaning of Lifelong Learning. She's been an inspiration to all of us lucky enough to have taught her and is one of the reasons Adult Education is so valuable and rewarding."

MU increases CAO offers in Primary Education

Maynooth University has welcomed a strong demand for its courses among 2023 CAO applicants. The University has noted high levels of interest across the entire range of its



programmes of study, with over 4,000 Round 1 CAO offers across disciplines including science, education, business, law and the arts.

The expansion of places in Primary Education has allowed the university to make over 30 extra offers on the programme, helping to address the national shortage of Primary teachers and in response to the Government's initiative to increase places in high demand courses.

The new Business with Sport Science degree has proved popular, and is the first in a suite of new programmes in sports and nutrition that the university will offer. Robotics and Intelligent Devices has seen an increase of 45% on 2022 offers, reflecting the growing interest and opportunities for careers in the robotics and AI industry. It follows a recent announcement of the creation of a state-of-the-art robotics lab at Maynooth University supported by a donation from Intel Ireland. The establishment of the robotics lab at a total cost of €150,000 will equip Maynooth University students with access to innovative robotic technologies and equipment used by engineers from Intel and other companies.

Demand for places continues to be strong across all disciplines at the University. Commenting on the CAO first round offers, Professor Eeva Leinonen, President of Maynooth University, said: "We look forward to welcoming our new students for the academic year 2023/2024 to our vibrant campus. We are excited to see a growing interest of students in programmes that are at the cutting edge of societal development including Robotics and Intelligent Devices and our new Business with Sport Science degree, as an indication of Maynooth University's continued growth and innovation. The expansion of our Primary Education programme is a positive recognition of our established excellence in this field, as it expands in line with courses in the sciences and business."



Summer Conferring - Phil Devitt



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.

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

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Letters to the Editor

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

Mission Statement

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

We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.

The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

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

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

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

Maynooth Newsletter Archives

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

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load. The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Disclaimer

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

The results of the Irish Charities Regulator survey of Irish charities in 2022 shows that the sector faces significant challenges. The top three were (1) increased running costs (2) securing funding and (3) attracting new trustees/ succession planning. 47% of smaller charities reported difficulties in recruiting new volunteers. There is no doubt that the demands on voluntary trustees have increased, particularly since the Companies Act 2014 as well the requirements of funding bodies and the uncertainty of donations. However, as a society we depend on charities particularly for services in the community sector and it is important that volunteers come forward particularly with relevant skills.

The Charities Regulator comments that the economic value of volunteering is highly significant. They estimate that if Irish charities paid their volunteers for the time worked, the cost in 2022 would have been €0.96 billion based on the minimum wage, and almost €2.5 billion if volunteers were paid the average hourly wage. They estimate that 648,000 people in Ireland volunteer with charities in their local community. In many larger companies' employees who volunteer in their local community with local organisations and charities are recognised and rewarded so why not get involved? For information on local active charities in Maynooth such as Maynooth Community Employment Project CLG (Registered Charity Number (RCN): 20100063) check out the Register of Charities at https://www.charitiesregulator.ie/

October 5th marks the UNESCO World Teachers Day which provides the occasion to celebrate the teaching profession worldwide, to take stock of achievements, and to address some of the issues central for attracting and keeping the brightest minds and young talents in the profession. Maynooth is of course known as a place of education with two universities as well as six primary schools and three post-primary schools. Recently delivered new permanent school buildings for Maynooth Educate Together and St. Mary's Boys School as well as a new permanent location for Stepping Stones are very welcome.

These new buildings greatly improve the teaching environment for staff and students. Together with the ongoing expansion of facilities at Maynooth University means that there has been substantial investment in education facilities in Maynooth in recent years.

St. Mary's Boys National School are in the first full school year in their new school building on the Moyglare Road.

Of course, buildings are important but on World Teacher's Day let's acknowledge the people who dedicate themselves to educating others.

After many years of being left in a poor state it is good to see that work has finally begun on the development of the Buckley's House site. The former family home of Domhnall Ua Buachalla (1866-1963) who was a local politician in Maynooth and member of the First Dáil who served as third and final governor-general of the Irish Free State and later served as a member of the Ireland Council of State. The biography of Domhnall Ua Buachalla – Rebellious Nationalist, Reluctant Governor gives great insight into his activities as a cultural nationalist, Gaelic Leaguer and friend of Pádraig Pearse who became an Irish Volunteer leader in north Kildare before coming a senior figure in first Fianna Fail Government.

Paul Croghan - Editor



Buckley's House site (view from Leinster Street)

Copy date for the November edition will be 5pm on Wednesday 25th October 2023



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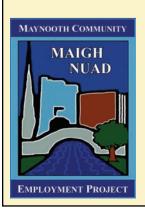
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- * Social Housing
- * Estate Issues
- * Community Issues
- * Environmental Concerns
- * Employment Concerns
- * Covid 19 related queries



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Cllr. Angela Feeney Maynooth Labour News

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Community Centre and Harbourfield Update Requested by Cllr Feeney

At the September Municipal District Council meeting, Cllr. Feeney requested a detailed plan with timelines for the provision of planned community amenities in Maynooth, including the Community Centre and the Harbourfield project. In speaking to the motion Cllr. Feeney said that it was great to hear the positive news in July that the Council received Urban Renewal Development Funding of €1.9m. The report provided to Cllr. Feeney, stated that the Strategic Projects and Public Realm team at the Council is considering the allocation received, the stages for which approval has been granted and the next steps to deliver the ambitious plan. Cllr. Feeney welcomed the report issued at the meeting and to see that progress is being made but what she added that what was lacking in the report were timelines.

To see 'TBC' listed beside each of the big-ticket items that come under the Masterplan for Maynooth is disappointing. Cllr. Feeney said that the exciting projects for Maynooth such as a Community centre/ hub, the development of the Harbourfield as a public park, a swimming pool, are all still a pipe dream if we do not get timelines on when they will be delivered and will become a reality. Cllr. Feeney called for indicative timelines that would go some way to giving real hope and confidence to the public. In response the team at the Council agreed and said that the details will be provided at the October meeting and Cllr. Feeney agreed that this issue should remain on the progress report because it continues to be a priority for Maynooth.

Cllr Feeney calls on Council tenants to avail of energy retrofit scheme

At the September council meeting, Cllr. Feeney had the following motion on the agenda: "That the Council carry out retrofitting works in the Council houses in Maynooth to assist in achieving the objectives of the decarbonisation zone for the town".

In speaking to the motion, Cllr. Feeney said that at a recent briefing on the Decarbonisation Zone for Maynooth she saw that we have real challenges in reaching targets with regard to transportation emissions but also for residential emissions in the town. Cllr. Feeney suggested at those briefings that a retrofit of council housing estates would go some way in assisting us to achieve those objectives. She also said that the added benefit of doing this retrofit is that these homes would be warmer and future-proofed and more comfortable for the people who live in them. Cllr. Feeney said she was talking about some of the oldest if not the oldest council houses in the Municipal District. The other benefit would be that the Council is seen to be leading on the climate crisis as a Council and that others will see the benefit and follow the example.

In response to Cllr. Feeney's motion, the Council said that it has been participating in the Energy Efficiency Retrofit Programme for the past three years. The Department of Housing, Local Government and Heritage fund the programme. Under Circular 22/2023 received from the Department 31 May 2023, Kildare County Council has been allocated 86 Units for 2023. The Council has targeted the Clane-Maynooth Municipal District area

for 2023 retrofits. Greenfield, Maynooth was included in this regard. 52 tenants were invited and to date 6 tenants have accepted. Works are scheduled to commence the first week of September to these houses. We may find once works commence that more tenants in Greenfield may opt in for energy upgrade works to their homes.

Cllr. Feeney welcomed the report and the progress made to date. She hoped that when neighbours see works starting in their area and see some success stories, she is confident that more tenants will opt in for energy upgrade works to their homes. Cllr. Feeney never forgotten. encourages more tenants to participate in the retrofit scheme. If further information is needed, she asked people to contact her.

Mullen Park estate completion query

Cllr. Feeney asked the Council to provide an update as to when Mullen Park Maynooth estate in Maynooth will be completed and what engagement has taken place with the developer. Cllr. Feeney said that the Council's Development Control Section confirmed that they are in on-going liaison with the developers of Mullen Park, Maynooth. The developers have said they intend to complete the roads and open spaces in the occupied sections of the estate in the coming months.

The very wet conditions in July delayed completing the landscaping. They are now waiting for the areas to dry sufficiently to allow them to landscape. In the meantime, they have agreed to sweep all the roads and keep them clean and will put up the road signs in coming days. The remaining phases of the estate are expected to be completed in the next 24 months. Cllr. Feeney continues to support the Residents Association in Mullen Park on this issue.

Playground needed in Straffan

Cllr. Feeney brought the issue of a playground for Straffan up at the May Council meeting when she asked the Council to reactivate the talks that had been taking place with Straffan GAA. So following up on the issue at the September council meeting, Cllr. Feeney asked for an update on the provision of a playground in Straffan. Cllr. Feeney was informed that a meeting did take place with Straffan GAA regarding locating a playground within their grounds.

She was also informed that the Club has identified an area within the site. To progress the provision of a playground would be subject to the club redeveloping their existing changing facilities. Notwithstanding the funding requirement, Cllr. Feeney stated that confirming a site in her view is key. She will continue to pursue the issue with the Council, as it is a much-needed facility considering the growing young population in Straffan.

9/11 Memorial event at Donadea

Cllr. Feeney said it is always an honour to be invited to the annual 9/11 memorial at Donadea Forest Park. This year is the 22nd anniversary of that dark day. It was particularly moving to see the aunt of the late fire-fighter Seán Tallon lay a wreath at the memorial. Seán, originally from Donadea, lost his young life that day, and we remember him and all the others who died that day.

It was such a respectful ceremony; the 'Last Post' was played and the beautiful voice of Des Marron and his daughter Edel filled the air, the poignant music from the pipers, the poetry of local man Peter Fahy, the solemn attendance by the armed forces and an Gardai as well as our amazing First Responders. All performed against the backdrop of the beautiful Donadea Forest. Nature reminds us that there is always regrowth and hope never dies. Well done to all the committee for this annual event. Gone but

Cllr. Feeney's upcoming motions and questions for **Council meetings:**

Motions:

That the Council progress the installation of a push button pedestrian crossing on the Newtown Road to improve safety at Maynooth Town Football Club.

That the Council provides a footpath on the Boreen Road (L5068) from Straffan cemetery to the north entrance of the K Club.

That Kildare County Council write to the National Transport Authority on the review of the 139 bus route between Naas, Sallins, Clane, Rathcoffey, Maynooth, Leixlip and Blanchardstown to support the need to improve the service frequency and to highlight other considerations to enhance the public transport service. (Joint motion with Cllrs. Brett, McEvoy, Ó Cearúil, Sammon, Ward and Weld).

Questions:

Can the Council provide any information as to when the connecting path between Mullen Park and Greenfield Drive estates in Maynooth will be open.

Can the Council confirm when the road into Parklands estate Maynooth will be properly reinstated, following the development of the Bridge End estate.

Meetings attended by Cllr. Feeney since last newsletter:

Sept. 1st 9:00 a.m. Joint Policing Committee, Áras Chill Dara, Naas

Sept. 1st 10:00 a.m. Council Municipal District

meeting, Áras Chill Dara, Naas Sept. 5th 11:00 a.m. Brigid1500 grant recipients' event in Sallins

Sept. 7th 2:00 p.m. Strategic Policy Committee, online Sept. 11th 5:00 p.m. Board of Management Gael Choláiste Mhá Nuad in GCMN

Sept. 17th 11:30 a.m. Jalsa Salana 2023 event in the Glenroyal Hotel Maynooth

Sept. 19th 10:00-16:00, Co Kildare Access Network meeting and workshop in the Glenroyal Hotel Maynooth

Sept. 20th 7:30 p.m. Board of Management Coláiste Chiaráin in Coláiste Chiaráin

Sept. 26th 3:00 p.m. Council Plenary, online Sept. 28th 7:00 p.m. Green Communities event in the Glenroyal Hotel Maynooth

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Information is also available online at www.citizensinformation.ie and from the

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



Illness in your retirement

Introduction

If you become ill or disabled in older age, you can get payments and services to support you. Your age and your needs will decide which payments and services you can get.

Housing supports for older people who are ill

There are housing grants available for older people and people with disabilities. If you need to adapt your home to continue living there, you may qualify for the Housing Adaptation Grant for People with a Disability.

Housing adaptations can include:

- Adding a downstairs bedroom
- Making the house wheelchair-accessible
- Putting in a ground-floor bathroom

You may qualify for the Housing Aid for Older Persons Scheme to help pay for minor repairs to your home, for example, by replacing the windows or upgrading the electrical wiring.

You might also qualify for the Mobility Aids Grant Scheme from your local authority to fix mobility problems in the home. For example, it can help you pay for grab-rails on your stairs

If your own home is not suitable for you to live in

You may be able to get a specially adapted local authority house for older people and people with disabilities, or an adapted house provided by a voluntary housing organisation.

The availability of such houses, and eligibility for them, varies around the country. Contact your local authority for more information.

Moving to a nursing home

If you are moving to a nursing home, you may be able to apply for the Fair Deal scheme. This is a financial support to help you pay for care in a nursing home. There is tax relief on nursing home fees.

Financial supports for older people

Pensioners

If you are already getting a pension when you become ill or disabled, you will continue to get your pension and other entitlements.

Employed

If you are working a job, you may continue to be paid by your employer, but this depends on your contract of employment.

Since 1 January 2023, you are entitled to a minimum number of sick leave days each year. Read more about Statutory Sick Pay scheme.

Depending on your employer, you may get more than the minimum amount of sick leave and sick pay. This applies regardless of your age. Check your contract of employment or read more about sick leave and sick pay.

Aged Under 66

If you become ill and are unable to work before you are 66, you can apply for Illness Benefit. Contact your GP for an application form.

Illness Benefit is based on PRSI contributions. If you do not qualify because you do not have enough PRSI contributions or because you are self-employed, you may be eligible for a weekly Supplementary Welfare Allowance.

If your illness or disability arises from a work-related accident or illness, you may qualify for Occupational Injuries Benefit.

Long-term illness and disability

If you have a long-term illness or disability and you cannot continue working, you may be able to claim your occupational or personal pension scheme, if you have one.

If you are still not able to work for a year or more, you may qualify for Invalidity Pension. If you do not qualify for Illness Benefit or Invalidity Pension, you may apply for the means-tested Disability Allowance.

If you qualify for Invalidity Pension or Disability Allowance, you may also qualify for Free Travel and the Household Benefits Package. If you have problems paying your rent, you may be able to get Rent Supplement or Housing Assistance Payment. The Supplementary Welfare Allowance scheme may also provide help with various costs such as heating, exceptional needs and urgent needs.

If you are in need of care, the Health Service Executive (HSE) may provide it to you or help you to pay for it.

Your carer may also be able to get a payment from the Department of Social Protection. Read more about the different payments to carers.

Help with home care

If you need support to continue living at home, you may get help from the Community Care Services section of the HSE.

You may also be able to get the Home Support Service, to help you continue living in your own home. This was previously called the 'Home Care Package Scheme'. Public health nurses can give you nurse care if you live at home.

If you pay for a carer to look after a family member (either directly or through an agency), you may qualify for tax relief on the costs of employing a carer.

Carer's Allowance

If your carer provides full-time care because you are incapacitated, they may be able to get Carers Allowance. If they get a Carer's Allowance, they may also qualify for Free Travel and the Household Benefits Package.

Half-rate Carer's Allowance

If your carer gets certain social welfare payments while providing full-time care to you, they can keep their main social welfare payment and get Half-rate Carer's Allowance.

Carer's Benefit

If your carer gave up work to care for you because you are incapacitated and needs full-time care and attention, they might be able to get Carer's Benefit.

They may be able to get Carer's Leave from their job.

Carer's Support Grant

The Carer's Support Grant is an annual payment made to carers in June each year. You get this payment automatically if you are getting Carer's Allowance, Carer's Benefit, or Domiciliary Care Allowance, or you can apply to the Department of Social Protection. The grant was previously called the Respite Care Grant.

Paying for health services and claiming tax relief

You can get health services and benefits provided by the Health Service Executive (HSE).

Medical card/GP visit card

You may qualify for a medical card which gives you free health services. The medical card is means-tested and there is a higher income limit for people aged over 66. There is a different medical card means test for people over 70 that allows for a higher level of income.

GP visit card

If you do not qualify for a medical card, you can apply for a GP visit card. The GP visit card has higher income limits than the medical card. If you are aged over 70, you can get a GP visit card without a means test.

If your carer gets Carer's Benefit or Carer's Allowance, either at full or half-rate, they can get a GP visit card too.

Long-Term Illness Scheme

You can get your prescribed drugs, medicines, and some approved appliances for the treatment of certain medical conditions free under the Long-Term Illness Scheme.

Drugs Payment Scheme

If you do not have a medical card, the Drugs Payment Scheme covers the costs of prescribed drugs and medicines that are over a set monthly amount.

Hospital charges

If you have a medical card, you do not have to pay charges for public hospitals.

You do not have to pay hospital fees if you are a public in-patient or attending a day service.

If you choose private hospital care, you must pay the total costs involved. Some or all of these costs may be covered by your private health insurance.

Income tax relief

You can claim medical expenses against income tax paid.

There are income tax reliefs for older people and tax reliefs for people with a disability. There is tax relief on nursing home fees.

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Writers' Corner - Short Stories/Articles from our Readers

The Chosen One

It couldn't have been a worse situation. Here I was driving through an unfamiliar area without a house in sight when my car broke down. There was nothing for it but to leave the damned jalopy by the side of the road and head across empty fields to what seemed like a church spire surrounded by trees. As I drew nearer the spire disappeared in the uncertain light but I told myself that it had probably marked the location of a village. With any luck there would be someone there to give me help, or at least permission to sit by his or her fire till morning.

As I trudged along I became aware of hurrying footsteps to my left and peered into the semidarkness. Presently I could distinguish a young man who quickly drew near. He was dressed in a sort of dirty leather body-coat above grey breeches and was barefooted.

When he halted panting I asked why he had been running. 'They're after me,' he gasped.
'Who's after you?'

'House guards of the village elders.'

'Why?'

You mean you don't know? I'm this year's chosen one.'

'Chosen for what?'

*Chosen for the offering; it's like your god, the innocent man they sacrificed. But I won't let them. I'm heading for the river. Even if the water's freezing it's better than being

As he spoke I could see that his body-coat was covered with what looked like dry blood stains, indicating that he probably wasn't the first person who had worn it. 'Can you swim?' I asked.

'No,' he shook his head, 'and even if I could I wouldn't. All I want is -' Without finishing he turned his head, then with a startled look he hared away.

Like a fool I stood my ground and found myself encircled by what I can only describe as creatures that looked like demons from the infernal regions, jabbering and threatening me with flaming torches

'Where did he go?' they demanded. 'Speak up or you'll replace him.'

'Where did who go?' I pretended ignorance.
'This guy's too smart,' a fellow I took to be their leader said. 'Let's see if a fire will loosen his tongue.

In no time I was bound to a post and bundles of dead branches were piled about my legs and lower body. The cruel fate of Joan of Arc rose before me, adding to my dread. And

'Why don't you let me teach you to fly like scald crows?' I asked. 'It's not that difficult.' No sooner were the words out of my mouth than the demons were transformed into creatures with leather wings, hopping around my execution post.

'More branches,' they squawked, 'more dead branches. We'll roast him till he's nice and juicy.' Saying which, they thrust their torches into the piled-up branches.

As the flames licked my body I found that, while they filled me with dread, they didn't do

'Why don't you fly back to whatever hellhole you came from?' I taunted. 'You won't find - you won't find -

Next moment the fire vanished and I woke me up in my own bed.

By Patrick Devaney

SPIRIT

We have a request for you Master, or at least our mother has a request to ask of you, said John and James. Grant that we may sit in heaven one on the right hand of the Father and the other on His left. No wonder Jesus didn't grant their request. God doesn't have a right hand nor a left hand. God is a spirit. Just as we all will be one day and indeed essentially are already though most of us blindly are far more aware of our bodily dimension. God is a spirit said Jesus, and he who adores Him must adore Him in spirit and in truth. He also said on another occasion, "The flesh profiteth not".

In the Book of Genesis we read that when God had made the earth and all life on it he went on to crown his work by creating mankind "in his own image and likeness"! St Francis of Assisi used to refer to his body as 'Brother Ass". He had no illusions as to which dimension of the human person was the more important. True, his body later bore the marks of the Crucified but those marks came from no outside source but rather from his spiritual unification with the life of Christ.

Spirit is all that matters! The spirit will live forever. The body will not. We believe in the resurrection of the body. Sure! But as St Paul says it will be a spiritual body, an incorruptible body! Now what is an "incorruptible body"? Certainly the body I have is not incorruptible. It is prone to all sorts of mischief! But I haven't an idea what an incorruptible body is like if it's not something like the body Jesus took with him from the tomb. Walls and doors, which are serious obstacles for us were no problem for the resurrected Jesus. He had, somehow, left the world of the "laws of physics". But then, according the modern astronomers, the laws of physics didn't always apply in our universe. What about the early "days" after the Big Bang? Why shouldn't they be

suspended after Jesus' resurrection which was an event far greater than the Big Bang?

The spirit is all that matters! We spend so much of our time doing running repairs on the body while knowing full well we may be parted from it within seconds. Remember the man whose barns were too small for his pumper harvest? Within hours it was his harvest no longer. "This night do I require your soul from you". No ifs or buts then! Aren't we all little Putins with our greed and our idle delusions of indestructibility? God is a Spirit and God is Love, therefore the Spirit is Love and it's all that matters. The body, the flesh, is simply a temporary instrument in the service of the Spirit! The brothers and their mother had yet to learn that!

Matter doesn't matter!

GM

Blank Sheet

There's something about snow that at the first, chill glance brings a different way of seeing. Like a girl's First Communion dress it transforms the ordinary under a timeless veil of white, reducing life to the pristine world we almost had forgotten.

Now magic is once more possible: Magi setting out for Bethlehem, miners with sleds up in the Yukon, penguins huddling on Antarctica, children making bulbous snowmen, robins braving palms for cheese bits, a scribbler suffering writer's block penning a tribute to Jack Frost.

By Patrick Devaney



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Life Hacks

Outdoor

- To stop the build up of water at the bottom of flower pots, cut up old sponges and put them in the bottom of the pot. The sponges retain moisture and creates air space. This also prevents water from flowing out of the bottom of pots.
- * Face your car towards the east in the winter to have your windscreen naturally defrosted by the morning sun.
- * Car overheating? Turn on the heater. Cars get heat from their engines, so this will pull the heat away.
- * Throw a few of those silica packets that come in shoe boxes in your toolbox. This will prevent your tools from getting rusty.
- * Add a tablespoon of vanilla extract to your paint can before you start. This will mask the paint fumes without affecting the colour. Your house will smell of vanilla instead of paint.
- * To revive old paint brushes, toss them into a bowl of vinegar for 30mins and they will be like new.
- * Icy doorsteps but no salt? Pour a bucket of warm water with dishwashing soap on it. The soap won't let the water refreeze.
- * If you ever have to put a screw/bolt into wood where it already has a hole that is too large for the diameter of the screw. Simply hammer a
 - golf tee into the hole and snap/cut it off. Now your screw will bite and have holding power.
- Screwdriver is not catching on to a stripped screw then place a rubber band over the head and try again. The rubber will fill the gaps, making it easy to screw in and out.
- * To prevent stuff from sticking to your shovel, rub car wax on the shovel. Leave to dry then buff off.



Miscellaneous

- * If a book gets wet, place sheets of toilet paper between each page and place something heavy on the book. Change the toilet paper sheets every half hour until the book is like new.
- * Always sign original documents in blue pen that way there can be no question as to which is the original.
- * Spill some nail polish? Pour a large amount of white sugar over it. This will make the nail polish clump therefore making it easier to sweep up.
- No helium needed to fill balloons for parties so put vinegar and baking soda in a bottle and then attach the balloon to the top of the bottle. The balloon should then fill up.
- * If you burn yourself, pour yellow mustard all over the area, then rinse with cold water. The burn is gone.
- * Find a hair in your meal? Before you send it back make sure you heavily salt the dish. That way you will know if you just get sent back the same meal.
- * If you get wood stain on your hands, rub any kind of kitchen oil on it then wash your hands with warm water and dish soap.

Kitchen

- * If your brown sugar is getting hard and clumpy, put in a few marshmallows when storing. This will keep the sugar nice and soft for much longer.
- * Throw a dry towel into the dryer with wet clothes. This will take almost half the time to dry.
- Get an ink stain on some fabric? Then rub some hand sanitizer onto it. Stain gone!
- Use a wet knife to chop onions. This will reduce the tears

Sourced: www.everydayhacks.com & www.familyhandyman.com



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St Mary's Brass & Reed Band

The Band was most unfortunate with its joint recital with St. James's Band from Dublin in Maynooth University last month. An outdoor recital in September with over 50 musicians playing together seemed a good idea at the time but global warming had other ideas and it rained all day. However, we managed to find a covered area in front of the John Hume building which provided shelter from the elements for the two bands and the hardy souls who braved the rain to hear what was a brilliant 90 minutes of music from two of the oldest bands in the country.

The band fared slightly better weather wise when we performed in the Square for Culture Night on 22nd September. Our Academy Band opened the recital and received a great reception as did the Senior Band when they followed their lead. It was a sign of the oncoming dark evenings to come



when the lighting installed by the band made a big difference for the large audience who stayed to listen to the recitals.

The highlight of the band's programme for this month is our Autumn Concert in St. Mary's Church of Ireland on Sunday 22nd October at 7.30pm. This was originally planned for Saturday 14th but clashed with the Rugby World Cup, hopefully involving Ireland, so the band kicked for touch and went for the later date. We will be joined by Craobh Mhaigh Nuad Traditional Music group which should make for a very entertaining evening. As with our concert in St. Patrick's College Chapel earlier this year, there will be no admission charge but donations at the door will be most welcome.

Oliver Reilly

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Workers in community and voluntary organisations have been abandoned by the Government

Government must immediately re-engage with Section 39 workers' unions and end two-tier pay system Social Democrats TD Catherine Murphy has spoken out in support of Section 39 workers in community and voluntary sector organisations who are to commence indefinite strike action from Tuesday, October 17. Deputy Catherine Murphy, said: "The organisations at the centre of the dispute are funded by the Health Service Executive and other State agencies. Section 39 workers play a vital role across a range of areas, including support for older people, the provision of disability and addiction services, as well as specialised health interventions. "It is unacceptable that these workers are paid up to 15 per cent less than their counterparts in the HSE or other State agencies and do not have pension entitlements.

"This two-tier pay system has led to an escalating staffing crisis for organisations across the country. Service delivery is being jeopardised as a result of challenges around staff recruitment and retention, putting immense pressure on service providers. 'Recruitment difficulties in the sector are also having an impact on long waiting lists for health and social care services, especially in the area of children's disability services. "Shamefully, the Government walked out of negotiations with the sector earlier this summer, leaving workers with no option but to engage in strike action. This behaviour shows just how little the Government values the workers who provide such essential services. "The Social Democrats will once again be demanding pay parity for Section 39 workers in the upcoming Budget. I am now calling on the Government to immediately re-engage with trade unions representing those working in the community and voluntary sector."

Minister must publish methodology used to calculate baseline LPT funding for local authorities

Clarity needed on whether census data on population growth was used when allocating additional funds to local authorities

Social Democrats TD Catherine Murphy has called on the Minister for Housing, Local Government and Heritage to publish the methodology used by the working group that reviewed the model of baseline funding to local authorities from Local Property Tax (LPT). "Minister O'Brien has announced a €75.4m increase in LPT baseline funding to local authorities following a review of how the money is allocated. The baseline is the minimum amount of funding each council area will receive from the property tax, which is supplemented by exchequer funds in cases where a local authority's LPT income is lower than its baseline.

"A working group established by the Minister earlier this year recommended that baseline funding should be distributed in line with population, area, deprivation levels, a local authority's income-raising capacity and national policy priorities. "From the increases in baseline funding announced this week, I can see no evidence that population growth has been factored into the revised allocations.

"In my home constituency of Kildare, for instance, baseline funding has only been increased by the minimum amount of €1.5m - despite experiencing a population growth of 25,644 between 2016 and 2022. 'Carlow, by comparison, has seen its baseline funding for 2024 increase by more than €2.7m, even though its population has expanded by just over 5,000 in the same period. "I have now written to the Minister, asking him to publish the methodology used by the working group as part of their review. He also needs to clarify if census population data was used in their assessment and, if so, the census year it was derived from."

Home ownership dreams shattered by widening affordability gap

Average price of a three-bed semi-detached house nationally breaches €300,000 for the first time since 2007 New figures revealing that the average price of a threebed semi-detached house nationally now exceeds €300,000 shows that home ownership has become increasingly out of reach for prospective buyers, according to Social Democrats TD Catherine Murphy. Who said: "The Real Estate Alliance Average House Price Index paints a bleak picture for those looking to buy a home of their own. For the first time since the peak of the Celtic Tiger in 2007, the average price of a three-bed semi-detached property in Ireland has risen above the €300,000 mark. "The situation in Dublin, where the same house type now costs an average of €504,000, is even starker. This is pushing up prices outside the capital as house-hunters look further afield to find an affordable home.

If people are being forced out to the commuter belt, they will remain reliant on cars. Where does this fit in with our environmental ambitions and the concept of the 15minute city? "Due to rising house prices, the percentage of first-time buyers in Dublin has fallen from 72 per cent to 43 per cent in just one year. "Rising interest rates and a shortage of new and second-hand homes have created a perfect storm for those hoping to buy. "Under this Government, home ownership rates have continued to fall and the average age a person can buy a place of their own is rising. It is little wonder that there are now more than half a million adults in their twenties, thirties and forties still living at home with their parents."

Consumers to receive paltry reductions in energy bills, despite dramatic drop in wholesale electricity prices

Energy companies should no longer be allowed to ride roughshod over their customers while generating huge profits

Households will only see a derisory reduction in their energy bills from November, despite a significant drop in wholesale electricity prices over the past year, according to Social Democrats TD Catherine Murphy who said:

"Figures released by the Central Statistics Office (CSO) today show that wholesale electricity prices were 72.5 per cent lower in August 2023 than for the same month last year. Despite this, customers can only expect to get reductions somewhere between 10 and 20 per cent from November 1. "This week, the Central Bank stated that Irish prices are out of line because energy companies are failing to transfer reductions to customers. I welcome that hedging practices are to be notified to the Commission for Regulation of Utilities (CRU) under new windfall tax legislation. However, this should not just be in place as an emergency measure, but as a standard, permanent power given to the CRU.

"It is also disappointing that the delayed Bill on windfall tax only covers the six-month period between last December and June of this year, which is far too short. This does not reflect the fact that energy companies have been hiking up their prices since September 2021, six months before the conflict in Ukraine began. "I have stressed to the Minister the need for this Bill to include full transparency on the profits being made by energy companies. Customers who have struggled with rising

energy costs over the past two years deserve that such information be publicly available. "The lag between wholesale electricity prices coming down and paltry reductions being passed on to domestic consumers is inexcusable. Energy companies should no longer be allowed to ride roughshod over their customers while continuing to generate eye watering levels of profit.

The Minister must instruct AIB to restore full banking services at cashless branches - Social Democrats

Vulnerable customers and local businesses have been greatly impacted by the erosion of banking services The Minister for Finance should direct AIB to end the practice of operating cashless branches in parts of the country, according to Social Democrats TD Catherine Murphy. Deputy Murphy made her comments after it emerged that all public bodies are to be instructed to continue to accept cash when people are paying for services. She said: "The recent attempt by NCT operator Applus to move to a cashless payment system was understandably met with widespread opposition and has thankfully resulted in a U-turn. "I welcome reports that Minister Michael McGrath now intends to ensure that all public bodies will continue to accept cash.

"However, this is completely at odds with the Government's hands-off approach when it comes to confronting AIB on its decision to make several of its branches around the country cashless. Local communities were dealt a double blow in 2021 when 15 banks were closed by AIB and more than 20 branches went cashless.

"While a proposal by AIB to make a further 70 branches cashless last year was stopped in its tracks after a public backlash, the bank did not reverse its decision for the 22 branches originally affected. "This is an issue that has greatly impacted vulnerable bank customers in parts of the country, including Blessington in my own Wicklow constituency.

Along with the closure of Ulster Bank in the village earlier this year, financial services for residents and businesses in the area have been seriously eroded, with customers having to rely on An Post for their daily banking needs. "I recently met with AIB to outline my concerns but they did not indicate a willingness to change their policy for existing cashless branches "Given that the State has a 47 per cent stake in AIB, I am calling on the Minister to instruct the bank to put plans in place to restore cash services to affected

Social Democrats' motion calls for 10,000 affordable homes to be built

Practical steps required to help the tens of thousands of people affected by the housing crisis

À Social Democrats' motion to be debated in the Dáil calls for 10,000 affordable purchase and affordable rental homes to be built every year. Catherine Murphy said "This Government has failed miserably to meet its own target for affordable purchase homes – a target that was unambitious to begin with – resulting in just 323 being delivered last year. This is hardly surprising given that the Minister for Housing did not spend almost €1 billion of his department's capital budget between 2020

"The Minister must now immediately publish figures for how many affordable homes will be delivered in 2023. "Since this Government took office, rents have continued to soar, homeless numbers have hit

(Continued on page 12)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.) Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

(Continued from page 11)

astronomical highs and house prices have reached levels that are out of reach for most people.

"There are now more than 500,000 adults still living at home with their parents, while almost 13,000 people are in emergency homeless accommodation – the highest number in the history of the State. "Our motion today calls on the Government to put practical steps in place to help the tens of thousands of people struggling to find an affordable place to live. "In addition to building 10,000 affordable purchase and affordable rental homes each year, we are proposing the reintroduction of a no-fault eviction ban, better protections for renters and a strong and effective vacant property tax with teeth. 'These are all solutions that could make a real difference to people's lives."

Government must rebuild trust with retained firefighters following resolution of dispute

Staffing numbers must also be brought up to required

Social Democrats TD Catherine Murphy has welcomed the news that retained firefighters have voted to accept proposals from the Workplace Relations Commission (WRC) to resolve their industrial dispute. Deputy Whitmore said: "It is positive to learn today that firefighters, through their union SIPTU, have voted to accept WRC proposals and bring an end to their dispute, which has lasted for more than two months. I know the decision to take industrial action in the first place was not easy, and every retained firefighter did so with the community's concerns in mind.

"While it is most welcome that agreement has been reached to return to work, the Government cannot allow a repeat of this situation in the future. There are still issues with how our fire services are structured and further work will be required to resolve them. "Speaking to members of the fire service in my Kildare constituency today, I know the outcome of this stage of the process has come as a relief to them and their families. However, this deal will not bring back the fire service members who have left in recent years and a recruitment drive will be needed to increase staffing numbers to the required levels. "A lot of good faith will need to be established between the parties in the future. In the meantime, the Government must deliver on the commitments made in the WRC and rebuild trust with retained firefighters."

Government is denying children with disabilities the right to live with their

Desperate parents forced to leave children behind in hospitals, special schools and residential centres due to lack of State supports

A new report showing that children with complex disabilities are being denied the right to grow up at home with their families should be a source of deep shame and embarrassment for the Government, according to Social Democrats TD Catherine Murphy. Deputy Murphy said:

The 'Nowhere to Turn' report, published by the Ombudsman for Children's Office (OCO), is extremely troubling. It highlights how some desperate parents are making the impossible decision to leave their children behind in hospital emergency departments, residential centres and special schools because they are unable to access the proper supports and services needed to care for them at home.

"The report reveals how some children can remain in these inappropriate settings for weeks – or even months due to the HSE's failure to ensure an adequate range of placement options if they cannot return home. "This is not a decision that any parent would make lightly and reflects the extraordinary pressures placed on households where there are children with complex, additional needs. Dr Niall Muldoon, the Ombudsman for Children, has pointed out that a child's right to grow up within their family is protected in the Constitution, the UN Convention on the Rights of the Child (UNCRC) and the UN Convention on the Rights of Persons with Disabilities (UNCRPD).

"In 2020, the OCO issued a number of recommendations following an investigation into the case of a boy with profound disabilities, who was left in a hospital setting for over two years beyond medical need. Despite the HSE accepting and committing to take on these recommendations, three years have since passed without key strategic measures being implemented. "In response to this shameful report, the Minister for Health and Minister of State for Disability must immediately instruct the HSE to action the OCO's recommendations without further delay. "No child with a disability in Ireland deserves to be stuck in the wrong setting or left without the right supports."

Students facing greatest accommodation crisis ever due to **Government inaction**

For this year's intake of college students, the joy of receiving CAO offers has been replaced with a fear of not being able to find a place to live

This year's cohort of third level entrants are facing the greatest student accommodation crisis in the history of the State, according to Social Democrats TD Catherine Murphy. "The joy and relief felt by tens of thousands of students who received CAO offers has already been replaced with a fear of not being able to find affordable accommodation for the upcoming college term. "Today, we witnessed the sad spectacle of students' unions from UCD and Trinity College handing out flyers to Dublin commuters in a desperate attempt to secure digs for students through the Rent-a-Room scheme. Students themselves would agree that this scheme is just a sticking-plaster solution and is not a panacea for accommodation shortages, which are a result of failed policies by successive governments.

This Government's refusal to invest in more publicly funded on-campus housing stands in stark contrast with its reliance on private investment funds to deliver purpose-built student accommodation. These units, which are developed on a for-profit basis, can be prohibitively expensive for students and the rents are not controlled.

"Failure to enforce regulations for short-term lets on platforms such as Airbnb has also contributed to the student accommodation shortages we have seen in recent years. "Not having a secure place to live can have a devastating impact on the mental health of students and can damage their chances of academic success. Instead of enjoying college life after the stress of sitting their Leaving Certificate, many students will be forced to defer their CAO offers or may even end up dropping out of their course due to the accommodation crisis.

"In worst case scenarios, we will see students becoming homeless and forced to couch surf, live in tents or sleep in cars. Others who remain at home with their parents will face gruelling commutes of up to six hours a day in order to attend lectures. "Students will rightly feel abandoned by the Government. They know that unless

there is a dramatic reversal of policy, the current student accommodation shortage will be nothing more than a prelude to the wider housing crisis that will await them when they graduate.

Call for Installation of Sustainable Bus Shelters on W61 Route - Peter Melrose **Social Democrats**

Peter Melrose, local Social Democrats Representative for the Maynooth LEA, has called for the installation of bus shelters in the Maynooth area, with a particular emphasis on the recently introduced W61 bus route. "I welcomed the new W61 bus route from Maynooth to Celbridge earlier this year, which has provided a vital improvement in local public transport. However, I was disappointed to see that the council choose not to implement suggestions I made in a submission to Bus Connects in March regarding a range of possible bus shelter options.

"Ireland experienced its wettest July on record this year. If we are serious about public transport, we need to make it as attractive and accessible as possible, and there is little that is enticing about getting soaked to the bone waiting for a bus. "In my submission, I offered up several cost-effective, sustainable and non-invasive options seen in other cities in Europe such as Utrecht in The Netherlands or Bromsgrove in England. (See photo's Below) "I will be working with Cllrs. Aidan Farrelly, Nuala Killeen, Bill Clear to prepare a motion to the council on this topic. I am urging Kildare County Council, the National Transport Authority and the Department for Transport to collaborate and prioritise the installation of bus shelters along the W61 route".

Peter Melrose is the chosen Social Democrats candidate for the Maynooth LEA for the 2024 local elections. For further information, contact Peter

Tel: 087 976 5404

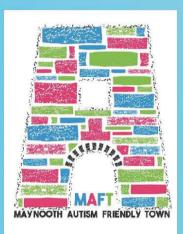
Email: peter.melrose@socialdemocrats.ie













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Exciting News from MAFT

Coffee Morning

Calling all parents/guardians of children with Autism in Maynooth. The next MAFT Coffee mornings is on the 29th of September.

Join us for a coffee and find out what is available in the town, or just come down for a chat with other parents.

We can't wait to meet you.



MAFT, in association with AsIAm, are thrilled to introduce Hangout Clubs part of the Child & Family Support Programme to Maynooth

In October, we're kicking off hangout clubs tailored for autistic tweens (ages 8-12) and autistic teenagers (ages 13-17). These clubs will provide a fun and supportive environment for young individuals on the autism spectrum to connect and

But that's not all - we're also gearing up to organize social meet-ups for autistic adults in the near future. Stay tuned for

We owe a big thank you to Intel Ireland for their generous support. Thanks to their contribution, we've been able to acquire fantastic resources that will enhance the experience for participants in our hangout groups.

Training Our Champions on I: AsiAm online training nline training completed please fill out the Google form by following the link eddress below

Maynooth Autism Friendly Town

Wednesday 4th of October @ 7-9pm

Champion Training

MAFT and AsIAm are offering 3 training courses for our Champions. Two online and one In-Person training in October

Contact us by social media or email (see below) to sign up and get accredited

Certification and complimentary sensory boxes will be provided for your business on completion of training.

> For updates on these exciting programs and to stay connected with the MAFT Association, keep an eye on our newsletter and our Social Media. We look forward to welcoming you and your family to our upcoming events!



Contact us on our social media or email autismfriendlytownmaynooth@gmail.com

Memories from the Archive



Mr. K. Dockery, Vice Principal of the Post Primary School, who was producer of "The Bishops Candlesticks" & "Burglary is Arranged", the prize winning play at Naas Macra Na Feirme Festival.



St. Patrick's Day



Miss Julia Weafer with Rev. Fr. O'Higgins & Rev. B. Supple C.C. at the recent presentation to her of the "Benemerenti Medal"

1978



Prize winners: E. Bean, P. Cowhey & S. Dunne.



St. Patrick's Day



Name the children competition



£1,000 comes to Maynooth from M.H. pools. Left to right - Dolores Charlton, Sales Manager presenting the prizes to Marie Fox, Newtown, Maynooth, who received £500, Thomas Nolan, Agent Maynooth District and Mrs. Simpson, Greenfield Drive, Maynooth who also received £500.



A group taken at the Maynooth Parish Social held at the Hitchin' Post. The group includes - Anne Murray, Gessie Doyle, Christina Dowling, Eileen McGlynn and Rosie Commerford.

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The Origins of Halloween Traditions

Carving pumpkins, trick-or-treating, and wearing scary costumes are some of the timehonored traditions of Halloween. Yet, the Halloween holiday has its roots in the ancient Celtic festival of Samhain (a Gaelic word pronounced "SAH-win"), a pagan religious celebration to welcome the harvest at the end of summer, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor saints. Soon after, All Saints Day came to incorporate some of the traditions of Samhain. The evening before All Saints Day was known as All Hallows Eve, and later, Halloween. Here is a look at the origins of some of the classic Halloween traditions we know today.

Carving Jack-o'-Lanterns

The tradition of carving Jack-o'-Lanterns originated in Ireland using turnips instead of pumpkins. It is allegedly based on a legend about a man named Stingy Jack who repeatedly trapped the Devil and only let him go on the condition that Jack would never go to Hell. But when Jack died, he learned that Heaven did not want his soul either, so he was forced to wander the Earth as a ghost for eternity. The Devil gave Jack a burning lump of coal in a carved-out turnip to light his way. Locals eventually began carving scary faces into their own turnips to frighten away evil spirits.

Seeing Ghosts

The festival of Samhain marked the transition to the new year at the end of the harvest and beginning of the winter. Celtic people believed that during the festival, spirits walked the Earth. Later on, Christian missionaries introduced All Souls' Day on November 2, which perpetuated the idea of the living coming into contact with the dead around the same time of year.

Wearing Scary Costumes

In order to avoid being terrorized by all the evil spirits walking the Earth during Samhain, the Celts donned disguises so that they would not be mistaken for spirits themselves and be left alone.

Trick-or-Treating

There is much debate around the origins of trick-or-treating, but generally there are three theories. The first theory suggests that during Samhain, Celtic people would leave food out to appease the spirits traveling the Earth at night. Over time, people began to dress as these unearthly beings in exchange for similar offerings of food and drink The second theory speculates that the candy boon stems from the Scottish practice of guising, which is a secular version of "souling." During the Middle Ages, generally children and poor adults would collect food and money from local homes in return for prayers for the dead on All Souls' Day. Guisers dropped the prayers in favor of nonreligious practices with the inclusion of songs, jokes, and other "tricks." A third theory argues that modern American trick-or-treating stems from "belsnickeling,"

a German-American Christmas tradition where children would dress in costume and then call on their neighbors to see if the adults could guess the identities of the disguised. In one version of the practice, the children were rewarded with food or other treats if no one could identify them.

Black Cats

The idea of being spooked by black cats dates back to the Middle Ages, when these dark felines were considered a symbol of the Devil. It didn't help that centuries later, accused witches were often found to have cats, particularly black ones. People began to believe that the cats were a witch's "familiar"—supernatural entities that would assist in their practice of dark magic-and black cats and spookiness have been linked ever since.



The traditional Halloween colors of black and orange also traces back to the Celtic festival of Samhain. For the Celts, black represented the "death" of summer while the orange symbolized the autumn harvest season.

Bobbing for Apples

The game of bobbing for apples has been a staple at Halloween parties for many years, but its origins are more rooted in love and romance. The game traces back to a courting ritual that was part of a Roman festival honoring Pomona, the goddess of agriculture and abundance. While multiple versions existed, the gist was that young men and women would be able to predict their future relationships based on the game. When the Romans conquered the British Isles in 43 AD, the Pomona festival blended with the similarly timed Samhain, a precursor to Halloween.

Playing pranks often varies by region, but the pre-Halloween tradition known as "Devil's Night," is credited to a different origin depending on the source. Some say that are also is credited to a different origin depending on the source. Some say that pranks started as part of May Day celebrations. But Samhain, and eventually All Souls Day, also included good-natured mischief. When Irish and Scottish immigrants came to America, they brought with them the tradition of celebrating Mischief Night as part of Halloween.

Lighting Candles and Bonfires

For much of the early history of Halloween, towering bonfires were used to light the way for souls seeking the afterlife. These days, lighting candles have generally replaced the large traditional blazes.

Candy Apples



For centuries, people have been coating fruit in syrup as a means of preservation. But during the Roman festival of Pomona, the goddess was often represented by and associated with apples; her name derives from the Latin word for apple "pomum" and the fruit is at the heart of harvest celebrations. It is believed that candy apples were invented accidentally in 1908 by William W. Kolb, a candymaker in Newark, New Jersey.

As the story goes, Kolb was experimenting with red cinnamon candy to sell at Christmastime and he dipped apples on sticks into the red glaze and put them in his shop window to showcase his new candy. But instead of selling the candies, he ended up selling the apples to customers who thought they looked good enough to eat. They became fashionable treats for Halloween starting in the early 1900s and they remained popular up until the 1970s.

Source: www.blogs.loc.gov/headlinesandheroes/2021/10/the-origins-of-halloween-traditions/



Halloween Night When The Witches Run



There was an Old Witch, Believe it if you can She tapped on the windows, and she ran, ran, ran. She rand Helter Skelter with her toes in the air, Cornstalks flying from the Old Witches' Hair.

Swish goes the Broomstick, meow goes the Cat, Plop goes the hop-toad sitting on her hat "WHEE", chuckled I, "what fun, what fun" Halloween night when the witches run

Rattle go the Skeletons, running down the lane, And a spooky Tree taps the window pane, "WHEE", chuckled I, "What fun, what fun" Halloween night when the witches run

Jangle of the rusty chains, the Monster drags along, And Bats go screech for their Haloween song, "WHEE", chuckled I, "What fun, what fun" Halloween night when the witches run

Source: free printable halloween short stories - Search (bing.com)



REMINDER DON'T FORGET TO CHANGE YOUR CLOCK

Sunday, 29 October 2023, 02:00:00 clocks are turned backward 1 hour to

Sunday, 29 October 2023, 01:00:00 local standard time instead.

Irish Halloween Traditions

Halloween can be traced back to the ancient Celtic tradition of Samhain. This word is the old Irish word for 'summer's end'. This was the end of the harvest season and the beginning of the New Year. Púca is an Irish word meaning "Ghost / Spirit". Old manuscripts state that Tlachtga or The Hill of Ward, was a site of great Samhain gatherings.

It was at Tlachtga that the ancient Irish lit a fire from which all the fires in Ireland were rekindled. Archaeological excavations indicated this ancient hill was used for feasting and celebration over 2,000 years ago, and even to this day the Boyne Valley remains one of the many important historical sites of Halloween tradition in Ireland. Each site has its own story, every Samhain a host of otherworldly beings emerge from Oweynagat (cave of the cats) at Rathcroghan in County Roscommon.

The belief in the closeness of the Otherworld and the return of the Dead was associated with Halloween. Wearing costumes and masks offered protection. The fairies couldn't abduct you and you got to frighten your neighbours. Tricks were played on the unsuspecting, which may be the origin of the ubiquitous trick or treating.

Colcannor

Boiled Potato, Curly Kale (a cabbage) and raw Onions are provided as the traditional Irish Halloween dinner. Clean coins are wrapped in baking paper and placed in the potato for children to find and keep.

The Barnbrack Cake

The traditional Halloween cake in Ireland is the bambrack which is a fruit bread. Great interest is taken in the outcome as there is a piece of rag, a coin and a ring in each cake. If you get the rag then your financial future is doubtful. If you get the coin then you can look forward to a prosperous year. Getting the ring is a sign of impending romance.

The Pumpkin

Carving Pumpkins dates back to the eighteenth century and to an Irish blacksmith named Jack who colluded with the Devil and was denied entry to Heaven. He was condemned to wander the earth but asked the Devil for some light. He was given a burning coal ember which he placed inside a turnip that he had gouged out.

Thus, the tradition of Jack O'Lanterns was born. Villagers in Ireland hoped that the lantern in their window would keep the wanderer away. When the Irish emigrated in their millions to America there was not a great supply of turnips so pumpkins were used instead.

Halloween Costumes

This tradition of wearing costumes also dates back to Celtic times. On this night when the living and the dead were at their closest, the Celtic Druids would dress up in elaborate costumes to disguise themselves as spirits and devils in case they encountered other devils and spirits during the night. By disguising they hoped that they would be able to avoid being carried away at the end of the night. This explains why witches, goblins and ghosts remain the most popular choices for the costumes.

Games

An apple is suspended from a string and children are blindfolded. The first child to get a decent bite of the apple gets to keep their prize. The same game can be played by placing apples in a basin of water and trying to get a grip on the apple without too much mess!

The Halloween Bonfire

It is a tradition to encourage dreams of who your future husband or wife is going to be. The idea was to drop a cutting of your hair into the burning embers and then dream of you future loved one. Halloween was one of the Celt 'fire' celebrations. Another way of finding your future spouse is to peel an apple in one go. If done successfully the single apple peel could be dropped on the floor to reveal the initials of the future-intended.

Anti-Fairy Measures

Fairies and goblins try to collect as many souls as they can at Halloween but if they met a person who threw the dust from under their feet at the Fairy then they would be obliged to release any souls that they held captive.

Holy water was sometimes anointed on farm animals to keep them safe during the night. If the animals were showing signs of ill health on All Hallows Eve then they would be spat on to try to ward off any evil spirits.

Ever since the time of the Druids, many customs and traditions have evolved in celebration of Samhain, which is New Year's Day in the Celtic Calendar. When Christianity came to Ireland, the church took a dim view of Druidic festivals and created the vigil of All Soul's Evening, (or All Hallow's Eve) on October 31st, the Feast of All Saints on November 1st, and All Souls Day on November 2nd.

Halloween

Sourced from: Irish Halloween Traditions—ireland-information.com





cyclist.ie MAYNOOTH CYCLING **CAMPAIGN**



Maynooth Cycling Campaign

The September Newsletter stated that Maynooth Cycling Campaign would be holding a public meeting in September. For a variety of reasons, this did Meanwhile, although it is early spring in Australia, temperatures in New not go ahead but it is now planned to have the meeting during October. More details to follow.

Maynooth Cycling Without Age

Maynooth Cycling Campaign has been in contact with St. John of God/ Genil Training re the use of the trishaw and await their response to our proposal. The Chair has also undergone a "Train the Trainer" exercise so that the training of Maynooth pilots will no longer require an external input.

Road Safety

One of the areas affecting road safety for which the Garda are not responsible is the design of roads. The Design Manual for Urban Roads and Streets gives a range of widths for a particular type of road or street. At the preliminary design stage of the Maynooth Eastern Ring Road (between the Celbridge and Dublin Roads), Maynooth Cycling Campaign made a submission seeking the minimum lane width as part of Part 8 Public Consultation. It was not accepted. At the subsequent debate by councillors, a number of them also argued in favour or narrower lanes but officials rejected the proposal. We know that wide roads encourage speeding. We also know that narrowing roads – what Americans call "a road diet" - encourages cars to go slower. In view of the crisis in road safety, will the Council review their road width or will they do a Pontius Pilate on it?

In Wales they have just brought in a default 20mph (30k/hr) speed limit in urban areas. Although the results are preliminary, the initial findings are that

"The immediate impact on traffic speeds in Wales has been astonishing, and far greater than many would have predicted. Welsh drivers are, on the whole, accepting lower speed limits and have changed their behaviour accordingly. There will remain some drivers who choose to break the limit by significant amounts but the drop in speeds on the fastest urban roads has been marked".

Limerick and Galway County Councils have just brought in lower speed limits. When will Kildare County Council?

Climate Extremes Worsening

In the first 11 days of September, there was catastrophic flooding in – Greece, Turkey, Brazil, Hong Kong, Shanghai, Spain and Las Vegas. In Libya, between 10,00 and 20,000 people have drowned following the collapse of two dams. Since then, Typhoon Haikui has hit southern China causing 7 deaths, with 100 reported landslides, 100s of people trapped and 1000s displaced. Closer to home, in South West England flash floods ripped through a Devon village and closed the terminal at Exeter Airport.

South Wales have hit record levels and a "catastrophic" fire danger level has been announced for some areas. Decarbonation of transport is an essential element of limiting the rise in global temperatures.

European Investment in Transport

For those who think that European governments have prioritised investment in public transport and active travel, between 1995 and 2018, European countries spent 66 per cent more on roads than railways. And during the years 2018-2021, European countries spent 34 per cent more on extending roads than on extending railways.

Government Progress on Climate Action

Last month, An Taisce reported on the Irish government's progress in meeting the targets in its Climate Plan. The government's score overall was C+ (moderate progress).

The following is an extract of the section on transport which gives a flavour of its report:

There was good progress in some areas with many schemes and significant investment in more sustainable modes, though still not at the 2:1 ratio committed by the Government. Good progress has been made in commitments on e-scooter legislation, lowering speed limits, facilitating taxi drivers to move to electric vehicles, electrification of some new trains, developments in a national rail strategy, and noticeable improvements in local link bus services and regional connectivity. Commitments on ride-sharing, extending bike-to-work schemes, school transport and Westernrail corridor do not appear to be progressing, and Metrolink and Bus Corridor projects have been plagued with planning issues.

In their 2022 assessment, emissions in transport went up 6% and there is no clear sign that the emissions curve will decrease in 2023-2024, which has led to a decrease in transport's score from 7.0 to 6.5.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website. We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it a member of the European Cycling Federation.

Kildare Planning Applications for Maynooth Area Planning Applications received from 29/08/2023 to 28/09/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2360246	Kildare County Council	Vantage Towers Limited	Maynooth GAA Club, Moyglare Road, Maynooth, Co. Kildare, W23 HH94	26/09/2023
2360228	Kildare County Council	Paul & Thomas Mooney	Kealstown, Ladychapel, Maynooth, Co. Kildare, W23 FT91	20/09/2023
23889	Kildare County Council	Alan & Yvonne Thomas	8 Fitzgerald Close, Maynooth, Co. Kildare.	08/09/2023





Gold Medal Winners

2016 - 2017 - 2018

2019 - 2021 - 2022

At the time of writing we have been informed that The Supervalu Tidy Towns results will be announced on the 6th October. We haven't received our invitation yet but fingers crossed we will be attending this event in The Croke Park Conference Centre. Wish us good luck. Again we would like to thank all the asylum seekers who joined us over the summer for their painting, scuffling, back breaking work. We wish them luck. A special mention to volunteer Guida from Mozambique who was studying for her Masters in Geography at Maynooth University since last March. Her graduation is not until November but she had to return to Mozambique as her visa would have expired. Guida joined us on clean up most Saturdays and we hope she will return to Maynooth in the future

We have been busy weeding all over the town after all that rain, especially in The Pound, Sensory Garden, O'Neill Park beds, Meadowbrook link road and the beds at Maxol/Celbridge Road. Thanks to Vinny Mulready for refreshing our entrance sign on the Leixlip Road over the last 2 weeks. We also took part in The Clean Coast event, we don't have a coast but we do have the wonderful Royal Canal Greenway.

On the 14th October we will be attending The Kildare Biodiversity Conference 2023 in The Keadeen Hotel. Learn from each other and showcase best practice and case studies. A special thanks to volunteer Sean McGovern for all his wonderful work painting the service boxes around the town, Sean is available for private contracts. Contact us on our Facebook page for more details.

Special mention for the staff at The Glenroyal Hotel for their support, especially the complimentary coffee/tea/biscuits at our monthly meetings. We are always looking for new volunteers, we meet at our Shed in The Council Car Park, every Saturday at 9pm, weather permitting of course.

Mary Molloy Maynooth Tidy Towns PRO















An Roinn Tithíochta, Rialtais Áitiúil agus Oidhreachta Department of Housing, Local Government and Heritage

HEADSUP Kildare is delighted to offer:

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Wellness Recovery Action Planning Level 1 Training

Venue: Newbridge Family Resource Centre

Dates: 14th and 21st October 2023

A light lunch will be provided on both days

Book early as places are limited!!

Time: 10am to 4pm

Register: Deirdre 085 1068305

Deirdre@countykildarelp.ie

Lorna 085 8421347

Lorna@countykildarelp.ie

Who is the training for?

Anyone looking for ways to support their mental health, stress and general wellbeing.

Training is offered free of charge!

'The Healthy Ireland Fund is supported by the Department of Health.'







Kildare Biodiversity Conference



October Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Maynooth October 2023 CleverReach

Children

Halloween Drawing and Crafts Tuesday 31st October

2.30pm - 3.30pm

Age: 7 - 10

Join the library staff for some spooky themed crafts and drawing fun to get you ready for trick'r'treating later in the day. Fancy dress encouraged!

Booking Essential, places limited via Ticket Tailor:

https://buytickets.at/maynoothlibrary/1016790

Halloween Family Film Thursday 2nd November 2.30pm - 4.00pm

Age: 5+

Join us in Maynooth Community Library for a U-rated family-friendly film screening of a Halloween classic. Please book a spot for every person attending! Children must be accompanied by an adult.

Book your place on Ticket Tailor: https://buytickets.at/maynoothlibrary/1016782

Online Teen Writers Group

Thursday 12th & Tuesday 17th of October

6pm

Age: 12 - 15

A social group for young writers aged 12 to 15, to chat, share work and bounce ideas. Online via MS Teams.

For more information email maynoothlib@kildarecoco.ie

Teen Book Club **Maynooth Library** Friday 20th October

4pm

Age: 12 - 15 A book club with a difference; while there are always bookclub books to avail of, teens can bring along their own recommendation to discuss during the meeting.

Book Rec for October meeting available in the library now: 'City of Ghosts' by Victoria Schwab.

For more information email maynoothlib@kildarecoco.ie

Dungeons & Dragons Club for Teenagers

Thursday 26th September

4.30 - 5.30pm

Age: 12 - 14

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.

For more information email <u>maynoothlib@kildarecoco.ie</u>

Kildare Readers Festival: Online Book Club with Rosemary Mac Cabe Monday 2nd October

Kildare author, podcaster and media personality Rosemary Mac Cabe will be chatting with journalist Roe McDermott about her #1 Irish bestseller debut This Is Not About You: A Memoir, a "life story in a series of love stories"

A limited number of extra copies are available to borrow from Maynooth branch ahead of this special book club meeting.

Book your place here:

https://app.tickettailor.com/events/kildarereadersfestival/989517

Poetry Mic Night with Luain Press Tuesday 3rd October

6 - 7pm

All are welcome to a special poetry open mic night at the library. If you have a poem you'd like to share, whether it's your own work or one you really like, whether you're a singer and you'd like to sing a song and listen, feel free!

Drop In. No booking required

Kildare Readers Festival: Poetry and the Possibility of Home Thursday 5th October

In this very special evening of poetry and conversation, two award-winning poets, Nithy Kasa and Annemarie Ní Churreáin, will read their work in discussion with host, Catherine Gander. In their probing, evocative, and richly imagistic poetry, both poets speak of the power of dislocation and belonging, of loss and recovery, of memory and rebuilding. This

unique event explores their journeys into the poetry, secrets, and promises that notions of 'home' can hold. Book your place here:

https://buytickets.at/kildarereadersfestival/989765

Breast Feeding Support Group with Public Health Nurse Tuesday 10th & Tuesday 24th October 9.30 - 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***

Age Friendly Coffee Morning

Wednesday 11th October
10.30 am - 11.30 am
As part of our Age Friendly Programme, drop in for a cup of tea/coffee and a chat with library staff and find out more about the libraries online and other services.

No booking needed, just drop in.

German "Stammtisch" Conversation Group

Thursday 26th October

6.30 pm - 7.30 pm

Do you want to practice your German? Maynooth Library hosts a monthly informal German conversation meet-up, for anyone with an interest in the language and culture in German-speaking countries.

No booking needed, just drop in.

Toys, Training & Technology

Talk: Managing Anxiety for Young People who have a Neurodivergent Diagnosis Tuesday 19th October

7 - 8pm

In this talk, Michael will look at anxiety management for young people with Neurodivergent Identities (Autism, ADHD, Dyspraxia, Dyslexia etc). We will explore common types of anxieties and give practical suggestions around strategies for parents/ guardians and for young people.

Book your place on Ticket Tailor:

https://www.tickettailor.com/events/tttkildare/957483

Let's Talk About Parenting Events

Talk: Building your Parenting Plan

Thursday 12th October

7 - 8pm

Presented by Allen O'Donoghue.

If you are like us and parenting can have you feeling like you're in a spin cycle in the washing machine with no time to think, this is the talk for you! We'll show you simple steps to get your head clearer and prioritise the thing that you want to change right now, while leaving the other bits until tomorrow.

NB: Certs of attendance are available for anyone attending in a professional capacity for CPD purposes - email us after the event at sbrosnan@kildarecoco.ie

Book your place on Ticket Tailor:

https://www.tickettailor.com/events/letstalkaboutparenting/996654

Climate Action Maynooth Zerowaste Saturday 14th October

2 – 4pm

Zero Waste Maynooth is back after its summer break with its ladies' clothes swap shop. Ladies Clothes Swap: Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes is a way to tackle textile waste and save some money!

The Craft Corner: Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.

Cloth Nappy Ireland

Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money.

Kids toy swap: Bring one, take one! Let's get the kids used to the idea of swapping before buying!

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action)

Drop In. No booking required

(Continued on page 21)

October Events at Maynooth Community Library (Cont.)

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



facebook.com/KildareCountyLibraryService

twitter.com/kildarelibrary

(Continued from page 20)

HSE/EVE Larine House Art Exhibition, running from October 3rd – 31st.

Maynooth Library is currently displaying some of the amazing artwork from those attending EVE Larine. EVE Larine is a HSE Mental Health day service based in the centre of Maynooth town. The Art programme is facilitated by Martha Golubowska and is extremely successful and popular. It is a welcomed distraction for all participating artists and has a real positive effect on their wellbeing. We hope you can take the time to come and view the art work in the library. To find out more about EVE Larine call 01 6289465 or visit www.eve.ie/page/343

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.

Library Groups and Regular Groups

Craft & Knitting Club **Every Monday**

11.30am - 13.00pm

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

Ciorcal Comhrá / Irish Conversation Group

Tuesdavs / 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 - 11am

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!

Maynooth Women's Group 1st & 3rd Saturday each month

11.30am

A meeting space for local women usually held on the first and third Saturday of the month at 11:30am.

Women's Ex-Pats Group Last Tuesday of the month

6.30pm

Calling all women who have relocated to Ireland, returned from abroad, or local ladies interested in welcoming expats! Our Women's Group offers a meeting place at the library to chat, make new friends, and share stories about transitioning to Ireland. Join us for an enriching experience of community, support, and connection.

U3A (University of the Third Age) Book Club **Monday 9th October** 10.30 - 11.30am

New members welcome.

Tuesday Evening Crime Book Club Tuesday 17th October

7 - 7.50pm

The Tuesday Evening Crime Book Club will meet on the last Tuesday of each month from 7pm - 7.50pm. The book will be available at the main library desk for the book club. Please register here to join: https://buytickets.at/maynoothlibrary/964333

Wednesday Morning Book Club 18th October 11.00 – 12pm

New members welcome.

Midlands LGBT+ Project Book Club Thursday 19th October

6.30 - 7.30pm

This new book club, set up in partnership with Midlands LGBT+ Project, focuses on books by LGBT+ authors or with LGBT+ themes. For October, they will be reading Young Mungo by Douglas Stuart and copies are available from the main desk in Maynooth Library. Meetings take place on the third Thursday of every month. New members welcome! For more information email maynoothlib@kildarecoco.ie

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.

Citizens Committee

Maynooth Senior



Autumn is upon us again. It seems to come round so quickly. We continue with our Thursday morning Club activities with Art and Bingo. We hope to have an exhibition of our senior citizens art work in 2024 in the community library. We are working towards that. It is a very enjoyable activity and amazing art works are being produced all round.

We will be having a fundraising quiz for Maynooth Senior Citizens Committee (our official name) on Friday 10th November in the Newtown Inn so please mark it in your diaries. This is not for the committee members but for the activities that we undertake such as Morning Club, Mass Bus Service, Transport, Fuel provision and Social Events all of which underpin our at least one of our aims and objectives....providing an environment that encourages older people to have full participation in their community and society as a whole...

New members are welcome and we need new volunteers on the committee who can commit their time and effort to our activities.

Susan Durack

PRO

Maynooth Senior Citizens Committee.

E-mail: maynoothseniorcitizens@gmail.com

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BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



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e-mail: info@clockhouse.ie Web: www.clockhouse.ie - Tel: 01-5054725

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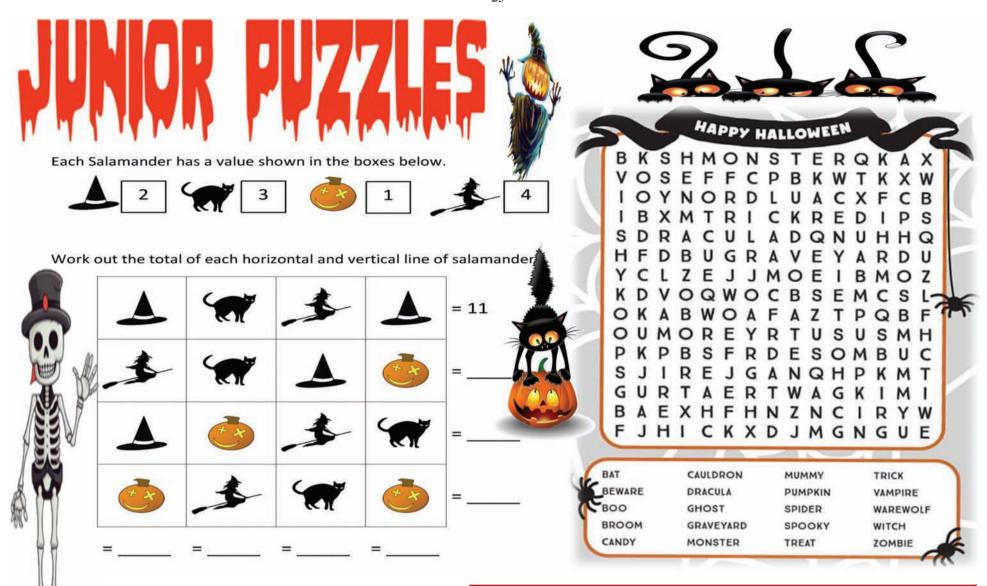
Opening Hours

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

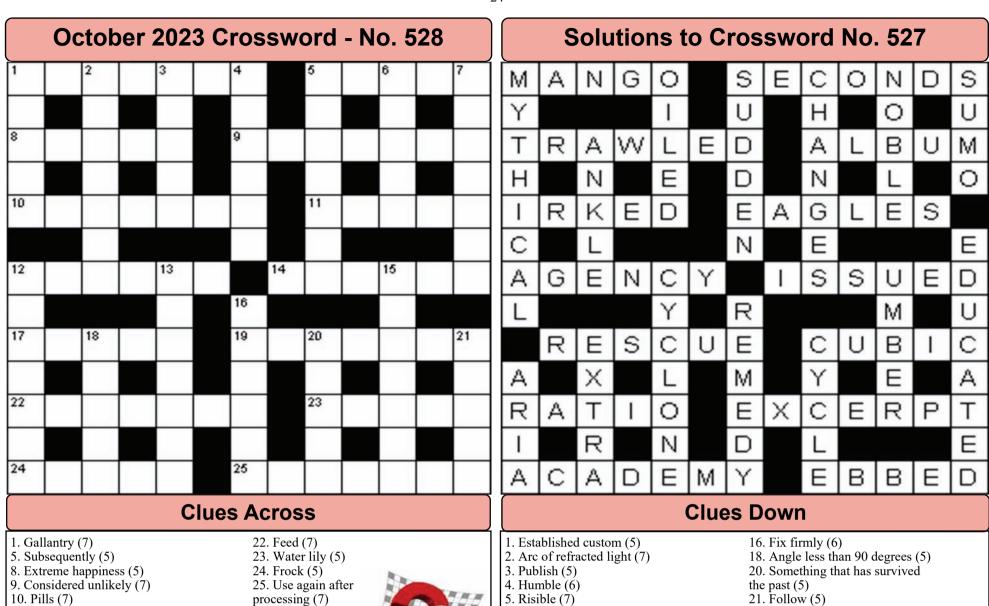
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	Diffi	cult				Sudoku Challenge							Sup	er Di	fficul	t
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6. Heading (5)

13. Foes (7) 15. Flexible (7)

7. Conundrums (7) 12. Hankered (7)

11. Paragon (5)

14. Concurs (6) 17. Proverb (5)

12. Gaped (6)

19. Recite (7)

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.

Really easy student meal

Chicken and bacon pasta bake

Preparation time: 30 mins Cooking time: 30 mins

Serves 4

A simple white sauce makes this chicken and bacon pasta bake a doddle for weeknights. If you've never made a classic roux or béchamel sauce before, this is a great recipe to show you how. Stirring flour and milk into a pan full of buttery leeks makes lumps in the final sauce a lot less likely, so you will end up with a gorgeous creamy sauce

Each serving provides 1026 kcal, 76g protein, 76g carbohydrates (of which 9g sugars), 45g fat (of which 24g saturates), 7g fibre

Ingredients

- 500g/1lb 2oz leftover cooked chicken or chicken breasts, skin removed
- 500–600ml/18–20fl oz chicken stock
- 50g/1³/₄oz butter
- 6–8 rashers streaky bacon, cut into 2cm/3/4in strips
- 1–2 large leeks, thickly sliced
- 50g/1³/₄oz plain flour
- 1 tsp English mustard powder
- 500ml/18fl oz milk
- 150g/5½oz mature cheddar, grated
- 325g/11½oz pasta shapes, like farfalle or penne
- 2 tbsp grated Parmesan

Salt and freshly ground black pepper

Method

If you are using leftover cooked chicken, skip this step and add the chicken in step 3. If you are using chicken breasts, put the breasts in the base of a saucepan to fit snugly in a single layer.

Pour over 600ml/20fl oz chicken stock and place over a low—medium heat. When the stock just comes to a simmer, turn off the heat and cover with a lid. Check the chicken breasts after 10 minutes, they should be cooked. Set aside and reserve the stock.

Meanwhile, melt the butter in a large saucepan. Add the bacon and fry until it is beginning to get crispy.

Use a slotted spoon to lift the bacon out, leaving the butter behind. Add the leeks and fry for 5–6 minutes until softened.

Stir the flour and mustard powder into the leeks and keep cooking together for 1 minute. Gradually stir in the milk, followed by 500ml/18fl oz chicken stock and stir to create a smooth sauce.

Bring to a simmer, stirring, and once bubbling cook for 1 minute to thicken.

Tear or chop the chicken into bite-sized pieces. Turn off the heat and stir two-thirds of the cheese, most of the bacon and all of the chicken into the sauce. Season with salt and pepper.

Bring a large saucepan of water to the boil. Cook the pasta according to packet instructions (about 9 minutes) or until al dente, as it will cook more in the oven.

Drain thoroughly then combine with the sauce in a large baking dish. Scatter the remaining cheddar, bacon bits and Parmesan over the top.

Preheat the oven to 220C/200C Fan/Gas 7. Bake for 15 minutes until the top is golden and the sauce is bubbling

Source: https://www.bbc.co.uk





Flowers

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and snake's-head fritillaries
- Lift tender cannas to avoid frost damage, dry off the tubers and store in cool dark conditions until spring
- Plant up cheery pot displays with winter colour, such as heathers, cyclamen, winter pansies and skimmia
- Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus, to protect over winter
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter
- Transplant deciduous shrubs that are in the wrong place or have outgrown their current position
- Wrap layers of fleece or straw around banana plants and tree ferns to protect from frost
- Collect seeds from hardy perennials, such as astrantia, achillea and red valerian, and sow straight away
- Take hardwood cuttings from ornamental trees and shrubs
- Reduce the height of shrub roses to avoid windrock damage over winter
- Empty spent summer pots and hanging baskets, and compost the contents
- It is good to share your growing tips with other gardeners and ask for advice

Fruit and veg

- Take cuttings of shrubby herbs, such as rosemary, lemon verbena and thyme
- Remove large fruits on fig trees that have failed to ripen, leaving pea-sized fruits to develop for harvesting next year
- Sow green manure, such as winter rye, rather than leaving soil bare over winter
- Cover salad plants with cloches to prolong cropping
- Keep sowing batches of hardy broad beans and peas outdoors for early crops next year
- Plant garlic cloves in a sunny well-drained spot, 15cm apart, with their tip 5cm below the surface
- Finish picking runner beans and French beans, but leave a few pods to ripen fully, so you can save the seeds
- Cut down the ferny shoots of asparagus to soil level once they've turned yellow, then add to the compost bin
- Divide large clumps of herbs, such as chives, lemon balm and marjoram, then replant or share with friends
- Wrap grease bands around the trunks of apple, pear, cherry and plum trees to trap the crawling female winter moth
- Clear away old crops, so they can't harbour pests and diseases on the veg plot through the winter
- Cut fruited stems of blackberries and autumn raspberries down to the ground
- Raise pumpkins and squash onto bricks to keep them dry and expose them to more sun, to ripen the skins
- Order bare-root fruit trees and bushes for planting from late autumn to early spring
- Plant out spring cabbages

Source: www.gardenersworld.com



Gardening Extra

Dear Fellow Gardeners,

Apologies for not sending a gardening newsletter for the last few months. We had quite a busy and chaotic year, moving from Leitrim to Newport, Co. Mayo. We are finally in our new house and are absolutely loving it. It's right next to the Blackoak River, a tidal river which flows into the sea just round the corner. I lived in Co. Leitrim for the last 24 years and had such a wonderful time there and now I'm looking forward to a new chapter.

This summer we spent a couple of months on the road travelling from Ireland to Greece and back again trying to find new vegetables. We were also in between selling and restoring our house. I tried to get as many vegetable experiences as I could. I went to farmer's markets, visited some organic farms and obviously tasted plenty of meals trying to find something local or unusual.

The sad thing is that it seems that the world has completely limited itself to just a few brands and just a few vegetables. Where is the diversity, the local specialty, the local variety of a particular vegetable or fruit? These things are disappearing in front of our eyes.

I did my annual visit to meet Eleni in the mountain village of Paleochori in the Peloponnese who grows and preserves the most amazing juicy beef tomatoes – the real Greek tomatoes. She was no longer there and so her tomatoes disappeared as well – a variety that was passed down through many Greek generations in this village. I know quite a few of you may grow this variety, so please save some seeds.

Italy was definitely the best country in terms of food and food ingredients but still – most meals were the most delicious creamy pasta dish and if we were lucky it was served with some globe artichoke or a delicious chicory. I did find some amazing tomatoes varieties from Mount Vesuvius and some local chicory varieties I found in the south of Italy. I managed to collect some seeds from the Vesuvius tomato and it will be available soon.

I think it's sad how we are limiting ourselves to such a small diversity of food that we eat and grow. Everything seems to be a monoculture with endless stretches of wheat or maize grown in every country. There is really no need for it. We could grow hundreds of edible food plants. This would certainly enrich our lives. Even more important should we not explore the potential of new food crops in a changing climate. The more diversity we have, the more resilient a food system will be.

What to do in September/October?

The best crops you can still sow in September/ October are the hardy winter salads. There is a large range of them available. My favourites ones are rocket, mizuna, mustard 'Red Frills' and 'Green Frills, pak choy, claytonia, tatsoi and corn salad. If you have a polytunnel or greenhouse you can still sow perpetual spinach, Swiss chard, rainbow chard, kale, coriander, dill and chervil. From now on you can plant autumn garlic and autumn onions either outdoors or in a polytunnel for an early

Garlic bulbs and onion sets for sale

We managed to source some excellent Irish grown garlic bulbs which are tried and tested. These will be available on our website from Monday (2nd October). You can check our website www.greenvegetableseeds.com then.

Onion Sets (Autumn) – Shakespeare

Shakespeare onions are probably the best autumn planted onion varieties available. The sets can be planted in a polytunnel or outdoors. The indoor crop should be ready in May while the outdoor crop is ready in June – about a month earlier before the spring planted Course Title: Autumn/Winter in the

Spacing: 10cm in the row 25-30cm between rows.

Plant in firm ground with tops sticking out. You may need to protect the sets from crows or jackdaws with a cloche or netting until they have rooted. In the last year -Ihave seen two gardeners who buried the onion sets just below ground level to keep them save from birds. Initially I thought the bulbs would rot, but both produced excellent onions. There Weekend Course in Renvyle House Hotel is always something new to learn!

Garlic Bulbs – Sabagold (white softneck)

An excellent French Softneck variety. It is very reliable and perfectly suited to Irish growing conditions. It has an excellent flavour and produces large bulbs with around 6-8 cloves per bulb. Plant individual garlic cloves about twice their depth into well prepared soil. Cloves can be planted in a polytunnel or outdoors. Spacing: 20cm in the row 25cm between rows. Harvest garlic when it is still standing (around June/ July next year). Keep the best bulbs for re-planting the following year.

Garlic Bulbs - Music (hardneck variety)

"Music" is a hardneck garlic variety which produces large pink/purple bulbs with a full and spicy flavour. Music is an Italian variety which is now grown all over the world and is known for its cold weather tolerance and high yield of large bulbs. There are around 6 large cloves per bulb.

Garlic Bulbs – Georgian Purple (hardneck variety)

A hardneck type with purple striped skin and known for its excellent robust flavor and vigour. It originates from the Republic of Georgia. An immensely delicious gourmet

Upcoming courses and talks

Saturday 14th October 2023

Organic Gardening Course at the beautiful nodig garden "Edible Flower" run by Jo and Erin in Saintfield, Northern Ireland. There are only a few places left. The course runs from 10.30 -16.00 and the cost is £65.00. The course is organized by Sharon McMaster from New Leaf compost and Kindergarden Cooks. To book the course click on the following link: https://www.eventbrite.co,uk/e/gardening-daywith-klaus-laitenberger-tickets-721073729937

Thursday 26th October 2023

Course Title: Growing and Propagating Herbs Venue: Mayo Abbey, Co. Mayo Contact: Nicola on educate@mayoabbey.ie or 094 9365987

Saturday 4th November 2023

Polytunnel

Venue: Mayo Abbey, Co. Mayo Contact: Nicola on educate@mayoabbey.ie or 094 9365987

Thursday 16th November 2023

Course: Grow your own food Venue: Ballymaloe Cookery School Contact: Karen on karenodonohoe1111@gmail.com

The following is a course that is quickly booked out. A gardening weekend at Renvyle House Hotel in Connemara with myself and Anja Gohlke – the Head Gardener at Kylemore Abbey. I'm so looking forward to it. Early booking is recommended. The course takes place next March Friday 8th March to Sunday 10th March 2024.

Happy Gardening Klaus Laitenberger.





FILM/DVD MONTHLY BY BERNIE CLAXTON THE EXORCIST 50TH ANNIVERSARY



The classic horror movie about a 12-year old girl possessed by a demon, <u>The Exorcist</u>, was a phenomenon in its 70s era. It's probably the most successful film in that genre ever made. <u>The Exorcist</u>, is being re-released in 4K digital in selected Irish cinemas for its 50th anniversary. Elements of the film's dialogue and imagery have passed into mainstream culture. The film still retains the power to shock and terrify audiences.



William Peter Blatty's novel is based on the real-life 1949 exorcism of a young boy, known by the pseudonym Roland Doe. The story became national news, and caught the interest of Blatty, who was studying in University at the time. The novelist wrote <a href="https://doi.org/10.1007/jhb/10.2007

While The Exorcist was a box office hit when it was released in the UK in 1974, it proved controversial with religious groups who protested the film's release and ended up getting it banned in certain areas. While the movie was released on VHS in 1981, the 1984 *Video Recordings Act* led to the movie being removed from shelves in 1988. It took more than a decade for the film to become available to home viewers again.

Veteran American actress, Mercedes McCambridge was hired to provide the voice for Linda Blair's most demonic moments, A decision that became the source of much controversy when McCambridge was not credited for her performance. Some claim that the actress didn't want to take away from Blair's performance, then later changed her mind. Under the threat of legal action, her name was quickly added to the credits of The Exorcist.



Chain-smoking and whiskey helped McCambridge achieve the demon's croaky, harsh intonations in <u>The Exorcist</u>. She believed that these unconventional methods were the key to a great vocal performance.

Much of Linda Blair's vocal utterances as Regan were created by remixing the squeals of pigs. When the demon is finally exorcised from her body, the sound heard is a group of pigs being led to slaughter.

The Exorcist was the first horror film to be nominated for a Best Picture Oscar. The horror genre (apart from a few notable exceptions) has never being especially popular with the Academy. The Exorcist earned 10 Oscar nominations in 1974, including a Best Supporting Actress nod for Linda Blair, who was aged fifteen at the time. Unfortunately, the teenager's nomination was met with

much controversy as word about McCambridge's contribution to the role spread.

Ironically, Linda Blair's agents never envisioned her as a right fit for the role of the possessed girl in <u>The Exorcist</u>, although they sent the producers other young actresses to consider. It was actually Blair's mother who brought her daughter to the attention of the studio's casting department and director William Friedkin.

Writer Blatty sold the rights to his novel, but became one of <u>The Exorcist</u>'s producers. The studio had its own short list of directors in mind—Arthur Penn, Mike Nichols, and Stanley Kubrick among them. However, William Blatty was only interested in Friedkin, believing that the film would benefit from an unflinching style, similar to what the director had delivered on <u>The French Connection</u>.

Marlon Brando was the studio's first choice for Father Merrin in <u>The Exorcist</u>. Friedkin overruled this decision, believing that any film starring the mercurial actor would immediately become a "Brando movie," which would detract from the story at hand. The role eventually went to the Swedish actor, Max von Sydow. Von Sydow was only 44 at the time of filming <u>The Exorcist</u>. It took many hours in the makeup chair to age up the actor. His three-hour daily aging process was achieved via mixing stipple and liquid latex.



Many of <u>The Exorcist</u>'s cast and crew members believed the set was cursed with a satanic presence because of the nature of the story being told. After a number of strange incidents occurred on the New York City set (including a studio fire that forced the team to rebuild the sets of the house interiors), William Friedkin regularly brought in a priest to bless the set, cast and crew when production moved to Washington.

By the end of the film's production, nine people associated with its making had died. Irish actor Jack MacGowran, who played Blake Dennings, died several months before the film was released. All the films in the series have been plagued by bad luck, freak on set accidents, injury and death beyond what is considered usual or the norm. Ellen Burstyn (Regan's mother, Chris MacNeil) suffered a spinal injury while making The Exorcist. In the sequence where she is thrown away from Regan, a harness dragged her sharply away from the bed. She fell on her coccyx, screaming in pain. Linda Blair similarly had long-term back issues after filming was completed.



The green substance Regan projectile vomits onto Father Damien Karras (Jason Miller) in one of the film's most infamous and repulsive scenes is actually Andersen's pea soup, mixed with porridge. Campbell's soup was tried, but apparently it didn't produce the required stomach-churning effect.

Director Friedkin had a reputation (not unlike Alfred Hitchcock) for sometimes using shock tactics in order to provoke genuine reactions from his actors. Miller was informed that the vomit would land on his chest. However much to the actor's revulsion, he felt the full force of the pea soup concoction in his face instead. Miller's reaction of shock and disgust while wiping away the vomit is genuine, and he admitted in an interview afterwards that he was angered by this supposed mistake.

Unsurprisingly, that scene only required a single take.

The Exorcist made audience members worldwide nauseous, as well. Some cinemas began handing out sick bags with every ticket purchased.



Max von Sydow has very little screen time in <u>The Exorcist</u> but he gets second billing, despite Jason Miller and Linda Blair's characters being the main focus of the story. The likely reason for this being that von Sydow was already well known, while Miller and Blair were newcomers.

Father Dyer is played by William O'Malley, a real-life priest who taught at a Jesuit high school. Jason Miller was a stage actor who had never appeared in a film before. William Friedkin cast him after seeing him in a play and thought he "reeked of failed Catholicism". Perfect for the role of the tortured, doubt-ridden priest in The Exorcist.

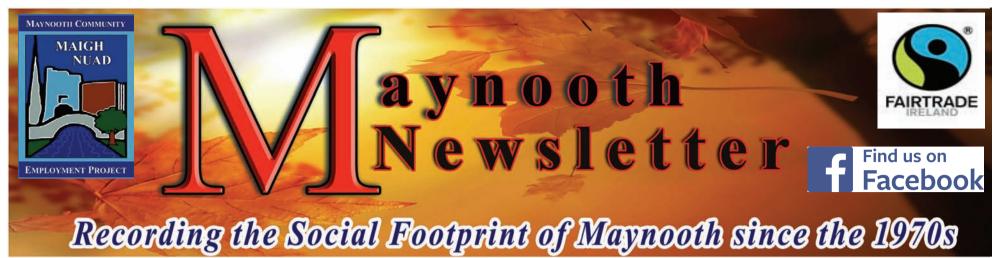


To achieve the 'cold room' effect which allowed the characters breath to be seen, William Friedkin built an enclosed room set and had air conditioning units connected. Miller and Von Sydow wore normal clothing under their costumes but Linda Blair only had underwear and a nightgown, and spent the entire time freezing on The Exorcist set.

Paul Bateson, who plays the technician who assists with Regan's angiography in <u>The Exorcist</u> later became much better known for being a serial killer in real-life. His story was the inspiration for William Friedkin's later <u>Cruising.</u>

		Maynooth Community Contacts	Listing
Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
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	0863329050	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	086-8252934	Maynoothcycling@gmail.com	https://maynoothcyclingcampaign.com/
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	1 7 7 6 1 5
Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/
Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		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		maynoothseniorcitizens@gmail.com	*
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	·
North Kildare Tennis Club		info@northkildaretennis.ie	
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com	
Post Office	01-6286259	, 1	
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

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.





Local News - November 2023 - Issue No. 529 - 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.



Huge congratulations to the Maynooth GAA Minor Football Team who won the Minor A Championship last Sunday (29th October). It was the first time the club had won the competition in 63 years. They defeated Sarsfields on the day by four points on a score line of 2-6 to 0-8 with the goals coming from Paddy Ryan and Daniel Ennis. The team was captained by Darren O'Loinsaigh.













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.

Disclaimer

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

Halloween celebrations will have come and gone by the time of this publication and we are looking forward to the Christmas preparations. The Newsletter has many recipes to get you started and you can even look back in our archive to see recipes from the 1970s onwards. The Newsletter has always promoted "shop local". Over the years we have an increasing variety of local businesses to choose from such as our restaurants, takeaways, book shops, craft shops, boutiques and beauty salons to mention some.

The Newsletter Archive plays an important central role in recording Maynooth's social history down the years. It is a valuable asset to have in our community. Community groups, local representatives, sports clubs, local schools' events, individual achievements and the University are represented in the archive. We can see the advertisements from local businesses which in itself is an interesting study. Before GDPR, birthday wishes and other family events were recorded in the Archive and then there are all the photographs that were taken – St. Patrick's Day, Maynooth Festivals and school activities and other events and achievements in the community.

While most organisations have their own websites to advertise what they are doing and presumably can archive the website, but it is somewhat hidden. The Newsletter is a central go to place to get an all-round picture of Maynooth at a certain time and how it has changed. To give a flavour of content the May 2006 issue of the Newsletter which was to hand, contained Community Council Notes, Planning Permissions, Fundraising for Gael Scoil Uí Fhiaich, Maynooth Community Games and its Arts Competition, Maynooth Golf Club, Maynooth Town FC, Maynooth Flower and Garden Club and the Castle Keep Art Group exhibition. And there was poetry and prose aplenty with including a very informative piece about the famous race horse Nijinsky. The cover features a painting of a barge on the Canal by a local artist. The editorial mentions the Punchestown Festival, the Nissan Irish Golf Open, the Annual Maynooth Festival and the Ryder Cup at the K Club.

Maynooth Tidy Towns were there all along especially since the mid-80s. They have gone from strength to strength. Huge congratulations to this group of volunteers and for all they do in our Town and for achieving yet another Gold Medal in recognition of their work, taking account best environmental practices in this time of climate change. Volunteerism is a great asset in any community. Anecdotally it seems to be getting harder to fill the roles at committee level. Nowadays there is much more paperwork involved, there are grant applications and requirements, Garda vetting (rightly so), there are legal responsibilities, as well as organising wider committee members for the day-to-day work of the organisation. It is all very time consuming.

Some volunteers are involved in more than one voluntary organisation and have to be Garda vetted for each organisation. Additional knowledge and skills maybe required such as computer skills and social media skills which can put people off. However, I will say that once one gets through a year it is much easier after that. Also, there is a lot of help available, for example from the Charities Regulator about submitting annual reports and you will get a person on the phone to help as well which is reassuring.

To end on a high note, well done to Maynooth Minor footballers who won the county Kildare minor A championship on 29th October. Comhghairdeas!

Susan Durack Editor

Copy date for the December edition will be 5pm on Monday 27th November 2023

MAFT MAYNOOTH AUTISM FRENDLY TOWN

November updates from MAFT

Champion Training

We had great success from our MAFT Champions in October and are encouraging more Businesses in Maynooth to complete the training to be come accredited.

Contact us by social media or email (see below) to sign up and get accredited

Certification and complimentary sensory boxes will be provided for your business on completion of training.



New Social Media and Website

MAFT have launched a new Instagram page and a new Website. Come visit us at https://www.maynoothautismfriendly.com/

These great tools will provide you with up to date news, resources and events that are happening to make Maynooth a more Autism Friendly Town.



Adam Harris Visit

We were very grateful to Adam Harris to come and Visit some of the amazing Champions in our Town as well as a Visit to Maynooth Community College to meet with the Infinity Group, a group of Neurodivergent students and their non neurodivergent ally peers.

All this and more can be found on our Instagram page



Hangout Clubs

Due to a delay Hangout Social Clubs will not start until the 15th of Nov.

We will be sending out more information on our social about registrations and booking links on or before the 8th of November

For updates on these exciting programs and to stay connected the MAFT Association, keep an eye on our newsletter and our Social Media. We took forward to welcoming you and your fami our upcoming events!





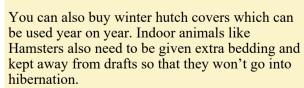
Contact us on our social media or email autismfriendlytownmaynooth@gmail.com

Pet Care

Keep pet active and warm. On chilly days put a warm coat on the pets, like us humans, they get cold too. Consider taking shorter walks if the weather is bad.

Buy a hi-vis jacket for pets that are thick as they will keep the pet warm as well as making the pet visible in the dark mornings and evenings. Cats may prefer to stay inside, especially at night. Provide lots of toys and a scratching post. This will keep them active inside.

Move small animals to a dry, draft-free area or bring them inside the house if possible. If they have to stay outdoors, place extra blankets over their hutch and extra bedding inside.





Check pets paws after walking them as grit and salt can get stuck between their toes and irritate and burn the skin, and even cause bleeding. So wash their paws after each walk to remove any residue. If walking pets on snow or ice, dry their paws once inside and warm their paws to prevent frostbite.

Stay away from frozen lakes/canals. Don't bring dogs near them as the dogs could fall in. If you are walking near frozen water then always have your

ZERO WASTE MAYNOOTH

LADIES CLOTHES SWAP



Maynooth Community Library
11th November 2-4pm
Join us once a month, free event
Joining us this month:

*A kids toy swap!
*Clothes Mending Q&A - bring an item & learn how to repair





dog on a short leash.

Dogs with arthritis and weak joints can easily slip so keep them supported by fitting them with a harness that has a handle so that you can hold them should they need any help.

Check under your car bonnet, around the wheels and underneath your car for cats as they may get in there seeking warmth if the nights are cold.

Be careful when using antifreeze it is very tempting to animals. This is **FATAL** to animals. Antifreeze draws animals to it as it is sweet smelling and tastes sweet.





CLEAN UP ANY SPILLAGE IMMEDIATELY.

Symptoms to watch for are: drinking more, pets seems lethargic and drunk, vomiting, seizures (fits), panting, twitches, spasms, collapse.

If your pet has any of these signs - take them to the vets immediately.

Source:www.animaltrust.org.uk





Maynooth Senior Citizens Committee

(EST 1965)

Fundraising Table Quiz

Friday 10th November 2023 8pm Newtown Inn, Maynooth

Teams of 4, €10 per person Raffle and spot prizes galore

SAVE THE DATE

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



Push-button Pedestrian Crossing at Maynooth Town Football Club

In February, Cllr. Feeney and the area engineers visited the Maynooth Town Football Club site on the Newtown Road. On foot of this visit, it was agreed that the installations of a push-button pedestrian crossing would make it much safer for children to walk and cycle safely to the club. The current situation is far from adequate or safe because the only available footpath is located on the other side of an extremely busy road. At the June MD council meeting Clli Feeney submitted a motion calling for the push-button pedestrian crossing to be installed. The motion was carried and it was agreed to prepare a plan. At the most recent MD council meeting in October, Cllr. Feeney submitted a further motion aimed at progressing the issue. In the discussion that followed at the meeting, the intent to install the pedestrian crossing was reiterated and that now there is a need to firm up the funding part of the equation. LPT funds have been allocated and any shortfall needs to be identified following the upcoming future LPT discussions and Cllr. Feeney is confident the members and the Council will deliver on this in the not too distant future given that the safety of children is at stake.

Footpaths needed on the Boreen Road in Straffan

Cllr. Feeney has called for the installation of footpaths on the Boreen Road in Straffan. In speaking to the motion, Cllr. Feeney said that the Boreen Road is a very busy road with no hard shoulder. It is the only major approach road to Straffan village without a footpath. Cllr. Feeney has visited the location and seen first hand how dangerous it is and she has spoken to many residents in Straffan who are

calling for the footpath. She said that it would appear that there is enough of a land bank to facilitate a footpath and that there is ample room for a footpath between the existing hedge and the K Club fence. She added that there are over forty houses on the road with many young children. Cllr. Feeney said that at a time when we want more people out of their cars especially for those shorter journeys to school, shops and sports club, we need to provide the basic means to do that, which is a footpath. The Council said it may possibly require CPO and that it will initiate discussions with the landowner/s about that and of course, funds will need to be assigned.

Repair to Parklands Road

A number of road crossings were carried out at Parklands in order to provide services to a new housing development adjoining the estate. As a result the road has been left in a very bad state. Cllr Feeney called on the Council to make sure that the road was fully restored and repaired to a proper standard. Cllr. Feeney was happy to hear and thanked the Municipal District office that said it would ensure that the required reinstatement of these crossings is carried out. It also helps that those road openings were subject to a licence and conditions in relation to reinstatement, this will strengthen the case for having the road restored to the proper standard.

Upcoming Motions and Questions submitted by Cllr. Feeney Motions:

That the Council erects a 'No Entry' and 'No Parking' sign at the Harbour Field Maynooth.

- That the yellow box be reinstated at the end of Pound Lane Maynooth to allow access onto Mill Street
- That the council review the practice of suspending paid parking bye-laws during the Christmas period in order to be consistent with the Climate Act, the Climate Action Plan 2023, the draft Local Authority Climate Action Plan, and the council's policy objectives to enhance the percentages of people using the sustainable transport modes of walking, cycling and public transport. (Joint motion at Plenary with Cllrs. Brett, Farrelly, Liston, McEvoy, Power and Quinn).

Questions:

- Has the HSE updated the Council on the planned provision of a Primary Care Centre for Maynooth?
- Can the Council provide an update on the provision of a footpath between Brookfield Park and the Meadowbrook Road Maynooth?

Meetings attended by Cllr. Feeney since last newsletter:

Oct 4th, Coláiste Chiaráin EGM, 7.30 pm Oct 5th KCC Twinning Liaison Committee Meeting, Áras Chill Dara, 2pm

Oct 6th, MD Council meeting, Áras Chill Dara, 10 a.m.
Oct. 13th, KCC Finance Committee, 12 pm (online)
Oct. 18th Coláiste Chiaráin BOM, 7.30pm (online)
Oct. 19th KCC Finance Committee, 12pm (online)
Oct. 23rd, MD Budget Briefing in Áras Chill Dara, 1.45pm
Oct. 23rd, Full Council meeting in Áras Chill Dara, 3 pm.

Biodiversity project & Sustainability Projects in Maynooth Community College

30 years ago, along the Maynooth Road a far-reaching decision was made at Carton Demesne to enhance the existing woodland by planting a new area of Irish Oak and provide for the future. Oaks are Keystone species – a species that serves as the backbone of the ecosystem, they provide resources for nature on a grand scale supporting Mammals, Birds, Insects, Lichen and Fungi.

Fast forward to 2023 the young fledging oak trees have steadily developed year by year and now are 15 metres+ in height, still young as many will live for hundreds of years in life, this year they were laden down with acorns the building blocks for years to come.



There is a proverb that goes, "From little acorns grow mighty oaks". Taking this on board Maynooth Community College is looking towards enhancing the environment of the Education Campus along the Moyglare Road and developing the grounds as a habitat for nature and learning hub for Biodiversity.

The immediate positive response of the owners of Carton House, a Fairmount Managed Hotel to a request from the College for students from the Green Schools Committee to collect acorns is much appreciated.

The student group collected 750 acorns from the grove of oak trees nearby the Main Hotel entrance, these were sown on a wet morning in deep boxes by the students with the guidance of Peter Cuthbert and the green school's co-ordinator in Maynooth Community College, Jayne Mangan.

The first stage of the journey has been taken, next spring the acorns should develop shoots and commence a journey of growth, it will be 2053 before these trees will form there first batches of acorns for collection.

Maynooth Community College is demonstrating that by small beginnings that the environment can be enhanced for the better, hopefully as resources come available a native tree nursery can be developed on the Campus grounds imparting growing skills for all who want to learn.

By: Peter Cuthbert



Celbridge Further Education Centre

TASTER WORKSHOPS

Would you like to upskill but not sure which subjects to study

We are holding <u>free</u> introductory workshops

Week 1

November	Tuesday 14	Wednesday 15	Thursday 16	Friday 17		
10.15-11.15				Accounting		
11.30-12.30	Bookkeeping	Healthcare	Communications	Digital Marketing		
1.00-2.00	Spreadsheets Excel		IT Skills			

Week 2

November	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
10.15-11.15				
11.30-12.30	Payroll level 6		English as a second language	Web Development
1.00-2.00	Digital Media		Green Skills	

Register now

M: 087 397 7750

E: celbridgefetc@kwetb.ie

W: www.celbridgefetc.ie/contact

Celbridge **Further Education & Training Centre**













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 www.citizensinformation.ie and from the

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



Changes to your employment contract

Can my contract be changed?

All employees in Ireland must get a written statement of their terms of employment, including their pay and hours of work. You can usually find this in your contract of employment.

There are 2 main ways your contract can change:

- Due to a change in the law, or
- By agreement between you and your employer

Your employer cannot change your contract without your agreement.

Changes introduced by law

You and your employer must comply with the law. For example, in 2023, the law extended an employee's legal entitlement to sick leave.

Changes introduced by agreement

You and your employer can agree to change your contract, for example if your job responsibilities change.

Your employer must give you the details of the change(s) in writing, by or before the day on which the change takes effect.

If you are going to work outside Ireland and the change will take place while you are away or on your return, you must get written notification before you leave.

Responding to proposed changes to your contract

If your employer wants to make a significant change to your contract you should:

- 1. Request written details of the proposed change
- 2. Ask for a review date when the change can be reconsidered
- 3. Respond in writing to say whether you agree or disagree with the change

If you agree with the change, you should tell your employer your acceptance is temporary. At the review date, you can ask to return to your original terms and conditions.

If you disagree

If you disagree with your employer's proposed change to your contract, and want to continue working on your current terms, your employer may decide to make you redundant.

Your employer must prove there is a genuine need for redundancy and that they have followed fair procedures. Otherwise, you may be able to claim for unfair dismissal.

If your employer insists on cutting your hours or pay, you may decide you have no choice but to leave your job. This is called constructive dismissal, where the decision to leave is yours but the employer's actions have forced you to resign.

Proving constructive dismissal can be difficult, so you should get professional legal advice. Community Law and Mediation (CLM) offers free legal information, advice and mediation services.

Your contract was changed without telling you

If your employer changes your terms of employment without telling you, speak with your employer directly. You can also raise the issue with the HR section, if you have one.

If you are a member of a trade union, your local representative can provide guidance and support.

If you still don't get written notification of the changes, and you cannot

resolve the issue with your employer, you can complain to the Workplace Relations Commission (WRC) – see 'How to make a complaint' below.

Changes to work practices

Your employer cannot change your contract without your agreement, but they can change your work practices.

Legally, there is a difference between contractual terms and work practices.

Contractual terms

Contractual terms include your pay, hours of work, sick pay and pension scheme.

Many of your contractual terms are in the written statement of your terms and conditions of employment. You may find other contractual terms in your:

- Staff handbook
- Pension scheme booklet
- Collective agreement with your employer

Work practices

Examples of work practices include breaks and rostering. You can find details of these practices in your staff handbook.

Your employer may change these work practices without your agreement. It is reasonable for an employer to update work practices or processes to save money or increase efficiency.

How to make a complaint

If you have a complaint about a change to your contract, you should speak to your employer. Try to follow the grievance procedure set out in your employee handbook.

Taking your complaint further

If you cannot resolve the problem with your employer, you can complain to the Workplace Relations Commission using their online complaint form.

You should make your complaint within 6 months of the dispute or complaint taking place. This time limit can be extended for a further 6 months, but only if you have a reasonable cause for not bringing the complaint within the normal time limit.

The law on changing your contract is set out in Section 5 of the Terms of Employment (Information) Acts 1994–2014. The rules were updated by the European Union (Transparent and Predictable Working Conditions) Regulations 2022.

Legislation covering contract changes

The law on changing your contract is set out in Section 5 of the Terms of Employment (Information) Acts 1994–2014. The rules were updated by the European Union (Transparent and Predictable Working Conditions) Regulations 2022.

Workplace Relations Commission - Information and Customer Service O'Brien Road Carlow R93 E920

Opening Hours: Mon. to Fri. 9.30am to 1pm, 2pm to 5pm

Tel: (059) 917 8990 Locall: 0818 80 80 90

Homepage: https://www.workplacerelations.ie/en/

Mary Berry's Christmas pudding

Preparation time 1-2 hours

Cooking time over 2 hours

Serves Serves 6-8

Ingredients For the pudding

450g/1lb dried mixed fruit (use a mixture of sultanas, raisins, and snipped apricots)

1 small cooking apple, peeled, cored and roughly chopped

1 orange, finely grated rind and juice

3 tbsp brandy, sherry, or rum, plus extra for flaming

75g/3oz butter, softened, plus extra for greasing

100g/3½oz light muscovado sugar

2 free-range eggs

100g/4oz self-raising flour

1 tsp mixed spice

40g/1½oz fresh white breadcrumbs

40g/11/20z whole shelled almonds, roughly chopped

For the brandy butter

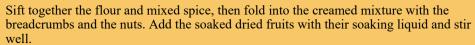
100g/3½oz unsalted butter, softened 225g/8oz icing sugar, sieved 3 tbsp brandy, rum or cognac

4 tbsp brandy or rum

Method

Measure the sultanas, raisins, apricots and apple into a bowl with the orange juice. Add the measured brandy (rum or sherry), stir and leave to marinate for about one hour.

Put the measured butter, sugar and grated orange rind into a large bowl and cream together with a wooden spoon or a hand-held whisk until light and fluffy. Gradually beat in the eggs, adding a little of the measured flour if the mixture starts to curdle.



Generously butter a 1.4 litre/2½ pint pudding basin. Cut a small disc of foil or baking parchment and press into the base of the basin.

Spoon into the prepared pudding basin and press the mixture down with the back of a spoon. Cover the pudding with a layer of baking parchment paper and foil, both pleated across the middle to allow for expansion. Tie securely with string and trim off excess paper and foil with scissors.

To steam, put the pudding in the top of a steamer filled with simmering water, cover with a lid and steam for eight hours, topping up the water as necessary.

To boil the pudding, put a metal jam jar lid, or metal pan lid, into the base of a large pan to act as a trivet. Place a long, doubled strip of foil in the pan, between the trivet and the pudding basin, ensuring the ends of the strip reach up and hang over the edges of the pan. This will help you to lift the heavy pudding basin out of the pan of hot water when it has finished cooking.

Lower the pudding onto the trivet and pour in enough boiling water to come half way up the side of the bowl. Cover with a lid, bring the water back to the boil, then simmer for about seven hours, until the pudding is a glorious deep brown colour, topping up the water as necessary.

For the brandy butter, place the butter into a mixing bowl and cream with a wooden spoon until light and fluffy – or for speed use an electric hand-held mixer. Beat in the sieved icing sugar until smooth, then add brandy, rum or cognac, to taste. Spoon into a serving dish, cover and set aside in the fridge.

When cooked through, remove the pudding from the pan and cool completely. Discard the paper and foil and replace with fresh. Store in a cool, dry place.

To serve, on Christmas Day, steam or boil the pudding for about two hours to reheat. Turn the pudding onto a serving plate. To flame, warm the brandy or rum in a small pan, pour it over the hot pudding and set light to it. Serve with brandy

Recipe Tips

Tip: If you are making brandy butter in the processor, you don't need to sieve the icing sugar. Just mix the butter and sugar, then add the brandy at the end.

Source: Mary Berry's Christmas pudding recipe - BBC Food

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The History of the Christmas Stocking

The tradition of hanging Christmas stockings on the fireplace mantle has been around for ages. When the tradition began, children would hang their socks or even place their shoes on the mantel, while today there are customized larger stockings that are specially designed to be used by children during Christmas. And, not only have the Christmas stockings changed, the gifts and sweets that are put inside the stockings have changed through time as well. Children



nowadays opt for modern kind of toys as the best stocking stuffers for Christmas, such as gadgets or branded toys.

Although there many different cultural takes on this tradition around the globe, this is one of the stories there believed to be the source of the tradition: the story of a poor old man and his three daughters.

An Old Man and His Three Daughters

One story of the first stories about the Christmas stocking centers around a poor old man and his three daughters. Since his family had lost all of its money, the old man feared for the future of his three daughters because he had no money to give for their dowries.

As the story goes, Saint Nicholas heard about the old man and decided to help him secretly. When the family was fast asleep, Saint Nicholas went inside their home and placed one bag of gold in each of the washed stockings his three daughters had hung above the fireplace to dry.

The next morning, the family was ecstatic to find the gold and the daughters of the old man were finally able to get married. It is said that this story inspired other children to hang their stocking near the fireplace mantle, hoping that Saint Nicholas would visit them and place gifts in their stockings. Ins some cultures, oranges were placed inside the stockings as a symbol of the bags of gold that St. Nicholas gave to the daughters of the

In the past, parents would just put very small gifts, such as candies or fruits as stocking stuffers for their children or grandchildren on Christmas morning. Nowadays, the pressure is on parents to include the season's hottest branded merchandise and toys so their kids can take playtime to another level.

Christmas stockings are an integral part of the Christmas an iconic symbol of the joy and wonder the season brings to children throughout the world.

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St Mary's Brass & Reed Band

Our main event for October was our Concert in the Church of Ireland in Maynooth. It was planned for Saturday 14th October but unfortunately, because of a clash with Ireland's World Cup match, we had to move it to Sunday 22nd.

Maymooth

The Band were joined on the night by the Craobh Mhaigh Nuad Traditional

Music Group and it was a brilliant mix of music with the Band and the trad
group coming together at the end of the evening to play the Galway Girl. The audience really
enjoyed the entertainment with many requesting a repeat performance next year.

The month of November marks the Band Mass for deceased members which this year is taking place on Sunday 12th at 1oc. Because we usually try to have it as close to All Soul's Day the Mass last year suffered somewhat because the Blessing of the Graves in Laraghbryan Cemetery was moved to 2.oc which meant many of the attendance at the Mass had to leave early. The change to a later date this year will allow people to stay for the full duration of the Mass.

An Open Invitation

Over the past couple of years the Band has been joined by musicians from Belgium, Austria, Germany and Greece but we would dearly like to have some of the former members from Maynooth return to the Band. We know that family commitments and other distractions have been responsible for your departure but the door is always open at our Monday night rehearsals and we would be delighted to see you back with us and you will be made very welcome indeed.



St.Mary's Brass & Reed Band 1981

If you need any further information you can email <u>sec@stmarysbandmaynooth.ie</u> or call Paddy on 087 2537 906.

Silent Walking—The new trend

What Is Silent Walking?

To engage in a silent walk means to intentionally put your phone away while on the walk. No podcasts, no music, no phone calls—just the sounds of nature, traffic and your own footsteps and thoughts. For some people, removing technology in this way could change a potentially chaotic or mindless trot into a bout of mindful exercise. Especially when many of us are so accustomed to all-day, everyday exposure to screen time—whether that be from technology, school, socializing or work—it can be important to occasionally unplug.

You might even go as far as to claim that silent walking is a form of meditation. When you're not listening to any media or talking to friends or family, you're one step closer to connecting with your body, relaxing your mind and letting your thoughts flow as you move. Plus, consistent walking in and of itself can be a very effective form of exercise and a great way to relieve stress.

But does this mean walking while listening to your favorite beats is bad? Not necessarily. A 2019 study in Sports conducted by researchers at Samford University showed that participants who listened to music they liked while exercising felt less tired during their workout, because they were able to dissociate in a positive manner. Though silent walking is a great way to disconnect from technology and start connecting with yourself, that doesn't mean you shouldn't use technology or music to boost your mood or even help you intensify your walk if that's your goal.

The Bottom Line

Silent walking has surfaced on social media as a trend, but it's really a reminder to sometimes disconnect from your tech and connect with yourself and the natural world.

Whether that means turning off the music while you walk or finding other ways to practice mindfulness throughout the day, silence and walking (or both at the same time) can have great benefits for your physical and mental health.

Source: www.eatingwell.com/what-is-silent-walking-8383165

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CSO housing and income data provides further insights Minister for Public Expenditure, Paschal Donohoe, to into widening affordability gap Data published by the Central Statistics Office (CSO)

provides further insights into the widening affordability gap faced by those seeking to buy a home of their own, according to Social Democrats TD Catherine Murphy. Deputy Murphy said:

"An analysis of the data, which was published by the CSO to mark the 50th anniversary of Ireland joining the EEC, shines new light on the scale of the challenges faced by house-hunters today. It shows that house prices have been rising at a much faster rate than wages over the past half century.

"When Ireland joined Europe in 1973, it cost four and a half times the average salary to buy a home. Fifty years on, you will need seven times the average salary.

"According to the CSO, house prices are now 35 times more expensive than in 1973, whereas the average wage is 21 times higher.

"How are teachers, nurses and other workers supposed to get a place of their own? Being locked out of home ownership is having a disastrous impact on our schools and hospitals as emigration again becomes the only option for people looking to start an independent life.

The Government's record on building affordable homes has been abysmal. Of the 5,500 promised for 2023, just 101 affordable purchase homes and 22 cost rental homes were delivered in the first six months of this year.

High visibility policing would be more effective than extra bank holiday penalty points

A Government poposal to increase penalty points for motorists on bank holiday weekends should not be a substitute for high visibility policing and enhanced enforcement of road traffic legislation, according to Social Democrats TD Catherine Murphy.

Deputy Murphy, who is the party's spokesperson on iustice, said:

'In response to the worrying rise in road deaths this year, the Government is considering the introduction of emergency legislation, which would include the imposition of additional penalty points on bank holiday weekends for speeding and other motoring offences.

However, based on recent garda figures, I am not convinced that this is where the Government's focus should be. We learned this week that the number of gardaí assigned to roads policing is now 659 nationally, down from 692 at the end of 2022 – the lowest level since 2017. 'Of equal concern is the fact that the number of drinkdriving tests conducted at garda checkpoints is now more than half that of pre-pandemic levels.

"The Government should be laser focused on building genuinely affordable homes that people on normal incomes can afford to buy. Instead, what we saw in Budget 2024 was tax breaks for landlords and the delaying of the land hoarding tax.

"In the Social Democrats' alternative budget, we outlined how we would build 10,000 affordable homes – including 5,000 cost rental and 5,000 affordable purchase homes – in 2024. This is the level of ambition required to make housing genuinely affordable for workers on average "Last month, an additional €1.2 million was provided to increase monitoring by GoSafe vehicles by 20 per cent, or 1,500 hours per month, by the end of this year. It is this type of investment, along with increased garda visibility and enforcement, that will help change driver behaviour and reduce carnage on our roads.

"As a priority, the Minister for Justice must engage with the Garda Commissioner to ensure there are sufficient numbers deployed for road traffic policing. A properly resourced, consistent traffic corps presence will be far more effective than unnecessary legislation to increase penalty points on bank holiday weekends."

Minister Donohoe must face Dáil scrutiny over €2 billion hole in health service budget

Social Democrats Catherine Murphy has called on the

explain why there is a €2 billion hole in the health service budget for 2024.

"Minister Donohoe must come into the Dáil this week and explain why this Government continues to starve the health service of sufficient funding. He needs to go back to the drawing board and present a budget that accurately reflects the cost of providing a quality health service.

"Despite warnings from the HSE, Budget 2023 failed to provide sufficient funding to meet patient need. It is therefore inevitable that a supplementary budget will be required before the end of this year.

"Now we have learned that there will be a €2 billion shortfall in the health service budget for 2024. This will stymie future spending and recruitment in key clinical programmes such as cancer and stroke care. In addition, the lack of funding for new drugs next year will amount to a life sentence for patients with cancer and other serious conditions.

'Since last week's Budget, we have already seen the HSE being forced to announce an extension of its recruitment embargo, which will prevent the appointment of more junior doctors, homecare staff and other grades of employees in the healthcare sector.

"The scale of underfunding threatens to undermine the progress made in transitioning to a properly functioning public health service in recent years under Sláintecare. Instead of squeezing the health budget, the Government should be committing to properly funding essential reforms so people in Ireland can have the same access to healthcare that our European neighbours enjoy.

"The Government continues to be in denial about the need to adequately fund healthcare in this country. It is patients who will pay the price for this and it cannot be allowed to continue.

Patients will pay the price for Government's failure to adequately fund healthcare

The HSE's latest recruitment freeze is a short-sighted decision that will directly impact patient care, according to Social Democrats Catherine Murphy TD

"By OECD standards, Ireland ranks only about halfway in terms of health funding. In this week's Budget, the Government were throwing around money like it was going out of fashion. At the same time, however, critical health services are being squeezed.

"The Government are in denial about the need to adequately fund healthcare. In Budget 2023, they failed to provide sufficient funding to meet patient need. This was spelled out to them by the HSE at the time but they ignored the warnings.

"Of particular concern is the decision not to recruit any further junior doctors. This is at a time when the HSE have been struggling to recruit sufficient numbers of GPs and consultants. If there is a restriction on the pipeline of junior doctors, we will pay a high price for that in the coming years.

"A freeze on the recruitment of homecare staff is also inexplicable. Already we have more than 6,000 older people approved for homecare who are yet to receive that service due to staff shortages.

A failure to provide adequate numbers of homecare staff will not only penalise older people but will inevitably lead to additional pressures on Emergency Departments across the country. "The extension of the HSE's recruitment embargo is an example of the worst kind of short-sighted thinking by this Government."

DEIS-Plus model needed for early years sector to break the cycle of child poverty

A DEIS-Plus model of funding for the early years sector is essential if we want to break the cycle of child poverty, according to Social Democrats TD Catherine Murphy who

"In the Social Democrats' alternative budget, the creation of a new DEIS-Plus categorisation at preschool, primary and secondary school level is a key element of our proposals to end the scandal of child poverty in Ireland. This would involve the allocation of €20 million in initial funding in 2024 for the most disadvantaged schools. 'I strongly believe that DEIS-style programmes should include the early years sector. This is borne out by a literature review of research and international evidence on equality of participation and access models within early learning and care, published this week by the Children's Rights Alliance.

"Based on evidence from projects and programmes across five countries, the review found that investing in early years is one of the most effective methods of tackling child poverty.

"Next week's Budget must allocate funding for the first phase of a new early years DEIS model, one that is focused on wraparound services, the provision of food and support

"Child poverty is corrosive and can have lifelong consequences for those who experience it and for wider society. However, with early intervention measures, such as my party's DEIS-Plus proposal, this societal scandal is preventable.'

Government presides over shameful rise in number of children becoming homeless

There has been a 47 per cent rise in the number of children becoming homeless since this Government took office, according to Social Democrats TD Catherine Murphy TD. 'The latest figures show there are now 12,691 people living in homeless emergency accommodation. Tragically, 3,895 of these are children, while 176 are pensioners.

"The 156 drop from last month, unfortunately, doesn't mean there was a fall in the number of people becoming homeless. Rather, it represents another failure in the State's ability to deal with the homelessness crisis.

"The Department of Housing has admitted that the homeless figures have been miscounted by about 300 for some time now. This is the first month that the figures have been adjusted to account for this mistake.

"The grim reality is that homelessness, in real terms, has continued to rise for 19 of the last 20 months under this Government. This catastrophic failure is having profoundly negative impacts on people's lives.

"The Government need to start treating this crisis with the urgency it deserves. More tenant in-situ purchases is one of the most effective ways to save people from the trauma of becoming homeless, yet the Government's target of 1,500 for this year is nowhere near what is needed. There were 10,488 eviction notices issued in the first six months of this

'I am now calling on the Minister for Housing to provide funding for at least 5,000 tenant in-situ purchases over the next year to prevent people from becoming homeless."

HIQA must inspect all Direct Provision accommodation where children are living

Social Democrats TD Catherine Murphy has called for all accommodation used under the State's Direct Provision system to be inspected by the Health Information and Quality Authority (HIQA) following a damning report by the Ombudsman for Children. Deputy Murphy, said:

"This is the first time that the Ombudsman's office has laid down a special report to the Houses of Oireachtas since it was established 20 years ago, which is an indication of the gravity of the situation.

In his report, Ombudsman Niall Muldoon sets out a number of concerns about the safety and welfare of children living in International Protection Accommodation Services (IPAS).

(Continued on page 14)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.) Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

(Continued from page 13)

These include the continued use of temporary accommodation such as hotels and B&Bs; lack of inspections and monitoring of centres; and not enough vulnerability assessments of children.

It is now approaching three years since the Government published a White Paper setting out its intention to phase out Direct Provision by 2024.

Due to the unforeseen challenges of accommodating refugees fleeing the war in Ukraine, it was inevitable that there would be some slippage in meeting this target.

However, the Ombudsman raised similar concerns about children living in Direct Provision back in 2021 so his frustration at the Government's lack of progress on the issue is completely understandable.

"The State has a responsibility to ensure the safety, wellbeing and dignity of these extremely vulnerable children. Given the seriousness of the concerns raised in Dr Muldoon's special report, it is vital that all accommodation used under the Direct Provision system is inspected by HIQA as a matter of urgency.

A snapshot of Parliamentary Questions raised by Catherine Murphy this week.

The full record of Parliamentary Questions can be accessed here: https://www.kildarestreet.com/search/

To ask the Minister for Education and Skills if she has received the school transport scheme review; and if she will publish same. [44996/23]

The School Transport Scheme is a significant operation managed by Bus Eireann on behalf of the Department of Education. In the 2022/23 school year, over 149,000 children, including over 18,000 children with special educational needs, were transported on a daily basis to primary and post-primary schools throughout the country.

In addition, school transport scheme services are being provided in the current school year for over 5,400 children who have arrived to Ireland from Ukraine. The total cost of the scheme in 2022 was €338.9m.

There has been an overall increase in both applications and tickets issued for the 2023/2024 school year in comparison to the 2022/2023 school year.

Under the current terms of the scheme, pupils at primary level are eligible where they live no less than 3.2 kilometres from and are attending their nearest primary school. At post primary level, students who live no less than 4.8 kilometres from and are attending their nearest post primary school/education centre are deemed eligible. Any pupils/students who do not meet these criteria are deemed not eligible, or otherwise known as concessionary applicants, and are allocated a ticket based on the availability of a seat when all eligible children have been catered for.

Temporary Alleviation Measures at post-primary level are being continued for the current school year. Under these measures, which were initially introduced in 2019, transport will be provided where there is a route in operation and where capacity exists for concessionary postprimary pupils who are eligible for transport to their nearest school and are attending their second nearest school and who applied and paid on time.

As you are aware, my Department undertook to complete a review of the School Transport Scheme. The review has been conducted with a view to examining the current scheme, its broader effectiveness and sustainability, and to ensure that it serves students and their families adequately.

The steering group is due to issue a final report which includes recommendations on the future of the school transport scheme. The review will then be brought to government government shortly, once approved, the review will be published.

To ask the Tánaiste and Minister for Justice and Equality the number of Garda members in each roads policing unit, by Garda division, to date in 2023; and if she will make a statement on the matter. [45380/23]

The unprecedented allocation of over €2 billion to An Garda Síochána in 2023 and 2024, up 23 per cent since 2020, demonstrates the Government's commitment to ensuring the Gardaí have provision for the equipment, technology, facilities, fleet and personnel it needs to carry out vital policing work.

As the Deputy will be aware, by law the Garda Commissioner is responsible for the administration of An Garda Síochána, including the distribution of Garda members between the various Garda Divisions/units. As Minister, I have no role in these operational matters.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

The best way to increase the strength of all Garda Units, including the roads policing unit, is to accelerate recruitment into An Garda Síochána and that is exactly what we are doing. Budget 2024 has provided funding for up to 800-1000 new Garda recruits next year. We have also increased the training allowance and provided a package of wellbeing supports.

It is worth noting, however, that on average, 25% of roads policing enforcement is carried by regular Garda members, with the exception of drug/drink driving checks, 75% of which are carried out by regular Garda members.

The table to the right, provided to me by the Garda authorities, outlines the number of Gardaí assigned to the Roads Policing Unit, by Division, as at the end of August 2023, the latest date for when figures are available.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

The best way to increase the strength of all Garda Units, including the roads policing unit, is to accelerate recruitment into An Garda Síochána and that is exactly what we are doing. Budget 2024 has provided funding for up to 800-1000 new Garda recruits next year. We have also increased the training allowance and provided a package of wellbeing supports.

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The tab RIGHT, provided to me by the Garda authorities, outlines the number of Gardaí assigned to the Roads Policing Unit, by Division, as at the end of august 2023, the latest date for when figures are available.

Further detailed information in relation to Garda numbers is available on my Department's website. This information is updated every month with the latest data provided by An Garda Síochána, and includes the number of Gardaí by station across the whole country.

The information can be found at the following link:

DIVISION	AUG 2023
D.M.R. EAST	5
D.M.R. NORTH	12
D.M.R. NORTH CENTRAL	17
D.M.R. SOUTH	10
D.M.R.SOUTH CENTRAL	13
D.M.R. WEST	11
D.M.R.TRAFFIC/ ROADS POLICING	84
KILDARE	26
LAOIS/OFFALY	24
MEATH	18
WESTMEATH	18
WICKLOW	19
CAVAN/MONAGHAN	16
DONEGAL	27
LOUTH	23
SLIGO/LEITRIM	17
KILKENNY/CARLOW	23
TIPPERARY	25
WATERFORD	17
WEXFORD	22
CORK CITY	32
CORK NORTH	21
CORK WEST	20
KERRY	24
LIMERICK	34
CLARE	18
GALWAY	40
MAYO	24
ROSCOMMON/LONGFORD	19
TOTAL	659

www.gov.ie/en/publication/bd777-an-garda-siochana-yourpolice-service-some-facts-and-figures/

The Deputy may also be aware that I allocated an additional €1.2 million to An Gardaí Síochána earlier this year for mobile safety camera deployments and monitoring hours for the duration of 2023. This additional funding will see GoSafe provide an extra 1,500 hours of monitoring every month until the end of the year, a 20% increase. As part of Budget 2024, €3.6m additional funding has been allocated for GoSafe speed cameras, continuing the increased level of 9,000 hours a month announced last month through the whole of 2024.

To ask the Tánaiste and Minister for Justice and Equality the number of Gardaí by rank attached to the Kildare divisional drugs unit as of 10 October 2023. [44832/23] The unprecedented allocation of over €2 billion to An Garda Síochána in 2023 and 2024, up 23 per cent since 2020, demonstrates the Government's commitment to ensuring the Gardaí have provision for the equipment, technology, facilities, fleet and personnel it needs to carry out vital policing work.

As the Deputy will be aware, by law the Garda Commissioner is responsible for the administration of

(Continued on page 15)



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An Garda Síochána, including the distribution of Garda members between the various Garda Divisions. As Minister, I have no role in these operational matters.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

I am advised by the Garda authorities that, as of the 31 August 2023, the latest date for when figures are available, there were 11 Garda members attached to the Kildare Divisional Drugs Unit, comprising of 2 Sergeants and 9 Gardaí. This represents an increase of over 57% since the end of December 2015 when there were 7 members assigned to the unit.

To ask the Minister for Children, Equality, Disability, Integration and Youth his plans to increase the funding per child in the early learning years sector. [44656/23] This Budget continues to improve investment for early learning and childcare with funding increasing by 8% or €83 million in 2024, to €1.108 billion.

Through this funding, there will be improved affordability for parents, improved availability of early learning and childcare places and additional supports for children with a disability and for children experiencing disadvantage. There will also be significant enhancements to the Core Funding Scheme.

The overall strategy to support and develop the Early Learning and Childcare Sector is expressed through "Together for Better".

the Together for Better funding model is about getting the

most out of the three Early Learning and Childcare programmes: ECCE including AIM, NCS and Core

These funding streams work together to support stability and sustainability in the sector.

Given the multi-pronged nature of the funding, it cannot be meaningfully distilled to an overall increase per individual child. The measures described hereunder seek to express closest equivalents where applicable.

Core Funding operates in addition to the ECCE Programme and the NCS. Between ECCE capitation and Core Funding, there is currently a minimum of €79.20 per child per week, before additional graduate premium of €4.44 per hour and the flat rate of €4,075 per year for sessional services are added, as applicable. The developments in 2024 will see this minimum income increase further.

From September 2024, all families accessing registered early learning and childcare will receive a minimum hourly universal NCS subsidy of €2.14 off their out of pocket costs, rising by 74c from a current hourly rate of €1.40.

For families on the minimum or universal subsidy, this will mean up to €5,007 off their annual bill per child. This represents up to an additional €1,731 off the annual cost of early learning and childcare per child.

Anyone not already on the maximum subsidy will also receive an increase, but the amount of increase will depend on their current circumstances.

Families on the maximum subsidies under the NCS, based on an income assessment and the age of the child, can already receive up to €11,934 off their annual fee. The

totality of funding in 2024 will provide for:

- The continuation of the ECCE programme that will benefit more than 103,000 children in 2024.
- The continuation of the Access and Inclusion Model (AIM) to ensure children with a disability can access and meaningfully participate in the ECCE Programme. Funding will provide for an increasing cohort of children with a disability availing of targeted AIM supports approximately 7,000 - as well as the expansion of these supports beyond time spent in the ECCE programme, in term and out of term.
- The continuation of the NCS, and the introduction of enhancements to the Scheme with more than 150,000 unique children to benefit from changes to the minimum subsidy rate and the sponsorship rate.
- The continuation of Core Funding, with enhancements to the Scheme in year 3.
- The introduction of the Equal Participation Model (EPM), whereby services will be provided with a proportionate mix of universal and targeted supports to support children and families accessing their services who are experiencing disadvantage.
- The delivery of a range of regulatory and quality supports for the implementation of the National Action Plan for Childminding; Nurturing Skills, the Workforce Plan, and the ongoing development of the registration and inspection system as well as policy development commitments set out in First 5 and the Programme for

MULLIGAN'S GARDEN SHEDS KILCOCK

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Writers' Corner - Short Stories/Articles from our Readers

The Limekilns of Boher

The name may be puzzling to some of the younger generation, but limekilns were once a fairy common feature of rural Ireland. They were cylindrical, stone structures build for burning limestone blocks, the resulting power being used to whitewash houses or spread on land to offset soil acidity. There was a small grass-grown crater on our farm, which my brother, Cathal, maintained was ruins of a small, 19th century kiln built for the private use of our great-grandfather.

In my primary school days, during and after World War 11, we passed five commercial Limekilns on the road between Carrick-on-Shannon and Croghan village. These were situated in the town - land of Boher, where there was a thick layer of limestone under field surfaces. Five families supplemented their incomes by selling lime, Leylands, Butlers, two Mc Donagh families and Mc Greevys, all living within a short distance of each other, thought only the first two stand out in my mind.

While walking home from Woodbrook National School - barefooted in summer-we could see men working in quarries, using sledgehammers, crowbars and pickaxes to pry stone slabs loose or pilling them onto horse -drawn carts before taking them nearby kiln. Sometimes smoke might be rising from a kiln that had already been filled to the brim. This was accomplished in the following way –and here for precise details I am indebted to a poem by the local -born, scholarly priest, Fr John Joe Mc Greevy, who after working for years in Peru, retired to Dalgan Park, a few miles from Navan, where in May 1999 he passed away. Incidentally, President Mary McAleese in one of her speeches paid tribute to Fr. John Joe –but I'm digressing. On a thin layer of turf sods, plus 'black culm from Arigna', limestone pieces were thrown and then more coal and turf added, on which another thin layer of limestone was piled. This pattern was repeated till the kiln was full, at which point a fire was kindled at the base. In brief time the fire worked its way up to the top. Fr John Joe –and again his memory is precise -writes of: 'The new lime of Boher / Fresh –scenting the air'.

What I recall most vividly from those days is two 'tearaway' brothers leading Cathal and myself in procession round the rim of a smoking kiln that resembled a small active volcano and woman of the house rushing out screaming, 'Get down from there, ye young pups! Do ye want to kill yerselves?'

'Ah ,dry up, you old bag,' the toughest of our leaders scoffed, but not loud enough to be heard. Of course, the good woman was right, since a slip by one of us would have spelled disaster, equivalent to falling into a live volcano. That kiln is still in pristine shape, the only one of the five to have been restored.

Once the fire had burned itself out and the slabs

of stone were reduced to powder the next phase commenced. Cartloads of lime could now be driven to surrounding farms, some even as far away as Strokestown and Castlerea. I can't say how much each consignment earned or if there was a government subsidy to help farmers defray the cost, but image there might have been. What is certain is that lime improved the quality of acidic land, providing calcium and magnesium for plants and, unlike some modern fertilizers such as nitrogen, whose overuse can have harmful side effects, it was invariably benign.

In any case, I will leave the last words on these once eye –catching cylindrical structures with Fr John Joe:

'By the straight road to Croghan, Each fifty yards in, Rest the limekilns of Boher With the things that have been.'

P.G. Nerney

The Parting Glass

Sometimes a wave of sadness gathers,
Listening to the Clancy and Makem duo
Singing a traditional Irish song:
Red is he Rose, Roddy Mc Corley,
And knowing that, despite their gusto,
They themselves have exited the stage,
Or maybe it's Peter Hollens' Danny Boy,
That father, aware that he himself
May soon be dead, asking his departing son,
'But come ye back when summer's in the
meadow';

And I, who have such grounds for happiness, Who know full well that every moment counts Too much to be surrendered to nostalgia, Must battle with this down-tow of distress.

Colin Scott

MYSTERY

Astronomers tell us that there are pulses of energy from various sources in the universe that in a fraction of a second dwarf all the energy that our sun has emitted and ever will emit in its entire lifetime! Ten billion years! And our sun is no slouch. In eight hours it delivers enough energy to keep the whole world in supply for a full year! What a waste? What abundance? And energy is one of the most costly commodities facing all of us today?

And the universe itself? One hundred years ago we thought the Milky Way was the only galaxy. Now it is estimated that there are two trillion galaxies out there! What profusion! This is the universe the creation of which our ancestors attempted to record nearly three thousand years ago in Genesis. How minimalist their efforts appear to us now!

And we are no better as we attempt to celebrate the spiritual dimension of reality. Millions reject such a dimension altogether. Tom Paine declared that the brain secretes thought as the liver secretes bile. (Speaking on his own behalf, no doubt!) Now, if thought is equal to consciousness and at least Descartes appeared to think it was, then for many in today's world consciousness is no more than a materialistic secretion! Dawkins and his ilk are utter materialists and all fussing over spirituality and religion, as the apex of consciousness, is just so much mind numbing wastefulness to them.

Do we really take Christ seriously as the "light of the world"? That was his claim and it has never been disproved! Unfortunately his followers often do not act as children of that light. At the eucharist which is the central celebration of his memory the homily on his words is often either read schoolboy fashion, mumbled, trivialised or omitted altogether. Just recall the gospel story of Jesus in his hometown of Nazareth. With eyes of all staring at the son of Mary and her husband the carpenter, he chose a reading from Isaiah and amazed all present: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of the Lord's favour.'

He then bamboozled them entirely with the opening words of his address: 'Today this scripture has been fulfilled in your hearing'. They certainly had their eyes fixed on him after that! You know the rest of that gospel story! They heard his claim and they couldn't believe it because they thought they knew him, seed, breed and generation! So they rejected him.

Do we reject his claim as they did? Or do we see him as the light of the world just as the sun is the light of the earth? Are we ever challenged by the words of a scripture reading or a homily? We heard it all before! Did we really?

"The light of the world": = Gives all things in the universe their meaning!

The material world and the spiritual world are mysterious! Stay awake! The Master has come!

GM.

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.

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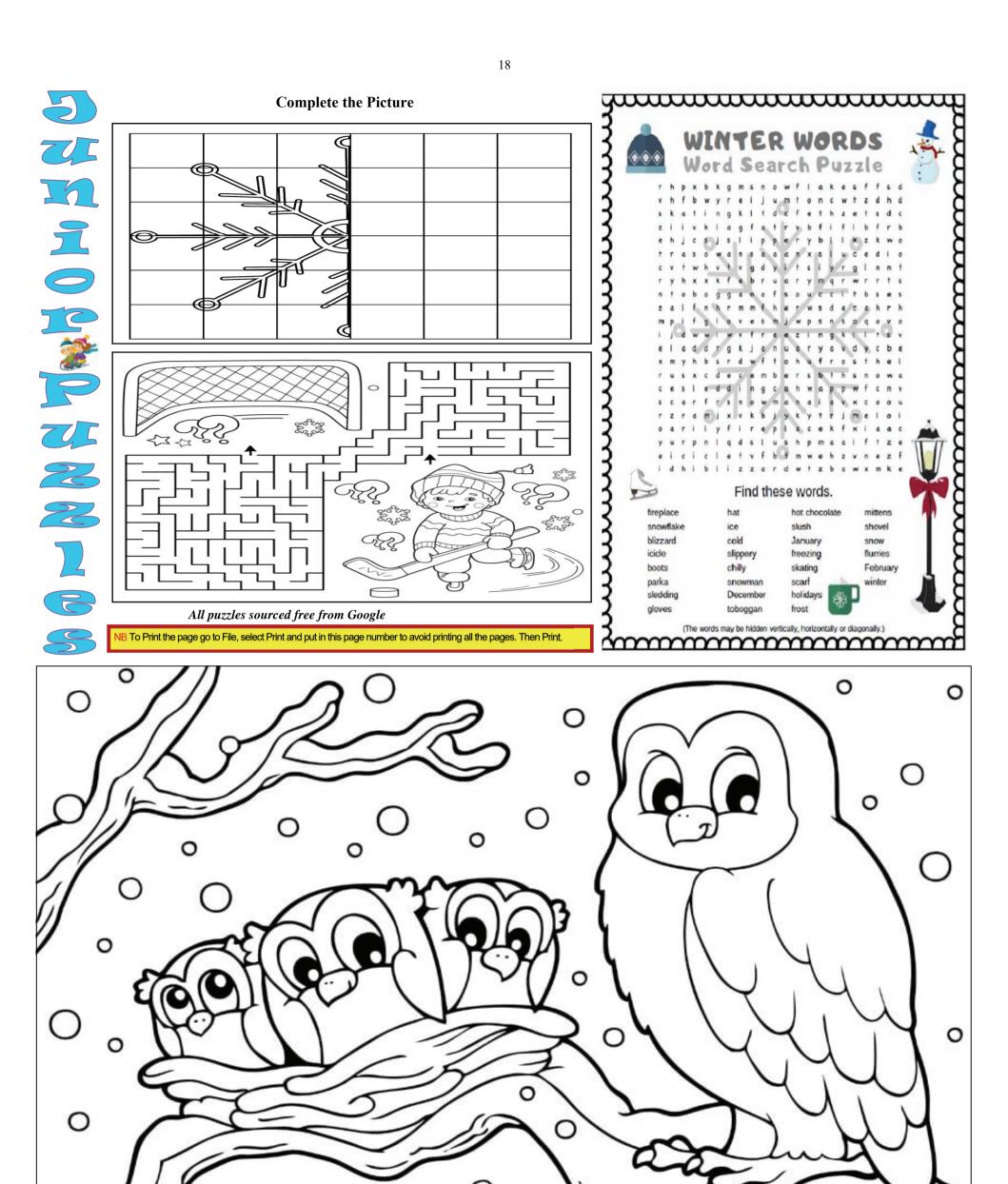
WARNING: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future.

WARNING: Your home is at risk if you do not keep up payments on a mortgage or any other loan secured on it.

WARNING: The cost of your monthly payments may increase.

Life Credit Union is regulated by the Central Bank of Ireland.





Several of the best Christmas markets in Ireland have confirmed that they'll be back in 2023.

There is nothing like wooden stalls with artisan crafts, fairy lights festive food & mulled wine to get you in the Christmas spirit. You can find local or hand-made products there that you can buy for your family and friends.

Irish Christmas markets can be found in many towns and villages across the country. The most notable ones can be found in Belfast, Galway, Waterford, Cork and Dublin.

Winterval is said to hold the largest festival, when it comes to events that take place around its markets. Size wise, the Belfast market is the biggest Christmas market in Ireland

The Dublin Castle Christmas market is one of the only festive markets that has run consistently over the last couple of years and it's expected to be back this year from December 8th to December 21st (still TBC).

A couple of years back, the Dublin Castle Christmas market arrived out of nowhere and it went down reasonably well. It was one of the only Christmas markets in Dublin that went ahead over the last two years and, although small, it's set in the impressive grounds of Dublin Castle.

In previous years, the castle was finely decked out in fairy lights and the entrance to the castle grounds was lined with 100+ Christmas trees.

The main market was held within the courtyard where there was all of the usual stalls selling festive bits and bobs, a carousel and an open-air bar .



Although the dates are TBC, if this Dublin Christmas market follows the format of the last number of years, the market will run from December 8th to December 21st, 2023.

One we have a lot of hope for is the **Mistletown Market (TBC)** which is set, if it finally launches, set to be the largest Christmas market in Ireland.

We're also hoping to see the return of the **Dun Laoghaire Christmas Market** this year but, like the ones above, it's still **TBC.**

Our next Irish Christmas market is one of the newer Christmas markets Ireland has to offer.

The Wicklow Christmas market takes place in the Abbey Grounds in Wicklow town.

Those that visit can expect a Santa Express experience, an ALPACA experience, a magical funfair, craft stalls, food, fire shows and much more.

The dates for the Wicklow Christmas Market 2023 have been officially confirmed and the festivities will take place on:

November 18th, 19th, 24th, 25th, 26th December 1st, 2nd, 3rd, 8th, 9th, 10th, 15th, 16th, 17th

The Botanic Gardens will likely bring back what is one of several eco-style Christmas markets in Dublin in 2023

Here you'll find over 70 stalls offering a range of sustainable gifts, as well as seasonal treats and decorative crafts.

It's an indoor and outdoor market, set in and around the historic glasshouses at the Botanic Gardens in Glasnevin.

The venue will have a light sprinkling of festive cheer with performances from a local choir.

Rathfarnham Castle Christmas Market is an outdoor market held in the grounds of Rathfarnham Castle, an impressive 16th-century fortified house.

Throughout the day, the magical market has a range of stalls selling artisan goods, local art and crafts, plus opportunities for food and festive warm drinks.

Kids will have the opportunity to post their letters to Santa and there's also all-day entertainment taking place (it's **TBC** but it should run on Saturday, December 9th).

If there's one Dublin Christmas market that's stood strong in recent years it's the one in **Swords Castle.**

Here, you'll find over 50 stalls buckling with gifts, art, crafts, and food all sold by local traders. There's also a Santa's Grotto open.

If the Swords Castle Christmas market follows the format of the last number of years, it should run on November 26th and December 2nd.

Source: www.theirishroadtrip.com/christmas-market-dublin/



Smart Christmas Shopping

Is it too early to even start thinking about Christmas? No, it isn't. Take the hassle and the pressure out of the season by getting organised now. The earlier you are

organised and prepared the better. This means you will have more time to enjoy and relax with your family and friends.

- 1. Make a list of people to buy presents for and make a budget for each person and stick to that budget.
- 2. Write a list of other essentials needed such as decorations, crackers, napkins, wrapping paper etc. Pick them up at your local discount store at any time.
- 3. Keep track of your spending. Be on the lookout for bargains and sales in your local shops and not forgetting on-line too.
- 4. Start shopping as early as you can. Buy one a week so that its more manageable.
- 5. Visit charity shops and discount stores. You may find unusual and unique stocking fillers.
- 6. Think about gift baskets either making them with their favourite things or even buying ready made ones.
- 7. Consider making gifts such as scarves, hats or look on-line for some ideas.
- 8. Try and get as many items in the one area/place at the same time as this will save you time and minimise your shopping trips.
- 9. Wrap the presents as you get them.

Hassle-free Christmas Food Shopping

- 1. Go through your cupboards and write down what you need to get.
- 2. Buy at least one item a week that is on the list. That way you won't notice the cost as much.
- 3. Canned goods can be bought well in advance as well as long life foods and dried foods.
- 4. Start looking for alcohol and soft drink deals as they pop up. Stock up well ahead and store them away till Christmas.
- 5. Buy an ingredient weekly that you will need for cakes/puddings that you intend to bake. This way you won't have to buy all the ingredients in one go.
- 6. Purchase non-perishable food items weekly watching out for any deals
- 7. Order meats in advance. The butchers will be only too happy to take early orders.
- 8. Do your final Christmas food shop at least 2 days before Christmas to avoid the rushing around and the queues.
- 9. Remember to stick to a budget.

Preparation is key to a less stressful Christmas!





MAYNOOTH CYCLING CAMPAIGN

Public Meeting

Maynooth Cycling Campaign held a public meeting on the 26th October which included a discussion on asks of politicians running in the local government elections next May. We are interested in hearing of suggestions from a wider audience so if there is something cycling related that concerns you, let us know at

maynoothcycling@gmail.com.

Maynooth Cycling Without Age

Maynooth Cycling Campaign has been in contact with St. John of God/Genil Training re the use of the trishaw and await their response to our proposals. After a number of months when the post was empty, they have now appointed a new manager to Genil Training but a number of other issues have still to be clarified with their insurance company. Overall, though they are very positive and we look forward to a successful relationship. However, as we are now in November and activities in Cycling Without Age reduces over the winter months, it is proposed to postpone further pilot training until next March.

Celbridge Road

Recently, Coiste na dTuistí Gaelscoil Uí Fhiaich submitted a petition to Kildare County Council regarding their ongoing concerns about the safety of the 850 children who walk, scoot or cycle to school on the Celbridge Road, Maynooth. The parents ask Kildare County Council to expedite the process to provide an upgraded footpath and new cycle track. Unfortunately, the petition was closed when we learnt about it so we were unable to add our signature. The scheme was allocated funding in 2023 for the preliminary design of a project which was to replace a poorly designed scheme from 2022. There is no indication when the preliminary design will be progressed.

Royal Canal Greenway

It has been revealed that the redevelopment of the Royal Canal towpath between Leixlip and Maynooth will be delayed further as the work will have to be retendered. The Council states that work is expected to commence in Quarter 1 of 2024 but this timescale is thought by many to be over optimistic.

Last month's Newsletter Notes included a section on Climate Extremes Worsening in various countries around the globe. After October, these countries now include Ireland where Middleton residents and business owners have experienced at first-hand what climate change means in practice.

Sustainability Forum

Kildare County Council held a second meeting of the Sustainability Forum. There was a presentation on Bike Libraries which was welcomed although there was no mention of any funding being provided by Kildare County Council. There was also a discussion on cycling on (quiet rural) Rothar Roads for which it is proposed to provide funding. However, there were difference of opinions on the subject. Maynooth Cycling Campaign considers that they have their place nationally but that in Kildare, such roads would be isolated high quality sections rather than forming part of a network which is want cyclists.

Road Safety

Irish road fatalities continue to increase in October. Ito date this year, there has been 155 fatalities on Irish roads. This is an increase from 121 in 2022 and 112 from 2019. These include a female cyclist in her 80s in Mayo. To tackle the problem of speeding, An Garda Siochana and the Road Safety Authority propose to introduce an advertising campaign directed at secondary schools. Maynooth Cycling Campaign considers that the government should follow the lead of Switzerland and ban speeding drivers for one week.

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

We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it a member of the European Cycling Federation.





Climate Extremes Worsening

Kildare Planning Applications for Maynooth Area Planning Applications received from 28/09/2023 to 27/10/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2360320	Kildare County Council	Lisa & Robert Graham	Rear of 284B, Old Greenfield, Maynooth	23/10/2023
2360304	Kildare County Council	nnty Council Barry & Grace Buckley No. 02 Leinster Wood, Carton Demesne, Maynooth, Co. Kilo		18/10/2023
23951	Kildare County Council	Carton Demesne Developments Ltd.	Lands at Walled Garden and Farm Managers Cottage, Carton Demesne, Maynooth, Co. Kildare	18/10/2023
2360289	Kildare County Council	Lisa & Robert Graham	Rear of 284B, Old Greenfield, Maynooth	10/10/2023
2360282	Kildare County Council	Barry & Grace Buckley	No. 02 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare. W23 W6K5	06/10/2023
23932	Kildare County Council	Carton Demesne Developments Ltd.	Lands at Walled Garden and Farm Managers Cottage, Carton Demesne, Maynooth, Co. Kildare	06/10/2023





Gold Medal Winners 2016 - 2017 - 2018 2019 - 2021 - 2022 - 2023

On the 6th October 3 members of our Committee were invited to Croke Park Suite 5 for the Tidy Towns results. Very enjoyable event, it was wonderful to meet other Tidy Towns groups and share ideas over a Cuppa. We were very happy with the result retaining out Gold Medal for 2023 and increasing our points in every category, seven Gold Medals in a row is a tremendous feat for Maynooth a town that doubles in population every September. Abbeyleix won the over all prize, we hope to receive an invite to the regional awards in Abbeyleix in the not too distant future to be presented with our Gold Medal 2023. Thanks to everyone for your support over the last year, Residents Associations, Tidy Towns Volunteers, CE Schemes, Kildare County Council and everyone who contributed in any way to achieve our Gold. We are already working on the 2024 competition.

Two of our Committee did a talk in the library recently, we were invited to do so by the English Language Class teachers who are all volunteers like ourselves. We spoke about our own lives and the volunteer work we do around Maynooth every week to a very appreciative audience. We also brought along our 2022 Gold Medal for them to admire.

Special thanks to McCartons Parmacy, Carton Park who very professionally organised a table quiz in the Newtown Inn and raised 2000euro which has been deposited in our Bank Account. We will use this funding to enhance the Sensory Garden next year.

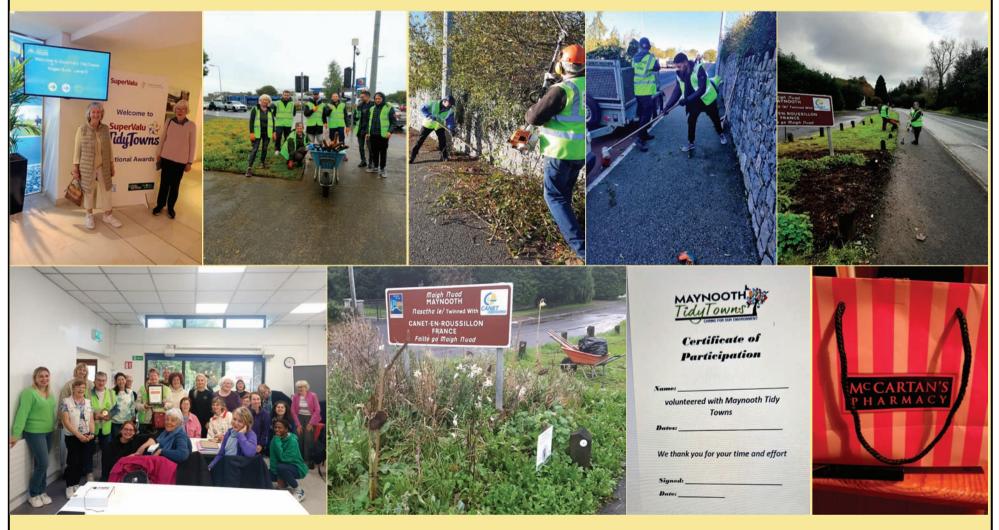
Work is continuing around the town especially on Bond Bridge, Kilcock Road, Meadowbrook link road scuffling and litter picking in all areas especially the approach roads every Saturday. We will be planting more than 20,000 bulbs in the next few weeks in all areas for Spring flowering.

Two students from King's Hospital together with their parents have joined us on clean up as they have to work in the community in order to compete for The Gaisce awards.

We received the Maynooth Biodiversity Action Plan 2023-2026 from Green Pine Consultants, biodiversity refers to the variety and variability of all living things including plants, animals, microbes, fungi and people. It also includes the places where plants and animals live (known as habitats), the interactions among living things (the Web of life) and their environment (ecology) We rely completely on biodiversity to provide us with the basic elements we need such as clean air and water.

As we have mentioned before we had numerous Asylum Seekers working with us during the summer, we gave each them a Certificate of Participation before they moved to another location.

Thanks again to volunteer Sean McGovern who has been doing some wonderful work painting the service boxes around the town. Sean is available for private work, he's got all the qualifications.



Follow us on Facebook for up to date information on our meet up every Saturday morning at 9am at our Shed in The Council Car Park or contact us on email maynoothtidytowns@outlook.ie if you wish to volunteer.

November Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

Maynooth November 2023 Clever Reach

Children's Events

Halloween Family Film Thursday 2nd November 2.30pm - 4.00pm

Age: 5+

Join us in Maynooth Community Library for a U-rated family-friendly film screening of a Halloween classic. Please book a spot for every person attending! Children must be accompanied by an adult.

Book your place on Ticket Tailor: https://buytickets.at/maynoothlibrary/1016782

Writing Workshop for Children Aged 8 - 10

Wednesday 8th November

3.30 pm - 4.30 pm

Age: 8 - 10

Have you a young writer who loves coming up with stories but sometimes doesn't know where to start? Come and join Niamh for some character creation and story-writing! Based on the Fighting Words method, we can collaborate as a group to get started and then see where our individual imaginations take us!

Limited Spaces available, booking through Ticket Tailor: https://buytickets.at/ maynoothlibrary/1036737

Italian for Kids - Early Years Club

Saturday 18th November

10.00 - 11.00am

Age: 2 - 5

Join us for some stories, songs, fun activities, and games in Italian.

Booking through Ticket Tailor required: https://www.tickettailor.com/events/ maynoothlibrary/1036783

Ceardlann Beochana - Dúlra Draíochta' / 'Animation Workshops – Magic Nature with Richie Conroy for children aged 8 - 12 years

Saturday 18th November

3.00 - 4.00pm

Age: 8 - 12

This workshop, led by screenwriter Richie Conroy (Two by Two, Malory Towers, The Ugly Duckling) will introduce children into the world of animation, how to draw and create characters. Richie will show examples from his own films to inspire the participants' creativity and encourage them to look at the magic of nature through artists' eyes. Beidh an cheardlann seo trí Ghaeilge ach fáilte roimh chách. This workshop is delivered through Irish, but all are welcome!

Children attending this workshop must be accompanied by a parent /guardian.

This workshop is supported by Creative Ireland.

Booking through Ticket Tailor required. Book your Free Ticket here: https:// buytickets.at/maynoothlibrary/1034522

Italian for Kids - Primary School club

Tuesday 21st November

6.00pm – 7.00pm Age: 6 - 10

Join us to learn about Italy and its culture through stories, fun activities, and games in Italian.

Booking via Ticket Tailor required: https://buytickets.at/maynoothlibrary/1036805

Online Teen Writers Group

Thursday 2nd & Thursday 9th November

6.00 - 7.00pm

Age: 12 - 15

A social group for young writers aged 12 to 15, to chat, share work and bounce ideas. Online via MS Teams. For more information email maynoothlib@kildarecoco.ie

Teen Book Club

Friday 10th November

4.00pm – 5.00pm Age: 12 - 15

A book club with a difference; while there are always book club books to avail of, teens can bring along their own recommendation to discuss during the meeting.

Book Rec for October meeting available in the library now: City of Ghosts by Victoria Schwab. For more information email maynoothlib@kildarecoco.ie

Climate Action Events

Zero Waste Maynooth Saturday 11th November 2.00 - 4.00pm

Zero Waste Maynooth will be in Maynooth Community Library on Saturday 11th

Ladies Clothes Swap: Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money!

The Craft Corner: Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.

Kids toy swap: Bring one, take one! Let's get the kids used to the idea of swapping before buying!

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action)

Drop In. No booking required

The Poetry of James Joyce & Open Mic Night with Luain Press Tuesday 7th November

6.00 - 7.00pm

All are welcome to a special poetry open mic night for adults. Come along for readings and discussions of Joyce's poetry. See luainpress.com for details. If you have a poem you'd like to share, whether it's your own work or one you really like, whether you're a singer and you'd like to sing a song and listen, feel free!

Drop In. No booking required

Breast Feeding Support Group with Public Health Nurse Tuesday 14th & Tuesday 28th November

9.30 - 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**

Age Friendly Coffee Morning

Wednesday 8th November

10.30 - 11.30am

As part of our Age Friendly Programme, drop in for a cup of tea/coffee and a chat with library staff and find out more about the libraries online and other services. *Drop In. No booking required*

Exhibitions

Awakening Art Exhibition

2nd November - 3rd December

Maynooth Library is currently displaying an exhibition of local artist Katerina Hrubesova. She is displaying a selection of semi abstract paintings inspired by everyday challenges and nature around her. Come see her colourful artworks at the library and be taken into her world of emotions. More works can be seen at her Instagram page @katerina hrubesova

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

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday

11.30am - 1.00pm

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

Ciorcal Comhrá / Irish Conversation Group

Tuesdays / Dé Máirt

11.00am – 12 i.n.

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

Baby & Toddler Group Thursday Mornings

10.00 – 11.00am

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. *Drop In. No booking required*

(Continued on page 23)

November Events at Maynooth Community Library (Cont.)

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



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(Continued from page 22)

Maynooth Women's Group 1st & 3rd Saturday each month 11.30am

A meeting space for local women usually held on the first and third Saturday of the month at 11.30am.

Women's Ex-Pats Group Last Tuesday of the month

Calling all women who have relocated to Ireland, returned from abroad, or local ladies interested in welcoming expats! Our Women's Group offers a meeting place at the library to chat, make new friends, and share stories about transitioning to Ireland. Join us for an enriching experience of community, support, and connection.

U3A (University of the Third Age) Book Club Monday 13th November 10.30 - 11.30am New members welcome.

Midlands LGBT+ Book Club Thursday 16th November 6.30 - 7.30pm

Maynooth Library host a monthly book club in collaboration with Midlands LGBT+ Project, focusing on books by LGBT+ authors or with LGBT+ themes. Meetings take place on the third Thursday of each month. For more information or to enquire about joining, email maynoothlib@kildarecoco.ie

Crime Book Club **Tuesday 21st November** 7.00 - 8.00pm.

The Crime Book Club meets on the third Tuesday of every month at 7pm. If you are interested in joining the book club, please email Maynooth Community Library at maynoothlib@kildarecoco.ie

Wednesday Readers Book Club Wednesday 15th November 11.00am - 12.00pm New members welcome.

Exploring the cosmos: Space Week at Maynooth University

Five hundred visitors, including many young children, came to the TSI building for Maynooth University's Space Week 2023 event. 'Exploring the cosmos' was hosted by the Departments of Theoretical and Experimental Physics and featured four speakers at the cutting edge of astrophysical research and their explorations into the vastness of

The speakers covered everything from new images from the James Webb Space Telescope to the search for the darkest phenomena in the universe: black holes, dark matter and dark energy and research at MU that is developing deeper understandings of

the sun, the stars, the solar system and much more.

The night's images were of special interest to younger members of the audience, who attended with their parents.

Dr John Regan, of the Department of Theoretical Physics, took the audience on a trip to one of the most exotic objects in our Universe - black holes - how they are formed, how we can detect them, and the future of black hole hunting using gravitational wave observatories.



Pictured at the Space Week 2023 event is 3 year old Sebastian Regan from Co. Kildare.

There was a Q&A discussing the strange effects at the edge of a black hole, like time slowing down and what might happen to you if you crossed the event horizon into one.

PhD student Aoibhinn Gallagher, of the Department of Theoretical Physics, spoke about dark matter and dark energy, taking a journey through the history of our universe, and the discipline of cosmology, to arrive at answers as to what these strange phenomena might be. She discussed how real life science at Maynooth University, including her own PhD, aims to shed light on dark matter.

Dr Neil Trappe, of the Department of Experimental Physics, offered a glimpse into how Maynooth scientists are developing new telescopes using a form of light that is invisible to the human eye.

These far infrared telescopes reveal new information and help us answer difficult questions, such as how the Sun and our Solar System was formed; how stars are born and how they die; life elsewhere in the Universe, and how did the Universe come into existence.

Dr Patrick Kavanagh, also from the Department of Experimental Physics, provided an overview of the James Webb Space Telescope, presenting some of the highlights from its first year of operation, and his own involvement in taking images with the telescope, one of which made the cover of the highly prestigious Nature journal.

Patrick discussed some of Webb's most stunning images; its contribution to scientific knowledge such as the deepening our understanding of the atmospheres around other stars; new views of stellar birth and death; the skeletal structure of galaxies, and how we can peer into the cosmic past in search of the first stars and galaxies.



Maynooth University

National University of Ireland Maynooth

Event organiser Dr John Regan said: "We are delighted to have had nearly 500 people attend this sold-out event. It demonstrates the real interest in space related research among the general public and it was great to be able to showcase world class astrophysics research undertaken at Maynooth. I would particularly like to thank my colleagues in the Departments of Theoretical and Experimental Physics who answered some very tricky questions from the next generation of scientists, and who we hope to have been inspired to follow us into physics.

Maynooth University congratulates Paul Lynch on Booker Prize shortlisting

Maynooth University congratulates Paul Lynch, who is currently the Arts Council Writer-in-Residence at MU, on his shortlisting for the Booker Prize for his fifth novel, Prophet Song. Prophet Song is a brilliant imagining of extremism in an alternate or near-future Ireland. Paul began work on Prophet Song while he was the 2019 Kildare County Council Writer-in-Residence at Maynooth.

In his role with Maynooth, Paul will teach a module on creativity and novel-writing to

students this semester on the MA in Creative Writing, which is in its second year. The Arts Council residency also supports the writer in the creation of new work, with office space and other supports.

Commenting, Maynooth University's Dean of the Faculty of Arts, Celtic Studies and Philosophy Professor Alison Hood, said: "On behalf of Maynooth University, we would like to offer our warmest congratulations to Paul on this richly deserved shortlisting.

Paul has, and continues to make, an important contribution to the University and its students through his writing and academic work.



Paul Lynch, Writer-in-Residence at Maynooth University, shortlisted for the Booker Prize (Photo credit: Joel Saget).

Creativity is a cornerstone of the ethos of Maynooth University and the opportunity to work with internationally recognised talent such as Paul is key to nurturing and developing future talent".



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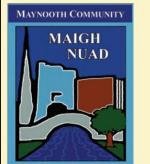


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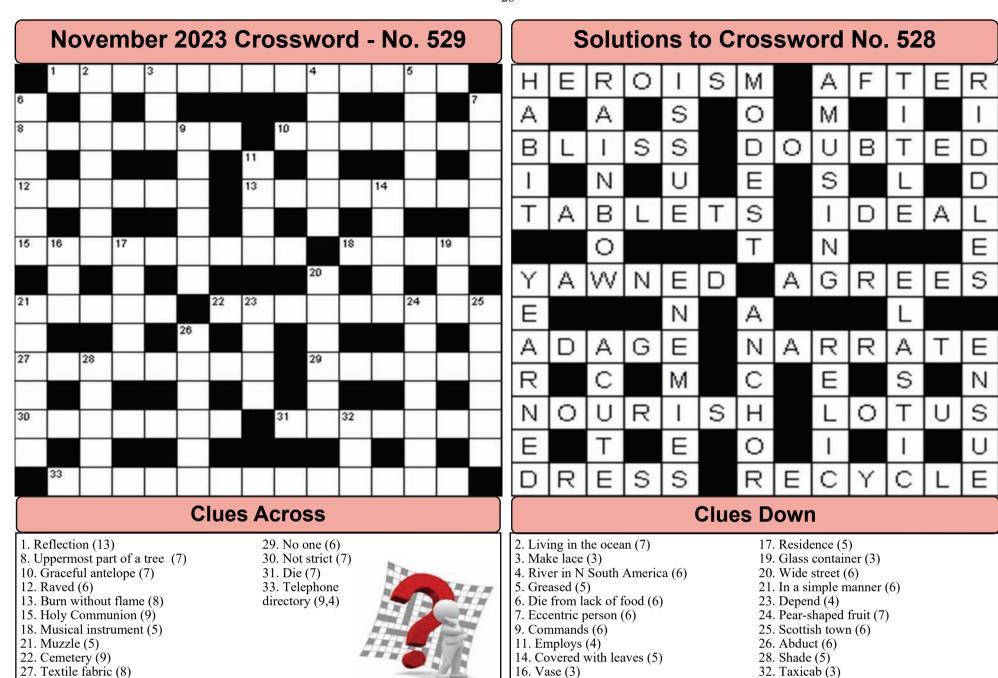
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	Difficult				Sudoku Challenge						Sup	er Di	fficul	t			
2									2								
		5	7	8				3					1		2		
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	6		3		2		1				5		9	1		2	4
3				4	9	7					9		3				
								4									3

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.



Flowers

- Plant tulip bulbs in pots and borders, covering them with at least twice their depth of soil or compost
- Lift dahlia tubers after the first frost, clean them off and store in dry compost in a cool, frost-proof place
- Send off for seed catalogues and start planning what to grow next year
- Plant bare-root hedging, roses, trees and shrubs, before the weather turns really cold
- Clear faded sweet peas, morning glory, thunbergia and other annual climbers from their supports
- Cut down faded perennials that are looking tatty, then mulch the surrounding soil with garden compost
- Plant a Japanese maple in a pot and place in a sheltered spot in semi-shade
- Gather up and bin the fallen leaves of roses affected by blackspot, so they don't carry the disease over to next year
- Move containers of alpine plants under cover to shelter them from winter
- Protect plants that are borderline hardy, such as agapanthus, with a thick mulch of straw or garden compost
- Replenish gravel mulch around alpines to keep the foliage clear of damp soil, which can cause rotting
- Put stem protection guards around young trees and shrubs, if rabbits are a problem
- Sow seeds from berry-laden trees and shrubs

Greenhouse

- Insulate the greenhouse walls and roof with bubble polythene
- Make sure all tender plants are safely under cover and kept frost free
- Propagate perennials, including phlox, oriental poppies and verbascums, by taking root cuttings
- Sow leafy crops such as rocket into small seed trays on a warm sunny windowsill, for winter pickings
- Check greenhouse plants regularly for overwintering pests
- Scrub down greenhouse staging, glazing and the framework with disinfectant
- Water indoor pots of spring bulbs frequently so they never dry out
- Wash out all empty pots and trays and store neatly under greenhouse staging, ready for use in spring
- Bring potted herbs, such as parley and chives, indoors to continue cropping into winter
- Monitor greenhouse temperatures with a max-min thermometer and turn on heating if needed
- Avoid splashing foliage when watering, as it will dry slowly in cool weather and fungal diseases may set in
- Clear out faded tomato and cucumber plants from the greenhouse and add to the compost heap
- Give houseplants extra humidity to combat the drying effects of central heating
- On the forum: find out more about growing plants indoors n the forum: share your growing tips with other gardeners and ask for advice

Source: www.gardenersworld.com



PUMPKIN AND BACON SOUP

Ingredients

1 tbsp vegetable oil

50g butter

1 onion, finely chopped

150g maple-cured bacon, cut into small pieces

½ Crown Prince pumpkin or onion squash, peeled, deseeded and cut into medium chunks (you need about 500g pumpkin flesh)

11 chicken stock

100ml double cream 3 tbsp pumpkin seeds, toasted

maple syrup, for drizzling You may also like

Rose cream & raspberry jellies

Bread & butter pudding toast

STEP 1: In a large, heavy-bottomed pan, heat the oil with 25g butter. Add the onion and a pinch of salt and cook on a low heat for 10 mins or until soft. Add 60g bacon and cook for a further 5 mins until the bacon releases its fat. Then increase the heat to medium, add the pumpkin and stock and season. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for about 40 mins until the pumpkin is soft. Pour in the cream, bring to the boil again and remove from the heat. Set aside some of the liquid, then blend the remaining pumpkin until smooth and velvety, adding liquid back into the pan bit by bit as you go (add more liquid if you like it thinner). Strain through a fine sieve, check the seasoning and set aside.

STEP 2: Melt the remaining butter in a pan over a high heat and fry the rest of the bacon with black pepper for 5 mins. Divide the bacon between four bowls, reheat the soup and pour over. To serve, sprinkle over the pumpkin seeds

Pumpkin cheesecake Ingredients

80g butter, melted, plus extra for the tin

275g digestive or ginger biscuits

1 large egg white (use the egg yolk in the filling, below)

For the filling

800g full-fat soft cheese

425g can pumpkin purée

200g light brown soft sugar

50g plain flour

5 large eggs, plus 1 large yolk

400ml whipping cream

ground cinnamon or pumpkin spice, for dusting

25g pecans, chopped

3 tbsp caramel sauce

Method

STEP 1: Heat the oven to 220C/200C fan/gas 7. Butter a deep 22cm loose-bottomed cake tin and line with baking parchment. Wrap the base and side of the tin with three layers of cling film, followed by three layers of foil (this helps keep it waterproof during baking). Fold a clean tea towel and put it in the base of a large roasting tin.

STEP 2: Blitz the biscuits to crumbs in a food processor. Add the melted butter and pulse to coat the crumbs. Tip the mixture into the prepared cake tin, spreading up to the side and pressing down with the back of a spoon. Bake for 10 mins. Remove from the oven, brush with the egg white and bake for another 3 mins (this will help stop the base from becoming soggy).

Step 3: To make the filling, put the soft cheese in a bowl or the bowl of a stand mixer, and beat with an electric whisk or the mixer until loosened. Add the pumpkin purée, sugar and flour and beat again until combined. With the motor running, gradually add the eggs and egg yolk until the mixture is smooth and creamy. Pour the filling over the baked biscuit base, then sit the cake tin on the tea towel in the roasting tin. Pour a kettleful of justboiled water into the roasting tin so the water comes halfway up the side of the cake tin.

STEP 4: Bake for 10 mins, then reduce the oven temperature to 110C/90C fan/gas 1/4. Bake for a further 1 hr. 30 mins until the cheesecake is set with just a slight wobble in the middle when you gently shake the tin. Turn off the oven, then open the oven door slightly and leave the cheesecake to cool inside for 2 hrs. until completely cool. Remove from the oven and chill overnight.

STEP 5: Carefully remove the cold cheesecake from the tin and transfer to a cake stand or serving plate. Whip the cream to soft peaks using an electric whisk, and spoon in big dollops over the cheesecake. Dust with a little cinnamon or pumpkin spice, sprinkle over the chopped pecans and drizzle with the caramel sauce before serving.

Source www.bbc.ie



Royal Canal Notes

November 2023

Education ~~ Heritage ~~ Recreation

MIDSUMMER WALK

This annual walk took place on 21 June. The walk starts at Ashtown and concludes at Castleknock. After the Walk walkers were treated to light refreshments including strawberries and cream. Entertainment was provided by traditional Irish group 'Fionnuisce'. Also, in the musical line up was Maynooth's own Christy Dempsey.



Royal Canal Amenity Group Midsummer walk. © Janet Leech Dublin

This particular walk is organised annually by our president Mr. Noel Spaine and family We in the group thank them for their effort in this regard. A very pleasant evening, this walk is always a great success.

GET WELL WISHES

Speaking of our esteemed president, he had a nasty fall recently and was unfortunate enough to break an arm.

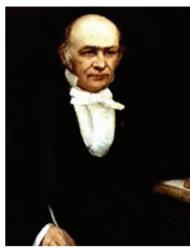
He is currently recuperating with his arm in plaster after treatment, the one he writes with, He is one of our founding members and all of us in the group, and indeed his family and friends, wish him a speedy return to good health and hope that he will to the helm in the very near future.



HAMILTON WALK

This is an annual walk organised by the department Mathematics at Maynooth University, recreating the steps taken by William Rowan Hamilton on the evening of 16th of October 1843 when he came up with his famous theorem.

He walked form Dunsink Observatory along the Royal Canal with his wife and at Broome bridge stopped to carve the Quaternions theorem, which had just come into his head, into the bridge.



William Rowan Hamilton



Walkers and college students at Broome Bridge for Hamilton Walk © D. Whelan Dublin

		Maynooth Community Contacts	Listing
Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@gmail.com	https://www.facebook.com/annuadha
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Catherine Murphy T.D.	01-6183099	catherine.murphy@oireachtas.ie	https://www.facebook.com/catherinemurphytd
Cemetery Committee (Laraghbryan)	01-6293018		
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North Kildare Club	01-6103909	info@northkildareclub.ie	·
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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.





Local News - December 2023 - Issue No. 530 - 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.



Shop Local, Eat Local, Spend Local & Enjoy Local in Maynooth this Christmas 2023 Keep your Business in Maynooth to Keep Maynooth in Business

Christmas, the season of giving and receiving is upon us once again. This is the perfect opportunity to support our local shops and businesses in Maynooth. Small in size but huge in character, Maynooth comes alive with Festive atmosphere for Christmas. This beautiful town is packed full of specialised shops, pretty boutiques and a variety of restaurants and cosy cafés where you can drop in for a hot chocolate to warm chilly fingers. You will find exceptional value for money is to be had in the smaller local shops where you get a more personalised service and friendly atmosphere. Lets buy our Christmas presents from our local businesses and self-employed people. If the goal is for money to flow back into the local economy, we must commit to choosing wisely. Driving an hour out of our town or shopping online does not contribute to the community we live in.

Maynooth is a lively town with plenty of heart – many would say it has more going for it than other places on the commuter belt. It's also a pretty place with family-friendly housing, canal side walks, and a main street that hasn't been hollowed out by retail parks. There is ample car parking in Maynooth, customers can park (check parking fees and time allocated) while shopping in Carton Retail Park, Manor Mills, Glenroyal, Greenfield and Beaufield Shopping Centres. There is also ample customer car parking in the Aldi and Lidl stores. Pay Parking is also available within the town enabling customers to enjoy the many retail shops, pubs and restaurants in and around the Town.

Maynooth is the "Gastronomic Capital of Kildare". There are vast amounts of establishments in town that offer the most sophisticated cuisine and the most appealing food and beverages. Maynooth is also a "Purple Flag" "destination" "for a good night out, vibrant and well managed". Stay local this year and take the stress out of shopping, avoid the cost of travel and expensive parking fees. When all the shopping is done there is a multitude of restaurants, bars and coffee shops to visit and enjoy the gastronomic delights and Festive atmosphere of Maynooth. Christmas Shopping is important to small-town retailers. It's a great opportunity to focus on your own business and give your customers a pleasant experience. Retailers need to say, "Stay in Maynooth", we have lots to offer. Support our community, our businesses, our schools, our organisations. Everyone working together will continue to make Maynooth a great place to live in.







The Maynooth Christmas Lights were turned on Sunday 26th November with Santa flying in specially from the North Pole. A huge "Thank You" must go to Mark Nolan and his crew for organising the event.

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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.

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

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.

<u>Disclaimer</u>

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

With the Christmas lights switched on in Main Street at the end of November, it is hard (even if you wanted to) not feel the arrival of the festive season. Again, this year there are more lights added, so Maynooth now has an impressive festival light display on par with any other town. Led by Mark Nolan the Christmas lights committee, focus on delivering the festive cheer to Maynooth every year. Not alone do they fundraise for the cost of the lights they also have to arrange and manage the putting up of the lights which is no mean feat considering the traffic levels in Maynooth. It was great to see the large number of local people present for the official turning on ceremony. Like the St. Patrick's Day Parade committee who focus on the annual event in March, the Christmas Lights committee deliver Christmas. For events like these you need independent committees who focus on the task and are prepared to give significant voluntary commitment to fund-raise and manage logistics to deliver such successful outcomes for the town.

Again, this year the Maynooth Tidy Towns Christmas tree is also in place in the town square and it adds to the sense of the season having a real tree in the centre of the town, so well done to them for this. There was a big cheer from the crowd when the lights on the tree was switched on. It was good to see that for the first time in a number of years that Maynooth Tidy Towns held their annual end of year celebration event sponsored by the Glenroyal Hotel. In particular it was good to see some longstanding member volunteers being recognised for their active involvement in the work of tidy towns. Mattie and Liz Callaghan and Moira Baxter were members of Maynooth Tidy Towns when I got involved back in 1992 and have continued with the



group. Marian Cawley was also recognised for her work for tidy towns which involves litter picking seven days a week.

The official opening by the Minister for Education, Ms. Norma Foley T.D. of the two new post-primary school buildings on the Maynooth Education Campus took place recently. The delivery of these schools was not without difficulties with the building completions delayed because of the need to seek a second contractor to complete the works. The new school buildings have given the students in Maynooth a firstclass educational facility which includes a sports complex and I am sure that many other schools look with envy at the facilities available to students in these schools.



Minister Foley speaking at the opening of the new Maynooth Education Campus schools watched by Johnny Nevin, Principal, Maynooth Post-Primary and student Hugh Phillips.

We also welcome the official opening of Gaelscoil Ruairí and while they are still in their temporary building, they have now also opened a special class for children with autism. The provision of another primary school special class is particularly important as Maynooth develops as an autism friendly town.

As we end what seems like a very short 2023 to at least some of us, we look forward to 2024 with a positive attitude and enthusiasm. Of course, some readers will have to deal with personal challenges and Christmas may be far from your thoughts. Be assured that if you need support at this time, you should seek it, as no matter what the issue is sharing with others will help. For those spending your first Christmas in Maynooth we hope that it will get out and meet people in the town and that it will feel like home for you. More than anything else be caring and considerate to each other at this time of year.

Paul Croghan - Editor

Copy date for the February edition will be 5pm on Monday 29th January 2024

Maynooth Senior Citizens Committee



Since our last piece in the Newsletter, the committee organized a very successful fundraising quiz night in the Newtown Inn. We would like to thank all involved who made it so. Thanks to Garry Bermingham, Chair of the Committee who pulled it all together. Thanks to committee members who helped out on the night and to Rose Bermingham for all the phone calls. We could not have done it with out the help of Paul Daly (Quiz master and question setter), Elaine Bean, Melanie Oliver, Eithne Bean and Catherine Heslin were our excellent enumerators. Thanks to the Ray Murray and the Newtown Inn staff for the venue and for their help with the set up and for securing some raffle prizes. Speaking of prizes, we had a lot, thanks to the generosity of local businesses in Maynooth. The response was amazing as you will see from the list. Last but not least thanks to all who took part in the quiz to make it such a fun night.

Our next event is the Christmas Lunch taking place on December 3rd in the Springfield Hotel which we are sure will be an very enjoyable afternoon. This is a great social occasion for our senior citizens and a nice way to end the year. Our last club meeting will be on Thursday 14th December and we re-open the club on Thursday 8th January 2024.

Wishing you all a very happy Christmas and may 2024 bring good tidings to everyone.

Susan Durack - PRO Maynooth Senior Citizens Committee. E-mail: maynoothseniorcitizens@gmail.com

Maynooth Senior Citizens Committee Fundraising Quiz night Newtown Inn, Friday 10 November 2023

Sponsor List

Alainn Beauty, Allure, Atelier M, Avenue Restaurant, Barberstown Castle, Barretts, Barry Powderly Solicitors, Beetroot, Bistro 53, Blooming You, Blue Ribbon Hairdressers, Boston Barber, Boyne Dental, Brady's Clockhouse, Brid Feeley, CarePlus Pharmacy, Camille, Carraig Donn, Carton Dental, Carton House Hotel, Cherri Hand and Foot SPA, Coonans, Dawsons Menswear, Delhi Barbar, Divine Boutique, Donovans (Centra), Dunnes Stores, Elite Confectionery, Ely Wine Shop, Emma's Place, Farrelly & Southern, Finess Movement, Flowers by Sue, Glass Doll, Glenroyal Hotel, Hickey's Pharmacy, La La Lara, Life Credit Union, Mahers Centra, Manor Mills S.C., Mark Nolan Taxy, Masterson's Fruit and Veg, Maurice Cowhey, Maynooth Access Group, Maynooth Bookshop, Maynooth Dresses, Maynooth Florist, Maynooth Jewellers, Maynooth Office Supplies, Maynooth Post Office, Moulin Rouge, My Vet, McCartan's Pharmacy, McCormack's Pharmacy, McDonalds, Maynooth Florist, Naked Piazza, Newtown Inn, Newtown Pharmacy, N.C.S Auto, News 4 U, OB1 Salon, O'Briens Manor Mills, O'Neills, Picaderos, Paddy the Turk Barber, Red Torch Ginger, Redz Barber, Richies Barber, The Roost, Sásta on the River, Sean and Angie Tracey, Shade, Sherry Fitzgerald, Spar Newtown, Stone Haven, St. Patrick's Pharmacy, Supervalu, Sweet Pea Kids Boutique, Three Pin Electric, Tommy's Butcher, Upstairs Downstairs, VIP@Tesco, Yeah Burger, Zambrero, Zeba Hairdressers.

Irish author Paul Lynch wins Booker Prize 2023

On Sunday 26th November 2023, one of the world's most prestigious literary award ceremonies took place in London. This year, the award was given to Irish novelist Paul Lynch for his novel Prophet Song. This is not just a triumph for Irish writing, but a particular triumph for this community, since the novel was largely written here in Maynooth while Paul was writer in residence at the university (2018-2029).

Paul Lynch is back in Maynooth this academic year, supported by the Arts Council, teaching a module on creativity and novel-writing as part of the Maynooth MA in Creative Writing.

Prophet Song is a beautiful but terrifying novel about a version of Ireland that drifts into authoritarianism, familiar freedoms slowly chipped away. It is about a mother's struggle to keep her family together while the world around her falls apart. It is about a Dublin that has become a war zone and it is also about how hard it is to simply run away from a familiar life even when running away might seem the obvious and necessary thing to do. It is a timely story that encourages a spirit of radical empathy with all those who are displaced by tyranny and conflict.

Some weeks ago, Paul Lynch gave a well-attended talk at the library on Main Street. In addition to being a novelist of rare sensitivity and descriptive power, he has always gone out of his way to reach out and communicate directly with his readers. He is a remarkable narrator of his own work. Meanwhile, the global significance of this year's Booker Award is something that the whole Maynooth community can take some pride in.



Paul Lynch, author of "Prophet Song", accepts the 2023 Booker Prize at the Winner Ceremony at Old Billingsgate in London on Sunday. (Photo: Shutterstock)

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

"Wishing you all a Merry Christmas & a Happy New Year"











Clir. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com Stay safe everyone.



How to make your own personal Christmas Cards

Christmas cards are one of the oldest traditions of the season. Making your own cards is a more personal and special manner to express your Christmas wishes and greetings. Beyond the individualized aspect of making your own Christmas cards, it can also be a useful activity to occupy children and even a way to save money. Whatever your motive, receiving a Christmas card that you have made is sure to make anyone happy and prove a memento they'll likely keep for a long time.

Sketch a basic design.

If you have a good idea of how you want your card to look, it will be easier to gather the proper supplies and simplify the process of making the cards. Consider a variety of design aspects from color to motif and message and whether each element matches the others.

There are many different Christmas motifs for your card. For example, you could use a



Santa or Rudolf the Red-Nosed Reindeer design for children. For adults, you could have a Christmas tree or dangling ornaments, or even a simple message such as "Season's Greetings" or "Noel." There are also many different Christmas messages you can write in the card. Perhaps you want to use something traditional and simple such as "Wishing You a Merry Christmas," or maybe you want to write a personal message in each card. Another option is matching your motif and your message. For example, if you want to use stockings hung by a chimney for your motif, you could write "The Stockings Were Hung..."

Choose and buy paper and envelopes for your cards. Once you have a developed idea for your card, including format and a basic design sketch, choose the paper you want to use. There are many different options of paper type and color from. Don't forget to buy envelopes, either, as you'll need something in which to send the cards!

If you're going to make a photograph card, use cardstock so that holds the weight of the picture. Scrapbooking paper is also a high quality paper that is not as heavy as cardstock. Even though it's called scrapbooking, you can also use it to make Christmas cards. You might notice that cardstock and sometimes scrapbooking paper is pre-folded. At this stage, you can also decide if you want your card to have a portrait (up and down) or landscape (side to side) orientation.

Purchase supplies and decorations. You'll need various supplies, including glue and

scissors, as well as decorations such as glitter, ribbons, and stickers to make your cards. Having a well-stocked selection of supplies and decorations is useful in case you make mistakes or need to change the design.

You'll need the following supplies to make your card: glue, tape, scissors, pens for writing your message, and a ruler. Use clear glue and clear tape for the best results.

There is a large variety of possible decorations you can use. Some examples include: ribbons, Christmas motif stickers, stick on letters, and glitter.

Do a test run. Make one card using your basic design sketch.
Doing this will let you see if everything matches and approximately what size writing must be as well as the best placement for your decorations.

Write out your messages on the card. You can either hand write or print out whatever messages you've chosen for the inside and front of your card. Use a ruler to guide your writing and assure that it is straight.

If you have a message for the front of the card, or if it is only one page, write it and make sure to leave enough room for your decorations. For example, if you decided to write "The Stocking Were Hung..." and add some stocking stickers, you'll need to make sure you have enough space to hang your stockings on the card. Likewise, if you're using a photograph on the front of your card and want to include a message, make sure there is plenty of space for both, or tailor the size of your written message to accommodate the picture. If you don't have the neatest or most beautiful handwriting, print out your message either from a design you like on the internet or one you generate in a Word program on your computer.

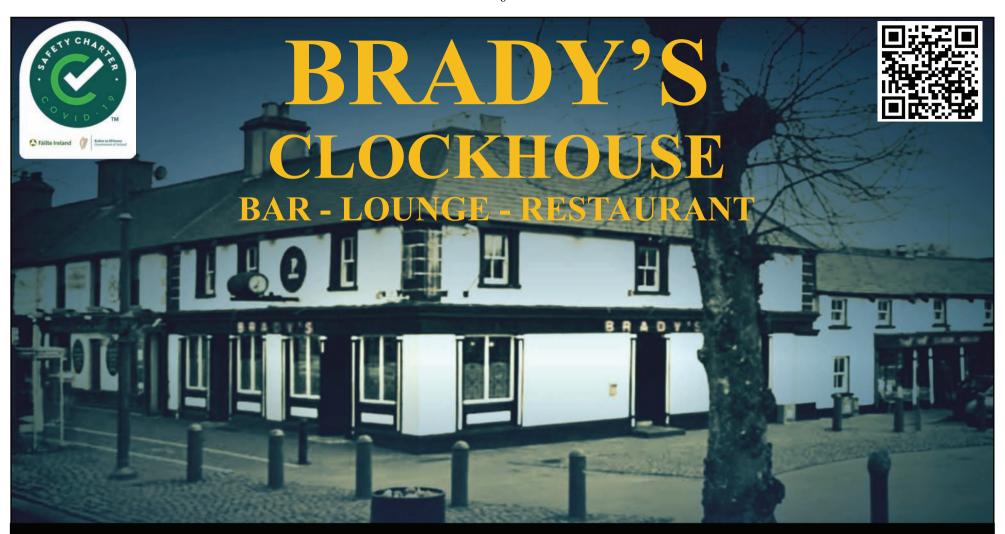
Write your message on the inside of the card after you've finished the front. Make sure to sign your name, and those of your family members if you like.

Make to allow enough time for pens or glue to dry before you start decorating the card.

Decorate your cards. Now comes the fun part! Once you've written your messages on the front and inside the card, you're ready to embellish it with decorations. Have your decorations readily available as you work. You might also want to have orange sticks or cotton swabs to fix any mistakes. If you run out of decorations, improvise with other decorative supplies, including your paper, if necessary.

Allow cards to set. Before you place your handcrafted Christmas cards in their envelopes to send, allow them to set overnight to make sure that any adhesives don't shift.

Source: www.wikihow.com/Make-Christmas-Cards



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Wishing Everyone a Happy Christmas & Best Wishes for the New Year.

Great Food Served 7 Days



Cllr. Angela Feeney Maynooth Labour News

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



Cllr Feeney calls for 'No Entry' and 'No Parking' signs at the Harbour Field:

At the November Municipal District Council meeting, Cllr. Feeney explained the reason for her motion. She said that when the car park on Leinster Street was closed overnight resulting in a loss of car parking spaces, many motorists parked their cars on the Harbour Field. Cllr. Feeney said that the Harbour Field is not at all intended for car parking and this is why she submitted the motion calling for signage to this effect to be put in place.

Cllr. Feeney believes that if the issue is not tackled immediately, that this leisure amenity for families, walkers and cyclists, would be destroyed. It would also make the area unsafe as it is so near the children's playground and most importantly could potentially obstruct the emergency services that use the access route on the Harbour Field provided for this sole purpose. Cllr. Feeney welcomed the response from the Council when it agreed to put the appropriate signage in place and for the collapsible bollards to be used at all times on the emergency services access route.

Yellow box at Pound Lane is to be reinstated.

Cllr. Feeney asked the Council to reinstate the yellow box at the end of Pound Lane onto Mill Street. In speaking to the motion, Cllr. Feeney said that Main Street and Mill Street are very busy at all times and it is very difficult for anyone trying to access Mill Street from Pound Lane. It is also currently very dangerous and she has seen first hand some near misses as motorists take a chance to exit the Lane and often at speed. There are many children walking to and from the local schools and it is an issue of safety. Cllr. Feeney's motion called for the yellow box that used to be at this location, to be reinstated. The Council agreed to do this and the district engineer said he will arrange for this to happen.

Footpath between Brookfield Park and the Meadowbrook Road

Cllr. Feeney said that the footpath in Brookfield Park ends abruptly at the end of the cul de sac forcing residents out on to the road to reach the Meadowbrook Road footpath. She added that there is no dip in the footpath directly opposite for residents to cross over and it is becoming increasingly dangerous with the increased levels of traffic. There are quite a number of young children living in Brookfield Park and the residents have concerns because of this. While the Council informed Cllr. Feeney that currently it has no plan to install a footpath there, it was agreed to add it for consideration in future footpath works in the Municipal District. Cllr. Feeney will also follow up with the Active Travel Team in the Council for assistance.

Primary Care Centre

Cllr. Feeney said at the meeting that the need for a Primary Care Centre for Maynooth is yet another key issue for our community. With a growing population, there is a lack of available GP services and associated medical services. She said many residents are in touch with her because they have to travel miles to other counties to get access to services, and that situation is set to become even more acute as the population grows further and more people move into the area. Cllr. Feeney said the response to her question is disappointing; to hear that the Council has received no update from the HSE on the planned provision of a Primary Care Centre for Maynooth. Cllr. Feeney said she will continue to raise the issue with the relevant stakeholders such as the HSE and the Department. She was pleased to be told at the meeting by the Director and area manager that a meeting will be arranged with the HSE for an update on the matter.

Oscailt Oifigiúil Gaelscoil Rúairí

Bhí Cllr. Feeney lán sásta freastal ar Oscailt Oifigiúil Gaelscoil Rúairí Má Nuad an seachtain seo chaite. Lá iontach a bhí ann do foireann na scoile go léir. Maith sibh agus go n-éirí go geal libh.

Official Opening of Maynooth Education Campus

Cllr. Feeney was delighted to attend the official opening of Maynooth Education Campus on November 8th by the Minister for Education. It was a wonderful occasion and Cllr. Feeney said that, as a past pupil of Maynooth Post Primary School and former member of the Board of Management, she is delighted to see the growth of the campus, with state of the art facilities. Congratulations to all who worked so hard to bring the project to fruition.

Funding for Climate Action projects.

Kildare County Council will open its Community Climate Action Programme fund in December to support communities to build low carbon communities and engage in climate action projects. Co. Kildare has been allocated €897,000 for projects that range from small, medium to large scale. Once the fund opens, applicants will have 12 weeks to get their applications submitted.

Examples of some potential projects include community gardens, dispersed orchards, pocket forests, encouraging active travel, food waste projects, retrofitting community buildings, rewilding and biodiversity projects, repair cafes and swap shops.

Further information from the Community Climate Action Officer at Kildare County Council, Victoria Kavanagh on 0874759946 or by email vkavanagh@kildarecoco.ie

Meetings attended by Cllr. Feeney since her last newsletter:

November 3rd: Joint Policing Committee, 9:00 a.m. Áras Chill Dara November 3rd: Municipal District Council Meeting, 10:00 a.m. Áras Chill Dara

November 7th: Launch of Brigid1500, 5:00 p.m. in Barberstown Castle November 9th: KCC Finance Committee Meeting, 12:00 p.m. (online) November 9th: BOM meeting at Coláiste Chiaráin, 7:30 p.m. (online) November 13th, KCC Budget 2024 Briefing, 3:00 p.m. (online) November 15th, BOM meeting at Coláiste Chiaráin, 7:30 p.m. (online) November 16th, KCC Strategic Policy Committee, 3:00 p.m. (online) November 20th, KCC Annual Budget Meeting, 3:00 p.m. Áras Chill Dara November 21st, Co. Kildare Access Network meeting, 10:00 a.m. (online) November 22nd, KCC LACAP update, 2:00 p.m. (online) November 27th, KCC Capital Budget Briefing, 10:00 a.m. Áras Chill Dara November 27th, Council Plenary meeting, 3:00 p.m. Áras Chill Dara

Cllr. Feeney's upcoming Motions and Questions for Council Meetings:

Questions:

Can the Council provide an update outlining what affordable housing schemes are planned for the municipal district?

Can the Council provide an update on the status of the planned footpath repairs for Main Street, Maynooth?

Motions:

That the Council prepares a plan for the vacated fire brigade and council yard in tandem with the Harbourfield area to create a community hub for Maynooth.

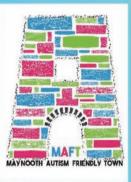
That the Council carry out a speed safety review in the Moyglare Village Estate, Maynooth.

Memory from the Archives - December 1991

Ten Ways To Survive Christmas

- 1. Don't drink. Let me rephrase that don't drink that goddamn awful alcohol free lager. There's enough 'no-alcohol' in five pints of that stuff to wreck your stomach for life. It has been scientifically proven that the 'no-alcohol' lager your head is as clear as a whistle but your guts feel like a pound of raw mince in a food mixer. You have been warned.
- 2. This Christmas sexual harassment at the office party is out. The Judge Thomas case has brought the whole thing out in the open to such an extent that an unsolicited pinch on the bum is likely to be met with an unsolicited punch on the jaw. So girls, keep your hands to yourselves or suffer the consequences.
- 3. Avoid relations of the family kind. Mental breakdowns reach a peak at Christmas time and it all has to do with being cooped up in the house with snobby sister-in-law, boring uncles and armies of marauding kids intent on replaying Desert Storm in the front room. They'll drink your whiskey and smoke your cigars and sometimes the adults are even worse.
- 4. Drinking and driving is not funny so use public transport. And getting the old train out from Connolly can lead to all sorts of adventures. Like last Christmas Eve after the office party I caught the Sligo train at 6.30pm, settled down for a little snooze and woke up at 9.35pm in Collooney. Luckily I was able to hitch a ride back to Maynooth with Santa Claus on his sleigh and arrived back to Maynooth at 5.30am on Christmas morning. At least that's my story and I'm sticking to it.
- 5. Remove some vital component from the TV very early on Christmas morning. This is guaranteed to give you a few day's relative peace and you won't have to watch "Murder on the Orient Express" for the eighth time, "Chitty Chitty Bang Bang" for the seventeenth time and RTE's Christmas Special for the first time. This year it is rumoured to feature Hal Roach and Daniel O'Donnell though there may be some comedians and singers performing as well.
- 6. In the quiet days after Christmas take some long walks. Around Maynooth there are some seldom trodden paths which are well worth exploring Kingsbry to the pub, Cluain Aoibhinn to the pub, Greenfields to the pub, Moyglare Village to the pub, Railpark to the pub.
- 7. Socks for men, silky black underwear for women. Anyway I always find it useful to have a simple list when going Christmas shopping. That way you avoid confusion and you can buy all your presents in one or two shops. Make sure to label your presents clearly. Unfortunately, last year some slight confusion arose in the distribution of my presents and Uncle Jim hasn't been the same man since.
- 8. Three days before Christmas carefully assemble all your credit cards, Bank link cards, Pass cards etc. and systematically cut them into little pieces. That way you will have an interesting jigsaw to play with over Christmas and, as a bonus, you'll save yourself from going bankrupt.
- 9. Don't presume you should be having a good time. That's not what Christmas is all about. But in the old days people made their own entertainment at Christmas. Sitting around the cosy turf fire they played cards, told stories and bored each other to death. Of an evening they would sit around the wireless and a special treat on Christmas night they might even turn it on.
- 10. Finally, and most important, some special advice if you happen to meet Santa Claus on Christmas Eve. First of all, do not offer him a bottle of stout and a mince pie. By the time he gets to Maynooth he will be completely flutered and is likely to have eaten several thousand mince pies. He may, however, accept a glass of Andrew's Liver Salts. This year there have been strong rumours that Santa may retire and indeed a few weeks ago he survived a 'no-confidence' vote in Toyland at the North Pole when 22 very bold elves voted against him. All that is behind him now but it still might be best not to mention the word 'retirement.







December Update from MAFT

Hangouts Club

Our hangouts club was launched and was a great success

Truly fantastic to see these young people make friends, share interests laugh and feel comfortable being themselves.

The parents also enjoyed meeting for a chat over a cuppa.

See our socials for details on the next event and how to register



The AGM for Maynooth Autism Friendly Town will be held on the 6th of December @ 8:15pm



All committee nominations and motions must be emailed to MAFT mailbox: autismfriendlytownmaynooth@gmail.com by Friday the 1st December @ 5pm

Any proposed motion and/or nominations for chairperson, vice-chairperson or secretary require a proposer and seconder who must be in attendance at the AGM







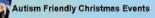


The first Social Meet up for Autistic Adults was launched on Tuesday the 28th of November in O'Neills Bar

This is a place to share special interests and experiences, to relax and have fun.

Cards, Board Games, Lego, Chess, Drafts and more will be provided for optional use.

Check out Facebook and Instagram for details of more upcoming events.



Be sure to visit our Facebook page for details on this year's Autism Friendly Christmas events, along with a link to the AsIAm site showcasing all available events.



For updates on these exciting programs and to stay connected with the MAFT Association, keep an eye on our newsletter and our Social Media. We look forward to welcoming you and your family to our upcoming events!

Contact us on our social media or email autismfriendlytownmaynooth@gmail.com

Kildare Planning Applications for Maynooth Area Planning Applications received from 27/10/2023 to 27/11/2023 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2360384	Kildare County Council	Terry and Sarah Fahey	18 Woodlands, Collegeland, Maynooth, Co. Kildare	16/11/2023
2360362	Kildare County Council	Jackie Collins	No. 6 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare	07/11/2023

Minister Josepha Madigan Officially Opens Gaelscoil Ruairí, Maynooth Gaelscoil in Kildare is officially opened with new special class for autism

The Minister for Special Education and Inclusion, Josepha Madigan TD, has officially opened Gaelscoil Ruairí in Maynooth (Friday 24 November 2023). Gaelscoil Ruairí is a multi-denominational gaelscoil under the patronage of An Foras Pátrúnachta. This year Gaelscoil Ruairí opened a new special class for autism, with an outdoor soft play area, so that students with special educational needs can undertake their Irish-medium education in the school. Speaking at the opening, Minister Madigan said: "As Minister for Special Education and Inclusion, it's fantastic to be here in Maynooth today to officially open Gaelscoil Ruairí and its special class, which will play a key role in delivering inclusive education in the area.

"Gaelscoil Ruairí is an exemplar of inclusivity and a credit to all the community here who helped bring it to fruition. I want to commend Caoimhín Ó hEaghra and An Foras Pátrúnachta, Chairperson Damhnait Uí Ruairc and the Board of Management, Principal Ní Chinnsealaigh and the school staff, as well as the parents themselves, for working together to establish this school and open a special class. It means that children in the area, including those with special educational needs, can enjoy an education with their peers through the medium of Irish. "I wish you all the very best of success in the months and years to come, as you embark on this new chapter in your education together at Gaelscoil Ruairí. May you make very many happy memories together here."

Póla Ní Chinnsealaigh, Principal of Gaelscoil Ruairí said: "We are delighted to officially open Gaelscoil Ruairí today. This is the result of 5 years of hard work by parents, staff, Board of Management and our patron An Foras Pátrúnachta. "It is really encouraging that the Irish language is so popular in this area, and that the children's parents/guardians have chosen Irish-Medium education for their children. We look forward to welcoming many new families into our wonderful new school for many years to come."

Caoimhín Ó hEaghra, General Secretary of An Foras Pátrúnachta, said: "Demand for places in gaelscoileanna has never been greater. Gaelscoil Ruairí caters for the growth in Irish-medium education locally. Parents are aware more than ever of the extra benefits immersion education provides and we are delighted to provide that choice here in Maynooth, one of a small number of areas where you can access Irish-medium education from pre-school through to university. "As the largest patron of Irish-medium schools, we are delighted to have begun this new chapter in Gaelscoil Ruairí. An Foras Pátrúnachta schools are educating 17,000 students per annum and our schools are open to everyone.

Our aim is to provide an excellent education through the Irish language to every child in Ireland who wants it." The gaelscoil is currently based at a temporary facility on the grounds of Maynooth Education Campus, with planning permission approved for the permanent building nearby which is expected to progress to tender in mid-2024. The school looks forward to the construction of the permanent building so that it can continue to grow to provide education to incoming students from the area. Pupils from each class performed at the official opening before Minister Madigan was treated to a tour of the school building, taking in the classrooms, play areas and special class which consists of a fully equipped classroom and sensory room.

Photographer copyright: Sinéad Mc Monagle



Congratulations to Gaelscoil Ruairi Maynooth for its official opening.



The Minister for Special Education and Inclusion, Josepha Madigan TD,officially opens Gaelscoil Ruairí in Maynooth. Pictured with Póla Ní Chinnsealaigh, Principal Gaelscoil Ruairí, Damhnait Ó Ruairc, Chairperson of the Board of Management and Cormac Mc Cashin, Fóras Pátrúnachta



Pictured at the official opening of Gaelscoil Ruairí, Maynooth, (l) Póla Ní Chinnsealaigh, Principal Gaelscoil Ruairí, (r) Minister for Special Education and Inclusion, Josepha Madigan TD and members of Comhairle na Daltaí (students council).



Gaelscoil Ruairí, Maynooth was officially opened on Friday 24 November 2023. The school team is pictured here with students at the official opening.



Rang a tri/third class students perform at the official opening of Gaelscoil Ruairi, Maynooth on Friday 24 November 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 www.citizensinformation.ie and from the

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



Long-term Carers Contributions

What are Long-Term Carers Contributions?

From January 2024, a new Long-term Carers Contribution scheme will be introduced. Under the scheme, if you have been a full-time carer for at least 20 years (1040 weeks), you can get Long-Term Carers Contributions to help you qualify for the State Pension (Contributory).

A Long-Term Carers Contribution is the same as a paid contribution on your PRSI record for each week that you provide full-time care. The contribution makes it easier for a carer to qualify for the State Pension Contributory when they reach pension age.

Legislation setting out the full detail of the scheme is not yet published. This page will be updated as more information becomes available.

How to qualify

To qualify, you must:

- Have lived in Ireland when you were providing the care.
- Have been over 16 years and under pension age when you provided care
- Not have been in employment, self-employment, voluntary work, training or education courses for more than 18.5 hours a week.
- Not have been getting a weekly social welfare payment when you were caring, except for Carer's Allowance, Carer's Benefit, Domiciliary Care Allowance or Carer's Support Grant.
- Have lived with the person you were caring for and provided full-time care and attention. In some circumstances, you may qualify if you did not live with the person being cared for, but you provided full-time care and attention.

What is full-time care?

To get a Long-Term Carers Contribution, you must be providing full-time care to a person who needs full-time care.

A person is seen as needing full-time care when:

- They need continual supervision to avoid danger to themselves, or
- They need continual supervision and frequent assistance throughout the day with normal bodily functions. For example, help to walk and get about, eat or drink, get washed or dressed.

The person being cared for must have the nature and extent of their disability certified by a doctor.

How do I use Long-Term Carers Contributions to qualify for the State Pension (Contributory)?

To get a State Pension (Contributory) you must have a certain number of paid contributions. The number of contributions also determines your rate of pension. Once you have reached 20 years (1040 weeks) of providing full-time care, you can include Long-Term Carers Contributions in the calculation of your State Pension (Contributory).

How to apply

You can apply for Long-Term Carers Contributions online at MyWelfare.ie. You must have a verified MyGovID account to apply using MyWelfare.ie. If you cannot apply online, you can contact Pension Caring Supports in the Department of Social Protection to ask for a paper application form.

Contact details

Department of Social Protection Pension Caring Supports McCarter's Road, Buncrana, Co. Donegal, F93 CH79

Tel: 01 471 5898 Locall: 0818 690 690

Homepage: https://services.mywelfare.ie/en/topics/pensions-and-older-people/

caring-periods/

Email: pensioncaringsupports@welfare.ie

Court Poor Box

What is the court poor box?

In criminal prosecutions heard in lower courts (usually the District Court), the judge may order the defendant to place a donation in the court poor box in lieu of conviction.

This means that instead of being convicted and facing a prison sentence or a statutory fine, the defendant donates a sum of money to a charity decided by the judge.

The sum can vary in amount, depending on the offence. This donation is then lodged by the defendant with the court and paid over by the Court Service to the charity.

Legal status

There is no legislation guiding the use of court poor boxes. The current system has evolved over the years from the judge's common law jurisdiction to exercise their discretion in imposing penalties.

Where an accused makes a payment to the poor box, the judge usually applies the Probation of Offenders Act 1907 or imposes a suspended sentence.

Proposal to abolish the court poor box

In 2005, the Law Reform Commission published their Report on the court poor box: probation of offenders (pdf). This report makes recommendations for reforming the court poor box and the Probation of Offenders Act 1907.

In February 2014, the Department of Justice published the General Scheme of Criminal Justice (Community Sanctions) Bill. This Bill proposes to abolish the court poor box and replace it with a statutory Reparation Fund that will apply to minor offences dealt with by the District Court.

Objections to the court poor box

The Law Reform Commission published a report on the court poor box (pdf) in 2005 and found that the system is unfair for offenders from different economic backgrounds.

Offenders who can afford to pay the fine can avoid conviction, while people who cannot afford to pay the fine have no choice but to have the conviction registered against them. The court poor box is also not universally used, so some offenders may not have the option available to them depending on where they are tried.

There are also concerns as to the lack of accountability regarding the use of funds, as well as concerns that donations to the court poor box deprive the Irish Government of the fines that would normally be imposed. It has been suggested that a new system where the money collected went to victims of crime would be more appropriate.

How the court poor box works

There is no set procedure for how the court will handle the process. Generally, if a judge orders that you make a donation to the court poor box and you have the funds to pay, the Court Registrar will collect the payment and issue you with a receipt.

If you do not have the funds with you but you can afford to pay, then arrangements will be made for you to pay at a later date. Donations are forwarded to the relevant charity or organisation by the court. If you do not have the funds to pay or choose not to make a donation, a conviction for your offence will be registered against you.

Further information

Further information about the court poor box in your area is available from your local court. You can find contact information for courts throughout Ireland on the Courts Service website.

The Court Service also publishes annual reports that show which charities benefited from poor box donations.

The Origin of the Christmas Tree

In winter trees and plants that stayed green all year round had a special meaning. Ancient people hung evergreen boughs over their doors and windows as it was believed that evergreens would keep away witches, ghosts, evil spirits and even illness.

In the 16th century in Germany, Christians brought decorated trees into their homes. Some were made of wood that were shaped into pyramids and these were decorated with evergreens and candles. Martin Luther first added candles to a tree. He was walking towards his home one winter night when he amazed by the beauty of the stars twinkling in between the trees. So he tried to recreate the scene by bringing a tree inside and put candles on the branches.



It wasn't until the 19th century when Christmas trees started appearing in America. It is thought that the German and Irish immigrants brought this tradition with them when they went to settle in America. Before this celebrating Christmas was against the law and people were fined.

The Christmas tree became more popular with the elite American society when they saw Queen Victoria and Prince Albert with their children around a Christmas tree. Ornaments started arriving from Germany in the 1890's. Small trees were used by Europeans but in America trees that went from the floor to the ceiling were used. With the invention of electricity came electric lights making trees glow for days.



The most famous Christmas tree around the world is in New York at the Rockefeller Centre. This tradition dates back to the Depression era. The first tree was placed there in 1931 which was a small plain tree placed there by a construction worker. Another tree was placed there two years later with lights. Then one every year after. The tallest tree there arrived in 1948. It measured 100ft tall, it was a Norway Spruce that came from Killingworth in Connecticut. The tree now has over 25,000 lights.

Sourced: History Channel

Homemade Christmas Decorations

Salt Dough Ornaments

These handmade ornaments will take you right back to Grandma's house. To make your own, combine 4 cups all-purpose flour, 1 cup salt, and 1 1/2 cups of warm water in a mixing bowl. Knead until the dough is firm and smooth. Roll out dough and cut desired shapes (use a straw to poke a hole for hanging). Bake at 300° F until dry, approximately 1 hour; cool completely.



Rustic Twig Christmas Ornaments

All you need are some twigs of equal length, some glue, twine or coloured wool or ribbon and whatever accessories you like. You can create any shape you wish using the glue to keep the twigs together. When finished, use the twine, wool or ribbon to make loop so that you can hang the ornament.

Snowy Scenes

Create a white Christmas using inexpensive glass cylinders from a crafts store. Place one cylinder inside a larger one, then sprinkle a dusting of fake snow between the two and nestle a sprig of greenery on top of the snow. Add a pillar candle or battery-operated candle inside the centre cylinder. Group different size cylinders for your display.



DIY Paper Photo Ornament

Using prints of your favourite family photos in either mono or colour. Remember you will need 2 copies of each picture for each side. You can cut them into various Christmas shapes. To strengthen the pictures, glue them to some cardboard. To protect the pictures and make them last longer, you can laminate them. If you don't have access to a laminator, you can buy self laminating sheets. These work very well. Punch a hole and thread some ribbon through the hole in order to hang it on the tree. These will make treasured personalised mementos.

Sourced: diys.com/Christmas-ornaments

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Reindeer facts

- 1) Reindeer live in the Arctic tundra and damp forests of Greenland, Scandinavia, Russia, Alaska and Canada, In North America, reindeer are known as caribou pronounced 'kar-i-boo!
- 2) As the name suggests, reindeer are a species of deer. They are the only deer species in which both the male and female can grow antlers. In fact, males' antlers can grow up to a whopping 1.4 metres in length and have as many 44 points, called
- 3) Reindeer can live for up to 15 years in the wild, although domesticated reindeer (reindeer that are cared for by humans), can live for as long as 20 years.
- 4) When grazing, a reindeer's preferred food is a lichen a fungi, moss-like plant that's often found in high, open spaces. In fact, it's so popular with reindeers that it's now become known as 'reindeer lichen!'

- 5) Humans have hunted reindeer for thousands of years for their meat, milk, fur and antlers - which can be fashioned into tools. For groups of people in Scandinavia (Norway, Sweden and Finland), Russia, China and Mongolia, reindeer herding is an ancient and important part of their
- 6) Male reindeer can grow up to 1.2 metres tall at the shoulder and weigh up to 250 kilograms - that's over three times the weight of an average person! Females are a little smaller than males.
- 7) These beautiful beasts may be big, but they are still the target of hungry predators! Wolverines, bears, and even eagles are just some of the animals that prey on reindeer.
- 8) Reindeer spend up to 40% of their lives in snow, so they've developed special adaptations to help them survive the chilly conditions. Their cloven hooves (divided into two) spread their weight, helping them stand on snow and soft ground. Their hollow fur helps to trap heat, and

they're good swimmers, too!

- 9) Have you watched the movie Frozen II? The make-believe Northuldra tribe you see in the Enchanted Forest are based on the Sámi people - the famous reindeer herders of northern Norway. The Sámi really do use reindeer to.pull sleighs through the snow, just like Sven does in the movie (and Santa does on Christmas
- 10) Believe it or not, reindeer actually do have red noses like Rudolph! Well, sort of... Lots of tiny veins circulate warm blood around their nose, heating up the air they breathe in so they don't get cold –

Source: www.natgeokids.com/





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St Mary's Brass & Reed Band

The Band is almost at the end of what has been a very busy 2023. The highlights of last month was our Annual Mass for Deceased Members where we pay tributes to those who have made it possible for St. Mary's Brass and Reed Band to still be here after so many many years. We were delighted to have a small group of our members available to provide some festive tunes in the Square at the turning on of the Christmas lights on Sunday 26th November proving that there's no substitute for a bit of live music to add atmosphere to an event.



December promises to be equally as busy for the Band with the main event being our Christmas Concert which is being held in St. Mary's Parish church on Sunday 10th at 7.30pm with the very reasonable entry charge of just €5. It will be first time for us to hold a concert in the church and as we have found at the band Masses, the sound should be amazing so we are hoping for a good attendance. We hope to pay a visit to a couple of Nursing homes as well while we will be playing at the Ecumenical Service in St. Mary's Church of Ireland on Wednesday 20th of December to round the year off. Of course Christmas day wouldn't be the same without some Christmas music outside the Church after 11.30 mass on Christmas Day, a tradition that has continued for many decades despite the best efforts of rain, frost and even snow to beat the hardy bunch of band members who come to play.

The Band would like to extend grateful thanks to the people of Maynooth and the surrounding areas for their continued support throughout the year. It's a costly undertaking to keep the Band going financially and all your donations are most welcome. Our Annual Christmas collection takes place on Saturday 16th December and our members will be shaking buckets at Manor Mills, Supervalu and other areas around the town so please do your best to show your support,

Finally can we wish everyone a very Happy and Peaceful Christmas.



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Social Democrats express no confidence in Garda Commissioner

Social Democrats TD Catherine Murphy Gannon has expressed no confidence in Garda Commissioner Drew Harris following last week's unprecedented level of rioting in Dublin city centre. "The scenes of near anarchy in our capital city last Thursday night have no place in any civilised democracy. "These shocking events are the result of an absence of leadership - from both Garda management and Justice Minister Helen McEntee; a lack of planning or preparedness; inadequate resources; and insufficient training. There must be accountability for these failures.

"From 2pm last Thursday, far-right agitators were posting in social media channels – on Telegram and elsewhere that large protests were planned near O'Connell Street. Some Government offices were evacuated as early as 4pm, so it is clear there was an awareness of a heightened threat level. "In those circumstances, it beggars belief that the main thoroughfare of our capital city, and the surrounding area, were essentially surrendered to far-right thugs and marauding gangs for hours that night.

"This lack of preparedness endangered rank-and-file gardaí, who were at times completely outnumbered, surrounded and viciously attacked by these thugs. The central core of the city was effectively lawless and prominent businesses were looted while buses, Luas carriages and garda vehicles were set ablaze. "I, and others, have been warning about the rise of the far-right and the problems of violence and anti-social behaviour in the inner city for at least 18 months. Throughout that time, the Garda Commissioner has adopted a policy of appearement of the far-right, which has not worked and is now utterly discredited.

"This level of wanton thuggery and criminality needs a far stronger policing response - not the kid glove approach adopted on this Commissioner's watch. "The riots in Dublin last week follow a spate of brutal attacks on tourists during the summer – in addition to violent far-right protests outside Leinster House – and will add to the perception that the city is no longer safe.

"The Minister for Justice's only response was to announce €10 million in funding for garda overtime and some community wardens – a short-term, sticking plaster solution that will not fix the systemic issues we are facing. "Despite the increased prevalence of far-right groups, the Commissioner has continued to take a softly-softly approach to this very real threat to law and order – an approach that blew up in his face in Dublin city centre last night.

"It is little over two months since rank-and-file gardaí in the GRA overwhelmingly voted no confidence in the Commissioner. Thursday's shameful events show that this lack of confidence was not misplaced. "Last night's catastrophic policing failure must be a watershed moment in how the State responds to future security threats. I have lost all confidence in Drew Harris' ability to do that. "The Minister must now explain why, given the violent mayhem in Dublin last night, she should remain in her role - and she must come into the Dáil at the earliest opportunity and do that."

For Written Answer on: 28/11/2023 Question Number(s): 295

Question Reference(s): 52545/23

Department: Education

Asked by: Catherine Murphy T.D.

To ask the Minister for Education if her attention has been drawn to a shortage of school places at primary and second level in Kildare north; the steps she is taking to address this

issue; if she will provide a schedule of works planned for the provision of new school buildings and the expansion of existing buildings in Clane, Prosperous, Sallins, Naas, Maynooth, Celbridge and Leixlip; the stage each plan is at; and the expected delivery date of same.

REPLY

As the Deputy may be aware, for school planning purposes, my Department divides the country into 314 school planning areas and uses a Geographical Information System (or GIS) to anticipate school place demand. Information from a range of sources, including Child Benefit Data, school enrolment data and information on residential development activity is used for this purpose.

In addition, Project Ireland 2040 population and housing targets inform the Department's projections of school place requirements. Having considered the projected requirements in each school planning area, including North Kildare areas, my Department then makes an assessment of the existing capacity and identifies any requirement for additional provision. Additional provision is made as necessary, where the existing capacity is insufficient for future needs.

The Department is aware of pressures for school places in School Planning Areas across North Kildare. A critical next step is to acquire clarity on the actual number of additional first year places required for 2024 in order for an appropriate solution to be put in place. In that context, schools in a number of areas of enrolment pressure, including Maynooth, Prosperous_Clane, Kilcock and Celbridge have been requested to share data on applications for admissions.

The Department is liaising closely with schools to ensure that this data is provided as soon as possible, and once it is received the actual requirement for places can be established. The Department is already having discussions with the relevant school patrons and authorities regarding potential solutions but the understanding of the actual school place needs will give clarity as to the specific actions that are required.

This close engagement with schools and patrons will also allow the Department to identify particular further capacity requirements for the forthcoming years and put any required solutions in place - beyond those that are already in train - to ensure sufficient school places to meet the needs of students in the area. My Department has invested significantly in schools in County Kildare over recent years. Under the National Development Plan, a total of almost €250m has been invested in schools in County Kildare over the last five years. This investment has focused on provision of additional capacity to cater for its increasing population and there are further significant projects in our pipeline including for the North Kildare

These projects include recently completed new school buildings in Maynooth and Naas. Additionally, a number of further new school buildings and extensions are at construction or planned, including in Prosperous, Kilcock, Maynooth, Celbridge, Leixlip, Naas and Clane. The Capital Programme details the school projects that are being progressed under Project Ireland 2040. The current status of large-scale projects being delivered under Project Ireland 2040, including projects in the school planning areas in question, may be viewed on my Department's website at, www.gov.ie and this information is updated regularly.

In addition, a list of large-scale projects completed from 2010 to date may also be viewed on the website. I can assure the Deputy that Department officials will continue to actively engage with schools and patrons to ensure that there is appropriate provision for all students across North Kildare for the 2024/25 school year and into the future.

Homelessness figures surpass 13,000 for the first time

Homelessness figures for end November 2023 shattered another grim record while local authorities are failing to spend their social housing budgets, according to Social Democrats TD Catherine Murphy: "The latest figures show there are now 13,179 people living in homeless emergency accommodation – tragically, 3,991 of these are children. This is the highest number ever recorded in the history of the State. "In 2019, when the number of people living in homeless accommodation surpassed 10,000, Darragh O'Brien – in his role as opposition housing spokesperson – decried that another record had been shattered by the Fine Gael Government.

"He went on to state that 'this cannot continue' and outlined how Fianna Fáil would fix the housing crisis. We are now more than three years into his term as Minister for Housing and the number of people living in emergency accommodation has grown by 52 per cent. Shamefully, the number of children growing up without a home has increased by a staggering 50 per cent. "This is a monumental failure that brings with it devastating consequences. We urgently need more social homes to protect children from the trauma of growing up homeless.

"This week, the Department of Housing published their Supplementary Estimates for 2023. It showed that €220 million allocated for new local authority housing will not be spent this year. Last year, €237 million allocated to build new local authority housing was left unspent. "This failure to spend money allocated for social housing is having a direct impact on the increasing amounts of people becoming homeless. "The Minister for Housing needs to explain why he is repeatedly failing to ensure that these budgets are spent where they are urgently needed.'

Government is failing to get to grips with vacancy

The revelation that just 3,000 homes are being charged the Vacant Homes Tax shows that a significant amount of work is needed to ensure the measure is effective, according to Social Democrats TD Catherine Murphy: "Ireland's housing crisis continues to have a devastating impact on people's lives all over the country. The floundering Vacant Homes Tax is the latest example of this Government's ineffective measures and half-baked plans. "There were a staggering 166,000 vacant homes identified in the 2022 Census -48,000 of these have been empty for over six years and the figures do not include holiday homes.

"Bringing these empty properties back into use is the fastest and most sustainable way to increase the supply of urgently needed homes. "Revenue monitored electricity usage to identify an initial 25,000 vacant homes that were issued with letters asking the owners to pay the Vacant Homes Tax. "This makes it particularly frustrating that just 3,000 homes so far are being charged the tax – a drop in the ocean in terms of Ireland's true level of empty properties. "A well-designed Vacant Homes Tax, combined with grants that are available for renovations, should be an effective tool to bring these empty homes back into use. "However, the Vacant Homes Tax, as it currently stands, is miles off making a meaningful difference to this country's housing crisis.'

Social Democrats' motion calls for economic sanctions on Israel

The Social Democrats brought a motion before the Dáil on Wednesday, November 15 calling on the Government to withdraw diplomatic status from the Israeli Ambassador to Ireland and push for the imposition of EU-wide economic sanctions on Israel. "The permissive and ambivalent reaction by the international community to the litany of war crimes and flagrant breaches of international law by

(Continued on page 16)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.) Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

(Continued from page 15)

Israel has been shameful. "Israel's cruel and disproportionate response to the barbaric October 7 attacks by Hamas has, to date, seen more than 11,000 people killed in Gaza – over 5,000 of them children – and resulted in the collective punishment and mass displacement of millions of innocent civilians. "Our motion calls on the Irish Government to lobby for the suspension of the EU-Israel Association Agreement on the grounds that the human rights clause in the trade deal has been seriously breached.

The EU should also suspend Israel's access to the €95 billion Horizon Europe fund for research and innovation. "Given Israel's failure to cease the deliberate targeting of civilians, journalists, UN staff and healthcare workers, the Government must withdraw the diplomatic status of the Israeli Ambassador to Ireland. "A referral should also be made to the International Criminal Court requesting that it investigate whether members of the Israeli government and military have committed war crimes, genocide and crimes against humanity in Gaza.

There is more that can be done in this country to sanction Israel for its massacre of Palestinian civilians. As a matter of urgency, the Government should enact the Control of Economic Activity (Occupied Territories) Bill 2018 and the illegal Israeli Settlements Divestment Bill 2023. 'Ireland has been among a small number of Western nations to unequivocally condemn the daily atrocities being carried out in Gaza by Israel's armed forces. However, words alone are not enough to convey our horror and outrage at the death and devastation being wrought by the Israeli government.

"The Government must intensify its advocacy for an immediate ceasefire and the release of hostages. It is also essential that Ireland provides strong leadership at EU level and advocates for economic sanctions on Israel until it ends the carnage in Gaza and complies with international law." "The Government should also pursue all possible avenues at the EU and the UN to build an international alliance for peace to provide a pathway away from violence and back to the negotiation table. The Palestinian and Israeli people need a political, not military solution to this crisis.'

Government squanders €1.5m on hypocritical disability rights campaign

Social Democrats TD Catherine Murphy has accused the Government of blatant hypocrisy after it emerged that €1.5 million has been spent on an advertising campaign promoting disability rights - all while the State continues to deny disabled people those very rights. "The disability awareness campaign, which has been heavily promoted in newspapers, on television, radio and in public spaces, is bound to rankle with disabled people in Ireland. Its core message that 'Disability Rights Are Human Rights' sounds like a sick joke for several reasons.

"The shameful reality is that disability rights in this country are just a myth. From the moment they are born, disabled people and their families must fight the system to access even the most basic services. "More than 16,500 are currently waiting for their first appointment with a Children's Disability Network Team (CDNT). Of these, around 10,000 have been waiting for over a year with no intervention or therapy. Rather than enjoy basic rights, these children are being actively harmed due to persistent neglect by the State.

"The €1.5 million squandered on a hypocritical advertisement campaign would be better spent on desperately needed investment in threadbare disability services. "If the Government is genuinely serious about respecting the human rights of disabled people, it would ratify the optional protocol of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) without further delay. Parties that ratify the

protocol agree to recognise the competence of the Committee on the Rights of Persons with Disabilities to consider complaints from individuals or groups who claim that their rights under the UNCRPD have been violated.

"If disabled people had rights, as the advertisements claim, they would be able to take a case to the UN to exercise

Minister for Education must prioritise teacher recruitment crisis in our schools

The Minister for Education has failed to treat the teacher recruitment crisis in our schools with the urgency it deserves, according to Social Democrats TD Catherine Murphy. "A survey of over 1,000 primary and special schools conducted last month found there were more than 800 vacant teaching posts in classrooms across the country. Even more alarming is the warning from schools that an additional 1,200 long-term teacher vacancies are anticipated within the next three months.

"The survey noted that teacher recruitment is particularly problematic in Dublin due to the prohibitive cost of accommodation, as well as in schools in disadvantaged areas, special schools and gaelscoileanna. "With newly qualified teachers unable to afford to live in urban areas, many of them are taking up posts abroad. It is unconscionable that we should be training our teachers for export when there is a growing recruitment crisis in our schools.

"Barriers to taking up a career in teaching here, both financial and academic, must be removed if we are to incentivise our talented graduates to remain in Ireland. "In addition to tackling housing affordability, the Government should reduce the Professional Master of Education course from two years to one, as proposed in a Dáil motion by the Social Democrats this time last year. This would considerably ease the financial burden of studying to be a teacher and speed up the pipeline of skilled new graduates into our schools.

"Recruitment issues are leading to greater inequalities in our education system. The crisis is impacting some of our most vulnerable students as schools are often forced to redeploy special education teachers to plug staffing gaps. "Instead of concentrating on proposals for a ban on mobile phones for primary school students, Minister Foley's focus should be on prioritising the teacher recruitment crisis in our classrooms."

Disadvantaged communities left behind by the Government

The Government is failing miserably to address the issue of generational poverty, according to Social Democrats TD Catherine Murphy. "An analysis of data included in the Pobal Deprivation Index reveals that the number of people living in areas classed as 'very disadvantaged' or 'extremely disadvantaged' increased from 143,506 in 2016 to 195,992 in 2022 – a rise of more than 52,000 over six

Even though the figures show that employment growth returned to 2006 levels, areas classed as 'very' or 'extremely' disadvantaged did not experience the same level of improvement recorded in the majority of communities. "The index shows that a disproportionate number of disadvantaged communities are located in my own constituency of Dublin Central, as well as the north and west suburbs of the city and other locations outside the capital.

"Significantly, these are all areas where there are more lone parents, higher unemployment rates and lower levels of education. "Despite the Taoiseach's pledge to make Ireland the best country in Europe to be a child, his Government continues to pay lip service to the issue of generational

poverty. "This was evident in the recent Budget when the Qualified Child Payment only increased by a derisory €4. The Government also failed to create a new DEIS-Plus categorisation for the most disadvantaged schools, as proposed by the Social Democrats.

"Eliminating poverty requires a combination of child and adult income supports, in addition to access to quality public services. The Government must now use the data published by Pobal to ensure that resources and supports are targeted at the disadvantaged areas that need them

Uisce Éireann must accelerate efforts to protect our waters

Uisce Éireann must accelerate efforts to end discharges of raw sewage into Ireland's rivers and coastal waters, according to Social Democrats TD Catherine Murphy.

"In its 'Urban Waste Water Treatment 2022' report, published today, the Environmental Protection Agency (EPA) highlights the scale of the challenge facing Uisce Éireann in eliminating raw sewage discharges into our waterways. It is going to take a multi-billion euro investment, and at least two more decades, to bring all waste water treatment systems up to the standard needed to protect our environment and provide for future needs.

"The EPA reveals that over half of Ireland's waste water discharges are not meeting EU standards, which has serious implications for public health and nature protection. As many as 26 towns and villages around the country were discharging raw sewage daily in mid-2023, according to

There are areas identified in the report where Uisce Éireann clearly need to up their game. For instance, it is extremely disappointing that poor management practices at a number of upgraded plants have caused inadequately treated sewage to be discharged into the sea. This is completely unacceptable given that such incidents were preventable.

"It is now 30 years since Ireland was required to bring provisions into force to comply with EU treatment standards to protect the environment. With just 45 per cent of waste water treated to these standards, at the current rate of progress Ireland stands to be in breach of EU regulations for 50 years.

'Uisce Éireann must now take steps to accelerate its improvement programme and focus its resources on preventing pollution in the priority areas highlighted by the

HAP renters now effectively locked out of the market

New figures released by the Simon Communities of Ireland reveal the true scale of the rental crisis faced by those reliant on the Housing Assistance Payment (HAP), according to Social Democrats TD Catherine Murphy.

"In its 'Locked Out of the Market' report for September, the homeless charity found just 27 properties available to rent within the discretionary rate of HAP – the lowest number since the surveys began in 2015.

"One of the starkest findings was that half of the 16 rural and urban areas included in the quarterly survey had no HAP properties available to rent in any household category within standard or discretionary limits. Overall, the report found just 901 properties around the country available to rent at any price, 75 per cent of which were in Dublin.

"The figures show that the Government's over-dependence on private rental accommodation is failing vulnerable

(Continued on page 17)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.)

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

(Continued from page 16)

families and individuals who are reliant on HAP. This is against the backdrop of almost 13,000 people – including 3,895 children – living in emergency homeless accommodation and more than 500,000 adults still sleeping in their childhood bedrooms.

"While the HAP scheme is an essential lifeline for tens of thousands of people, it is completely unrealistic to expect payment rates to keep pace with soaring market rents. It is a sticking plaster solution that will not tackle the housing crisis in the medium to long-term.

"In our alternative budget, the Social Democrats called for 12,000 new social homes, 5,000 cost rental homes and 5,000 affordable purchase homes to be built in 2024. Nothing less than this level of ambition is required to make a difference to the lives of those struggling to put a roof over their heads."

HIQA must inspect all Direct Provision accommodation where children are living

Social Democrats TD Catherine Murphy has called for all accommodation used under the State's Direct Provision system to be inspected by the Health Information and Quality Authority (HIQA) following a damning report by the Ombudsman for Children.

"This is the first time that the Ombudsman's office has laid down a special report to the Houses of Oireachtas since it was established 20 years ago, which is an indication of the gravity of the situation.

"In his report, Ombudsman Niall Muldoon sets out a number of concerns about the safety and welfare of children living in International Protection Accommodation Services (IPAS). These include the continued use of temporary accommodation such as hotels and B&Bs; lack of inspections and monitoring of centres; and not enough vulnerability assessments of children.

"It is now approaching three years since the Government published a White Paper setting out its intention to phase out Direct Provision by 2024. Due to the unforeseen challenges of accommodating refugees fleeing the war in Ukraine, it was inevitable that there would be some slippage in meeting this target.

"However, the Ombudsman raised similar concerns about children living in Direct Provision back in 2021 so his frustration at the Government's lack of progress on the issue is completely understandable.

"The State has a responsibility to ensure the safety, wellbeing and dignity of these extremely vulnerable children. Given the seriousness of the concerns raised in Dr Muldoon's special report, it is vital that all accommodation used under the Direct Provision system is inspected by HIQA as a matter of urgency."

Recent Parliamentary Question in relation to an update on the funding for on-campus student accommodation: 603. To ask the Minister for Education and Skills if he will provide an update on the funding of on-campus student accommodation that was announced for Maynooth University in November 2022 (details supplied). [43713/23]

On 29 November 2022, I received Government approval for a new policy to provide state assistance to stimulate the development of new and additional student accommodation for public higher education institutions. This landmark policy response will, for the first time, see the State providing financial support in the construction of student accommodation, and underpins the policy commitments set out in Housing for All.

To date, the Government has approved a total of up to €61 million in capital and current funding to unlock the development of circa 1,000 beds, including 116 beds at Maynooth University. These developments have planning permission but have stalled as a result of increased construction costs. My officials are also examining additional proposals for potential developments within the HEI sector.

My Department and the Higher Education Authority (HEA) are actively working through the financial and governance due diligence process for these projects in line with the Public Spending Code. It is anticipated that the due diligence process for the Maynooth University project will be completed successfully this week, with the project progressing to tendering stage thereafter, subject to approval.

Work is underway on site on an additional 583 private beds spaces in Maynooth. Planning permission has been granted for 241 public beds with a further 260 beds awaiting a planning decision.

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Prayer to the Sacred Heart

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for a special favour, take it Dear Jesus and place it in your Sacred Heart where the Father sees it and so it will become your favour not mine.

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It was terribly cold and nearly dark on the last evening of the old year, and the snow was falling fast. In the cold and darkness, a poor little girl with bare head and naked feet, roamed through the streets. It is true she had on a pair of slippers when she left home, but they were not of much use. They were very large, so large, indeed, for they had belonged to her Mother and the poor little girl had lost them in running across the street to avoid two carriages that were rolling at a terrible rate.

One of the slippers she could not find, and a boy seized the other and ran away with it saying he could use it as a cradle when he had children of his own. So the little girl went on with her little naked feet, which were quite red and blue with the cold. In an old apron she carried a number of matches, and had a bundle of them in her hands. No one had bought anything of her the whole day, nor had anyone given her even a penny. Shivering with cold and hunger, she crept along, looking like the picture of misery. The snowflakes fell on her fair hair, which hung in curls on her shoulders, but she regarded them not.

Lights were shining from every window, and there was a savory smell of roast goose, for it was New-year's eve, yes, she remembered that. In a corner, between two houses one of which projected beyond the other, she sank down and huddled herself together. She had drawn her little feet under her, but could not keep off the cold. And she dared not go home, for she had sold no matches.

Her father would certainly beat her; besides, it was almost as cold at home as here, for they had only the roof to cover them. Her little hands were almost frozen with the cold. Ah! perhaps a burning match might be some good, if she could draw it from the bundle and strike it against the wall, just to warm her fingers. She drew one out- "scratch!" how it sputtered as it burnt. It gave a warm, bright light, like a little candle, as she held her hand over it. It was really a wonderful light. It seemed as though she was sitting by a large iron stove. How the fire burned! And seemed so beautifully warm that the child stretched out her feet as if to warm them, when, lo! the flame of the match went out!

The stove vanished, and she had only the remains of the half-burnt match in her hand. She rubbed another match on the wall. It burst into a flame, and where its light fell upon the wall it became as transparent as a veil, and she could see into the room. The table was covered with a snowy white table cloth on which stood a splendid dinner service and a steaming roast goose stuffed with apples and dried plums. And what was still more wonderful, the goose jumped down from the dish and waddled across the floor, with a knife and fork in it, to the little girl. Then the match went out, and there remained nothing Source: www.thoughtco.com/little-matchstick-girl-short-story but the thick, damp, cold wall before her.

She lit another match, and then she found herself sitting under a beautiful Christmas tree. It was larger and more beautifully decorated than the one she had seen through the rich merchant's glass door.

Thousands of tapers were burning upon the green branches, and colored pictures, like those she had seen in the shop-windows, looked down upon it all. The little one stretched out her hand towards them, and the match went out.

The Christmas lights rose higher and higher till they looked to her like the

stars in the sky. Then she saw a star fall, leaving behind it a bright streak of fire. "Someone is dying," thought the little girl, for her old grandmother, the only one who had ever loved her, and who was now in Heaven, had told her that when a star falls, a soul was going up to God.

She again rubbed a match on the wall, and the light shone round her; in the brightness stood her old grandmother, clear and shining, yet mild and loving in her appearance. "Grandmother," cried the little one, "O take me with you; I know you will go away when the match burns out; you will vanish like the warm stove, the roast goose, and the large glorious Christmas-tree." And she made haste to light the whole bundle of matches, for she wished to keep her grandmother there. And the matches glowed with a light that was brighter than the noon-day. And her grandmother had never appeared so large or so beautiful. She took the little girl in her arms, and they both flew upwards in brightness and joy far above the earth, where there was neither cold nor hunger nor pain, for they were with God.

In the dawn of morning there lay the poor little one, with pale cheeks and smiling mouth, leaning against the wall. She had been frozen on the last evening of the year; and the New -year's sun rose and shone upon a little child. The child still sat, holding the matches in her hand, one bundle of which was burnt. "She tried to warm herself," said some. No one imagined what beautiful things she had seen, nor into what glory she had entered with her grandmother, on New-year's day.



Writers' Corner - Short Stories/Articles from our Readers

A Day to Remember

Standing inside the bedroom window, Joe adjusted his binoculars so that a swan floating on the river came into focus. It must be the cob hanging about while the pen brooded her eggs. Sweeping the opposite bank, with its row of two-storey houses, he noticed a burly individual accompanied by a boy pushing a supermarket trolley with a red handle onto the green. Now what on earth was going on? Next minute he had the answer as the man caught the top edges of the trolley, swung it above his head and sent it flying into the river. The small boy looked on in admiration as the startled swan flapped clumsily away.

Anxious lest he be seen, Joe took a last, quick look, noting the man's plaid cap and leather jacket, before stepping back into the bedroom. Later, he and his son, Jason, strolled down to the river. The trolley had ended up on a mud bank, so that he could make out the name 'Walker's Supermarket' on the projecting handle. Further back, the cob was feeding near the built-up nest on which his mate sat, as if guarding her from dangerous humans. Joe felt a sudden surge of anger. Granted that he himself tipped cut grass from his garden down the riverbank but this fellow had gone too far. 'Will you report him to Tom Walker, Dad?' Jason asked. 'Maybe, but you're not to breathe a word about this to anyone.'

That afternoon while buying groceries he spotted Tom. After a brief chat he mentioned the trolley.

'Well the damp black grand!' Tom shook his head 'I've

'Well, the damn blackguard!' Tom shook his head. 'I've been wondering why my trolleys keep disappearing.' 'Do you know who that fellow is?' Joe asked.

'Do you know who that fellow is?' Joe asked.
'Do I know who he is?' Tom echoed. 'Indeed I do. He comes in here now and again, usually for six-packs of beer and a few groceries. Wait till Sergeant Coyle hears about this.'

'Is he married? I saw a boy with him.'

'Married! His partner walked out on him with their son a few years ago, and would you blame her? You'll tell the sergeant what you saw?'

'Do I have to?'

'Well, yes, if we're to get a conviction.'

'I'll have to think about it – Jason might be picked on in school.'

'Well, think about this: the school is short of funds and, meanwhile, that gentleman is drawing compensation for a bad back."

By: P.G. Nerney

New Year's Day

There's not one theme that tempts me now to take my pen and let words flow; too many sorrows cloud my sky, too few the sun rays breaking through.

> I could recount some victories but they are sullied by defeats; most promises of days gone by when tested yielded emptiness.

Perhaps I'll write about a bird, a robin flying down for cheese? He does not wonder how things go or fret about some enterprise.

Each day he's glad to be alive, a hedge will shelter him from rain; he does not yearn for victories; this moment is his true domain.

By: Colin Scott

Actually Going Outside

We decide to do the cliff walk from Bray to Greystones even though the day is grey and the heavy clouds are low overhead with a distinct possibility that it will bucket out of the skies but we don't care because we've set aside the day for this and a few pissy showers aren't going to stop us from making the journey along the winding

Wicklow coastline because we promised ourselves we'd do it and we want to stick to our guns this time because we've spent too long putting things off and wasting our time on Facebook and

YouTube

and prevarication

and telling our friends

all the interesting things we do when in reality it's a virtual reality we're fabricating that is more or less

an entangled mass of tissued stories and tall tales

and posed-for selfies
to delude ourselves and others
that we have an actual life
but not this time
because
this time
we are actually going outside.

By: Peter McCluskey

CHRISTMAS

To my knowledge Ireland is the only country which identifies December with Christmas, "Mí na Nollag". Maybe we could have had April as "Mí na Cásca" only that Easter can at times be in March! Anyway it's just a few weeks away and for Christians it celebrates an extraodinary event in the history of the world. Not only do Christians believe there is a God but they believe that about two thousand years ago he came and lived and walked among us. While he was among us in the flesh he told us a great many things about who we are and what our destiny is. He was a carpenter or a builder, the experts aren't sure, but he has left no physical structure after him and never wrote a word except whatever he wrote in the dust on that famous occasion.

So why do we believe that he ever did come amongst us? There is the entire New Testament and at least four reputable, contemporary, secular authors referred to him as someone whose name was in the mouths of many. These writers weren't followers, far from it, but they knew of him and thought he was sufficiently relevant to be mentioned. One of them was a Syrian who had heard of Jesus and was struck by the great miracles he had performed, Mara bar Seraption.

But apart from the evidence of contemporaries isn't the world as we know it crying out for such a one as Christ? Isn't it a world of mayhem, savagery and inexplicable pain? (Gaza)? Isn't it really "a tale told by an idiot, full of sound and fury,

signifying nothing"?(Macbeth). According to Dawkins and millions like him, after all the pain and disappointment, there is nothing in store for each of us but six feet of clay or a box in a crematorium wall! Is that what it's all about? I, for one, will not accept that it is. My reason tells me that absurdity will not have the final word. Everything has meaning. Nothing is without an explanation! But what about war? "Since wars begin in the minds of men it is in the minds of men that the defences of peace must be constructed" (UN Charter). Is the sermon on the mount not the greatest anti-war statement ever spoken? Great people have heeded it, St Paul, Chesterton, Pope Francis, Nelson Mandela and billions more throughout the ages. Jesus of Nazareth is the source of all meaning and his words, life, death and resurrection cannot be gainsaid except by a perverse intellect.

We don't often hear much about this and it's never referred to in homilies, but God is suffering with us and all humanity in Jesus. He is suffering with us in the wars and the colonial massacres and the racist subjugation of indigenous peoples all over the world. Also in the scurrilous lies told by leaders of countries in order to control affairs in other countries for their own selfish ends. And this was never as easy as it is now with instant communication through the worldwide web. Those leaders' day of reckoning will come! Let us thank the Lord this Christmas for becoming one of us and taking our troubles on his shoulders!

GM.

The Broken Sleigh

Tomorrow is Christmas And I'm sad to say Christmas is cancelled Due to a broken Sleigh

Santa brought it to a Mechanic
But it couldn't be fixed
He was in a great panic
What about the presents kids had picked!!

Santa couldn't bear All the kids with frowns And the coldness in the air No joy in the towns.

Santa wasn't himself He wasn't eating at all Until a little Elf thought I can fix it all.

The Elf was almost done Making Santas's new Sleigh And Oh no here comes the sun Its almost that time of day

He gathered the Reindeer And he prepared the Sleigh When the Elf showed Santa He shouted Hip Hooray....

Santa was so happy Watching all the families play Christmas is now fixed Its going to be the best Christmas Day

By: Isabelle Maher



Everyone knows a Beatles song

Everyone knows a Beatles song "Love, Love Me Do" I bet you know a Beatles song "With Love, From Me To You"

I grew up with a Beatles song
"I Wanna Hold Your Hand"
My friend he sings a Beatles song
Like "Lonely Hearts Club Band"

My girlfriend cries to a Beatles song "I Saw Her Standing There" My Dad adores a Beatles song "Michelle" - beyond compare

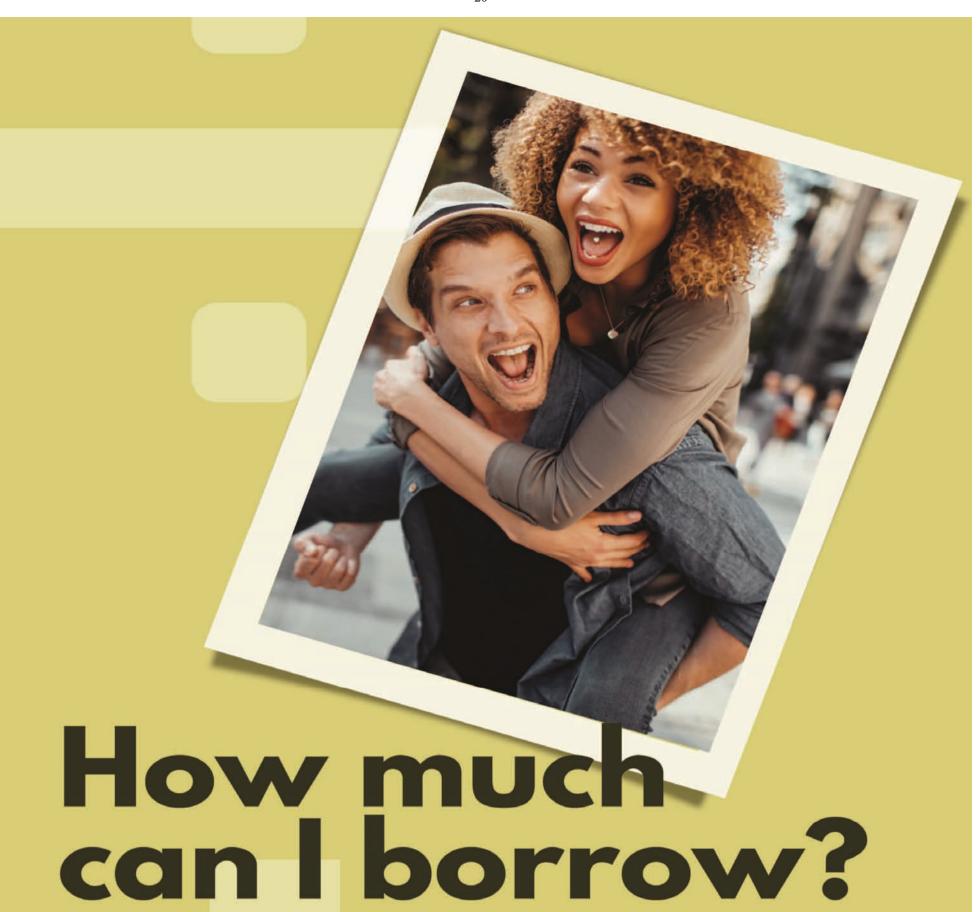
The neighbour hums a Beatles song "The Long And Winding Road"
My dog he loves a Beatles Song "Everybody's Got Something To Hide Except Me And My Monkey"

By: Peter McCluskey

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.



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Maynooth Cycling Campaign

Review of the Year

The last year has seen little progress in providing additional cycle infrastructure in Maynooth. Although funding is at unprecedented levels, only two significant active travel projects were funded at the construction stage in the county including the Royal Canal between Maynooth and Leixlip. Last month, it was

revealed that the contract to complete the Royal Canal will have to be retendered in the New Year and that progress on the Celbridge Road and Beaufield /Newtown Road schemes has stalled. Even minor schemes – such as the provision of additional bike parking for schools or bike bunkers (see below) – the council has failed to make significant progress.

In contrast, there is better news from Naas where a new bridge has been provided over the Grand Canal at Sallins and the cycle tracks on the Kilcullen Road are taking shape. Kilcullen Road is looking particularly good although it would look even better had it been "properly" finished in red surfacing as at Liffey Valley.

On the school front, the increase in cycling to St. Mary's Boys' school is encouraging but the continuing difference in the number of pupils cycling to the two secondary schools is puzzling. One has three times the number of cyclists compared to the other which can't be explained purely by the difference in the number of pupils.

Maynooth Cycling Campaign took delivery of its trishaw for Cycling Without Age in March. We are grateful to Kildare County Council and Kildare Sports Partnership for financial help to purchase it. We would also like to thank Maynooth University for allowing us to store the trishaw in one of their bike sheds.

Finally, climate change has not gone away. Maynooth has been chosen as Kildare Decarbonation Zone and with the Kildare Action Plan likely to be approved early in the new year, opportunities will arise to further promote and enable increased active travel. Let's hope that we will see more progress in Maynooth in 2024 than 2023. Meanwhile, Have a happy and safe Christmas.

Maynooth Cycling Without Age

On the 11 November, Maynooth Cycling Campaign took part in the Kildare Sports Ability Day in Maynooth University. Kildare Sports Partnership brought a number of organisations together to offer a range of sports to people who, for a range of reasons, wouldn't normally participate in activities. Cycling Without Age came with its trishaw and offered tours to a number of the participants.

While Maynooth's Cycling Without Age will be taking a break over the winter, Maynooth Cycling Campaign has been asked to provide training to pilots in St. John of God Celbridge. They have recently acquired a trishaw and are keen to use it over the winter as part of their services.

Voise

Many people listen to their radio when out walking. Having recently acquired a pair of airbuds, I have begun to use them to listen to music or podcasts when walking. (Yes, I do walk as well as cycle). One of the unexpected results is that you are much more conscious of the noise from motorised traffic. You walking along a road listening to a broadcast when suddenly a passing car drowns out the volume.

Kildare County Council has approved a Noise Action Plan but the Council has failed to meet its commitments to produce annual reports on progress.

Bike Bunkers

Earlier this year, Dublin City Council recommended that 200 bike bunkers should be provided by 2026. We are still waiting for Kildare to provide one - even as a pilot project. There are apparently a number of issues to be resolved but no date has been provided when one will be delivered.

Road Safety

There has been a total of 170 road fatalities on Irish road to date (27th Nov). This is an increase of 30 or 21% from 2022 for the comparable period. In 2019, road fatalities were at a minimum. That year there were only 125 fatalities.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website. We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it a member of the European Cycling Federation.





How to make your home smell amazing for Christmas

It's the most wonderful time of the year, and the enchanting aromas are some of our favorite holiday season features. The festive Christmas smells of crisp peppermint, freshcut evergreen, cinnamon sticks, and freshly baked sugar cookies can bring back memories from Christmases past. The scents instantly boost your holiday spirit and fill your home with a cozy ambiance on a cold winter night.

There's no reason to wait until December 25 to surround yourself with your favorite seasonal scents. These easy projects and ideas will add the scents of Christmas to your home all winter long.

Deck the halls with fresh greenery.

Nothing says Christmas quite like boughs of fresh-cut greenery. Incorporate fragrant foliage into your holiday decor to add organic texture and straight-from-the-forest fragrance. Layer a cedar garland atop your mantel, with sprigs of spruce, or arrange evergreen boughs down the center of your dining table for an easy winter centerpiece.

Light a candle.

One of the easiest ways to add Christmas smells is to light a scented candle. Whether you prefer an earthy fragrance or the aroma of freshly baked treats, there are so many lovely holiday candles to choose from. Light one (or perhaps a few!) to create a cozy atmosphere.



Blend seasonal essential oils.

Essential oils are a natural way to make your home smell amazing, and some blends are perfectly suited for winter. Mix oils like myrrh, cypress, sweet juniper berry, cinnamon bark, and tangy wild orange to evoke festive feelings. Fill up a spray bottle with distilled water and a few drops of your favorite oils for room spray, or add essential oils to your diffuser to create a holiday-inspired aroma.

Heat up a holiday simmer pot.



A pot of water and a few items from your press are all you need to create a simmering source of Christmas smells. Add your favorite ingredients (such as apple slices, cinnamon sticks, vanilla extract, and cloves) to a saucepan of water and simmer on low heat.

Add more water as it evaporates. This stovetop potpourri can also be made in a slow cooker.

Make your own herbal potpourri.

Mix essential oils into dried flowers, leaves, and greenery to create a custom potpourri blend. Pour your homemade filler into vases and decorative bowls throughout your home to spread a subtle seasonal scent. You can also place your potpourri in jam jars and put little fairy lights in them.

Craft a dried-fruit wreath.

Dehydrate grapefruits, oranges, lemons, and limes to use in a fruity citrus wreath. Dust the dried fruit with fine glitter for a sparkly touch, then attach the slices to a foam wreath form with straight pins. Mount the wreath above your fireplace to infuse the room with a fresh citrus scent.

Swap out hand soaps.

Another quick way to immerse your home in seasonal charm: Swap out everyday hand soap for a holiday variety. Choose one that smells of peppermint candy or a freshly cut pine tree for a burst of Christmas cheer every time you wash your hands.

Hang Spice Cushions In Entryways For A Warm And Welcoming

While spice cushions can be bought pre-made they are just as easy to make at home. These gorgeous pouches make for wonderfully rustic Christmas decor and contain a wonderful combination of warm spices such as cloves, nutmeg and cinnamon (and sometimes a little fir too) to help make your home smell festive.

Place them where it might be more difficult to place a candle or oil diffuser.

Source:www.bhg.com/decorating/seasonal/winter/house-smell-like-christmas/ Source: www.homesandgardens.com/life-design/christmas/how-to-make-a-home-smell-good-for-christmas



Christmas scents are great for putting you in a festive mood. There's nothing nicer than relaxing on the sofa with the soft glow of a gorgeous candle and beautiful scents filling the room.





Gold Medal Winners 2016 - 2017 - 2018 2019 - 2021 - 2022 - 2023

We would like to wish all our followers, volunteers and our many many supporters who have helped Tidy Towns in 2023 a very Merry Christmas and a Happy New Year, I hope the partnership will continue into 2024 and beyond.

We won our 7th Gold Medal in 2023 and we hope to improve on this result in 2024. Thanks to The Glenroval Hotel and Leisure Centre for hosting our Christmas party for our volunteers it was a wonderful evening. We gave Certificates and a Peace lily to some of our very loyal Volunteers, Mattie Callaghan, Liz Callaghan, Marian Cawley and Moira Baxter. Mattie told us he started volunteering 44 years ago and Moira more than 30 years, congratulations to them all, Maynooth is a better place to live because their dedication.

Thanks to John Kavanagh for organising the delivery of the Christmas tree 🛊 to Courthouse Square and the erection of same by our volunteers. The lights were turned on in the town by our own Vincent Mulready at an event organised by Mark Nolan.

We planted 20,000 bulbs in different areas around the town over the past few weeks, they should make a good display come the Spring.

We will continue to meet up every Saturday morning at 9am weather permitting for the month of December.

Please follow us on Facebook for more up to date information or contact us by email at maynoothtidytowns@outlook.ie

Mary Molloy Maynooth Tidy Towns Association PRO

















December Events at Maynooth Community Library

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



facebook.com/KildareCountyLibraryService

twitter.com/kildarelibrary

Children's Events

Kildare Disability Week

Inclusive Little Maker Session for 3 - 7 Year Olds.

Saturday 2nd December at 9.30am

Join us for an inclusive Little Maker session for neurodiverse children for 3 - 7year-olds. Children can build amazing creations using construction toys such as Magna-Tiles, Duplo / Lego, Mega Bloks, Blockaroo, Plus, puzzles and more. To allow children to explore construction toys in a relaxed atmosphere this session will have a small number of children and the first 30 minutes of this session will take place while the library is closed. Children must be accompanied by an adult.

Suitable for 3-7 Year Olds (Older children welcome too).

Book Ticket here: https://buytickets.at/maynoothlibrary/1074541

Creative Writing Workshop for 8-10 year olds Friday 15th December, 3.45 pm - 4.45 pm

Have you a young writer who loves coming up with stories but sometimes doesn't feel! All children attending this workshop must be accompanied by a parent/ know where to start? Come and join Niamh for some December themed character creation and story-writing! Based on the Fighting Words method, we can collaborate as a group to get started and then see where our individual imaginations take us! Requires a good grasp of individual writing skills, so please only book if your child is 8+. Limited places.

Booking via TicketTailor required: https://app.tickettailor.com/events/ maynoothlibrary/1068223

Stories, Songs and Games in Italian for 2 - 5 year olds Sat 16th Dec, 10am - 11am

Join us for some stories, songs, fun activities and games in Italian. Suitable for 2 to 5 year olds. The event will take place in Italian so the children are required to have some knowledge of the language.

Booking via TicketTailor required:

https://buytickets.at/maynoothlibrary/1036783

Stories, games and fun activities in Italian for 6 - 9 year olds Sat 16th December, 3pm - 4pm

A chance for children to practice their Italian and learn more about Italy and its culture through stories, fun activities and games in Italian. Suitable for 6 to 9 year olds. The event's language will be Italian so the children are required to have some knowledge of the language.

Booking via TicketTailor required:

https://buytickets.at/maynoothlibrary/1036805

Let's talk about Parenting'

Supporting your Anxious Teen, Thursday 30th November

Presented by Helen Vaughan

What can you do for your anxious teen?

This workshop with Helen Vaughan from Maynooth Counselling & Psychotherapy will discuss:

- Understanding teen development
- How to parent adolescents
- How anxiety impacts our young people & supporting them.

Teen issues: secondary school, bullying, social anxiety & boosting resilience

Book here: https://www.tickettailor.com/events/ letstalkaboutparenting/994002

Young Adult Events

Online Teen Writers Group, Ages 12-15

Thursday 7th and Tuesday 14th of December, 6pm – 7pm

A social group for young writers aged 12 to 15, to chat, share work and bounce ideas. Online via MS Teams.

Teen Book Club, Ages 12-15 Friday 8th December, 4pm-5pm

A book club with a difference; while there are always bookclub books to avail of, teens can bring along their own recommendation to discuss during the meeting which takes place in Maynooth Community Library. Book Rec for December meeting available in the library now: Under 14s 'Darkmouth' by Shane Hegarty, 14+ Last Night at the Telegraph Club.

Family Time @ Your Library Events

Arts & Crafts for Ages 5-7,

Sat 9th December, 10 - 10.45am

Join us in Maynooth Library for a fun winter-themed arts and crafts session, as part of our Family Time at Your Library programme. All children attending this workshop must be accompanied by a parent /guardian.

Suitable for ages 5-7 years.

Book your place on TicketTailor: https://buytickets.at/

maynoothlibrary/1073678

Mindful Paper Xmas Craft Workshop with Aoife Munn for all the family Saturday, 16th December, 12pm – 1pm

Family Christmas Paper Crafts Session - Join us for a lovely mindful paper craft session and create Christmas tree hanging decorations, Christmas trees and everything you will need to get your home Christmas ready with a homemade guardian.

Booking via TicketTailor required: https://buytickets.at/ maynoothlibrary/106929

Festive Fun, Food and Music @ Maynooth Community Library

Wednesday 20th December, 3-4pm

Come along for some festive sweet treats and music with Maynooth Library Staff and kick off the holiday season! All Welcome. *Drop In. No booking required*

Healthy Ireland @ Your Library Events

My Girls Gynae - Teen Gynae Health Explained Monday 18th December, 10.00 am – 11.00 am

A talk for parents of tweens and teens – bringing together medical and holistic information. Geraldine Connolly, Consultant Adolescent Gynaecologist and Paula Herbert, Yoga teacher and Ayurvedic Practitioner will be joining us talking about:

- Menstrual Cycle Phases, hormonal fluctuations, impact on energy, mood & sports participation.
- Common period problems and treatments, irregular periods, painful periods.
- Sanitary Products

The Importance of diet for a healthy cycle

Holistic lifestyle recommendations to help manage stress Booking Via TicketTailor required : https://buytickets.at/ healthyirelandatyourlibraries/1067075

Climate Action Events

Zerowaste Maynooth

Saturday 9th December, 2-4pm. Ladies Clothes swap: Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money!

Cloth Nappy Ireland: Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money. So simple to use, drop by and chat to a volunteer.

Kids toy swap - bring one, take one! Let's get the kids used to the idea of swapping before buying!

The Craft Corner In the last of this series, Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life. We really appreciate all Vanessa's helps and tips to really add so much to

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action)

Drop In. No booking required

Sustainable Christmas Talk with Refillz Zero-waste Shop Thursday, 14th December, 6.30pm – 7.30pm, for adults

Christmas, the most Wonderful or Wasteful time of the year?! If you're dreaming of a 'Green' Christmas, then pop along to your local Kildare Library and the amazing team from Refillz zero-waste shop will give you some tips on how to enjoy the festivities sustainably and save a few quid along the way.

(Continued on page 24)

December Events at Maynooth Community Library (Cont.)

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

(Continued from page 23)

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; Goal 4 (Education), Goal 11 (Sustainable Cities and Communities).

Booking required via Tickettailor

https://buytickets.at/maynoothlibrary/1069256

The Poetry of James Joyce & Open Mic Night with Luain Press Tuesday 5th December

6.00 - 7.00pm

Are you a fan of Joyce? Maybe you just like poetry? Come along for discussions, readings and creative writing activities!

Drop In. No booking required

Breast Feeding Support Group with Public Health Nurse Tuesday 12th December, 9.30 - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breastfeeding Mums and Mums-to-be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions.

No booking needed, just drop in. ***Please ring the library doorbell between 9.30am & 10am as the library doors will be closed, and you will be let in*

New Fantasy/Sci-fi Book Club

First Meeting Tuesday 9th January ,7pm – 8pm

Maynooth Community Library's is starting a new fantasy/ science-fiction book club which will meet on the 2nd Tuesday of every month. We'll be reading Yan Ge's novel "Strange Beasts of China" which will be available to collect from behind the desk through the month of December. Originally published in Chinese in 2006 and translated into English in 2020, the plot centres an amateur cryptozoologist who is commissioned to uncover the stories of the city's fabled beasts.

Monday 12th December, 12.30pm – 2pm

Age Friendly Christmas Wreath-making Workshop with Sinéad of Festina Leinte

For Adults aged 55+

Enjoy the winter wonder delight of making your own luxurious wreaths and garlands with seasonal berries, leaves and flowers!

All wreath materials sourced sustainably from the locality of Naas will be provided. Creative tips and guidance offered throughout the workshop, so that your own personal wreath-making style shines out! Refreshments provided. "Gifts of time and love are surely the basic ingredients of a truly merry Christmas.'

Booking via Tickettailor required: https://buytickets.at/ maynoothlibrary/1073619

Age Friendly Coffee Morning

Wednesday 13th December, 10.30 am – 11.30am

As part of our Age Friendly Programme, drop in for a cup of tea/coffee and a chat with library staff and find out more about the libraries online and other services. *Drop In. No booking required*

Movie Discussion Club Tue 30th Jan, 7-8pm

Calling all cinema goers and movie buffs! Maynooth Community Library is seeking expressions of interest for a Movie discussion club which would meet on the last Tuesday of each month 7-8pm, starting with the first meeting on Tue 30th Jan, 7-8pm, in Maynooth Community Library.

The film which the club will be discussing is to be confirmed (Copies of film will be available at the main library desk for the members of the club to watch at home and come in to discuss on the 30th Jan). To register for the club, please email Maynooth Community Library @ maynoothlib@kildarecoco.ie or ask at the library desk.

Exhibitions

Connections

Thursday December 7th 2023 - Tuesday 9th January 2024

A visual and energetic exploration of the interconnectedness of all things. How

does it make you feel? Each artwork encapsulates the intention to heal, integrate, and come back to wholeness as an individual and a part of the complex tapestry of life. Kamila Lukaszewicz is a Polish artist, and holistic therapist living in Ireland for the past 19 years. She derives her inspiration from nature. Kamila uses various forms and mediums to express the essence of living here at this time. To learn more visit: <u>alchemymultiverse.com</u>

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.

Library Groups and Regular Groups

Craft & Knitting Club **Every Monday** 11.30am - 1.00pm

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

Ciorcal Comhrá / Irish Conversation Group

Tuesdays / Dé Máirt

11.00am - 12 i.n.

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

Baby & Toddler Group Thursday Mornings

10.00 - 11.00am

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.

Drop In. No booking required

Maynooth Women's Group 1st & 3rd Saturday each month

11.30am – 12.45 pm

A meeting space for local women usually held on the first and third Saturday of the month at 11.30am.

Women's Ex-Pats Group Last Tuesday of the month

6.30pm-7.30pm

Calling all women who have relocated to Ireland, returned from abroad, or local ladies interested in welcoming expats! Our Women's Group offers a meeting place at the library to chat, make new friends, and share stories about transitioning to Ireland. Join us for an enriching experience of community, support, and connection.

Book Clubs

U3A (University of the Third Age) Book Club **Monday 11th Dec**

10.30 - 11.30am

New members welcome.

Midlands LGBT+ Book Club **Thursday 21st December** 6.30 - 7.30pm

Maynooth Library host a monthly book club in collaboration with Midlands LGBT+ Project, focusing on books by LGBT+ authors or with LGBT+ themes. Meetings take place on the third Thursday of each month. For more information or to enquire about joining, email maynoothlib@kildarecoco.ie

Crime Book Club **Tuesday 19th December** 7.00 - 8.00pm.

The Crime Book Club meets on the third Tuesday of every month at 7pm. If you are interested in joining the book club, please email Maynooth Community Library at maynoothlib@kildarecoco.ie

Maynooth University launches Strategic Plan 2023-2028

Maynooth University today has launched its Strategic Plan 2023-2028, which embodies a collective vision for the future and charts an ambitious path forward for the institution – one centred on excellence, opportunity and impact.

At an event hosted at the Technology, Society and Innovation Building, Professor Eeva Leinonen, President of Maynooth University, announced a series of initiatives that will drive the University's strategic direction for the next 5-10 years.

"Education is a powerful force that can truly be life-changing. We believe in the transformative effect of exploring new interests and cultivating new ideas. At Maynooth University, students have the opportunity to not only gain

knowledge but also to discover their passions and unlock their potential. Maynooth University encourages students to seize these opportunities and to embrace the journey of self-discovery that education provides," Professor Leinonen said.

At the heart of the strategy are four pillars: globally recognised research excellence, innovative programmes of student learning that reflect modern ways of learning, enhanced internationalisation, and strong external partnerships. All students will graduate with future-focused skills including data and digital literacy and will have more opportunities for international study. There will be a focus on growing postgraduate student enrolment, building strategic international partnerships, and leveraging the University's existing expertise to create a new National Centre of Excellence for Inclusive Higher Education. A new Partnerships Office will serve as a "front door," facilitating engagement between the University and industry, enterprise and civil society.

A commitment to enhancing the student experience and advancing future-focussed educational opportunities will be enabled through:

- Further integration of 'real-world' opportunities into the student learning experience. All students will graduate with future-focused skills in data and digital literacy.
- Embedding **international learning opportunities for all** within the student experience, with a focus on students for whom international experiences have been difficult to access.
- Expanding support services, both on-campus and digitally, through the creation of a 'One-Stop Shop' for support services
- Greater support for student clubs and societies, and further development of sports and cultural facilities
- Investment in technology-enhanced and inclusive approaches to teaching, learning, and assessment
- Establishing the **National Centre for Inclusive Higher Education** -leveraging MU's expertise in widening access to higher education to inform national policy.
- A more flexible curriculum and co-design opportunities to meet evolving student needs.
- Expanded academic programmes to support lifelong learning and regional and national workforce needs, such as the establishment of a School of Health and Medicine.

A new Graduate Research Academy to support the current and next generation of researchers.

The President also announced that the University will establish a School of Health and Medicine, with plans to open a School of Nursing by 2025 already underway.

Photos By Maxwel



Aoife O'Connor, violinist with the Maynooth Chamber Choir, performing at the launch



Maynooth

University

National University of Ireland Maynooth

Colm O'Reardon, Secretary General of the Department of Further and Higher Education, Research, Innovation and Science speaking at the launch of Maynooth University's Strategic Plan.



President of Maynooth University, Prof Eeva Leinonen meets Morgan Bullock, Maynooth University student and former Riverdance troupe dancer at the launch of Maynooth University's Strategic Plan.



Students, Sarah Lindsay Swan and Kaylee Bailey Bromely speaking at the launch of Maynooth University's Strategic Plan.

Maynooth University welcomes Budding Scientists at its annual Science Night

Maynooth University welcomed budding scientists to its annual Science Night, hosting a series of free fun events including robot soccer, chemistry experiments, star gazing



and fascinating talks. Science Night was part of Science Week, which took place from November 12-19.

Photos By Maxwell



Pictured at Maynooth University's Science Night: Sophie & Lucy Nevin, Maynooth.



Emily and Andrew Quinn, Donadea, Co Kildare, pictured with a Katydid insect at Maynooth University's Science Night.



Pictured at Maynooth University's Science Night: Ciara Farragher, Maynooth.



Pictured at Maynooth University's Science Night: Anqi Wu, Maynooth.

LIFFEY MEMORIALS

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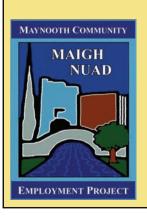
Merry Christmas from all our Staff & Best Wishes for the New Year



MAYNOOTH COMMUNITY EMPLOYMENT PROJECT SECRETARIAL SERVICES

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

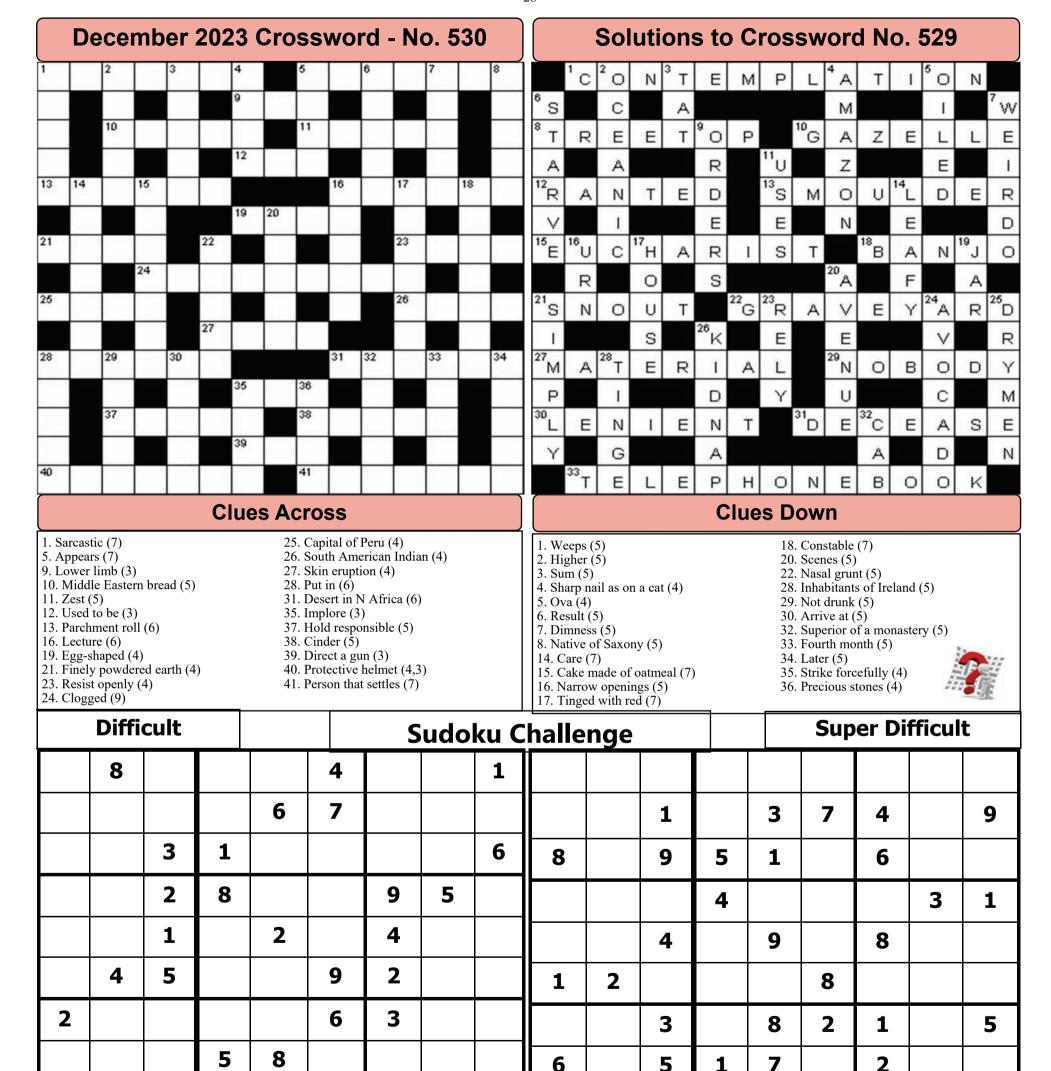
Photocopying - Typing - Scanning to & Print from Email A3/A4 Poster Design & Printing - CVs - Theses Letters - Essays - A3/A4 Lamination Other Office Services available on request



Tel: 01 6285922 Email: office@maynoothcep.com

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





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.

How to cook a turkey

There are many ways to cook a turkey, but the most common method is roasting. Roasting involves cooking the turkey in an oven at a low temperature for a long time, until the meat is tender and juicy, and the skin is crispy and browned. Here are some basic steps for roasting a turkey:



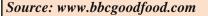
- Thaw the turkey in the refrigerator for about 24 hours per 4 to 5 pounds of weight. Make sure the turkey is completely thawed before cooking.
- Remove the turkey from the packaging and take out the giblets and neck from the cavity. You can use them to make gravy or stock, or discard them. Rinse the turkey and pat it dry with paper towels.
- Season the turkey with salt, pepper, butter, herbs, or any other flavorings you like. You can also stuff the turkey with bread, vegetables, fruits, or nuts, but make sure the stuffing is cooked to 165°F before serving.
- Place the turkey breast-side up on a rack in a large roasting pan. Tuck the
 wings under the body and tie the legs together with kitchen twine. Insert a
 meat thermometer into the thickest part of the thigh, without touching the
 bone.
- Preheat the oven to 325°F and roast the turkey for about 20 minutes per pound, or until the thermometer reads 180°F for the thigh and 170°F for the breast. Baste the turkey with pan juices or melted butter every 30 minutes to keep it moist. If the skin starts to brown too much, cover it loosely with aluminum foil.
- When the turkey is done, transfer it to a cutting board and let it rest for 15 to 20 minutes before carving. This allows the juices to redistribute and makes the meat easier to slice. Enjoy your turkey with gravy, cranberry sauce, mashed potatoes, or any other side dishes you prefer.

Brussels sprouts are a versatile vegetable that can be cooked in many ways. Here are some popular methods:

Boiling: Boiling is the most common method of cooking Brussels sprouts. To boil Brussels sprouts, trim the ends and remove any yellow or wilted leaves. Then, add them to a pot of boiling salted water and cook for 5-10 minutes, or until they are tender but still firm. Drain and serve with butter, salt, and pepper.



- Roasting: Roasting Brussels sprouts is a great way to bring out their natural sweetness and nuttiness. To roast Brussels sprouts, preheat the oven to 400°F. Trim the ends and cut them in half. Toss them with olive oil, salt, and pepper, and spread them out on a baking sheet. Roast for 20-25 minutes, or until they are crispy and browned.
- Sautéing: Sautéing Brussels sprouts is a quick and easy way to cook them. To sauté Brussels sprouts, trim the ends and cut them in half. Heat some oil or butter in a pan over medium-high heat. Add the Brussels sprouts and cook for 5-7 minutes, or until they are tender and lightly browned. Season with salt, pepper, and any other spices you like.
- Steaming: Steaming Brussels sprouts is a healthy and simple way to cook them. To steam Brussels sprouts, trim the ends and cut them in half. Place them in a steamer basket over a pot of boiling water and steam for 5-7 minutes, or until they are tender. Serve with lemon juice, butter, or any other sauce you like.
- **Grilling**: Grilling Brussels sprouts is a fun and flavorful way to cook them. To grill Brussels sprouts, trim the ends and skewer them on a metal or wooden stick. Brush them with oil and season with salt, pepper, and any other spices you like. Grill for 5-7 minutes, or until they are charred and tender.





Fruit and veg

- Place straw around the base of parsnips to prevent the soil freezing, which can make harvesting difficult.
- Plant thorn less blackberries, such as 'Loch Ness', for easy pickings of large, sweet, juicy fruits.
- Winter prune large fruit trees, such as apple and pear, to control their shape, size, and to increase their productivity.
- Plant fruit trees trained as cordons, fans or espaliers to make good use of limited space.
- Start to plan next year's crops and order seeds.
- Tidy up raspberry and blackberry beds weed and mulch with compost, then tie new stems to support wires.
- Lift and divide large clumps of rhubarb, replanting the outer sections into soil enriched with well-rotted manure.
- Keep kale, winter cabbages and other brassicas covered with netting to protect them from hungry pigeons.
- Finish clearing old crops and debris from the veg plot, but only compost healthy material.
- Remove yellowed leaves on brassicas, so fungal diseases such as grey mould and downy mildew don't take hold.
- Make sure Brussels sprouts don't topple over in strong winds tie to a cane for support and earth up the stems.
- Prune grapevines, cutting back side-branches to one or two buds from the main stem.

Garden Maintenance

- Bring all watering equipment indoors, including hoses and sprinklers, so they don't freeze and split.
- Scoop fallen leaves and debris from ponds, leave on the side so pond life can escape, then add to the compost bin.
- Stand your Christmas tree in a bucket of water in a sheltered spot outdoors until it's time to bring it indoors.
- Clear out your shed, organise and clean your tools.
- Check tree ties and stakes are firm enough to stand up to winter storms.
- Prune blackcurrants once dormant, removing about a quarter of the old stems.
- Order well-rotted manure or mushroom compost to dig in over winter or spread over bare soil for worms to take down.
- Order summer-flowering bulbs such as lilies and gladioli.

Flowers

- Protect terracotta pots from cracking in freezing weather by bringing them indoors or wrapping in bubble polythene.
- Rake up accumulated fallen leaves in borders that could be harbouring slugs and other pests.
- Plant bare-root roses and other deciduous shrubs, plus ornamental trees.
- Hang bird feeders near roses to attract hungry birds that will also pick off any overwintering pests.
- Cut stems of berried winter shrubs, seasonal flowers and evergreen leaves for festive decorations and wreaths.
- Move plants in pots to a sheltered spot if conditions turn very cold, as their roots are more exposed to the elements.
- Pile straw or bracken around the base of tender shrubs and climbers to protect them from falling temperatures.
- Plant fragrant winter shrubs in pots on the doorsteps.
- Prune climbing roses between now and February.
- Hard prune overgrown shrubs and hedges while they're dormant.
- Check stored bulbs and corms regularly for any signs of rot.

Source: GardenersWorld.com



Creamy Curried Turkey & Rice Soup

(Turkey can be substituted for any meat you have leftover)

Ingredients

2 tbsp olive oil

3tbsp Thai red curry paste 400ml chicken stock

4 large eggs

340g can sweetcorn, drained

2 spring onions, sliced

1 onion

2 x 400g cans coconut oil

100g risotto rice

200-300g leftover turkey shredded

2 - 3 limes, juiced

Method

- 1. Heat the oil in a saucepan over a medium heat. Add the onion and fry for 10 mins or until softened and turning translucent. Add the curry paste and cook for 1 min. stir n the coconut milk, chicken stock and risotto rice and bring to a simmer. Cook for 15-20 mins or until the rice is tender.
- 2. Bring a pan of water to a simmer, add the eggs and cook for 5 mins to warm everything through. Season to taste and finish with the lime juice. Gently peel the shells off he eggs and cut them in half. Top the soup with the eggs and spring onions.

Cheeseboard Soufflé (Use up leftover cheeses from cheeseboards)

Ingredients

50g butter, plus extra for greasing

200ml milk

100ml double cream or crème fraiche

Grating of nutmeg

25g plain flour, plus extra for dusting

400g leftover hard cheese, cut into chunks

4 eggs, separated Pinch cayenne pepper

Method

- 1. Heat the oven 200c/180 fan/gas 6. Melt all the butter in a saucepan. Brush a 20cm soufflé dish with a little of the butter, then dust with flour. In the saucepan, stir the flour into the rest of the melted butter, then sizzle everything for 1min. Gradually pour in the milk to make a white sauce, then add two-thirds of the cheese and carry on cooking to melt. Leave to cool slightly, then mix in the remaining cheese, the cream or crème fraiche and the egg yolks. Season, then add the nutmeg and cayenne pepper.
- 2. In a clean bowl, whisk the eggs whites until stiff. Fold into the cheese sauce, then carefully tip into the soufflé dish. Bake the soufflé for 25mins until puffed up and golden.

Leftover Christmas Lunch Patties

Ingredients

200g leftover roast potatoes, finely chopped

150g leftover cooked Brussels sprouts, finely sliced 50g leftover cooked cabbage, or any cooked veg

1 tsp grated ginger

100g leftover cooked sausages, finely chopped

50g cheese, grated (any kind)

1 tbsp chopped herbs (coriander, parsley or chives)

1 tbsp toasted sesame oil

150g leftover cooked carrots or swede, finely chopped

100g leftover cooked stuffing, finely chopped or crumbled

1 clove of garlic, grated splash of tabasco

100g leftover turkey, shredded or finely chopped

2 tbsp bread sauce or mayonnaise

5 tbsp plain flour

2 tbsp rapeseed oil

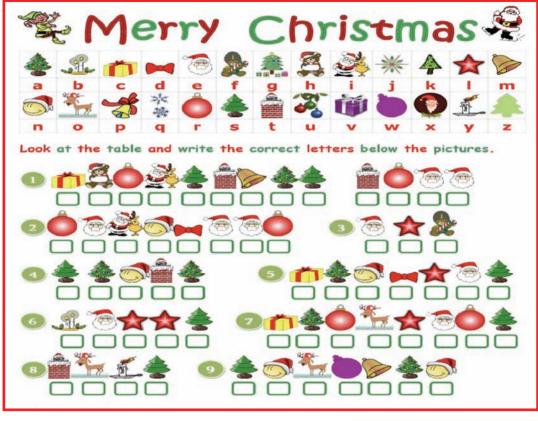
Method

- 1. Heat the oven to 200c/180c fan/gas 6. Mash the potatoes well in a large bowl using a potato masher or fork. Add the carrots, sprouts and stuffing and mash to combine. Stir in the cabbage or any cooked veg you have and season well. Stir in the garlic, ginger, tabasco, sausages, turkey, cheese, bread sauce or mayonnaise and herbs, mixing everything well until even combined. Put the flour in a second shallow bowl. Lightly oil your hands, and mould handfuls of the patty mixture into burger-sized patties. If they start to fall apart, add a little more bread sauce or mayonnaise. Lightly dust the patties in the flour mixture, then flatten them slightly between your palms.
- 2. When all the mixture has been used (6-8 patties), heat the sesame and rapeseed oils in a heavy-bottomed frying pan or skillet over a medium heat. Fry the patties for 2-3 mins until they have a golden crust. Carefully flip and fry for another couple of mins on the other side until golden. Transfer the patties to a baking tray and bake in the over for 5 mins until deeply golden and crisp on the outside and cooked through.



Sourced: BBC GoodFood.com





Why was the snowman embarrassed when he was spotted rummaging through a bag of carrots?

He was caught picking his nose.

NB: To Print - go to File, select Print and put in this page number to avoid printing all the pages. Then Print.





FILM/DVD MONTHLY BY BERNIE CLAXTON **LOVE ACTUALLY 20TH ANNIVERSARY**



- 1) What does Liam Neeson's character do for a living?
- 9) In which English city is the majority of the film set?

- Journalist
- B. **Teacher**
- **Journalist**
- Actor

- A. B. Birmingham
- London
- C. York
- Nottingham



10) Which popular Christmas song does Sam play backing

drums for in the school show in Love Actually?

- 2) What is the Prime Minister's Name?
- Brian
- A. B. David
- C. D. Roger
- Fran

- Last Christmas
- А. В. Rockin' Around the Christmas Tree
 - All I Want For Christmas Is You
- C. Fairytale of New York



- 3) Name the singer on the album Alan Rickman gave Emma Thompson as a Christmas present?
- A. B. Whitney Houston
- Tina Turner Joni Mitchell
- D. Janis Joplin
- 4) Which American actor has a cameo as the President of the United States?
- Tom Hanks
- B. Al Pacino
- Bradley Cooper
- D. Billy-Bob Thornton
- 5) Bill Nighy's "Christmas Is All Around" video is a copy of a famous 1980's song. Which one?
- Billie Jean
- B. Addicted to Love
- Hello
- We Are the World
- 6) Which star of "Love Actually" appears in British comedy, The Office?
- Bill Nighy
- Andrew Lincoln В.
- C. Martin Freeman
- Ricky Gervais
- 7) What airport does the final scene of the movie take place in?
- London Airport
- Heathrow Airport
- Stansted Airport
- Luton Airport
- 8) What language does Colin Firth's character learn to surprise his housekeeper
- 1. Portuguese
- B. Spanish
- French
- D. German

LOVE ACTUALLY QUOTES

"Love, actually, is all around."

"At Christmas, you tell the truth"

"To me, you are perfect"

"And my wasted heart will love you until you look like this."

"Worse than the total agony of being in love?"

loveactually



Christmas Movie Season

Lighthouse Cinema

ELF

Will Ferrell (dir. John Favreau)

DIE HARD

Bruce Willis (dir. John McTiernan)



THE MUPPET CHRISTMAS CAROL Michael Caine (dir. Brian Henson)

LOVE ACTUALLY

Hugh Grant (dir. Richard Curtis)



IT'S A WONDERFUL LIFE James Stewart (dir. Frank Capra)

HOME ALONE

Macaulay Culkin (dir. Chris Columbus)

SCROOGED

Bill Murray (dir. Richard Donner)





Maynooth Community Contacts Listing						
Group Name	Contact Number	E-Mail Address	Facebook Page/ Website			
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	1 110			
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	0863329050	autismfriendlytownmaynooth@gmail.com	https://www.facebook.com/maynoothaft/			
Maynooth Community Care Unit	01-6106351	, , ,	ı			
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	086-8252934	Maynoothcycling@gmail.com	https://maynoothcyclingcampaign.com/			
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	intpos/may noonley omigeumpungmoons			
Maynooth GAA Club	01 0290202	secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/			
Maynooth Health Centre	01-6106130					
Maynooth Kilcock Lions club	01 010010	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 0200922	maynoothseniorcitizens@gmail.com	nupun www.uuccscancong.wezzriewszenc			
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	English with MacCook and Military 1707			
North Kildare Tennis Club	01 0100707	info@northkildaretennis.ie				
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com				
Post Office	01-6286259	may noomparishornee (aginan.com				
Réada Cronin T.D.	01-6280239	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			
Zero wasic maynoon	007-77-7103	zero wastemay nooth (a/gman.com	https://www.naccoook.com/zerowastemayhooth			

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.