

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s



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

National Parks & Wildlife Service IEN

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.

MAYNOOTH COMMUNITY COUNCIL
INVITES YOU TO A

picnic

In the Park

Fun in the Field

LPT Funded

Activities:

- Sports Day
- Arts & Crafts
- Facepainting
- Sustainability Hub
- Games
- Artists

Bring A Picnic

Free Event

Sunday, 18th June
at The Harbour Field
from 2pm - 5pm

Learn More about Maynooth Decarbonising Zone

Accessoloo

STREET FEAST

@maynoothcommunitycouncil

Clár Éire Ildánach Creative Ireland Programme





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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

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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cliona@abundanceholistichealth.ie

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 is 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

**"To the World you are a Dad
To our family you are the World"**



taxy

> we're going places <

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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](https://www.bordbiabloom.com) 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 ([BordBiaBloom.com](https://www.bordbiabloom.com)) 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.

Bike 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 [Ticketmaster](https://www.ticketmaster.ie) 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 [BordBiaBloom.com](https://www.bordbiabloom.com) 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 [BordBiaBloom.com](https://www.bordbiabloom.com) 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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- * Social Housing
- * Estate Issues
- * Community Issues
- * Environmental Concerns
- * Employment Concerns
- * Covid - 19 related queries



Phone



E-mail



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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

Bikeweek 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.



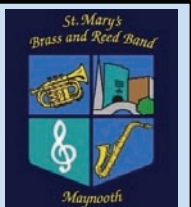
KCC Grants

Maynooth Cycling Campaign wishes to thank Kildare County Council for the award of two grants - €800 from the Community Grant and €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 its 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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Representative example as at 17/05/23. Example is for illustrative purposes only.

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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.

Maynooth Post Primary School

Cúrsa 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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Assisted Decision-Making (Capacity) Act 2015

Introduction

What is capacity?

New decision-making arrangements

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Criminal offences under the Assisted Decision Making (Capacity) Act

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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 €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

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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'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 addresses.

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 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 two-thirds 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 pond 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 Fischbach 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?
GM

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.

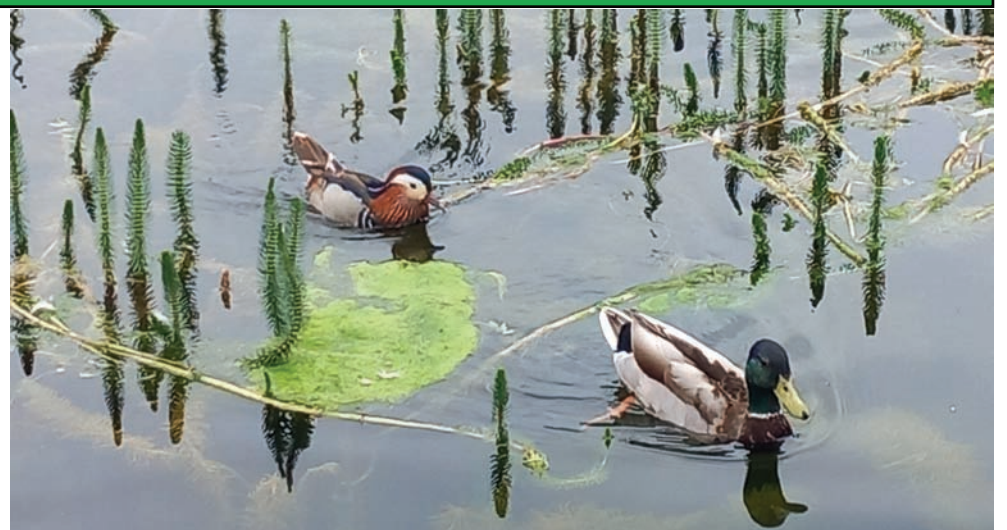
7. Know when to contact your health care provider

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 in addressing many of these key societal challenges, collectively and collaboratively."



Professor Eeva Leinonen, President Maynooth University & Mairead McGuinness, EU Commissioner for Financial Stability, Financial Services and the Capital Markets Union.

"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 Murrys 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.

Take the Flag

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.



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

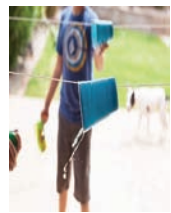
Using any buckets or pots. Fill them with some water. These will be targets to throw water balloons into. When someone gets the balloon into the target, they get another go. If they miss they get a pot of water over them. Any number of people can play this especially on a hot summer day.

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 a runny 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/library/maynoothlib@kildarecoco.ie Ph: 01-6285530



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



twitter.com/kildarelibrary

Cruinniú na nÓg

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 out in the sun for more than 2 hours

Pack your food in an insulated 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 be 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

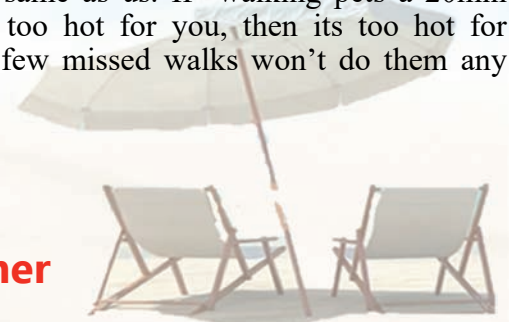
When near water or going swimming remember the dangers! Never go swimming alone and swim in a safe place where there are lifeguards

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 it's too hot for you, then it's 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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June 2023 Crossword - No. 524

1		2				3		4		5		6
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14		15								16		
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22				23				24				
25						26						

Clues Across

1. Moment (7)

4. Graphic (5)

7. Steps (5)

9. Love story (7)

10. Gives up (6)

11. Topics (6)


15. Nutritionist (9)

17. Nearly (6)

19. Movie genre (6)
22. Transport system (7)

24. Dye (5)

25. At a subsequent time (5)

26. Recite (7)
- 

Solutions to Crossword No. 523

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

Clues Down

1. State indirectly (5)

2. Accomplish (7)

3. Limited period of time (4)

4. Vitality (3)

5. Animal toxin (5)

6. Chest of drawers (7)

8. Sorrow (7)

12. Monstrous (7)

13. Fuel (3)
14. Angry dispute (7)

16. Paradise (7)

18. Slightly wet (5)

20. Scope (5)

21. Song of praise (4)

23. Armed conflict (3)

Difficult

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

Sudoku Challenge

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

Super Difficult

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 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 offset of pastry to push the pastry into the base of the tin. This helps prevent tearing.

Source: www.bbcgoodfood.com/recipes

JUNE GARDENING

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 basis, 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.

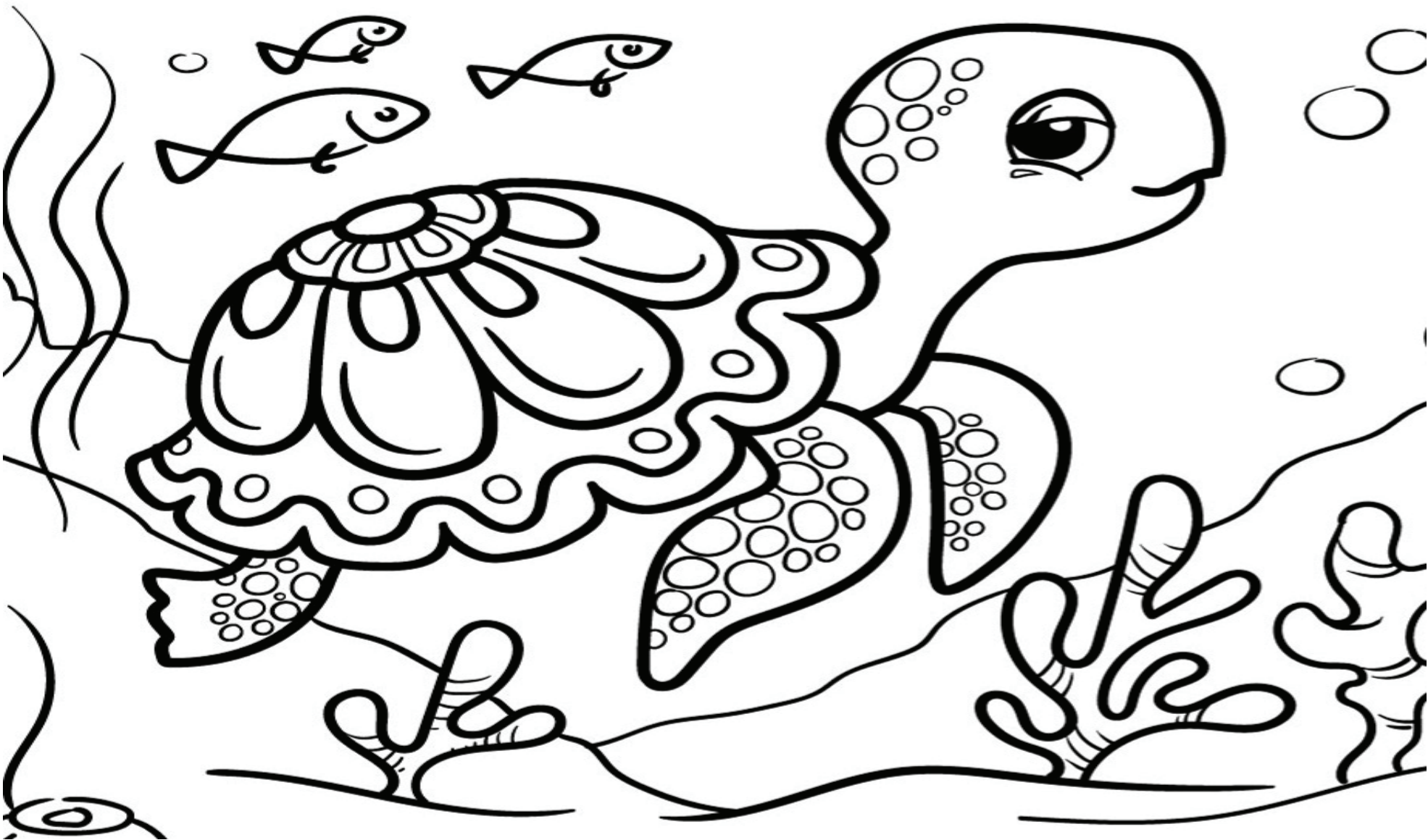
Pinch out any side shoots from your tomato plants and feed once the first truss is setting fruit. You can pot up the side-shoots to create new tomato plants. Continue to earth up potato plants as they grow. If you're growing potatoes in bags simply add more compost to half way up the plant stem. Harvest 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 courgettes, 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



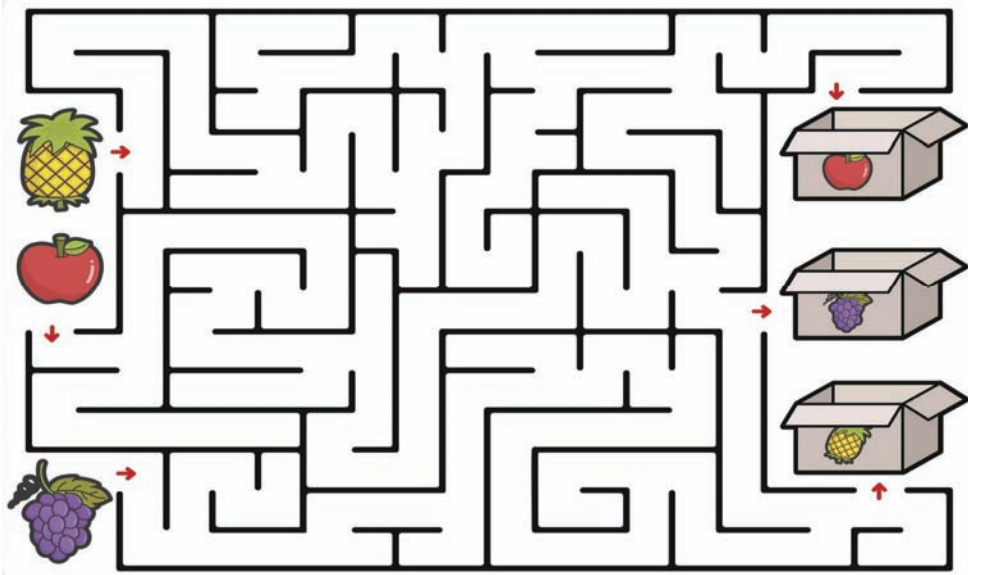


Use the picture clues to solve these crossword puzzles.

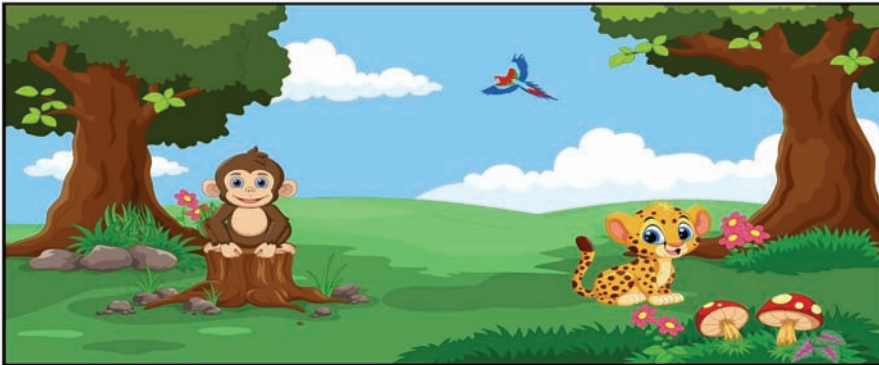
FRUITS

All puzzles sourced free from Google

NB To Print the page go to File, select Print and put in this page number to avoid printing all the pages. Then Print.



Spot the 6 differences ↓



JUNIOR PUZZLES



FILM/DVD MONTHLY BY BERNIE CLAXTON

Classic Movies Trivia



Taxi Driver (d. Martin Scorsese, 1976)

In Martin Scorsese's iconic masterpiece, Taxi Driver, 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 Jaws 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 Godfather 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 Babe, 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 The African Queen. 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 The Dark Knight, 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 A Clockwork Orange. 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 Network, 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

