



# Maynooth Newsletter



*Recording the Social Footprint of Maynooth since the 1970s*



## Local News - March 2023 - Issue No. 521 - Online Version

This publication is produced by Maynooth Community Employment Project, supported by the Department of Social Protection, which is funded by the Irish Government.  
*The views & opinions expressed in this Publication are those of the contributors.*



## Galway Cycle 2023

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

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

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

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

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

"The vision of the charity is to advance community welfare and development through the provision of support and funding to local clubs, societies, groups and projects to enable them to increase participation and to promote social inclusion and positive integration.

"And with its long history and amazing record of fundraising, the Galway Cycle certainly lives up to that vision."

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

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

**For more information or to register to take part in the event, see [galwaycycle.ie](http://galwaycycle.ie) and [asdarraghdid.ie](http://asdarraghdid.ie)**



## Launch of the Galway Cycle 2023

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

*Photo - Robbie Reynolds*

## MAYNOOTH ST. PATRICK'S DAY PARADE 2023

*FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 2023*

Parade entry form is available on page 22

Printed copies are available for collection from the Newsletter office in Carton Retail Park or e-mail [office@maynoothcep.com](mailto:office@maynoothcep.com) to request a copy by e-mail







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

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

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## Letters to the Editor

Letters to the Editor, for publication, should be sent by e-mail to: [editor@maynoothcep.com](mailto: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](http://www.maynoothcep.com).

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

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

**Editorial Board - Maynooth Newsletter**

## Editorial

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

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

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

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

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

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

**Paul Croghan  
Editor**

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

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(Behind EBS Main St)

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### W.R.A.P

Wellness Recovery Action Planning  
Level 1 Training

Venue: Kildare Community Development Centre,  
Meadow Road, Kildare Town, R51 RF88.

Dates: Monday 27th March to Thursday 30th March

Time: 9.30am to 1.30pm

Booking: Mary @ 085 284 5871  
[lifepanning@countykildare.ie](mailto:lifepanning@countykildare.ie)  
Lorna @ 085 842 1347  
[lorna@countykildare.ie](mailto:lorna@countykildare.ie)

Who is it for? Anyone looking for ways to support their mental health and wellbeing.

*This training is offered free of charge!*

WRAP is...

Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

WRAP training is delivered by Copeland Centre Accredited WRAP Facilitators. Book early as places are limited!





# Celbridge

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# Online Office

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

**Wishing you  
all a Happy  
St. Patrick's Day**



**Phone**



**E-mail**



**Cllr. Angela Feeney**

**Tel. 087 238 1962**

**Email. [angelafeeney@gmail.com](mailto:angelafeeney@gmail.com)**

**Stay safe everyone.**







## Cllr. Angela Feeney Maynooth Labour News

E mail: [angelaemfeeney@gmail.com](mailto:angelaemfeeney@gmail.com) - Phone: 0872381962



### Bins Blocking Footpaths

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

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

### Damaged Grass Verges in O'Neill Park

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

### Council Houses Upgrades

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

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

### Communication of Council Matters in Local Newspapers

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

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

### A Kildare for All

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

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

### Public Meeting on March 6th

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

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

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

### Upcoming motions and questions at March Council meeting:

#### Motion 1:

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

#### Motion 2:

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

#### Question 1:

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

#### Question 2:

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

### Meetings attended by Cllr Feeney since last Newsletter:

Jan 6th 10:00 am Council MD meeting in Áras Chill Dara, Naas  
 Jan 18th 7:30 pm Coláiste Chiaráin BOM meeting (online)  
 Jan 30th 2:00 pm KCC Housing Maintenance briefing in Áras Chill Dara, Naas  
 Jan 30th 3:00 pm Full Council meeting in Áras Chill Dara, Naas  
 Jan 31st 7:30 pm Coláiste Chiaráin BOM meeting (online)  
 Feb 2nd 2:00 pm KCC Strategic Policy Committee meeting at Athy Distributor Road.  
 Feb 3rd 9:00 am, Joint Policing Committee, in Áras Chill Dara, Naas  
 Feb 3rd 10:00 am Council MD meeting in Áras Chill Dara, Naas  
 Feb 27th 3:00 pm Full Council meeting in Áras Chill Dara, Naas

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



## March Events at Maynooth Community Library

For further information contact: [www.kildare.ie/library/maynoothlib@kildarecoco.ie](http://www.kildare.ie/library/maynoothlib@kildarecoco.ie) Ph: 01-6285530



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



[twitter.com/kildarelibrary](https://twitter.com/kildarelibrary)

### Children's Events

#### Magical Mackers Magic Show & Bubble disco

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

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

Suitable for children of **all ages**

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

### Seachtain na Gaeilge

Ceardlann Scileanna Sorcais le Stephen McGinley ó [www.juggle.ie](http://www.juggle.ie)

Satharn 11ú Mí na Márta 11am – 12.30 i.n.

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

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

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

**Oiriúnach do pháistí ar 7–10 mbliana d'aois**

#### Circus Skills Workshop with Stephen McGinley (Bi Lingual Irish & English)

Saturday 11th March at 11am – 12.30pm

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

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

**Suitable for ages 7- 10**

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

#### Ceardlann Drámaíochta Gaeilge/Béarla

Ceadaoin 15ú Márta 15.30- 16.50

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

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

**Oiriúnach do pháistí ar 6-10 mbliana d'aois**

#### English/Irish Drama Workshop

Wednesday 15th March 15.30 - 16.50

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

**Suitable for ages 6-10**

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

#### Baby and Toddler Stay & Play Group

Every Thursday at 10am - 11am

If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am. Bring a coffee and chat to other parents while your babies play with the toys and books provided. No need to book, just drop in!

### Spring into Storytime

Storytelling and Kamishibai with Fiona Dowling

Saturday 25th March 10am – 11.15am

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

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

**Suitable for ages 7+**

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

### Young Adults

#### Online Teen Writers Group

Thursdays 2nd and 9th March at 6pm

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

### Teen Book Club for Ages 12-15

Friday February 24th March at 4pm at Maynooth Library

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

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

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

**Available for Pickup now:**

*Members aged 11-13: 'Knights of the Borrowed Dark' by Dave Rudden*

*Members aged older or reading at a higher level: 'Sabriel' by Gareth Nix*

### Adults

#### World Poetry Day Open Mic / Slam Poetry Night

Tuesday 21st March at 6.30pm – 7.50pm

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

Come be entertained to within an inch of your lives.

Some limited time is available for fellow or wannabe poets who would like to perform.

Under 18's must be accompanied by a parent/guardian.

**Suitable for Adults and Young Adults age 16+**

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

#### Breast Feeding Support Group with Public Health Nurse

Tuesday 14<sup>th</sup> & Tuesday 28<sup>th</sup> March 9.30am - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breast-feeding Mums and Mums to be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions so that postnatally they may feel more confident with getting their breastfeeding journey off to a good start. Mothers who may be having any breastfeeding problems will have the opportunity to speak to the PHN on a one-to-one basis or to the group in general. We hope the group will allow mothers to meet with other mothers, have a chat and thereby build a social network for these mothers.

**No booking needed, just drop in.** \*\*\*Please ring the library doorbell between 9.30am & 10am as the library doors will be closed, and you will be let in\*\*\*

#### World Poetry Day

**Celebrating Poetry from around the World: An evening of sharing poetry.**

Thursday 30th March, 6.30pm-7.30pm,

**Online event via Microsoft Teams**

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

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

<https://buytickets.at/maynoothlibrary/860267>

### Climate Action Events

#### Maynooth Zero Waste Maynooth Ladies Clothes Swap

Saturday 11th March at 2pm – 4pm

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

#### Kids Toy Swap Maynooth Zero Waste

Saturday 11th March 2 - 4pm

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

#### Clothes Mending Session with The Craft Corner

Saturday 11th March at 2- 4pm

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

#### North Kildare Nappuccino at Maynooth Library

Saturday 11th March at 2 - 4pm

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

(Continued on page 8)



## March Events at Maynooth Community Library (Cont.)

For further information contact: [www.kildare.ie/librarymaynoothlib@kildarecoco.ie](http://www.kildare.ie/librarymaynoothlib@kildarecoco.ie) Ph: 01-6285530



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



[twitter.com/kildarelibrary](https://twitter.com/kildarelibrary)

(Continued from page 7)

### Exhibition

#### Emma Kilcullen's My World Exhibition

Wednesday 1st March - Thursday 30th March

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

These works have brought moments of serenity, in a busy world, it is hoped that you too will share a moment of calm as the colours dance to your inner voice. Please note this work is exhibited in a multipurpose space, room may not be accessible to the public at all times.

#### Exhibition Meet the Artist Evening

Thursday 9th March at 6.30pm – 7.30pm

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

#### Maynooth Community Library's Exhibition Space Open for Bookings

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

### Library Groups and Regular Groups

#### Craft & Knitting Club

Every Monday 11.30am – 13.00

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

#### German 'Stammtisch', informal conversation meet-up for adults

Thursday 23rd March 6.30pm-7.30pm

Venue: Maynooth Community Library

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

For more information contact Maynooth Library at [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) or 045 980493.

### Book Clubs

#### U3A Book Club

Monday 13th March 10.30am – 11.30am

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

#### The Tuesday Murder Club: Crime Book Club

Tuesday 14th March 7pm - 7.50pm

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

#### Wednesday Readers Book Club

Wednesday 15th March 11.00am – 12.00pm

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



#### Build a Coffee Table with Storage

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



#### Old Mason Jars into Handy Organisers

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

#### DIY Charging Station for Phones



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

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



#### Turn Plain Glass Vases into Wine Cork Vases

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

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

Upcycling

#### Rainbow Crayons using Broken Crayons

Remove any paper wrappers. Get the kids to help. Place the crayons in an old muffin/bun tray. Or you can put them into bun cases to give them a fun edge. You can mix up the colours. Heat the oven to 150 degrees - it may take up to 15 mins, you just want the candles to melt. The higher the temperature the less time that is needed to melt. Take them out of the oven when melted and leave to set hard. If any are stuck, just run a knife around the edge. You won't have this problem if you use bun cases.



#### Drawer Wall Units

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



#### Board Game Clock

Re-use an old game board from a game that has missing pieces. You can use an old picture frame too or buy a cheap one in a thrift shop or discount store. Carefully take out the glass from the frame and place it over the game board. Using a pencil trace around the glass to get the exact size that you need to cut out. When cut, place it and the glass in the frame to make sure it fits. Carefully measure the middle of the board as you will need to cut a small circle for the clock mechanism. Cut a small circle in that centre point. You can use an old clock mechanism or you can get a clock from a thrift store and use that mechanism. Assemble the clock kit onto the game board. You can paint the frame if you wish before assembling the clock fully. Don't forget to set the time and add a battery to the clock backing. You can use the original hanging part from the back of the frame. Just take it off easy and using some glue stick it onto the back of the clock for hanging.



Sourced from: [www.upcyclingideas.com](http://www.upcyclingideas.com)



Happy St. Patrick's Day to all our Advertisers, Contributors & Readers





# Coláiste Naomh Eoin An Ghaeltacht sa Bhaile

## Winner of the Memorex Culture Award Gaeltacht Summer Courses 2023

Maynooth University, Maynooth

Cúrsa A: 05/06/23 - 16/06/23

Please Note: Cúrsa A starts on Bank Holiday Monday.

Castleknock Community College

Cúrsa F: 03/07/23 - 14/07/23

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

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**[www.ColaisteNaomhEoin.com](http://www.ColaisteNaomhEoin.com)**



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REFELTED

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

KENNELS, POULTRY HOUSES, BIRD  
TABLES & GARDEN BENCHES

#### Opening Hours

Mon - Fri 8:30 - 18:00

Saturday 8:30 - 17:00

01-6287397

085-2846781



### MAYNOOTH NEWSLETTER

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

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

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



# HEADSUP

supporting U and your mental health

January - December 2022  
Shortlisted for an Aontas STAR Award

795 Phone Conversations  
96 hrs spent offering phone support

**SUPPORTS OFFERED**

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

**164 MEN & 25 WOMEN SUPPORTED**  
CURRENT, PAST PARTICIPANTS & NEW REFERRALS

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

**Supporting Men & Women from:**

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

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

731 job opportunities in Kildare signposted to past participants

Over 154,000 people reached and 2,100 engagements

Referrals from

**MANAGED BY:**

- 1 Fulltime Programme Coordinator
- 1 Fulltime Facilitator
- 1 Part time Administrator
- 1 Contracted Co-facilitator
- 2 Volunteer Peer Supporters
- 1 Student Peer Supporter

GP 12%  
CKLP 5.1%  
Addiction Services 12%  
Mental Health Services 24.7%  
Self referral 31.6%  
Community 14.6%

Comhairle Contae Chill Dara  
Kildare County Council

County Kildare

# Maynooth Golf Society



## Outings 2023

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

## New Members Welcome

Text 0894906510 with any queries

## First Outing 2023

Saturday 04<sup>th</sup> March 2023

**St. Margarets Golf Club**

**Price € 50.00**

**Tee times from 12.30pm**

**New Members Welcome**

**Enjoy the Day**

Text 0894906510 with any queries





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

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

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

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



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

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

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

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



### Disorder in the American Courts

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

**Q:** What is your date of birth?

**A:** July 15th.

**Q:** What year?

**A:** Every year.

**Q:** What gear were you in at the moment of impact?

**A:** Gucci sweats and Reeboks.

**Q:** How old is your son, the one living with you?

**A:** Thirty-eight or thirty-five, I can't remember which.

**Q:** How long has he lived with you?

**A:** Forty-five years.

**Q:** What was the first thing your husband said to you when he woke up this morning?

**A:** He said, "Where am I, Cathy?"

**Q:** And why did this upset you?

**A:** My name is Susan.

**Q:** Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

**A:** Did you actually pass the bar exam?

**Q:** Were you present when your picture was taken?

**Q:** Doctor, how many autopsies have you performed on dead people?

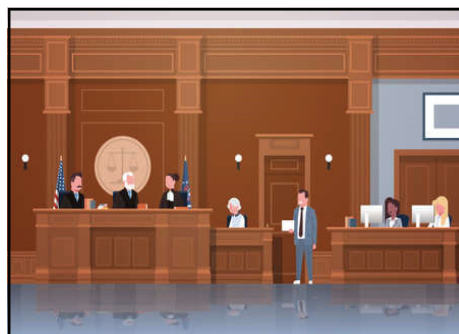
**A:** All my autopsies are performed on dead people.

**Q:** Do you recall the time that you examined the body?

**A:** The autopsy started around 8.30pm.

**Q:** And Mr. Dennington was dead at the time?

**A:** No, he was sitting on the table wondering why I was doing an autopsy?



### Maynooth Senior Citizens Committee

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



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

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

We meet on the first Tuesday of every month at 8pm in the Geraldine Hall.

We would like to express our thanks to all from the local community who have and continue to support the work of Maynooth Senior Citizens Committee. We also acknowledge the support of Kildare County Council and the HSE.

Garry Bermingham (Chair)

Susan Durack (Secretary)

maynoothseniorcitizens@gmail.com

e-mail: maynoothseniorcitizens@gmail.com



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

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

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

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

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

Register on-line at [www.popupraces.ie](http://www.popupraces.ie). Entry fee is €20 for an individual or €40 per family. Teams of 4 also get a 10% discount when they register on-line.

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

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

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

### Contact Organisers

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

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

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

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

Number collection and registration at Maynooth Community College, Maynooth Education Campus, W23 P2R0, from 8am to 9:45am on Sunday April 23rd.

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

For more information please see our website:

[www.maynooth10K.ie](http://www.maynooth10K.ie) or Facebook page

<https://www.facebook.com/maynooth10k>



## Maynooth 10k / 5k 2023



### Event Details

Location	Kildare
Race Type	Real Events, 10k Run, 5km
Date	23-04-2023
Time	10:00





## MU hosts ‘GoGreenRoutes’ event for mental and physical wellbeing

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

GoGreenRoutes is a €10.5m EU-funded project that aims to enhance the physical and mental health of urban residents through access to, and experiences of, nature. The project based at Maynooth University is examining the impact of nature-based design, such as introduction of green corridors and parks and shared walkways on environmental quality and the public’s sense of well-being. Addressing the event, Minister of State Chambers said the work of GoGreenRoutes would contribute to the Government’s aim to embed a more sustainable and biodiverse environment, while helping to address the climate crisis.

The Minister said the Programme for Government committed to cross-government spending of approximately €360m per annum for active travel measures throughout the lifetime of this Government. This will contribute to the development of almost 1,000 km of new and improved walking and cycling infrastructure across the country by 2025. “This is a transformational change from a community perspective and encouraging greater levels of walking and cycling both for leisure and for journeys with a purpose, is a key priority of this Government.” Minister Chambers noted: “Maynooth is a fantastic location to have that discussion, with the Royal Canal Greenway right here. This is something we’re working on to further expand the Greenway from an active travel perspective.”

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



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

## MU celebrates St Brigid’s Day with ‘Herstory’ Light Show

Maynooth University is celebrating St Brigid whose life and legacy is being commemorated this year with a new public holiday.

The University took part in one of the first initiatives of The Brigid 1500 programme, which specifically recognises St Brigid’s reputation as a champion for peace.

The series of events and initiatives includes festivals, concerts, talks, art commissions, illuminations, pilgrimages, and craft workshops and aims to seal St Brigid’s lasting legacy.

The Brigid 1500 programme is chaired by Professor Mary Corcoran of the Department of Sociology at MU.

As part of the Brigid 1500 series the ‘Herstory’ Light Show took place at Maynooth Castle as well as other sites in Kildare and featured illuminations of Brigid on their façades.

Students and staff also participated in a global ‘Pause for Peace,’ an initiative involving Into Kildare, the Tourism Board for County Kildare and Irish diaspora around the world.

People from New Zealand, New York, Brisbane, Barcelona and elsewhere stopped what they were doing for one minute of silence to express support and solidarity for those who have been affected by war.



*St Brigid’s Day: Lightshow of St Brigid on the wall of Maynooth Castle. Photo by Daniel Balteanu.*



Kildare Planning Applications for Maynooth Area Planning Applications received from 27/01/2023 to 24/02/2023 Information from Kildare County Council Website				
App #	Authority	Applicant Name	Development Address	App Date
23155	Kildare County Council	Ciaran Gallagher	Railpark, Maynooth, Co.Kildare	23/02/2023
23153	Kildare County Council	Dermot O'Neill	Pebble Hill Lodge, Dunboyne Road, Maynooth, Co. Kildare	21/02/2023
23143	Kildare County Council	Riona Lynch & Euan Mackay	Laragh, Maynooth, Co. Kildare, W23 N2R4	17/02/2023
23147	Kildare County Council	Niall & Rhona McNerney	225 Kingsbry, Maynooth, Co. Kildare, W23C9C3	17/02/2023
23141	Kildare County Council	Padraig Travers, Niamh Travers, Ellen Travers, Cian Gaynor & Karen Gaynor	Johninstown, Maynooth, Co. Kildare.	16/02/2023
23135	Kildare County Council	Sarah O'Flaherty	Kilmacreddock Upper, Maynooth, Co. Kildare	15/02/2023
2392	Kildare County Council	Aldi Stores (Ireland) Limited	Maynooth Road, Celbridge, Co. Kildare W23 XK03	03/02/2023
2395	Kildare County Council	Daibhéid and Hollie McHugh	No. 139, Carton Wood, Maynooth, Co. Kildare	03/02/2023
2369	Kildare County Council	David Dunne,	Clonfert South, Maynooth, Co. Kildare.	27/01/2023



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

## From Humble Beginnings; Boots’ Shops

John Boot was born in Radcliffe-on-Trent in 1815. He was a farm worker but ill health forced him to change careers. He set up a shop to sell medicinal herbal remedies at Goose Gate, Hockley, a poor area in Nottingham. He had learnt his skills from his mother who was knowledgeable in the use of herbal medicines and he studied ‘Primitive Physic’, written by Methodist John Wesley, which dealt with the basics of herbal biology and remedies. Collecting plants and flowers that grew in local fields and pastures, for three days a week he offered cures and consultations to members of the public.

John Boot married Mary Mills and, in 1850, they had a son, Jesse. On May 30th 1860, John died at the age of 45 and Mary carried on with the business, calling it ‘M and J Boot, Herbalists’. Jesse, who had left school at the age of thirteen, helped his mother, working long hours and, through bulk buying and convenience packaging, was able to bring products such as Epsom salts, camphor and bicarbonate of soda to the general population.

The town of Nottingham was an overcrowded and unhealthy place in which to live and Jesse realized that the poorer residents could not afford to see doctors and pay for their medicines. His aim was to sell a great many items as cheaply as possible. His best selling product was ‘No Name Ointment’ which was a cure-all for a large amount of complaints, including stiff joints and various pains.

In the late 1870s his mother, Mary, decided to retire and Jesse took over control of the business. By 1885, he had opened more shops in Nottingham and also in Sheffield. Always aware of new technologies, one of his Nottingham shops even had an elevator to take customers to the higher floors.

All Jesse’s hard work had, however, affected his health so he decided to take a break by going to St. Helier, on the island of Jersey. It was here that he met his future wife, Florence Rowe, who, as a daughter of a stationer, was well used to the business world. Married in 1886, they had three children, Marjorie, Dorothy and John, and eventually moved to a large residence, ‘St. Heliers’, in The Park Estate, Nottingham.

As a result of his wife’s influence, Jesse’s shops started to sell books and fancy goods. Now manufacturing his own drugs in a factory on Island Street in Nottingham, by 1908 he had several other factories and three hundred shops.

Being devout Methodists, Jesse and Florence took a keen interest in their employees’ welfare. Clubs were formed for various pastimes such as cycling and tennis and day-trips

to the seaside were organized. Work canteens were installed where Boot’s employees could obtain food at reasonable prices. He offered financial incentives to his workers who were taking examinations set by the Pharmaceutical Society and was one of the first British employers to introduce pension schemes. In his Nottingham factory, Jesse used glass blocks in its roof construction to allow light to flood in. This improved working conditions and thereby increased productivity. A railway even ran through the centre of the factory floor enabling raw materials to be delivered and finished products taken out. By 1934, Boots was able to reduce everyone’s regular hours by half a day a week without cutting pay.

Plagued by arthritis, Jesse decided to retire. As he felt that his son, John, was not sufficiently skilled to run the business successfully, in 1920 Jesse sold the entire company to an American millionaire and drug store magnate, Louis K. Liggett, for £2,250,000. Jesse had not revealed his intentions to his family, which caused much angst, but he did secure for his son, John, a directorship in the company under its new owner. In contrast to his father, Louis Liggett left John to manage the business.

With extra funds available from the sale of Boots, Jesse devoted his last years to public good works, including a gift of land and a grant towards the building of what is now Nottingham University. He also gave £50,000 to Nottingham General Hospital. Knighted in 1909, created a baronet in 1917, he was given the Freedom of the City of Nottingham in 1920. When he was elevated to the peerage in 1929, he took the title of Lord Trent. He was a significant benefactor to his wife’s birthplace, Jersey, and died on the island on June 13th, 1931.

His son, John, who became the Second Baron Trent, ran the company very successfully, acquiring more and more of its shares through the Stock Market. With the 1929 Wall Street crash in America, the value of the shares dropped and, by 1933, John was able to secure a sufficient number to gain a controlling interest in the company. Boots was once again a truly British company, opening its thousandth store in 1933. His father, Jesse, never witnessed what John had achieved.

Today, Boots is no longer in British hands as it is part of a multinational drugs conglomerate. Its shops are now located in many foreign countries, including Ireland, Italy, Norway, the Netherlands, Thailand and Indonesia. With two and a half thousand shops across the United Kingdom and Ireland, Jesse Boot was the pioneer of the British chain store phenomenon and his generosity certainly benefited the city of Nottingham.

By Cheryl Devaney

## Musings on Eternal Punishment

Dives and Lazarus? I often wonder if the parable based on those two famous people, fictional, of course, has been recorded accurately by Luke, the evangelist? Sure, Dives had no compassion in this life and deserves some punishment. But how did he become compassionate in the torments of hell? "Send Lazarus to warn my brothers lest they too come into this place". If family ties in this life were so unimportant to Jesus how come they weigh so heavily in his story about Dives?

Eternity – just ponder it – nothing to do and nothing to look forward to would be bad. But think of eternity with unrelenting suffering? No end! NOOO END! That would indeed appear to me like a rent in creation from top to bottom. Could you or I, as we think we know ourselves, be happy in heaven while being aware of people like us excluded and suffering for ever and ever? If we couldn't how could the Father of the Prodigal? He who waited with longing for his errant son to return home and when he did he ordered a feast in his honour. Could he claim, as Oscar Wilde claimed regarding "The Importance of Being Ernest", that creation was an "enormous success"? Wouldn't it be flawed for all eternity and wouldn't God Himself be lessened by it? Which, of course, is unthinkable.

Maybe there are degrees of happiness suited to various groups? "There are many rooms in my Father's mansion". Not all people love to the same extent and some would appear not to love at all. "Appear", of course.

We never know the mind of another and even when we do we do not know his or her history. Many are abused in one way or another from the cradle and never see the world as God intended it to be seen. Beauty is in the eye of the beholder and so too is ugliness, and fear, and disgust, and quite frankly all degrees of madness and sickness. So whether there is a hell or not it's just as well that the Just Judge is in charge. I'm very glad it won't be my job to separate the good from the bad.

But isn't there an assumption in what I said? Am I more compassionate than God? Vanity! The essence of God is love and compassion and here am I claiming that it is I that is all love and compassion? Reminds me of the inscription, fictitious, of course, on a Scottish headstone:  
Here lies one, Martin Hellingorod,  
Have mercy on his soul, Oh God,  
As he would do were he Lord God,  
And you were Martin Hellingorod!

Blasphemy indeed, were it anything but a little fun that God himself would laugh at. Is there a hell? What is the next life, the real life, going to be? Paul said that he had been carried up to the seventh heaven and had seen things that could not be spoken of! What will this spiritual existence be? No more bodies? At least no perishable bodies. Without my body who or what will I be? I simply don't know. No one does but it is something it would do no harm to think about from time to time. Love is the highway to the glorious next life! Share what you have and you will have it forever.

GM

## Clough Oughter Castle

In the tree-grown island of a tranquil lake  
this ruin’s broken wall pains like a wound  
that, though it may have healed, flares now and  
then:

Owen Roe, our last hope against the Roundheads,  
died here in Forty-Nine, left us ripe for conquest.

Harassed Owen O’Reilly imprisoned Planters  
captured during Ulster’s bitter conflict

in this castle’s gloomy, fireless chambers;  
he even held Bishop Bedell here  
before Cromwellian cannon breached its wall.

But such blood-soaked tales of ancient discord  
are now vague memories in our cyber-busy zones,  
or, if more vexing, art’s transforming power,  
as in a luminous watercolour,  
tempers conflict with autumnal tones.

By Patrick Devaney

## THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour).  
Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen

Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail.  
Thanksgiving for favour received.



## Maynooth Cycling Campaign Notes



### Public Meeting

Maynooth Cycling Campaign will be holding a public meeting by zoom on Thursday 9th March to discuss a range of issues related to cycling in Maynooth in 2023. Details of the meeting will be published later.

### Maynooth Cycling Without Age

Maynooth Cycling Campaign is delighted to reveal that before Christmas, it ordered a Danish Trio Taxi for Cycling Without Age, thanks to Kildare Sports Partnership, Kildare County Council and Healthy Ireland. We would also like to express our appreciation to Maynooth University for granting us permission to store it in one of their secure bike shed. We are delighted to announce that eight people have volunteered to be trained as pilots. Unfortunately, due to a delay in the shipping of the trishaw, training, which was provisionally arranged for 4th March, has been postponed. The good news is that we have applied to participate in the St Patrick's Day parade in Maynooth and are still planning to be there so give us a wave as we pass!

### KCC Transport, Safety and Emergency Services Strategic Policy Committee (SPC)

On 2nd February, as PPN Rep on the Transport, Safety & Emergency Services SPC, the Maynooth Cycling Chair took part in a meeting in Athy at which the work programme for the SPC was discussed. The Chair proposed a motion that the work plan be amended to include shared space, access and bike hangers. Bike hangers were included in response to calls for improved cycle parking by Maynooth members. The motion was seconded by Cllr. Angela Feeney who also is a SPC member and as there will only be four more meetings before the next council election, the implications of the amendment to the work plan is unclear. Here's hoping!

### Fifteen Minutes Town

Recently, there has been a lot of discussion on Twitter and the media generally about fifteen (15) minute towns. The 15-minute town or city is an urban planning concept in which most daily necessities and services, such as work, shopping, education, healthcare, and leisure can be easily reached by a 15-minute walk or bike ride from any point in the urban area. Conspiracy theorists claim that they are a "socialist", or even "Stalinist", attempt to control the population by actively preventing citizens from straying more than 15 minutes from their homes. In Oxford, an advocate of 15 minute cities has even received death threats over a plans to restrict traffic and reallocation of road space.

Benefits of the 15-minute city concept include improvement in the quality of life, reduction in the carbon footprint, and help to promote health and health equity. The aim is to make towns and cities more liveable and connected, with less private car use – meaning cleaner air, greener streets and lower levels of planet-heating pollution.

### 2024 to be named the European Year of Cycling

[IrishCycle.com](http://IrishCycle.com) reports that MEPs in the European Parliament this week near-unanimously voted to call on the European Commission to "develop a dedicated European cycling strategy with the aim of doubling the number of kilometres cycled in Europe by 2030".

Jill Warren, CEO of the European Cyclists' Federation, said: "This important resolution, which reflects many of our longstanding advocacy and policy demands, represents a key milestone for cycling. We applaud the entire European Parliament for adopting an EU Cycling Strategy that can unlock cycling's potential to enable more people to cycle – and to cycle more safely – all across Europe."

One of the issues highlighted was the need for inclusiveness ie Cycling for All. Maynooth Cycling Campaign's embracing of CWA accords with this principle.

### Road Safety

Road fatalities increased in 2022 compared to 2021. Now road fatalities to date in 2023 have soared by 26% compared to the same period last year. This is in stark contrast to Europe in general where road fatalities declined by 10%. If this is to change we need more enforcement by An Garda Siochana but it is not a priority with them. Maynooth Cycling commends councillors in their efforts to reduce traffic speeds via their Review of Speed Limits.

Yearly Comparison 2023, 2022 and 2021 for comparable figures					
Total Killed to 24/02/2023	32	Total Killed 24/02/2022	26	Total Killed to 24/02/2021	24
Total Collisions to 24/02/2023	29	Total Collisions to 24/02/2022	26	Total Collisions to 24/02/2021	20

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website. We are a member of Cyclist.ie, the Irish Cyclist Advocacy Network and through it to the European Cycling Federation.



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# 10 Tips for Daily Inspiration

## 1. Breathe and enjoy your surroundings

Though our lives are crammed with studying, working and dealing with errands and other headaches, taking the time to take a walk, breathe, and do nothing but enjoy the moment will make you a more relaxed and pleasant person, who is open to many different things.

## 2. Laugh More

Laughter is the best medicine, especially for issues that common prescriptions cannot cure. Taking life less seriously and finding the joy and silliness in each day will inspire your personality and allow more positivity to flow in your life.

## 3. De-Clutter

Though multitasking can be seen as a strong point, doing too many things at once means that you are not giving your full attention to any of these activities. Keep your mind and space clean. Participate in one activity at once and allow yourself to live in that moment. Also, keep your home and workspace clean. A clean space will clear your head and allow the creative juices to flow.

## 4. Live with Purpose

Every life needs purpose and every day needs meaning. When you wake up in the morning, decide the purpose of your day’s course. No purpose is too small. If the purpose of your day is to remain positive or smile more, then that is an excellent place to begin with your inspiration.

## 5. Subscribe to Positive Media

What are you watching and reading daily? Be sure that it’s positive. For instance, listening to the nightly news could be switched with watching a program on GaiaTV. One great way to receive daily inspiration is to stay subscribed to Power of Positivity on Facebook. By becoming a fan and being part of this fast-growing, positive

community you will receive daily quotes of inspiration and connect with like-minded people any time.

## 6. Choose to See the Positive Perspective

To become in tune with your own life and receive personal inspiration, you must learn to tune out the opposite. Worrying about negative wants, needs, and thoughts will muddle your own thoughts of purpose and confuse you. Instead, make a commitment to yourself and your personal goals.

## 7. Repeat Daily Affirmations

Positive self-affirmations will help with self-confidence and will give you a daily boost of inspiration. You can find excellent positive affirmations and articles describing them simply by searching “Affirmations” at the top right of the screen here.

## 8. Stay Creative

For some, this is painting, for others it’s reading, meditation, or writing to name a few. No matter what your preferred outlet, do it daily or as often as you feel inspired.

## 9. Take Action

Actions that you participate in help define your purpose. Constantly participating in positive actions will help you become a positive person without thinking about it.

## 10. Be Y-O-U

You will never be happy or inspired by imitating or becoming someone else. Remain true to who you are and give the world the gift of your own personal inspiration and positivity.

[www.powerofpositivity.com/10-tips-for-daily-inspiration/](http://www.powerofpositivity.com/10-tips-for-daily-inspiration/)



# Saint Patrick is Ireland's patron saint, known for spreading Christianity throughout the country as a missionary during the 5th century.

## Who Was Saint Patrick?

The man who would come to be known as Saint Patrick was captured by pirates as a child and brought to Ireland. During his enslavement, he was called to Christianity and escaped his captors after six years. He returned to Ireland as a missionary, and in his teachings combined Irish pagan beliefs with Christian sacrament. He is annually honored on his feast day, March 17.

The man who would come to be known as Saint Patrick, apostle of Ireland, was born in Britain circa 386 A.D. Much of his life is unknown to historians and can't be verified, though some sources have listed his birth name as Maewyn Succat, with the name Patrick later taken on during his religious journeys or ordainment. His father, Calphurnius, was a deacon from a Roman family of high social standing. Patrick's mother, Conchessa, was a close relative of the great patron Saint Martin of Tours. Patrick's grandfather, Pontius, was also a member of the clergy. Surprisingly, Patrick himself was not raised with a strong emphasis on religion. Education was not particularly stressed during his childhood either. Later in life, this would become a source of embarrassment for the spiritual icon, who would write in his Confessio, "I blush and fear exceedingly to reveal my lack of education."

## Enslaved as a Teen

When Patrick was 16 years old, he was captured by Irish pirates. They brought him to Ireland where he was sold into slavery in Dalriada. There his job was to tend sheep. Patrick's master, Milchu, was a high priest of Druidism, a Pagan sect that held major religious influence over the country at the time. Patrick came to view his enslavement as God's test of his faith. During his six years of captivity, he became deeply devoted to Christianity through constant prayer. In a vision, he saw the children of pagan Ireland reaching out their hands to him and grew increasingly determined to convert the Irish to Christianity.

## Freedom & Religious Calling

Around 408 A.D., the idea of escaping enslavement came to Patrick in a dream, in which a voice promised him he would find his way home to Britain. Eager to see the dream materialize, Patrick convinced some sailors to let him board their ship. After three days of sailing, he and the crew abandoned the vessel in France and wandered, lost, for 28 days — covering 200 miles of territory in the process, with Patrick ultimately becoming reunited with his family.

A free man once again, Patrick went to Auxerre, France, where he studied and entered the priesthood under the guidance of the missionary Saint Germain. He was ordained a deacon by the Bishop of Auxerre around 418 A.D. As time passed, he never lost sight of his vision to convert Ireland to Christianity. In 432 A.D., he was ordained as a bishop and was soon sent by Pope Celestine I to Ireland to spread the gospel to non-believers while also providing support to the small community of Christians already living there.



## Missionary Work

Upon his arrival in Ireland, Patrick was initially met with resistance but managed to spread Christian teachings far and wide, along with other missionaries, through preaching, writing and performing countless baptisms. Recognizing the history of spiritual practices already in place, nature-oriented pagan rituals were also incorporated into church practices. It is believed that Patrick may have introduced the Celtic cross, which combined a native sun-worshipping symbology with that of the Christian cross. Throughout his missionary work, Patrick supported church officials, created councils, founded monasteries and organized Ireland into dioceses.

## Death and Legacy: Saint Patrick's Day

Saint Patrick died circa 461 A.D. in Saul, Ireland, and is said to have been buried in the nearby town of Downpatrick, County Down. Saint Patrick is recognized as the patron saint of Ireland, and his writings, noted for their humble voice, include the autobiographical Confessio and Letter to Coroticus. Many legends also have been associated with his life including that he drove away all the snakes from Ireland and he introduced the Holy Trinity through the three-leaved shamrock.

Saint Patrick is annually honored with the celebration of Saint Patrick's Day on March 17 (which some cite as the date of his death), which falls during the Christian season of Lent. For more than 1,000 years, the Irish have observed Saint Patrick's Day as a religious holiday. Traditionally, on Saint Patrick's Day, families attend church in the morning and observe other rituals — including eating a traditional meal of cabbage and Irish bacon. The holiday has expanded into the secular world as well, becoming a robust international celebration of Irish culture and heritage.

Source: [www.biography.com/religious-figure/saint-patrick](http://www.biography.com/religious-figure/saint-patrick)



## ***Interview skills & CV writing Part 2***

What is the ideal structure of a CV? In 10+ years in Recruitment I have seen an abundance of different CV styles ranging from more structured and linear to more artistic and eclectic ones. I like to think that a CV (or resume) is your presentation slip, so for a Designer, it makes sense to have a CV that is colorful and vibrant with graphics!

As a Recruiter, I am a fan of clarity and readability. The easier it is to read a CV, the better. The easier it is, for the reader, to find the information they need to assess your skillset the better again! So let's see what is a generally good structure for a CV and what we need to add to it and what needs to stay out!

### **OUT!**

Picture, Date of birth, Full Postal Address, Nationality as these all can lead to bias! AND they add no value to portraying your experience and skillset.

### **IN!**

OK to add your general current location (i.e. Dublin or Ireland vs your full postal address). Why? It is your responsibility to show up at work on time no matter where you are. Your full postal address is redundant info and can lead to discrimination. Note - during an interview your interviewer can assess your ability to show up in work on time but cannot make assumptions around your ability to be in work on time based on where you live!

OK to add your work permit status vs your Nationality. Your future employer needs to know your work permit status to work in Ireland so they can decide on the type of contract they can offer. Your future employer does NOT need to know what your nationality is. Again, redundant info and can create grounds for discrimination.

Contact details (phone number & email address).

Start date and finish date of your previous roles - i.e. Sales Assistant, May 2019 - September 2022

Gaps - If there are any significant gaps in your CV (3+ months) add a note to share context around the reasons for the gap (i.e. a long term illness, traveling, intentional time off etc..)

Keep the structure of the CV simple. After the name of the employer, the role you have covered and the dates add a bullet point list of the tasks carried out and relevant skills developed. In my previous article (February issue of this newsletter) I shared a quick guide on how to identify what goes in this list.

We will address the cover letter in the April issue of the Newsletter. If you are interested, keep an eye out for it!

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

[Valentina Tortorelli](#)

Executive Principal Recruiter,  
Life and Career Coach @ [theintentionallife.ie](http://theintentionallife.ie)



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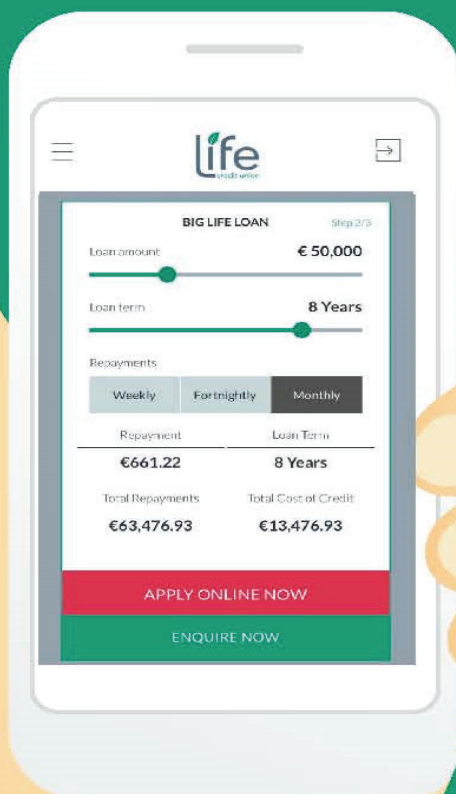
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# KNOW YOUR RIGHTS

*Citizens Information Centre, Dublin Road, Maynooth*

*Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public. Information is also available online at [www.citizensinformation.ie](http://www.citizensinformation.ie) and from the Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121*



## Help with the cost of living

### Introduction

Prices have risen this year and you may be struggling to pay for the everyday things you need to support yourself and your family.

This page has advice on some of the supports that are available and information about how you can manage your money.

### Cost of living supports announced in February 2023

Some new measures were announced on 21 February 2023.

#### Once off payments

- An additional once off payment of €100 per child to parents who get Child Benefit will be paid in June 2023.
- An extra €200 for anyone who gets a long term weekly social welfare payment will be paid in April 2023. We will add details of which payments qualify when it is available.
- An extra €100 Back to School Clothing and Footwear Allowance.

#### VAT rates and excise duty

- The VAT rate for hospitality services, and for gas and electricity will remain at 9% until the end of August 2023 (hospitality) and the end of October 2023 (gas and electricity).
- Excise duty on petrol and diesel will gradually increase over the coming months until it is back to 21 cent per litre in November 2023. It will increase by:

From	Petrol	Diesel	Oil
1 June 2023	6 cent per litre	5 cent per litre	1 cent per litre
1 September 2023	7 cent more	5 cent more	1 cent more
31 October 2023	8 cent more	6 cent more	3 cent more

#### Exam fees

There will be no exam fees this year.

#### School transport 2023 - 2024

The fee for the School Transport Scheme will be reduced to €50 per primary school child and €75 per secondary school child. A cap of €125 per family will apply.

#### Temporary Business Energy Support Scheme

The Scheme has been extended for another 3 months.

### Cost of living measures in Budget 2023

Budget 2023 was announced on 27 September 2022. It contained a series of short-term measures to help people with the cost of living.

#### Electricity account credit

€600 credit will be paid to your electricity account in 3 instalments. The first payment was made in November 2022, the second in January 2023, and the third will be made in March 2023.

#### Social welfare double payments

Most people on a weekly social welfare payment got a double payment in the week beginning 17 October 2022. People getting Illness Benefit did not get a double payment. In addition, a double payment of Child Benefit was paid on 1 November 2022.

#### Once-off payments

A number of extra once-off payments were paid in the weeks beginning 14 and 21 November 2022:

- €200 if you get a Living Alone Increase
- €400 if you get the Fuel Allowance
- €500 if you get Working Family Payment
- €500 if you get Disability Allowance, Invalidity Pension, Blind Pension or if you get the yearly Carer's Support Grant.

Only one €500 payment was due, even if you are getting more than one of these payments or you are caring for more than one person.

#### Public transport fares

Reduced fares of 20% on public transport will continue until the end of 2023. The 50% price reduction on the Young Adult Leap Card will continue until the end of 2023. The Young Adult Leap Card will be extended to 16, 17 and 18 year olds in third-level education.

#### Help for students

- Some once-off measures for the 2022/23 academic year were announced:
- The student contribution is reduced by €1000 for undergraduate students who are eligible for free fees
- A double Student Grant payment was paid in December 2022
- Postgraduate students who qualify for the Student Grant got a once-off payment of €1000
- A payment of €500 was paid to PhD students getting Science Foundation Ireland or Irish Research Council awards

#### Claiming social welfare

You may be able to get social welfare assistance even if you work full-time or have never claimed a payment before. There are many types of social welfare payment, and you can find the rules of each payment on in our social welfare section.

#### Additional Needs Payment

The Additional Needs Payment can help you with an expense that you cannot pay from your weekly income. The amount that you can get depends on your circumstances and the type of help you need. You can get the Additional Needs Payment for:

- An increase in your fuel or electricity costs
- Essential repairs to property, including motor vehicles and replacing household appliances and furniture
- Funeral costs
- Deposits for private rented accommodation
- Bedding and cooking utensils, if you are setting up home for the first time
- Food, clothing and shelter after an emergency event such as a fire or flood
- Recurring travel costs to hospital
- Visiting a relative in hospital or prison

This is not a complete list, other expenses can be covered too.

#### Working Family Payment

Working Family Payment (WFP) is a weekly payment for employees with children. It supports people who are on low pay who work at least 38 weeks per fortnight. The amount you get depends on how many children you have and the amount of money you take home..

#### Other social welfare supports

You can get information about:

- Payments to families and children
- Benefits for people who are sick or have a disability
- Losing your job

#### Housing costs

You could qualify for help with paying your rent through the Housing Assistance Payment. If you have difficulties paying your mortgage, you should talk to your mortgage provider as soon as possible. You can get advice from the Money Advice and Budgeting Service (MABS).

#### Housing Assistance Payment (HAP)

The Housing Assistance Payment (HAP) is a social housing support for people who have a long-term housing need. The rent must be within set rent limits that depend on the size of your family. Local authorities can now go up to 35% above the HAP rent limits.

#### Rent increases

If you live in a Rent Pressure Zone, your landlord cannot increase the rent by more than 2% per year. Outside of Rent Pressure Zones, your landlord can increase rent in line with the current market value for similar properties in the area. Your landlord cannot increase the rent more than once per year. Disputes about rent increases can be referred to the Residential Tenancies Board.

#### Problems paying your rent or mortgage

MABS has advice on dealing with:

- Problems paying your rent
- Mortgage arrears

#### Childcare and back to school

The Early Childhood Care and Education (ECCE) programme is a free preschool programme for all eligible children before starting primary school. Your child must be between 2 years and 8 months in the September that the ECCE term starts. They cannot be older than 5 years and 6 months by the end of the ECCE term in June. ECCE is normally provided for 3 hours a day, 5 days a week over the school year.

*(Continued on page 20)*



## KNOW YOUR RIGHTS (Cont.)

*Citizens Information Centre, Dublin Road, Maynooth*

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*(Continued from page 19)*

The National Childcare Scheme has 2 types of subsidy for children who are aged over 6 months:

- A universal subsidy for children under 15. It is not means tested.
- An income-assessed subsidy for children up to 15. It is means tested.

### Back to school costs

The Back to School Clothing and Footwear Allowance (BTSCFA) helps you meet the cost of uniforms and footwear for children going to school. It was paid automatically to some families in July. It is a means-tested payment. If you did not get the automatic payment already, you can check if you qualify. You must apply before the end of September.

### Energy costs

Recent increases in energy costs have had a big impact on the cost of living for households. If you are worried about paying your gas or electricity bills, help is available.

€600 credit will be paid to your electricity account in 3 instalments. The first payment was made in November 2022, the second in January 2023, and the third will be made in March 2023.

You can also:

- Make an appointment for free confidential advice with MABS
- Speak to your supplier to discuss payment options
- Contact your local Citizens Information Service

MABS has advice if you have problems paying your bills.

### Energy efficiency grants

You could qualify for a grant to upgrade your home energy system and improve the BER rating of your home. This will lower the amount of electricity or gas that you use. There are also grants available for solar panels.

### Fuel Allowance

You can get Fuel Allowance if you are getting certain social welfare payments and satisfy the other conditions of the scheme. This year, extra once off payments of Fuel Allowance were paid on top of the normal seasonal allowance that is paid during the winter months. This year, a €400 once off payment of Fuel Allowance will be paid on top of the normal seasonal allowance that is paid during the winter months.

### Switching energy suppliers

You can save money by changing energy suppliers when your contract expires.

### Managing your income

MABS has a budget tool that can help you track the money coming in to your household and your weekly, monthly and yearly outgoings. MABS also has advice on managing your money.

You can use the Competition and Consumer Protection Commission (CCPC)'s money tools to compare financial products like loans, credit cards and savings accounts.

## Regularly getting paid late

### Your legal rights

Under your contract of employment, you have a legal right to be paid on time. If your employer is regularly late paying your wages you can take steps to enforce your legal right to be paid on time.

First, you should try to resolve this dispute with your employer, by using any internal complaint or grievances procedures available. If this does not work and your employer is still paying you late, you can make a formal complaint to the Workplace Relations Commission (WRC).

At both stages, you should use any supports available, such as a trade union or your local Citizens Information Centre.

### Talk to your employer to resolve the problem

You should start by asking your employer to pay you on time and to pay any wages you are overdue. Your written terms of employment should state how often you are supposed to be paid (for example, weekly or monthly).

### Make a formal complaint

If there is a complaint or grievance procedure at your workplace you should use this. Your employer should have written grievance and disciplinary procedures in place under the WRC's Code of Practice: Grievance and Disciplinary Procedures. You should have got a copy of these at the start of your employment.

If you cannot resolve the problem by following your workplace grievance procedure, or if your employer does not have one, you may have to take your complaint further.

### Take your complaint further

The WRC can adjudicate on disputes, grievances and claims made by individuals or small groups of workers under a range of employment legislation. You can make a complaint under either the Industrial Relations Acts 1969-2015 or the Terms of Employment Acts 1994 and 2014. In either case, you start by applying to the Workplace Relations Commission, using the online complaint form.

You must make the complaint while you are still employed by the employer who is paying you late or within 6 months of leaving that employment.

### Next steps

If you bring a case to the WRC, the adjudicators may hold a hearing to investigate it. If your employer objects to a hearing, you should go to the Labour Court.

Following their investigation, the adjudicators will make a decision. Either you or your employer can appeal this decision to the Labour Court.

If you are consistently paid late by your employer, you have the option to resign and claim constructive dismissal because your employer has breached the terms of your contract. Before you do this, you should always get legal advice because proving constructive dismissal can be difficult.

### Where to complain:

**Workplace Relations Commission - Information and Customer Service**  
O'Brien Road

Carlow R93 E920

**Opening Hours:** Mon. to Fri. 9.30am to 1pm, 2pm to 5pm

**Tel:** (059) 917 8990

**Locall:** 0818 80 80 90

**Homepage:** <https://www.workplacerelations.ie/en/>

**DAFFODIL DAY**  
**FRIDAY 24th**  
**MARCH 2023**



Join thousands of people in Ireland in the fight against cancer this March by supporting Daffodil Day

**HOPE FOR OUR FUTURE**



**SUNDAY 19TH MARCH 2023**



**Don't forget to set your clocks forward on Sunday March 26, 2023 @ 1.00 a.m.**



# ST. PATRICK'S DAY 1992



## Memories of Old Maynooth - Photos from the Archive



The Brasso Brigade push for 'The Flower Pot'  
(Photo: Gerry McCann)



Maher School of Dancing skipping down Main Street  
(Photo Gerry McCann)



Billy McCrory's Old and New Coal Delivery



The Army on the March



Fancily Dressed Swimmers

### MAKING A FINE SHOW ON MAIN STREET

PHOTOGRAPHS OF MAYNOOTH ST. PATRICK'S DAY PARADE  
(All Photographs taken by Gerry McCann)



The Best in the Land - St. Mary's Brass and Reed Band



St. Patrick's Day - Swimming Club  
Winners in Fancy Dress Competition (L to R) Clara  
O'Neill, Eilouise and Therese Mc An Airchinnigh, Emma  
Fleming, Colin O'Neill and Sarah Flatley.



Off to see the Wizard

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Terenure  
Dublin 6**

**Email: [info@hegartyssolicitors.ie](mailto:info@hegartyssolicitors.ie)**

**Website: [www.hegartyssolicitors.ie](http://www.hegartyssolicitors.ie)**



## MOBILE PHONE AWARENESS & ADVICE

### EXAMPLE OF A SENERIO:

A lady had her handbag stolen. Her handbag, which contained her mobile phone, credit card, wallet, etc. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen mobile phone to text 'Hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

### Moral of the Lesson:

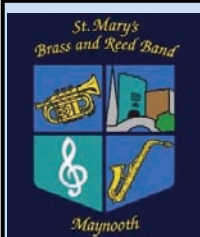
a. **DO NOT** disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.

b. And very importantly, when sensitive info is being asked through texts, **CONFIRM** by calling back.

c. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

Even if this doesn't pertain to you. Pass it on to your family and friends

**BE CAREFUL WITH YOUR PERSONAL DATA. SECURITY IS VERY IMPORTANT STOP AND THINK BEFORE YOU CLICK**



## St. Mary's Brass & Reed Band

The month of March usually signifies the beginning of the Band's public performances, and we have a very busy year planned with recitals in and around Maynooth. Our first event takes us to Carton House on Saturday 11th March which is a new location for us where we have not played since the 1930s when the Band played for the many Garden Parties organised by Lady Fitzgerald.

The ever present St. Patrick's Day Parades will see us leading the Maynooth Parade and the one in Kilcock but unfortunately due to a lack of Volunteers the Dunboyne Parade, usually held on the Sunday before March 17th is not happening this year which is disappointing as it will reduce the income which helped towards the running of the Band for the year.

This time last year, thanks to the generosity of the Board of Management of Maynooth Educate Together School, we were able to record our third CD. The use of their Assembly Hall allowed us to observe the social distancing, as you can see from the photo below showing the band getting set up to stay well apart, which was still required at the time of the recording. The CD is still on sale in the Maynooth Bookshop of the Main Street for those who would like a copy.



Looking at the number of new housing developments springing up over the town we feel sure that there are many musicians who have come to live in Maynooth may not be aware of the presence of a Band in the town so we invite them to drop in to our Bandhall on Pound Lane any Monday night (Except Bank Holidays) between 7.30 and 9.30 to listen to the Band. We have vacancies in all instrument sections and you will receive a very warm welcome.

You can also contact our Secretary Joe on 086 1737 024 or email [sec@stmarysbandmaynooth.ie](mailto:sec@stmarysbandmaynooth.ie) for more information..



~ Have Fun While Advertising Your Organisation ~

## Maynooth

## St Patrick's Day Parade



### Application Form 2023

This Year's Theme: Celtic Mythology



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

Name of Business/Group:

Address:

Contact e-mail:

Contact Person:

Telephone:

- ♦ All vehicles entering **must have a float**, preferably a **live band** with **traditional, rock or pop music**.
- ♦ HGV's, lorries or cars **without a float will not be accepted**.
- ♦ Entry Fee does not include Insurance cover. All participants/Floats should have suitable Insurance cover.

Do you wish to do a demo (2-3 mins) at Reviewing Stand? Yes ☐ No ☐

**Entrance Fees: (Cheques should be made payable to "Maynooth St Patrick's Day Parade")**

Commercial Float ~ €60 Club/Organisation ~ €30

First Time Entry ~ €10 Bands ~ Free

Please submit two paragraphs about your club/organisation or business with this application

The categories for which prizes will be awarded are as follows:

1	Best Commercial Float	Trophy	2	Best Club Float	Trophy
3	Best Band	Perpetual Cup	4	Best School Float	Trophy
5	Best Portrayal of Irish Culture (Dr Muireann Ní Bhrolcháin Perpetual Trophy)	Perpetual Trophy	6	Best Portrayal of Environmental Awareness	Trophy

Applications with entry fee to be sent to:

Maynooth St Patrick's Day Parade Committee  
c/o Unit 10, Carton Retail Park,  
Maynooth, Co. Kildare.

Organised by:

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

## MORE MUSICAL MELODIES FROM MAYNOOTH



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



# The Maynooth Bus Depot Proposal - Save our Square

## (A Letter to the Editor)

### It’s Hip to be Square

Dear Editor,

My wife and I moved to Maynooth in November 2021. We love it here. Indeed, I appeared on Prime Time in May 2021, admonishing the sale (since overturned) of the Mullen Park estate to an investment “vulture” fund, while proclaiming our adoration of the area! On the back of that interview, I was invited onto a French podcast (in English, thankfully) by a French student living in Maynooth at the time. The most obvious rendezvous point? The square, of course.

One of our favourite areas in Maynooth is the Courthouse Square. Admittedly, this is largely in part to our love of brunch in Willow and Wild on a Sunday morning, watching the world go by on its picnic benches. A diverse array of people treads the stones of the eighteenth-century plaza; friends, walking groups, lovers, families, strollers, runners, and just about every type of person you could expect in a growing town on the outskirts of Dublin. All converge on the town’s central meeting point: it’s where you go.

### A (Brief) History

The Courthouse Square has had a storied journey thus far. Arnold Horner surmises from a 1781 map of Maynooth; “That this square was intended to be the focal point is evident from the buildings flanking it along the main street”. It was originally conceived as a market square, and indeed there are bye laws (Kildare County Council's Casual Trading Bye-Laws for the Market Square Maynooth 2013) specifically related to the use of the square as a market place, setting out the entirety of the area as a casual trading space. A Courthouse, from which has ultimately derived its name, was built in the 1820s by Augustus Fitzgerald, 3rd Duke of Leinster. From visits by Daniel O’Connell during his repeal campaign of the Acts of Union between Great Britain and Ireland in the 1840s, to holding huge pro-Parnell nationalist meetings in 1890s, the square has often been placed at the centre of history in the town.

According to Donal Fallon of the “Come Here to Me” historical blog, in 1916, Irish volunteers met at the square before holding a meeting with Maynooth College President Monsignor J. Hogan, and subsequently marching to the GPO. There, they assisted the rebels of the Easter Rising, even seizing the Exchange Hotel on Parliament Street in Dublin at one point. A monument bearing the names of the fifteen volunteers now stands in Maynooth, somewhere everyone would see it. Where? The square.

### The Proposal

Towards the end of 2022, I became aware of a call for submissions on the Maynooth and Environs Draft Transport Strategy. There is plenty to admire about the ambition and scope of the plan, which will see sweeping changes to the many facets of our town’s infrastructure. And while I appreciate that thinking big on the way our transport works in Maynooth is necessary, there was one item in particular I could not reconcile with: the proposal to build a bus depot through the square. This plan would see the square significantly reduce in size and is tantamount to its eradication. Not only that, but it is a complete contradiction with the first objective of the aforementioned transport strategy: “Promote Maynooth’s Town Centre as the core of activity and prioritise the improvement of its transport functionality, thus making Maynooth a more attractive place to live, work, visit, study and socialise”

Furthermore, the proposal contravenes the most recent Local Area Plan for Maynooth; “Courthouse Square at the heart of the town has the potential to strengthen the image of the town centre.” (p.41, Part B, LAP Maynooth 2013-19) "The square has the potential to become the central hub of economic and community activity which will serve as the primary public space and help present an active front to the Main Street of Maynooth." (p. 47, Part B, LAP Maynooth 2013-19)


The proposal threatens to irrevocably alter this historic and cultural hub. The square is a place where generations of local families have gathered to create cherished memories, and it is a symbol of the town's strong sense of community and identity. Cultural events such as St. Patrick’s Day activities, the Leinster Fleadh, the Christmas crib, and innumerable rallies and markets all seek out the square as its base.

### Let’s Find a Solution

Those I have spoken to in Maynooth have expressed significant anxiety about the impact of the proposed development, calling for alternative plans to be considered. With the welcome news of a new fire station for Maynooth, the old building will be free for use. Why not there? That is just one suggestion that doesn’t involve literally bulldozing the heart of the town. I urge the local authorities to reconsider the plan and work with the people of Maynooth to find an alternative solution that not only preserves the square for future generations, but also strengthens and cements its place as the cultural core of our town.


As Joni Mitchell laments in *Big Yellow Taxi*:  
“Don’t it always seem to go  
That you don’t know what you got ‘til it’s gone?  
They paved paradise and put up a parking lot bus depot”.

Peter Melrose.  
Moyglare Hall, Maynooth

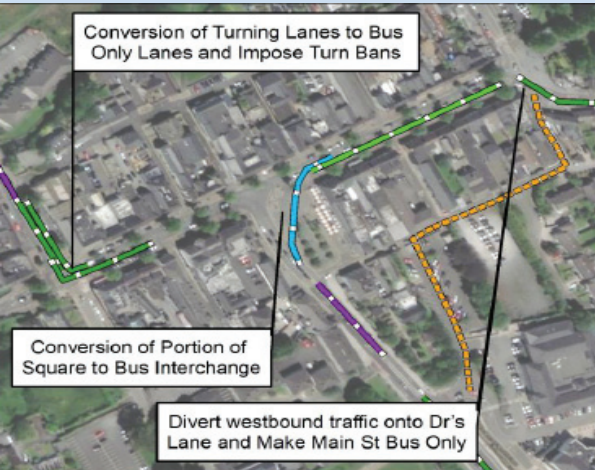


Courthouse and Court House Square, 1893 (LL 21.10.1893)

Irish Historic Towns Atlas (IHTA), no. 7, Maynooth, Arnold Horner 1995



My wife and I tucking into brunch at W&W



Conversion of Turning Lanes to Bus Only Lanes and Impose Turn Bans

Conversion of Portion of Square to Bus Interchange

Divert westbound traffic onto Dr's Lane and Make Main St Bus Only

Proposal for Conversion of Maynooth Town Sq. (MTS, 2022)



View of Courthouse Square dominated by car parking and traffic providing a poor quality public realm



Indicative transformation of Courthouse Square to become the central hub of community activity through the use of materials and finishes which reflect and enhance the existing landscape character

Proposal for Conversion of Maynooth Town Sq. (Maynooth Local Area Plan 2013-2019)



1916 Monument in Maynooth Sq. Photo Credit - Seamus Cullen & Maynooth Fire Station Building Photo Credit: Fire Ireland (2016)





# St. Patrick's Weekend at the Glenroyal Hotel



## Friday 17th March

### Family Fun Day

12pm-3pm  
Corrib Centre  
Children's Entertainment  
Admission : €10 per child  
Food available and full bar

### Shoda Cafe

Open 8am - 5pm  
Grab coffee or breakfast before the parade

### Lunch in The Enclosure

12pm-3pm  
Relax after the parade

### Dinner in The Enclosure

5pm-9:30pm  
Pre-booking essential

### Arkle Bar

12pm-12:30am  
Raise a glass to St. Patrick

## Saturday 18th March

### Live on the Big Screen

Scotland V Italy @ 12:30pm  
France V Wales @ 2:45pm  
Ireland V England @ 5pm  
Cheer on the Boys in Green

### Dinner in The Enclosure

5pm-9:30pm  
Pre-booking essential



## Sunday 19th March

### Mother's Day Lunch

12pm-3pm  
The Enclosure  
Pre-booking essential  
Complimentary prosecco for all mothers on arrival

### Dinner in The Enclosure

5pm-9:30pm  
Pre-booking essential



info@glenroyal.ie  
01 629 0909

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Sunday – Bank Holidays: 12:00 noon – 4:00pm

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March 2023 Crossword - No. 521

1		2		3	4			5		6
			7							
8							9			
10					11					
									12	
13		14				15	16			
					17					
	18			19			20		21	
22										
23					24					
25							26			

Clues Across

1. Block out (4)

3. Amaze (8)

8. Article of clothing (7)

9. Meaning of a word (5)

10. Board game (5)

11. An extreme attainment (6)

13. To the opposite side (6)


15. Upper deck of a ship (6)

18. Reptile (6)
20. Thick (5)

23. Nimble (5)

24. Look over carefully (7)

25. Got back (8)

26. Notable achievement (4)
- 

Solutions to Crossword No. 520

F	A	S	H	I	O	N		C	A	B	E	R
A		E				A		A		A		E
L	U	N	A	R		T	A	C	T	F	U	L
C		S		E		I		T		F		A
O	R	E	G	A	N	O		I	N	L	E	T
N				C		N				E		E
	A	O	R	T	A		H	A	R	D	Y	
S		M				T		D				E
W	A	I	V	E			H	A	M	S	T	E
E		N		B		E		I		A		A
R	H	O	M	B	U	S		T	A	L	E	S
V		U		E		I				O		E
E	A	S	E	D			S	C	O	R	N	E

Clues Down

1. Prestidigitator (8)

2. Tennis stroke (5)

4. Planet (6)

5. Disregarded (7)

6. Pay close attention to (4)

7. Periodic population count (6)

9. Pouch (3)

12. Vanquished (8)

14. Precipitating (7)
16. Pungent edible root (6)

17. Look up to (6)

19. Simian (3)

21. Female relative (5)

22. Impartial (4)

Difficult

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

Sudoku Challenge


Super Difficult

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

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

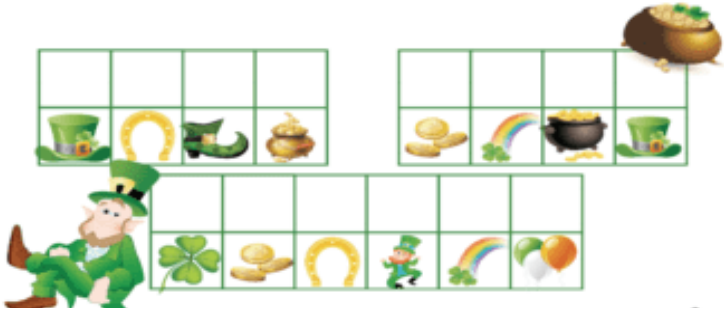


KIDS PUZZLES

CAN YOU DECODE THESE SECRET ST. PATRICK'S DAY MESSAGES?



HERE'S A DIFFERENT CODE TO TRY



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

Saint Patrick's Day is an holiday held on March 17. Many places around the celebrate Saint Patrick's Day with a . Some dress as a or paint their green. Pinning a to a or is a tradition known as the "wearing of the green."

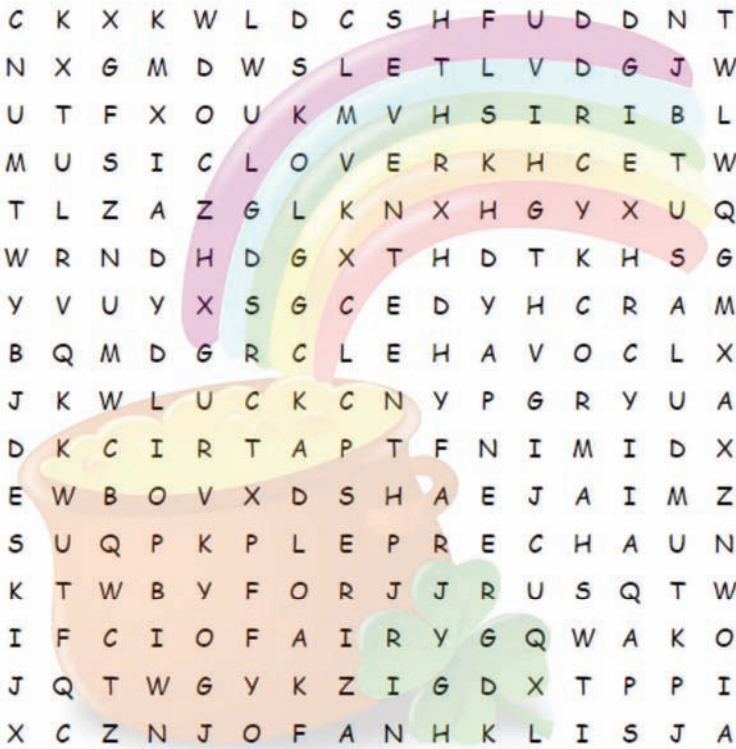
Key: Irish world parade people leprechaun face shamrock hat coat



St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.



CLOVER  
IRISH  
LUCK  
PATRICK

FAIRY  
JIG  
MARCH  
SEVENTEENTH

GREEN  
LEPRECHAUN  
MUSIC  
SHAMROCK



Sourced: Google Free Printable Puzzles





### St. Patrick's Day



**Across**

1. A mischievous elf in Irish Folklore

4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.

7. To publicly party

8. The Celtic language of Ireland

12. A plant of the genus Trifolium

13. March in a procession

15. Something likened to the metal in brightness or preciousness

16. A month of a year

18. Resembling the color of growing grass

20. An occasion on which people can assemble for social interaction and entertainment

21. A staple food of Ireland

22. Occurring by chance

24. A story about mythical or supernatural beings or events

25. An inherited pattern of thought or action

26. Another word for 3-leaf clover

**Down**

2. Invoke upon

3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.

5. A special kind of clover

6. Christian missionary and bishop in Ireland

9. Any art that invokes supernatural powers

10. Achieved independence from the UK in 1921

11. An arc of colored light in the sky caused by refraction of the sun's rays by rain

14. The day of the month of St Patrick's day

17. A small being, human in form, playful and having magical powers

19. Highly valued as a gemstone

23. A form of money

*Sourced: Google Free Puzzles*

### ST. PATRICK'S DAY & TRIVIA NIGHT

## LUCKY WORD GAME



**CAN YOU GUESS THE 12 POPULAR "LUCK" PHRASES?**

EXAMPLE: Favorable serendipity trinket = Good LUCK charm

*Sourced: Google Free Puzzles*

1. Newbie's break

2. Bid yours truly success

3. More desirable fate on a subsequent occasion

4. Grueling fortuity tale

5. Satisfactory fortune

6. Refined female advantage

7. Opportunity of the Celts

8. Hard as nails accidental discovery

9. Accompanied by each and every chance

10. Opportunity of the alluring force

11. Zero comparable fortune

12. Force thy destiny

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

### Riddle Me This.....

1. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?

2. Some try to hide, some try to cheat, but time will show, we always will meet. Try as you might, to guess my name, I promise you'll know, when you do claim. Who am I?

3. Take one out and scratch my head, I am now black but once was red. What am I?

4. I weaken all men for hours each day. I show you strange visions while you are away. I take you by night, by day take you back. None suffer to have me, but do from my lack. What am I?

Find



noon good	WEAR LONG
BIG BIG ignore ignore	Try Stand 2
THINK 	3.14159 
ARREST you're	STOOD MISS
PAwalkRK	JACK 
ROOD	BLOOD WATER



## Your Garden in March

Spring Marches forward this month, with longer days and warmer temperatures to encourage many spring flowering shrubs and trees to come into flower and add colour and interest after such a long winter.

If the soil is workable, dig in a 5cm (or more) layer of compost or well rotted manure into your beds to prepare for the growing season ahead. You can also work in a general purpose fertiliser such as pelleted chicken manure or fish, blood and bone.



### Plant bare root roses.



If you need to move deciduous trees or shrubs, now is the time to do it provided the soil is not frozen or waterlogged. Feed trees, shrubs and hedges with a slow-release fertiliser by lightly forking it into the soil surface. Plant summer-flowering bulbs such as Gladiolus, Lilies and Ranunculus into beds, borders and containers.

Plant out any forced flower bulbs in the garden, such as hyacinths and daffodils which have finished flowering indoors. Plant snowdrops in the green to brighten up your winter garden next year. Prune roses to encourage strong new growth. Remember to wear gardening gloves to protect from thorns. Sow your flower seeds now so they are ready for planting out in June.

Hardy annuals can be sown directly into the soil. Alternatively sow them in pots or module trays for planting out later in the spring. Begonia tubers that have been started into growth will start to produce new leaves. As leaves appear, pot them up individually. Hardwood cuttings taken last year may need planting or potting on now. Prune early flowering Clematis once the flowers have finished and Summer flowering start into active growth.

Keep an eye out for slugs as the weather warms; they favour soft new growth. Use nematodes for an effective organic control. Cut off the old leaves of Hellebores to remove any foliar diseases and make the spring flowers more visible. Continue to deadhead faded flowers from your winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring. Deadhead daffodils as the flowers finish and let the foliage die back naturally. Dead-head Hydrangeas before new growth appears. Cut to about one third of last season's growth.

### Vegetables

Start sowing your bedding plant seeds now ready to plant out after the last frosts. Sow tomato seeds in a heated greenhouse for early crops. For better seed germination in cold weather, try using an electric propagator to help your early sowings along. Plant onion, shallot and garlic sets provided the soil isn't frozen or waterlogged. Alternatively pot up sets into individual pots for transplanting outdoors later on. Start to direct sow vegetable seeds such as carrots, radishes and lettuce in greenhouse borders or under cloches.



### Fruit

Bring strawberries under cover for an earlier crop. Bring bags of compost into the greenhouse to warm up for a week or two before you start sowing. Plant apple trees, cherry trees and other fruit trees now in a sunny, sheltered spot. Continue to plant raspberry canes. Cut autumn-fruiting raspberry canes to the ground to stimulate new canes, which will fruit in the autumn. Cut the tips of summer-fruiting raspberry canes that have grown beyond the top of their supports; cut just above a bud. Feed Blueberry plants with ericaceous plant fertiliser.

Recut any lawn edges if necessary. Try installing lawn edging to make future maintenance easier. If your lawn needs mowing choose a dry day to complete this. Ensure the blades are set higher than usual. New turf can be laid if the ground is not frozen or waterlogged. Buy fresh compost from your local garden centre and store it in a cool dry place in preparation for the season ahead. Check your compost bins to see if there is any compost ready to use. Check containers to ensure the soil hasn't dried out.

Now is a great time to build a compost bin before the growing season gets underway.

**March** is a bridge month in the garden. Some activities must be completed before month's end; others are just revving up.



## Lemon Chicken Piccata Dish

The light and luscious lemon sauce really pops without being too acidic; it is simply divine.

Prep Time:

20 mins

Cook Time:

30 mins

Total Time:

50 mins

Servings: 4



### Ingredients

- 3 large skinless, boneless chicken breast halves - cut into 1/2-inch medallions
- salt and pepper to taste
- ½ cup all-purpose flour
- 2 tablespoons vegetable oil, or as needed
- 1 clove garlic, minced
- 1 cup low sodium chicken broth
- ¼ cup fresh lemon juice
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons butter
- 2 tablespoons minced Italian (flat-leaf) parsley
- ½ lemon, thinly sliced

### Directions:

- Preheat oven to 200 degrees F (95 degrees C).
- Place a serving platter into the oven to warm.
- Season the chicken breast pieces with salt and pepper and dredge them in flour.
- Shake off excess flour.
- Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed.
- Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.
- Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds.
- Pour in the chicken broth.
- Scrape and dissolve any brown bits from the bottom of the skillet.
- Stir in the lemon slices and bring the mixture to a boil.
- Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes.
- Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more.
- Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated. Add the parsley; remove from heat and set aside.
- Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.





## FILM/DVD MONTHLY BY BERNIE CLAXTON

# OSCARS 23 SPECIAL



When writer Colin Welland won an Oscar in 1982 for *Best Original Screenplay* for the film classic, about two athletes at the 1924 Olympic Games, **Chariots of Fire**, he declared "The British Are Coming!"

This could justifiably be the rallying cry for the Irish at this year's Oscars ceremony. The Irish film industry have scooped an impressive record-breaking number of 14 nominations in various Academy categories, generating great excitement on home soil.

Writer-director, Martin McDonagh's acclaimed West of Ireland drama, **The Banshees of Inisherin** has emerged among the frontrunners for this year's Academy Awards, securing a total of 9 nominations including *Best Picture* and four first-time acting nominations for the main players.



Colm Bairéad's **An Cailín Ciúin**, already a winner of seven **IFTAs** and several Jury and Audience Awards from film festivals across the globe, made history in January by becoming the first ever Irish-language film to be nominated for an Oscar. **The Quiet Girl** is among the final five films competing for this year's coveted award.

Colin Farrell (already a **Golden Globe** winner) and Paul Mescal will go head-to-head in the *Best Leading Actor* category for their roles in **The Banshees of Inisherin** and **Aftersun** respectively. However, both Irish actors face stiff competition from sentimental favourite Brendan Fraser for his moving performance as a morbidly obese man in the tear-jerker, **The Whale** and Austin Butler's (BAFTA-winner) impressive turn in the musical biopic about the legend and icon that was **Elvis**.



Fresh from their recent and well-deserved **BAFTA** successes in London, Dubliner, Barry Keoghan and Kerry Condon are both nominated in the Best Supporting Actor/Actress categories for **The Banshees of Inisherin** at this year's Oscars ceremony. Veteran Irish actor, Brendan Gleeson has also picked up a nomination for his superb supporting work in **Banshees**.

Martin McDonagh, no stranger to nominations, has been nominated for his original screenplay and direction for his work on **The Banshees of Inisherin**.

The film recently received 10 nominations at the **BAFTA Film Awards** as well as winning three **Golden Globe** awards, five **Screen Actors Guild Awards**, and nine

**Critics' Choice Awards** earlier this month.

In the craft categories, Irish editor Jonathan Redmond has been nominated for *Best Achievement in Film Editing* alongside Matt Villa for their work on Baz Luhrmann's **Elvis**, while Richard Banehan has received a nod for *Best Achievement in Visual Effects* for **Avatar: The Way of Water**.



The winners will be announced at a live ceremony hosted by Jimmy Kimmel on Sunday, March 12th, which will be televised live on ABC in the United States and viewed by audiences worldwide. Irish interest and hopes will be high for the artists flying the flag for Ireland, this year.

## FAMOUS IRISH OSCAR RECIPIENTS

### Brenda Fricker

In a career, spanning many decades, Brenda Fricker has appeared in more than 30 films and television roles. The veteran Irish actress of stage and screen (**Tolka Row**, **The Irish R.M.**) created great excitement for Irish people (along with her co-star, Daniel Day-Lewis) when she became the first Irish actress to win an Academy Award, for her supporting role in Jim Sheridan's **My Left Foot** at the 1990 Oscars ceremony. The Irish drama-comedy, based on the memoir of the life of Christy Brown, (a talented Irish writer with cerebral palsy) was hugely popular with audiences.



### George Bernard Shaw

The famous Irish playwright has the distinction of winning both a *Nobel Prize for Literature* and an Academy Award for *Best Adapted Screenplay* for his own play about the relationship between a Cockney flower girl and a Professor of phonetics., **Pygmalion** (1938). The film of Bernard Shaw's play, later to become the hugely successful musical, **My Fair Lady**, starred English actor, Leslie Howard as Professor Higgins.

### Barry Fitzgerald

Irish character actor, Barry Fitzgerald, best known for his impish, mischievous matchmaker, Michael O'Keefe in The classic John Wayne/Maureen O'Hara film, **The Quiet Man**, achieved the unique feat of being nominated for both the *Best Actor* Oscar and the *Best Supporting Actor* Oscar for the same performance. Barry went on to win an Oscar in a supporting role for his performance in **Going My Way** (1944) which starred legendary crooner, Bing Crosby.

### Neil Jordan

Iconic Irish director, Neil Jordan has directed 4 actors in Oscar nominated performances: Bob Hoskins, Stephen Rea, Jaye Davidson, and Julianne Moore. His own moment of Oscar glory came with his *Best Original Screenplay* win for his IRA thriller, **The Crying Game** (1993).

### Glen Hansard



Irish singer-songwriter, musician and actor., Glen Hansard quit school at age 13 to begin busking on local Dublin streets. He also studied at the New York Film Academy School of Acting before getting his big break in **The Commitments** and **Once**. The 2007 small-budget, Irish romantic musical drama film, **Once** stars Glen Hansard and Markéta Irglová as two struggling musicians in Dublin,. Hansard and Irglová had previously performed together in a band and composed and performed the film's original songs. **Once** was a commercial success, Hansard and Irglová's song "Falling Slowly" won the 2008 Academy Award for Best Original Song, The film has also been adapted into a successful stage musical.

### Maureen O'Hara



The Dublin native, was a fiery beauty who starred in over 60 Hollywood, from 1939 to 1971. She was known for her strong-willed and spirited characters. Maureen was often paired with John Wayne, most famously in John Ford's Irish classic, **The Quiet Man**. became only the second actress to receive an Honorary Oscar (**Lifetime Achievement**) in 2015, without having previously been nominated for an Oscar in a competitive category. Remarkably, the Irish actress was the first woman to produce her own films, too.

## Answers to Christmas Movies Quiz

1. b) 2. b) 3. c) 4. a) 5. d)
6. c) 7. c) 8. b) 9. a)
10. b) 11. c)
12. c) 13. b)





# BRADY'S CLOCKHOUSE

BAR - LOUNGE - RESTAURANT



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**Live Bands every Saturday & Sunday  
during the month of March  
& on St Patrick's Day**

**Live Racing during Cheltenham Week**



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