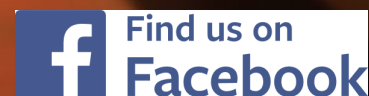




Maynooth Newsletter



Recording the Social Footprint of Maynooth since the 1970s



Local News - November 2023 - Issue No. 529 - Online Version

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



Huge congratulations to the Maynooth GAA Minor Football Team who won the Minor A Championship last Sunday (29th October). It was the first time the club had won the competition in 63 years. They defeated Sarsfields on the day by four points on a score line of 2-6 to 0-8 with the goals coming from Paddy Ryan and Daniel Ennis. The team was captained by Darren O'Loinsaigh.





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

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Letters to the Editor

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

Mission Statement

The Maynooth Newsletter is a community focused publication available free to the people of Maynooth. It plays an important role in gathering together, recording and distributing community based news. We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events. The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.

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

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

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

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

Maynooth Newsletter Archives

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

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load. The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Disclaimer

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

Halloween celebrations will have come and gone by the time of this publication and we are looking forward to the Christmas preparations. The Newsletter has many recipes to get you started and you can even look back in our archive to see recipes from the 1970s onwards. The Newsletter has always promoted "shop local". Over the years we have an increasing variety of local businesses to choose from such as our restaurants, take-aways, book shops, craft shops, boutiques and beauty salons to mention some.

The Newsletter Archive plays an important central role in recording Maynooth's social history down the years. It is a valuable asset to have in our community. Community groups, local representatives, sports clubs, local schools' events, individual achievements and the University are represented in the archive. We can see the advertisements from local businesses which in itself is an interesting study. Before GDPR, birthday wishes and other family events were recorded in the Archive and then there are all the photographs that were taken – St. Patrick's Day, Maynooth Festivals and school activities and other events and achievements in the community.

While most organisations have their own websites to advertise what they are doing and presumably can archive the website, but it is somewhat hidden. The Newsletter is a central go to place to get an all-round picture of Maynooth at a certain time and how it has changed. To give a flavour of content the May 2006 issue of the Newsletter which was to hand, contained Community Council Notes, Planning Permissions, Fundraising for Gael Scoil Uí Fhiaich, Maynooth Community Games and its Arts Competition, Maynooth Golf Club, Maynooth Town FC, Maynooth Flower and Garden Club and the Castle Keep Art Group exhibition. And there was poetry and prose aplenty with including a very informative piece about the famous race horse Nijinsky. The cover features a painting of a barge on the Canal by a local artist. The editorial mentions the Punchestown Festival, the Nissan Irish Golf Open, the Annual Maynooth Festival and the Ryder Cup at the K Club.

Maynooth Tidy Towns were there all along especially since the mid-80s. They have gone from strength to strength. Huge congratulations to this group of volunteers and for all they do in our Town and for achieving yet another Gold Medal in recognition of their work, taking account best environmental practices in this time of climate change. Volunteerism is a great asset in any community. Anecdotally it seems to be getting harder to fill the roles at committee level. Nowadays there is much more paperwork involved, there are grant applications and requirements, Garda vetting (rightly so), there are legal responsibilities, as well as organising wider committee members for the day-to-day work of the organisation. It is all very time consuming.

Some volunteers are involved in more than one voluntary organisation and have to be Garda vetted for each organisation. Additional knowledge and skills maybe required such as computer skills and social media skills which can put people off. However, I will say that once one gets through a year it is much easier after that. Also, there is a lot of help available, for example from the Charities Regulator about submitting annual reports and you will get a person on the phone to help as well which is reassuring.

To end on a high note, well done to Maynooth Minor footballers who won the county Kildare minor A championship on 29th October. Comhghairdeas!

Susan Durack
Editor

**Copy date for the December edition will be
5pm on Monday 27th November 2023**



November updates from MAFT

Champion Training

We had great success from our MAFT Champions in October and are encouraging more Businesses in Maynooth to complete the training to be come accredited.

Contact us by social media or email (see below) to sign up and get accredited

Certification and complimentary sensory boxes will be provided for your business on completion of training.



New Social Media and Website

MAFT have launched a new Instagram page and a new Website. Come visit us at <https://www.maynoothautismfriendly.com/>

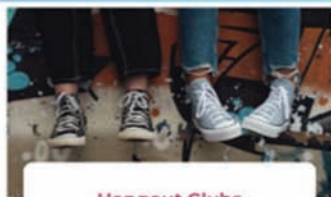
These great tools will provide you with up to date news, resources and events that are happening to make Maynooth a more Autism Friendly Town.

Adam Harris Visit

We were very grateful to Adam Harris to come and Visit some of the amazing Champions in our Town as well as a Visit to Maynooth Community College to meet with the Infinity Group, a group of Neurodivergent students and their non neurodivergent ally peers.



All this and more can be found on our Instagram page



Hangout Clubs

Due to a delay Hangout Social Clubs will not start until the 15th of Nov.

We will be sending out more information on our socials about registrations and booking links on or before the 8th of November

For updates on these exciting programs and to stay connected with the MAFT Association, keep an eye on our newsletter and our Social Media. We look forward to welcoming you and your family to our upcoming events!



Contact us on our social media or email autismfriendlytownmaynooth@gmail.com

ZERO WASTE MAYNOOTH

LADIES CLOTHES SWAP

Maynooth Community Library
11th November 2-4pm

Join us once a month, free event

Joining us this month:

*A kids toy swap!

*Clothes Mending Q&A - bring an item & learn how to repair



Borrow Our
Reusable
Part Kit

Don't buy disposables...
borrow your local party
box instead!



Pet Care for the Winter



Keep pet active and warm. On chilly days put a warm coat on the pets, like us humans, they get cold too. Consider taking shorter walks if the weather is bad.

Buy a hi-vis jacket for pets that are thick as they will keep the pet warm as well as making the pet visible in the dark mornings and evenings. Cats may prefer to stay inside, especially at night. Provide lots of toys and a scratching post. This will keep them active inside.

Move small animals to a dry, draft-free area or bring them inside the house if possible. If they have to stay outdoors, place extra blankets over their hutch and extra bedding inside.



You can also buy winter hutch covers which can be used year on year. Indoor animals like Hamsters also need to be given extra bedding and kept away from drafts so that they won't go into hibernation.

Check pets paws after walking them as grit and salt can get stuck between their toes and irritate and burn the skin, and even cause bleeding. So wash their paws after each walk to remove any residue. If walking pets on snow or ice, dry their paws once inside and warm their paws to prevent frostbite.

Stay away from frozen lakes/canals. Don't bring dogs near them as the dogs could fall in. If you are walking near frozen water then always have your



dog on a short leash. Dogs with arthritis and weak joints can easily slip so keep them supported by fitting them with a harness that has a handle so that you can hold them should they need any help.

Check under your car bonnet, around the wheels and underneath your car for cats as they may get in there seeking warmth if the nights are cold.



Be careful when using antifreeze it is very tempting to animals. This is **FATAL** to animals. Antifreeze draws animals to it as it is sweet smelling and tastes sweet.



CLEAN UP ANY SPILLAGE IMMEDIATELY.

Symptoms to watch for are: drinking more, pets seems lethargic and drunk, vomiting, seizures (fits), panting, twitches, spasms, collapse. If your pet has any of these signs - take them to the vets immediately.

Source: www.animaltrust.org.uk





Maynooth Senior Citizens Committee

(EST 1965)

Fundraising Table Quiz

Friday 10th November 2023

8pm

Newtown Inn, Maynooth

Teams of 4, €10 per person

Raffle and spot prizes galore

SAVE THE DATE

Online Office

Here to help with

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



Phone



E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.





Cllr. Angela Feeney Maynooth Labour News

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



Push-button Pedestrian Crossing at Maynooth Town Football Club

In February, Cllr. Feeney and the area engineers visited the Maynooth Town Football Club site on the Newtown Road. On foot of this visit, it was agreed that the installations of a push-button pedestrian crossing would make it much safer for children to walk and cycle safely to the club. The current situation is far from adequate or safe because the only available footpath is located on the other side of an extremely busy road. At the June MD council meeting Cllr Feeney submitted a motion calling for the push-button pedestrian crossing to be installed. The motion was carried and it was agreed to prepare a plan. At the most recent MD council meeting in October, Cllr. Feeney submitted a further motion aimed at progressing the issue. In the discussion that followed at the meeting, the intent to install the pedestrian crossing was reiterated and that now there is a need to firm up the funding part of the equation. LPT funds have been allocated and any shortfall needs to be identified following the upcoming future LPT discussions and Cllr. Feeney is confident the members and the Council will deliver on this in the not too distant future given that the safety of children is at stake.

Footpaths needed on the Boreen Road in Straffan

Cllr. Feeney has called for the installation of footpaths on the Boreen Road in Straffan. In speaking to the motion, Cllr. Feeney said that the Boreen Road is a very busy road with no hard shoulder. It is the only major approach road to Straffan village without a footpath. Cllr. Feeney has visited the location and seen first hand how dangerous it is and she has spoken to many residents in Straffan who are

calling for the footpath. She said that it would appear that there is enough of a land bank to facilitate a footpath and that there is ample room for a footpath between the existing hedge and the K Club fence. She added that there are over forty houses on the road with many young children. Cllr. Feeney said that at a time when we want more people out of their cars especially for those shorter journeys to school, shops and sports club, we need to provide the basic means to do that, which is a footpath. The Council said it may possibly require CPO and that it will initiate discussions with the landowner/s about that and of course, funds will need to be assigned.

Repair to Parklands Road

A number of road crossings were carried out at Parklands in order to provide services to a new housing development adjoining the estate. As a result the road has been left in a very bad state. Cllr Feeney called on the Council to make sure that the road was fully restored and repaired to a proper standard. Cllr. Feeney was happy to hear and thanked the Municipal District office that said it would ensure that the required reinstatement of these crossings is carried out. It also helps that those road openings were subject to a licence and conditions in relation to reinstatement, this will strengthen the case for having the road restored to the proper standard.

Upcoming Motions and Questions submitted by Cllr. Feeney

Motions:

- That the Council erects a 'No Entry' and 'No Parking' sign at the Harbour Field Maynooth.

- That the yellow box be reinstated at the end of Pound Lane Maynooth to allow access onto Mill Street
- That the council review the practice of suspending paid parking bye-laws during the Christmas period in order to be consistent with the Climate Act, the Climate Action Plan 2023, the draft Local Authority Climate Action Plan, and the council's policy objectives to enhance the percentages of people using the sustainable transport modes of walking, cycling and public transport. (Joint motion at Plenary with Cllrs. Brett, Farrelly, Liston, McEvoy, Power and Quinn).

Questions:

- Has the HSE updated the Council on the planned provision of a Primary Care Centre for Maynooth?
- Can the Council provide an update on the provision of a footpath between Brookfield Park and the Meadowbrook Road Maynooth?

Meetings attended by Cllr. Feeney since last newsletter:

- Oct 4th, Coláiste Chiaráin EGM, 7.30 pm
- Oct 5th KCC Twinning Liaison Committee Meeting, Áras Chill Dara, 2pm
- Oct 6th, MD Council meeting, Áras Chill Dara, 10 a.m.
- Oct. 13th, KCC Finance Committee, 12 pm (online)
- Oct. 18th Coláiste Chiaráin BOM, 7.30pm (online)
- Oct. 19th KCC Finance Committee, 12pm (online)
- Oct. 23rd, MD Budget Briefing in Áras Chill Dara, 1.45pm
- Oct. 23rd, Full Council meeting in Áras Chill Dara, 3 pm.

Biodiversity project & Sustainability Projects in Maynooth Community College

30 years ago, along the Maynooth Road a far-reaching decision was made at Carton Demesne to enhance the existing woodland by planting a new area of Irish Oak and provide for the future. Oaks are Keystone species – a species that serves as the backbone of the ecosystem, they provide resources for nature on a grand scale supporting Mammals, Birds, Insects, Lichen and Fungi.

Fast forward to 2023 the young fledging oak trees have steadily developed year by year and now are 15 metres+ in height, still young as many will live for hundreds of years in life, this year they were laden down with acorns the building blocks for years to come.



There is a proverb that goes, “From little acorns grow mighty oaks”. Taking this on board Maynooth Community College is looking towards enhancing the environment of the Education Campus along the Moyglare Road and developing the grounds as a habitat for nature and learning hub for Biodiversity.

The immediate positive response of the owners of Carton House, a Fairmount Managed Hotel to a request from the College for students from the Green Schools Committee to collect acorns is much appreciated.

The student group collected 750 acorns from the grove of oak trees nearby the Main Hotel entrance, these were sown on a wet morning in deep boxes by the students with the guidance of Peter Cuthbert and the green school's co-ordinator in Maynooth Community College, Jayne Mangan.

The first stage of the journey has been taken, next spring the acorns should develop shoots and commence a journey of growth, it will be 2053 before these trees will form their first batches of acorns for collection.

Maynooth Community College is demonstrating that by small beginnings that the environment can be enhanced for the better, hopefully as resources come available a native tree nursery can be developed on the Campus grounds imparting growing skills for all who want to learn.

By: Peter Cuthbert



Celbridge Further Education Centre

TASTER WORKSHOPS

Would you like to upskill but not sure which subjects to study

We are holding free introductory workshops

Week 1

November	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
10.15-11.15				Accounting
11.30-12.30	Bookkeeping	Healthcare	Communications	Digital Marketing
1.00-2.00	Spreadsheets Excel		IT Skills	

Week 2

November	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
10.15-11.15				
11.30-12.30	Payroll level 6		English as a second language	Web Development
1.00-2.00	Digital Media		Green Skills	



All
welcome

Register now

M: 087 397 7750

E: celbridgefetc@kwetb.ie

W: www.celbridgefetc.ie/contact



Celbridge
Further Education & Training Centre



Riadas na hÉireann
Government of Ireland



*Ára chomhoibíú ag
an Aontas Eorpach*
Co-funded by the
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SOLAS
learning works



Kildare and Wicklow ETB Training Services, Adult Basic Education and Youthreach are co-funded by the Government of Ireland and the European Union.

CELBRIDGE FURTHER
EDUCATION

KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

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

Information is also available online at www.citizensinformation.ie and from the

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



Changes to your employment contract

Can my contract be changed?

All employees in Ireland must get a written statement of their terms of employment, including their pay and hours of work. You can usually find this in your contract of employment.

There are 2 main ways your contract can change:

- Due to a change in the law, or
- By agreement between you and your employer

Your employer cannot change your contract without your agreement.

Changes introduced by law

You and your employer must comply with the law. For example, in 2023, the law extended an employee's legal entitlement to sick leave.

Changes introduced by agreement

You and your employer can agree to change your contract, for example if your job responsibilities change.

Your employer must give you the details of the change(s) in writing, by or before the day on which the change takes effect.

If you are going to work outside Ireland and the change will take place while you are away or on your return, you must get written notification before you leave.

Responding to proposed changes to your contract

If your employer wants to make a significant change to your contract you should:

1. Request written details of the proposed change
2. Ask for a review date when the change can be reconsidered
3. Respond in writing to say whether you agree or disagree with the change

If you agree with the change, you should tell your employer your acceptance is temporary. At the review date, you can ask to return to your original terms and conditions.

If you disagree

If you disagree with your employer's proposed change to your contract, and want to continue working on your current terms, your employer may decide to make you redundant.

Your employer must prove there is a genuine need for redundancy and that they have followed fair procedures. Otherwise, you may be able to claim for unfair dismissal.

If your employer insists on cutting your hours or pay, you may decide you have no choice but to leave your job. This is called constructive dismissal, where the decision to leave is yours but the employer's actions have forced you to resign.

Proving constructive dismissal can be difficult, so you should get professional legal advice. Community Law and Mediation (CLM) offers free legal information, advice and mediation services.

Your contract was changed without telling you

If your employer changes your terms of employment without telling you, speak with your employer directly. You can also raise the issue with the HR section, if you have one.

If you are a member of a trade union, your local representative can provide guidance and support.

If you still don't get written notification of the changes, and you cannot

resolve the issue with your employer, you can complain to the Workplace Relations Commission (WRC) – see 'How to make a complaint' below.

Changes to work practices

Your employer cannot change your contract without your agreement, but they can change your work practices.

Legally, there is a difference between contractual terms and work practices.

Contractual terms

Contractual terms include your pay, hours of work, sick pay and pension scheme.

Many of your contractual terms are in the written statement of your terms and conditions of employment. You may find other contractual terms in your:

- Staff handbook
- Pension scheme booklet
- Collective agreement with your employer

Work practices

Examples of work practices include breaks and rostering. You can find details of these practices in your staff handbook.

Your employer may change these work practices **without your agreement**. It is reasonable for an employer to update work practices or processes to save money or increase efficiency.

How to make a complaint

If you have a complaint about a change to your contract, you should speak to your employer. Try to follow the grievance procedure set out in your employee handbook.

Taking your complaint further

If you cannot resolve the problem with your employer, you can complain to the Workplace Relations Commission using their online complaint form.

You should make your complaint within 6 months of the dispute or complaint taking place. This time limit can be extended for a further 6 months, but only if you have a reasonable cause for not bringing the complaint within the normal time limit.

The law on changing your contract is set out in Section 5 of the Terms of Employment (Information) Acts 1994–2014. The rules were updated by the European Union (Transparent and Predictable Working Conditions) Regulations 2022.

Legislation covering contract changes

The law on changing your contract is set out in Section 5 of the Terms of Employment (Information) Acts 1994–2014. The rules were updated by the European Union (Transparent and Predictable Working Conditions) Regulations 2022.

Workplace Relations Commission - Information and Customer Service
O'Brien Road
Carlow
R93 E920

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

Tel: (059) 917 8990

Locall: 0818 80 80 90

Homepage: <https://www.workplacelrelations.ie/en/>

Mary Berry's Christmas pudding

Preparation time
1-2 hours

Cooking time
over 2 hours

Serves
Serves 6-8



Ingredients

For the pudding

450g/1lb dried mixed fruit (use a mixture of sultanas, raisins, and snipped apricots)
1 small cooking apple, peeled, cored and roughly chopped
1 orange, finely grated rind and juice
3 tbsp brandy, sherry, or rum, plus extra for flaming
75g/3oz butter, softened, plus extra for greasing
100g/3½oz light muscovado sugar
2 free-range eggs
100g/4oz self-raising flour
1 tsp mixed spice
40g/1½oz fresh white breadcrumbs
40g/1½oz whole shelled almonds, roughly chopped



For the brandy butter

100g/3½oz unsalted butter, softened
225g/8oz icing sugar, sieved
3 tbsp brandy, rum or cognac

To serve
4 tbsp brandy or rum

Method

Measure the sultanas, raisins, apricots and apple into a bowl with the orange juice. Add the measured brandy (rum or sherry), stir and leave to marinate for about one hour.

Put the measured butter, sugar and grated orange rind into a large bowl and cream together with a wooden spoon or a hand-held whisk until light and fluffy. Gradually beat in the eggs, adding a little of the measured flour if the mixture starts to curdle.

Sift together the flour and mixed spice, then fold into the creamed mixture with the breadcrumbs and the nuts. Add the soaked dried fruits with their soaking liquid and stir well.

Generously butter a 1.4 litre/2½ pint pudding basin. Cut a small disc of foil or baking parchment and press into the base of the basin.

Spoon into the prepared pudding basin and press the mixture down with the back of a spoon. Cover the pudding with a layer of baking parchment paper and foil, both pleated across the middle to allow for expansion. Tie securely with string and trim off excess paper and foil with scissors.

To steam, put the pudding in the top of a steamer filled with simmering water, cover with a lid and steam for eight hours, topping up the water as necessary.

To boil the pudding, put a metal jam jar lid, or metal pan lid, into the base of a large pan to act as a trivet. Place a long, doubled strip of foil in the pan, between the trivet and the pudding basin, ensuring the ends of the strip reach up and hang over the edges of the pan. This will help you to lift the heavy pudding basin out of the pan of hot water when it has finished cooking.

Lower the pudding onto the trivet and pour in enough boiling water to come half way up the side of the bowl. Cover with a lid, bring the water back to the boil, then simmer for about seven hours, until the pudding is a glorious deep brown colour, topping up the water as necessary.

For the brandy butter, place the butter into a mixing bowl and cream with a wooden spoon until light and fluffy – or for speed use an electric hand-held mixer. Beat in the sieved icing sugar until smooth, then add brandy, rum or cognac, to taste. Spoon into a serving dish, cover and set aside in the fridge.

When cooked through, remove the pudding from the pan and cool completely. Discard the paper and foil and replace with fresh. Store in a cool, dry place.

To serve, on Christmas Day, steam or boil the pudding for about two hours to reheat. Turn the pudding onto a serving plate. To flame, warm the brandy or rum in a small pan, pour it over the hot pudding and set light to it. Serve with brandy

Recipe Tips

Tip: If you are making brandy butter in the processor, you don't need to sieve the icing sugar. Just mix the butter and sugar, then add the brandy at the end.

Source: Mary Berry's Christmas pudding recipe - BBC Food

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This Basic Bookkeeping course is for students in Secondary School (from Junior Cert level onwards) and forms the basis of Leaving Cert Accounting.

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FREE Introduction Module that gives an overview of the course, click the link below

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Currently available for the special price €10 until 30th November 2023.

To join us click the link below

(or copy and paste to a web browser)

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Maynooth Dresses

3 San Feliu, Fagans Lane, Maynooth

New stock of 2024 Confirmation Dresses



Christmas Irish Gift Hampers Inis Beauty Products, Brook & Shoal Candles

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TY Debs Dress Clearance Sale Now On from €99



See www.maynoothdresses.ie for all our info or call (01) 629 3585



The History of the Christmas Stocking

The tradition of hanging Christmas stockings on the fireplace mantle has been around for ages. When the tradition began, children would hang their socks or even place their shoes on the mantel, while today there are customized larger stockings that are specially designed to be used by children during Christmas. And, not only have the Christmas stockings changed, the gifts and sweets that are put inside the stockings have changed through time as well. Children nowadays opt for modern kind of toys as the best stocking stuffers for Christmas, such as gadgets or branded toys.



Although there many different cultural takes on this tradition around the globe, this is one of the stories there believed to be the source of the tradition: the story of a poor old man and his three daughters.

An Old Man and His Three Daughters

One story of the first stories about the Christmas stocking centers around a poor old man and his three daughters. Since his family had lost all of its money, the old man feared for the future of his three daughters because he had no money to give for their dowries.

As the story goes, Saint Nicholas heard about the old man and decided to help him secretly. When the family was fast asleep, Saint Nicholas went inside their home and placed one bag of gold in each of the washed stockings his three daughters had hung above the fireplace to dry.

The next morning, the family was ecstatic to find the gold and the daughters of the old man were finally able to get married. It is said that this story inspired other children to hang their stocking near the fireplace mantle, hoping that Saint Nicholas would visit them and place gifts in their stockings. In some cultures, oranges were placed inside the stockings as a symbol of the bags of gold that St. Nicholas gave to the daughters of the old man.

In the past, parents would just put very small gifts, such as candies or fruits as stocking stuffers for their children or grandchildren on Christmas morning. Nowadays, the pressure is on parents to include the season's hottest branded merchandise and toys so their kids can take playtime to another level.

Christmas stockings are an integral part of the Christmas holiday — an iconic symbol of the joy and wonder the season brings to children throughout the world.

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St Mary's Brass & Reed Band

Our main event for October was our Concert in the Church of Ireland in Maynooth. It was planned for Saturday 14th October but unfortunately, because of a clash with Ireland's World Cup match, we had to move it to Sunday 22nd.

The Band were joined on the night by the Craobh Mhaigh Nuad Traditional Music Group and it was a brilliant mix of music with the Band and the trad group coming together at the end of the evening to play the Galway Girl. The audience really enjoyed the entertainment with many requesting a repeat performance next year.

The month of November marks the Band Mass for deceased members which this year is taking place on Sunday 12th at 1oc. Because we usually try to have it as close to All Soul's Day the Mass last year suffered somewhat because the Blessing of the Graves in Laraghbryan Cemetery was moved to 2.0c which meant many of the attendance at the Mass had to leave early. The change to a later date this year will allow people to stay for the full duration of the Mass.

An Open Invitation

Over the past couple of years the Band has been joined by musicians from Belgium, Austria, Germany and Greece but we would dearly like to have some of the former members from Maynooth return to the Band. We know that family commitments and other distractions have been responsible for your departure but the door is always open at our Monday night rehearsals and we would be delighted to see you back with us and you will be made very welcome indeed.



St.Mary's Brass & Reed Band 1981

*If you need any further information you can email
sec@stmarysbandmaynooth.ie
or call Paddy on 087 2537 906.*

Silent Walking—The new trend

What Is Silent Walking?

To engage in a silent walk means to intentionally put your phone away while on the walk. No podcasts, no music, no phone calls—just the sounds of nature, traffic and your own footsteps and thoughts. For some people, removing technology in this way could change a potentially chaotic or mindless trot into a bout of mindful exercise. Especially when many of us are so accustomed to all-day, every-day exposure to screen time—whether that be from technology, school, socializing or work—it can be important to occasionally unplug.



You might even go as far as to claim that silent walking is a form of meditation. When you're not listening to any media or talking to friends or family, you're one step closer to connecting with your body, relaxing your mind and letting your thoughts flow as you move. Plus, consistent walking in and of itself can be a very effective form of exercise and a great way to relieve stress.

But does this mean walking while listening to your favorite beats is bad? Not necessarily. A 2019 study in Sports conducted by researchers at Samford University showed that participants who listened to music they liked while exercising felt less tired during their workout, because they were able to dissociate in a positive manner. Though silent walking is a great way to disconnect from technology and start connecting with yourself, that doesn't mean you shouldn't use technology or music to boost your mood or even help you intensify your walk if that's your goal.

The Bottom Line

Silent walking has surfaced on social media as a trend, but it's really a reminder to sometimes disconnect from your tech and connect with yourself and the natural world.

Whether that means turning off the music while you walk or finding other ways to practice mindfulness throughout the day, silence and walking (or both at the same time) can have great benefits for your physical and mental health.

Source: www.eatingwell.com/what-is-silent-walking-8383165

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CSO housing and income data provides further insights into widening affordability gap

Data published by the Central Statistics Office (CSO) provides further insights into the widening affordability gap faced by those seeking to buy a home of their own, according to Social Democrats TD Catherine Murphy. Deputy Murphy said:

“An analysis of the data, which was published by the CSO to mark the 50th anniversary of Ireland joining the EEC, shines new light on the scale of the challenges faced by house-hunters today. It shows that house prices have been rising at a much faster rate than wages over the past half century.

“When Ireland joined Europe in 1973, it cost four and a half times the average salary to buy a home. Fifty years on, you will need seven times the average salary.

“According to the CSO, house prices are now 35 times more expensive than in 1973, whereas the average wage is 21 times higher.

“How are teachers, nurses and other workers supposed to get a place of their own? Being locked out of home ownership is having a disastrous impact on our schools and hospitals as emigration again becomes the only option for people looking to start an independent life.

“The Government’s record on building affordable homes has been abysmal. Of the 5,500 promised for 2023, just 101 affordable purchase homes and 22 cost rental homes were delivered in the first six months of this year.

High visibility policing would be more effective than extra bank holiday penalty points

A Government proposal to increase penalty points for motorists on bank holiday weekends should not be a substitute for high visibility policing and enhanced enforcement of road traffic legislation, according to Social Democrats TD Catherine Murphy.

Deputy Murphy, who is the party’s spokesperson on justice, said:

“In response to the worrying rise in road deaths this year, the Government is considering the introduction of emergency legislation, which would include the imposition of additional penalty points on bank holiday weekends for speeding and other motoring offences.

“However, based on recent garda figures, I am not convinced that this is where the Government’s focus should be. We learned this week that the number of gardaí assigned to roads policing is now 659 nationally, down from 692 at the end of 2022 – the lowest level since 2017. “Of equal concern is the fact that the number of drink-driving tests conducted at garda checkpoints is now more than half that of pre-pandemic levels.

“The Government should be laser focused on building genuinely affordable homes that people on normal incomes can afford to buy. Instead, what we saw in Budget 2024 was tax breaks for landlords and the delaying of the land hoarding tax.

“In the Social Democrats’ alternative budget, we outlined how we would build 10,000 affordable homes – including 5,000 cost rental and 5,000 affordable purchase homes – in 2024. This is the level of ambition required to make housing genuinely affordable for workers on average salaries.” “Last month, an additional €1.2 million was provided to increase monitoring by GoSafe vehicles by 20 per cent, or 1,500 hours per month, by the end of this year. It is this type of investment, along with increased garda visibility and enforcement, that will help change driver behaviour and reduce carnage on our roads.

“As a priority, the Minister for Justice must engage with the Garda Commissioner to ensure there are sufficient numbers deployed for road traffic policing. A properly resourced, consistent traffic corps presence will be far more effective than unnecessary legislation to increase penalty points on bank holiday weekends.”

Minister Donohoe must face Dáil scrutiny over €2 billion hole in health service budget

Social Democrats Catherine Murphy has called on the

Minister for Public Expenditure, Paschal Donohoe, to explain why there is a €2 billion hole in the health service budget for 2024.

“Minister Donohoe must come into the Dáil this week and explain why this Government continues to starve the health service of sufficient funding. He needs to go back to the drawing board and present a budget that accurately reflects the cost of providing a quality health service.

“Despite warnings from the HSE, Budget 2023 failed to provide sufficient funding to meet patient need. It is therefore inevitable that a supplementary budget will be required before the end of this year.

“Now we have learned that there will be a €2 billion shortfall in the health service budget for 2024. This will stymie future spending and recruitment in key clinical programmes such as cancer and stroke care. In addition, the lack of funding for new drugs next year will amount to a life sentence for patients with cancer and other serious conditions.

“Since last week’s Budget, we have already seen the HSE being forced to announce an extension of its recruitment embargo, which will prevent the appointment of more junior doctors, homecare staff and other grades of employees in the healthcare sector.

“The scale of underfunding threatens to undermine the progress made in transitioning to a properly functioning public health service in recent years under Sláintecare. Instead of squeezing the health budget, the Government should be committing to properly funding essential reforms so people in Ireland can have the same access to healthcare that our European neighbours enjoy.

“The Government continues to be in denial about the need to adequately fund healthcare in this country. It is patients who will pay the price for this and it cannot be allowed to continue.”

Patients will pay the price for Government’s failure to adequately fund healthcare

The HSE’s latest recruitment freeze is a short-sighted decision that will directly impact patient care, according to Social Democrats Catherine Murphy TD

“By OECD standards, Ireland ranks only about halfway in terms of health funding. In this week’s Budget, the Government were throwing around money like it was going out of fashion. At the same time, however, critical health services are being squeezed.

“The Government are in denial about the need to adequately fund healthcare. In Budget 2023, they failed to provide sufficient funding to meet patient need. This was spelled out to them by the HSE at the time but they ignored the warnings.

“Of particular concern is the decision not to recruit any further junior doctors. This is at a time when the HSE have been struggling to recruit sufficient numbers of GPs and consultants. If there is a restriction on the pipeline of junior doctors, we will pay a high price for that in the coming years.

“A freeze on the recruitment of homecare staff is also inexplicable. Already we have more than 6,000 older people approved for homecare who are yet to receive that service due to staff shortages.

“A failure to provide adequate numbers of homecare staff will not only penalise older people but will inevitably lead to additional pressures on Emergency Departments across the country. “The extension of the HSE’s recruitment embargo is an example of the worst kind of short-sighted thinking by this Government.”

DEIS-Plus model needed for early years sector to break the cycle of child poverty

A DEIS-Plus model of funding for the early years sector is essential if we want to break the cycle of child poverty, according to Social Democrats TD Catherine Murphy who said:

“In the Social Democrats’ alternative budget, the creation of a new DEIS-Plus categorisation at preschool, primary and secondary school level is a key element of our proposals to end the scandal of child poverty in Ireland. This would involve the allocation of €20 million in initial funding in 2024 for the most disadvantaged schools.

“I strongly believe that DEIS-style programmes should include the early years sector. This is borne out by a literature review of research and international evidence on equality of participation and access models within early learning and care, published this week by the Children’s Rights Alliance.

“Based on evidence from projects and programmes across five countries, the review found that investing in early years is one of the most effective methods of tackling child poverty.

“Next week’s Budget must allocate funding for the first phase of a new early years DEIS model, one that is focused on wraparound services, the provision of food and support for parents.

“Child poverty is corrosive and can have lifelong consequences for those who experience it and for wider society. However, with early intervention measures, such as my party’s DEIS-Plus proposal, this societal scandal is preventable.”

Government presides over shameful rise in number of children becoming homeless

There has been a 47 per cent rise in the number of children becoming homeless since this Government took office, according to Social Democrats TD Catherine Murphy TD.

“The latest figures show there are now 12,691 people living in homeless emergency accommodation. Tragically, 3,895 of these are children, while 176 are pensioners.

“The 156 drop from last month, unfortunately, doesn’t mean there was a fall in the number of people becoming homeless. Rather, it represents another failure in the State’s ability to deal with the homelessness crisis.

“The Department of Housing has admitted that the homeless figures have been miscounted by about 300 for some time now. This is the first month that the figures have been adjusted to account for this mistake.

“The grim reality is that homelessness, in real terms, has continued to rise for 19 of the last 20 months under this Government. This catastrophic failure is having profoundly negative impacts on people’s lives.

“The Government need to start treating this crisis with the urgency it deserves. More tenant in-situ purchases is one of the most effective ways to save people from the trauma of becoming homeless, yet the Government’s target of 1,500 for this year is nowhere near what is needed. There were 10,488 eviction notices issued in the first six months of this year alone.

“I am now calling on the Minister for Housing to provide funding for at least 5,000 tenant in-situ purchases over the next year to prevent people from becoming homeless.”

HIQA must inspect all Direct Provision accommodation where children are living
Social Democrats TD Catherine Murphy has called for all accommodation used under the State’s Direct Provision system to be inspected by the Health Information and Quality Authority (HIQA) following a damning report by the Ombudsman for Children.
Deputy Murphy, said:

“This is the first time that the Ombudsman’s office has laid down a special report to the Houses of Oireachtas since it was established 20 years ago, which is an indication of the gravity of the situation.

“In his report, Ombudsman Niall Muldoon sets out a number of concerns about the safety and welfare of children living in International Protection Accommodation Services (IPAS).

(Continued on page 14)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.)
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(Continued from page 13)

These include the continued use of temporary accommodation such as hotels and B&Bs; lack of inspections and monitoring of centres; and not enough vulnerability assessments of children.

It is now approaching three years since the Government published a White Paper setting out its intention to phase out Direct Provision by 2024.

Due to the unforeseen challenges of accommodating refugees fleeing the war in Ukraine, it was inevitable that there would be some slippage in meeting this target.

However, the Ombudsman raised similar concerns about children living in Direct Provision back in 2021 so his frustration at the Government’s lack of progress on the issue is completely understandable.

“The State has a responsibility to ensure the safety, wellbeing and dignity of these extremely vulnerable children. Given the seriousness of the concerns raised in Dr Muldoon’s special report, it is vital that all accommodation used under the Direct Provision system is inspected by HIQA as a matter of urgency.”

A snapshot of Parliamentary Questions raised by Catherine Murphy this week.

The full record of Parliamentary Questions can be accessed here: <https://www.kildarestreet.com/search/>

To ask the Minister for Education and Skills if she has received the school transport scheme review; and if she will publish same. [44996/23]

The School Transport Scheme is a significant operation managed by Bus Éireann on behalf of the Department of Education. In the 2022/23 school year, over 149,000 children, including over 18,000 children with special educational needs, were transported on a daily basis to primary and post-primary schools throughout the country.

In addition, school transport scheme services are being provided in the current school year for over 5,400 children who have arrived to Ireland from Ukraine. The total cost of the scheme in 2022 was €338.9m.

There has been an overall increase in both applications and tickets issued for the 2023/2024 school year in comparison to the 2022/2023 school year.

Under the current terms of the scheme, pupils at primary level are eligible where they live no less than 3.2 kilometres from and are attending their nearest primary school. At post primary level, students who live no less than 4.8 kilometres from and are attending their nearest post primary school/education centre are deemed eligible. Any pupils/students who do not meet these criteria are deemed not eligible, or otherwise known as concessionary applicants, and are allocated a ticket based on the availability of a seat when all eligible children have been catered for.

Temporary Alleviation Measures at post-primary level are being continued for the current school year. Under these measures, which were initially introduced in 2019, transport will be provided where there is a route in operation and where capacity exists for concessionary post-primary pupils who are eligible for transport to their nearest school and are attending their second nearest school and who applied and paid on time.

As you are aware, my Department undertook to complete a review of the School Transport Scheme. The review has been conducted with a view to examining the current scheme, its broader effectiveness and sustainability, and to ensure that it serves students and their families adequately.

The steering group is due to issue a final report which includes recommendations on the future of the school transport scheme. The review will then be brought to government government shortly, once approved, the review will be published.

To ask the Tánaiste and Minister for Justice and Equality the number of Garda members in each roads policing unit, by Garda division, to date in 2023; and if she will make a statement on the matter. [45380/23]

The unprecedented allocation of over €2 billion to An Garda Síochána in 2023 and 2024, up 23 per cent since 2020, demonstrates the Government's commitment to ensuring the Gardaí have provision for the equipment, technology, facilities, fleet and personnel it needs to carry out vital policing work.

As the Deputy will be aware, by law the Garda Commissioner is responsible for the administration of An Garda Síochána, including the distribution of Garda members between the various Garda Divisions/units. As Minister, I have no role in these operational matters.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

The best way to increase the strength of all Garda Units, including the roads policing unit, is to accelerate recruitment into An Garda Síochána and that is exactly what we are doing. Budget 2024 has provided funding for up to 800-1000 new Garda recruits next year. We have also increased the training allowance and provided a package of wellbeing supports.

It is worth noting, however, that on average, 25% of roads policing enforcement is carried by regular Garda members, with the exception of drug/drink driving checks, 75% of which are carried out by regular Garda members.

The table **to the right**, provided to me by the Garda authorities, outlines the number of Gardaí assigned to the Roads Policing Unit, by Division, as at the end of August 2023, the latest date for when figures are available.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

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The tab RIGHT, provided to me by the Garda authorities, outlines the number of Gardaí assigned to the Roads Policing Unit, by Division, as at the end of august 2023, the latest date for when figures are available.

Further detailed information in relation to Garda numbers is available on my Department’s website. This information is updated every month with the latest data provided by An Garda Síochána, and includes the number of Gardaí by station across the whole country.

The information can be found at the following link:

DIVISION	AUG 2023
D.M.R. EAST	5
D.M.R. NORTH	12
D.M.R. NORTH CENTRAL	17
D.M.R. SOUTH	10
D.M.R.SOUTH CENTRAL	13
D.M.R. WEST	11
D.M.R.TRAFFIC/ ROADS POLICING	84
KILDARE	26
LAOIS/OFFALY	24
MEATH	18
WESTMEATH	18
WICKLOW	19
CAVAN/MONAGHAN	16
DONEGAL	27
LOUTH	23
SLIGO/LEITRIM	17
KILKENNY/CARLOW	23
TIPPERARY	25
WATERFORD	17
WEXFORD	22
CORK CITY	32
CORK NORTH	21
CORK WEST	20
KERRY	24
LIMERICK	34
CLARE	18
GALWAY	40
MAYO	24
ROSCOMMON/LONGFORD	19
TOTAL	659

www.gov.ie/en/publication/bd777-an-garda-siochana-your-police-service-some-facts-and-figures/

The Deputy may also be aware that I allocated an additional €1.2 million to An Gardaí Síochána earlier this year for mobile safety camera deployments and monitoring hours for the duration of 2023. This additional funding will see GoSafe provide an extra 1,500 hours of monitoring every month until the end of the year, a 20% increase. As part of Budget 2024, €3.6m additional funding has been allocated for GoSafe speed cameras, continuing the increased level of 9,000 hours a month announced last month through the whole of 2024.

To ask the Tánaiste and Minister for Justice and Equality the number of Gardaí by rank attached to the Kildare divisional drugs unit as of 10 October 2023. [44832/23]

The unprecedented allocation of over €2 billion to An Garda Síochána in 2023 and 2024, up 23 per cent since 2020, demonstrates the Government's commitment to ensuring the Gardaí have provision for the equipment, technology, facilities, fleet and personnel it needs to carry out vital policing work.

As the Deputy will be aware, by law the Garda Commissioner is responsible for the administration of

(Continued on page 15)



Catherine Murphy T.D. Social Democrats, Kildare North. (Cont.)

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(Continued from page 14)

An Garda Síochána, including the distribution of Garda members between the various Garda Divisions. As Minister, I have no role in these operational matters.

I am assured that Garda management keeps the distribution of resources under continual review in the context of policing priorities and crime trends, to ensure their optimum use.

I am advised by the Garda authorities that, as of the 31 August 2023, the latest date for when figures are available, there were 11 Garda members attached to the Kildare Divisional Drugs Unit, comprising of 2 Sergeants and 9 Gardaí. This represents an increase of over 57% since the end of December 2015 when there were 7 members assigned to the unit.

To ask the Minister for Children, Equality, Disability, Integration and Youth his plans to increase the funding per child in the early learning years sector. [44656/23]
This Budget continues to improve investment for early learning and childcare with funding increasing by 8% or €83 million in 2024, to €1.108 billion.

Through this funding, there will be improved affordability for parents, improved availability of early learning and childcare places and additional supports for children with a disability and for children experiencing disadvantage. There will also be significant enhancements to the Core Funding Scheme.

The overall strategy to support and develop the Early Learning and Childcare Sector is expressed through "Together for Better".
the Together for Better funding model is about getting the

most out of the three Early Learning and Childcare programmes: ECCE including AIM, NCS and Core Funding.

These funding streams work together to support stability and sustainability in the sector.

Given the multi-pronged nature of the funding, it cannot be meaningfully distilled to an overall increase per individual child. The measures described hereunder seek to express closest equivalents where applicable.

Core Funding operates in addition to the ECCE Programme and the NCS. Between ECCE capitation and Core Funding, there is currently a minimum of €79.20 per child per week, before additional graduate premium of €4.44 per hour and the flat rate of €4,075 per year for sessional services are added, as applicable. The developments in 2024 will see this minimum income increase further.

From September 2024, all families accessing registered early learning and childcare will receive a minimum hourly universal NCS subsidy of €2.14 off their out of pocket costs, rising by 74c from a current hourly rate of €1.40.

For families on the minimum or universal subsidy, this will mean up to €5,007 off their annual bill per child. This represents up to an additional €1,731 off the annual cost of early learning and childcare per child.

Anyone not already on the maximum subsidy will also receive an increase, but the amount of increase will depend on their current circumstances.

Families on the maximum subsidies under the NCS, based on an income assessment and the age of the child, can already receive up to €11,934 off their annual fee. The

totality of funding in 2024 will provide for:

- The continuation of the ECCE programme that will benefit more than 103,000 children in 2024.
- The continuation of the Access and Inclusion Model (AIM) to ensure children with a disability can access and meaningfully participate in the ECCE Programme. Funding will provide for an increasing cohort of children with a disability availing of targeted AIM supports – approximately 7,000 – as well as the expansion of these supports beyond time spent in the ECCE programme, in term and out of term.
- The continuation of the NCS, and the introduction of enhancements to the Scheme with more than 150,000 unique children to benefit from changes to the minimum subsidy rate and the sponsorship rate.
- The continuation of Core Funding, with enhancements to the Scheme in year 3.
- The introduction of the Equal Participation Model (EPM), whereby services will be provided with a proportionate mix of universal and targeted supports to support children and families accessing their services who are experiencing disadvantage.
- The delivery of a range of regulatory and quality supports for the implementation of the National Action Plan for Childminding; Nurturing Skills, the Workforce Plan, and the ongoing development of the registration and inspection system as well as policy development commitments set out in First 5 and the Programme for Government.

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Writers' Corner - Short Stories/Articles from our Readers

The Limekilns of Boher

The name may be puzzling to some of the younger generation, but limekilns were once a fairly common feature of rural Ireland. They were cylindrical, stone structures build for burning limestone blocks, the resulting power being used to whitewash houses or spread on land to offset soil acidity. There was a small grass-grown crater on our farm, which my brother, Cathal, maintained was ruins of a small, 19th century kiln built for the private use of our great-grandfather.

In my primary school days, during and after World War 11, we passed five commercial Limekilns on the road between Carrick-on-Shannon and Croghan village. These were situated in the town - land of Boher, where there was a thick layer of limestone under field surfaces. Five families supplemented their incomes by selling lime, Leylands, Butlers, two Mc Donagh families and Mc Greevys, all living within a short distance of each other, thought only the first two stand out in my mind.

While walking home from Woodbrook National School - barefooted in summer-we could see men working in quarries, using sledgehammers, crowbars and pickaxes to pry stone slabs loose or pilling them onto horse -drawn carts before taking them nearby kiln. Sometimes smoke might be rising from a kiln that had already been filled to the brim. This was accomplished in the following way –and here for precise details I am indebted to a poem by the local –born, scholarly priest, Fr John Joe Mc Greevy, who after working for years in Peru, retired to Dalgan Park, a few miles from Navan, where in May 1999 he passed away. Incidentally, President Mary McAleese in one of her speeches paid tribute to Fr. John Joe –but I'm digressing. On a thin layer of turf sods, plus 'black culm from Arigna', limestone pieces were thrown and then more coal and turf added, on which another thin layer of limestone was piled. This pattern was repeated till the kiln was full, at which point a fire was kindled at the base. In brief time the fire worked its way up to the top. Fr John Joe –and again his memory is precise –writes of: 'The new lime of Boher / Fresh –scenting the air'.

What I recall most vividly from those days is two 'tearaway' brothers leading Cathal and myself in procession round the rim of a smoking kiln that resembled a small active volcano and woman of the house rushing out screaming, 'Get down from there, ye young pups! Do ye want to kill yerselves?'

'Ah, dry up, you old bag,' the toughest of our leaders scoffed, but not loud enough to be heard. Of course, the good woman was right, since a slip by one of us would have spelled disaster, equivalent to falling into a live volcano. That kiln is still in pristine shape, the only one of the five to have been restored.

Once the fire had burned itself out and the slabs

of stone were reduced to powder the next phase commenced. Cartloads of lime could now be driven to surrounding farms, some even as far away as Strokestown and Castlerea. I can't say how much each consignment earned or if there was a government subsidy to help farmers defray the cost, but image there might have been. What is certain is that lime improved the quality of acidic land, providing calcium and magnesium for plants and, unlike some modern fertilizers such as nitrogen, whose overuse can have harmful side effects, it was invariably benign.

In any case, I will leave the last words on these once eye –catching cylindrical structures with Fr John Joe:

'By the straight road to Croghan,
Each fifty yards in,
Rest the limekilns of Boher
With the things that have been.'

P.G. Nerney

The Parting Glass

Sometimes a wave of sadness gathers,
Listening to the Clancy and Makem duo
Singing a traditional Irish song:
Red is he Rose, Roddy Mc Corley,
And knowing that, despite their gusto,
They themselves have exited the stage,
Or maybe it's Peter Hollens' *Danny Boy*,
That father, aware that he himself
May soon be dead, asking his departing son,
'But come ye back when summer's in the meadow';
And I, who have such grounds for happiness,
Who know full well that every moment counts
Too much to be surrendered to nostalgia,
Must battle with this down-tow of distress.

Colin Scott

MYSTERY

Astronomers tell us that there are pulses of energy from various sources in the universe that in a fraction of a second dwarf all the energy that our sun has emitted and ever will emit in its entire lifetime! Ten billion years! And our sun is no slouch. In eight hours it delivers enough energy to keep the whole world in supply for a full year! What a waste? What abundance? And energy is one of the most costly commodities facing all of us today?

And the universe itself? One hundred years ago we thought the Milky Way was the only galaxy. Now it is estimated that there are two trillion galaxies out there! What profusion! This is the universe the creation of which our ancestors attempted to record nearly three thousand years ago in Genesis. How minimalist their efforts appear to us now!

And we are no better as we attempt to celebrate the spiritual dimension of reality. Millions reject

such a dimension altogether. Tom Paine declared that the brain secretes thought as the liver secretes bile. (Speaking on his own behalf, no doubt!) Now, if thought is equal to consciousness and at least Descartes appeared to think it was, then for many in today's world consciousness is no more than a materialistic secretion! Dawkins and his ilk are utter materialists and all fussing over spirituality and religion, as the apex of consciousness, is just so much mind numbing wastefulness to them.

Do we really take Christ seriously as the "light of the world"? That was his claim and it has never been disproved! Unfortunately his followers often do not act as children of that light. At the eucharist which is the central celebration of his memory the homily on his words is often either read schoolboy fashion, mumbled, trivialised or omitted altogether. Just recall the gospel story of Jesus in his hometown of Nazareth. With eyes of all staring at the son of Mary and her husband the carpenter, he chose a reading from Isaiah and amazed all present: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of the Lord's favour.'

He then bamboozled them entirely with the opening words of his address: 'Today this scripture has been fulfilled in your hearing'. They certainly had their eyes fixed on him after that! You know the rest of that gospel story! They heard his claim and they couldn't believe it because they thought they knew him, seed, breed and generation! So they rejected him.

Do we reject his claim as they did? Or do we see him as the light of the world just as the sun is the light of the earth? Are we ever challenged by the words of a scripture reading or a homily? We heard it all before! Did we really?

"The light of the world": = Gives all things in the universe their meaning!

The material world and the spiritual world are mysterious! Stay awake! The Master has come!

GM.

THE MIRACLE PRAYER

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

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

Never known to fail.
Thanksgiving for favour received.

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Representative example as at 16/10/23. Example is for illustrative purposes only.

Mortgage Home Loan - €350,000 over 30 years, 3.57% variable APR, €1,572 per month, total amount payable €565,796.

APR stands for Annual Percentage Rate. Loans are subject to approval. Lending criteria, terms and conditions apply. Over 18s only.

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

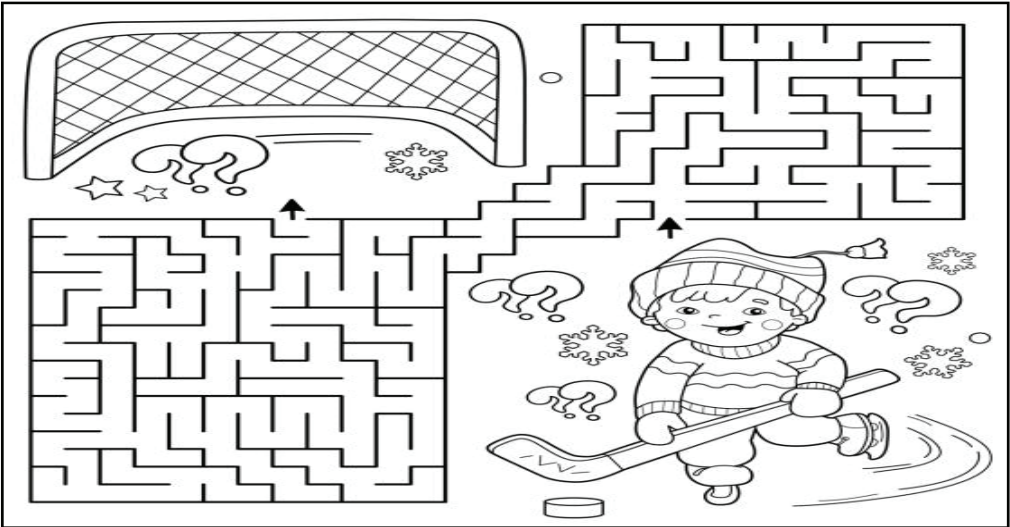
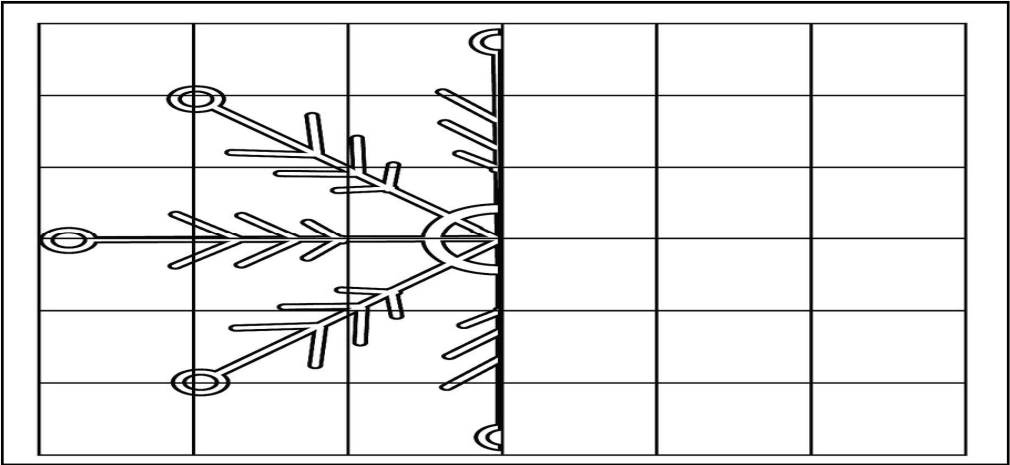
WARNING: Your home is at risk if you do not keep up payments on a mortgage or any other loan secured on it.

WARNING: The cost of your monthly payments may increase.

Life Credit Union is regulated by the Central Bank of Ireland.

Life
credit union

Complete the Picture



All puzzles sourced free from Google

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

WINTER WORDS

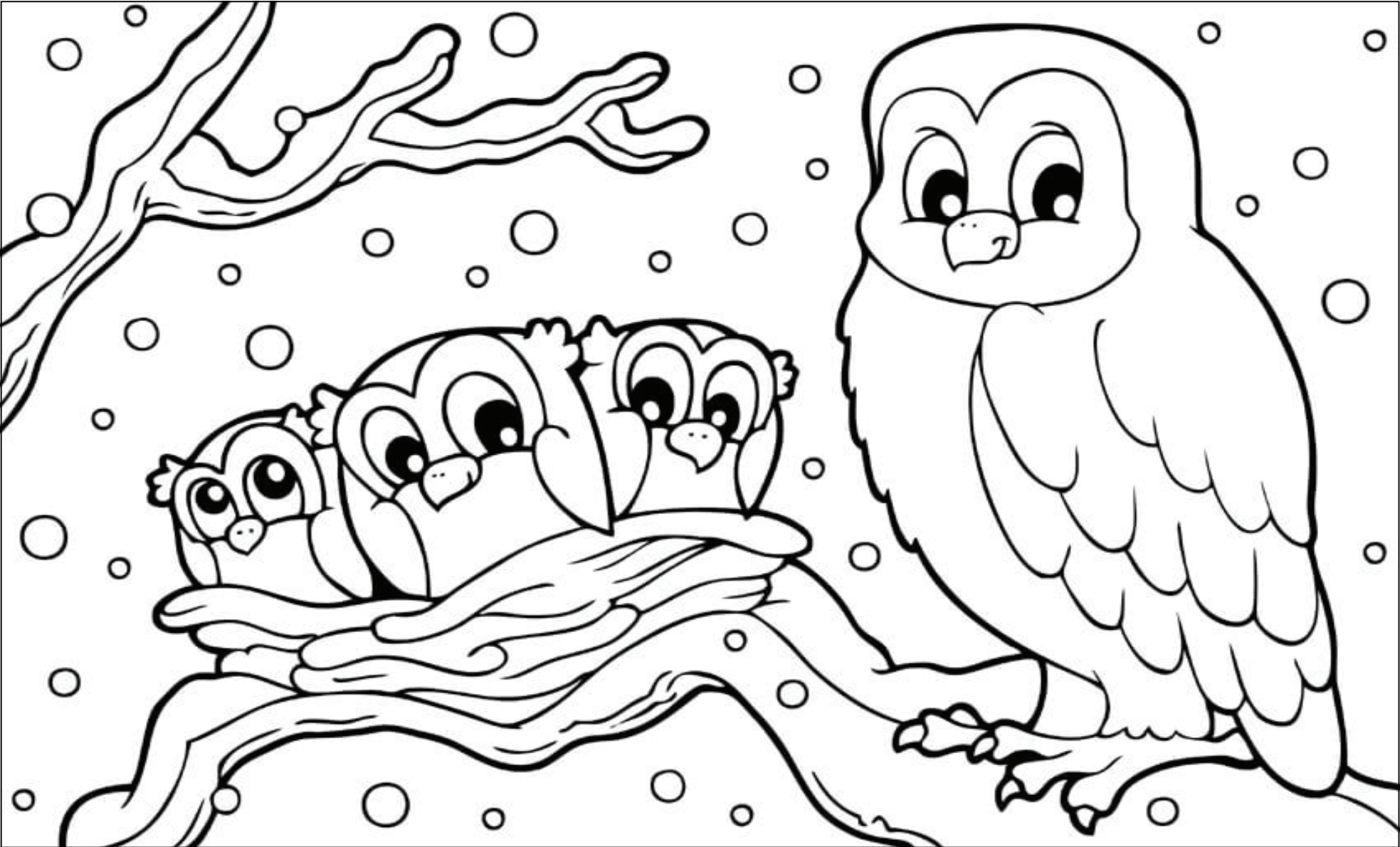
Word Search Puzzle

r h p x b k g m s n o w f l a k e s f f s d
v h f b w y r e i j u m t o n c w t z d h d
s k a t i n g k l f d e f e t h z e t s d c
z i i v k l a g f e t r y b f i f l b f r b
e h j c s j s l i p p e r y b l i k z k w o
t r a s o w a n s a a a n x s l u c e d i o
c v i w h v t v g d y l t s l y r g l n n t
r y h x x k f e b r u a r y m q r w r r t s
n t o b o g g a n o f s o u c c i t b s e s
z a l f n h r m m f h a t w s d a c a h r h
m p l f g l o v e s m j w p s n s o q o v o
i j a w w i w v f r e e z i n g k l i t s v
e l a d d r g k j a n u a r y a v d y c b e
x m y h b s r d w f t o h u f r o s t h e l
r u s x c d e c e m b e r s b t h a n o w a
c e s l e d d i n g c a h w a p p w f c n y
s c a r f s n o w m a n a l a x c o o u
r z r a m j x v k b j y k y t r j m e l a l
o a r i l y f i r e p l a c e k f x i a a c
y u r p n i q d s l u s h p m a d i f r z e
e i c i c l e t v f b m w e h z v n e z f
i d h i b l i z z a r d w t z b o w x m k e

Find these words.

fireplace	hat	hot chocolate	mittens
snowflake	ice	slush	shovel
blizzard	cold	January	snow
icicle	slippery	freezing	flurries
boots	chilly	skating	February
parka	snowman	scarf	winter
sledding	December	holidays	
gloves	toboggan	frost	

(The words may be hidden vertically, horizontally or diagonally.)



Several of the best Christmas markets in Ireland have confirmed that they'll be back in 2023.

There is nothing like wooden stalls with artisan crafts, fairy lights festive food & mulled wine to get you in the Christmas spirit. You can find local or hand-made products there that you can buy for your family and friends.

Irish Christmas markets can be found in many towns and villages across the country. The most notable ones can be found in Belfast, Galway, Waterford, Cork and Dublin.

Winterval is said to hold the largest festival, when it comes to events that take place around its markets. Size wise, the Belfast market is the biggest Christmas market in Ireland.

The Dublin Castle Christmas market is one of the only festive markets that has run consistently over the last couple of years and it's expected to be back this year from December 8th to December 21st (**still TBC**).

A couple of years back, the Dublin Castle Christmas market arrived out of nowhere and it went down reasonably well. It was one of the only Christmas markets in Dublin that went ahead over the last two years and, although small, it's set in the impressive grounds of Dublin Castle.

In previous years, the castle was finely decked out in fairy lights and the entrance to the castle grounds was lined with 100+ Christmas trees.

The main market was held within the courtyard where there was all of the usual stalls selling festive bits and bobs, a carousel and an open-air bar.



Although the dates are TBC, if this Dublin Christmas market follows the format of the last number of years, the market will run from December 8th to December 21st, 2023.

One we have a lot of hope for is the **Mistletown Market (TBC)** which is set, if it finally launches, set to be the largest Christmas market in Ireland.

We're also hoping to see the return of the **Dun Laoghaire Christmas Market** this year but, like the ones above, it's still TBC.

Our next Irish Christmas market is one of the newer Christmas markets Ireland has to offer.

The Wicklow Christmas market takes place in the Abbey Grounds in Wicklow town. Those that visit can expect a Santa Express experience, an ALPACA experience, a magical funfair, craft stalls, food, fire shows and much more.

The dates for the Wicklow Christmas Market 2023 have been officially confirmed and the festivities will take place on:

November 18th, 19th, 24th, 25th, 26th
December 1st, 2nd, 3rd, 8th, 9th, 10th, 15th, 16th, 17th

The Botanic Gardens will likely bring back what is one of several eco-style Christmas markets in Dublin in 2023.

Here you'll find over 70 stalls offering a range of sustainable gifts, as well as seasonal treats and decorative crafts.

It's an indoor and outdoor market, set in and around the historic glasshouses at the Botanic Gardens in Glasnevin.

The venue will have a light sprinkling of festive cheer with performances from a local choir.

Rathfarnham Castle Christmas Market is an outdoor market held in the grounds of Rathfarnham Castle, an impressive 16th-century fortified house.

Throughout the day, the magical market has a range of stalls selling artisan goods, local art and crafts, plus opportunities for food and festive warm drinks.

Kids will have the opportunity to post their letters to Santa and there's also all-day entertainment taking place (it's **TBC** but it should run on Saturday, December 9th).

If there's one Dublin Christmas market that's stood strong in recent years it's the one in **Swords Castle**.

Here, you'll find over 50 stalls buckling with gifts, art, crafts, and food all sold by local traders. There's also a Santa's Grotto open.

If the Swords Castle Christmas market follows the format of the last number of years, it should run on November 26th and December 2nd.

Source: www.theirishroadtrip.com/christmas-market-dublin/



Smart Christmas Shopping

Is it too early to even start thinking about Christmas? No, it isn't. Take the hassle and the pressure out of the season by getting organised now. The earlier you are organised and prepared the better. This means you will have more time to enjoy and relax with your family and friends.

1. Make a list of people to buy presents for and make a budget for each person and stick to that budget.
2. Write a list of other essentials needed such as decorations, crackers, napkins, wrapping paper etc. Pick them up at your local discount store at any time.
3. Keep track of your spending. Be on the lookout for bargains and sales in your local shops and not forgetting on-line too.
4. Start shopping as early as you can. Buy one a week so that it's more manageable.
5. Visit charity shops and discount stores. You may find unusual and unique stocking fillers.
6. Think about gift baskets either making them with their favourite things or even buying ready made ones.
7. Consider making gifts such as scarves, hats or look on-line for some ideas.
8. Try and get as many items in the one area/place at the same time as this will save you time and minimise your shopping trips.
9. Wrap the presents as you get them.

Hassle-free Christmas Food Shopping

1. Go through your cupboards and write down what you need to get.
2. Buy at least one item a week that is on the list. That way you won't notice the cost as much.
3. Canned goods can be bought well in advance as well as long life foods and dried foods.
4. Start looking for alcohol and soft drink deals as they pop up. Stock up well ahead and store them away till Christmas.
5. Buy an ingredient weekly that you will need for cakes/puddings that you intend to bake. This way you won't have to buy all the ingredients in one go.
6. Purchase non-perishable food items weekly - watching out for any deals.
7. Order meats in advance. The butchers will be only too happy to take early orders.
8. Do your final Christmas food shop at least 2 days before Christmas to avoid the rushing around and the queues.
9. Remember to stick to a budget.

Preparation is key to a less stressful Christmas!





MAYNOOTH CYCLING CAMPAIGN

Public Meeting
Maynooth Cycling Campaign held a public meeting on the 26th October which included a discussion on asks of politicians running in the local government elections next May. We are interested in hearing of suggestions from a wider audience so if there is something cycling related that concerns you, let us know at maynoothcycling@gmail.com.

Maynooth Cycling Without Age
Maynooth Cycling Campaign has been in contact with St. John of God/Genil Training re the use of the trishaw and await their response to our proposals. After a number of months when the post was empty, they have now appointed a new manager to Genil Training but a number of other issues have still to be clarified with their insurance company. Overall, though they are very positive and we look forward to a successful relationship. However, as we are now in November and activities in Cycling Without Age reduces over the winter months, it is proposed to postpone further pilot training until next March.

Celbridge Road
Recently, Coiste na dTuistí Gaelscoil Uí Fhiaich submitted a petition to Kildare County Council regarding their ongoing concerns about the safety of the 850 children who walk, scoot or cycle to school on the Celbridge Road, Maynooth. The parents ask Kildare County Council to expedite the process to provide an upgraded footpath and new cycle track. Unfortunately, the petition was closed when we learnt about it so we were unable to add our signature. The scheme was allocated funding in 2023 for the preliminary design of a project which was to replace a poorly designed scheme from 2022. There is no indication when the preliminary design will be progressed.

Royal Canal Greenway
It has been revealed that the redevelopment of the Royal Canal towpath between Leixlip and Maynooth will be delayed further as the work will have to be retendered. The Council states that work is expected to commence in Quarter 1 of 2024 but this timescale is thought by many to be over optimistic.

Climate Extremes Worsening

Last month’s Newsletter Notes included a section on Climate Extremes Worsening in various countries around the globe. After October, these countries now include Ireland where Middleton residents and business owners have experienced at first-hand what climate change means in practice.

Sustainability Forum
Kildare County Council held a second meeting of the Sustainability Forum. There was a presentation on Bike Libraries which was welcomed although there was no mention of any funding being provided by Kildare County Council. There was also a discussion on cycling on (quiet rural) Rothar Roads for which it is proposed to provide funding. However, there were difference of opinions on the subject. Maynooth Cycling Campaign considers that they have their place nationally but that in Kildare, such roads would be isolated high quality sections rather than forming part of a network which is want cyclists.

Road Safety
Irish road fatalities continue to increase in October. Ito date this year, there has been 155 fatalities on Irish roads. This is an increase from 121 in 2022 and 112 from 2019. These include a female cyclist in her 80s in Mayo. To tackle the problem of speeding, An Garda Siochana and the Road Safety Authority propose to introduce an advertising campaign directed at secondary schools. Maynooth Cycling Campaign considers that the government should follow the lead of Switzerland and ban speeding drivers for one week.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website.
We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it a member of the European Cycling Federation.



Kildare Planning Applications for Maynooth Area				
Planning Applications received from 28/09/2023 to 27/10/2023 Information from Kildare County Council Website				
App #	Authority	Applicant Name	Development Address	App Date
2360320	Kildare County Council	Lisa & Robert Graham	Rear of 284B, Old Greenfield, Maynooth	23/10/2023
2360304	Kildare County Council	Barry & Grace Buckley	No. 02 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare.	18/10/2023
23951	Kildare County Council	Carton Demesne Developments Ltd.	Lands at Walled Garden and Farm Managers Cottage, Carton Demesne, Maynooth, Co. Kildare	18/10/2023
2360289	Kildare County Council	Lisa & Robert Graham	Rear of 284B, Old Greenfield, Maynooth	10/10/2023
2360282	Kildare County Council	Barry & Grace Buckley	No. 02 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare. W23 W6K5	06/10/2023
23932	Kildare County Council	Carton Demesne Developments Ltd.	Lands at Walled Garden and Farm Managers Cottage, Carton Demesne, Maynooth, Co. Kildare	06/10/2023



Gold Medal Winners 2016 - 2017 - 2018 2019 - 2021 - 2022 - 2023

On the 6th October 3 members of our Committee were invited to Croke Park Suite 5 for the Tidy Towns results. Very enjoyable event, it was wonderful to meet other Tidy Towns groups and share ideas over a Cuppa. We were very happy with the result retaining our Gold Medal for 2023 and increasing our points in every category, seven Gold Medals in a row is a tremendous feat for Maynooth a town that doubles in population every September. Abbeyleix won the overall prize, we hope to receive an invite to the regional awards in Abbeyleix in the not too distant future to be presented with our Gold Medal 2023. Thanks to everyone for your support over the last year, Residents Associations, Tidy Towns Volunteers, CE Schemes, Kildare County Council and everyone who contributed in any way to achieve our Gold. We are already working on the 2024 competition.

Two of our Committee did a talk in the library recently, we were invited to do so by the English Language Class teachers who are all volunteers like ourselves. We spoke about our own lives and the volunteer work we do around Maynooth every week to a very appreciative audience. We also brought along our 2022 Gold Medal for them to admire.

Special thanks to McCartons Pharmacy, Carton Park who very professionally organised a table quiz in the Newtown Inn and raised 2000euro which has been deposited in our Bank Account. We will use this funding to enhance the Sensory Garden next year.

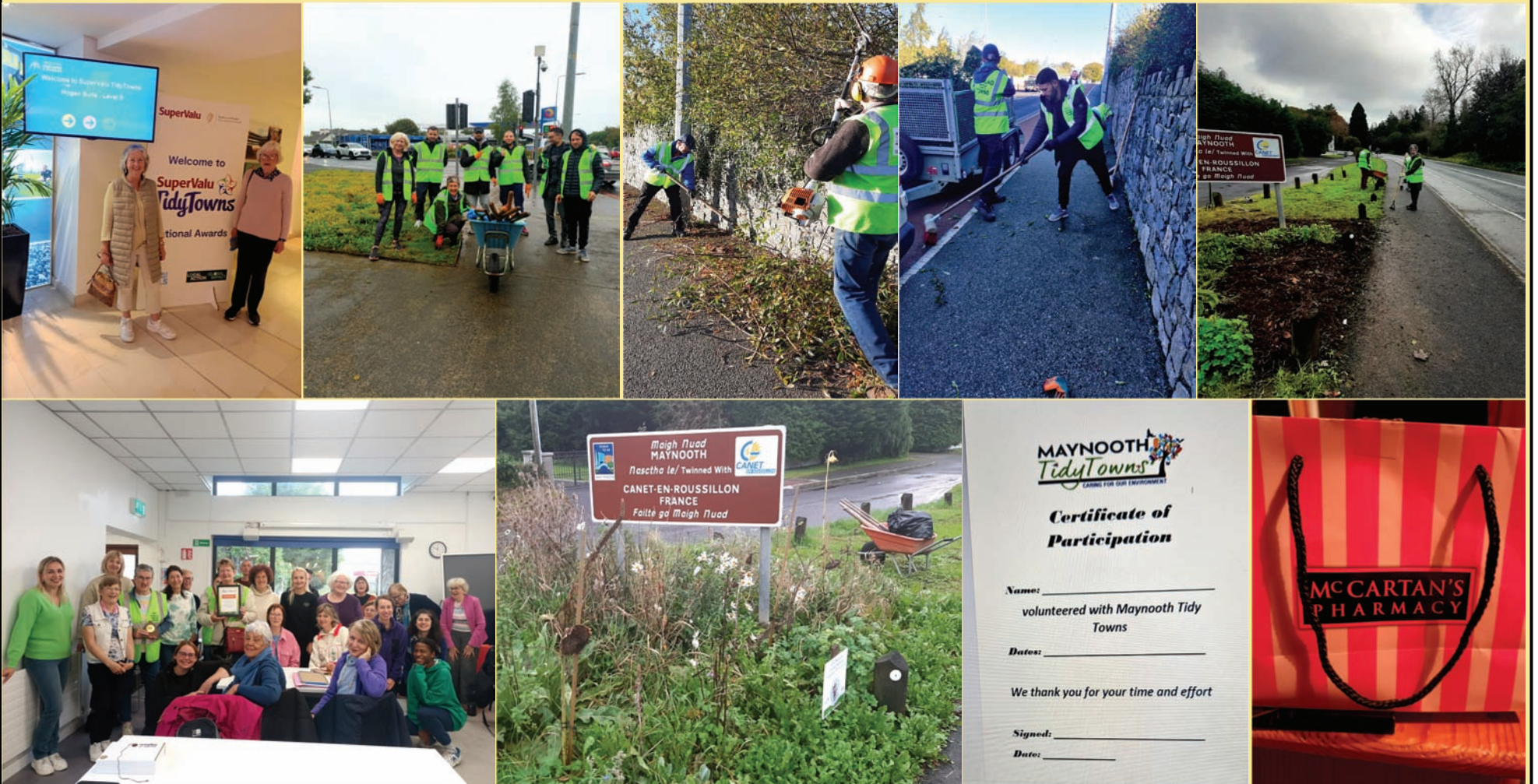
Work is continuing around the town especially on Bond Bridge, Kilcock Road, Meadowbrook link road scuffling and litter picking in all areas especially the approach roads every Saturday. We will be planting more than 20,000 bulbs in the next few weeks in all areas for Spring flowering.

Two students from King's Hospital together with their parents have joined us on clean up as they have to work in the community in order to compete for The Gaisce awards.

We received the Maynooth Biodiversity Action Plan 2023-2026 from Green Pine Consultants, biodiversity refers to the variety and variability of all living things including plants, animals, microbes, fungi and people. It also includes the places where plants and animals live (known as habitats), the interactions among living things (the Web of life) and their environment (ecology). We rely completely on biodiversity to provide us with the basic elements we need such as clean air and water.

As we have mentioned before we had numerous Asylum Seekers working with us during the summer, we gave each of them a Certificate of Participation before they moved to another location.

Thanks again to volunteer Sean McGovern who has been doing some wonderful work painting the service boxes around the town. Sean is available for private work, he's got all the qualifications.



Follow us on Facebook for up to date information on our meet up every Saturday morning at 9am at our Shed in The Council Car Park or contact us on email maynoothtidytowns@outlook.ie if you wish to volunteer.

Mary Molloy PRO Maynooth Tidy Towns

November Events at Maynooth Community Library

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



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



twitter.com/kildarelibrary

Maynooth November 2023 Clever Reach

Children's Events

Halloween Family Film
Thursday 2nd November
2.30pm - 4.00pm

Age: 5+

Join us in Maynooth Community Library for a U-rated family-friendly film screening of a Halloween classic. Please book a spot for every person attending! Children must be accompanied by an adult.

Book your place on Ticket Tailor: <https://buytickets.at/maynoothlibrary/1016782>

Writing Workshop for Children Aged 8 - 10

Wednesday 8th November
3.30pm - 4.30pm

Age: 8 - 10

Have you a young writer who loves coming up with stories but sometimes doesn't know where to start? Come and join Niamh for some character creation and story-writing! Based on the Fighting Words method, we can collaborate as a group to get started and then see where our individual imaginations take us!

Limited Spaces available, booking through Ticket Tailor: <https://buytickets.at/maynoothlibrary/1036737>

Italian for Kids - Early Years Club

Saturday 18th November
10.00 - 11.00am

Age: 2 - 5

Join us for some stories, songs, fun activities, and games in Italian.

Booking through Ticket Tailor required: <https://www.tickettailor.com/events/maynoothlibrary/1036783>

Ceardlann Beochana - Dúlra Draíochta' / 'Animation Workshops – Magic Nature with Richie Conroy for children aged 8 - 12 years

Saturday 18th November

3.00 - 4.00pm

Age: 8 - 12

This workshop, led by screenwriter Richie Conroy (Two by Two, Malory Towers, The Ugly Duckling) will introduce children into the world of animation, how to draw and create characters. Richie will show examples from his own films to inspire the participants' creativity and encourage them to look at the magic of nature through artists' eyes. Beidh an cheardlann seo trí Ghaeilge ach fáilte roimh chách. This workshop is delivered through Irish, but all are welcome!

Children attending this workshop must be accompanied by a parent /guardian.

This workshop is supported by Creative Ireland.

Booking through Ticket Tailor required. Book your Free Ticket here: <https://buytickets.at/maynoothlibrary/1034522>

Italian for Kids - Primary School club

Tuesday 21st November

6.00pm - 7.00pm

Age: 6 - 10

Join us to learn about Italy and its culture through stories, fun activities, and games in Italian.

Booking via Ticket Tailor required: <https://buytickets.at/maynoothlibrary/1036805>

Young Adult Events

Online Teen Writers Group

Thursday 2nd & Thursday 9th November

6.00 - 7.00pm

Age: 12 - 15

A social group for young writers aged 12 to 15, to chat, share work and bounce ideas.

Online via MS Teams. For more information email maynoothlib@kildarecoco.ie

Teen Book Club

Friday 10th November

4.00pm - 5.00pm

Age: 12 - 15

A book club with a difference; while there are always book club books to avail of, teens can bring along their own recommendation to discuss during the meeting.

Book Rec for October meeting available in the library now: *City of Ghosts* by Victoria Schwab. For more information email maynoothlib@kildarecoco.ie

Climate Action Events

Zero Waste Maynooth

Saturday 11th November

2.00 - 4.00pm

Zero Waste Maynooth will be in Maynooth Community Library on Saturday 11th November.

Ladies Clothes Swap: Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money!

The Craft Corner: Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.

Kids toy swap: Bring one, take one! Let's get the kids used to the idea of swapping before buying!

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action)

Drop In. No booking required

Adults

The Poetry of James Joyce & Open Mic Night with Luain Press

Tuesday 7th November

6.00 - 7.00pm

All are welcome to a special poetry open mic night for adults. Come along for readings and discussions of Joyce's poetry. See luainpress.com for details. If you have a poem you'd like to share, whether it's your own work or one you really like, whether you're a singer and you'd like to sing a song and listen, feel free!

Drop In. No booking required

Breast Feeding Support Group with Public Health Nurse

Tuesday 14th & Tuesday 28th November

9.30 - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breast-feeding Mums and Mums-to-be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions.

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

Age Friendly Coffee Morning

Wednesday 8th November

10.30 - 11.30am

As part of our Age Friendly Programme, drop in for a cup of tea/coffee and a chat with library staff and find out more about the libraries online and other services.

Drop In. No booking required

Exhibitions

Awakening Art Exhibition

2nd November - 3rd December

Maynooth Library is currently displaying an exhibition of local artist Katerina Hrubesova. She is displaying a selection of semi abstract paintings inspired by everyday challenges and nature around her. Come see her colourful artworks at the library and be taken into her world of emotions. More works can be seen at her Instagram page [@katerina_hrubesova](https://www.instagram.com/katerina_hrubesova)

Maynooth Community Library's Exhibition Space Open for Bookings

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

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday

11.30am - 1.00pm

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

Ciorcal Comhrá / Irish Conversation Group

Tuesdays / Dé Máirt

11.00am - 12 i.n.

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

Baby & Toddler Group

Thursday Mornings

10.00 - 11.00am

If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am.

Drop In. No booking required

(Continued on page 23)



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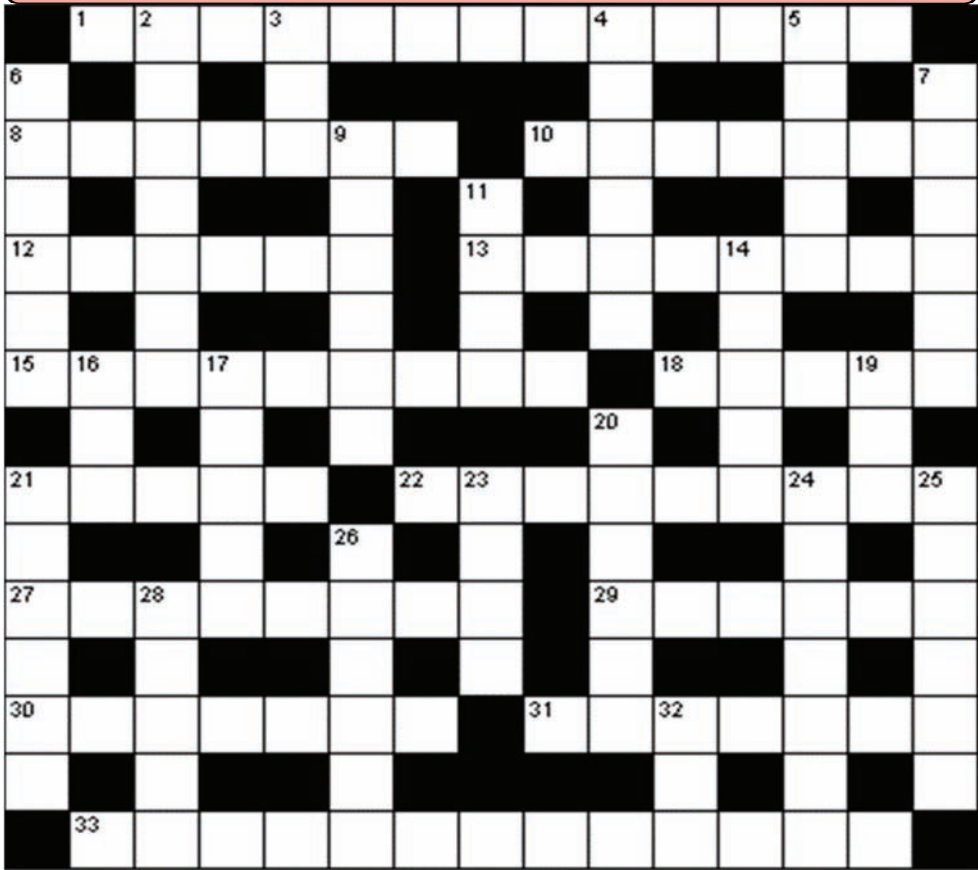
Email: office@maynoothcep.com

Opening Hours

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



November 2023 Crossword - No. 529



Clues Across

1. Reflection (13)

8. Uppermost part of a tree (7)

10. Graceful antelope (7)

12. Raved (6)

13. Burn without flame (8)

15. Holy Communion (9)

18. Musical instrument (5)

21. Muzzle (5)

22. Cemetery (9)

27. Textile fabric (8)
29. No one (6)

30. Not strict (7)

31. Die (7)

33. Telephone directory (9,4)



Solutions to Crossword No. 528



Clues Down

2. Living in the ocean (7)

3. Make lace (3)

4. River in N South America (6)

5. Greased (5)

6. Die from lack of food (6)

7. Eccentric person (6)

9. Commands (6)

11. Employs (4)

14. Covered with leaves (5)

16. Vase (3)
17. Residence (5)

19. Glass container (3)

20. Wide street (6)

21. In a simple manner (6)

23. Depend (4)

24. Pear-shaped fruit (7)

25. Scottish town (6)

26. Abduct (6)

28. Shade (5)

32. Taxicab (3)

Difficult

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

Sudoku Challenge

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

Super Difficult

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

Gardening November

Flowers

- Plant tulip bulbs in pots and borders, covering them with at least twice their depth of soil or compost
- Lift dahlia tubers after the first frost, clean them off and store in dry compost in a cool, frost-proof place
- Send off for seed catalogues and start planning what to grow next year
- Plant bare-root hedging, roses, trees and shrubs, before the weather turns really cold
- Clear faded sweet peas, morning glory, thunbergia and other annual climbers from their supports
- Cut down faded perennials that are looking tatty, then mulch the surrounding soil with garden compost
- Plant a Japanese maple in a pot and place in a sheltered spot in semi-shade
- Gather up and bin the fallen leaves of roses affected by blackspot, so they don't carry the disease over to next year
- Move containers of alpine plants under cover to shelter them from winter rain
- Protect plants that are borderline hardy, such as agapanthus, with a thick mulch of straw or garden compost
- Replenish gravel mulch around alpine to keep the foliage clear of damp soil, which can cause rotting
- Put stem protection guards around young trees and shrubs, if rabbits are a problem
- Sow seeds from berry-laden trees and shrubs

Greenhouse

- Insulate the greenhouse walls and roof with bubble polythene
- Make sure all tender plants are safely under cover and kept frost free
- Propagate perennials, including phlox, oriental poppies and verbascums, by taking root cuttings
- Sow leafy crops such as rocket into small seed trays on a warm sunny windowsill, for winter pickings
- Check greenhouse plants regularly for overwintering pests
- Scrub down greenhouse staging, glazing and the framework with disinfectant
- Water indoor pots of spring bulbs frequently so they never dry out
- Wash out all empty pots and trays and store neatly under greenhouse staging, ready for use in spring
- Bring potted herbs, such as parley and chives, indoors to continue cropping into winter
- Monitor greenhouse temperatures with a max-min thermometer and turn on heating if needed
- Avoid splashing foliage when watering, as it will dry slowly in cool weather and fungal diseases may set in
- Clear out faded tomato and cucumber plants from the greenhouse and add to the compost heap
- Give houseplants extra humidity to combat the drying effects of central heating
- On the forum: find out more about growing plants indoors n the forum: share your growing tips with other gardeners and ask for advice

Source: www.gardenersworld.com



PUMPKIN AND BACON SOUP

Ingredients

1 tbsp vegetable oil
50g butter
1 onion, finely chopped
150g maple-cured bacon, cut into small pieces
½ Crown Prince pumpkin or onion squash, peeled, deseeded and cut into medium chunks (you need about 500g pumpkin flesh)
1l chicken stock
100ml double cream
3 tbsp pumpkin seeds, toasted
maple syrup, for drizzling
You may also like
Rose cream & raspberry jellies
Bread & butter pudding toast



Method

STEP 1: In a large, heavy-bottomed pan, heat the oil with 25g butter. Add the onion and a pinch of salt and cook on a low heat for 10 mins or until soft. Add 60g bacon and cook for a further 5 mins until the bacon releases its fat. Then increase the heat to medium, add the pumpkin and stock and season. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for about 40 mins until the pumpkin is soft. Pour in the cream, bring to the boil again and remove from the heat. Set aside some of the liquid, then blend the remaining pumpkin until smooth and velvety, adding liquid back into the pan bit by bit as you go (add more liquid if you like it thinner). Strain through a fine sieve, check the seasoning and set aside.

STEP 2: Melt the remaining butter in a pan over a high heat and fry the rest of the bacon with black pepper for 5 mins. Divide the bacon between four bowls, reheat the soup and pour over. To serve, sprinkle over the pumpkin seeds

Pumpkin cheesecake Ingredients

80g butter, melted, plus extra for the tin
275g digestive or ginger biscuits
1 large egg white (use the egg yolk in the filling, below)
For the filling
800g full-fat soft cheese
425g can pumpkin purée
200g light brown soft sugar
50g plain flour
5 large eggs, plus 1 large yolk

To serve

400ml whipping cream
ground cinnamon or pumpkin spice, for dusting
25g pecans, chopped
3 tbsp caramel sauce

Method

STEP 1: Heat the oven to 220C/200C fan/gas 7. Butter a deep 22cm loose-bottomed cake tin and line with baking parchment. Wrap the base and side of the tin with three layers of cling film, followed by three layers of foil (this helps keep it waterproof during baking). Fold a clean tea towel and put it in the base of a large roasting tin.

STEP 2: Blitz the biscuits to crumbs in a food processor. Add the melted butter and pulse to coat the crumbs. Tip the mixture into the prepared cake tin, spreading up to the side and pressing down with the back of a spoon. Bake for 10 mins. Remove from the oven, brush with the egg white and bake for another 3 mins (this will help stop the base from becoming soggy).

Step 3: To make the filling, put the soft cheese in a bowl or the bowl of a stand mixer, and beat with an electric whisk or the mixer until loosened. Add the pumpkin purée, sugar and flour and beat again until combined. With the motor running, gradually add the eggs and egg yolk until the mixture is smooth and creamy. Pour the filling over the baked biscuit base, then sit the cake tin on the tea towel in the roasting tin. Pour a kettleful of just-boiled water into the roasting tin so the water comes halfway up the side of the cake tin.

STEP 4: Bake for 10 mins, then reduce the oven temperature to 110C/90C fan/gas ¼. Bake for a further 1 hr. 30 mins until the cheesecake is set with just a slight wobble in the middle when you gently shake the tin. Turn off the oven, then open the oven door slightly and leave the cheesecake to cool inside for 2 hrs. until completely cool. Remove from the oven and chill overnight.

STEP 5: Carefully remove the cold cheesecake from the tin and transfer to a cake stand or serving plate. Whip the cream to soft peaks using an electric whisk, and spoon in big dollops over the cheesecake. Dust with a little cinnamon or pumpkin spice, sprinkle over the chopped pecans and drizzle with the caramel sauce before serving.

Source www.bbc.ie





Royal Canal Notes

November 2023

Education ~~ Heritage ~~ Recreation

MIDSUMMER WALK

This annual walk took place on 21 June. The walk starts at Ashtown and concludes at Castleknock. After the Walk walkers were treated to light refreshments including strawberries and cream. Entertainment was provided by traditional Irish group 'Fionnuisce'. Also, in the musical line up was Maynooth's own Christy Dempsey.



Royal Canal Amenity Group Midsummer walk. © Janet Leech Dublin

This particular walk is organised annually by our president Mr. Noel Spaine and family. We in the group thank them for their effort in this regard. A very pleasant evening, this walk is always a great success.

GET WELL WISHES

Speaking of our esteemed president, he had a nasty fall recently and was unfortunate enough to break an arm.

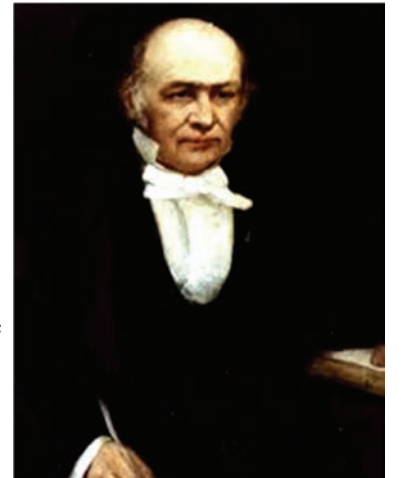
He is currently recuperating with his arm in plaster after treatment, the one he writes with. He is one of our founding members and all of us in the group, and indeed his family and friends, wish him a speedy return to good health and hope that he will to the helm in the very near future.



HAMILTON WALK

This is an annual walk organised by the department Mathematics at Maynooth University, recreating the steps taken by William Rowan Hamilton on the evening of 16th of October 1843 when he came up with his famous theorem.

He walked from Dunsink Observatory along the Royal Canal with his wife and at Broome bridge stopped to carve the Quaternions theorem, which had just come into his head, into the bridge.



William Rowan Hamilton



Walkers and college students at Broome Bridge for Hamilton Walk
© D. Whelan Dublin

Maynooth Community Contacts Listing

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Kildare County Council	045 - 980200	customerservice@kildarecoco.ie	
Kildare County Council (Local Office)	01 - 6286236		
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Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/
Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		contact@maynoothkilcocklionsclub.org	https://www.facebook.com/MaynoothKilcockLionsClub/
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Maynooth Newsletter	01-6285922	office@maynoothcep.com	https://www.facebook.com/MCEPNewsletter
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If you wish to have your Community contact added, updated or removed from the above listing please e-mail office@maynoothcep.com with “Community Contact” in the subject line.