

Maynooth Newsletter



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Recording the Social Footprint of Maynooth since the 1970s



Local News - October 2023 - Issue No. 528 - 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.



Ireland's #1 Young University congratulates 86-year-old graduate

Maynooth University has conferred its oldest graduate of the Class of 2023 -- and at 86 years one of the oldest ever graduates in Ireland -- in summer conferring ceremonies. Phil Devitt, 86 years, was awarded a BA in Community Studies surrounded by her family, friends and course lecturers at an event hosted in the TSI Building on North Campus.

The co-founder of the highly successful Newlands Gardening Centre pursued a Return to Learning course at Maynooth University some years ago, and later opted for a degree course committing to four years of study. Having travelled and worked with her husband of 56 years, Phil explained her motivation to apply to university for the first time after he died six years ago. "Sadly Mike passed away in July 2017 and my life took a different path. I was living alone, and decided to go to Maynooth to meet new friends and get out of my comfort zone," she said.

"From my studies, I met great lecturers and made wonderful friends. I did classes at night and the other students were great and walked me to and from my car on dark evenings. They were extremely kind and I enjoyed every moment." Her studies kept her mind occupied and focused, particularly during Covid, she added. "If there's a little message to anyone it's that every day you can learn something, and age is only a number," she said.

Maynooth University President, Professor Eeva Leinonen paid tribute to Phil Devitt on receiving her BA in Community Studies, and congratulated all graduates conferred this week as they embark on their new journey. "I am delighted to pay special tribute to Phil Devitt on her remarkable achievement of a BA in Community Studies. She is a true inspiration in showing us the way forward by embracing the challenges and rewards of lifelong learning and education," Professor Leinonen said.

"I congratulate all our new graduates on their success in reaching this significant milestone. Such accomplishments in our lives are occasions to reflect and to celebrate. Your achievements are to be cherished and applauded and I wish you all the very best in your future endeavours." Over three days, some 2,028 undergraduates will be awarded parchments, along with 226 receiving master's degrees, 73 diplomas, and 30 doctorates.

Attending the conferring ceremony on Wednesday were Phil's daughters Marie Kennedy and Denise Evans, son Tomás and other family members including grandchildren. Describing her mother as kind to everyone, Marie described her mother's example as an inspiration, spurring her grandson's return to university to study engineering as a mature student.

"She didn't have an opportunity to go to college when she was a young person and she was adamant that her children would," Marie said. Her family members are no strangers to university life, as Phil's niece, Dr Jackie Nugent is a biology lecturer at Maynooth University and was also very encouraging of her aunt's studies.

Dr Derek Barter, Co-Ordinator of Continuing Education Programmes at Maynooth University said: "Phil exemplifies the real meaning of Lifelong Learning. She's been an inspiration to all of us lucky enough to have taught her and is one of the reasons Adult Education is so valuable and rewarding."

MU increases CAO offers in Primary Education

Maynooth University has welcomed a strong demand for its courses among 2023 CAO applicants. The University has noted high levels of interest across the entire range of its programmes of study, with over 4,000 Round 1 CAO offers across disciplines including science, education, business, law and the arts. The expansion of places in Primary Education has allowed the university to make over 30 extra offers on the programme, helping to address the national shortage of Primary teachers and in response to the Government's initiative to increase places in high demand courses.

The new Business with Sport Science degree has proved popular, and is the first in a suite of new programmes in sports and nutrition that the university will offer. Robotics and Intelligent Devices has seen an increase of 45% on 2022 offers, reflecting the growing interest and opportunities for careers in the robotics and AI industry. It follows a recent announcement of the creation of a state-of-the-art robotics lab at Maynooth University supported by a donation from Intel Ireland. The establishment of the robotics lab at a total cost of €150,000 will equip Maynooth University students with access to innovative robotic technologies and equipment used by engineers from Intel and other companies.

Demand for places continues to be strong across all disciplines at the University. Commenting on the CAO first round offers, Professor Eeva Leinonen, President of Maynooth University, said: "We look forward to welcoming our new students for the academic year 2023/2024 to our vibrant campus. We are excited to see a growing interest of students in programmes that are at the cutting edge of societal development including Robotics and Intelligent Devices and our new Business with Sport Science degree, as an indication of Maynooth University's continued growth and innovation. The expansion of our Primary Education programme is a positive recognition of our established excellence in this field, as it expands in line with courses in the sciences and business."



Summer Conferring - Phil Devitt



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

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Letters to the Editor

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

Mission Statement

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

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

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

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

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

Maynooth Newsletter Archives

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

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

Disclaimer

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

The results of the Irish Charities Regulator survey of Irish charities in 2022 shows that the sector faces significant challenges. The top three were (1) increased running costs (2) securing funding and (3) attracting new trustees/succession planning. 47% of smaller charities reported difficulties in recruiting new volunteers. There is no doubt that the demands on voluntary trustees have increased, particularly since the Companies Act 2014 as well the requirements of funding bodies and the uncertainty of donations. However, as a society we depend on charities particularly for services in the community sector and it is important that volunteers come forward particularly with relevant skills.

The Charities Regulator comments that the economic value of volunteering is highly significant. They estimate that if Irish charities paid their volunteers for the time worked, the cost in 2022 would have been €0.96 billion based on the minimum wage, and almost €2.5 billion if volunteers were paid the average hourly wage. They estimate that 648,000 people in Ireland volunteer with charities in their local community. In many larger companies' employees who volunteer in their local community with local organisations and charities are recognised and rewarded so why not get involved? For information on local active charities in Maynooth such as Maynooth Community Employment Project CLG (Registered Charity Number (RCN): 20100063) check out the Register of Charities at <https://www.charitiesregulator.ie/>

October 5th marks the UNESCO World Teachers Day which provides the occasion to celebrate the teaching profession worldwide, to take stock of achievements, and to address some of the issues central for attracting and keeping the brightest minds and young talents in the profession. Maynooth is of course known as a place of education with two universities as well as six primary schools and three post-primary schools. Recently delivered new permanent school buildings for Maynooth Educate Together and St. Mary's Boys School as well as a new permanent location for Stepping Stones are very welcome.

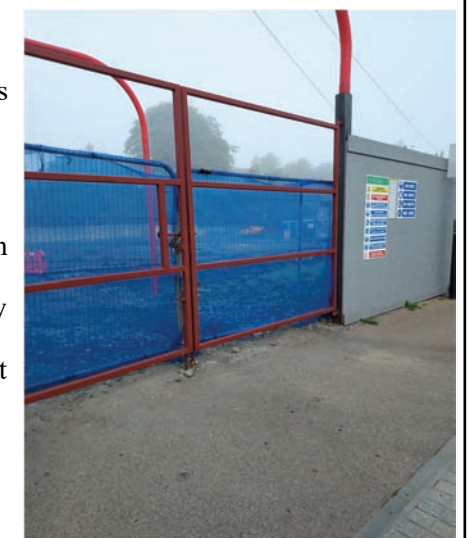
These new buildings greatly improve the teaching environment for staff and students. Together with the ongoing expansion of facilities at Maynooth University means that there has been substantial investment in education facilities in Maynooth in recent years. Of course, buildings are important but on World Teacher's Day let's acknowledge the people who dedicate themselves to educating others.

After many years of being left in a poor state it is good to see that work has finally begun on the development of the Buckley's House site. The former family home of Domhnall Ua Buachalla (1866-1963) who was a local politician in Maynooth and member of the First Dáil who served as third and final governor-general of the Irish Free State and later served as a member of the Ireland Council of State. The biography of Domhnall Ua Buachalla – Rebellious Nationalist, Reluctant Governor gives great insight into his activities as a cultural nationalist, Gaelic Leaguer and friend of Pádraig Pearse who became an Irish Volunteer leader in north Kildare before coming a senior figure in first Fianna Fáil Government.

Paul Croghan - Editor



St. Mary's Boys National School are in the first full school year in their new school building on the Moyglare Road.



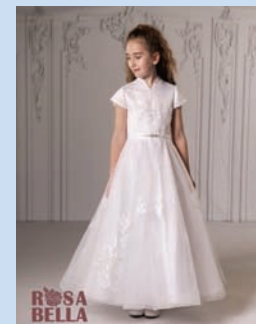
Buckley's House site (view from Leinster Street)

Copy date for the November edition will be 5pm on Wednesday 25th October 2023



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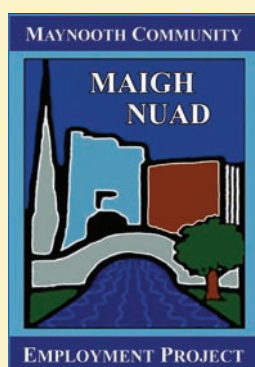
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- * Covid - 19 related queries



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Stay safe everyone.





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Community Centre and Harbourfield Update Requested by Cllr Feeney

At the September Municipal District Council meeting, Cllr. Feeney requested a detailed plan with timelines for the provision of planned community amenities in Maynooth, including the Community Centre and the Harbourfield project. In speaking to the motion Cllr. Feeney said that it was great to hear the positive news in July that the Council received Urban Renewal Development Funding of €1.9m. The report provided to Cllr. Feeney, stated that the Strategic Projects and Public Realm team at the Council is considering the allocation received, the stages for which approval has been granted and the next steps to deliver the ambitious plan. Cllr. Feeney welcomed the report issued at the meeting and to see that progress is being made but what she added that what was lacking in the report were timelines.

To see 'TBC' listed beside each of the big-ticket items that come under the Masterplan for Maynooth is disappointing. Cllr. Feeney said that the exciting projects for Maynooth such as a Community centre/hub, the development of the Harbourfield as a public park, a swimming pool, are all still a pipe dream if we do not get timelines on when they will be delivered and will become a reality. Cllr. Feeney called for indicative timelines that would go some way to giving real hope and confidence to the public. In response the team at the Council agreed and said that the details will be provided at the October meeting and Cllr. Feeney agreed that this issue should remain on the progress report because it continues to be a priority for Maynooth.

Cllr Feeney calls on Council tenants to avail of energy retrofit scheme

At the September council meeting, Cllr. Feeney had the following motion on the agenda: "That the Council carry out retrofitting works in the Council houses in Maynooth to assist in achieving the objectives of the decarbonisation zone for the town".

In speaking to the motion, Cllr. Feeney said that at a recent briefing on the Decarbonisation Zone for Maynooth she saw that we have real challenges in reaching targets with regard to transportation emissions but also for residential emissions in the town. Cllr. Feeney suggested at those briefings that a retrofit of council housing estates would go some way in assisting us to achieve those objectives. She also said that the added benefit of doing this retrofit is that these homes would be warmer and future-proofed and more comfortable for the people who live in them. Cllr. Feeney said she was talking about some of the oldest if not the oldest council houses in the Municipal District. The other benefit would be that the Council is seen to be leading on the climate crisis as a Council and that others will see the benefit and follow the example.

In response to Cllr. Feeney's motion, the Council said that it has been participating in the Energy Efficiency Retrofit Programme for the past three years. The Department of Housing, Local Government and Heritage fund the programme. Under Circular 22/2023 received from the Department 31 May 2023, Kildare County Council has been allocated 86 Units for 2023. The Council has targeted the Clane-Maynooth Municipal District area

for 2023 retrofits. Greenfield, Maynooth was included in this regard. 52 tenants were invited and to date 6 tenants have accepted. Works are scheduled to commence the first week of September to these houses. We may find once works commence that more tenants in Greenfield may opt in for energy upgrade works to their homes.

Cllr. Feeney welcomed the report and the progress made to date. She hoped that when neighbours see works starting in their area and see some success stories, she is confident that more tenants will opt in for energy upgrade works to their homes. Cllr. Feeney encourages more tenants to participate in the retrofit scheme. If further information is needed, she asked people to contact her.

Mullen Park estate completion query

Cllr. Feeney asked the Council to provide an update as to when Mullen Park Maynooth estate in Maynooth will be completed and what engagement has taken place with the developer. Cllr. Feeney said that the Council's Development Control Section confirmed that they are in on-going liaison with the developers of Mullen Park, Maynooth. The developers have said they intend to complete the roads and open spaces in the occupied sections of the estate in the coming months.

The very wet conditions in July delayed completing the landscaping. They are now waiting for the areas to dry sufficiently to allow them to landscape. In the meantime, they have agreed to sweep all the roads and keep them clean and will put up the road signs in coming days. The remaining phases of the estate are expected to be completed in the next 24 months. Cllr. Feeney continues to support the Residents Association in Mullen Park on this issue.

Playground needed in Straffan

Cllr. Feeney brought the issue of a playground for Straffan up at the May Council meeting when she asked the Council to reactivate the talks that had been taking place with Straffan GAA. So following up on the issue at the September council meeting, Cllr. Feeney asked for an update on the provision of a playground in Straffan. Cllr. Feeney was informed that a meeting did take place with Straffan GAA regarding locating a playground within their grounds.

She was also informed that the Club has identified an area within the site. To progress the provision of a playground would be subject to the club redeveloping their existing changing facilities. Notwithstanding the funding requirement, Cllr. Feeney stated that confirming a site in her view is key. She will continue to pursue the issue with the Council, as it is a much-needed facility considering the growing young population in Straffan.

9/11 Memorial event at Donadea

Cllr. Feeney said it is always an honour to be invited to the annual 9/11 memorial at Donadea Forest Park. This year is the 22nd anniversary of that dark day. It was particularly moving to see the aunt of the late fire-fighter Seán Tallon lay a wreath at the memorial. Seán, originally from Donadea, lost his young life that day, and we remember him and all the

others who died that day.

It was such a respectful ceremony; the 'Last Post' was played and the beautiful voice of Des Marron and his daughter Edel filled the air, the poignant music from the pipers, the poetry of local man Peter Fahy, the solemn attendance by the armed forces and an Gardaí as well as our amazing First Responders. All performed against the backdrop of the beautiful Donadea Forest. Nature reminds us that there is always regrowth and hope never dies. Well done to all the committee for this annual event. Gone but never forgotten.

Cllr. Feeney's upcoming motions and questions for Council meetings:

Motions:

That the Council progress the installation of a push button pedestrian crossing on the Newtown Road to improve safety at Maynooth Town Football Club.

That the Council provides a footpath on the Boreen Road (L5068) from Straffan cemetery to the north entrance of the K Club.

That Kildare County Council write to the National Transport Authority on the review of the 139 bus route between Naas, Sallins, Clane, Rathcoffey, Maynooth, Leixlip and Blanchardstown to support the need to improve the service frequency and to highlight other considerations to enhance the public transport service. (Joint motion with Cllrs. Brett, McEvoy, Ó Cearúil, Sammon, Ward and Weld).

Questions:

Can the Council provide any information as to when the connecting path between Mullen Park and Greenfield Drive estates in Maynooth will be open.

Can the Council confirm when the road into Parklands estate Maynooth will be properly reinstated, following the development of the Bridge End estate.

Meetings attended by Cllr. Feeney since last newsletter:

Sept. 1st 9:00 a.m. Joint Policing Committee, Áras Chill Dara, Naas
 Sept. 1st 10:00 a.m. Council Municipal District meeting, Áras Chill Dara, Naas
 Sept. 5th 11:00 a.m. Brigid1500 grant recipients' event in Sallins
 Sept. 7th 2:00 p.m. Strategic Policy Committee, online
 Sept. 11th 5:00 p.m. Board of Management Gael Cholaiste Mhá Nuad in GCMN
 Sept. 17th 11:30 a.m. Jalsa Salana 2023 event in the Glenroyal Hotel Maynooth
 Sept. 19th 10:00-16:00, Co Kildare Access Network meeting and workshop in the Glenroyal Hotel Maynooth
 Sept. 20th 7:30 p.m. Board of Management Coláiste Chiaráin in Coláiste Chiaráin
 Sept. 26th 3:00 p.m. Council Plenary, online
 Sept. 28th 7:00 p.m. Green Communities event in the Glenroyal Hotel Maynooth

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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



Illness in your retirement

Introduction

If you become ill or disabled in older age, you can get payments and services to support you. Your age and your needs will decide which payments and services you can get.

Housing supports for older people who are ill

There are housing grants available for older people and people with disabilities. If you need to adapt your home to continue living there, you may qualify for the Housing Adaptation Grant for People with a Disability.

Housing adaptations can include:

- Adding a downstairs bedroom
- Making the house wheelchair-accessible
- Putting in a ground-floor bathroom

You may qualify for the Housing Aid for Older Persons Scheme to help pay for minor repairs to your home, for example, by replacing the windows or upgrading the electrical wiring.

You might also qualify for the Mobility Aids Grant Scheme from your local authority to fix mobility problems in the home. For example, it can help you pay for grab-rails on your stairs

If your own home is not suitable for you to live in

You may be able to get a specially adapted local authority house for older people and people with disabilities, or an adapted house provided by a voluntary housing organisation.

The availability of such houses, and eligibility for them, varies around the country. Contact your local authority for more information.

Moving to a nursing home

If you are moving to a nursing home, you may be able to apply for the Fair Deal scheme. This is a financial support to help you pay for care in a nursing home. There is tax relief on nursing home fees.

Financial supports for older people

Pensioners

If you are already getting a pension when you become ill or disabled, you will continue to get your pension and other entitlements.

Employed

If you are working a job, you may continue to be paid by your employer, but this depends on your contract of employment.

Since 1 January 2023, you are entitled to a minimum number of sick leave days each year. Read more about Statutory Sick Pay scheme.

Depending on your employer, you may get more than the minimum amount of sick leave and sick pay. This applies regardless of your age. Check your contract of employment or read more about sick leave and sick pay.

Aged Under 66

If you become ill and are unable to work before you are 66, you can apply for Illness Benefit. Contact your GP for an application form.

Illness Benefit is based on PRSI contributions. If you do not qualify because you do not have enough PRSI contributions or because you are self-employed, you may be eligible for a weekly Supplementary Welfare Allowance.

If your illness or disability arises from a work-related accident or illness, you may qualify for Occupational Injuries Benefit.

Long-term illness and disability

If you have a long-term illness or disability and you cannot continue working, you may be able to claim your occupational or personal pension scheme, if you have one.

If you are still not able to work for a year or more, you may qualify for Invalidity Pension. If you do not qualify for Illness Benefit or Invalidity Pension, you may apply for the means-tested Disability Allowance.

If you qualify for Invalidity Pension or Disability Allowance, you may also qualify for Free Travel and the Household Benefits Package. If you have problems paying your rent, you may be able to get Rent Supplement or Housing Assistance Payment. The Supplementary Welfare Allowance scheme may also provide help with various costs such as heating, exceptional needs and urgent needs.

If you are in need of care, the Health Service Executive (HSE) may provide it to you or help you to pay for it.

Your carer may also be able to get a payment from the Department of Social Protection. Read more about the different payments to carers.

Help with home care

If you need support to continue living at home, you may get help from the Community Care Services section of the HSE.

You may also be able to get the Home Support Service, to help you continue living in your own home. This was previously called the 'Home Care Package Scheme'.

Public health nurses can give you nurse care if you live at home.

If you pay for a carer to look after a family member (either directly or through an agency), you may qualify for tax relief on the costs of employing a carer.

Carer's Allowance

If your carer provides full-time care because you are incapacitated, they may be able to get Carers Allowance. If they get a Carer's Allowance, they may also qualify for Free Travel and the Household Benefits Package.

Half-rate Carer's Allowance

If your carer gets certain social welfare payments while providing full-time care to you, they can keep their main social welfare payment and get Half-rate Carer's Allowance.

Carer's Benefit

If your carer gave up work to care for you because you are incapacitated and needs full-time care and attention, they might be able to get Carer's Benefit.

They may be able to get Carer's Leave from their job.

Carer's Support Grant

The Carer's Support Grant is an annual payment made to carers in June each year. You get this payment automatically if you are getting Carer's Allowance, Carer's Benefit, or Domiciliary Care Allowance, or you can apply to the Department of Social Protection. The grant was previously called the Respite Care Grant.

Paying for health services and claiming tax relief

You can get health services and benefits provided by the Health Service Executive (HSE).

Medical card/GP visit card

You may qualify for a medical card which gives you free health services. The medical card is means-tested and there is a higher income limit for people aged over 66.

There is a different medical card means test for people over 70 that allows for a higher level of income.

GP visit card

If you do not qualify for a medical card, you can apply for a GP visit card. The GP visit card has higher income limits than the medical card. If you are aged over 70, you can get a GP visit card without a means test.

If your carer gets Carer's Benefit or Carer's Allowance, either at full or half-rate, they can get a GP visit card too.

Long-Term Illness Scheme

You can get your prescribed drugs, medicines, and some approved appliances for the treatment of certain medical conditions free under the Long-Term Illness Scheme.

Drugs Payment Scheme

If you do not have a medical card, the Drugs Payment Scheme covers the costs of prescribed drugs and medicines that are over a set monthly amount.

Hospital charges

If you have a medical card, you do not have to pay charges for public hospitals.

You do not have to pay hospital fees if you are a public in-patient or attending a day service.

If you choose private hospital care, you must pay the total costs involved. Some or all of these costs may be covered by your private health insurance.

Income tax relief

You can claim medical expenses against income tax paid.

There are income tax reliefs for older people and tax reliefs for people with a disability.

There is tax relief on nursing home fees.

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Writers' Corner - Short Stories/Articles from our Readers

The Chosen One

It couldn't have been a worse situation. Here I was driving through an unfamiliar area without a house in sight when my car broke down. There was nothing for it but to leave the damned jalopy by the side of the road and head across empty fields to what seemed like a church spire surrounded by trees. As I drew nearer the spire disappeared in the uncertain light but I told myself that it had probably marked the location of a village. With any luck there would be someone there to give me help, or at least permission to sit by his or her fire till morning.

As I trudged along I became aware of hurrying footsteps to my left and peered into the semidarkness. Presently I could distinguish a young man who quickly drew near. He was dressed in a sort of dirty leather body-coat above grey breeches and was barefooted.

When he halted panting I asked why he had been running.

'They're after me,' he gasped.

'Who's after you?'

'House guards of the village elders.'

'Why?'

'You mean you don't know? I'm this year's chosen one.'

'Chosen for what?'

'Chosen for the offering; it's like your god, the innocent man they sacrificed. But I won't let them. I'm heading for the river. Even if the water's freezing it's better than being sliced and gutted.'

As he spoke I could see that his body-coat was covered with what looked like dry blood stains, indicating that he probably wasn't the first person who had worn it.

'Can you swim?' I asked.

'No,' he shook his head, 'and even if I could I wouldn't. All I want is –'

Without finishing he turned his head, then with a startled look he hared away.

Like a fool I stood my ground and found myself encircled by what I can only describe as creatures that looked like demons from the infernal regions, jabbering and threatening me with flaming torches.

'Where did he go?' they demanded. 'Speak up or you'll replace him.'

'Where did who go?' I pretended ignorance.

'This guy's too smart,' a fellow I took to be their leader said. 'Let's see if a fire will loosen his tongue.'

In no time I was bound to a post and bundles of dead branches were piled about my legs and lower body. The cruel fate of Joan of Arc rose before me, adding to my dread. And then I had an idea.

'Why don't you let me teach you to fly like scald crows?' I asked. 'It's not that difficult.'

No sooner were the words out of my mouth than the demons were transformed into creatures with leather wings, hopping around my execution post.

'More branches,' they squawked, 'more dead branches. We'll roast him till he's nice and juicy.' Saying which, they thrust their torches into the piled-up branches.

As the flames licked my body I found that, while they filled me with dread, they didn't do me any harm.

'Why don't you fly back to whatever hellhole you came from?' I taunted. 'You won't find – you won't find –'

Next moment the fire vanished and I woke me up in my own bed.

By Patrick Devaney

SPIRIT

We have a request for you Master, or at least our mother has a request to ask of you, said John and James. Grant that we may sit in heaven one on the right hand of the Father and the other on His left. No wonder Jesus didn't grant their request. God doesn't have a right hand nor a left hand. God is a spirit. Just as we all will be one day and indeed essentially are already though most of us blindly are far more aware of our bodily dimension. God is a spirit said Jesus, and he who adores Him must adore Him in spirit and in truth. He also said on another occasion, "The flesh profiteth not".

In the Book of Genesis we read that when God had made the earth and all life on it he went on to crown his work by creating mankind "in his own image and likeness"! St Francis of Assisi used to refer to his body as 'Brother Ass'. He had no illusions as to which dimension of the human person was the more important. True, his body later bore the marks of the Crucified but those marks came from no outside source but rather from his spiritual unification with the life of Christ.

Spirit is all that matters! The spirit will live forever. The body will not. We believe in the resurrection of the body. Sure! But as St Paul says it will be a spiritual body, an incorruptible body! Now what is an "incorruptible body"? Certainly the body I have is not incorruptible. It is prone to all sorts of mischief! But I haven't an idea what an incorruptible body is like if it's not something like the body Jesus took with him from the tomb. Walls and doors, which are serious obstacles for us were no problem for the resurrected Jesus. He had, somehow, left the world of the "laws of physics". But then, according to the modern astronomers, the laws of physics didn't always apply in our universe. What about the early "days" after the Big Bang? Why shouldn't they be

suspended after Jesus' resurrection which was an event far greater than the Big Bang?

The spirit is all that matters! We spend so much of our time doing running repairs on the body while knowing full well we may be parted from it within seconds. Remember the man whose barns were too small for his pumper harvest? Within hours it was his harvest no longer. "This night do I require your soul from you". No ifs or buts then! Aren't we all little Putins with our greed and our idle delusions of indestructibility? God is a Spirit and God is Love, therefore the Spirit is Love and it's all that matters. The body, the flesh, is simply a temporary instrument in the service of the Spirit! The brothers and their mother had yet to learn that!

Matter doesn't matter!

GM

Blank Sheet

There's something about snow
that at the first, chill glance
brings a different way of seeing.
Like a girl's First Communion dress
it transforms the ordinary
under a timeless veil of white,
reducing life to the pristine
world we almost had forgotten.

Now magic is once more possible:
Magi setting out for Bethlehem,
miners with sleds up in the Yukon,
penguins huddling on Antarctica,
children making bulbous snowmen,
robins braving palms for cheese bits,
a scribbler suffering writer's block
penning a tribute to Jack Frost.

By Patrick Devaney

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Life Hacks

Outdoor

- * To stop the build up of water at the bottom of flower pots, cut up old sponges and put them in the bottom of the pot. The sponges retain moisture and creates air space. This also prevents water from flowing out of the bottom of pots.
- * Face your car towards the east in the winter to have your windscreen naturally defrosted by the morning sun.
- * Car overheating? Turn on the heater. Cars get heat from their engines, so this will pull the heat away.
- * Throw a few of those silica packets that come in shoe boxes in your toolbox. This will prevent your tools from getting rusty.
- * Add a tablespoon of vanilla extract to your paint can before you start. This will mask the paint fumes without affecting the colour. Your house will smell of vanilla instead of paint.
- * To revive old paint brushes, toss them into a bowl of vinegar for 30mins and they will be like new.
- * Icy doorsteps but no salt? Pour a bucket of warm water with dishwashing soap on it. The soap won't let the water refreeze.
- * If you ever have to put a screw/bolt into wood where it already has a hole that is too large for the diameter of the screw. Simply hammer a golf tee into the hole and snap/cut it off. Now your screw will bite and have holding power.
- * Screwdriver is not catching on to a stripped screw then place a rubber band over the head and try again. The rubber will fill the gaps, making it easy to screw in and out.
- * To prevent stuff from sticking to your shovel, rub car wax on the shovel. Leave to dry then buff off.



Miscellaneous

- * If a book gets wet, place sheets of toilet paper between each page and place something heavy on the book. Change the toilet paper sheets every half hour until the book is like new.
- * Always sign original documents in blue pen that way there can be no question as to which is the original.
- * Spill some nail polish? Pour a large amount of white sugar over it. This will make the nail polish clump therefore making it easier to sweep up.
- * No helium needed to fill balloons for parties so put vinegar and baking soda in a bottle and then attach the balloon to the top of the bottle. The balloon should then fill up.
- * If you burn yourself, pour yellow mustard all over the area, then rinse with cold water. The burn is gone.
- * Find a hair in your meal? Before you send it back make sure you heavily salt the dish. That way you will know if you just get sent back the same meal.
- * If you get wood stain on your hands, rub any kind of kitchen oil on it then wash your hands with warm water and dish soap.



Kitchen

- * If your brown sugar is getting hard and clumpy, put in a few marshmallows when storing. This will keep the sugar nice and soft for much longer.
- * Throw a dry towel into the dryer with wet clothes. This will take almost half the time to dry.
- * Get an ink stain on some fabric? Then rub some hand sanitizer onto it. Stain gone!
- * Use a wet knife to chop onions. This will reduce the tears

Sourced: www.everydayhacks.com & www.familyhandyman.com

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St Mary's Brass & Reed Band



The Band was most unfortunate with its joint recital with St. James's Band from Dublin in Maynooth University last month. An outdoor recital in September with over 50 musicians playing together seemed a good idea at the time but global warming had other ideas and it rained all day. However, we managed to find a covered area in front of the John Hume building which provided shelter from the elements for the two bands and the hardy souls who braved the rain to hear what was a brilliant 90 minutes of music from two of the oldest bands in the country.

The band fared slightly better weather wise when we performed in the Square for Culture Night on 22nd September. Our Academy Band opened the recital and received a great reception as did the Senior Band when they followed their lead. It was a sign of the oncoming dark evenings to come when the lighting installed by the band made a big difference for the large audience who stayed to listen to the recitals.



The highlight of the band's programme for this month is our Autumn Concert in St. Mary's Church of Ireland on Sunday 22nd October at 7.30pm. This was originally planned for Saturday 14th but clashed with the Rugby World Cup, hopefully involving Ireland, so the band kicked for touch and went for the later date. We will be joined by Craobh Mhaigh Nuad Traditional Music group which should make for a very entertaining evening. As with our concert in St. Patrick's College Chapel earlier this year, there will be no admission charge but donations at the door will be most welcome.

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Workers in community and voluntary organisations have been abandoned by the Government

Government must immediately re-engage with Section 39 workers' unions and end two-tier pay system

Social Democrats TD Catherine Murphy has spoken out in support of Section 39 workers in community and voluntary sector organisations who are to commence indefinite strike action from Tuesday, October 17. Deputy Catherine Murphy, said: "The organisations at the centre of the dispute are funded by the Health Service Executive and other State agencies. Section 39 workers play a vital role across a range of areas, including support for older people, the provision of disability and addiction services, as well as specialised health interventions. "It is unacceptable that these workers are paid up to 15 per cent less than their counterparts in the HSE or other State agencies and do not have pension entitlements.

"This two-tier pay system has led to an escalating staffing crisis for organisations across the country. Service delivery is being jeopardised as a result of challenges around staff recruitment and retention, putting immense pressure on service providers.

"Recruitment difficulties in the sector are also having an impact on long waiting lists for health and social care services, especially in the area of children's disability services. "Shamefully, the Government walked out of negotiations with the sector earlier this summer, leaving workers with no option but to engage in strike action. This behaviour shows just how little the Government values the workers who provide such essential services. "The Social Democrats will once again be demanding pay parity for Section 39 workers in the upcoming Budget. I am now calling on the Government to immediately re-engage with trade unions representing those working in the community and voluntary sector."

Minister must publish methodology used to calculate baseline LPT funding for local authorities

Clarity needed on whether census data on population growth was used when allocating additional funds to local authorities

Social Democrats TD Catherine Murphy has called on the Minister for Housing, Local Government and Heritage to publish the methodology used by the working group that reviewed the model of baseline funding to local authorities from Local Property Tax (LPT). "Minister O'Brien has announced a €75.4m increase in LPT baseline funding to local authorities following a review of how the money is allocated. The baseline is the minimum amount of funding each council area will receive from the property tax, which is supplemented by exchequer funds in cases where a local authority's LPT income is lower than its baseline.

"A working group established by the Minister earlier this year recommended that baseline funding should be distributed in line with population, area, deprivation levels, a local authority's income-raising capacity and national policy priorities. "From the increases in baseline funding announced this week, I can see no evidence that population growth has been factored into the revised allocations.

"In my home constituency of Kildare, for instance, baseline funding has only been increased by the minimum amount of €1.5m – despite experiencing a population growth of 25,644 between 2016 and 2022. "Carlow, by comparison, has seen its baseline funding for 2024 increase by more than €2.7m, even though its population has expanded by just over 5,000 in the same

period. "I have now written to the Minister, asking him to publish the methodology used by the working group as part of their review. He also needs to clarify if census population data was used in their assessment and, if so, the census year it was derived from."

Home ownership dreams shattered by widening affordability gap

Average price of a three-bed semi-detached house nationally breaches €300,000 for the first time since 2007

New figures revealing that the average price of a three-bed semi-detached house nationally now exceeds €300,000 shows that home ownership has become increasingly out of reach for prospective buyers, according to Social Democrats TD Catherine Murphy. Who said: "The Real Estate Alliance Average House Price Index paints a bleak picture for those looking to buy a home of their own. For the first time since the peak of the Celtic Tiger in 2007, the average price of a three-bed semi-detached property in Ireland has risen above the €300,000 mark. "The situation in Dublin, where the same house type now costs an average of €504,000, is even starker. This is pushing up prices outside the capital as house-hunters look further afield to find an affordable home.

If people are being forced out to the commuter belt, they will remain reliant on cars. Where does this fit in with our environmental ambitions and the concept of the 15-minute city? "Due to rising house prices, the percentage of first-time buyers in Dublin has fallen from 72 per cent to 43 per cent in just one year. "Rising interest rates and a shortage of new and second-hand homes have created a perfect storm for those hoping to buy. "Under this Government, home ownership rates have continued to fall and the average age a person can buy a place of their own is rising. It is little wonder that there are now more than half a million adults in their twenties, thirties and forties still living at home with their parents."

Consumers to receive paltry reductions in energy bills, despite dramatic drop in wholesale electricity prices

Energy companies should no longer be allowed to ride roughshod over their customers while generating huge profits

Households will only see a derisory reduction in their energy bills from November, despite a significant drop in wholesale electricity prices over the past year, according to Social Democrats TD Catherine Murphy who said:

"Figures released by the Central Statistics Office (CSO) today show that wholesale electricity prices were 72.5 per cent lower in August 2023 than for the same month last year. Despite this, customers can only expect to get reductions somewhere between 10 and 20 per cent from November 1. "This week, the Central Bank stated that Irish prices are out of line because energy companies are failing to transfer reductions to customers. I welcome that hedging practices are to be notified to the Commission for Regulation of Utilities (CRU) under new windfall tax legislation. However, this should not just be in place as an emergency measure, but as a standard, permanent power given to the CRU.

"It is also disappointing that the delayed Bill on windfall tax only covers the six-month period between last December and June of this year, which is far too short. This does not reflect the fact that energy companies have been hiking up their prices since September 2021, six months before the conflict in Ukraine began. "I have stressed to the Minister the need for this Bill to include full transparency on the profits being made by energy companies. Customers who have struggled with rising

energy costs over the past two years deserve that such information be publicly available. "The lag between wholesale electricity prices coming down and paltry reductions being passed on to domestic consumers is inexcusable. Energy companies should no longer be allowed to ride roughshod over their customers while continuing to generate eye watering levels of profit."

The Minister must instruct AIB to restore full banking services at cashless branches – Social Democrats

Vulnerable customers and local businesses have been greatly impacted by the erosion of banking services

The Minister for Finance should direct AIB to end the practice of operating cashless branches in parts of the country, according to Social Democrats TD Catherine Murphy. Deputy Murphy made her comments after it emerged that all public bodies are to be instructed to continue to accept cash when people are paying for services. She said: "The recent attempt by NCT operator Applus to move to a cashless payment system was understandably met with widespread opposition and has thankfully resulted in a U-turn. "I welcome reports that Minister Michael McGrath now intends to ensure that all public bodies will continue to accept cash.

"However, this is completely at odds with the Government's hands-off approach when it comes to confronting AIB on its decision to make several of its branches around the country cashless. Local communities were dealt a double blow in 2021 when 15 banks were closed by AIB and more than 20 branches went cashless.

"While a proposal by AIB to make a further 70 branches cashless last year was stopped in its tracks after a public backlash, the bank did not reverse its decision for the 22 branches originally affected. "This is an issue that has greatly impacted vulnerable bank customers in parts of the country, including Blessington in my own Wicklow constituency.

Along with the closure of Ulster Bank in the village earlier this year, financial services for residents and businesses in the area have been seriously eroded, with customers having to rely on An Post for their daily banking needs. "I recently met with AIB to outline my concerns but they did not indicate a willingness to change their policy for existing cashless branches "Given that the State has a 47 per cent stake in AIB, I am calling on the Minister to instruct the bank to put plans in place to restore cash services to affected branches."

Social Democrats' motion calls for 10,000 affordable homes to be built every year

Practical steps required to help the tens of thousands of people affected by the housing crisis

A Social Democrats' motion to be debated in the Dáil calls for 10,000 affordable purchase and affordable rental homes to be built every year. Catherine Murphy said "This Government has failed miserably to meet its own target for affordable purchase homes – a target that was unambitious to begin with – resulting in just 323 being delivered last year. This is hardly surprising given that the Minister for Housing did not spend almost €1 billion of his department's capital budget between 2020 and 2022.

"The Minister must now immediately publish figures for how many affordable homes will be delivered in 2023. "Since this Government took office, rents have continued to soar, homeless numbers have hit

(Continued on page 12)



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

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(Continued from page 11)

astronomical highs and house prices have reached levels that are out of reach for most people.

“There are now more than 500,000 adults still living at home with their parents, while almost 13,000 people are in emergency homeless accommodation – the highest number in the history of the State. “Our motion today calls on the Government to put practical steps in place to help the tens of thousands of people struggling to find an affordable place to live. “In addition to building 10,000 affordable purchase and affordable rental homes each year, we are proposing the reintroduction of a no-fault eviction ban, better protections for renters and a strong and effective vacant property tax with teeth. “These are all solutions that could make a real difference to people’s lives.”

Government must rebuild trust with retained firefighters following resolution of dispute

Staffing numbers must also be brought up to required levels

Social Democrats TD Catherine Murphy has welcomed the news that retained firefighters have voted to accept proposals from the Workplace Relations Commission (WRC) to resolve their industrial dispute. Deputy Whitmore said: “It is positive to learn today that firefighters, through their union SIPTU, have voted to accept WRC proposals and bring an end to their dispute, which has lasted for more than two months. I know the decision to take industrial action in the first place was not easy, and every retained firefighter did so with the community’s concerns in mind.

“While it is most welcome that agreement has been reached to return to work, the Government cannot allow a repeat of this situation in the future. There are still issues with how our fire services are structured and further work will be required to resolve them. “Speaking to members of the fire service in my Kildare constituency today, I know the outcome of this stage of the process has come as a relief to them and their families. However, this deal will not bring back the fire service members who have left in recent years and a recruitment drive will be needed to increase staffing numbers to the required levels. “A lot of good faith will need to be established between the parties in the future. In the meantime, the Government must deliver on the commitments made in the WRC and rebuild trust with retained firefighters.”

Government is denying children with disabilities the right to live with their families

Desperate parents forced to leave children behind in hospitals, special schools and residential centres due to lack of State supports

A new report showing that children with complex disabilities are being denied the right to grow up at home with their families should be a source of deep shame and embarrassment for the Government, according to Social Democrats TD Catherine Murphy. Deputy Murphy said:

The ‘Nowhere to Turn’ report, published by the Ombudsman for Children’s Office (OCO), is extremely troubling. It highlights how some desperate parents are making the impossible decision to leave their children behind in hospital emergency departments, residential centres and special schools because they are unable to access the proper supports and services needed to care for them at home.

“The report reveals how some children can remain in these inappropriate settings for weeks – or even months – due to the HSE’s failure to ensure an adequate range of placement options if they cannot return home. “This is not a decision that any parent would make lightly and reflects the extraordinary pressures placed on households where there are children with complex, additional needs. Dr Niall Muldoon, the Ombudsman for Children, has pointed out that a child’s right to grow up within their family is protected in the Constitution, the UN Convention on the Rights of the Child (UNCRC) and the UN Convention on the Rights of Persons with Disabilities (UNCRPD).

“In 2020, the OCO issued a number of recommendations following an investigation into the case of a boy with profound disabilities, who was left in a hospital setting for over two years beyond medical need. Despite the HSE accepting and committing to take on these recommendations, three years have since passed without key strategic measures being implemented. “In response to this shameful report, the Minister for Health and Minister of State for Disability must immediately instruct the HSE to action the OCO’s recommendations without further delay. “No child with a disability in Ireland deserves to be stuck in the wrong setting or left without the right supports.”

Students facing greatest accommodation crisis ever due to Government inaction

For this year’s intake of college students, the joy of receiving CAO offers has been replaced with a fear of not being able to find a place to live

This year’s cohort of third level entrants are facing the greatest student accommodation crisis in the history of the State, according to Social Democrats TD Catherine Murphy. “The joy and relief felt by tens of thousands of students who received CAO offers has already been replaced with a fear of not being able to find affordable accommodation for the upcoming college term. “Today, we witnessed the sad spectacle of students’ unions from UCD and Trinity College handing out flyers to Dublin commuters in a desperate attempt to secure digs for students through the Rent-a-Room scheme. Students themselves would agree that this scheme is just a sticking-plaster solution and is not a panacea for accommodation shortages, which are a result of failed policies by successive governments.

“This Government’s refusal to invest in more publicly funded on-campus housing stands in stark contrast with its reliance on private investment funds to deliver purpose-built student accommodation. These units, which are developed on a for-profit basis, can be prohibitively expensive for students and the rents are not controlled.

“Failure to enforce regulations for short-term lets on platforms such as Airbnb has also contributed to the student accommodation shortages we have seen in recent years. “Not having a secure place to live can have a devastating impact on the mental health of students and can damage their chances of academic success. Instead of enjoying college life after the stress of sitting their Leaving Certificate, many students will be forced to defer their CAO offers or may even end up dropping out of their course due to the accommodation crisis.

“In worst case scenarios, we will see students becoming homeless and forced to couch surf, live in tents or sleep in cars. Others who remain at home with their parents will face gruelling commutes of up to six hours a day in order to attend lectures. “Students will rightly feel abandoned by the Government. They know that unless

there is a dramatic reversal of policy, the current student accommodation shortage will be nothing more than a prelude to the wider housing crisis that will await them when they graduate.

Call for Installation of Sustainable Bus Shelters on W61 Route – Peter Melrose Social Democrats

Peter Melrose, local Social Democrats Representative for the Maynooth LEA, has called for the installation of bus shelters in the Maynooth area, with a particular emphasis on the recently introduced W61 bus route. “I welcomed the new W61 bus route from Maynooth to Celbridge earlier this year, which has provided a vital improvement in local public transport. However, I was disappointed to see that the council choose not to implement suggestions I made in a submission to Bus Connects in March regarding a range of possible bus shelter options.

“Ireland experienced its wettest July on record this year. If we are serious about public transport, we need to make it as attractive and accessible as possible, and there is little that is enticing about getting soaked to the bone waiting for a bus. “In my submission, I offered up several cost-effective, sustainable and non-invasive options seen in other cities in Europe such as Utrecht in The Netherlands or Bromsgrove in England. (See photo’s Below) “I will be working with Cllrs. Aidan Farrelly, Nuala Killeen, Bill Clear to prepare a motion to the council on this topic. I am urging Kildare County Council, the National Transport Authority and the Department for Transport to collaborate and prioritise the installation of bus shelters along the W61 route”.

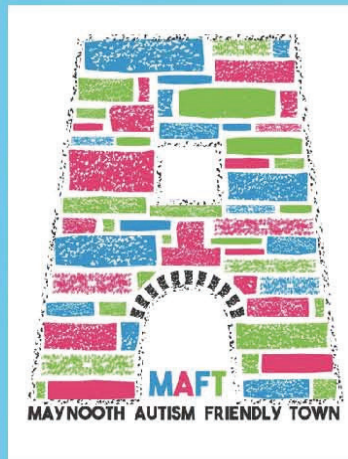
Peter Melrose is the chosen Social Democrats candidate for the Maynooth LEA for the 2024 local elections.

For further information, contact Peter Melrose

Tel: 087 976 5404

Email: peter.melrose@socialdemocrats.ie





Exciting News from MAFT

Coffee Morning

Calling all parents/guardians of children with Autism in Maynooth. The next MAFT Coffee mornings is on the 29th of September.

Join us for a coffee and find out what is available in the town, or just come down for a chat with other parents.

We can't wait to meet you.



Hangout Clubs

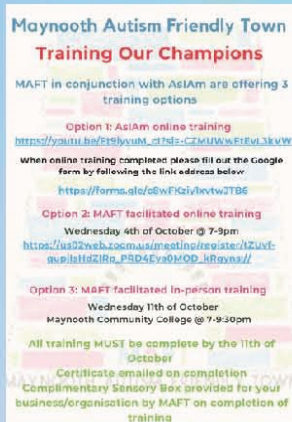


MAFT, in association with AsIAm, are thrilled to introduce **Hangout Clubs** part of the Child & Family Support Programme to Maynooth

In October, we're kicking off hangout clubs tailored for autistic tweens (ages 8-12) and autistic teenagers (ages 13-17). These clubs will provide a fun and supportive environment for young individuals on the autism spectrum to connect and socialize.

But that's not all – we're also gearing up to organize social meet-ups for autistic adults in the near future. Stay tuned for more details!

We owe a big thank you to Intel Ireland for their generous support. Thanks to their contribution, we've been able to acquire fantastic resources that will enhance the experience for participants in our hangout groups.



Champion Training

MAFT and AsIAm are offering 3 training courses for our Champions. Two online and one In-Person training in October

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

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

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



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



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Memories from the Archive



Mr. K. Dockery, Vice Principal of the Post Primary School, who was producer of "The Bishops Candlesticks" & "Burglary is Arranged", the prize winning play at Naas Macra Na Feirme Festival.



St. Patrick's Day



Miss Julia Weafer with Rev. Fr. O'Higgins & Rev. B. Supple C.C. at the recent presentation to her of the "Benemerenti Medal"

1978



Prize winners:
E. Bean, P. Cowhey & S. Dunne.



St. Patrick's Day



Name the children competition



£1,000 comes to Maynooth from M.H. pools. Left to right - Dolores Charlton, Sales Manager presenting the prizes to Marie Fox, Newtown, Maynooth, who received £500, Thomas Nolan, Agent Maynooth District and Mrs. Simpson, Greenfield Drive, Maynooth who also received £500.



A group taken at the Maynooth Parish Social held at the Hitchin' Post . The group includes - Anne Murray, Gessie Doyle, Christina Dowling, Eileen McGlynn and Rosie Commerford.

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The Origins of Halloween Traditions

Carving pumpkins, trick-or-treating, and wearing scary costumes are some of the time-honored traditions of Halloween. Yet, the Halloween holiday has its roots in the ancient Celtic festival of Samhain (a Gaelic word pronounced “SAH-win”), a pagan religious celebration to welcome the harvest at the end of summer, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor saints. Soon after, All Saints Day came to incorporate some of the traditions of Samhain. The evening before All Saints Day was known as All Hallows Eve, and later, Halloween. Here is a look at the origins of some of the classic Halloween traditions we know today.

Carving Jack-o’-Lanterns

The tradition of carving Jack-o’-Lanterns originated in Ireland using turnips instead of pumpkins. It is allegedly based on a legend about a man named Stingy Jack who repeatedly trapped the Devil and only let him go on the condition that Jack would never go to Hell. But when Jack died, he learned that Heaven did not want his soul either, so he was forced to wander the Earth as a ghost for eternity. The Devil gave Jack a burning lump of coal in a carved-out turnip to light his way. Locals eventually began carving scary faces into their own turnips to frighten away evil spirits.



Seeing Ghosts

The festival of Samhain marked the transition to the new year at the end of the harvest and beginning of the winter. Celtic people believed that during the festival, spirits walked the Earth. Later on, Christian missionaries introduced All Souls’ Day on November 2, which perpetuated the idea of the living coming into contact with the dead around the same time of year.

Wearing Scary Costumes

In order to avoid being terrorized by all the evil spirits walking the Earth during Samhain, the Celts donned disguises so that they would not be mistaken for spirits themselves and be left alone.

Trick-or-Treating

There is much debate around the origins of trick-or-treating, but generally there are three theories. The first theory suggests that during Samhain, Celtic people would leave food out to appease the spirits traveling the Earth at night. Over time, people began to dress as these unearthly beings in exchange for similar offerings of food and drink. The second theory speculates that the candy boon stems from the Scottish practice of guising, which is a secular version of “souling.” During the Middle Ages, generally children and poor adults would collect food and money from local homes in return for prayers for the dead on All Souls’ Day. Guisers dropped the prayers in favor of non-religious practices with the inclusion of songs, jokes, and other “tricks.” A third theory argues that modern American trick-or-treating stems from “belsnickeling,” a German-American Christmas tradition where children would dress in costume and then call on their neighbors to see if the adults could guess the identities of the disguised. In one version of the practice, the children were rewarded with food or other treats if no one could identify them.

Black Cats

The idea of being spooked by black cats dates back to the Middle Ages, when these dark felines were considered a symbol of the Devil. It didn’t help that centuries later, accused witches were often found to have cats, particularly black ones. People began to believe that the cats were a witch’s “familiar”—supernatural entities that would assist in their practice of dark magic—and black cats and spookiness have been linked ever since.



Black and Orange

The traditional Halloween colors of black and orange also traces back to the Celtic festival of Samhain. For the Celts, black represented the “death” of summer while the orange symbolized the autumn harvest season.

Bobbing for Apples

The game of bobbing for apples has been a staple at Halloween parties for many years, but its origins are more rooted in love and romance. The game traces back to a courting ritual that was part of a Roman festival honoring Pomona, the goddess of agriculture and abundance. While multiple versions existed, the gist was that young men and women would be able to predict their future relationships based on the game. When the Romans conquered the British Isles in 43 AD, the Pomona festival blended with the similarly timed Samhain, a precursor to Halloween.

Pranking

Playing pranks often varies by region, but the pre-Halloween tradition known as “Devil’s Night,” is credited to a different origin depending on the source. Some say that pranks started as part of May Day celebrations. But Samhain, and eventually All Souls Day, also included good-natured mischief. When Irish and Scottish immigrants came to America, they brought with them the tradition of celebrating Mischief Night as part of Halloween.

Lighting Candles and Bonfires

For much of the early history of Halloween, towering bonfires were used to light the way for souls seeking the afterlife. These days, lighting candles have generally replaced the large traditional blazes.

Candy Apples



For centuries, people have been coating fruit in syrup as a means of preservation. But during the Roman festival of Pomona, the goddess was often represented by and associated with apples; her name derives from the Latin word for apple “pomum” and the fruit is at the heart of harvest celebrations. It is believed that candy apples were invented accidentally in 1908 by William W. Kolb, a candymaker in Newark, New Jersey.

As the story goes, Kolb was experimenting with red cinnamon candy to sell at Christmastime and he dipped apples on sticks into the red glaze and put them in his shop window to showcase his new candy. But instead of selling the candies, he ended up selling the apples to customers who thought they looked good enough to eat. They became fashionable treats for Halloween starting in the early 1900s and they remained popular up until the 1970s.

Source: www.blogs.loc.gov/headlinesandheroes/2021/10/the-origins-of-halloween-traditions/



Halloween Night When The Witches Run



There was an Old Witch, Believe it if you can
She tapped on the windows, and she ran, ran, ran.
She rand Helter Skelter with her toes in the air,
Cornstalks flying from the Old Witches’ Hair.

Swish goes the Broomstick, meow goes the Cat,
Plop goes the hop-toad sitting on her hat
“WHEE”, chuckled I, “what fun, what fun”
Halloween night when the witches run

Rattle go the Skeletons, running down the lane,
And a spooky Tree taps the window pane,
“WHEE”, chuckled I, “What fun, what fun”
Halloween night when the witches run

Jangle of the rusty chains, the Monster drags along,
And Bats go screech for their Haloween song,
“WHEE”, chuckled I, “What fun, what fun”
Halloween night when the witches run

Source: free printable halloween short stories - Search (bing.com)



REMINDER DON’T FORGET TO CHANGE YOUR CLOCK

Sunday, 29 October 2023, 02:00:00 clocks are turned backward 1 hour to

Sunday, 29 October 2023, 01:00:00 local standard time instead.

Irish Halloween Traditions

Halloween can be traced back to the ancient Celtic tradition of Samhain. This word is the old Irish word for 'summer's end'. This was the end of the harvest season and the beginning of the New Year. Púca is an Irish word meaning "Ghost / Spirit". Old manuscripts state that Tlachtga or The Hill of Ward, was a site of great Samhain gatherings.

It was at Tlachtga that the ancient Irish lit a fire from which all the fires in Ireland were rekindled. Archaeological excavations indicated this ancient hill was used for feasting and celebration over 2,000 years ago, and even to this day the Boyne Valley remains one of the many important historical sites of Halloween tradition in Ireland. Each site has its own story, every Samhain a host of otherworldly beings emerge from Oweynagat (cave of the cats) at Rathcroghan in County Roscommon.

The belief in the closeness of the Otherworld and the return of the Dead was associated with Halloween. Wearing costumes and masks offered protection. The fairies couldn't abduct you and you got to frighten your neighbours. Tricks were played on the unsuspecting, which may be the origin of the ubiquitous trick or treating.

Colcannon

Boiled Potato, Curly Kale (a cabbage) and raw Onions are provided as the traditional Irish Halloween dinner. Clean coins are wrapped in baking paper and placed in the potato for children to find and keep.

The Barnbrack Cake

The traditional Halloween cake in Ireland is the barnbrack which is a fruit bread. Great interest is taken in the outcome as there is a piece of rag, a coin and a ring in each cake. If you get the rag then your financial future is doubtful. If you get the coin then you can look forward to a prosperous year. Getting the ring is a sign of impending romance.

The Pumpkin

Carving Pumpkins dates back to the eighteenth century and to an Irish blacksmith named Jack who colluded with the Devil and was denied entry to Heaven. He was condemned to wander the earth but asked the Devil for some light. He was given a burning coal ember which he placed inside a turnip that he had gouged out.

Thus, the tradition of Jack O'Lanterns was born. Villagers in Ireland hoped that the lantern in their window would keep the wanderer away. When the Irish emigrated in their millions to America there was not a great supply of turnips so pumpkins were used instead.

Halloween Costumes

This tradition of wearing costumes also dates back to Celtic times. On this night when the living and the dead were at their closest, the Celtic Druids would dress up in elaborate costumes to disguise themselves as spirits and devils in case they encountered other devils and spirits during the night. By disguising they hoped that they would be able to avoid being carried away at the end of the night. This explains why witches, goblins and ghosts remain the most popular choices for the costumes.

Games

An apple is suspended from a string and children are blindfolded. The first child to get a decent bite of the apple gets to keep their prize. The same game can be played by placing apples in a basin of water and trying to get a grip on the apple without too much mess!

The Halloween Bonfire

It is a tradition to encourage dreams of who your future husband or wife is going to be. The idea was to drop a cutting of your hair into the burning embers and then dream of your future loved one. Halloween was one of the Celt 'fire' celebrations. Another way of finding your future spouse is to peel an apple in one go. If done successfully the single apple peel could be dropped on the floor to reveal the initials of the future-intended.

Anti-Fairy Measures

Fairies and goblins try to collect as many souls as they can at Halloween but if they met a person who threw the dust from under their feet at the Fairy then they would be obliged to release any souls that they held captive.

Holy water was sometimes anointed on farm animals to keep them safe during the night. If the animals were showing signs of ill health on All Hallows Eve then they would be spat on to try to ward off any evil spirits.

Ever since the time of the Druids, many customs and traditions have evolved in celebration of Samhain, which is New Year's Day in the Celtic Calendar. When Christianity came to Ireland, the church took a dim view of Druidic festivals and created the vigil of All Soul's Evening, (or All Hallows Eve) on October 31st, the Feast of All Saints on November 1st, and All Souls Day on November 2nd.

Sourced from: Irish Halloween Traditions— ireland-information.com



Fun Halloween Crafts

Halloween Terrarium

Required:
Large glass canister with lid - check charity shops
Small black fence long enough to go around canister
Pebbles
Moss
Mini Halloween decorations of your choice
Glue and thread (optional)
LED Lights/ battery operated tea light (optional)



Start by placing your fence inside the glass canister. If you want lights inside the jar, wrap them around the fence before putting the fence in. Or if the main decoration is hollow, put a battery operated tea light in it. Add your main structure, a haunted house in picture. Place a couple inches of pebbles the bottom around the house. Make them nice and snug. Position moss over the rocks. Add any small figures, like our witch, gravestones, and pumpkins. Hang ghosts from canister lid or rim.

The items are not glued in place so that the decorations can be changed to suit the season. But if you wanted to permanently keep it as is, you can glue everything. You can make some of your own miniatures, like trees from black spray paint and twigs.

Bat Bottle Cap

Required:
Black Bottle Caps
Black Card
Googly Eyes
White Marker
Glue



Cut out bat wing shapes from the cardboard. Glue them to the underside of the cap. Stick on googly eyes to the front of the cap and using the white marker, make white fangs under the eyes. If you don't have black bottle caps, you can use a black permanent marker to colour it. These can be put in windows etc you can put some thread threw them and hang them from the ceiling.




Paper Plate Ghost

Required:
White Paper Plates
Black Marker
Glue
White Crepe Paper
Wool/Twine



On the white plates, draw ghostly eyes and mouth using the black marker. Cut out arm shapes with hands from the white paper. Glue them onto the back of the plate. Take a long piece of white crepe paper, cut equal sized strips into it but don't cut them completely off, you want them all to be on one piece. Glue the strips to the back of the plate. These white strips should be hanging and flowing on the bottom of the plate. To hang the plate up, simply glue some wool/twine to the back of the plate. Use whatever length you want. Now your Ghostly Paper Plate is ready to hang up.

Sourced: www.goodhousekeeping.com



MAYNOOTH CYCLING CAMPAIGN

Maynooth Cycling Campaign

The September Newsletter stated that Maynooth Cycling Campaign would be holding a public meeting in September. For a variety of reasons, this did not go ahead but it is now planned to have the meeting during October. More details to follow.

Maynooth Cycling Without Age

Maynooth Cycling Campaign has been in contact with St. John of God/ Genil Training re the use of the trishaw and await their response to our proposal. The Chair has also undergone a “Train the Trainer” exercise so that the training of Maynooth pilots will no longer require an external input.

Road Safety

One of the areas affecting road safety for which the Garda are not responsible is the design of roads. *The Design Manual for Urban Roads and Streets* gives a range of widths for a particular type of road or street. At the preliminary design stage of the Maynooth Eastern Ring Road (between the Celbridge and Dublin Roads), Maynooth Cycling Campaign made a submission seeking the minimum lane width as part of Part 8 Public Consultation. It was not accepted. At the subsequent debate by councillors, a number of them also argued in favour of narrower lanes but officials rejected the proposal. We know that wide roads encourage speeding. We also know that narrowing roads – what Americans call “a road diet” – encourages cars to go slower. In view of the crisis in road safety, will the Council review their road width or will they do a Pontius Pilate on it?

In Wales they have just brought in a default 20mph (30k/hr) speed limit in urban areas. Although the results are preliminary, the initial findings are that

“The immediate impact on traffic speeds in Wales has been astonishing, and far greater than many would have predicted. Welsh drivers are, on the whole, accepting lower speed limits and have changed their behaviour accordingly. There will remain some drivers who choose to break the limit by significant amounts but the drop in speeds on the fastest urban roads has been marked”.

Limerick and Galway County Councils have just brought in lower speed limits. When will Kildare County Council?

Climate Extremes Worsening

In the first 11 days of September, there was catastrophic flooding in – Greece, Turkey, Brazil, Hong Kong, Shanghai, Spain and Las Vegas. In Libya, between 10,00 and 20,000 people have drowned following the collapse of two dams. Since then, Typhoon Haikui has hit southern China causing 7 deaths, with 100 reported landslides, 100s of people trapped and 1000s displaced. Closer to home, in South West England flash floods ripped through a Devon village and closed the terminal at Exeter Airport.

Meanwhile, although it is early spring in Australia, temperatures in New South Wales have hit record levels and a "catastrophic" fire danger level has been announced for some areas. Decarbonation of transport is an essential element of limiting the rise in global temperatures.

European Investment in Transport

For those who think that European governments have prioritised investment in public transport and active travel, between 1995 and 2018, European countries spent 66 per cent more on roads than railways. And during the years 2018-2021, European countries spent 34 per cent more on extending roads than on extending railways.

Government Progress on Climate Action

Last month, An Taisce reported on the Irish government’s progress in meeting the targets in its Climate Plan. The government’s score overall was C+ (moderate progress).

The following is an extract of the section on transport which gives a flavour of its report:

There was good progress in some areas with many schemes and significant investment in more sustainable modes, though still not at the 2:1 ratio committed by the Government. Good progress has been made in commitments on e-scooter legislation, lowering speed limits, facilitating taxi drivers to move to electric vehicles, electrification of some new trains, developments in a national rail strategy, and noticeable improvements in local link bus services and regional connectivity. Commitments on ride-sharing, extending bike-to-work schemes, school transport and Westernrail corridor do not appear to be progressing, and Metrolink and Bus Corridor projects have been plagued with planning issues.

In their 2022 assessment, emissions in transport went up 6% and there is no clear sign that the emissions curve will decrease in 2023-2024, which has led to a decrease in transport’s score from 7.0 to 6.5.

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

Kildare Planning Applications for Maynooth Area Planning Applications received from 29/08/2023 to 28/09/2023 Information from Kildare County Council Website				
App #	Authority	Applicant Name	Development Address	App Date
2360246	Kildare County Council	Vantage Towers Limited	Maynooth GAA Club, Moyglare Road, Maynooth, Co. Kildare, W23 HH94	26/09/2023
2360228	Kildare County Council	Paul & Thomas Mooney	Kealstown, Ladychapel, Maynooth, Co. Kildare, W23 FT91	20/09/2023
23889	Kildare County Council	Alan & Yvonne Thomas	8 Fitzgerald Close, Maynooth, Co. Kildare.	08/09/2023



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

At the time of writing we have been informed that The Supervalu Tidy Towns results will be announced on the 6th October. We haven't received our invitation yet but fingers crossed we will be attending this event in The Croke Park Conference Centre. Wish us good luck. Again we would like to thank all the asylum seekers who joined us over the summer for their painting, scuffling, back breaking work. We wish them luck. A special mention to volunteer Guida from Mozambique who was studying for her Masters in Geography at Maynooth University since last March. Her graduation is not until November but she had to return to Mozambique as her visa would have expired. Guida joined us on clean up most Saturdays and we hope she will return to Maynooth in the future.

We have been busy weeding all over the town after all that rain, especially in The Pound, Sensory Garden, O'Neill Park beds, Meadowbrook link road and the beds at Maxol/Celbridge Road. Thanks to Vinny Mulready for refreshing our entrance sign on the Leixlip Road over the last 2 weeks. We also took part in The Clean Coast event, we don't have a coast but we do have the wonderful Royal Canal Greenway.

On the 14th October we will be attending The Kildare Biodiversity Conference 2023 in The Keadeen Hotel. Learn from each other and showcase best practice and case studies. A special thanks to volunteer Sean McGovern for all his wonderful work painting the service boxes around the town, Sean is available for private contracts. Contact us on our Facebook page for more details.

Special mention for the staff at The Glenroyal Hotel for their support, especially the complimentary coffee/tea/biscuits at our monthly meetings. We are always looking for new volunteers, we meet at our Shed in The Council Car Park, every Saturday at 9pm, weather permitting of course.

Mary Molloy
Maynooth Tidy Towns PRO



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreacht
Department of Housing,
Local Government and Heritage

Kildare Biodiversity Conference

Saturday 14th October 2023



**HEADSUP Kildare is
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Wellness Recovery Action Planning
Level 1 Training

Venue: Newbridge Family Resource Centre

Dates: 14th and 21st October 2023

A light lunch will be provided on both days

Time: 10am to 4pm

Register: Deirdre 085 1068305
Deirdre@countykildarelp.ie
Lorna 085 8421347
Lorna@countykildarelp.ie

Book early as
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Who is the training for?
Anyone looking for ways to support their
mental health, stress and general
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Training is offered free of charge!

'The Healthy Ireland Fund is supported by the Department of Health.'



October Events at Maynooth Community Library

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



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



twitter.com/kildarelibrary

Maynooth October 2023 CleverReach

Children

Halloween Drawing and Crafts

Tuesday 31st October

2.30pm - 3.30pm

Age: 7 - 10

Join the library staff for some spooky themed crafts and drawing fun to get you ready for trick'r'treating later in the day. Fancy dress encouraged!

Booking Essential, places limited via Ticket Tailor:

<https://buytickets.at/maynoothlibrary/1016790>

Halloween Family Film

Thursday 2nd November

2.30pm - 4.00pm

Age: 5+

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

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

Young Adult

Online Teen Writers Group

Thursday 12th & Tuesday 17th of October

6pm

Age: 12 - 15

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

Online via MS Teams.

For more information email maynoothlib@kildarecoco.ie

Teen Book Club

Maynooth Library

Friday 20th October

4pm

Age: 12 - 15

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

Book Rec for October meeting available in the library now: 'City of Ghosts' by Victoria Schwab.

For more information email maynoothlib@kildarecoco.ie

Dungeons & Dragons Club for Teenagers

Thursday 26th September

4.30 - 5.30pm

Age: 12 - 14

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

For more information email maynoothlib@kildarecoco.ie

Adults

Kildare Readers Festival: Online Book Club with Rosemary Mac Cabe

Monday 2nd October

8.30pm

Kildare author, podcaster and media personality Rosemary Mac Cabe will be chatting with journalist Roe McDermott about her #1 Irish bestseller debut This Is Not About You: A Memoir, a "life story in a series of love stories".

A limited number of extra copies are available to borrow from Maynooth branch ahead of this special book club meeting.

Book your place here:

<https://app.tickettailor.com/events/kildareadersfestival/989517>

Poetry Mic Night with Luain Press

Tuesday 3rd October

6 - 7pm

All are welcome to a special poetry open mic night at the library. If you have a poem you'd like to share, whether it's your own work or one you really like, whether you're a singer and you'd like to sing a song and listen, feel free!

Drop In. No booking required

Kildare Readers Festival: Poetry and the Possibility of Home

Thursday 5th October

7 - 8pm

In this very special evening of poetry and conversation, two award-winning poets, Nithy Kasa and Annemarie Ni Churreáin, will read their work in discussion with host, Catherine Gander. In their probing, evocative, and richly imagistic poetry, both poets speak of the power of dislocation and belonging, of loss and recovery, of memory and rebuilding. This

unique event explores their journeys into the poetry, secrets, and promises that notions of 'home' can hold. Book your place here:

<https://buytickets.at/kildareadersfestival/989765>

Breast Feeding Support Group with Public Health Nurse

Tuesday 10th & Tuesday 24th October

9.30 - 10.45am

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

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

Age Friendly Coffee Morning

Wednesday 11th October

10.30 am - 11.30 am

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

No booking needed, just drop in.

German "Stammtisch" Conversation Group

Thursday 26th October

6.30pm - 7.30pm

Do you want to practice your German? Maynooth Library hosts a monthly informal German conversation meet-up, for anyone with an interest in the language and culture in German-speaking countries.

No booking needed, just drop in.

Toys, Training & Technology

Talk: Managing Anxiety for Young People who have a Neurodivergent Diagnosis

Tuesday 19th October

7 - 8pm

In this talk, Michael will look at anxiety management for young people with Neurodivergent Identities (Autism, ADHD, Dyspraxia, Dyslexia etc). We will explore common types of anxieties and give practical suggestions around strategies for parents/guardians and for young people.

Book your place on Ticket Tailor:

<https://www.tickettailor.com/events/ttkildare/957483>

Let's Talk About Parenting Events

Talk: Building your Parenting Plan

Thursday 12th October

7 - 8pm

Presented by Allen O'Donoghue.

If you are like us and parenting can have you feeling like you're in a spin cycle in the washing machine with no time to think, this is the talk for you! We'll show you simple steps to get your head clearer and prioritise the thing that you want to change right now, while leaving the other bits until tomorrow.

NB: Certs of attendance are available for anyone attending in a professional capacity for CPD purposes - email us after the event at sbrosnan@kildarecoco.ie

Book your place on Ticket Tailor:

<https://www.tickettailor.com/events/letstalkaboutparenting/996654>

Climate Action

Maynooth Zerowaste

Saturday 14th October

2 - 4pm

Zero Waste Maynooth is back after its summer break with its ladies' clothes swap shop.

Ladies Clothes Swap: Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes is a way to tackle textile waste and save some money!

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

Cloth Nappy Ireland

Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money.

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

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

Drop In. No booking required

(Continued on page 21)

October Events at Maynooth Community Library (Cont.)

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

facebook.com/KildareCountyLibraryService

twitter.com/kildarelibrary

(Continued from page 20)

Exhibition
HSE/EVE Larine House Art Exhibition, running from October 3rd – 31st.
Maynooth Library is currently displaying some of the amazing artwork from those attending EVE Larine. EVE Larine is a HSE Mental Health day service based in the centre of Maynooth town. The Art programme is facilitated by Martha Golubowska and is extremely successful and popular. It is a welcomed distraction for all participating artists and has a real positive effect on their wellbeing. We hope you can take the time to come and view the art work in the library. To find out more about EVE Larine call 01 6289465 or visit www.eve.ie/page/343

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

Library Groups and Regular Groups
Craft & Knitting Club
Every Monday
11.30am – 13.00pm
Bring along your various crafts to inspire and to be inspired. Different craft demonstrations will take place during the year.

Ciorcal Comhrá / Irish Conversation Group
Tuesdays / Dé Máirt
11.00 am - 12 i.n.
Venue: Leabharlann Phobail Mhágh Nuadh/ Maynooth Community Library
Ciorcal Comhrá / Irish conversation group. Fáilte roimh chách! All welcome!

Baby & Toddler Group
Thursday Mornings
10 – 11am
Venue: Maynooth Community Library
If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am. **No need to book, just drop in!**

Maynooth Women's Group
1st & 3rd Saturday each month
11.30am
A meeting space for local women usually held on the first and third Saturday of the month at 11:30am.

Women’s Ex-Pats Group
Last Tuesday of the month
6.30pm
Calling all women who have relocated to Ireland, returned from abroad, or local ladies interested in welcoming expats! Our Women's Group offers a meeting place at the library to chat, make new friends, and share stories about transitioning to Ireland. Join us for an enriching experience of community, support, and connection.

Book Clubs
U3A (University of the Third Age) Book Club
Monday 9th October
10.30 - 11.30am
New members welcome.

Tuesday Evening Crime Book Club
Tuesday 17th October
7 – 7.50pm
The Tuesday Evening Crime Book Club will meet on the last Tuesday of each month from 7pm - 7.50pm. The book will be available at the main library desk for the book club. Please register here to join: <https://buytickets.at/maynoothlibrary/964333>

Wednesday Morning Book Club
18th October 11.00 – 12pm
New members welcome.

Midlands LGBT+ Project Book Club
Thursday 19th October
6.30 – 7.30pm
This new book club, set up in partnership with Midlands LGBT+ Project, focuses on books by LGBT+ authors or with LGBT+ themes. For October, they will be reading Young Mungo by Douglas Stuart and copies are available from the main desk in Maynooth Library. Meetings take place on the third Thursday of every month. New members welcome! For more information email maynoothlib@kildarecoco.ie

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

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

Never known to fail.
Thanksgiving for favour received.

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Maynooth Senior Citizens Committee



Autumn is upon us again. It seems to come round so quickly. We continue with our Thursday morning Club activities with Art and Bingo. We hope to have an exhibition of our senior citizens art work in 2024 in the community library. We are working towards that. It is a very enjoyable activity and amazing art works are being produced all round.

We will be having a fundraising quiz for Maynooth Senior Citizens Committee (our official name) on Friday 10th November in the Newtown Inn so please mark it in your diaries. This is not for the committee members but for the activities that we undertake such as Morning Club, Mass Bus Service, Transport, Fuel provision and Social Events all of which underpin our at least one of our aims and objectives....providing an environment that encourages older people to have full participation in their community and society as a whole...

New members are welcome and we need new volunteers on the committee who can commit their time and effort to our activities.

Susan Durack
PRO
Maynooth Senior Citizens Committee.
E-mail: maynoothseniorcitizens@gmail.com



Fáilte Ireland

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JUNIOR PUZZLES



Each Salamander has a value shown in the boxes below.



2



3



















1



4

Work out the total of each horizontal and vertical line of salamander



				= 11
				= _____
				= _____
				= _____
= _____ = _____ = _____ = _____				





HAPPY HALLOWEEN

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

BAT	CAULDRON	MUMMY	TRICK
BEWARE	DRACULA	PUMPKIN	VAMPIRE
BOO	GHOST	SPIDER	WAREWOLF
BROOM	GRAVEYARD	SPOOKY	WITCH
CANDY	MONSTER	TREAT	ZOMBIE

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.



October 2023 Crossword - No. 528

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

Clues Across

1. Gallantry (7)

5. Subsequently (5)

8. Extreme happiness (5)

9. Considered unlikely (7)

10. Pills (7)

11. Paragon (5)

12. Gaped (6)


14. Concurs (6)

17. Proverb (5)

19. Recite (7)
22. Feed (7)

23. Water lily (5)

24. Frock (5)

25. Use again after processing (7)
- 

Solutions to Crossword No. 527

M	A	N	G	O		S	E	C	O	N	D	S
Y				I		U		H		O		U
T	R	A	W	L	E	D		A	L	B	U	M
H		N		E		D		N		L		O
I	R	K	E	D		E	A	G	L	E	S	
C		L				N		E				E
A	G	E	N	C	Y		I	S	S	U	E	D
L				Y		R				M		U
	R	E	S	C	U	E			C	U	B	I
A		X		L		M		Y		E		A
R	A	T	I	O		E	X	C	E	R	P	T
I		R		N		D		L				E
A	C	A	D	E	M	Y		E	B	B	E	D

Clues Down

1. Established custom (5)

2. Arc of refracted light (7)

3. Publish (5)

4. Humble (6)

5. Risible (7)

6. Heading (5)

7. Conundrums (7)

12. Hankered (7)

13. Foes (7)

15. Flexible (7)
16. Fix firmly (6)

18. Angle less than 90 degrees (5)

20. Something that has survived the past (5)

21. Follow (5)

Difficult

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

Sudoku Challenge

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

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.

Really easy student meal

Chicken and bacon pasta bake

Preparation time: 30 mins
Cooking time: 30 mins
Serves 4

A simple white sauce makes this chicken and bacon pasta bake a doddle for weeknights. If you’ve never made a classic roux or béchamel sauce before, this is a great recipe to show you how. Stirring flour and milk into a pan full of buttery leeks makes lumps in the final sauce a lot less likely, so you will end up with a gorgeous creamy sauce

Each serving provides 1026 kcal, 76g protein, 76g carbohydrates (of which 9g sugars), 45g fat (of which 24g saturates), 7g fibre

Ingredients

- 500g/1lb 2oz leftover cooked chicken or chicken breasts, skin removed
- 500–600ml/18–20fl oz chicken stock
- 50g/1¾oz butter
- 6–8 rashers streaky bacon, cut into 2cm¾in strips
- 1–2 large leeks, thickly sliced
- 50g/1¾oz plain flour
- 1 tsp English mustard powder
- 500ml/18fl oz milk
- 150g/5½oz mature cheddar, grated
- 325g/11½oz pasta shapes, like farfalle or penne
- 2 tbsp grated Parmesan

Salt and freshly ground black pepper

Method

If you are using leftover cooked chicken, skip this step and add the chicken in step 3. If you are using chicken breasts, put the breasts in the base of a saucepan to fit snugly in a single layer.

Pour over 600ml/20fl oz chicken stock and place over a low–medium heat. When the stock just comes to a simmer, turn off the heat and cover with a lid. Check the chicken breasts after 10 minutes, they should be cooked. Set aside and reserve the stock.

Meanwhile, melt the butter in a large saucepan. Add the bacon and fry until it is beginning to get crispy.

Use a slotted spoon to lift the bacon out, leaving the butter behind. Add the leeks and fry for 5–6 minutes until softened.

Stir the flour and mustard powder into the leeks and keep cooking together for 1 minute. Gradually stir in the milk, followed by 500ml/18fl oz chicken stock and stir to create a smooth sauce.

Bring to a simmer, stirring, and once bubbling cook for 1 minute to thicken.

Tear or chop the chicken into bite-sized pieces. Turn off the heat and stir two-thirds of the cheese, most of the bacon and all of the chicken into the sauce. Season with salt and pepper.

Bring a large saucepan of water to the boil. Cook the pasta according to packet instructions (about 9 minutes) or until al dente, as it will cook more in the oven.

Drain thoroughly then combine with the sauce in a large baking dish. Scatter the remaining cheddar, bacon bits and Parmesan over the top.

Preheat the oven to 220C/200C Fan/Gas 7. Bake for 15 minutes until the top is golden and the sauce is bubbling

Source: <https://www.bbc.co.uk>



Flowers

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and snake's-head fritillaries
- Lift tender cannas to avoid frost damage, dry off the tubers and store in cool dark conditions until spring
- Plant up cheery pot displays with winter colour, such as heathers, cyclamen, winter pansies and skimmia
- Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus, to protect over winter
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter
- Transplant deciduous shrubs that are in the wrong place or have outgrown their current position
- Wrap layers of fleece or straw around banana plants and tree ferns to protect from frost
- Collect seeds from hardy perennials, such as astrantia, achillea and red valerian, and sow straight away
- Take hardwood cuttings from ornamental trees and shrubs
- Reduce the height of shrub roses to avoid windrock damage over winter
- Empty spent summer pots and hanging baskets, and compost the contents
- It is good to share your growing tips with other gardeners and ask for advice

Fruit and veg

- Take cuttings of shrubby herbs, such as rosemary, lemon verbena and thyme
- Remove large fruits on fig trees that have failed to ripen, leaving pea-sized fruits to develop for harvesting next year
- Sow green manure, such as winter rye, rather than leaving soil bare over winter
- Cover salad plants with cloches to prolong cropping
- Keep sowing batches of hardy broad beans and peas outdoors for early crops next year
- Plant garlic cloves in a sunny well-drained spot, 15cm apart, with their tip 5cm below the surface
- Finish picking runner beans and French beans, but leave a few pods to ripen fully, so you can save the seeds
- Cut down the ferny shoots of asparagus to soil level once they've turned yellow, then add to the compost bin
- Divide large clumps of herbs, such as chives, lemon balm and marjoram, then replant or share with friends
- Wrap grease bands around the trunks of apple, pear, cherry and plum trees to trap the crawling female winter moth
- Clear away old crops, so they can't harbour pests and diseases on the veg plot through the winter
- Cut fruited stems of blackberries and autumn raspberries down to the ground
- Raise pumpkins and squash onto bricks to keep them dry and expose them to more sun, to ripen the skins
- Order bare-root fruit trees and bushes for planting from late autumn to early spring
- Plant out spring cabbages

Source : www.gardenersworld.com



Gardening Extra

Dear Fellow Gardeners,

Apologies for not sending a gardening newsletter for the last few months. We had quite a busy and chaotic year, moving from Leitrim to Newport, Co. Mayo. We are finally in our new house and are absolutely loving it. It's right next to the Blackoak River, a tidal river which flows into the sea just round the corner. I lived in Co. Leitrim for the last 24 years and had such a wonderful time there and now I'm looking forward to a new chapter.

This summer we spent a couple of months on the road travelling from Ireland to Greece and back again trying to find new vegetables. We were also in between selling and restoring our house. I tried to get as many vegetable experiences as I could. I went to farmer's markets, visited some organic farms and obviously tasted plenty of meals trying to find something local or unusual.

The sad thing is that it seems that the world has completely limited itself to just a few brands and just a few vegetables. Where is the diversity, the local specialty, the local variety of a particular vegetable or fruit? These things are disappearing in front of our eyes.

I did my annual visit to meet Eleni in the mountain village of Paleochori in the Peloponnese who grows and preserves the most amazing juicy beef tomatoes – the real Greek tomatoes. She was no longer there and so her tomatoes disappeared as well – a variety that was passed down through many Greek generations in this village. I know quite a few of you may grow this variety, so please save some seeds.

Italy was definitely the best country in terms of food and food ingredients but still – most meals were the most delicious creamy pasta dish and if we were lucky it was served with some globe artichoke or a delicious chicory. I did find some amazing tomatoes varieties from Mount Vesuvius and some local chicory varieties I found in the south of Italy. I managed to collect some seeds from the Vesuvius tomato and it will be available soon.

I think it's sad how we are limiting ourselves to such a small diversity of food that we eat and grow. Everything seems to be a monoculture with endless stretches of wheat or maize grown in every country. There is really no need for it. We could grow hundreds of edible food plants. This would certainly enrich our lives. Even more important – should we not explore the potential of new food crops in a changing climate. The more diversity we have, the more resilient a food system will be.

What to do in September/October?

Sowing

The best crops you can still sow in September/October are the hardy winter salads. There is a large range of them available. My favourites ones are rocket, mizuna, mustard 'Red Frills' and 'Green Frills', pak choy, claytonia, tatsoi and corn salad. If you have a polytunnel or greenhouse you can still sow perpetual spinach, Swiss chard, rainbow chard, kale, coriander, dill and chervil. From now on you can plant autumn garlic and autumn onions either outdoors or in a polytunnel for an early crop.

Garlic bulbs and onion sets for sale

We managed to source some excellent Irish grown garlic bulbs which are tried and tested. These will be available on our website from Monday (2nd October). You can check our website www.greenvegetableseeds.com then.

Onion Sets (Autumn) – Shakespeare

Shakespeare onions are probably the best autumn planted onion varieties available. The sets can be planted in a polytunnel or outdoors. The indoor crop should be ready in May while the outdoor crop is ready in June – about a month earlier before the spring planted types.

Spacing: 10cm in the row 25-30cm between rows.

Plant in firm ground with tops sticking out. You may need to protect the sets from crows or jackdaws with a cloche or netting until they have rooted. In the last year – I have seen two gardeners who buried the onion sets just below ground level to keep them safe from birds. Initially I thought the bulbs would rot, but both produced excellent onions. There is always something new to learn!

Garlic Bulbs – Sabagold (white softneck)

An excellent French Softneck variety. It is very reliable and perfectly suited to Irish growing conditions. It has an excellent flavour and produces large bulbs with around 6-8 cloves per bulb. Plant individual garlic cloves about twice their depth into well prepared soil. Cloves can be planted in a polytunnel or outdoors. Spacing: 20cm in the row 25cm between rows. Harvest garlic when it is still standing (around June/ July next year). Keep the best bulbs for re-planting the following year.

Garlic Bulbs - Music (hardneck variety)

"Music" is a hardneck garlic variety which produces large pink/purple bulbs with a full and spicy flavour. Music is an Italian variety which is now grown all over the world and is known for its cold weather tolerance and high yield of large bulbs. There are around 6 large cloves per bulb.

Garlic Bulbs – Georgian Purple (hardneck variety)

A hardneck type with purple striped skin and known for its excellent robust flavor and vigour. It originates from the Republic of Georgia. An immensely delicious gourmet variety.

Upcoming courses and talks

Saturday 14th October 2023

Organic Gardening Course at the beautiful no-dig garden "Edible Flower" run by Jo and Erin in Saintfield, Northern Ireland. There are only a few places left. The course runs from 10.30 – 16.00 and the cost is £65.00. The course is organized by Sharon McMaster from New Leaf compost and Kindergarden Cooks. To book the course click on the following link: <https://www.eventbrite.co.uk/e/gardening-day-with-klaus-laitenberger-tickets-721073729937>

Thursday 26th October 2023

Course Title: Growing and Propagating Herbs
Venue: Mayo Abbey, Co. Mayo
Contact: Nicola on educate@mayoabbey.ie or 094 9365987

Saturday 4th November 2023

Course Title: Autumn/Winter in the Polytunnel
Venue: Mayo Abbey, Co. Mayo
Contact: Nicola on educate@mayoabbey.ie or 094 9365987

Thursday 16th November 2023

Course: Grow your own food
Venue: Ballymaloe Cookery School
Contact: Karen on karenodonohoe1111@gmail.com

Weekend Course in Renvyle House Hotel

The following is a course that is quickly booked out. A gardening weekend at Renvyle House Hotel in Connemara with myself and Anja Gohlke – the Head Gardener at Kylemore Abbey. I'm so looking forward to it. Early booking is recommended. The course takes place next March Friday 8th March to Sunday 10th March 2024.

Happy Gardening Klaus Laitenberger.



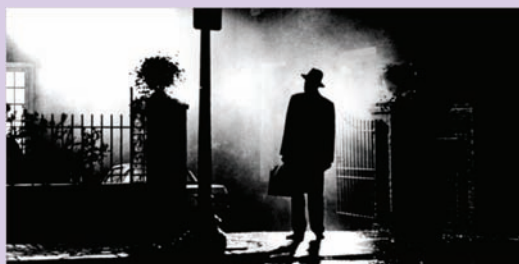


FILM/DVD MONTHLY BY BERNIE CLAXTON

THE EXORCIST 50TH ANNIVERSARY



The classic horror movie about a 12-year old girl possessed by a demon, The Exorcist, was a phenomenon in its 70s era. It's probably the most successful film in that genre ever made. The Exorcist, is being re-released in 4K digital in selected Irish cinemas for its 50th anniversary. Elements of the film's dialogue and imagery have passed into mainstream culture. The film still retains the power to shock and terrify audiences.



William Peter Blatty's novel is based on the real-life 1949 exorcism of a young boy, known by the pseudonym Roland Doe. The story became national news, and caught the interest of Blatty, who was studying in University at the time. The novelist wrote The Exorcist novel in a cabin in California.

While The Exorcist was a box office hit when it was released in the UK in 1974, it proved controversial with religious groups who protested the film's release and ended up getting it banned in certain areas. While the movie was released on VHS in 1981, the 1984 *Video Recordings Act* led to the movie being removed from shelves in 1988. It took more than a decade for the film to become available to home viewers again.

Veteran American actress, Mercedes McCambridge was hired to provide the voice for Linda Blair's most demonic moments, A decision that became the source of much controversy when McCambridge was not credited for her performance. Some claim that the actress didn't want to take away from Blair's performance, then later changed her mind. Under the threat of legal action, her name was quickly added to the credits of The Exorcist.



Chain-smoking and whiskey helped McCambridge achieve the demon's croaky, harsh intonations in The Exorcist. She believed that these unconventional methods were the key to a great vocal performance.

Much of Linda Blair's vocal utterances as Regan were created by remixing the squeals of pigs. When the demon is finally exorcised from her body, the sound heard is a group of pigs being led to slaughter.

The Exorcist was the first horror film to be nominated for a Best Picture Oscar. The horror genre (apart from a few notable exceptions) has never been especially popular with the Academy. The Exorcist earned 10 Oscar nominations in 1974, including a Best Supporting Actress nod for Linda Blair, who was aged fifteen at the time. Unfortunately, the teenager's nomination was met with

much controversy as word about McCambridge's contribution to the role spread.

Ironically, Linda Blair's agents never envisioned her as a right fit for the role of the possessed girl in The Exorcist, although they sent the producers other young actresses to consider. It was actually Blair's mother who brought her daughter to the attention of the studio's casting department and director William Friedkin.

Writer Blatty sold the rights to his novel, but became one of The Exorcist's producers. The studio had its own short list of directors in mind—Arthur Penn, Mike Nichols, and Stanley Kubrick among them. However, William Blatty was only interested in Friedkin, believing that the film would benefit from an unflinching style, similar to what the director had delivered on The French Connection.

Marlon Brando was the studio's first choice for Father Merrin in The Exorcist. Friedkin overruled this decision, believing that any film starring the mercurial actor would immediately become a "Brando movie," which would detract from the story at hand. The role eventually went to the Swedish actor, Max von Sydow. Von Sydow was only 44 at the time of filming The Exorcist. It took many hours in the makeup chair to age up the actor. His three-hour daily aging process was achieved via mixing stipple and liquid latex.



Many of The Exorcist's cast and crew members believed the set was cursed with a satanic presence because of the nature of the story being told. After a number of strange incidents occurred on the New York City set (including a studio fire that forced the team to rebuild the sets of the house interiors), William Friedkin regularly brought in a priest to bless the set, cast and crew when production moved to Washington.

By the end of the film's production, nine people associated with its making had died. Irish actor Jack MacGowran, who played Blake Dennings, died several months before the film was released. All the films in the series have been plagued by bad luck, freak on set accidents, injury and death beyond what is considered usual or the norm. Ellen Burstyn (Regan's mother, Chris MacNeil) suffered a spinal injury while making The Exorcist. In the sequence where she is thrown away from Regan, a harness dragged her sharply away from the bed. She fell on her coccyx, screaming in pain. Linda Blair similarly had long-term back issues after filming was completed.



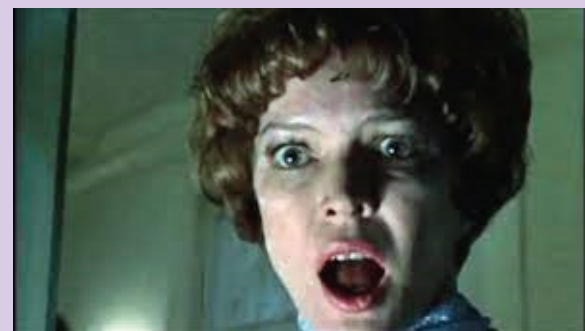
The green substance Regan projectile vomits onto Father Damien Karras (Jason Miller) in one of the film's most infamous and repulsive scenes is actually Andersen's pea soup, mixed with porridge. Campbell's soup was tried, but apparently it didn't produce the required stomach-churning effect.

Director Friedkin had a reputation (not unlike Alfred Hitchcock) for sometimes using shock tactics in order to provoke genuine reactions from his actors. Miller was informed that the vomit would land on his chest. However much to the actor's revulsion, he felt the full force of the pea soup concoction in his face instead. Miller's reaction of shock and disgust while wiping away the vomit is genuine, and he admitted in an interview afterwards that he was angered by this supposed mistake. Unsurprisingly, that scene only required a single take. The Exorcist made audience members worldwide nauseous, as well. Some cinemas began handing out sick bags with every ticket purchased.



Max von Sydow has very little screen time in The Exorcist but he gets second billing, despite Jason Miller and Linda Blair's characters being the main focus of the story. The likely reason for this being that von Sydow was already well known, while Miller and Blair were newcomers.

Father Dyer is played by William O'Malley, a real-life priest who taught at a Jesuit high school. Jason Miller was a stage actor who had never appeared in a film before. William Friedkin cast him after seeing him in a play and thought he "reeked of failed Catholicism". Perfect for the role of the tortured, doubt-ridden priest in The Exorcist.



To achieve the 'cold room' effect which allowed the characters breath to be seen, William Friedkin built an enclosed room set and had air conditioning units connected. Miller and Von Sydow wore normal clothing under their costumes but Linda Blair only had underwear and a nightgown, and spent the entire time freezing on The Exorcist set.

Paul Bateson, who plays the technician who assists with Regan's angiography in The Exorcist later became much better known for being a serial killer in real-life. His story was the inspiration for William Friedkin's later Cruising.

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhplayers@gmail.com	https://www.facebook.com/annuadha
An Post Sorting Office Maynooth	01-6293390		
Bernard Durkan T.D	01-6183732	bernard.durkan@oireachtas.ie	www.facebook.com/bernarddurkan
Brass & Reed Band (St Mary's)		sec@stmarysbandmaynooth.ie	https://www.facebook.com/maynoothband/
Catherine Murphy T.D.	01-6183099	catherine.murphy@oireachtas.ie	https://www.facebook.com/catherinemurphytd
Cemetery Committee (Laraghbryan)	01-6293018		
Church of Ireland	01-6292163	secretary@meath.anglican.org	
Citizen Information Centre	1890777121	maynooth@citinfo.ie	
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Kildare Civil Defence	045 980529	pmcneela@kildarecoco.ie	
Kildare County Council	045 - 980200	customerservice@kildarecoco.ie	
Kildare County Council (Local Office)	01 - 6286236		
Kildare MABS	0818 07 2600	kildare@mabs.ie	
Maynooth Autism Friendly Town	0863329050	autismfriendlytownmaynooth@gmail.com	https://www.facebook.com/maynoothaft/
Maynooth Community Care Unit	01-6106351		
Maynooth Community Church	01-5054990	office@maynoothcc.org	https://www.facebook.com/maynoothcommunitychurch/
Maynooth Community Library	01-6285530	maynoothlib@kildarecoco.ie.	facebook.com/KildareCountyLibraryService
Maynooth Cycling Campaign	086-8252934	Maynoothcycling@gmail.com	https://maynoothcyclingcampaign.com/
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	
Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/
Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		contact@maynoothkilcocklionsclub.org	https://www.facebook.com/MaynoothKilcockLionsClub/
Maynooth Library	01-6285530	Maynoothlib@kildarecoco.ie	www.facebook.com/KildareCountyLibraryService
Maynooth Newsletter	01-6285922	office@maynoothcep.com	https://www.facebook.com/MCEPNewsletter
Maynooth Senior Citizens		maynoothseniorcitizens@gmail.com	
Maynooth Students Union	01-7083669	frontdesk@msu.ie	https://www.facebook.com/MaynoothSU
Maynooth Tidy Towns	083 304 6130	MaynoothTidyTowns@outlook.ie	https://www.facebook.com/MaynoothTidyTowns
Maynooth Town Football Club	086-1060654	info@maynoothtownfc.ie	https://www.facebook.com/MTFC1969/
North Kildare Club	01-6103909	info@northkildareclub.ie	
North Kildare Tennis Club		info@northkildaretennis.ie	
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com	
Post Office	01-6286259		
Réada Cronin T.D.	01-6183823	reada.cronin@oireachtas.ie	https://www.facebook.com/ReadaCroninSinnFein
SVP Vincent's Shop	01-6289643	geraldinebyrne.east@svp.ie	https://www.facebook.com/profile.php?id=100064619179003
Zero Waste Maynooth	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/zerowastemaynooth

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