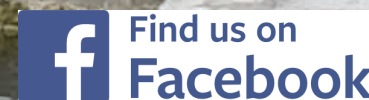


Maynooth Newsletter



Recording the Social Footprint of Maynooth since the 1970s



Local News - September 2023 - Issue No. 527- Online Version

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



2023 HORIZON IRISH OPEN GOLF COMPETITION

The Irish Open returns to The K Club as part of a long-term deal with the DP World Tour, which will see the island of Ireland's national Golf Open played at the former Ryder Cup venue in 2023, 2025 and 2027. The 2023 Horizon Open Golf Competition will be played at The K Club from Wednesday 6th of September to Sunday 10th 2023.

With the venue just a short drive from Maynooth it is a great opportunity to watch the 2016 champion Rory McIlroy tee it up alongside 2019 Open Championship winner Shane Lowry, three-time Major Champion Pádraig Harrington, six-time DP World Tour champion Tyrrell Hatton and two-time PGA TOUR winner Séamus Power. The home favourites will lead a star-studded DP World Tour field at The K Club.



On Wednesday 6th the curtain raiser Pro-Am competition takes place with celebrities such as former rugby stars Tommy Bowe and Rory Best, impressionist Conor Moore, former GAA All-Star Valerie Mulcahy and TV presenter Craig Doyle lined up to challenge the professionals in the Horizon Irish Open Pro-Am. Cork sporting legend Valerie Mulcahy said: "I'm really looking forward to playing in the Horizon Irish Open Pro-Am this September. It'll be a nerve-wrecking but great day out."

Aside from the golf, the event includes evening entertainment which will start once the final putt drops each evening. Scouting for Girls, known for hits such as She's So Lovely, Elvis Ain't Dead and This Ain't a Love Song, will take to the main stage in the Championship Village on Saturday September 9th. The English pop rock band are on tour with Olly Murs in the UK this Summer before taking to the stage in Co. Kildare. Formed by Steve Wall in Galway, this will be The Stunning's first time playing at the Horizon Irish Open. Best known for their hit songs such as Brewing Up A Storm, Everything that Rises and She's on my mind, the band will perform on Sunday September 10th.

With such a strong Irish interest particularly with the return to the K Club of Rory McIlroy, the four-time Major Champion who secured a famous victory at the County Kildare venue in 2016 after producing a stunning eagle-par-birdie finish to secure his first professional victory on Irish soil by three strokes. Having the 68th edition being played on our doorstep in the K Club is an opportunity not to be missed. There is no doubt that Maynooth will benefit significantly with additional business from the large groups of participants as well as the golfing fans that will come to the area for this major annual golf event.

Tickets are selling fast and fans are urged to purchase in advance to secure their place and avoid disappointment. To purchase tickets go to:
<https://experiences.dpworltdtour.com/horizonirishopen-2023>

Maynooth Green Communities Low Carbon Consultation

Thursday 28th of September 2023.
7pm – 9 pm Glenroyal Hotel, Maynooth.

Maynooth is one of Ireland's leading climate action communities, in terms of research and planning. It is also the test town for An Taisce's Legacy4LIFE Green Communities Low Carbon Plan, as well as being the chosen town for the development of Kildare County Council's Decarbonisation Zone.

But what does this mean, and where do you fit in with planning our local low carbon future? What are the benefits, challenges, and options?

On Thursday the 28th of September An Taisce will be hosting a Low Carbon Workshop for Maynooth in the Glenroyal Hotel from 7pm – 9 pm.

The engagement and research that has been ongoing throughout 2022 and 2023 will be presented. The newly developed Maynooth Low Carbon Calculator will be used to visualise emission forecasts and reduction options. Using this, either on the night, or later online from your home, you will get to vote on your preferred focus for the future of Maynooth's Low Carbon Plan.

The new Green Communities Low Carbon Calculator will allow individuals to interact with and forecast their community Greenhouse Gas emissions. This will provide direct visualisation of the likely impact of future climate actions upon current community level emissions, and allow you to vote on the preferences for future climate action planning.

Refreshments will be provided!

To book your place at the Maynooth Low Carbon Workshop:

<https://www.eventbrite.ie/e/green-communities-low-carbon-workshop-tickets-699484556137?aff=oddtcreator>





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

The Editor, Maynooth Newsletter,
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Maynooth, Co. Kildare. W23CT59
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E-mail: office@maynoothcep.com
Website: www.maynoothcep.com

Letters to the Editor

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

Mission Statement

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

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

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

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

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

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

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

Maynooth Newsletter Archives

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

www.maynoothcep.com

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

Disclaimer

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

The recent Labour Force Survey published (August 2023) by the Irish Central Statistics Office showing the highest level of employment since records began in 1998, should be of concern to sponsors of community employment schemes such as Maynooth Community Employment Project. Community Employment schemes have served a vital role in most communities for many decades, providing opportunities to local people to be re-trained and get valuable work experience as well as being the mechanism through which local community services have been provided. With funding from the Government the schemes are sponsored usually by local voluntary groups, who set up a legal entity structure to manage the scheme. The Government through the Department of Social Protection identifies participants who are then employed by the local company to provide local community services. In the case of Maynooth Community Employment Project as well as providing a key community resource in Carton Park which supports a range of community activities including the publication of the monthly Maynooth Newsletter, the scheme maintains the environs of the Royal Canal as an amenity area and provides ground maintenance to Maynooth Town Soccer Club.

Of course, high levels of employment must be welcomed but it means that there are fewer people available to participate in community employment projects. The total number of people recorded as unemployed in Ireland at the 2nd Qtr. 2023 was just 121,200 which is an unemployment rate of 4.4%. Employment levels has increased in most sectors and in some of these we can already see a trend that means there will be a continuing drop in the number of people coming forward to participate in community employment. One such example is the growth in jobs in the construction sector where jobs numbers increased in Ireland by 2,900 alone in the 2nd Qtr. 2023. Maynooth Community Employment Project has unfilled vacancies since October 2022 for participants that would be supported to work in that sector.

The youth unemployment rate for those aged between 15-24 years has increased in the past year from 11.4% to 12.2% but unfortunately people of this age have limited eligibility for community employment schemes as the criteria is that you must be over 21 years old and be in receipt of one of the specified benefits for the previous twelve months. Being supported to upskill and improve your personal confidence is critical particularly for younger people. Maybe the value of local community employment schemes is not appreciated in times when employment levels are high. The value of community services must also be considered particularly in growing communities such as Maynooth.

Many of us will remember Summer 2023 for the dismal weather in July and parts of August but it didn't dampen our spirits. There was much praise for the Newtown Festival which took place at the Newtown Inn in Beafield in late August. The event was well organised and managed over the weekend of the 18th-20th August with daytime events for the younger people and music events into the late evening including a number of tribute bands. So well done to the organisers.



Crowds attending the Newtown Festival

It being September the schools are back so traffic levels increase again and of course the daylight will be decreasing over time. With more people cycling in Maynooth and busy pedestrian junctions particularly when students return to Maynooth University later in the month. So let's be patient with each other and keep everyone safe.

**Paul Croghan
Editor**

**Copy date for the October edition will be
5pm on Tuesday 26th September 2023**

MAYNOOTH DRESSES

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



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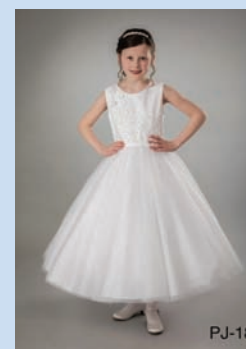


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See www.maynoothdresses.ie for all our info

**Call us 01 6293585 or drop into our
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(Beside Coyne's Butchers)**

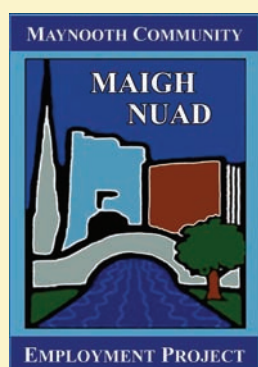
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Opening Hours

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



Online Office

Here to help with

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



Phone



E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.



Childcare Shortage

For many years, Cllr Feeney has been highlighting the shortage of childcare places in North Kildare because every week, families get in touch with her about the difficulties they are having sourcing childcare in their area. It is causing huge stress to parents, and it is why she continues to actively campaign on this issue. We are being told that there has been an increase in crèche places across the country but that is not our experience locally. Providers are finding it almost impossible to find suitable premises to set up or expand their service. Please help make the strongest case by completing this survey. It is very short and will take 5 minutes max.
Link to survey:
<https://labour.ie/childcare-shortage-in-north-kildare>

School Bus Places Update

The return to school should be such a happy time for children and families, getting to see their school friends again but unfortunately the lack of places on school buses is taking away from that and is causing huge stress. Cllr Feeney has been asked to make representations of support to Bus Eireann and to the Minister for Education by parents of children attending schools in Straffan and in Clane who, as recently as last week, found out that their children are not receiving bus tickets for the school year ahead. The reason given to the families is that the bus is full; essentially their child was unlucky in the lottery for bus tickets. These families have been using this school bus for the past two years; they are working parents who rely on the bus to get their children to and from school. So the school bus is not a convenience, it's a necessity for these families. The service is essential to their work commitments each week and is a terrible loss.

Cllr Feeney contacted both Bus Eireann and the Minister for Education calling for them to do all they can to help these families and resolve the capacity issues as soon as possible in the interest of the families. Cllr Feeney has also suggested to the department that it

allows the children without school bus tickets to avail of GoAhead bus service at a subsidised rate. She believes that this would go some way to addressing the shortfall in available seats.

The Minister's Office replied to Cllr Feeney on Monday August 21st saying that "Enquiries are being made about this matter and a further e-mail will issue as soon as possible".

Cllr Feeney really hopes this issue can be resolved to take the stress away for these families but most importantly that these children can get to school.

EU Community Facilities EV Charging Scheme

A new scheme has opened to install EV chargers in community facilities. The €15m scheme under the EU Just Transition Fund aims to create a network of publicly accessible, community-focused, fast charging points across the EU Just Transition territory. Applications opened on 28 July. For more information contact zevischemes@pobal.ie

Cllr Feeney's Motions and Questions for the next Council MD Meeting:

Motions:

That the council provide members with a detailed plan with timelines for the provision of planned community amenities in Maynooth, including a Community Centre and the Harbourfield project, following the recent URDF funding announcement.

That the Council carry out retrofitting works in the council houses in Maynooth in order to assist in achieving the objectives of the decarbonisation zone for the town.

Questions:

Can the Council provide an update as to when Mullen Park Maynooth estate in Maynooth will be completed and what engagement has taken place with the developer?

Can the Council please update the members on the provision of a playground in Straffan?



Maynooth Educate Together National School recently installed some eye catching sculptures on their new school building. Inspired by the Educate Together Logo, the sculptures are the work of the artist John Hogan.

Miracle Prayer		THE MIRACLE PRAYER	
Oh! Dear Mother of God, Our Lady of Conception Aparecida!	Saint of the needy, you know how desperate I feel, please ask Jesus to help me. (mention your request)	Aparecida. Oh St Rita of Cassia and Saint Jude worker of miracles and helper of impossible causes pray for me.	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
Oh! Saint Rita of Cassia and Saint Jude worker of Miracles and helper of impossible causes pray for me.	May the Sacred Heart of Jesus be adored and glorified for ever. Our Father, Hail Mary, Glory be to the Father, and to the Son, and Holy Spirit.	Saint Edwidges the Saint of the Needy Thank you for answering my prayer.	Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.
Saint Expedite, Saint of urgent causes. Saint Edwidges the	Thank you Conception	B.G.	Never known to fail. Thanksgiving for favour received.

KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

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



Step-by-step guide to setting up a business in Ireland

Setting up a business

This page gives a step-by-step guide to starting a business in Ireland. It is important that you meet all the requirements when starting a business to avoid unnecessary delays, charges, and penalties.

If you are not an EU, EEA, UK or Swiss national and you want to open a business in Ireland, you must apply for permission. Read about coming to set up a business in Ireland as a non-EEA, UK or Swiss national.

Step 1: Develop your idea

The Local Enterprise Office (LEO) runs a free Start Your Own Business programme which can help you develop your business idea.

LEO has also published a 10-step-guide to starting your own business (pdf). This guide includes information on business development, assessing the viability of your business idea, the requirements for your business such as staff, and how to write your business plan.

Find out how to get funding to start your own business. You can also get information on business grants below.

Step 2: Write your business plan and choose a business name

When you're satisfied that your business idea is viable, the next step is developing a business plan. A business plan outlines your company's goals and how you expect to achieve them. You will need a business plan if you are applying for a loan or a business grant, or if pitching to investors.

Choose a business name

If your company conducts its business under a name that is different to your own name, you must register the business name with the Companies Registration Office (CRO). Find more information on registering your business name.

Step 3: Choose a legal structure

The legal structure of your business is important as it determines the type of taxes you must pay and your personal liability for your business debts.

Types of legal structures in Ireland include:

- Self-employed or sole trader
- Partnership
- Limited company

Read about deciding on a legal structure for your business, including your tax and legal obligations.

You can also read our guide to becoming self-employed.

Step 4: Understand your tax

All businesses must pay tax. The amount of tax your business must pay depends on its legal structure.

Types of legal structures

Sole trader

As a sole trader, you must pay the following taxes on your profits:

- Income Tax
- Pay-Related Social Insurance (PRSI)
- Universal Social Charge (USC)

Partnership

If you register as a partnership, each partner must pay income tax, PRSI and USC on their share of the business profits.

Limited company

If you register as a limited company, you must pay Corporation Tax, Income Tax, PRSI and USC on the company profits.

Read more about deciding on the legal structure of your business.

Other types of tax

- VAT

Whether you are a sole trader, a partnership, or a limited company, you must charge Value Added Tax (VAT) on the sale of your goods and services.

- Employers PRSI

If you employ staff, you must pay Employers' PRSI to Revenue for all employees aged 16 and over.

Get more information on paying tax as a limited company, or read about paying tax as a

sole trader (including the tax reliefs available). You can also read our page on understanding your tax as a business owner.

Step 5: Register employees

If you employ staff, you must register as an employer with Revenue. You can do this by telling Revenue of your name, address and intention to pay staff.

You must register as an employer before you pay your employees, using the MyEnquiries service on the Revenue Online Service (ROS).

Read more in our page on employing people in your business.

Grants and other supports

There are several government agencies and organisations dedicated to supporting new businesses across Ireland.

Read about:

- How to get funding
- Getting business training and advice
- Managing credit difficulties
- Websites on setting up a business
- Finding the representative body for your sector

If your business model has a focus on sustainability, you may also want to read about the financial supports available to businesses going green.

More information

If you are starting a business, you may need to consider things like insurance and planning permission.

You can also contact the organisations below for information and advice:

Enterprise Ireland,

East Point Business Park

The Plaza

Dublin 3

D03 E5R6

Tel: 01 727 2000

Homepage: <http://www.enterprise-ireland.com/>

Contact Form:

<https://www.enterprise-ireland.com/en/About-Us/Our-Locations/Contact%20Us/>

Email: client.service@enterprise-ireland.com

Companies Registration Office

Bloom House,

Gloucester Place Lower,

Dublin 1,

D01 C8P4

Opening Hours: 10am to 12:30pm and 2:30pm to 4pm, Monday-Friday

Tel: (01) 804 5200

Locall: 0818 452 000

Fax: (01) 804 5222

Homepage: <http://www.cro.ie>

Email: cro.info@enterprise.gov.ie

Workplace Relations Commission - Information and Customer Service

O'Brien Road

Carlow

R93 E920

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

Tel: (059) 917 8990

Locall: 0818 80 80 90

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

Budgeting for Autumn Bills

When it comes to autumn-specific expenses, you may already be counting on shelling out money for back-to-school shopping, college tuition, and maybe even a rise in your utility bills. Also account for the extra babysitting you may need, thanks to parent-teacher meetings; the higher energy bills, road-tripping older kids to college, or the added cost of prepping your car for the winter? Pop-up expenses like these are exactly why planning ahead is essential.

Divide your take-home pay into three categories — **fixed expenses** (like rent or mortgage), **financial goals** (building up your emergency fund, paying off debt, or saving for a vacation) and **non-monthly expenses** (school tuition, appliance repairs or emergencies). Once you've allotted a portion of your wages to each of these priorities, you're left with a single amount, known as your **flex-spending number**, that you're free to spend as you like — totally guilt-free. Maybe start a Christmas fund so that the cost of Christmas will be reduced.

Weather-proofing your home for the winter will save you money on your heating bill. Use draft excluders for doors and windows.

Batch cooking and freezing will save not only time but money too. Making lunches rather than buying food daily will also save you some money.

Cancel your gym membership if you haven't used the gym often. Try going for walks with the family instead.

Cut down on takeaways or reduce the amount you get — put the money you would spend on the takeaway into your Christmas fund or your non-monthly expense or flex-spending accounts. See how quickly it will build up.

Don't impulse buy! Wait 24hrs to decide if you need it or just want to buy it.

When grocery shopping buy supermarket own brands — cheaper and the quality is just as good as named brands. Cut down on the amount of takeaway coffee you buy. Buy a reusable mug and bring your own coffee with you.

Go through your subscriptions to see if you actually need them or use them.

Call at least two of your providers to see whether they could be charging you less.

Do a massive decluttering of your house and sell some of the items. Put the money you get directly into your saving fund.

Sourced: www.forbes.com & www.theweek.com



Mindfulness Based Stress Reduction Course

Maynooth (University Campus)
Starting 18 September 2023

8 Mondays (face-to-face)
7 p.m. – 9.30 p.m.

Mindfulness practice can have a positive effect on:

- Developing self-awareness
- Managing stress and anxiety
- Reducing anger
- Enhancing relationships
- Increasing vitality

Contribution: A suggested donation of €130.

For details please contact Adrian on:
mindfulmondays@outlook.com or 0876891131



Set up a homework - friendly area (not their bedroom)

Keep distractions to a minimum that means putting all devices away. Don't be on your phone while sitting beside your child. Give them your full attention

Find out what style of a learner your child is so that you can facilitate suitable learning aids. A good site to visit is www.VARK.learn.com for any age group

Make sure they have all materials such as pens, pencils, dictionaries to hand

Stick to a schedule

Start off with the hardest subject first working down to the easiest

Sit beside them and help them when needed

Create a homework checklist every day - have them tick off each part of the homework that gets done, that way they can see for themselves what homework is left



Be flexible - your child may have a different way of doing the homework and learning

If child is becoming overwhelmed - take a break for a few minutes

Praise your child when each task is finished. Don't forget encouraging and acknowledging their efforts is most important

Remember that you are there to help and encourage - not to take over and do it or start shouting at them. If there is tension brewing then its time to take a break before things kick off

It is important to reward your child when the homework is completed whether it is letting them play computer games or playing a board game or even watching a movie

It is also important to remember to teach your child and not just tell them. They will need to know how to work things out for themselves

Be patient. If your child is having big problems with something, have a quiet word with the teacher and maybe they can go over it in detail again. Chances are your child is probably not the only one having difficulties

If your child has a test coming up, study a bit each day rather than waiting till the night before

Always check that all the homework is done each day

Sourced: www.schoolays.ie & www.pathways2success.com





Writers’ Corner - Short Stories/Articles from our Readers

Of Forts and Crannógs

In the town-land where I grew up there were a number of ring-forts, all of them situated on the tops of hills that were drumlins formed during the Ice Age. Those forts were never interfered with, though cattle might be allowed to graze them. One of the reasons for this non-interference was that the forts were reputed to be the home of the fairies, something no farmer would admit believing in. I remember when I was very young telling my parents excitedly that I had seen a leprechaun on the fort in our ‘horse’s field’ and their indulgent grins at the news. That reaction may be the reason that I never again saw one of ‘The Little People’, though they hovered at edge of my consciousness.

In recent times I have read of farmers bulldozing ring-forts or *raths* to make way for more efficient use of their land. That may be ‘progress’, but it’s also the severing of an important link with our past. In this context we may note that our ruling families at Tara lived in ring-forts and our first cities, such as Dublin, Waterford, Limerick and Cork, were established not by native Irish but by Norsemen.

Some historians believe that our Iron-Age Celtic ancestors built these ring-forts from the beginning of 7th to the end of the 9th centuries, when Viking attacks became widespread, but others conjecture that many were built centuries earlier. Among these is the Irish scholar and author, Lora O'Brien, who states that some of our ring forts date from the Bronze-Age, which means that they could have been constructed as long ago as 2000 B.C.

Most ring-forts once contained a round cabin of wattles and daub with a conical, thatched roof. Earthen banks with wooden palisades for defense and keeping livestock safe from wolves and marauders enclosed these one-room residences. Not all of these structures, however, were of this simple variety. Some, known as *Caiseals*, had stonewalls with a cellar beneath them for storing goods and also as a place of refuge; Clogher stone fort in County Sligo is a good example of these. Rath Croghan in County Roscommon, legendary home of Queen Maeve, is among our more famous Celtic sites, though, apart from its extensive cave, its forts were built of clay.

Still to be seen are other, fairly widespread places of residence, crannógs. Occurring in lakes, these were islands

created from tree trunks and rubble during the 6th and 7th centuries, though many, such as those found at Lough Gara in County Roscommon, date from the Late Bronze Age. Again the need for protection is obvious, many *crannógs* being mainly accessible by underwater steppingstones known only to the people living there. Since raised bogs were once lakes formed at the end of the last Ice Age some *crannógs* have been found in them.

Before the arrival of the Celtic ‘Milesians’ we had ancestors who built with stone, such as those who erected the 600 remaining dolmens over the graves of their kin. At the most well known of these, Poul nabrone Dolmen in County Clare, the remains of 30 people were unearthed, one with a flint arrowhead embedded in his hip bone. It was these Neolithic farmers, who, about 3,000 B.C., constructed the impressive passage graves at New Grange (*Bru na Bóinne*), Knowth and Dowth and the ones at Carrowkeel in Sligo and Loughcrew in Meath. Since Newgrange passage grave is the most impressive, it is likely that these Neolithic people first settled in Sligo before their descendants moved southeastward. Another interesting feature is the illumination of the passages by the sun, Newgrange’s at the winter solstice and Carrowkeel’s main tumulus by the midsummer sunset. These impressive alignments would seem to indicate that the builders must have been sun-worshippers, since they wished the remains of their dead to be touched by its rays.

There are magnificent stone forts on Aran’s Inismore, including *Dún Aongusa*, which were built during the Bronze Age, over 3,000 years ago. Unfortunately, we know next to nothing about these builders. Were they related to the Neolithic farmers that built Newgrange? Even the name Aongus refers to a supposedly Firbolg king who built that fort. As William Larminie wrote in his poem *The Nameless Doon*: ‘Who were the builders? / Question not the silence/ That settles on the lake for evermore...’ Of course, at a much later date the iron-age Celts also built stone forts, such as Staigue fort in Kerry and The Grianán of Aileach in Donegal, but as Larminie lamented about some of their intriguing predecessors:

‘and gazing upon thee,
And, filled by thy long silence of reply,
We guess some garnered sheaf of tragedy;
Of tribe or nation slain so utterly
That even their ghosts are dead...’

Now to return to the humbler ring-forts; they are a reminder of our beginnings in this island, farmers who in my area chose hilltops for their homesteads, probably because they were drier and safer than the intervening wooded valleys. And who were those farmers? Most likely they were Milesians, descendants of Celtic invaders from Central Europe that had conquered the indigenous Firbolg inhabitants, who hailed from Mediterranean regions. There was also a semi-mythical race, The Fomorians, led by their king, Balor of the Evil Eye, living on Tory Island north of Donegal, but most historians don’t even mention them. Not so with the Tuatha Dé Danann.

The 11th century *Book of Invasions, Lebor Gabála Éirenn*, describes the Tuatha Dé, who in all likelihood were the gods of the pagan Milesians. If we recall the Olympian gods of ancient Greece with their all too-human characteristics then the behaviour of The Daghdha, a future king, Oghma, the warrior, Goibhniu, the blacksmith, Lugh, the long-armed, and Aonghus, the youthful champion, doesn’t seem less divine. There was also a female deity, Brighid, who was a poetess and whose image has become entwined with that of the historic Saint Brighid of Kildare.

Once conquered by the warrior Celts the Tuatha De Dananns are said to have retreated under ring-forts where, over time in the popular imagination, they decreased in size to become our fairies. Before I leave this topic I must mention an Italian friend of mine in New York who believed that leprechauns were probably children who had been abandoned by their parents! How these children survived unchanged for centuries he didn’t explain!

While on this topic of fairies I’ll have to mention fairy trees, usually lone hawthorns. There was one such tree on the edge of our meadow field and my father, a very sensible man, wouldn’t think of chopping it down. That was because in olden times such trees were supposed to be used by fairies for their moonlit dances – which reminds me of the traditional song recorded by John McCormack: ‘*All night around the thorn tree The Little People play And men and women passing will turn their heads away...*’

So whether it’s ring-forts, *crannógs* or fairy trees, the past is still very much with us and, despite the hard-nosed developers, long may it so continue.

P.G.Nerney

Jackie’s Space Saving Hack

Here is a space saving idea for your clothes line this summer, you can also use this hack in the hot-press, and on your heaters. To get started you will need a wire clothes hanger and a pack of pegs.

Step 1
Make sure the clothes hanger is a wire hanger like the one shown in picture.



Step 2
And the pegs like the ones shown in picture with the holes on top.

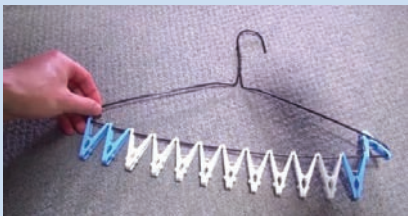


First you will need to open up the hook by unwinding the twisted metal. When you have successfully opened up the hanger you will then

start to hook on the pegs. Each peg has two holes at the grip of the peg which makes for stronger support when hanging your socks and underwear. When you have finished applying the pegs to the hanger you will need to twist the hook together again. Now you have yourself a socks and underwear dryer.



Step 3
Tried and tested in picture. I do hope you find this hack as useful as I have.



Happy drying folks.

Retrospection

Reading ones half-forgotten diaries is a hazardous undertaking: times when life was blossoming disrupted by regressions, self-indulgent follies, false pathways through a maze of tempting possibilities.

But maybe one was learning what one should really do, where one should really live, whom one should really love?

Oh, there certainly were times when selfishness was trumped, when one put others first, when one knew instinctively one acted for the best – and hoped no prying eye could see if one transgressed.

Colin Scott

Maynooth College Handball Alley!

Neglected, vacant ruins of happier days,
That weathered many a winter storm
And many a grim, unyielding struggle,
'Twixt man and man, neither giving quarter
But chased that ball wherever resolute rival
Tried by ruse and skill to place it.
No ball would now bounce true
Where weeds and ivy reign in mute mockery
Of this witness to many a vocation saving
Escape from solemn psalms and arid meditation,
From silence and custody of the eyes,
From rubrics, liturgy and enchained living.
And sometimes from the truth of being at odds
With a parents' dream to have a son a priest.

GM

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Pictured above: Daniel Ayiotis, Director of the National Military Archive gave a fascinating lecture in Kilcock Library on the records held in the archive with fascinating information on the challenges and political influences that impacted on the development of the archive which is held at Cathal Brugha Barracks in Rathmines. Daniel has also written a book on the subject.

THE MIRACLE PRAYER

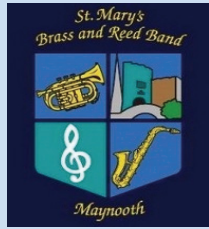
DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine.
Amen

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

Never known to fail.

Thanksgiving for favour received.

September promises to be a very busy month for the Band starting off with a return visit to the National Stud in Kildare where we will give a recital in the Stud Gardens from 2.15 to 3.15pm on 3rd September weather permitting. We once again we will be playing our part in the Nationwide Culture Night where we will be playing in the Square from 8 to 9pm on Friday 22nd September and hopefully we will have a good night weather-wise.



The main event for this month will be a joint Concert with St. James's Brass and Reed Band from Dublin (*Photo Top Right*) which will take place at the Bandstand on the North Campus of Maynooth University on Sunday 17th September from 3pm. This promises to be a special occasion with over 60 musicians seated under the Bandstand playing alternate mini programmes and coming together at the end of the recital to produce an amazing sound which we hope won't lift the roof from the Bandstand.

Our Band (*Photo Bottom Right*) have had a long association with St. James's Band including sharing players when people were missing in the past and even today three members of St. James's Band rehearse and play with us when they are not required by St. James's. The two Bands trace their origins back many years, Maynooth to 1795 and James's to 1737 so it's amazing that they have survived many setbacks over the years and are stronger than ever as this joint recital will demonstrate. This recital has been planned for a number of years but due to covid it is only happening now but hopefully it will be something worth waiting for.



Easy Positive Changes you can make to your Life right now

There are many positive actions and habits we know we should do, like working out, eating healthily and not spending beyond our means. We know the big things that will make our lives better, but the fact that they're big tasks means they can feel daunting or overwhelming. And so we easily give up on them. Life isn't always about big, bold milestones. It's also about the little things that can bring you a more positive and fulfilling lifestyle.

If you feel the same way, then you should know that there are small positive changes you can still do to make your life better. Pick one thing from the list below and test it out. If you like it and it's becoming a regular habit, add another one in. And the best thing about these small changes? They require no extra money or prep time.

1. Get up and go to bed at the same time every day as much as you can. However, a spontaneous wild night out every now and then won't hurt anyone.
2. Watch some comedy every day. This is one way to keep those laughter muscles warmed up.
3. Have a healthy breakfast to set yourself up well for the day. Oatmeal with fruits, a smoothie or even a homemade granola will do.
4. Consider playing the songs you love as you're getting ready in the morning. It will give your day a great start even before you leave the house.
5. Unfollow people on Facebook. A major factor in feeling bad is comparing ourselves to other people. Seeing your school friends "perfect" holiday, kids or home isn't going to boost your self-esteem. It's best to remove them from your view.
6. Do something you've always wanted to do but haven't had the time for. Make it simple and achievable, like dining at a particular restaurant or trying out a new recipe.
7. While you're lying in bed at night, think of five things that went well that day. They don't have to be big or dramatic. It can be a nice lunch, a free gift at the store or a cute baby that smiled at you. As a result, you'll be able to train your brain to focus on the good rather than the bad.

8. Talk back to your negative thoughts. If your friend told you she'd had an unproductive day, would you respond negatively or positively? Consider it the same for yourself. Being harsh on yourself won't help you achieve more. In fact, it can only make you feel crappy.

9. Keep a notebook and jot down all the things that make you feel alive. You'd be amazed at how this simple act can switch your brain into feeling good.

10. At least once a week, wear an outfit that makes you feel great.

11. If you want to work out but can't find the motivation, just go for a walk. It's better than nothing and will get your blood pumping. The best way to get fit is to see yourself as someone who works out and keeps fit.

12. If you're a procrastinator, introduce the "yucky task, nice task" process. It works just as it sounds. Get your yucky task done first and give yourself a reward or do a nicer task after.

13. Another positive change you can do is clear your inbox of all the newsletters you're signed up to. Put them in a separate folder, delete them, or pare them down to just the ones you love to receive. The feeling of freedom that comes from an uncluttered inbox is worth more than the sporadic, fleeting bonus you might get from one of your newsletters.

14. Add one more piece of fruit into your day. Try to mix it up with the usual ones you have every day. Make it a daily challenge to see the different kinds of fruit you can eat. In addition to helping you start with some positive changes, it can also help you be healthier.

15. Finally, if you're a news junkie, set a timer and allow yourself to read the news for an allotted period of time only. Our news has changed over the past few years and they're designed to hook you in. Generally, we feel worse after watching story upon story of terror and bad news, so limit your exposure. If you're not a news junkie, why not take a break from watching?



Small changes that can add up to big results

Source: www.dumblittleman.com/positive-changes/

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NELSON MANDELA

Nelson Mandela was a fervent Christian, even if he never spoke much about it. He didn't want his religious belief to be a divisive factor. With its whole rainbow of religions and its abominable history of apartheid, South Africa was a very volatile entity. Even though baptised a Methodist, Mandela did not want any one Christian persuasion to be claiming him as its own. So what did he do? He lived Christianity in its purist form. He forgave everybody. Forgiveness was one of the most salient precepts of Christ's teaching and Mandela, who had spent 27 years in prison, was well qualified to understand what forgiveness was all about. He was the very personification of reconciliation. Mandela understood "seventy times seven"! He was a peacemaker if there ever was one.

In an earlier life, back in the 60's, I met many men who had worked on the missions in South Africa. They painted a very dismal picture of the future for that country. They could see nothing but a bloodbath in store for it. Just a matter of time. I don't know how they managed their own work surrounded by such a divided society.

Did they compromise? I don't know! There certainly was fear among them. I remember one man saying that he, at times anyway, slept with a gun under his pillow! Even then I said to myself that that man shouldn't be there. But Mandela steered South Africa through that danger.

I wonder if Mandela had come to Maynooth to speak to the various Christian

denominations at Sunday Mass and Services, would the various meeting places/churches have been half empty as they are now? Standing room only, I imagine. And what would he have said? Because he was an authority on forgiveness and reconciliation he would no doubt have talked about just that. He would probably have emphasised that it hurts at first. Hurts greatly, until the ego is forced to take a back seat. Then it becomes maybe not easy but easier and spreads like the dawn affecting everybody.

As I suggested all would want to be there. Right? Why? Because of his truth. Because of his humility. But then isn't Jesus in these places every Sunday and every day? And as God isn't it in Him we live and move and have our being? So He's everywhere. What had Nelson Mandela done or said that Jesus isn't and hadn't done and said every hour and every day both before and after his Resurrection!

Do we not believe this? Do we have faith or not? Oh, if only our ministers believed, really believed! If they could really know who it is they are representing!! Nelson Mandela did the very thing he should have done. He lived his Christianity!

Did you know? St Paul, always inspired by that momentous meeting with Jesus on the road to Damascus, was the first in world literature to declare the total equality of all people! Masters and slaves; Jews and Greeks/Gentiles; and primarily, Men and women ! GM.

Oliver Reilly

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Update to Royal Canal in Leixlip

Catherine Murphy TD welcomes the reopening of the Royal Canal Leixlip to Confey and the proposed progression of the Maynooth to Louisa Bridge section to follow. For some time works have been going on to upgrade the Royal Canal in Leixlip at section 1 of the above scheme (from Confey Bridge to Louisa Bridge). There was a dispute between the contractors and the council which is now resolved. In an effort to resolve the situation amicably, the Project Board members met on a number of occasions to seek a mutually acceptable termination agreement.

On 14th August 2023, a legal settlement agreement between the contractor and Kildare County Council was signed. This set out a mutual agreement between the parties to terminate the obligation of the Contractor to complete the Project. An agreed settlement sum for the value of the works carried out is included along with a schedule of remaining work items on Section 1, to be completed by 3rd September 2023 by the contractor. It is planned that Section 1 will be open to the public in early September, subject to approval being granted.

Following this, the Council will retender the balance of the works and these are expected to commence in Q1 2024 (on the section from Louisa Bridge to Maynooth).

Minister must address parents' concerns over School Transport Scheme

Bus Éireann needs to clarify the numbers affected by driver shortages and give a timeline for resolution of the issue

Catherine Murphy, Social Democrats has called on Bus Éireann and the Department of Education to immediately outline what steps will be taken to address serious shortcomings in the operation of the School Transport Scheme.

Catherine Murphy TD, said:

"Despite qualifying for the School Transport Scheme, parents and students in parts of my Kildare North constituency have been left high and dry this week due to the last-minute cancellation of some routes. It is completely unacceptable that they received such late notice just days before the new school term was due to begin.

"As a result, parents have been scrambling this morning to make alternative arrangements for getting their children to and from school. In some cases, this includes runs to multiple schools.

"Speaking on RTÉ radio, the chief executive of Bus Éireann blamed the issue on driver shortages. We now need clarity on the number of routes impacted, the number of students affected and a realistic timescale for resolution.

"Ultimately, we need to see the rollout of a nationwide school bus programme so that every student who needs transport can get it. This would tackle the cost-of-living crisis, eliminate gridlock and help in meeting our climate action targets by reducing the number of cars on our roads.

"Bus Éireann has also indicated that grants will be made available for families who will be left without a school bus service in the coming weeks. We need to hear full details about how much these payments will be, what exactly they will cover and who will qualify."

Catherine Murphy TD, the Social Democrats spokesperson on transport, said:

"There is a perception that this is exclusively a rural problem but it is also a major issue in commuter belt counties such as Kildare. When the Department of Education builds large 1,000-pupil schools, the catchment will be wide. However, very often schools are full so students can't get into the one closest to them where there might be public transport options.

"Many constituents have been telling me about the stress of trying to get children to three different schools every morning, with some even considering giving up work as a result. Others are paying more than €750 a year on private transport arrangements and, due to the pressure of mortgages, will not be in a position to sustain the cost this year.

"My office has been inundated with representations on the school transport issue, which I have consistently raised with the Minister for Education." Lack of protections for renters contributing to record homelessness levels Housing Minister must immediately reinstate no-fault eviction ban Lack of basic protections for renters is contributing to record levels of homelessness, according to Social Democrats Catherine Murphy who said:

"The latest figures show there are now 12,847 people living in homeless emergency accommodation. This is the highest number in the history of the State as it surpasses the grim record set last month. "Tragically, 3,829 of these are children, representing a 44 per cent rise since this Government took charge.

"The majority of people entering homelessness are coming from the private rented sector where renters live in constant fear of eviction.

"The temporary ban on no-fault evictions was working. It resulted in the first fall in homelessness in over a year until the Government made their disastrous decision to scrap the ban. "Without this basic level of protection, renters are once again exposed to the ever-present danger of eviction. We simply cannot accept the appalling numbers of people becoming homeless. "I am again calling on the Minister for Housing to immediately reinstate the ban on no-fault evictions in order to protect people from the trauma of becoming homeless."

Government has lost control of National Children's Hospital project

Minister for Health unable to provide details of new completion date or an estimate of final costs for troubled development

The Minister for Health's inability to provide a revised completion date or estimate of final costs for the new National Children's Hospital shows that the Government has lost control of the project, according to Social Democrats TD Catherine Murphy.

"Minister Donnelly's comments on RTÉ Radio were deeply troubling. While conceding that the latest completion date of May 2024 will not be met, he refused to reveal the revised handover deadline put forward by the developer. This suggests there has been a further drift in the works schedule that far exceeds our worst expectations.

"Given that BAM have submitted more than 2,000 claims totalling €760 million, it is clear that the final cost of the hospital is going to come in well above the Government's figure of €1.4 billion.

"The Minister's insistence that the development is 90 per cent complete is also astonishing given recent claims by the National Paediatric Hospital

Development Board (NPHDB) that just 27 out of 3,000 rooms are finished. "With costs expected to soar above the €2 billion mark, this will end up being the world's most expensive hospital. It beggars belief that the Minister is unable to provide even minimal clarity about what is the biggest capital project in the history of the health service."

Government fails to hold energy companies to account

Despite dramatic falls in wholesale electricity costs, households face sky-high energy bills this winter

Irish households are facing another winter of sky-high gas and electricity bills due to the Government's failure to act on sky-high energy prices, according to Social Democrats TD Catherine Murphy.

Deputy MURPHY said:

"It is completely unacceptable that domestic customers in Ireland are paying almost €1,000 more every year for their electricity than the European average. According to the Household Energy Price Index, bills here are 80 per cent higher than the EU average.

"This is despite the fact that figures released by the Central Statistics Office this week showed that wholesale electricity prices fell by 64 per cent in July compared to the same time last year. In fact, electricity costs on the wholesale market are now lower than at any time during the past two years.

"Speaking in the Dáil last February, the Taoiseach signalled that energy companies would be taken to task by the Government if prices did not come down fast enough. But more than six months later, there is still no indication of when these exorbitant prices are going to fall.

"The Minister for Finance said this week that it should not fall on the taxpayer to help householders with their energy costs this winter. However, it is inevitable that further State supports will be a feature of the upcoming Budget given the Government's failure to act on these enormous energy costs.

"As families once again worry about the cost of heating their homes this winter, it is difficult to understand why the Government continues to treat energy companies with kid gloves."

Young adults putting their lives on hold due to Government's failure to tackle housing crisis

The latest figures show that 68 per cent of those aged between 25 and 29 are still living with their parents

New figures showing that the number of young adults still living with their parents has nearly doubled in the last decade should ring alarm bells for the Government, according to Catherine Murphy TD who said: "The latest data from Eurostat paints a very bleak picture of what it's like to be a young adult in Ireland today. The figures show that a staggering 68 per cent of those aged between 25 and 29 are still living in their parents' home. This is significantly higher than the EU average of 42 per cent.

"The number of young adults stuck in their childhood bedrooms has almost doubled since Fine Gael took office 12 years ago and continues to skyrocket under this Government. Young people are forced to choose between sacrificing their independence or paying astronomical amounts to live in an insecure rental sector.

(Continued on page 13)



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

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(Continued from page 12)

“This is a result of a monumental failure to provide people with access to affordable housing. “There are good examples of solutions in other European countries. In Denmark, for instance, young people have access to a wide range of high-quality social, affordable and student accommodation options. It is hardly a coincidence that 25 to 29-year-olds in Ireland are now 15 times more likely to be still living with their parents than those in Denmark. “The Minister for Housing must stop acting as if he is a mere bystander to this crisis. If high-quality, affordable housing is not provided, emigration will increasingly become the only option for young adults who want to set up a life of their own.”

Damning report into CAMHS must be a catalyst for change

Children and adolescents experiencing mental health difficulties are being failed by the State

Today’s damning report into Child and Adolescent Mental Health Services (CAMHS) must be a catalyst for fundamental change in how the HSE operates, according to Social Democrats Catherine Murphy TD. “The independent review of CAMHS by Dr Susan Finnerty, the Inspector of Mental Health Services, reveals a level of dysfunction that goes far beyond what was feared. “The report, published today by the Mental Health Commission, spells out in the starkest terms the serious shortcomings in the way the HSE functions. This has resulted in a failure by the State to meet the needs of children with mental health difficulties.

“The review highlights inadequate governance systems, over-centralised decision-making, a lack of evidence-based approach to practices and a failure to plan for staffing needs. Inadequate funding and poor data systems were also identified in the report. “It is worth noting that the sorry state of children’s mental health services only came to light because of a whistleblower. However, rather than encouraging an open culture, too often we see people who speak out being ostracised. Cultural change in the HSE is therefore essential if the needs of our most vulnerable children are to be met.

“I welcome the publication of Dr Finnerty’s report, which must be a catalyst for fundamental change in the operation of the HSE, especially in the area of children’s mental health services. “In the context of this shocking report, the Government’s promises of a ‘giveaway Budget’ ring particularly hollow.”

Latest Climate Change Advisory Council review should set off alarm bells for the Government

This Government is good at making climate action plans but is poor when it comes to delivery

The Government’s failure to address significant implementation gaps in its Climate Action Plan will make it next to impossible for Ireland to achieve its carbon reduction targets, according to Social Democrats TD Catherine Murphy. Deputy Murphy was responding to the findings of the Climate Change Advisory Council’s annual review for 2023.

“This report should set off alarm bells for the Government. It comes on the back of two bleak assessments by the Environmental Protection Agency of our ability to reach legally binding climate action targets by 2030. “The latest review by the Climate Change Advisory Council makes for sobering reading. It warns that Ireland will not meet its carbon budget targets for 2021 to 2025, or for 2026 to 2030, unless urgent action is taken.

“Yet again, it highlights implementation gaps in existing policy – gaps that continue to be ignored or put on the long finger by the Government. This includes a failure to set the sectoral emissions ceiling for the ‘Land Use, Land Use Change and Forestry’ sector. Delaying such decisions will just make it harder to reach our targets for every year that goes by.

“This Government is good at making plans but is poor when it comes to delivering them. We can already see from extreme weather events, in Ireland and abroad, that climate change is happening in real-time. “Given the catastrophic consequences of doing nothing – or not enough – the lack of progress on climate action from the Government is unforgivable.”

Government inaction is exposing vulnerable renters to sexual exploitation

There must be consequences for anyone attempting to sexually exploit people who are desperately trying to put a roof over their heads

A shocking RTÉ Investigates report will this week lay bare the consequences of the Government’s failure to protect renters from sexual exploitation, according to Social Democrats TD Catherine Murphy.

“The special report, that was broadcast on Prime Time showed why there is an urgent need for clear legislation to deter opportunists from seeking sexual favours from vulnerable renters.

“It is now more than a year since we introduced the Ban on Sex For Rent Bill 2022, which was killed off by this Government. This would have created an offence of requiring or accepting sex as a condition of accommodation, with penalties of up to seven years in prison or a €50,000 fine.

“Despite promising at the time to act on the issue, the Government has failed to bring in its own legislation. RTÉ’s secretly recorded footage of tenants being asked for sex in return for a desperately needed place to stay is a direct result of this inaction.

“Renters are already facing an uphill battle due to the lifting of the eviction ban and ever-dwindling supply of properties. There must be consequences for anyone attempting to sexually exploit people who are just trying to put a roof over their heads.

Gardai and University teams have advised students to be very cautious about rental advertisements and to be vigilant in terms of verifying addresses and owners before handing over any deposits for rentals in the coming weeks.”

Government’s homecare announcement gives with one hand and takes with the other

There are now more than 6,000 older people approved for homecare left languishing on waiting lists

The Government’s announcement of increased pay rates for those working in State-funded home support services has been described as deeply cynical by

Social Democrats TD Catherine Murphy.

“The Minister for Mental Health and Older People, Mary Butler, indicated last year that she was in favour of implementing in full the recommendations of the cross-departmental Strategic Workforce Advisory Group to help address the serious shortage of homecare workers. This would include payment of the National Living Wage, at a minimum, in addition to agreed rates for time spent travelling.

“Those carrying out home support services on behalf of the HSE, including workers in the community, voluntary and private sectors, deserve nothing less as historically they have been paid very badly.

“However, while attempting to seek credit for finally introducing these measures, the Government has advised that there will be a significant cut in the targets set out in the National Service Plan for 2023. This will see the current provision of 23.9 million hours reduced to 22 million hours. It is a blatant case of the Government giving with one hand and taking with the other.

“This is at a time when we have a rapidly aging population and there are over 6,000 older people around the country approved for homecare but left languishing on waiting lists. It will simply drive more people into nursing homes, ultimately costing the State extra money. Difficulties in accessing healthcare at home also contribute to delayed patient discharges in our hospitals.

“The Government’s announcement must be seen for the political doublespeak that it is. It follows the unacceptable delay by the HSE in agreeing a new tender with homecare service providers, which was supposed to be in place in January but is only being finalised this month. “The Minister for Health will not be thanked for cutting service hours and pitting homecare workers against older people.”

Government must address high cost of books for secondary school students

Parents are sick and tired of forking out huge sums of money on schoolbooks that will have to be recycled

Social Democrats TD Catherine Murphy has called on the Government to address the high cost of schoolbooks for parents of secondary school students.

“I know I speak for many parents of children in secondary school when I say we are sick and tired of forking out large sums of money every year for schoolbooks. It is particularly galling that parents have to recycle perfectly good books at the end of each school term and that siblings are unable to transfer e-codes to each other.

“Hundreds of thousands, if not millions, of schoolbooks are thrown out each year just because there are minor changes made to new editions. This is both costly and wasteful.

“Ideally, I would like to see free schoolbooks extended to secondary schools, as will be the case at primary level from September. Until this happens, the Department of Education needs to bring in the publishing companies and discuss how costs can be reduced for hard-pressed parents.

“This has been going on for far too long. Given that we are in the middle of a cost-of-living crisis, such needless waste of money and resources should no longer be tolerated.”



Culture Night 2023 Friday 22nd September 2023

A full list of Culture Night Events are available at: <https://culturenight.ie/about>



Event: Tours Of The College Chapel And Russell Library At Maynooth

Time: 16:00 - 20:00

Audience: All Ages

Booking: Booking Required

Description: Join Dr. John-Paul Sheridan, lecturer at St. Patrick's Pontifical University, for tours of the iconic nineteenth-century College Chapel. Details of times and how to book will be available on the Library website.

The Russell Library will also welcome visitors for drop-in tours and to view their latest exhibition 'Wonderful and Weird: Exploring the Maynooth Library Treasures Blog'. Drawing on our long-running Special Collections and Archives blog, items from some of our most popular blog posts and staff favourites will be on display.

Come and join us!

Booking is not required for the Russell Library but is necessary for the College Chapel.

Booking Link:

<https://www.eventbrite.ie/e/707787219627?aff=oddtcreator>



Event: They Also Serve...

Time: 19:30 - 21.00

Audience: All Ages

Booking: No Booking Required

Description: "They Also Serve..." is an original play by best-selling author, Martina Murphy. Directed by Claire Joyce, for Down at Heel Productions, it is a madcap, emotional, theatrical voyage through the early and late years of John Devoy's life and asks the question – is liberty worth the sacrifice?

Dubbed by the London Times as 'The most dangerous enemy this country (UK) has produced since Wolfe Tone', Kildare man, John Devoy wanted to lay down his life for Ireland. But his plans were thwarted when in 1871, he was banished to America as a traitor. Fifty-three years later, he arrived back to a hero's welcome. He was, in Pearse's words, 'the greatest of all the fenians'.

A fantastic script, live music and wonderful acting, come join us on Culture night for an extraordinary play about an extraordinary man – a man who lost all he loved and won it back again.

Full Address: Tea Lane, Celbridge Abbey, Celbridge, County Kildare, Ireland



Event: Sex, Drugs And Rock 'N' Roll Tour, Followed By Music In The Courtyard

Time: 18:00 - 20:00

Audience: All Ages

Booking: No Booking Required

Description: On Culture Night, join the team at Castletown House for stories of sex, drugs and rock 'n' roll in the big house, followed by an hour of popular tunes in the courtyard with Clondalkin Youth Band. The tour starts at 6.00pm; the music at 7.00pm.

The tour is indoors, partially wheelchair friendly, strictly over 18s, ticketed, **with advance booking.**

The music is family friendly, wheelchair accessible, outdoors, **no advance booking required.**

Tea, coffee and soft drinks available on site.



Event: Culture Night At The Steam Museum

Time: 18:00 - 21:00

Audience: All Ages

Booking: No Booking Required

Description: The Steam Museum will open its doors for Culture Night 2023. The Power Hall displays six huge nineteenth century stationary engines. Portraits of the great inventors and engineers of the Steam Age can be seen adorning the walls of the Model Hall.

The 18th century walled garden adjoining Lodge Park will be also open. Enjoy a walk around in daylight to view the array of trees, shrubs, and perennials in the many borders. As light fades, the walled garden will then be lit up throughout to create a magical atmosphere.

Delicious refreshments will be available at Barista Bike Cafe on the grounds of Lodge Park Walled Garden and Steam Museum.



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Maynooth Senior Citizens Committee



The Committee will hold its monthly meetings on Tuesday 5th September after our August break. This will be followed by the resumption of the Thursday Morning Club on Thursday 7th September.

We were not completely off though during the month of August. Our Mass bus service continued. Pendant Alarm requests and other administrative tasks were seen to.

It will be great to see our members back again to enjoy morning art classes and bingo.

Don't forget to put the date of our annual pub quiz in your diaries. This will be held in the Newtown Inn on Friday night the 10th of November.

Susan Durack
PRO

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

Minister Joe O'Brien funds bursary for Community & Youth Work

The Minister of State for Communities, Integration and Charities, Joe O'Brien TD, has announced a bursary of €200,000 to fund places on the Masters in Community and Youth Work Programme at Maynooth University.

The bursary will support community workers to pursue endorsed postgraduate community work qualifications on the programme, which will be offered on a part-time basis.

Maynooth University was chosen as the provider for this qualification due to its leadership and expertise in the area of adaptable education. The blended mode of delivery of that programme makes it possible for potential bursary applicants also managing workloads and other commitments.

The fund was established to meet a commitment under the government's five-year strategy for the Community and Voluntary sector: Sustainable, Inclusive and Empowered Communities. It responds to a key finding of the All Ireland Endorsement Body (AIEB) in its assessment of education and training needs, which calls for affordable and accessible professional community work education for people with degrees already in community work jobs.

The bursary will be available to managers of community organisations, community workers and those who undertake community work duties in associated roles who have graduate degrees but no professional community work qualifications. The need for education and training for people with no degrees or qualifications working or involved in community work and associated areas was also strongly identified in responses to the AIEB needs assessment. AIEB is currently developing a pre-professional training initiative for people with no qualifications.

Announcing the bursary, Minister Joe O'Brien stated that:

"I am delighted to see that this postgraduate programme is now available on a part-time and blended basis making it accessible to the staff of community and local development organisations all over the country. The bursary will support successful applicants and we hope that employers in the sector will also support their staff to take up this opportunity.

"My department is currently engaging with AIEB on further proposals to support people employed and involved in community work who do not have any qualifications."

Information about the bursaries is available from bursary@aieb.ie and information on the programme can be provided by the [Department of Applied Social Studies](#) in Maynooth University.

MU's RoboÉireann team wins global RoboCup

Ireland's Robot soccer team, RoboÉireann from Maynooth University, are Challenge Shield winners in the RoboCup 2023 Standard Platform League, an international robotics competition held in Bordeaux, France.

Scoring 67-2 across nine matches, RoboÉireann overcame teams from Germany, the Netherlands, Canada, USA, Australia, and Brazil to secure victory.

The winning team comprises staff and students from the Departments of Electronic Engineering and Computer Science at Maynooth University and competes in an innovative game where all competitors use identical humanoid robot hardware, but develop software so that the robots play soccer autonomously.



RoboÉireann have competed in European and International RoboCup events since 2009. To achieve this level of autonomy, teams must develop software, create advanced machine learning and AI and efficient real-time systems, so that the robots can understand their surroundings, make decisions, and collaborate in dynamic environments without human intervention or remote control.

Students gain industry-ready skills in robotics, AI, software, and teamwork with applications in autonomous robotics, assistive technologies for independent living, manufacturing, agriculture, and emergency/disaster area operations, amongst others.

Commenting on the team's success, [Dr Rudi Villing](#), team coach and lecturer in the [Department of Electronic Engineering](#), said: "RoboCup is an invaluable practical environment for students to learn about the challenges of creating intelligent humanoid robots, to research and develop solutions, and to develop industrially relevant skills. The competitive element is a key motivator for them and is unlike anything else. Our great result in this competition builds on our Open Challenge win in the RoboCup 2011 world championship and third place finish in the RoboCup German Open Replacement Event 2022."



Team RoboÉireann are Aidan Colgan, Shauna Recto, James Petri, Heather Bruen, Andy Lee Mitchell, Dr Ralf Beirig and Dr Rudi Villing.

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Celebrating 70 years of Excellence in Teaching, Research and Publication, 1953-2023

This year the [Department of History](#) at Maynooth University celebrates 70 years of excellence in teaching, research, and publication.

From modest beginnings in 1953, the Department has grown to become one of Ireland's most dynamic Arts and Humanities departments, staffed with academics who are among the leading practitioners in the fields of Irish, European, and Global history, and supported by excellent administrators who together ensure that every student's experience at Maynooth is stimulating, enjoyable and rewarding.

To mark this important milestone, we are hosting this wonderful event on campus in the historic setting of Pugin Hall (#16 on Map below) on **Friday, 29th September, at 7:30pm.**

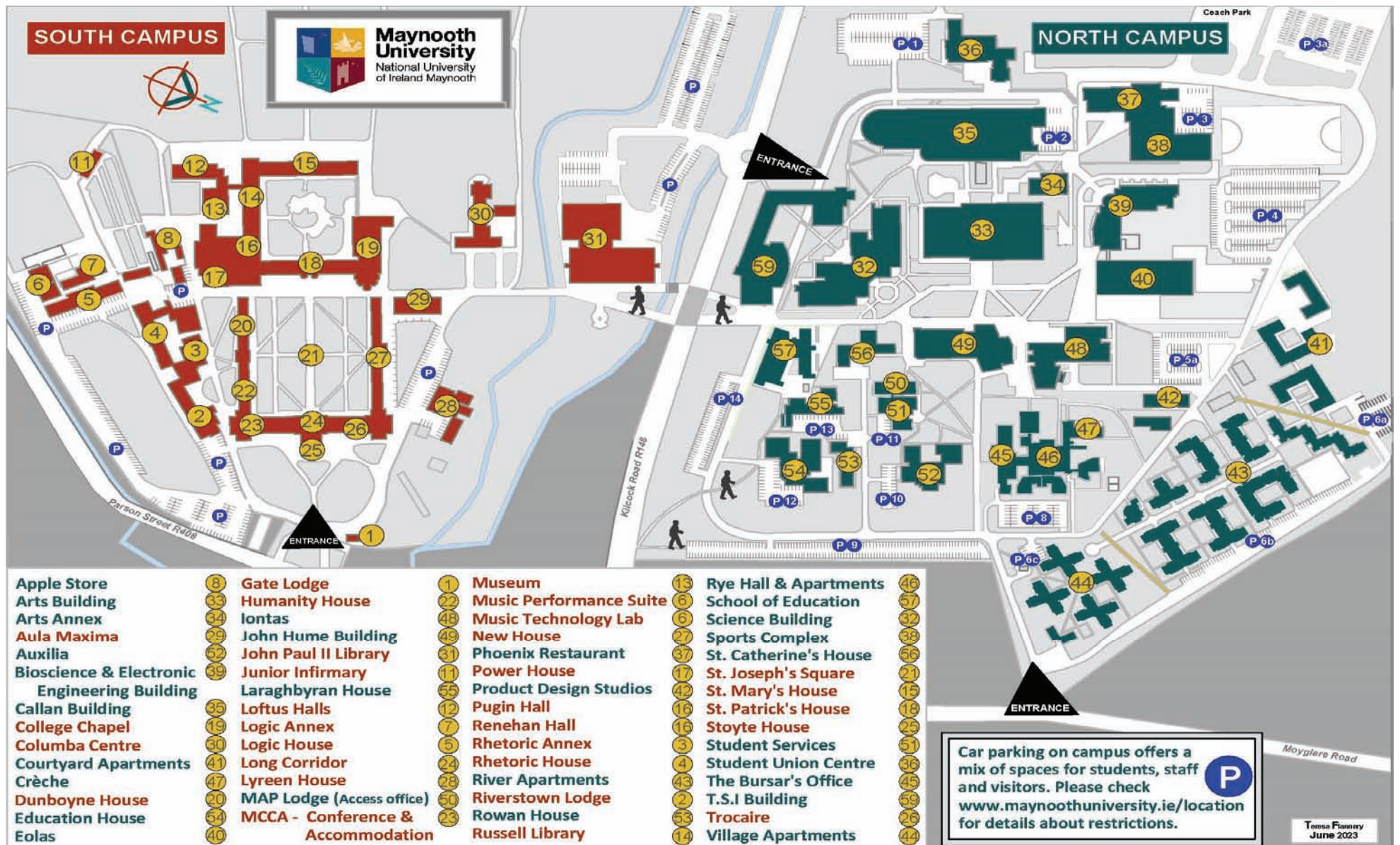
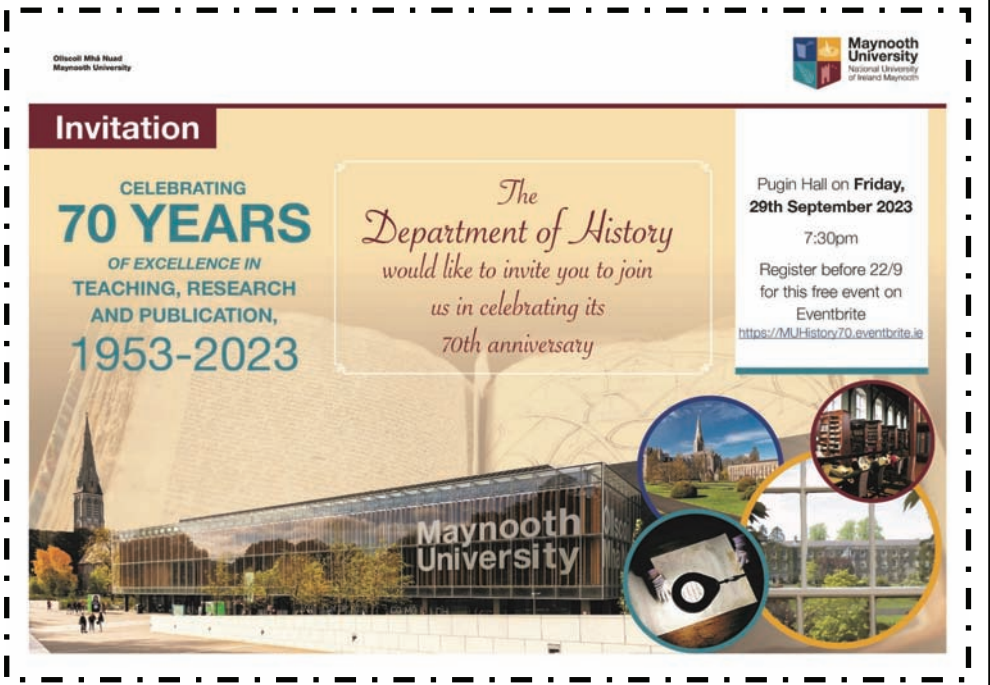
The evening will begin with the annual launch of the *Maynooth Studies in Local History*. Almost 200 books in this series have been published to date by Four Courts Press (edited from 1995 to 2021 by Raymond Gillespie and since then by Michael Potterton). It would be wonderful to see as many authors as possible back for this event.

We will also be launching *Speculative Minds in Georgian Ireland: Novelty, experiment and widening horizons*, co-edited by Toby Barnard and our colleague Alison FitzGerald.

This event provides a wonderful opportunity for ALL our history alumni to reconnect with friends and staff. In addition, we would like to welcome other friends who have connected with the Department throughout the years, including members of the local community, fellow colleagues in Maynooth University, national and international academic collaborators, the staff of government departments, state and voluntary bodies, and members of history and heritage societies.

We look forward to extending a warm welcome to all as we celebrate this significant anniversary for the Department.

Enquiries: history70@mu.ie
MU History 70 Team





COMHALTAS

Comhaltas Craobh Mhaigh Nuad

Hard to believe another year has flitted by in an instant and our second term drew to a close.

The end of the teaching year was marked by the Fleadh Chill Dara, which was held this year for the first time in Kilcock. There was a fantastic programme of events laid on for the full week with concerts, dancing, recitals and sessions from Thursday through Sunday, bringing branch members from across the county. Thanks to the Kildare County Board C.C.E. and Kilcock C.C.E. for their fantastic organisation!

The branch had a number of candidates entered this year which is a great tribute to students and teachers alike. Playing in front of eagle-eyed judges and 20-30 spectators in a room where you could hear a pin drop takes nerves of steel, so fair play to yis all!

We finished off the year with a branch session and party in Maynooth Post Primary school on May 22nd which featured some general merriment as well as an extended session for students and teachers alike. August is the time of year, when we look forward to the coming terms in 2023 and into 2024. The playing of our members is developing at an incredible rate and from tentative beginnings a couple of short years ago, they're now delighted to strut their stuff at any opportunity.

The annual Fleadh Cheoil na hÉireann was held this year in Mullingar Aug 6th-Aug 14th and many musicians from North Kildare headed for the competitions, the street music and the sessions held in every free shopfront and corner of the town. Many consider Comhaltas to be one of Ireland's most successful cultural groups, having trained generations of Irish to study, perform, promote and preserve that central element of traditional Irish culture, namely its music. Tens of thousands of youngsters have learned to play music on traditional instruments, while over two million people attend the sessions, concerts, festivals and workshops sponsored by Comhaltas annually.

Looking at this autumn, we would love you to think about taking up an instrument yourself. Our branch has beginners and improvers across all backgrounds, so if you've always had an ambition to play music, but thought it might be too late...don't worry, it isn't; learning an instrument is a fantastic journey that it is never too late to embark upon.

Kids are in a great phase of life to learn about music and we're always pleased to add new junior members to add to the fantastic bunch we've had with us for the last number of years. Our youngest members start from about 7 or 8, but, as with adults, it's never too late to join up. We are a totally inclusive organisation, and new members are always welcome – young and old.

Registration for the 2023/2024 Comhaltas year can be completed online on our branch website, or if you'd prefer to register in person, we have an information evening on September 13th with classes running from 20th September. Classes are 40 minutes long, are graded according to ability, and take place from 7pm to 9.40pm in Maynooth Post Primary School. Bigí linn!!!

Sessions will continue all over the town, as before, in Brady's, McMahon's, the Newtown Inn and the Roost, so plenty of opportunities for enjoying our traditional music locally. Please come along if you're interested in lessons for your child, or yourself! Watch our Social Media for updates - we're a fun branch and your kids will enjoy their musical journey with us!

<https://ccemhaighnuad.com>
www.twitter.com/CCEMhaighNuad
www.facebook.com/CCEMhaighNuad

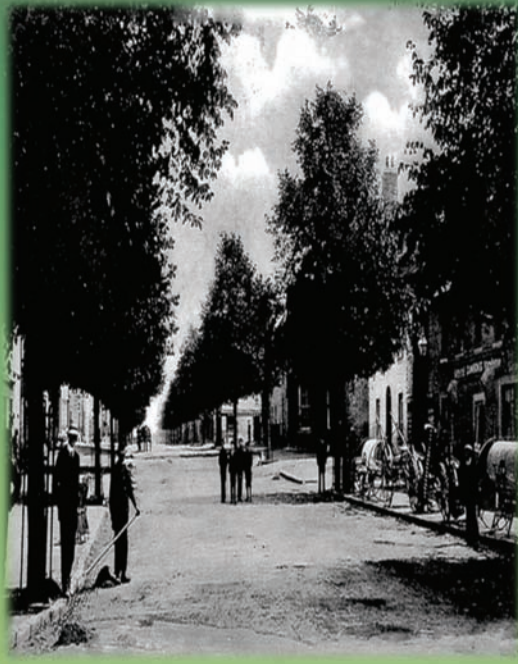


Branch members practising in Costa Coffee before their Gig Rig Performance



Craobh Mhaigh Nuad's U15 and U18 entries in the Ceilí Band competition were a joint entry with Leixlip and Killeel. Both groups qualified for the for the Leinster's in Grangegorman, where they performed with distinction.

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Main Street through the Decades

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Historic Victory as North Kildare Bowls Club Dominates ILB Championships



North Kildare, 5th August 2023 — A remarkable display of skill, determination, and teamwork took centre stage as North Kildare Bowls Club emerged triumphant at the ILB Championships held at the illustrious Bray Bowling Club from 31st July to 5th August. This prestigious event witnessed four teams from North Kildare Bowls Club vying for glory, and they did not disappoint.

Singles Nassau Cup: Ron Burns Triumphs Over Crumlin In a gripping showdown, Ron Burns from North Kildare Bowls Club took on Crumlin's finest in the Singles Nassau Cup. The atmosphere was electric as every bowl rolled with precision and anticipation. Ron Burns showcased his exceptional talent and emerged victorious, securing the first of North Kildare's four triumphant victories.

Doubles Tyler Cup: Father and Son Duo Shine The Doubles Tyler Cup witnessed a heart-warming father-son partnership as Ron and Gregg Burns joined forces to create a dynamic team. Their exceptional chemistry and unrivalled synchronicity on the green were undeniable, propelling them to victory and adding another impressive win to North Kildare's tally.

Triples Bowling League of Ireland Cup: A Stellar Performance The North Kildare Bowls Club's team, comprised of Johann Taljaard, Pat Linnane, and Gerry Flynn, showcased their remarkable skills in the Triples Bowling League of Ireland Cup. Facing off against the formidable Crumlin team, they demonstrated unparalleled precision, teamwork, and strategy, leading to a resounding victory.

Fours Mecredy Cup: Unstoppable Unity Loreto Farrell, Brian Haslam, Pat Linnane, and Gerry Flynn united their strengths in the Fours Mecredy Cup, creating an unstoppable force on the green. Their unwavering determination and unparalleled coordination led to victory against the Blackrock team, further solidifying North Kildare's dominance.

Champion of Champions: Loreto Farrell Shines Adding to the club's triumphs, the talented Loreto Farrell emerged victorious in the Champion of Champions competition, cementing her status as a true bowler extraordinaire. Her exceptional achievement added to the club's already impressive list of accomplishments.

A Legacy of Success This historic tournament marked a defining moment in North Kildare Bowls Club's journey. With all four teams emerging victorious, the club secured an unprecedented clean sweep of trophies. A testament to their dedication, skill, and unyielding determination, this achievement is a source of immense pride for every member.

A Grateful Acknowledgement None of this would have been possible without the unwavering support of North Kildare Bowls Club members and the invaluable backing of The North Kildare Sports Club. Their continuous encouragement and dedication have paved the way for the club's success on the national stage.

A Message from the Captain Pat Linnane, the Captain of North Kildare Bowls Club, expressed his pride and awe at the club's extraordinary achievements. "We have left an indelible mark in Irish Bowling Club history," he stated. "This momentous victory is a testament to the immense talent and belief within our team. We've achieved something truly remarkable."

Setting the Stage for Victory The North Kildare Bowls Club's meticulous planning was evident as they prepared for the championships. Recognizing the significance of the event being held at Bray Bowling Club, with a surface akin to their home green, they strategized and executed flawlessly.

Unprecedented Excellence A notable accolade of this remarkable season is the distinction of being the first club to secure victory in all four junior championships within the same year. North Kildare Bowls Club has indeed etched their name in the annals of history.

Celebrating Hospitality and Gratitude North Kildare Bowls Club extends heartfelt gratitude to all members of Bray Bowling Club for their warm hospitality and camaraderie throughout the championships. This collaborative spirit added to the vibrancy of the event, creating an atmosphere of unity and shared passion.

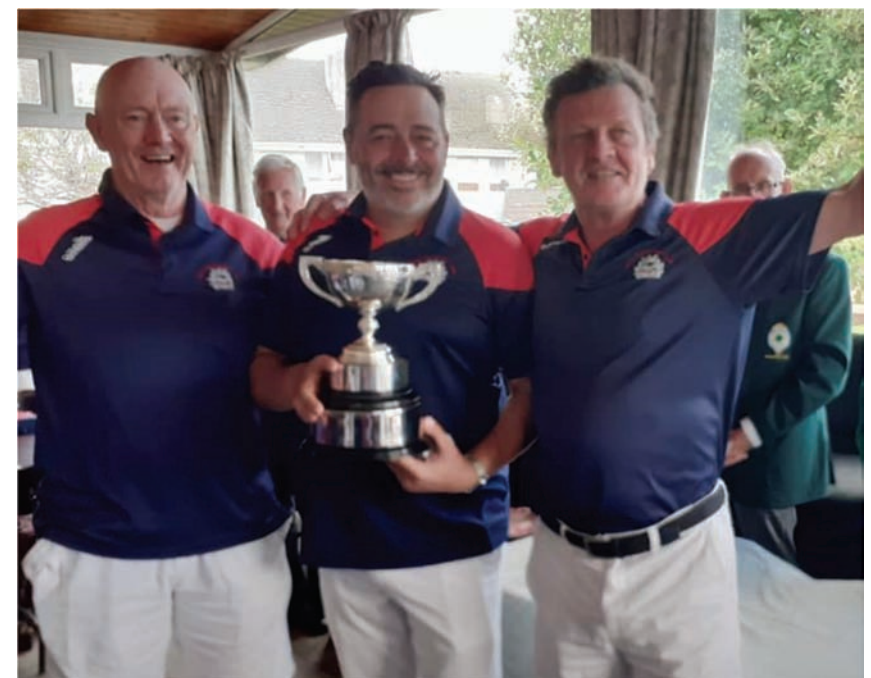
Acknowledgements Special thanks are extended to Sheila Kelly from Skerries, the Competition Secretary for the Irish Lawn Bowls. Her dedication and meticulous management ensured the smooth progression of the tournament, contributing to its resounding success. In conclusion, North Kildare Bowls Club's triumph at the ILB Championships stands as a testament to the power of teamwork, dedication, and unyielding belief. Their journey from humble beginnings six years ago to this historic moment has been nothing short of awe-inspiring. With the last of their league matches yet to be played, the club's future is brighter than ever.

For more information about North Kildare Bowls Club please contact:

Sandra Seery: Northkildarebowls@gmail.com

Phone: 086 2428522 - Website: www.northkildarebowlsclub.org

ILB Championships Photo Gallery



Junior Puzzles

Match words and pictures

bee	<input type="checkbox"/>
bird	<input type="checkbox"/>
cow	<input type="checkbox"/>
duck	<input type="checkbox"/>
elephant	<input type="checkbox"/>
frog	<input type="checkbox"/>
horse	<input checked="" type="checkbox"/>
lion	<input type="checkbox"/>
monkey	<input type="checkbox"/>
pig	<input type="checkbox"/>
rabbit	<input type="checkbox"/>
sheep	<input type="checkbox"/>
snake	<input type="checkbox"/>



Write the words

- A pink animal :
- A green animal :
- A white animal :
- A yellow and black animal :

Back to School

Directions: Circle the words hidden in the puzzle.
The words are spelled vertically, horizontally, diagonally, and even backwards!

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



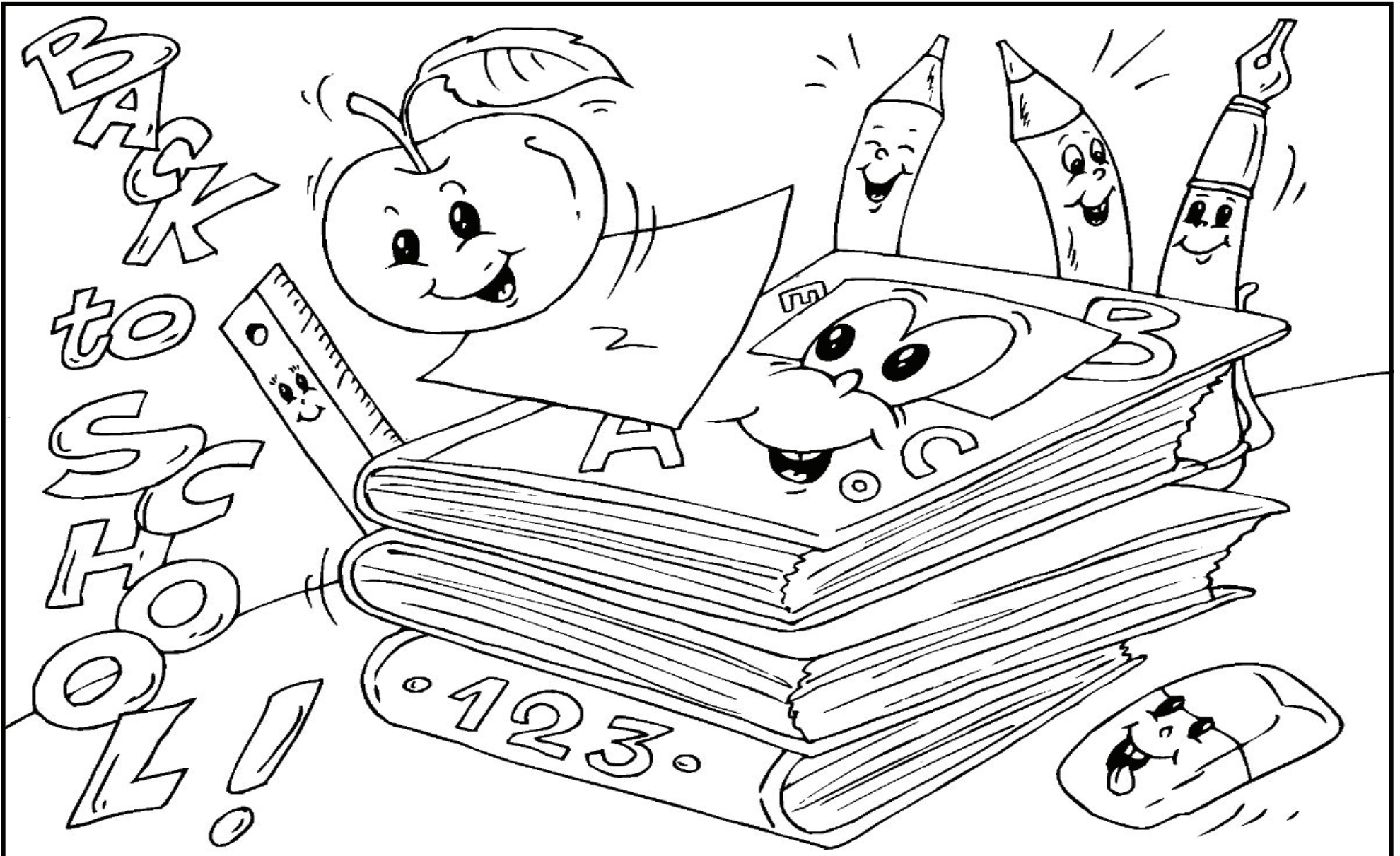
Word Box:

school	science	library
books	reading	PE
learn	math	art
recess	writing	computer
friends	lunch	
teacher	music	



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

Sourced from Free Google Puzzles



IPMS IRELAND
National Show & Competition

The Irish branch of the International Plastic Modellers’ Society will stage their annual National Modelling Championships and show in the Spa Hotel, Lucan on Saturday September 30th and Sunday October 1st. The International Plastic Modellers’ Society was founded in the United Kingdom in 1963 to cater for the ever growing popularity of kit building. The Irish branch itself was founded in 2007 and has gone from strength to strength in the intervening years with the increasing popularity of the hobby.

Last years event attracted an entry of 420 models spread over a very wide range of subjects from WW1 to Star Trek. The older generation amongst us, myself included, will remember building Airfix kits in our youth. Today there are a myriad of mainline manufacturers and aftermarket companies producing incredibly detailed kits that, in the hands of a skilled modeller, can be built into extremely realistic models.


Where as in my day the hobby was almost exclusively a male domain, in todays world the hobby is enjoyed by members of both sexes, old and young, all over the world. For the young, modelling can improve dexterity, teach patience and encourage an interest in history.

This is a an event which anyone with even a passing interest in modelling would not want to miss and who knows it just might reignite the modelling spirit in some of you or spark some interest within your kids. The doors open at 10am each day and close at 5pm on Saturday and 4pm Sunday. Entry is €5 for adults, which covers you for both days! Entry for accompanied children under 14 is free.


Don Foley
Maynooth Newsletter.



Kildare Planning Applications for Maynooth Area Planning Applications received from 26/07/2023 to 28/08/2023 Information from Kildare County Council Website				
App #	Authority	Applicant Name	Development Address	App Date
2360127	Kildare County Council	DHD Coachman Limited	The Duke & Coachman, Main Street, Maynooth, Co. Kildare	18/08/2023
23853	Kildare County Council	Lena Golubovskaja & Darko Gajovic	292 Old Greenfield, Maynooth , Co Kildare	18/08/2023
23851	Kildare County Council	Donal & Sarah Fleming	10 Limetree Hall, Maynooth, Co. Kildare	17/08/2023
23847	Kildare County Council	Michael & Maeve Lee	Oldcarton, Maynooth Co Kildare	16/08/2023
23822	Kildare County Council	Katie and Dwyer McCaughley	29 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare	01/08/2023
23817	Kildare County Council	Eoghan & Niamh McCartan	Smithstown , Maynooth, Co. Kildare	28/07/2023



MAYNOOTH CYCLING CAMPAIGN



Maynooth Cycling Without Age
If you know anyone who is unable to cycle because of age or any disability but would like to do so with a guardian or other companion, why don't you tell them about Maynooth's Cycling without Age. Details of how to book are on our website at <https://maynoothcyclingcampaign.com/cycling-without-age/>

Maynooth Cycling Campaign
Maynooth Cycling Campaign will be holding an in person public meeting in the Community Space later in September. Details to be confirmed.

KCC County Development Plan and Climate Action Targets
KCC is not noted for being particularly innovative as regards climate change. However, it is outstanding in one respect. It is (probably) the only local authority in the world to adopt new percentage targets for travel modal split which when added together is over 100%.

To address climate change resulting from transport, the Kildare County Development Plan 2023-29 includes a number of targets for change in modes of transport. The baseline figures were derived from Census 2016 add up to 100% for trips to work and trips top education which is to be expected. However, the targets which now form part of the official County Development Plan amount to 115% and 130%.

Mode of Travel To Work	Baseline	Target
Walking	6%	10%
Cycling	1%	20%
Bus	5%	13%
Train	5%	14%
Car Share	4%	8%
Car	74%	50%
Total	95%	115%

(Working from Home.

4%)

99%

Mode of Travel To Education	Baseline	Target
Walk	28%	50%
Cycling	2%	15%
Public Transport	20%	25%
Car	50%	40%
Total	100%	130%

Why are targets important? Targets are important as they demonstrate the ambition of a local authority. They are also a means of measuring progress on policies or not.


Emer Walsh of the Irish Examiner recently reported that:
Ireland had the largest increase in greenhouse gas emissions in the European Union at the end of last year and was one of just four EU countries to increase emissions annually. Rising by 12.3% year-on-year, new data from Eurostat found that Ireland's greenhouse gas emissions in Q4 of 2022 rose in tandem with GDP, with its growth rate of emissions almost twice as large as the second biggest year-on-year increase.

Once again, Ireland is out of line with other European countries in its efforts to decarbonise. Targets should be challenging but also realistic. Having targets of 115% and 130% is frankly bullshit and the only reason they have been put in as a “Get out of Gaol Card” when the finger is pointed at Kildare – and it will be.

Road Fatalities
August saw continuing death on our roads with two accidents in which a total of 8 people lost their lives. Up to 9am on 25 August, there were 114 fatalities in 2023. This compares to 98 in 2022 and from 85 in 2018, a 15% and 34% increase over 2018 comparisons. An Garda Síochána is faced with a lot of challenges but exhorting drivers to slow down has proved not to work time and time again. We need some fresh thinking. Maynooth Cycling supports Cyclist.ie's campaign for a reduction in speed limits and a Garda Portal for uploading bicycle and dashcam footage of dangerous incidents on the road.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. Further information on the campaign is available on our website.

We are part of Dublin Cycling Campaign CLG, the legal entity for Irish cycling advocacy and through it to the European Cycling Federation.



Quick & Easy School Lunches

Here are a few ideas on what to pack in your kid-friendly school lunches:
These easy make-ahead school lunches are sure to please even the pickiest of eaters, and they make packing school lunches a breeze!


Here is a simple way to pack a school lunch:

- Choose a Main Course. The main course of your child's lunch should be something hearty that includes protein. You want to make sure their hunger is satisfied until their after-school snack.
- Add Some Fruits and Veggies. We all strive to make our kids' lunches as healthy as possible and including fruits and veggies is a great way to do so. Plus it will help keep them fuller for longer.
- Throw in a Snack. Your child will have at least one snack break throughout the day, so you want to make sure they have something quick and easy to eat. There are many healthy snack options out there – see a few below!
- Don't Forget a Drink! Along with including a drink to accompany their lunch, you should make sure your child has a clean bottle of water with them every day.

Ham & Cheese Pin Wheels
These tasty little roll-ups use flatbreads instead of regular bread. Simply load up the flatbread with mayo, ham, lettuce and shredded cheese. Roll them up, cut them, and hold them in place with toothpicks.

Pasta Salad
Not many students have access to a microwave to heat up tasty lunches, so sending something that is meant to be cold is the perfect solution!
Choose your child's favorite pasta, dressing and veggies. Cook and cool the pasta then mix it all together.
This is one of those lunches your child can personalize – so you know they will actually eat it!

Cucumber Sandwiches
You can eliminate bread from the sandwich equation by using slices of cucumber to hold together ingredients such as ham and cheese. You'll need to use toothpicks to keep these cute little sandwiches together – or you can opt for lettuce leaves instead of cucumber to make a breadless sandwich.



Salad

You can easily send along a salad in your child's lunch. Just put all the salad ingredients in one container and the dressing in another.
Add cooked chicken or beef to add some protein to the meal.
This lunch is super easy for your kids to mix up and enjoy!


Leftovers

Every mom knows the value of leftovers and there's nothing wrong with sending them along as your child's lunch.
If you have something like a thermos, you can easily heat up the food in the morning and it will be nice and warm for your little one come lunch time.

Super Simple and Healthy Snacks

While the occasional treat won't do much harm you want to make sure the majority of what they have to snack on is healthy.
Or, at the very least, not just empty calories and sugar.
Here are some healthy snack ideas that are easy to put together and easy for your child to eat:

- Celery sticks and a peanut butter alternative
- Baby carrots/carrot sticks and reduced-fat ranch dressing
- Chopped strawberries and yogurt
- Hard-boiled egg and grape tomatoes
- Whole wheat crackers and hummus
- Sliced apples and caramel sauce
- Pretzels
- Popcorn



To ensure your child's safety during snack and lunchtime, be sure to cut foods such as grape tomatoes and grapes in half to avoid a choking hazard.

Stock up on containers

Making lunches quick and easy is much easier when you have the gear to pack it in! Stocking up on sectioned containers means you can pack up a lunch for each day of the week, saving you a whole lot of time.
Just don't feel that you have to impress your child by arranging their food into animal shapes or other fun designs to make the meal special.
Save your time by leaving a little note in their lunch bag – a great reminder that you're thinking about them while they are at school!

Source: www.smartmomideas.com/back-to-school-lunch-ideas/



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

On Saturday, August 19th, as part of National Heritage Week, Maynooth Tidy Towns Heritage group hosted a guided walk of the town. Approximately 30 people registered for the tour which took place in ideal weather conditions. Thankfully, Storm Betty had abated, the wind died down and the sun shone for the 2 hour walk.



The starting point was Duke's Harbour on the Royal Canal and took in a total of 16 buildings/ places of interest. From there to the medieval Castle Quarter, along back lanes up to Carton Avenue, to the conclusion in Courthouse Square, our volunteer tour-guides, Pat Watson and Vincent Mulready, imparted their vast knowledge to a very attentive audience.



The Maynooth Heritage Trail project began, as a conversation, during the painting of the ICA Hall by Maynooth Tidy Towns volunteers in 2021. Many of us were unaware of the origins and significance of this building. This prompted a discussion at committee level, leading to the formation of the Heritage Trail sub-committee.

The sub-committee has, to date, worked on identifying the points of interest for the Trail,

designing and producing information leaflets, and purchasing story boards to display the Heritage Trail information at various locations.

We are appreciative of the funding and support from Kildare County Council throughout this project. The final phase will involve the design and production of the information for the story boards, an online version of the information leaflet, in English and Irish, and an official launch of the project.

At the outset, we envisaged a totally self-guided tour for the many visitors to and residents of Maynooth. We did not realise how popular our guided tours would become! For 'research purposes', we took various groups out along the trail to test it out, seek feedback etc. This has evolved to requests from local schools, organisations etc which we are very happy to facilitate.

There have been setbacks and delays, due to Covid restrictions etc. but we can see the finishing line in sight. We believe we will have succeeded in our goal: to share the rich heritage and history of Maynooth with a wider audience.

*Thank you
Breedge Conway
Chairperson - Maynooth Tidy Towns*



September is the month we usually receive our Tidy Towns results from Tidy Towns Ireland or to be more specific if we receive an invitation we know we have won a prize in this year's competition.

We have had to cancel many clean ups due to the inclement weather this year but we have been so lucky to have so many volunteers especially in August as there have been a group of Asylum seekers from Algeria, staying in the University who joined us regularly every Saturday/Wednesday to scuffle the weeds around the town.

With their help we were able to complete the works in The Pound in time for Heritage Day August 19th, which was another great success with special thanks to volunteers Pat Watson and Vincent Mulready who were our guides on the day.

Special thanks to volunteers Sean and Michelle who have undertaken the task of cleaning up the redundant Eir Boxes in the back lanes, we hope to see something special painted on them in the near future.

We would like to wish one of our volunteers Guida the very best of luck as she returns to Mozambique on September 5th, Guida joined us for the first time on the 5th March. She will graduate from MU in November but unfortunately she has to return to Mozambique in September. We sincerely hope she will come back to visit Maynooth in the near future.

If you wish to volunteer please follow us on Facebook for updates.

**We meet every Saturday morning at our Shed in The Council Car Park at 9am.
You must read our Health and Safety Statement before Volunteering.**

Mary Molloy - Maynooth Tidy Towns Association PRO



September Events at Maynooth Community Library

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



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



twitter.com/kildarelibrary

Children

Design A Summer Stars Bag Workshop

Saturday 2nd September

10am - 12pm

Age: 5+ years

Design your very own Summer Stars Tote Bag! Create a totally unique Summer Stars bag with your own colour and style at this drop-in workshop!

Please note – old clothes recommended as fabric markers / paint will be used!

Children must be accompanied by an adult. No need to book, just drop in.

Summer Stars Celebration Magic Show

Saturday 2nd September 2023

3 - 4pm

Suitable for all ages

A huge 'Well done!' and congratulations to all the children who participated in this year's Summer Stars Reading Challenge in Maynooth Community Library! To celebrate the children's participation in the Summer Reading Challenge, we are having a special Jack Flash's Amazing Magic Show: From the "Greatest Show on Earth", with magic and juggling along with loads of audience participation. Children attending this event must be accompanied by a parent /guardian.

Places limited, booking essential, PLEASE BOOK UNDER NAME OF CHILD ATTENDING WHEN BOOKING. Book your free ticket here:

<https://buytickets.at/maynoothlibrary/985031>

***Summer Stars Certificates of Achievement will be available to collect in the library until the end of September. ***

Book Busters Children's Book Club

Friday 29th September

3:45pm-4:30pm

Age: 8- 11 years

The Book Busters Children's Book Club returns to Maynooth Library this month! Currently seeking new members. If your child aged 8-11 would like to take part, please email maynoothlib@kildarecoco.ie for further details.

Culture Night

Culture Night: Folktales from around the globe with storyteller Simone Schuemmelfeder

Friday 22nd September

4 – 5pm

Join German storyteller Simone Schuemmelfeder from StoryGate for an evening of storytelling and puppetry. With entertaining stories from many cultures, charming puppets and lots of interactive fun, Simone will bring you on a story-blast around the world. All children attending this event must be accompanied by a parent/guardian.

Book your free ticket here: <https://buytickets.at/maynoothlibrary/985940>

Young Adult

Try out the Teen Book Club in Maynooth Library

Friday 8th September

4 - 5pm

Age: 12 - 15 years

Aged 12-15 and enjoy reading? Come along to our drop-in book-club taster session and bring one recommendation to share.

For more information email maynoothlib@kildarecoco.ie

Dungeons & Dragons Club for Teenagers

Thursday 28th September

4.30 - 5.30pm

Age: 12-14 years

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

Book your place on Ticket Tailor at: <https://scanner.topsec.com/?d=1340&r=show&u=https%3A%2F%2Fbuytickets.at%2Fmaynoothlibrary%2F963015&t=e7847cd71b15e31015d34e3b5428635344d126d2>

Adults

The Irish Legacy of the Brontës: An Exhibition of Embroidered Works:

Exhibition Opening with Guest Speaker Pauline Clooney, author of 'Charlotte & Arthur.'

Tuesday 5th September

6.30 – 7.30pm

This exhibition is a collaboration between the Crafting Ladies of Banagher and its Curator, Dr Maebh O'Regan. Light refreshments provided. Booking required.

Book your free ticket here: <https://buytickets.at/maynoothlibrary/985227>

The Irish Legacy of the Brontës Exhibition: Meet the Curator: Maebh O'Regan

Thursday 14th September

6.30 - 7.30pm

Introductory Film and Tour of Exhibits. ***Drop in Event***

Poetry night: An evening of sharing poetry.

Thursday 14 September

6.30pm – 7.30pm

Online event

Poetry enthusiasts, join us for an evening of sharing your favourite poetry. You may wish to read a poem aloud or just listen.

Hosted by Maynooth & Ballitore Libraries. All welcome.

<https://buytickets.at/maynoothlibrary/990789>

Two Brontë Films by Maebh O' Regan

Tuesday 26th September

6.30 – 7.30pm

To coincide with the exhibition on 'The Irish Legacy of the Brontës' in Maynooth Community Library, two films by the curator of the exhibition, Maebh O'Regan, 'The Discovery of the Brontë Family Portrait in Hill House, Banagher, 1914' and 'Charlotte and Arthur: A Victorian Romance' will be shown. The evening will include a miscellany of readings, songs, and stories. *** Drop in Event***

Breast Feeding Support Group with Public Health Nurse

Tuesday 12th & Tuesday 26th September

9.30 - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All 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***

Climate Action

Autumn Seed Saving Workshop for families with Lucy Bell

Thursday 7th September

5.30 – 7.00pm

Suitable for ages 14+

Join horticulturist Lucy Bell to learn how to successfully save seeds from your garden this Autumn. Become more self-reliant by ensuring you have seeds for the following year to sow, share or return to the seed library: saving you money and continuing the ancient tradition of seed-saving. Part of the Kildare Seed Library initiative.

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 3 (Good Health and Well-being), 4 (Quality Education), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action) and 15 (Life on Land). Booking required.

Book your free ticket here: <https://buytickets.at/maynoothlibrary/970519>

Maynooth Zerowaste

Saturday 9th September

2 – 4pm

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

(Continued on page 26)

September 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 25)

those repairs with your clothes and bring them back to life.

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

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

***Drop In. No booking required ***

An introduction to Moths and Moth Trapping talk for families with Wild Kildare Saturday 30th September

3 - 4pm

Moths: the much-maligned poor relation of butterflies! Join Chris from wild Kildare as he introduces us to these fascinating but often overlooked winged beauties. All children attending this talk must be accompanied by a parent/guardian.

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 13 (Climate Action), 15 (Life on Land)

Book your free ticket here: <https://buytickets.at/maynoothlibrary/991639>

Let's Talk About Parenting Events

Starting 'Big School'

Presented by Dr Mary O'Kane

Thursday 31st August

7 - 8pm

Your child is starting 'Big School' in September, this means new experiences, new friends, and a whole new identity as a Junior Infant. Naturally you want to support them in making this transition a success. How should you best prepare your child for this major transition in their lives? In this session, Dr Mary O'Kane offers some very practical advice on the most important skill sets for children during this transition, and how best to support your child over the summer in developing these skills.

Book your place here: <https://www.tickettailor.com/events/letstalkaboutparenting/990759>

This aligns with the SDG goals – 3/Good Health and Wellbeing; 4/Quality Education;

First Aid for Parents

Presented by Siobhan Butler, First Aid for Everyone

Tuesday 19th September

7 – 8pm

A popular and regular event on the programme, this informative and interactive course uses lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions. Topics covered will include: Calling the emergency services; The First Aid Kit; Choking; Meningitis; Burns; Temperatures / Seizures

Book your place here: <https://www.tickettailor.com/events/letstalkaboutparenting/990734>

This aligns with the SDG goals – 3/Good health and wellbeing; 4/Quality Education

Lola's Y Lola's Yoga and Storytelling workshop

Saturday 23rd September

10.30 – 11.30am

For parents, and their children aged 3 to 9yrs

Yoga through storytelling is a great way to support children's wellbeing. Yoga can assist in enhancing a child's physical, social, and emotional development. Some of the benefits include strength and balance, an increase in self-esteem and a decrease in anxiety. The storytelling aspect of the workshop enriches the children's imagination and provides both a visual and audio learning experience.

Book your place here: <https://www.tickettailor.com/events/letstalkaboutparenting/991018>

This aligns with the SDG goals – 3/Good health and wellbeing; 4/Quality Education

Exhibition

The Irish Legacy of the Brontës: An Exhibition of Embroidered Works Tuesday 5th September – Wednesday 27th September

This exhibition is a collaboration between the Crafting Ladies of Banagher and its Curator, Dr Maebh O'Regan. The aim of the project is to highlight the role that Arthur Bell Nicholls played in preserving the memory of his wife, Charlotte, and other members of the Brontë family, when he moved from Haworth to Banagher in 1861.

Maynooth Community Library's Exhibition Space Open for Bookings

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

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday Starting Mon 4th September

11.30am – 13.00pm

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

Ciorcal Comhrá / Irish Conversation Group

Tuesdays / Dé Máirt

11.00 am - 12 i.n.

Venue: Leabharlann Phobail Mhagh Nuadh/ Maynooth Community Library
Ciorcal Comhrá / Irish conversation group. Fáilte roimh chách! All welcome!

Baby & Toddler Group

Thursday Mornings

10 – 11 am

Venue: Maynooth Community Library

If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am. No need to book, just drop in!

Book Clubs

U3A (University of the Third Age) Book Club

Monday 11th September

10.30 - 11.30am

We will be reviewing "Crocodile Tears" by Mark O'Sullivan.
New members welcome.

Wednesday Morning Book Club

Sept 20th, 11.00 – 12pm

We will be reviewing "The Tennis Partner" by Abraham Verghese.
New members welcome.

Midlands LGBT+ Book Club

Thursday 21st September

6.30 - 7.30pm.

Maynooth Library will be launching a new monthly book club in September, in partnership with Midlands LGBT+ Project, focusing on books by LGBT+ authors or with LGBT+ themes. For September we will be reading *Slant* by Katherine O'Donnell - copies are available for collection at the desk. Meetings will take place on the third Thursday of each month, with the first meeting taking place on the 21st of September from 6.30 - 7.30pm.

Please book your place on Ticket Tailor at: <https://buytickets.at/maynoothlibrary/962966>

Tuesday Evening Crime Book Club

Tuesday 26th September

7 – 7.50pm

The Tuesday Evening Crime Book Club will meet on the last Tuesday of each month from 7pm - 7.50pm beginning Tuesday 26th September. The book which we will be talking about is 'The Last to Disappear' by Jo Spain. There are copies available at the main library desk for the book club. Please register here to join the book club. <https://buytickets.at/maynoothlibrary/964333>



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September 2023 Crossword - No. 527

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. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (7)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss or danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

Solutions to Crossword No. 526

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

Clues Down

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent windstorm (7)
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)



Difficult

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

Sudoku Challenge

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

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.

Chilli con carne recipe

Prep time - 10mins
Cook time - 1hr
Serves - 4

Ingredients
1 large onion
1 red pepper
2 garlic cloves
1 tbsp oil
1 heaped tsp hot chilli powder
(or 1 level tbsp if you only have mild)
1 tsp paprika
1 tsp ground cumin
500g lean minced beef
1 beef stock cube
400g can chopped tomatoes
½ tsp dried marjoram
1 tsp sugar (or add a thumbnail-sized piece of dark chocolate along with the beans instead, see tip)
2 tbsp tomato purée
410g can red kidney beans
plain boiled long grain rice, to serve
soured cream, to serve

Method

STEP 1: Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. The easiest way to do this is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way to the root end so they are still held together. Slice across the matchsticks into neat dice.

STEP 2: Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves.

STEP 3: Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot (a little longer for an electric hob).

STEP 4: Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.

STEP 5: Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.

STEP 6: Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.

STEP 7: Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince.

STEP 8: Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.

STEP 9: Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.

STEP 10: Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.

STEP 11: Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.

STEP 12: Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.


STEP 13: Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.

STEP 14: Taste a bit of the chilli and season. It will probably take a lot more seasoning than you think.

STEP 15: Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.

STEP 16: Serve with soured cream and plain boiled long grain rice.


Source: www.bbcgoodfood.com



SEPTEMBER

September Garden Checklists


Flowers
Sow hardy annuals, such as cerinthes, ammi, scabiosa and cornflowers, for flowers early next summer. Lift gladioli corms, dry them off, then store in a frost-free shed or garage over winter.Plant wallflowers, pansies, forget-me-nots and other spring bedding in pots and borders.Collect ripe seeds from your favourite flowers and store in labelled envelopes, ready to sow in spring.Plant up containers for autumn interest, using cyclamen, heathers, heucheras and other colourful bedding plants.Bring any houseplants that you moved outside over summer back indoors, before temperatures start to drop. Lift, divide and replant congested clumps of perennials, such as achilleas, once they finish flowering.



Apply vine weevil control to pots if plants show the tell-tale sign of notched leaf margins Fill any gaps with late flowering perennials, such as sedums, to provide nectar for pollinating insects into autumn.Plant spring bulbs, including crocuses, daffodils, hyacinths, bluebells and snake's head fritillaries in pots and borders.Take cuttings from fuchsias, salvias and pelargoniums. Keep summer bedding flowering in hanging baskets and pots until the first frosts by deadheading and feeding regularly.Trim conifer hedges to neaten them up and control height.Leave sunflower seed heads in place for birds to feed on

Plant up pots for autumn.
Sow hardy greens, such as kale, land cress, pak choi, mizuna, lamb's lettuce and mustard, for winter pickings. Prune out all the fruited canes of summer raspberries, cutting down to the base, and tie in new canes to supports. Pot up herbs, such as chives and parsley, and place on a sunny windowsill to use during winter. Start sowing hardy varieties of broad beans and peas for early crops next year.Plant onion and shallot sets in a sunny spot, 10cm apart, with the tip just showing above the soil. Cut away any leaves covering the fruits of pumpkins, squash and marrows to help the skins ripen in the sun. Plant saffron crocus bulbs (*Crocus sativus*), so you can harvest your own saffron this autumn. Pick apples and pears before the wind blows them down, and store undamaged fruits if you can't eat them fresh. Store chillies by threading the stalks onto strong cotton or wire and hanging up to dry somewhere warm and dry. Cut off trusses of unripe outdoor tomatoes before the weather turns cold, then ripen them indoors.Lift main crop potatoes, dry off and store in hessian or paper sacks, in a cool, dark, well-ventilated place.Complete summer pruning of both free-standing and trained apple trees, to encourage good fruiting in future years.

Plant prepared hyacinth bulbs in pots or hyacinth glasses, for fragrant indoor flowers at Christmas.Take down greenhouse shade netting or wash off shading paint by the end of the month, as light levels start to fall. Stay vigilant for pests and diseases in the greenhouse, and treat any you find immediately.Plant dwarf spring bulbs in pots, including irises, crocuses, chionodoxa and scilla, for early flowers.Pot up tender perennials, such as fuchsias and osteospermum, from summer displays and bring indoors before temperatures drop. Repot moth orchids after flowering if they look like they're about to burst out of their pot. Water houseplants less frequently and move them off particularly cold windowsills at night. Plant hippeastrum (amaryllis) bulbs in pots for spectacular flowers over the festive season. Plant Anemone De Caen corms for a vibrant indoor display in early spring



Pay close attention to greenhouse ventilation, shutting vents on cool nights.Check greenhouse heaters are in good working order. Maintain good plant hygiene, picking off faded blooms and dead leaves before fungal diseases can take hold. Look out for forecasts of early frosts and be ready to bring tender potted plants under cover. Move potted peaches and nectarines into a cool greenhouse or porch. Rake thatch from lawns, aerate well-trodden areas by spiking with a garden fork, and re-seed bare patches.Put netting across ponds to stop autumn leaves falling in and rotting.Water autumn-flowering asters regularly to deter mildew. Clean out water butts and check downpipe fittings in preparation for autumn rains. Remove duckweed, pondweed and algae from water features and ponds. Check that tree ties and plant supports are firmly in place, ahead of any autumn gales.Wash and disinfect bird feeders and tables to maintain hygiene.Collect fallen leaves to store in a chicken wire cage or bin bags to make leaf mould.Hunt for rosemary beetles on lavender and rosemary, picking off the striped metallic beetles and their grey larvae. Collect up and bin apples, plums and pears infected with brown rot, to reduce the spread of this fungal disease. Order bare-root fruit trees to plant later in autumn or winter. Check roses for signs of fungal diseases, such as blackspot, and pick off and bin all affected leaves. Finally pick off and destroy any leaves with blackspot.

Source: www.gardeningworld.com

FILM/DVD MONTHLY BY BERNIE CLAXTON

Interesting Titanic Movie Facts



With news of the catastrophic expedition of the Titan submersible to the ruins of the **Titanic**, in recent months, interest in James Cameron's 1997 blockbuster movie has increased ten-fold. Netflix recently announced they were reissuing **Titanic** on their site. Perhaps an insensitive move considering the deep water tragedy where 5 people met their untimely deaths.

1997's mega blockbuster hit **Titanic** took audiences and critics by storm, achieving both critical and commercial success. The epic romance/disaster film would go on to be one of the highest grossing movies at the box office worldwide. Nominated for a record 14 Oscars, it scooped 11 awards in total. The film would help launch the careers of its young stars, Kate Winslet and Leonardo DiCaprio, bringing their respective talents to wider audiences. Let's take a look at some fascinating facts about the beloved hit film:



- For the recording of the sinking ship and the invasion of the sea with all its terrifying force, during the climatic scenes of **Titanic**, the production utilised, on average, 120 thousand litres of water. For filming to take place and the ship to give the illusion of sailing, it was also necessary to build a tank with a capacity of over 60 million litres of water.

- To give more authenticity to his plot, Cameron made twelve expeditions to the wreck of the real **Titanic** in preparation for his epic retelling of the tragedy. He found it an overwhelming, emotional experience to actually see the ruins of the most famous ship in history. Cameron ended up spending more time with the ship than its fateful passengers had.

- Matthew McConaughey and Chris O'Donnell were considered to play the role of the working-class artist Jack Dawson. There had been reportedly some disagreement over the role of Rose before Kate Winslet was eventually cast. Madonna, Nicole Kidman, Gwyneth Paltrow, Claire Danes, Reese Witherspoon and Winona Ryder were all thrown into the casting mix, at one point.



- The scenes set in 1912, (excluding the present-day scenes, opening and ending credits) have a total length of two hours and forty minutes, the exact

time it took for the **Titanic** to sink. The collision with the iceberg reportedly lasted 37 seconds, which is how long the collision scene is in the film.

- For the scenes that were recorded in the water, Kate Winslet refused to wear thermal clothing, which led to the actress getting pneumonia.
- Some iconic, well-loved scenes such as Jack shouting "*I am the king of the world*" were completely improvised by Leonardo DiCaprio.
- Director James Cameron was completely hands-on in the filming process and worked tirelessly on the production. In addition to directing, he was responsible for editing, producing, and scripting **Titanic**.
- River Phoenix was James Cameron's initial first choice to play Jack Dawson. However, by the time the film was made Phoenix had died and Leonardo DiCaprio was the ideal age at 21. Johnny Depp was reportedly offered the role of Jack, but he declined.



- The veteran actress Gloria Stuart, who played the older Rose, was the only person working on the film who was actually alive in 1912, when the **Titanic** sank.

- **Titanic** was the first film that saw two actors, Kate Winslet and Gloria Stuart, both sharing an Oscar nomination for playing the same person in the same film. On the awards night, neither actress won gold.

- Despite his excellent performance, Leonardo DiCaprio wasn't nominated for an Oscar. Jack Nicholson won the award for Best Actor that year for his role in the hit comedy film **As Good As It Gets**. Among the nominated categories, **Titanic** swept most of the awards, except those for supporting actress, and lead actress. Kate Winslet lost to Helen Hunt, who also starred in the Nicholson movie.

- Researchers recreated the scene of the floating door to try to prove or disprove the fan theory that Jack would have fit on it. However, they determined that, if Jack and Rose shared the space on the door, it would have caused a whole series of problems, and probably both characters would have drowned.



- The elderly couple seen hugging on the bed while water floods their room were the owners of Macy's department store in New York, Rosalie and Isidor Straus, both of whom perished on the **Titanic**. Ida was offered a seat on a lifeboat but refused so that she could stay with her husband, saying, "As we have lived together, so we shall die together." There was a scene filmed that depicted this moment but was cut from the final cut. It was Mrs Straus who originally said "Where you go, I go" that inspired Rose's same line to Jack in **Titanic**.

- James Cameron insisted initially on not including any songs in the film, not even over the closing credits of **Titanic**. Composer James Horner, however, was struggling to end the movie on a strongly emotional note, and thought a song would be the best way to convey it. He secretly arranged with lyricist Will Jennings and singer Céline Dion to write **My Heart Will Go On**, using the central musical theme of the movie as a melody. Horner then presented the recording to Cameron, who responded enthusiastically. The director included the song over the closing credits, and it went on to win the Academy Award for Best Original Song.



- In the dramatic climatic scenes in **Titanic** where the water comes crashing into the Grand Staircase room, the filmmakers only had one shot to get it right because the entire set and furnishings were going to be destroyed in the scene. So, the whole sequence was filmed in just one take.

- The famous drawings made by Jack are actually the work of James Cameron. In the famous scene where the artist draws Rose without clothes, it is the director's hand, not DiCaprio, that appears. As Jack Dawson was right-handed and Cameron was left-handed, the scene had to be manipulated in the editing of that scene.





**Maynooth Community Employment Project
Community Employment Scheme**

Staff Required: Ground Workers x 3

Outdoor Work with Some Heavy Lifting Involved

**Based at Maynooth Town F.C. Facilities
At Crinstown, Maynooth**

**19.5 hours per Week
C.E. Programme Rate Apply**

**Applicants Must be eligible under the
Department of Social Protection Guidelines**

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

**To Apply: Send CV to office@maynoothcep.com
Before 10th Oct 2023**

Quote Job Reference # CES-2298455

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page
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 County Council	045 - 980200	customerservice@kildarecoco.ie	
Kildare County Council (Local Office)	01 - 6286236		
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Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	
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Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		contact@maynoothkilcocklionsclub.org	https://www.facebook.com/MaynoothKilcockLionsClub/
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If you wish to have your Community contact added, updated or removed from the above listing please e-mail office@maynoothcep.com with “Community Contact” in the subject line.