



Local News - February 2024 - Issue No. 531 - Online Version

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The views & opinions expressed in this Publication are those of the contributors.

MAYNOOTH ST. PATRICK'S DAY PARADE 2024

FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 2024

Parade entry form is available on page 6

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

Congratulations to Maynooth Ireland's Cleanest Town 2023

The 2023 IBAL results were recently released. According to the survey, Maynooth is the cleanest town in Ireland. What an achievement for the local Tidy Town Committee, who are out cleaning the town in all weathers, all year round. Huge credit and thanks must also go to local businesses, Maynooth University, Kildare County Council and Maynooth Community Employment Project who all play their part in keeping areas of the Town tidy. Maynooth came top out of 40 towns and cities.

An Taisce, which carried out the survey on behalf of IBAL, reported "that Maynooth had achieved a level of cleanliness in 2023 which saw the University campus being described as "spotless" and the Main Street achieved "an excellent result for being a busy shopping environment." Conor Horgan, from IBAL, said on RTE's Morning Ireland, "very little litter was found on their two visits to the town and that the town is not without challenges, with a big student population, it really puts it up to others."

Like all towns and cities in Ireland, the rise in coffee cup litter is a big concern. There is a coffee cup levy but there are delays with the introduction of this levy which are a concern. Even the introduction of the recyclable /compostable and reusable cups, there is still too many ending up thrown on our streets. Also a concern is the amount of disposable vapes that are just dropped around the place instead of disposing of them correctly.

IBAL welcomes the introduction next month of the Deposit Return Scheme as a potential game-changer in the fight against litter, much as the plastic bag levy was. The scheme will see consumers pay a deposit of 15 cent on cans and up to 25 cent on plastic bottles, refundable on their return. "This latest survey shows these items to be present in just under half of the hundreds of sites we surveyed. This scheme will remove a large portion of this litter and bring about a significantly cleaner environment in 2024. While there may be some inconvenience for consumers, the prize is a very real, and a very immediate one."

Cleaner than European Norms

| | |
|----|--------------------|
| 1 | Maynooth |
| 2 | Mallow |
| 3 | Sligo |
| 4 | Kilkenny |
| 5 | Mullingar |
| 6 | Clonmel |
| 7 | Monaghan |
| 8 | Enniscorthy |
| 9 | Carrick on Shannon |
| 10 | Ballina |
| 11 | Naas |

Clean to European Norms

| | |
|----|---------------------------|
| 12 | Ennis |
| 13 | Waterford City |
| 14 | Killarney |
| 15 | Waterford City - Ballybeg |
| 16 | Bray |
| 17 | Letterkenny |
| 18 | Portlaoise |
| 19 | Galway City Centre |
| 20 | Carlow |
| 21 | Tralee |
| 22 | Athlone |
| 23 | Tullamore |
| 24 | Drogheda |
| 25 | Navan |

Moderately Littered

| | |
|----|-------------------------------|
| 26 | Dublin Airport Environs |
| 27 | Longford |
| 28 | Cork City Centre |
| 29 | Cavan |
| 30 | Galway Inner City - Ballybane |
| 31 | Roscommon |
| 32 | Ballymun |

Littered

| | |
|----|-------------------------|
| 33 | Tallaght |
| 34 | Limerick City South |
| 35 | Cork Northside |
| 36 | Mahon - Cork City |
| 37 | Dublin City Centre |
| 38 | Limerick City Centre |
| 39 | Dundalk |
| 40 | Dublin North Inner City |



Maynooth Newsletter



Recording the Social Footprint of Maynooth since the 1970s

This publication is produced by Maynooth Community Employment Project, supported by the Department of Employment Affairs & Social Protection, which is funded by the Irish Government.

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

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Letters to the Editor

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

Mission Statement

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

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

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

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

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

Maynooth Newsletter Archives

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

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

Disclaimer

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

In January 2021, Minister of State Martin Heydon submitted a proposal to the Government on making February 1st, St Brigid's Day a new public holiday. He said the holiday would help recognise the enormous sacrifices made by Irish people during the Covid pandemic and highlight better times ahead. 2024 is the first year of this new public holiday and it also marks 1,500 years since her death. Something that I didn't know is that along with St. Patrick who

we celebrate on March 17th and St. Columba, are the three patron saints for Ireland. Brigid is a Catholic and Orthodox saint. She was a pupil of St. Patrick and became famous for her kindness, mercy, and her miracles. In addition, Brigitte founded Ireland's most famous mixed (male and female) monastery in County Kildare. In Ireland the best-known symbol of her is the St. Brigid's cross. St. Brigid is Ireland's first native saint, the most celebrated Irish female saint, and was the Abbess of one of the first convents in Kildare.



Therefore, it is fitting that there are a range of events planned to mark her anniversary in the county including an event in St. Patrick's College, Maynooth on Friday February 2nd at 7pm where the Luxe Theatre Group will lead a grand fiery processional event called Carrying Her Flame. This event is open to the public and no tickets are required.

Many people have said to me that as we move on from the 2020 to 2022 pandemic, that there is a sense that we have reverted to the pace of life and attitudes that we held before that period. The positive changes that we made to our lives are being forgotten as we get back into the race of life. Things like working remotely and enjoying a better work-life balance are being reviewed and slowly being eroded. We are being reminded that we live in an economy more than a community. In Maynooth it is obvious that there is a massive early morning exodus with people travelling to work in Dublin with the stalled traffic on the motorway making the daily early morning radio traffic reports as well as buses and trains quite full leaving the town.

As I said above in this piece, St. Brigid was famous for her kindness and in February we mark two dates where we are reminded of the kindness of others. National Caregivers Day is marked internationally on the third Friday in February. In 2024 it falls on Friday 16th February, and marking the day reminds us of the value of caregivers. People who work as caregivers to our parents, siblings or children provide necessary assistance for our family members to live lives with dignity. Whether providing personal care or medical aid caregivers are often overlooked and under appreciated and in many cases are unpaid. To the many caregivers in Maynooth we salute you and thank you for your important work.

According to social media pages in Maynooth there seems to be a growing trend of people finding animals, particularly dogs having being abandoned. It is possible that some dogs or cats wander off to investigate new places when they get a chance and are re-united with their owners but others are abandoned. February 20th marks National Love Your Pet Day in the United States and while most pet owners love their pets every day for some people circumstances can change and make it difficult to mind a pet. If you are in that situation, it is better to seek help to find a new home for your pet rather than leaving them to survive without a person who will show them kindness, love and care for them. Whenever I read about abandoned pets in Maynooth, I am always struck by the immediate offers of other people willing to take care of the animal.

**Paul Croghan
Editor**

**Copy date for the March edition will be
5pm on Monday 26th February 2024**

Maynooth Senior Citizens Committee



We are delighted to be back after the Christmas break. Our morning club reopened where Bingo and Art sessions continue to be enjoyed by all. We may even have an art exhibition this year!

Our seniors enjoyed a great Christmas lunch with music and dancing, in the Springfield Hotel in early December.

On the fundraising front Rock & Rory an annual live music fundraising event will take place in the Roost on 2nd March, organized by Dominic O Keefe. We are delighted that their nominated charity this year will be Maynooth Senior Citizens Committee. Thank you to Dominic for nominating our group. We encourage a good turn out for this event. There will be prizes!!! (Details page 30)

Fundraising is central to the continuation of Maynooth Senior Citizens Committee. We appreciate all who have donated and supported to the organization over the years and who continue to do so. We will be looking at other fundraising activities during the year.

Fundraising an important aspect of any charity's work. But also we would like to encourage people to join the committee and to commit to take on specific roles and activities. Our AGM is coming up in April.

Please note that our monthly committee meetings have changed to the second Monday in the month and will be held in the Geraldine Hall, 8pm.

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

Fun Things to Do on Valentine's Day to Help You Celebrate



The classic dinner for two and late-night romantic movie makes for a lovely Valentine's Day, it's fun to change things up with new activities and date ideas. But whether you're spending February 14 with your spouse, friends or family, there are a lot of amazing things you can do on Valentine's Day that can take the holiday from good to great.

Enjoy Breakfast in Bed

Start the day off right by serving up a romantic Valentine's Day breakfast, then enjoying it together while lounging in bed while still in your pjs. Don't forget the champagne!

Take a Scenic Drive

Put together a road trip-worthy playlist and hit the pavement, even just for a spin around town. There's something about driving that gets conversation flowing..

Go on a Hike

Get your blood moving to heat things up in a more, shall we say, wholesome way. Take a scenic hike together and enjoy all the beautiful sights and the fresh air. It'll strengthen your bond while getting some much-needed time away from your devices, too.

Recreate Your Favorite Date

Take a trip down memory lane by recreating your favorite date, whether that's the first time you went out together or the one where you really fell for each other. If you can't go to the same restaurant or location, get creative by cooking up the same meal at home.

Plan a Movie Marathon

For some quality relaxation get cozy on the couch and marathon watch all your favorite rom-coms. It's the perfect way to set the mood for some Valentine's night romance.

Have a Wine and Cheese Night

Pop open your favorite bottle of wine and pair it with a delectable homemade charcuterie board. Don't forget the crusty bread, artisanal cheeses, cured meats and puckery olives to round it all out.

Hold a Game Night

For those with a competitive streak (or who just like some good, old-fashioned fun), an exciting night of board games will make Valentine's Day memorable. Up the ante will a friendly wager or two.

www.goodhousekeeping.com/holidays/valentines-day-ideas/

Need motivation to tackle your New Year's resolutions?

It's plain and simple. Motivation is essential for successful changes to your lifestyle. Challenges and changes in your life may have you questioning if you can tackle new resolutions. Don't let the busyness of your schedule stop you. You can capture motivation and make it work for you.

Start by asking yourself these questions:

How do I get motivated?

Perhaps you get motivated by singer James Brown's song "I Feel Good," or by participating in virtual workout classes and seeing how hard others work. Decide what works for you. Setting goals will make it easier to stay committed.

What is motivation made of?

It's energy that predicts the strength and persistence of behavior. Like vitamins, you must take some motivation every day. Sometimes, that means acting as if you have it when you're not feeling it. People often wait for motivation to occur before taking action, but action can create motivation.

Where does motivation come from?

Internally, motivation is your optimism and your history. There's nothing more motivating than success, so how can you plan to be successful? What is the smallest step you can confidently take? Consider small successes and build on those for larger successes. Externally, look at how your environment is motivating. Are people around you encouraging you to be the best version of yourself? What small goals can you reach until your internal motivation kicks in? What has worked well in the past to motivate you?

What does motivation look like?

Consider your body posture. Is it a confident pose? Believe in yourself.

What does motivation sound like?

What is your internal coach's voice saying to you? Think "You can do it" and "You are awesome."

What does motivation act like?

Motivation involves activation, persistence and intensity. Activation is deciding to change. Persistence is the act of continuing to work toward change. Intensity is the concentration or vigor of pursuing change.



The level of intensity will vary with each goal, as some will be easier to achieve than others. Next, remember the acronym "FEEL GOOD" as you consider elements of motivation:



- Find the first step. What is the first step towards building your motivation? How can you shine on the habits you already have? What does it look like to take those habits one step further?
- Energize your environment. Who in my environment is uplifting? How can I tap into that energy? How is my environment exercise inducing? Are shoes readily available wherever you are? Are exercise clothes fun and fashionable? Does your environment and social network promote healthy choices? If not, how can you lead the way? Begin with a baby step. Share your goals with family and friends for accountability. Research shows sharing your goals with a mentor can be helpful.
- Enlarge your view. What if your blood glucose level was within normal range? Or you were within 10 pounds of your ideal weight? In what ways would your life be different? Where does the journey begin? What is working well for you? How do you build on that? Ensure your goals are realistic and measurable.
- Love yourself. By taking care of your body, you are giving yourself the best gift of all. Think of one thing now that you love about yourself. Think about one thing every day. There is room for making a change and loving yourself.
- Get ready. The way to success is 90% preparation. What do you have to do to get ready to embark on this healthy journey? What do you have to get rid of? What do you have to leave behind? What can you do today to get ready?
- Obtain an optimistic viewpoint. Put on your rose-colored glasses, and plant a smile on your face. Shrink your inner critic down to microscopic size. When evaluating your efforts, think first and foremost about what went well. What did you learn?
- Overcome obstacles. Yes, there will be setbacks, off-road trails and dead ends. Your attitude must be one of optimism. What about this setback is of value to you? Maybe early on you realized something about yourself that you never knew. What is your response to obstacles? Is this where your motivation falters? What can you do to build your resiliency physically, mentally and spiritually? What can you not do to let the excuses get in the way of reaching your goals, yet still keep you and others safe?
- Discover your determination. It's never done. Once you are on the healthy journey path, you'll want to stick to the course. Yes, a few side trips and some wanderings might happen along the way, but no hijackings 50 miles off the path. When veering too far from the path, the hard part is finding your way back. That takes determination.

www.mayoclinichealthsystem.org/hometown-health

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



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Stay safe everyone.



Easy Jam Tarts with hearts For Valentine's Day

Bake our easy jam tarts and they'll instantly become a family favourite – plus, you can make them in less than half-an-hour if you use ready-made pastry.
Prep: 25 mins/Cook: 18 mins/ Plus chilling/ Serves 12

Ingredients

- 250g plain flour, plus extra for dusting
- 125g butter, chilled and diced, plus extra for the tin
- 1 medium egg
- 1 vanilla pod, seeds scraped (optional)
- 100g jam, fruit curd or marmalade of your choice



Method

Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp of water if it's not coming together, but try not to add more than that. Wrap in cling film and chill in the fridge for 30 mins.

Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour. Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts (perfect for Valentine's Day) and pop them on top.

Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.

Recipe Tips

Use ready-made pastry

To save time, you can use ready-made shortcrust pastry for this recipe. Buy a block rather than ready-rolled as it's easier to roll it to the thickness you require.



Source: www.bbcgoodfood.com/recipes/valentines-day-jam-tarts

Reflexology - Energy Therapy - Pelvic & Postural Health - Qigong & Meditation Classes



Queries & booking contact
Cliona : 0873662520
cliona@abundanceholistichealth.ie

Choose from individual treatments & weekly classes to support your health & wellbeing in 2024:

- Reduce stress & anxiety
- Lower blood pressure
- Improve sleep
- Improve digestion
- Balance hormones
- Improve mood
- Improve concentration

- Increase energy
- Improve circulation & lymphatic drainage
- Strengthen immune system
- Pain management
- Improve posture
- Relieve pelvic pain, prolapse, incontinence

Abundance Holistic Health @Maynooth Business Campus



Fáilte Ireland

BRADY'S CLOCKHOUSE BAR - LOUNGE - RESTAURANT



Live Bands every Saturday & Sunday
during the month of February

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e-mail: info@clockhouse.ie

Web: www.clockhouse.ie - Tel: 01-5054725

Great Food Served 7 Days

MAYNOOTH

ST. PATRICK'S DAY PARADE 2024

Application Form

This year's theme: **PIRATES**

CLOSING DATE FOR ENTRIES: FRI 1ST MARCH

Name of Group/Business: _____

Contact Person: _____

Contact Number: _____

Email Address: _____

Do you want to perform at the viewing stand? 2-3 mins max. Tick for YES ☐

Entry Fees:

Commercial Entry - €60

Community Group - €30

Cheques should be made to "Maynooth St. Patricks' Day Parade"

Account Name: Maynooth St. Patricks' Day Parade Committee

IBAN: IE60AIBK93320136873023

BIC: AIBKIE2D

All applications must include two paragraphs about their group/business

Entrance Fee does not include insurance cover. All participants should have suitable insurance cover.

Prizes awarded for

Best Commercial Float

Best Club Float

Best Band

Best School Float

Best Portrayal of Environmental Awareness

Best Portrayal of Irish Culture

Applications to:

**Maynooth St. Patricks' Day Parade,
c/o Unit 10 Carton Retail Park,
Maynooth. Co. Kildare**

Organised by:

**Maynooth St. Patrick's Day Parade Committee
maynoothparade@gmail.com
Naoise Ó Cearúil (Chair) - 086 728 0050**

How to Make a St. Bridget's Cross

Making a St Bridget's Cross is a custom in Ireland. The St Bridget's Cross is made out of plants called rushes (*Juncus effusus*) for hanging above the entrances to dwellings to invoke the help of St Bridget in warding off disease. St Bridget's Day is celebrated on the 1st February each year and the crosses are made at that time. Rushes were traditionally used to make the St Bridget's Cross. These were collected from wetlands and cut into pieces, 8-12 inches long. Rushes can be hard to get for city dwellers so ordinary paper environmentally friendly drinking straws are a good substitute. Use rubber bands to tie up the ends.

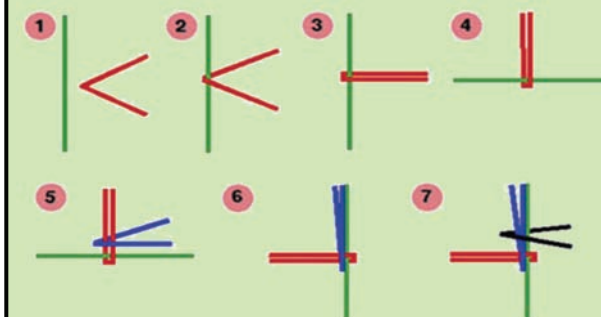
If You Can't Get Rushes You Will Need

9 paper environmentally friendly drinking straws
4 small rubber bands

Instructions

- Hold one of the straws vertically. Fold a second straw in half as in the diagram.
- Place the first vertical straw in the centre of the folded second straw.
- Hold the centre overlap tightly between thumb and forefinger.
- Turn the two straws held together 90 degrees counter clockwise so that the open ends of the second straw are projecting vertically upwards.
- Fold a third straw in half and over both parts of the second straw to lie horizontally from left to right against the first straw. Hold tight.
- Holding the centre tightly, turn the three straws 90 degrees counter clockwise so that the open ends of the third straw are pointing upwards.
- Fold a new straw in half over and across all the straws pointing upwards.
- Repeat the process of rotating all the straws 90 degrees counter clockwise, adding a new folded straw each time until all nine straws have been used up to make the cross.
- Secure the arms of the cross with elastic bands. Trim the ends to make them all the same length. The St Bridget's Cross is now ready to hang.

Source: www.ipcc.ie/discover-and-learn/resources/how-to-make-a-st-bridgets-cross/



How do Irish people celebrate Saint Brigid's Day?

Ireland has celebrated Saint Brigid's Day with a number of firmly-held traditions-- despite Brigid living close to 1500 years ago, many of these traditions are still observed today.

The most famous of these traditions are the making of the Saint Brigid's Cross, a unique cross made from fresh rushes or reeds which children are taught how to make in school. Traditionally, before Saint Brigid's Day these crosses are made in schools, communities and private home across Ireland, before they are brought to the church on 1 February to be blessed.

The crosses are then hung in people's homes, where they are believed to bring good luck and prevent fire and hunger of those inside. The crosses hang for a year, until new Saint Brigid's Crosses are created the next year-- the old ones are then burned in the fire.

On the eve of Saint Brigid's Day, households across Ireland leave some clothing outside of their homes in the hope that it will be blessed by Saint Brigid.



These items of clothing can include a cloak or shawl of some sort to reflect Brigid's miracle with the cloak in Kildare. It is said that the clothes which are left outside on Saint Brigid's Eve would then be imbued with healing powers, and should be wrapped around a sick or injured person or animal.

Where do you hang Brigid's cross?

Traditionally they are set over doorways and windows to protect the home from any kind of harm.

What does St Brigid's cross mean?

Widely believed to be a Christian symbol, Brigid's Cross is tied to Brigid of the Tuatha de Danaan. Which, in Irish Celtic Mythology, is known as a life-giving goddess.

Source: www.irishpost.com/life-style/who-was-saint-brigid-and-how-do-the-irish-celebrate-saint-brigid

Source: irisharoundtheworld.com/st-brigids-cross/





Cllr. Angela Feeney Maynooth Labour News

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



Repair of place name signs in Beaufield Estate

At the January Council meeting Cllr. Feeney asked for the place name signs in Beaufield estate to be repaired and reinstated. Beaufield is a very large estate in the town, one of the older estates and there are eight cul-de-sac sections in the estate; three of the signs remain in place but are in a very poor state with the remaining five place names missing. The Council said it would support residents association seeking funding through LPT allocations and community grants for the replacement or repair of these signs.

Faded road markings at the main junctions and side roads in Straffan.

On foot of representations from residents in Straffan, Cllr. Feeney asked the Council to upgrade the road markings at the major road junctions in the village, as it is a health and safety issue. No road markings are visible at the two main junctions or on the side-roads and there have been a few minor accidents, local residents are afraid something more serious could happen. The Municipal District Engineer agreed to arrange for the road-marking contractor to renew these lines over the coming months once weather conditions are favourable.

Electric Vehicle Fast Chargers at Council car park

Cllr. Feeney welcomes the installation of four new Electric Vehicle fast-charging points in the Council car park near Supervalu in Maynooth and she asked the Council when they will be activated. The Council confirmed that all paperwork has been submitted to ESB Networks for the connection to be made live. Once ESB Networks energise this location the EV chargers will be activated immediately. Cllr. Feeney hopes that the necessary infrastructure to encourage more people to buy electric cars will not be delayed by paperwork. She thanked the Council for the installation of these fast chargers and hopes that the ESB will not delay further on activating them for public use.

Maintenance of Trees on Carton Avenue.

At the January Council meeting Cllr. Feeney stated that there is a general feeling in the community that the Carton Avenue trees are not being properly maintained. Some trees were cut down near a new housing development for access to the Avenue and yet nothing has been done about a tree that has been dead for months. She also stated that the Council planted a tree three years ago, which died and needs to be replaced. The cutting back of the briars or growth between the trees each year, which is highly recommended, also needs to happen. Cllr. Feeney believes that a proper maintenance contract is needed for the trees on the Avenue before it is too late. The Council said that the removal of suckers from the base of the trees on the Avenue is included in the tree works programme which is planned to be completed in Q1. Replacements will only be planted where a tree has died. There are two locations, which require replanting, and these will be replanted in Q1.

Kildare Community Grants now open

The Community Grants Scheme is open to all not-for-profit groups engaged in activities or projects, which encourage community participation, volunteerism and benefit local communities in County Kildare. Festival Grant Scheme is also open to all not-for-profit groups which organise and run key festival events in County Kildare, such as community fun days, historical re-enactments, drama/musical/food festivals, intercultural days or annual parades. Residents' Association Grants (Local Authority and Private Estates) scheme is for all established and recognised residents' associations in either local authority or privately developed estates. The Closing date for the above grants schemes: Friday 15th March 2024

Please email Cllr. Feeney if you need any further information, afeeney@kildarecoco.ie

Brigid1500 Events

Great celebrations are planned in Kildare to mark Brigid1500. The festival will celebrate and commemorate the extraordinary St Brigid, a woman, a life, a legacy and the enduring impact of her life as we reach the 1500th anniversary of her passing. The festival will take place across Kildare from January 27th and into February, bringing together artists, performers, enthusiasts, communities and visitors to celebrate St. Brigid in a contemporary and modern way. The vast programme includes something for everyone with a fusion of culinary and visual arts and vibrant musical performances throughout the programme of free and ticketed events. LUXE Landscape Theatre will lead a grand fiery processional event to celebrate St Brigid, which will take place in Maynooth over the bank holiday weekend.

Cllr. Feeney's Upcoming Motions and Questions at Council Motions:

1. That repairs be carried out on the goalposts at the Harbourfield Maynooth
 2. That the Council investigates the provision of additional public lighting on the Celbridge Road, Maynooth junction with Obelisk Lane (R405) in the interests of public safety.
- Motion at January 2024 Full Council (joint motion)

That the Council engages with ESB Networks, the Local Government Management Agency or relevant stakeholders to establish an oversight forum to coordinate the scheduling of electrical connections for publicly funded projects.

Questions:

1. Can the Council provide a report on the Taking in Charge of estates in the municipal district.
2. Can the Council update members on the status of the proposed social housing development in Maynooth.

Meetings attended by Cllr. Feeney since the last Newsletter

January 5th Area Based Transport Assessment briefing 9:00 a.m. Aras Chill Dara
 January 5th MD 10:00 a.m. Aras Chill Dara
 January 11th 10:00 a.m. Twinning Liaison Committee (online)
 January 22nd 17:00 p.m. BOM Gaelcholáiste Mhá Nuad GCMN
 January 29th 10:00 a.m. Briefing with Uisce Eireann Áras Chill Dara
 January 29th 15:00 p.m. Full Council meeting Áras Chill Dara

Mary Cowhey & Company Solicitors

Suite 2/3 Manor Mills
Maynooth
County Kildare

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Prayer to the Sacred Heart

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for a special favour, take it Dear Jesus and place it in your Sacred Heart where the Father sees it and so it will become your favour not mine.
Promise publication, never fails!

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.

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.

GAZA

Nach aoibhinn don chat lena chrónán,
Lán chinnte nach bhfuil sé i mbaol;
Ní ionann do mhuintir Thír Gaza,
Le heagla gach nóiméad dá saol!

UCRÁIN

Nach méanar don chat lena chrónán,
Lán chinnte go bhfuil sé gan ghuais;
Ní ionann do mhuintir Ucráine,
I gcontúirt gach nóiméad ón Rúis!

GM

MU among first to build student accommodation under national strategy

Minister for Further and Higher Education, Research, Innovation and Science Simon Harris was today joined by ministerial colleagues and university presidents to unveil plans for more than 500 student accommodation beds at Maynooth University and DCU.

The event at DCU was attended by the President of Maynooth University, Professor Eeva Leinonen, and DCU President, Professor Dáire Keogh.

Minister for Housing, Local Government and Heritage Darragh O'Brien and Minister for Public Expenditure, National Development Plan Delivery and Reform, Paschal Donohoe also attended to welcome a Government agreement on a new long-term policy to develop student accommodation.



Photo above: MU President Eeva Leinonen with government ministers at the unveiling of plans for student accommodation. Photo from Maxwell Photography.

Maynooth University is developing 116 bed purpose-built student accommodation at a site at Buckley House adjacent to the campus, which is expected to be available for the 2025/26 academic year.

This project had been delayed due to the pandemic, however, Government support has enabled its activation, through funding and the provision of financial support at a reduced rate to SUSI grant holders.

The new apartments feature a single ensuite bedroom and study space, communal kitchens and meeting spaces to enhance cost-effectiveness and affordability.

Professor Leinonen has noted that the provision of student accommodation is an important element of the campus and student experience, and the University aims to continue to expand accommodation in future years.

“Maynooth University is pleased to commence construction of student accommodation as part of this national strategy. Our consistent engagement with the government to support student accommodation has been beneficial and aligns with our commitment to enhance the student experience,” she said.

“This strategic focus not only supports the academic experience but also fosters the holistic development of our student community. We anticipate the lasting impact of this effort on our university and, most importantly, on our students' lives. We look forward to future governmental policies and funding to address the national shortage in student accommodation.”

The Ministers also outlined details of the policy under the Government's Housing for All policy, as they viewed plans for new student accommodation at MU and DCU.

Under this new policy, the Government will fund the construction of purpose-built student accommodation and vacant properties on college lands will be repurposed into housing for students.



Maynooth University
National University of Ireland Maynooth

Funding is being provided on the basis that a portion of beds will be ring-fenced for disadvantaged students. The cost of construction and pace of delivery will be reduced through standardised design.

Additionally, there are plans for improved public transport to be explored for students. The Government will continue to support the digs scheme and local authority and medical card changes will come into effect.

Speaking today, Minister Harris said: “I am delighted to confirm Government has agreed a long-term policy on student accommodation.

“This policy will help increase the supply of student housing in campuses across the country but will also help prevent students competing with families for private rental accommodation.”

"Spotless" MU helps Maynooth top litter-free list

Maynooth University has been praised for its "spotless" campus and “its lovely planting and sculptures”, helping to clinch the top spot for Maynooth in a nationwide litter-free ranking.

The County Kildare town was named as the cleanest of 40 towns and cities in the final litter survey of 2023, conducted by Irish Business Against Litter (IBAL).

An Taisce, which carried out the survey on behalf of IBAL, awarded Maynooth University Grade A status in its detailed report and commended the university on its cleanliness.

“Not only was this campus spotless throughout, but it was also exceptionally freshly presented and maintained, enhanced by lovely planting and sculptures. The whole campus is a credit to the students and users of same – very fitting for a Green Flag Campus,” the report said.

Maynooth University was recently awarded An Taisce's Green Campus Flag for the second time in recognition of its progress in areas such as carbon emission reduction and advances in sustainability.

The University was also a finalist in two categories of the Green Gown Awards UK & Ireland, which recognise exceptional sustainability initiatives undertaken by universities and colleges.

Speaking about Maynooth's success in the litter-free rankings, Stephen Seaman, Maynooth University Grounds Supervisor said MU works to educate new students, “to instil that sense of the importance of recycling and putting the rubbish in the right bins.”

MSU President Alex Balfe said: “It goes to show that students do care about the environment and that they do their part to make sure that the environment is being protected in Maynooth.”

She noted that after big events in Maynooth, students are out the next morning to pick up litter while MU is also tackling an increase in the use of disposable vapes on campus.

“We've implemented a number of vape bins where we'll take them apart and make sure that the batteries are disposed of properly,” she said. The Cathaoirleach of Clane/Maynooth Municipal District, Councillor Tim Durkin, was presented with the award yesterday.



MAYNOOTH CYCLING CAMPAIGN NOTES

January/ February 2024



Priorities for 2024

The priorities are already building up. Already, they include:

- St. Patrick's Day Parade
- Cycling Without Age
- Application for Kildare Community Grants
- Application for Kildare Climate Action Community Funding
- Bikeweek 2024

If you want cycling to increase in Maynooth, why not join us? If you have any ideas to increase cycling or want to help to make cycling safer, you can contact us at maynoothcycling@gmail.com.

Irish Cycling Campaign

After a considerable amount of hard work, a new national cycling organisation has been established. The Irish Cycling Campaign CLG has been launched to replace the Dublin Cycling Campaign CLG and bring all cycling campaign groups under a new unified legal entity to represent utility and recreational cyclists in Ireland. The constitution and new name were approved at a meeting in early January. The new company was approved by the Charities Regulator and the Companies Registration Office although it is not yet listed in their databases.

Maynooth Cycling Campaign expects to join the new organisation when issues concerning insurance have been clarified.

Resignation from Board of Dublin Cycling Campaign

Meantime, the Chair of Maynooth Cycling Campaign, Gerry Dornan, has resigned from the Board of Dublin Cycling Campaign. He explained the reasons for the

resignation to cycle campaigners in a post on the Cyclist.ie Slack channel but despite a commitment to transparency in the organisation, the post was unilaterally deleted. Details of the reasons are given on the Maynooth Cycling Campaign website.

Maynooth Cycling Without Age

Maynooth's Cycling Without Age took a break over the winter months but now we are ready to start afresh and will be scheduling training sessions after St. Patrick's Day. However, the priority is to engage with nursing homes and the general public.

We will also be working in conjunction with Genil Training on the Moyglare Road to make more frequent use of the trishaw.

Climate Change and Health

Climate change is often linked with the damage resulting from more extreme weather patterns. It is not generally linked to health. However this changed at a recent press conference, where Diarmid Campbell-Lendrum, head of climate and health at the World Health Organisation stated "Talking about action on climate change without talking about fossil fuels is like talking about lung cancer without mentioning tobacco".

Dr Arvind Kumar, founder of the Lung Care Foundation stated that "health discussions need to start mentioning fossil fuels", otherwise "the problem will not get solved..... Little cosmetic changes here and there are not going to make much of a difference," he said.

Naas Pathfinder Project

Maynooth Cycling Campaign is disappointed that Kildare's proposal for a Pathfinder project to prioritise active travel

on the Main Street Naas has failed to secure funding from the Department of Transport. The problem was that the time to implement the project was longer than specified by the Department. Councillors, in the Naas Municipal District, or at least a majority of them, have been to the forefront in supporting active travel schemes over car based travel so Maynooth Cycling Campaign is disappointed that their efforts have not been recognised.

Opening of new bridge on Grand Canal Greenway

In January, Eamon Ryan, the Minister for Transport came to Sallins to officially open the new bridge on the Grand Canal Greenway.

Road Safety

There has been a total of 184 road fatalities on Irish road in 2023. This is an increase of 19% from 2022. Eight people cycling lost their lives while cycling on roads in Ireland in 2023, an increase of one death compared to the previous year.

Bicycle Parking Standards

The European Cycling Federation (ECF) strongly welcomes the provisional agreement on the Energy Performance of Buildings Directive which sets, for the very first time, European minimum bicycle parking norms for virtually all types of buildings, both residential as well as non-residential. This includes a new standard of two bicycle parking spaces per apartment.

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

How to clean Radiators for Better Efficiency

Turn off the heating

First, make sure the heat is off. It's not safe to clean a hot radiator. Let it cool down before you start. This step helps keep you safe while cleaning. A cold radiator is easier and safer to clean than a hot one.

Vacuum the inside

To clean the inside of your radiator, start by turning off the heating to ensure safety. Next, grab a vacuum cleaner with a crevice attachment and use it to remove any dust or dirt that may have accumulated inside. Be sure to reach into all the nooks and crannies of the radiator. This step is important because it helps improve the efficiency of your radiator and prevents dust from being blown back into your home when you turn on the heat again. Additionally, using a brush attachment can help dislodge any stubborn debris that might be stuck inside. Move the brush gently up and down each fin on the radiator to effectively remove dirt.

Use a cloth or sponge

To clean your radiator, grab a cloth or sponge. After you've turned off the heating and vacuumed the inside, it's time to wipe down the radiator. Use the cloth or sponge to remove any remaining debris and dirt. Make sure to pay extra attention to stubborn stains, if there are any. By using a cloth or sponge, you can effectively clean your radiator and keep it looking nice and tidy.



Rinse with water

After vacuuming and wiping down the radiator, it's time to give it a final rinse with water. This step is crucial in ensuring that any remaining dirt or debris is completely removed from the surface of the radiator. Use a damp cloth or sponge to gently wipe away any soap residue and leave the radiator looking clean and shiny.

Clean the skirting boards

When cleaning your radiator, don't forget to pay some attention to the skirting boards. Dust and dirt can accumulate on these surfaces over time, so it's important to wipe them down as well.

Use a damp cloth or sponge to remove any debris or marks from the skirting boards. Make sure to dry them thoroughly afterwards to prevent water damage. By including this step in your radiator cleaning routine, you'll be able to keep not only your radiator but also the surrounding area looking clean and tidy.

Frequency of cleaning

Cleaning your radiator regularly is essential to maintaining its efficiency and prolonging its lifespan. Experts recommend cleaning your radiator at least once a year, preferably before the start of the heating season. However, if you live in an older home or have pets or allergies, it may be necessary to clean it more frequently. By keeping up with regular cleaning, you can ensure that your radiator continues to operate effectively and keep your home warm during those chilly months.

Special tools or products needed

To clean your radiator, you will need some special tools and products. Here's what you'll need:

- A specialist radiator cleaning brush: This brush is designed to reach between the fins of the radiator and remove dust and dirt.
- A microfiber cloth: Use this cloth to wipe down the radiator and remove any remaining debris.
- A vacuum cleaner with a crevice attachment: This attachment is perfect for reaching into tight spaces within the radiator.
- A wet/dry vac with a brush attachment: This can help to suck up any loose dirt or dust from inside the radiator.
- Soap and water: Mix some soap with water to create a gentle cleaning solution for removing stubborn stains on the radiator surface.
- A towel: Place a towel under the radiator while cleaning to catch any falling dust or debris.
- A push stick or piece of wood: Use this tool to push any trapped dirt out from behind the radiator.



Avoiding harsh chemicals

We highly recommend avoiding the use of harsh chemicals when cleaning your radiators. These chemicals can damage the surface and potentially harm your health. Instead, opt for gentler cleaning solutions like soapy water or vinegar diluted in water. These natural alternatives are effective in removing dirt and stains without causing any harm. Additionally, using microfiber cloths or soft sponges is a safer option compared to abrasive materials that can scratch the radiator's surface.

Clean Your Radiator for Better Efficiency

In conclusion, cleaning your radiator is a simple process that can help improve its efficiency and lifespan. So, with regular maintenance and proper cleaning techniques, you can ensure that your radiator continues to function effectively in heating your home. Take action now and clean your radiator for better efficiency.

Source: www.perfectclean.ie/blog/how-to-clean-radiators-in-house


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



Deferring your State Pension (Contributory)

- What is deferring the State Pension (Contributory)?
- Who can defer their State Pension (Contributory)?
- Rates of deferred State Pension (Contributory)
- How to apply
- Contact details

What is deferring the State Pension (Contributory)?

The State Pension (Contributory) is paid to people from the age of 66 who have enough (PRSI) contributions. From January 2024, you can choose to start claiming your State Pension (Contributory) anytime between the ages of 66 and 70. Choosing a later start date is called deferring your pension. You can defer your start date up until you turn 70.

Why would I defer the start date for my State Pension (Contributory)?

During deferral, you can continue to work and make PRSI contributions to increase your personal rate of payment or meet the qualifying condition of 520 (10 years) contributions for State Pension (Contributory).

This means that deferring your State Pension (Contributory) can help you to:

- Qualify for State Pension (Contributory) if you didn't qualify at age 66
- Get a higher rate of State Pension (Contributory) than what you would have got at age 66

Who can defer their State Pension (Contributory)?

If you were born on or after 1 January 1958, you can choose to claim the State Pension (Contributory) anytime between the ages of 66 and 70.

Once you start claiming your State Pension (Contributory), you can no longer choose to defer your pension claim, even if you keep working. This is because you don't pay PRSI once you start getting your pension.

Rates of deferred State Pension (Contributory)

If you choose to start claiming your pension between age 67 and 70, you may be entitled to a higher rate of State Pension (Contributory).

Your pension rate depends on the age you are when you start getting your pension and your number of PRSI contributions. If you don't qualify for the maximum rate, you may get a reduced rate.

The table below includes maximum rates based on January 2024 rates of State Pension (Contributory).

| Age when you start to claim | Maximum rate | Increase for qualified adult (under 66) | Increase for qualified adult (66 and over) |
|-----------------------------|--------------|---|--|
| 66 | €277.30 | €184.70 | €248.60 |
| 67 | €290.30 | €193.40 | €260.30 |
| 68 | €304.80 | €203.00 | €273.20 |
| 69 | €320.30 | €213.30 | €287.10 |
| 70 | €337.20 | €224.60 | €302.30 |

You can also get an increase in your payment for child dependants (known as an Increase for a Qualified Child or IQC).

How many PRSI contributions can I make during deferral?

During deferral, you can continue to make PRSI contributions to increase your personal rate of payment or meet the qualifying condition of 520 (10 years) contributions for State Pension (Contributory).

However, you will not be able to increase your contributions past the current maximum of 2080 (40 years). It is important to know how many contributions you have before you are going to drawdown your pension.

How to estimate rate of my State Pension (Contributory)

To estimate your State Pension (Contributory) rate, you can ask for a copy of your Contribution Statement on MyWelfare.ie. This statement includes all your PRSI contributions, including paid PRSI contributions and Long-Term Carers Contributions.

You need a verified MyGovID account to use this service. You can find information on how to estimate your State Pension (Contributory) rates on gov.ie

You should apply for the State Pension (Contributory) no more than 6 months before your claim start date. If you apply late, your pension start date can be backdated 6 months only.

The Department of Social Protection will publish a new application form for State Pension (Contributory) soon. It will ask for the date you want to start getting your pension. This can be at age 66, like it is now, or any date between 66 and 70.

If you use the current SPC1 application form and you turn 66 in 2024, the Department will write to you asking what date you want to start claiming your State Pension (Contributory).

Contact details
Department of Social Protection
College Road
Sligo
F91 T384

Opening Hours: This office does not offer a service to personal callers. All queries must be made using the online enquiry form, by telephone or in writing.

Tel: (071) 915 7100 or 0818 200 400

Homepage: <https://www.gov.ie/en/service/e6f908-state-pension-contributory/>

Email: state.con@welfare.ie

Sick leave and sick pay

Introduction

From 1 January 2024, you have a right to 5 days' sick pay a year (increased from 3 days in 2023). This is called statutory sick pay (that means the legal minimum). Sick pay is paid by your employer at 70% of your normal pay up to a maximum of €110 a day. You must be an employee and be working at least 13 weeks with your employer before you can get statutory sick pay. Your employer can have a more generous sick pay scheme, but they can't give you less than the statutory amount.

What is the Statutory Sick Pay scheme (SSP)?

The Statutory Sick Pay (SSP) is the legal minimum sick pay. The entitlement to paid sick leave is being phased in:
2024 - 5 days covered
2025 - 7 days covered
2026 - 10 days covered
Sick days can be taken as consecutive days or non-consecutive days. The sick pay year is the calendar year, so it runs from 1 January to 31 December. You can get sick pay of 70% of normal weekly pay, up to a maximum €110 a day – see more about how your sick pay is calculated below. The rules on the SSP are set out in the Sick Leave Act 2022. The entitlement to sick pay started on 1 January 2023.

Am I entitled to sick pay?

To qualify for statutory sick pay you must:

- Be an employee
- Have worked for your employer for at least 13 continuous weeks before you are sick
- Be certified by a GP as unable to work

KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth

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(Continued from page 10)

You can get sick pay if you are:

- On probation
- Undergoing training (interns)
- An apprentice
- An agency worker

Can part-time workers get 5 days?

Yes, both full-time and part-time employees can take 5 days paid sick leave.

However, the amount you get paid for your sick leave (70% of your earnings, up to €110) is based on the average of your pay over the 13 weeks before you are on sick leave – see more below.

If I have more than one job

If you have multiple employers, you can get 5 days paid sick leave from each employer, once you have 13 weeks service with that employer before you are sick.

Do I need a medical cert to get sick pay?

Under the sick leave legislation, you must be certified by a GP as unable to work to qualify for statutory sick pay. You should be certified from day 1 of your sick leave. You have a right to SSP from the first day you are off sick. Your employer cannot apply 'waiting days' before you get statutory sick pay.

How is my sick pay calculated?

Your statutory sick leave payment must be paid at your normal daily rate. You are entitled to 70% of your normal pay, up to a maximum €110 a day.

What is normal daily pay?

Your normal daily pay includes any regular bonus or allowance which do not change from week to week (but excludes overtime or commission). If your pay changes from week to week (for example, because of regular bonus payments or allowance), your sick pay is the average of your pay over the 13 weeks before you are on sick leave.

Remember that sick pay is capped at a maximum of €110 a day.

If my employer already has a sick pay scheme

Your employer may offer you more generous sick pay arrangements under its own scheme. If so, your sick leave will be dealt with under that scheme. That scheme must be more favourable, when viewed as a whole, than the statutory sick pay scheme if it is to apply.

Am I eligible for Statutory Sick Pay (SSP) too?

No, you cannot get the SSP on top of the benefits from your employer's scheme. If your employer has their own sick pay scheme that offers more generous benefits than SSP, you should be paid under those arrangements. The SSP is for employees who don't have a company sick pay scheme or don't qualify for it.

If I am off sick for less than 5 days

If you are off work sick for less than 5 days, the unused days can be used for any other sick period, up to a maximum of 5 days in a calendar year.

How does sick leave affect illness benefit?

If you are off work sick for more than 5 days, and you have enough PRSI contributions, you can apply to the Department of Social Protection (DSP) for a payment called Illness Benefit.

Your Illness Benefit starts from day 6.

If you are sick again

If you have already used your 5 days of statutory sick leave in 2024 and you are sick again later in the same year, you can get Illness Benefit from day 4 of your illness (that is after the normal 3 waiting days).

Protection of your employment rights

Your employment rights are protected during sick leave. You are treated as being in employment while you are on sick leave.

What happens if I am off sick during public holidays?

If you work full time and you are on sick leave during a public holiday, you can get sick pay or Illness Benefit for the public holiday you miss.

Alternatively, your employer can treat you as not being on sick leave on the public

holiday and pay you as normal for that day. In this case, they will not count the public holiday as a sick leave day.

If you work part-time and you are on sick leave during a public holiday, you are entitled to time off work for the public holiday. You must have worked at least 40 hours over the previous 5 weeks.

You are not entitled to pay or time off for the public holiday if you are on sick leave immediately before the public holiday, and either of the following apply:

- You have been off work for more than 26 weeks due to an ordinary illness or an accident
- You have been off work for more than 52 weeks due to an occupational accident

What happens to my annual leave when I am off sick?

If you are sick during your annual leave and get a medical certificate for the days you are sick, these days will not be counted as annual leave days. An employer cannot insist that you take annual leave on days you are off sick, once you have a medical certificate. You can build up your annual leave entitlement while you are off sick, once you have a medical certificate.

If you are on long-term sick leave and cannot take your annual leave due to illness, you can carry it over for up to 15 months after the end of the year you built it up. If you leave your job within these 15 months, you should get holiday pay for the day's leave you did not take due to illness.

If I take sick leave while on probation

Your employer can suspend your probation, training or apprenticeship for the period you are on sick leave. The days can be added onto the end of your probation, training or apprenticeship period.

What can I do if I lose my job?

If you are often off sick or if your illness means you can no longer do your work, you may lose your job. In some cases, the law can protect you from unfair dismissal.

Having problems getting sick pay

If you do not get sick pay, contact your employer to try to resolve the issue informally first.

If you cannot resolve the issue directly with your employer, you can make a formal complaint to the Workplace Relations Commission (WRC).

How to make a complaint to the WRC

If you have a dispute about sick pay, you can make a formal complaint to the WRC. You should use the online complaint form.

You must make your complaint within 6 months of the dispute. The time limit can be extended for a further 6 months if there is reasonable cause for the delay. Read more about how to make a complaint, including details of the WRC adjudication process.

I was penalised for taking sick pay

You are protected from being victimised or penalised for claiming your rights under sick leave legislation.

This means your employer cannot penalise you by dismissal, unfair treatment or an unfavourable change in your conditions of employment. If you were penalised, you can take a complaint to the Workplace Relations Commission (WRC).

Employer exemption from paying sick pay

An employer who is experiencing severe financial difficulties can apply to the Labour Court for an exemption to pay statutory sick pay.

If an exemption is granted, it will be for a period of between 3 to 12 months.

The law on sick leave and sick pay is set out in the [Sick Leave Act 2022](#), the [Commencement Order for the Sick Leave Act 2022](#) and the [Sick Leave Act 2022 \(Prescribed daily rate of payment\) Regulations 2022](#).

The WRC also has information on [Sick Leave](#).

You can read more about [accidents in the workplace](#).

Maynooth Dresses

**New stock of 2024
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our info or call (01) 629 3585



Club Gaeilge Nuada

For anyone with an interest in our native language.

Tá Club Gaeilge Nuada ar siúl Dé Céadaoin 31ú Éanair, 28 Feabhra, 20 Márta ó 19.00 - 21.00 in Ostan Glenroyal Maigh Nuad. Beidh an club leabhar, ciorcal cómhra agus rang breise do fhoghlaimeoirí ann.

Ina theannta sin beidh sólaistí ar fáil saor in aisce.

Wednesday 31 January, 28 February, 20 March Club Gaeilge Nuada will be in the Glenroyal Hotel Maynooth from 19.00 - 21.00. Book Club, Ciorcal Comhra agus informal Gaeilge class.

Complimentary refreshments available.

Ag súil libh a fheiceáil ann.

Daithí Mac an Aircinn (Cathaoirleach)
Cora De Paor (Rúnaí) eolas@gaeilgenuada.ie



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St. Mary's Brass & Reed Band

In a new departure the Band held it's annual Christmas Concert in the Parish Church for the very first time and it was a success despite the miserable weather conditions on the night.

The acoustics in the Church, as we have found for our annual masses for deceased members, are exceptional and it could be the perfect venue for future concerts, with the permission of Fr. Frank of course.

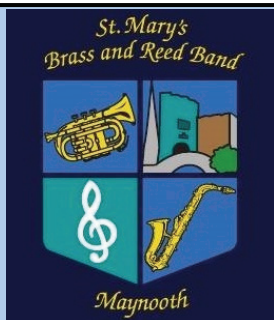
Our December Christmas collections on 16th December were really well supported and we are indeed most grateful for the support we receive from the community and we thank Manor Mills, Supervalu and Tesco for allowing us to collect on their premises.

As people know only too well costs are rising and running the Band gets more expensive every year and being a voluntary group we depend so much on these collections.

With 2023 done and dusted we are beginning to organise our programme for the coming year, the first of which will be the St. Patrick's Day Parades which will be in Maynooth and Kilcock as in previous years .

However every year we get numerous requests for the Band to play at parades in other towns around Maynooth but because of time constraints it's not possible to do them. Maybe in the future when we have a bigger band it could be done.

In conclusion we would like to wish all our supporters and friends a very happy, safe and peaceful new year.



St. Brigid's 1500 Events in Maynooth

Storytelling & Craft workshop for Children



February 1 @ 3:00 pm – 5:00 pm

Location: Maynooth Library

Join Storyteller Helena Byrne for a fun & interactive afternoon of stories, crafts and games as we learn all about the myth, magic and legend of Brigid and the many incredible superstitions connected with the Goddess and Saint.



Suitable for ages 7+.

All children attending this event must be accompanied by a parent/guardian.

Book your free ticket: <https://buytickets.at/maynoothlibrary/1102943>

Group: Library Service

Carrying Her Flame Maynooth, Luxe Theatre Landscape

February 2 @ 7:00 pm

Luxe Landscape Theatre will lead a grand fiery processional event in St. Patrick's College Maynooth at 7:00 p.m. on Friday February 2nd.



No tickets are required for this event.

Lá Aheile Bríde Shona Daoibh

| Kildare Planning Applications for Maynooth Area Planning Applications received from 04/12/2023 to 29/01/2024 Information from Kildare County Council Website | | | | |
|---|------------------------|---------------------------------------|---|------------|
| App # | Authority | Applicant Name | Development Address | App Date |
| 2460042 | Kildare County Council | Susan & Feargal Barton | Pebble Hill House, Dunboyne Road, Maynooth, Co. Kildare | 25/01/2024 |
| 2460015 | Kildare County Council | Authorized Property Company Unlimited | GlenRoyal Hotel, Straffan Road, Maynooth, Co. Kildare | 16/01/2024 |
| 2360538 | Kildare County Council | Maynooth University | University Library Building, South Campus, Maynooth University, Maynooth, Co. Kildare | 22/12/2023 |
| 2360515 | Kildare County Council | Maynooth University | University Library Building, South Campus, Maynooth University, Maynooth, Co. Kildare | 20/12/2023 |
| 2360494 | Kildare County Council | Brian & Patricia Murray | 16 The Downs, Moyglare Hall, Maynooth, Co. Kildare | 16/12/2023 |
| 2360476 | Kildare County Council | Brian and Patricia Murray | 16 The Downs, Moyglare Hall, Maynooth, CO. KILDARE | 13/12/2023 |
| 2360474 | Kildare County Council | EirGrid Plc. | Maynooth 220kV Substation, Taghadoe, Co. Kildare | 12/12/2023 |
| 2360471 | Kildare County Council | Mark Cleary | 6 The Arches, Silken vale, Maynooth, Co. Kildare | 11/12/2023 |
| 2360446 | Kildare County Council | Graham & Tracy Tierney | Rakaia, Moneycooley, Maynooth, County Kildare | 05/12/2023 |
| 2360443 | Kildare County Council | David McCartan | Smithstown, Maynooth, Co. Kildare | 04/12/2023 |

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Catherine Murphy T.D. Social Democrats, Kildare North.

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Update from Waterways Ireland

Further to your correspondence of 31st July 2023 regarding the greenway section of the Royal Canal at Leixlip, County Kildare. I would firstly like to take this opportunity to sincerely apologise for the long delay in replying as it has been, as I understand it, a protracted and difficult situation to resolve.

In summary, a dispute had arisen between the Contracting Authority, Kildare County Council (KCC), and the contractor. The site was under the control of the contractor, as part of a legal contract with KCC, and they were responsible for site security. Until the works were fully completed and approved Waterways Ireland could not resume management of the property.

Regarding mediation on the dispute, I can advise that there is an arbitration process within all public contracts which involves the use of a nominated professional arbitrator who is independent of all parties and as such Waterways Ireland is unable to act as mediator for this process.

The dispute between the two parties has been resolved and the existing contract has been terminated. A new contract is being tendered by KCC to complete the remaining phases of the greenway. Snagging of the existing work will be undertaken as part of this contract.

As a result of the dispute, the works have taken longer than originally anticipated. KCC as the Contracting Authority are the most appropriate body to provide relevant information in response to your query on outturn costs and future works.

We are in ongoing communication with KCC, and I look forward to an early resumption of works to complete this section of the greenway.

Yours sincerely,
John Mc Donagh
Chief Executive

Record number of children spent Christmas

Figures released on 26th January 2024 by the Department of Housing show that 3,962 children spent Christmas living in homeless emergency accommodation.

Commenting, Social Democrats TD Catherine Murphy said:

"This is 520 more than December 2022 and a shocking 49 per cent increase since this Government has taken office.

"Growing up without a home can have devastating impacts on the development of a child. Education, friendships and family life all suffer without the basic stability of a place to call home.

"When is the Government going to treat this crisis with the urgency it deserves? Will there be another 520 children homeless next Christmas? This has to stop.

"There are measures that the Government should be taking to protect children from the trauma of growing up homeless.

"A ban on no-fault evictions should be immediately introduced so that families paying their rent can stay in their homes.

"We need to be building thousands of social and affordable homes every year so that families have a chance of securing a long-term stable home.

"Local authorities should be acquiring land through compulsory purchase orders to ensure a continuous supply of social and affordable homes for a growing population.

"This Government has turned its back on these children. There is no acceptable level of child homelessness, and we should be doing everything in our power to eradicate it completely."

Government is failing to address rising child poverty levels

POSTED ON 25 JANUARY 2024

Figures published on 25th January 2024 show that the Government is failing to get to grips with rising child poverty levels, according to Social Democrats TD Catherine Murphy.

"The 2023 State of the Nation's Children (SONC) report paints a bleak picture of child poverty in Ireland and shows that the numbers are going in the wrong direction.

"There are more than 1.2 million children living in Ireland today. However, the report reveals that 15.2 per cent of them were considered to be at risk of poverty last year – up from 13.6 per cent in 2021.

"The figure for children experiencing consistent poverty was 7.5 per cent, up from 5.2 per cent in 2021.

"The Taoiseach has previously stated that he wants Ireland to be the best country in Europe to be a child. The figures published today are completely at odds with this aspiration.

"The Government's Child Poverty Unit must use the data contained in the SONC report and take strategic action to improve the lives of vulnerable children and families.

"Poverty is corrosive and can prevent children from accessing future educational, social and employment opportunities.

"No country with a strong economy like Ireland's can justify rising child poverty levels."

Murphy welcomes landmark ICJ ruling against Israel

Social Democrats TD Catherine Murphy Holly Cairns has welcomed the decision by the International Court of Justice, calling it a landmark ruling that must be a turning point to end the violence.

"The landmark ruling by the ICJ is a clear win for South Africa and must be a turning point in this horrific conflict.

"Significantly, the court recognised the right of Palestinians in Gaza to be protected from acts of genocide – and for Israel to do much more to ensure that humanitarian aid and basic services reach people in Gaza.

"I also welcome the fact that the court called for the unconditional release of Israeli hostages by Hamas, and other armed Palestinian groups – something that should happen immediately.

"While the court did not order a complete cessation of Israel's military operation in Gaza, it is difficult to see how Israel can comply with the court's order in the absence of a ceasefire. Gaza is the most densely populated place on the planet. Missile strikes and its ground invasion will inevitably lead to civilian casualties.

"The fact that the ICJ has found that Israel, a Western democratic State, has a case to answer for alleged genocide is itself very significant.

"Genocide is the worst human rights crime and the fact that Israel must now defend itself against allegations it engaged in genocide is a dark stain that will forever be attached to that State's government.

"There are also questions to answer for Israel's cheerleaders in the international community – particularly the United States, the UK and Germany – who have watched the wholesale slaughter in Gaza and endorsed Israel's right to engage in this massacre.

"There is overwhelming evidence to support a genocide case against Israel. Since October 7, 100,000 Palestinians have been killed, reported missing or wounded, with the death toll now almost at 26,000. Separately, senior Israeli officials have engaged in genocidal rhetoric.

"With South Africa's genocide case set to proceed to a full hearing, the international community, including Ireland, can no longer sit on the fence.

"The Irish Government's stance on South Africa's ICJ case has been extremely inconsistent. While the Taoiseach initially said Ireland would not get involved, his position has shifted considerably in recent weeks due to political pressure and ongoing public revulsion at Israel's massacre of innocent civilians in Gaza.

"Last week, after voting down a Social Democrats' motion calling on Ireland to support the ICJ case, the Government said it would consider intervening 'as a matter of urgency' after the court makes its order on preliminary measures and after South Africa submits its substantive case.

"This delay is unconscionable. The Government must indicate its intention to support South Africa – and begin the considerable legal analysis that will be involved in intervening in the case.

"Earlier this week, the Tánaiste stated that 'Israel must be held to account'. Despite these strong words, the Government has failed at every opportunity to do exactly this.

"Now that the ICJ has rejected Israel's contention that it does not have jurisdiction to hear the case, and found there is a possibility that a genocide is being inflicted on the Palestinian people, the Irish Government must stop dithering and immediately signal its intention to support South Africa."

Ryanair bulk-buying homes shows housing plan is in chaos

The revelation that Ryanair has bought up 25 homes in an estate in Swords, Co. Dublin, is another kick in the teeth for first-time buyers, according to Social Democrats TD Catherine Murphy.

"It is already hard enough for people looking to get a place of their own when rents are at the highest ever level and house prices 6 per cent above their Celtic Tiger peak.

"Add to that, having to bid against international investment funds and global companies, and it is no wonder there over half a million adults stuck living in their childhood bedrooms.

"People are shocked that Ryanair has now entered the property market, but stories like this do not take place in a vacuum. The only reason Ryanair are buying up homes is because their workers cannot find a place to live. Large corporates should not have to enter the property market in a desperate bid to house their staff.

"It's not as if small and medium businesses or vital public services can splash cash in this way. What are our schools supposed to do about their teachers? Should the gardaí enter the property market? Will the HSE need to become Ireland's largest landlord?

"This Government is presiding over a dysfunctional housing system that rolls over for giant corporations but offers little hope to ordinary people.

(Continued on page 16)



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

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“They have already failed to stop funds snapping up homes in housing estates. Now, their housing plan has resulted in Ryanair bulk-buying new homes. What will happen to supply for first-time buyers if other large companies follow Ryanair’s example? “We need to build thousands of affordable homes every year for individuals and families. Until this happens, housing will continue to be bought up by funds looking to cash in on a crisis, or companies desperate to find homes for their employees.”

Latest National Biodiversity Plan is a missed opportunity

The fourth National Biodiversity Plan, which was published in January, has been described as a missed opportunity by Social Democrats TD Catherine Murphy.

Deputy Murphy said:

“A biodiversity crisis was declared in 2019, yet the actionable targets in this latest plan are few and far between.

“It is important to bear in mind that the State is one of the largest landowners in the country. It is therefore disappointing that structural changes, such as the remit of Coillte and Bord na Móna, are not included in the plan.

“It is also unfortunate that the recommendations of the Citizens’ Assembly on Biodiversity Loss and the Oireachtas Committee on Environment and Climate Action have largely been ignored.

“The timeline for implementation of this plan is also problematic, with a 2030 target date for a significant number of measures.

“Shockingly, 85 per cent of EU protected habitats in Ireland are reported as being in unfavourable status, with 46 per cent showing ongoing declines.

“This means we do not have the luxury of time when it comes to protecting our natural habitats, native plant species and marine environment from further destruction.

“A review of the last plan four years ago warned that our land, ocean, atmosphere and biosphere are being altered to an unparalleled degree.

“It begs the question: what exactly has the Government being doing since then?”

Government fails to support effective ban on vulture funds bulk buying homes

The Government has been strongly criticised for not supporting an amendment by Social Democrats TD Catherine Murphy to effectively ban the bulk purchase of homes by investment funds.

“The Social Democrats submitted an amendment calling for a 100 per cent stamp duty rate on the bulk buying of homes by vulture funds. This would prevent speculators from snapping up multiple homes in housing developments at the expense of ordinary people. Unfortunately, the Government did not accept my amendment.

“There has been understandable public outrage since it was reported last week that an investment fund had purchased 46 out of 54 homes in Belcamp Manor in Dublin 17.

“The Government claim they have already taken action by introducing an increased stamp duty rate for bulk buying homes. I warned at the time that an increased rate of 10 per cent amounted to a tokenistic gesture that would be hopelessly ineffective.

“Figures released yesterday have confirmed that the number of homes being bought in bulk by investment funds has risen dramatically since the increased stamp duty was introduced in 2021.

“Last year, 623 houses and duplexes were bought in bulk by investment funds – that’s a 71 per cent increase on 2022.

“It proves that speculators are continuing to cash in on the highest rents this country has ever seen and making profits that can easily offset the derisory stamp duty liability in place.

“Nothing less than a 100 per cent stamp duty rate is needed to dissuade investment firms from bulk buying homes. By refusing to support my amendment, the Government has missed an opportunity to bring about an effective ban.”

A snapshot of some recent Parliamentary Questions raised by Catherine Murphy TD

271. To ask the Minister for Employment Affairs and Social Protection if there is any social protection support that provides for a door-to-door taxi service in respect of hospital appointments for persons that cannot use other forms of public transport due to ill health (details supplied). [3426/24]

Minister Heather Humphreys

Supports from my Department are not intended to cover circumstances where another Government Department or Agency has the primary responsibility. The responsibility for the provision of assistance to those who require transport to hospital appointments rests with the Health Service Executive (HSE).

If the person concerned has exhausted all other options and can provide evidence from the HSE that they are unable to provide assistance with transportation and that there is no financial assistance available from another source, including a Government Department or Agency, they can apply for assistance under the Supplementary Welfare Allowance (SWA) scheme.

Under the SWA scheme, my Department may make Additional Needs Payments (ANPs) to help meet expenses that an eligible person cannot pay from their weekly income. An ANP is an overarching term used to refer to Exceptional and Urgent needs payments, and certain Supplements available to assist with ongoing or recurring costs that cannot be met from a person’s own resources, and which are deemed to be necessary. Payments are made at the discretion of the Designated Persons administering the scheme considering the requirements of the legislation and all the relevant circumstances of the case.

Catherine Murphy (Kildare North, Social Democrats)

270. To ask the Minister for Education and Skills the number of schools that have temporary class accommodation on their site by school enrolment division; and the duration that each school has been using temporary school accommodation. [2391/24]

Temporary accommodation in schools may be rented or purchased and funded by the Department or by the school authority itself, with or without Department sanction. For that reason it is not possible to provide the Deputy with a complete picture in respect of all temporary accommodation at schools as requested.

As the Deputy will appreciate, within the context of a rapidly increasing school population combined with arriving Ukrainian children, my Department's priority is to ensure that every child has access to a physical school place. In this regard, it is sometimes necessary to make use of temporary accommodation in order to meet the accommodation needs of schools.

The timing and duration of the accommodation need is also considered in determining the optimum accommodation solution – a short-term accommodation requirement does not require a long-term accommodation solution. For example, a school may require a temporary building in circumstances where a major school construction project is planned. Such temporary accommodation is removed when the major project concerned is completed. The length of time it is necessary to make use of temporary rented accommodation will vary from project to project.

There are over 1,300 school building projects within the current pipeline across the various stages of planning, design, tender and construction - most of which are expected to be either under construction or completed in the period 2021 to 2025. The progression and completion of these projects is and will make further inroads on the replacement of rented sites and buildings with knock-on savings on the rental budget. Good progress continues to be made with the rollout of projects, and the current status of projects being delivered is listed in tabular format, on a county by county basis, on the Department’s website at www.gov.ie and is updated regularly.

Many schools based in rented buildings and on rented sites are already part of the pipeline of projects under the school building programme and their longer-term accommodation will be addressed as part of these projects. Maximising the opportunities to achieve value for money involves matching, as best as possible, the accommodation requirement with the appropriate accommodation solution. This is relevant for all accommodation projects progressed by the Department.

The changing landscape in relation to enrolments including that of arriving Ukrainian children means that accommodation requirements can vary locally and regionally and between short, medium and long-term and this is a relevant factor considered by the Department in determining the type of accommodation solution to be put in place. The attached table lists the number of primary and post primary schools with rental accommodation on site and the year the rental commenced.

Catherine Murphy (Kildare North, Social Democrats)

594. To ask the Minister for Education and Skills the number of primary schools in Ireland that have an enrolment figure of 100, 200, 300, 400 and 500 students or more, in tabular form. [1091/24]

(Continued on page 17)



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

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Norma Foley (Kerry, Fianna Fail)
Please find attached requested data. Please note data is for academic year 2022-2023, the last year we have final data for and is based on enrolments in mainstream primary schools as per mainstream school list which can be found at the link below;
www.gov.ie/en/collection/primary-schools/#20232024.

Mainstream School Size 2022-2023

| School Enrolment Size | Number of Schools |
|-----------------------|-------------------|
| 0-100 | 1,259 |
| 101-200 | 759 |
| 201-300 | 519 |
| 301-400 | 246 |
| 401-500 | 186 |
| 501+ | 126 |
| Total | 3,095 |

Catherine Murphy (Kildare North, Social Democrats)
1070. To ask the Tánaiste and Minister for Justice and Equality the number of vehicles seized by gardaí for having no valid NCT certificate within DMR region,

Kildare and Wicklow in 2023, in tabular form. [1086/24]

Helen McEntee (Meath East, Fine Gael)
Road safety is a shared responsibility which this Government takes very seriously. We have all been shocked by the recent loss of life on our roads, and concerned by the worrying increase in road fatalities in 2023, and into the early days of the New Year, after many years of progress in making our roads safer. Road traffic enforcement is an integral part of the day to day duties of all front-line Gardaí – on average 25% of roads policing enforcement and 75% of drug/drink driving checks are carried out by regular members. The budgetary provision for the recruitment of 800 - 1000 new Gardaí this year will both increase the number of front-line Gardaí and allow for the expansion of specialist units as deemed necessary by the Garda Commissioner. I have been advised by the Garda authorities that the below table provides a breakdown of the number of vehicles seized under section 41 of the Road Traffic Act for the reason of having no valid NCT certificate.

| DMR Region | 1797 |
|------------------|------|
| Kildare Division | 250 |
| Wicklow Division | 68 |

Information supplied is from PULSE as of 9 January 2024, and is operational and subject to change. Incidents shown are from 1 January 2023 to 31 December 2023 inclusive.

Refugees and asylum seekers complete Changemakers course in MU

- Mentoring programme empowers students to reach for higher education goals.
- Course reinforces Maynooth University's commitment to the University of Sanctuary and widening participation



Tuesday, 30 January 2024 – A total of 27 students from 10 International Protection Accommodation Services centres across the Midlands, East and North Dublin have completed the Changemakers Mentoring Programme in Maynooth University. The programme, offered by College Connect and Maynooth University Access Programme (MAP), aims to empower students from communities underrepresented in higher education.

Ukrainian MU student Olena Kaniuka spoke about the impact the course had on her, restoring her self-worth and identity: “For some, it was eye-opening and each of us learned something valuable they will never forget. For me, it was the power that each of us showed during the sessions, proving that change and strength come from within.”

Speaking before the event which took place in Renehan Hall on MU’s South Campus, MU Head of Access Operations Martha Brandes said: “Through impactful initiatives like Changemakers, Maynooth University reinforces its commitment to making our campus a more inclusive and diverse space. “The collaboration with individuals in the protection system emphasises our commitment to our University of Sanctuary status and reflects our broader efforts in supporting students underrepresented in higher education and advancing the goals outlined in the National Access Plan.”

Changemakers is a mentoring initiative under the College Connect regional mentoring programme, which aims to create direct engagement opportunities for prospective students with current university students and access staff in the Midlands, East and North Dublin (MEND) region.

Congratulating the students, College Connect Project Manager Deirdre FitzPatrick said: “Programmes like Changemakers are designed to activate the agency and knowledge that already exists within you and to find the confidence within yourself to go on and achieve what you are capable of. We know that by working with you we can ‘Change who goes to college!’”

Reflecting on the experience, Zoryana Pshyk, programme co-facilitator, said: “The transformative power of the Changemakers programme has had a major impact on students who partake. Within this cohort we have seen students gain the confidence to

apply to and enter higher education this coming September.” Her colleague, MU Traveller and Roma Education Outreach Officer Megan Berry added: “We intend to continue to provide this opportunity to communities underrepresented in higher education and we will run the programme with Traveller and Roma communities this spring.” To learn more about the Changemakers mentoring programme or to express interest in participating in the Traveller and Roma iteration, please contact Maynooth University Access Programme at access@mu.ie or College Connect at collegeconnect@mu.ie.

College Connect is a regional access project that aims to widen participation by enhancing educational aspirations and opportunities for the most socio-economically disadvantaged people in the MEND region. The project is led by Maynooth University in partnership with Dublin City University (DCU), Technological University of the Shannon (Athlone Campus), and Dundalk Institute of Technology (DkIT).





Writers’ Corner - Short Stories/Articles from our Readers

Derrylow Walkabout - Part 1

We’re trudging in wellingtons across the Shed Field in which I saved hay as a boy, my daughter, Aileen, my niece’s English-born husband, Steve, and I. Beside us a single-strand electric fence divides the higher ground from the hoof-pitted lower area. Since this is my special place, I’m acting as guide, keeping up a commentary on everything around us. See behind those cypresses: that’s where our mother used to grow peas, beans, lettuces, anything we needed for the table. And see those grassy banks further back – that’s where we used to cut turf: a man with a slane would slice off a sod and toss it to another man standing above him on the bank, who caught it deftly and placed it on a barrow...

My recital is interrupted by a metallic birdcall, repeated at intervals. It sounds like a pheasant, except that pheasants don’t crow this late in October. We head for a clump of willows to investigate, our feet sinking in the waterlogged lower pasture; these willows have grown up near the spot where every year around the First of May Martin James Dowd sang like a newly-arrived curlew as he cleared a bank for turf cutting. A magpie flies off: surely it couldn’t have made those clanking calls? Leaving the mystery unsolved, we resume our walkabout.

Memories of Sundays when my brother and I had to forgo joining our pals for football because half-dry swaths had to be shaken out with pitchforks jostle others in which the whole family, helped by a few neighbours – my father on the metal, horse-drawn rake – worked enthusiastically to built rows of hay into cocks before the rain fell. Ropes to secure the cocks were made by twisting hay with a hand rake. Once when the meadow was being mown we came upon a clutch of young corncrakes, black fluffy chicks, some with their legs cut off by the shuttling blade. We put the wounded in a cardboard box, intending to hand rear them, but they didn’t survive. Summer days and nights back then were loud with corncrake calls, a grating sound that older fellows assured us the birds made by rubbing their legs together!

When we approach the end of the Shed Field, I point out the direction in which Conways’ house once lay. As children we used to visit the thatched farmhouse, not too dissimilar to our own, sometimes with a small can of milk – probably when their cow was in calf. Joe, who was very old, sat in a chair by the fire, and his wife, who was crippled, moved about the kitchen, supporting her bad knee on a wooden box. Mrs Conway would treat us to mugs of tea with slices of homemade bread and jam, while Joe smoked his pipe and questioned us about school. Being still too young to purchase “Wild Woodbines”, we used to make our own cigarettes from “wiggy” turf rolled in brown paper and smoke along with him. He didn’t object, no doubt aware that subsequent nausea would prove a better deterrent.

Joe was the wise man of the locality and eventually left my father his leather-bound Webster’s Dictionary, which had colour plates of birds, fish, dogs and cattle – even Paris fashions! In those days most books had only black and white illustrations, so the dictionary was a rare treasure. Later, we used to buy transfers, wet them and place them face down on a flyleaf in our schoolbooks and when you carefully peeled off the back, a brilliant bird of paradise or a glistening sturgeon would appear. Once I cut out a number of my best transfers and carried them with me in a small tin box, which I lost while saving hay in the Far Bog. As we carefully work our way under an electric fencing wire, I wonder if the box is still buried somewhere hereabouts, emblem of other less specific

losses.

How well I can recall saving turf and oats, as well as hay, in this Far Bog, the tiny wild ‘pansies’ that grew beside the stubble and the shiny leaves of a ground plant we used to chew for their bittersweet taste. The distant trilling of a whistle blown by our mother was the eagerly awaited signal for dinner. My brother has deepened the drains around here so that further advance seems impossible till Steve, a Bristol-born man, leads us down a steep grass-grown bank, across the quaking centre and safely up the opposite side. Now we are in a neighbour’s field where heavy bullocks turn to gaze wonderingly at us. Quickly we find a gap, which brings us out onto a narrow laneway connecting the bog to the outer world.

Though it’s getting late, I suggest walking up into the Wild Bog, and after negotiating an iron gate held upright by bailing twine, we stride along a rough, grass-grown laneway between bog-holes and cutaways, passing on our left an outcrop of rubble that was once a farmhouse. On turning right we enter a wilderness of moss and burnt heather. This bog started as a lake, which formed when the icecap covering Ireland retreated northward about 10,000 years ago. Over the centuries the lake filled with dead vegetation that eventually turned into peat. The east-west hills on either side were drumlins deposited by the same icecap – an old name for this townland was Drummin, from Droimín, a low ridge. Quite a few of the hills have ring-forts built by our Iron Age and early Christian ancestors. People lived on the fringes of the bog in Famine times and well into the last century but over the years house after house has been abandoned. Nowadays, even farmers coming to cut turf are scarce.

We hurry past the rusty skeleton of a car dumped by the edge of a drain and burned when the heather was set alight to clear the ground for turf saving. I tell Steve and Aileen about afternoons spent fowling, walking the sodden, raised plain for the thrill of a shot at a snipe, teal, golden plover or, even occasionally, a grouse. John Nolan used to come here with his greyhound to chase hares, which had their forms in tussocks of moor grass. Once my father brought my brother and me along while he stalked a covey of partridges that had lit in grass near the far turf banks – long ago a piper was supposed to have drowned near that spot. To our disappointment, he fired his single-barrelled shotgun and missed. There are no grouse or partridge now and because of drainage, even the snipe are scarce. Since it is getting close to nightfall, we decide not to advance any further, though I’d love to see if any trace of the culleen, where we used to pick hazelnuts, or of Carthy’s cabin – near the turlough, in which we bathed naked – still remains. The Carthys – four unmarried brothers and their sister – lived on a cutaway much as people had during the Famine years. Martin, the eldest, brought turf to Carrick with an ass and cart, selling it to housewives for a few shillings; Jimmy and Bartley did seasonal work for the local farmers and Paddy and Mary took care of the home front. Bartley was a fascinating storyteller, regaling us boys on winter nights with fearsome accounts of ghosts and “the Black Man.” Briskly retracing our steps, we head up the lane to Leyland’s. This is one house that hasn’t disappeared, though the thatch has given way to slates and instead of the flock of geese led by a hissing gander that accosted us as we walked barefooted to and from Woodbrook School, there is only a solitary pair of white geese grazing in the Well Field – Aileen asks about the name and I tell her there was a water-filled cleft in a limestone slab, one half of which had a small cross cut into its surface, so it may have been a holy well. Does the presence of limestone I wonder mean that aeons ago this area lay at the bottom of the sea?

By P.G. Nerney

MY CHEQUERED LIFE Chapter 1

I was born in a small Irish town called Moonagh. I was christened James but have always been known as Jay, Jay Gannon! I am the second youngest of six boys. There were also two girls but they died cot deaths. I never knew them. My family lived in a council house and my parents were good parents. We always had enough to eat and warm clothes to wear. For some reason I was the only one of the six of us who didn't have music lessons. As a child I got on very well with my Dad. Not so well with my mother. My Dad was a labourer, doing odd jobs for people and he delivered coal, turf, briquettes and cattle food with his huge horse and dray and he drove the school bus also. He frequently brought me along with him when delivering goods and one summer when my mother was sick he brought me with him everyday and I loved it.

But it didn't last. I had to go to school. I spent my first four years with the nuns, getting ready for first communion and all that and I have nothing but happy memories of those years. I was then sent to the boys' school and that was another story. I had learning difficulties and couldn't keep up with the other boys, particularly in Irish and I was sent out of the Irish class and made stand in the corridor for over an hour each day. I liked one of the teachers. Once he asked all the class to do a painting. I drew and painted a picture of John Kennedy's second world war boat and came third in Ireland. It was a great feeling. My Dad made a frame for the certificate I got and the teacher hung it up in the classroom. That was as good as it got. I was interviewed by someone who dealt with pupils having learning difficulties and was sent to a special school, a boarding school, of a sort. Life was a nightmare from then on.

I was in Mrs. Kelly's class and immediately got into trouble for not having a notebook or pencil. After school we were marched by two senior boys to our boarding house. We were

shown our rooms and I was with three other boys in one room. At six each day we all had to go to a common room to say the rosary after which we got our tea and were sent off to bed about seven. A few weeks after the start of the term, as we were marching back to the school one morning, I was a little ahead of the others and crossed a small road before the others caught up with me. Did I regret it! The senior boy in charge of us reported me. I was called out of class and warned by the principal who roared at me and told me that I'd be nailed to the floor if I ever did the likes again. I didn't, but lots of things were done to me. During my stay in that school and boarding house I was psychologically, physically and sexually abused. I was forty miles from home, which I considered the only safe place to be, and had no one to stand up for me. The weekends at home went so fast and I dreaded getting on that bus on Monday mornings but I daren't talk to either of my parents about my problems. I was always in some sort of trouble.

As I said I was in a room with three other boys and not long after the start of the year I awoke one night with a hand over my mouth and felt another hand under the blankets fondling my private parts. I was shocked and terrified. Never in my life had I imagined such a happening. It was one of the senior boys who marched us each day to and from the boarding house. It wasn't a once-off either. It happened three or four times a week and I was enormously relieved when near the end of the term we heard a rumour that we would no longer have the same school/boarding house arrangement after the holidays. And sure enough from the beginning of the new term I was able to stay at home and go each morning on the bus to the school. That put an end to that particular form of abuse. But evil has many shapes and I soon realised that truth. Not much into the new term my teacher, Mrs Brady, sent me to the staffroom for her coat. I brought the coat but trouble stalked me again. She accused me of

(Continued on page 19)



Writers' Corner - Short Stories/Articles from our Readers Cont/...

(Continued from page 18)

taking ten pence out of the coat pocket. The Deputy Principal was called in and after interrogation and a few cuffs to the side of the head I was made strip to my underpants and then shake my underpants as I stood up on a chair before them. There was no ten pence. But even then I was not believed. Soon after I was in more trouble. I saw a few boys trying in vain to light a cigarette in a windy corner of the yard. Hero me showed them how. Cupped my hands around the match and immediate success. I was seen however by a tell-tale and just before the next class I was told to get my coat and bag and go to Mr Duffy's office. He ranted and raved and summarily expelled me, telling me he didn't care how I got home. I hid in a hedge for the rest of the day and when the bus came I dashed out of hiding and got on.

So school was one disaster after another but there was one comfort. A very nice teacher, Miss O'Shea, joined the staff and I loved her classes. She was kind and understanding and I began to learn something. After that school I was sent to the local vocational school and apart from woodwork and metalwork I fared no better there. But I began to get the hang of things. I became difficult at home, smoked and drank cider behind my parents' backs and was only happy in the afternoons working in the local butcher shop where I was often left in charge on my own. My father bought me a motorbike and I loved it but got done for driving while drunk. My parents decided I should go to London where I had a few brothers and an uncle. Bye bye Moonagh!

All place names and personal names are fictitious.

GM

Gaelic Farewell

Banucht lath, a Gaelic blessing that people murmur when they part, *mo vanucht lath*, I'll leave you guessing its meaning in your lonely heart.

Oh, close your eyes while I am going,
your lovely eyes my courage break
now that the winds of night are blowing
in desolation from the lake.

Our hearts were mingled so together,
through all the years we leave behind
their image sways like sprigs of heather
in careless, sun-drenched rapture twined.

But now wherever fortune leads us
will strangers form a heedless throng
and strangers too at home succeed us
within this valley of our song.

I'll be alone when eyes shine gladly
and love-light animates the cheer,
for then my soul will hasten sadly
to seek you by the *turlough* here.

We'll hear the gentle breezes sighing
through *ceannabawn* and heather crest
and my remembered voice still crying,
'O, come a *roongéal* to my breast'.

I will not leave you, love, forever,
perhaps some day before you know
you'll see me like a hillside river
cascading down to Derrylow.

Banucht lath, the dew is falling;
mo vanucht lath, it's time to go:
the *minawn aerach* long is calling
his lonely song o'er Derrylow.

Banucht lath (beannacht leat): a blessing with you;
mo vanucht lath (mo bheannacht leat) : my blessing with you.

turlough: a small lake that forms after heavy rain
ceannabawn: (literally, white heads) cotton-grass
a roongéal: a *rún geal*: bright secret(of my bosom)
miawn aerach :meannán aerach:

airy kid (goat) ,
the *snipe*, so-called because, during courtship
flights, it makes a bleating sound with two
vibrating tail feathers

By P.G. Nerney



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

There was only one story for Maynooth in January when it was announced by IBAL Irish Businesses against Litter, that we had won The Cleanest Town in Ireland. As you can see by the judges remarks we scored a Grade A in all locations except for the broken glass at the bottle bank. The announcement was made on national radio, television, newspapers on Monday 8th January.

A presentation was made to Cllr Tim Durkin on behalf of Kildare County Council Monday afternoon by Conor Horgan IBAL. We celebrated our national recognition with our volunteers in The Elite at our meet up on the 13th January. Cream sponge was enjoyed by all.

We hope everyone had a very happy new year 2024 and it's great to see the Spring bulbs in bloom all over the town. All that hard work was worth it. We were told by Tidy Towns Ireland that we should be presented with our 7th

Gold  medal at an event in Abbeylax sometime this month.

The committee have lots of work planned for Maynooth this Spring and into the Summer. We are really looking forward to the New Bins that are going to be installed around the town this month.

Some of us did a walkabout in the town centre with our local engineers in order to agree on locations. Make more room for biodiversity in the town centre and streetscapes, take action in Courthouse Square, Greening the grey, replace excess hard standing/paved parts of the streetscape with pollinator friendly flowerbeds.

Please follow us on Facebook for more up to date information Maynooth Tidy Towns Association

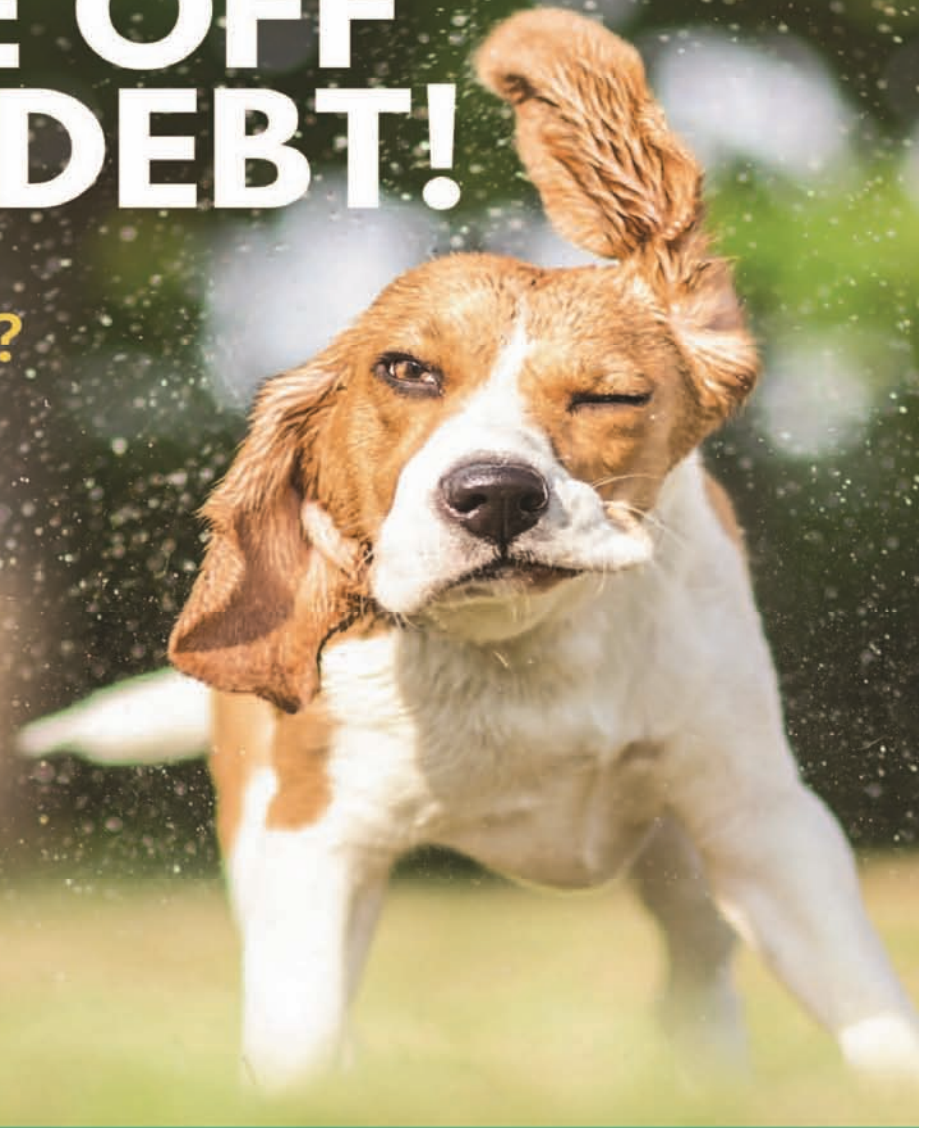
Mary Molloy - Maynooth Tidy Towns Association PRO





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balance to us and see
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*must be new loans transferred into Life CU, does not include existing Life CU loans.

Credit Card example based on BOI Classic Credit Card at 22.1% APR with a balance of €3,000 and monthly payment of €90. Total Amount Payable €4,770. Length of time to clear card 4 years, 5 months. Source <https://www.ccpc.ie/consumers/money-tools/credit-card-comparisons>
Life Credit Union loan of €3,000 at 6.5% over 3 years, 36 monthly payments of €91.95. APR 6.7%. Total Amount Payable €3,311. Length of time to clear card 3 years.

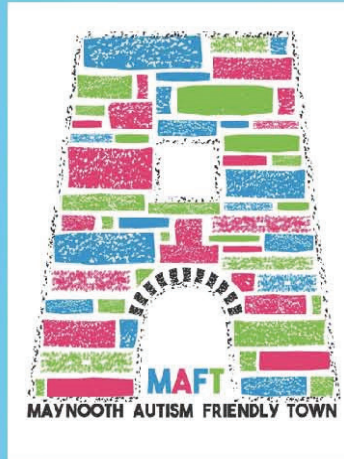
Loan example is for illustrative purposes only. Final repayments and cost of credit will be agreed in the credit agreement. APR stands for Annual Percentage Rate. Loans are subject to approval. Lending criteria, terms and conditions apply. Over 18s only. Promotional rate of 6.7% APR only available for new loans transferred in to Life Credit Union until 29th February 2024.

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

Warning: Changing your loans may result in you paying over a longer term and/or paying more interest over the life of your loan.

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





Update from MAFT

Hangouts Club

Our Hangouts have been a great success and popular as ever so make sure to get in early to book your spots

Next events are on the 14th and 28th of Feb

The Tween Hangout club is for Autistic children (aged 9-12) and a separate group for teengaers (aged 13-17)

See our socials so you don't miss out



Hangout Clubs

Thank you for Donations



A massive thank you for both Bank of Ireland and Life Credit Union for their generous donations.

Bank of Ireland held a Christmas raffle donating the proceeds MAFT

Life Credit Union provided funding of €1000

These donations make a huge difference and are going to fund upcoming projects in 2024

Tesco Community Fund Blue Token Appeal for MAFT



The Tesco Community Fund was launched to support local goodcaused in the communities around each of their stores throughout Ireland.

MAFT has been selected by the Maynooth Branch as 1 of the local causes to donate to in the run up to Christmas

Please take a token and Support Maynooth Autism Friendly Town

The fund will go directly into the social hubs for autistic tween, tweens and adults in our community

Autism Friendly Christmas Events

Thank you again to the Glenroyal Hotel for Sponsoring and Hosting an Autism Friendly Santa Claus this Christmas.

We received amazing feedback on this special event and they enabled special memories for families who may not otherwise not be able to visit the big man at Christmas time



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

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



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TABLES & GARDEN BENCHES

Opening Hours

Mon - Fri 8:30 - 18:00

Saturday 8:30 - 17:00

01-6287397

085-2846781



February Events at Maynooth Community Library

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



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



twitter.com/kildarelibrary

February CleverReach Maynooth

Childrens' Events

St. Brigid's Day Storytelling & Craft Workshop with Storyteller Helena Byrne
Thursday 1st February
3pm – 4pm
for ages 7+

Join Storyteller Helena Byrne for a fun & interactive afternoon of stories, crafts and games as we learn all about the myth, magic and legend of Brigid and the many incredible superstitions connected with the Goddess and Saint. All children attending this event must be accompanied by a parent/guardian.

Book your Free Ticket Here: <https://buytickets.at/maynoothlibrary/1102943>

Lunar New Year Dragon- themed Arts & Craft Session
Wednesday 7th February
4pm – 5pm
for ages 5 – 8

Celebrate the Lunar New Year, which this year runs from 10th – 17th February. This year, we are celebrating the year of the dragon! Join in in this fun, dragon-themed art & craft session with library staff! All children attending this event must be accompanied by a parent/guardian.

Book your Free Ticket Here: <https://buytickets.at/maynoothlibrary/1126513>

Stories, Songs and Games in Italian
Sat 17 Feb
10am - 11am
for ages 2-5

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

Book your Free Ticket here: <https://buytickets.at/maynoothlibrary/1036783>

Stories, games and fun activities in Italian
Sat 17 Feb
3pm to 4pm
for ages 6-9

A chance for children to practice their Italian and learn more about Italy and its culture through stories, fun activities and games in Italian.

Book your Free Ticket Here: <https://buytickets.at/maynoothlibrary/1036805>

Cluichí Chláir do Teaghlaigh trí Ghaeilge / Family Board Games through Irish
Satharn 17ú Feabhra / Saturday 17th February
12 i.n. / 1.30 i.n. / 12pm – 1.30pm
Aois 6- 12 / Ages 6- 12

Do pháistí atá idir 6 agus 12 bliana agus a gcuid tuistí/ caomhnóirí - for children aged 6-12 and their parents/ guardians. Cuirfear cluichí cláir ar fáil. Board games will be provided. Caithfear tuismitheoir / caomhnóir a bheith in éineacht le gach páiste a bhfuil ag freastal ar seo. All children attending this must be accompanied by a parent / guardian. **Fáilte roimh chách . All Welcome**

Mr. Wolf Storytime and Art for Ireland Reads with Author Tatyana Feeney
Saturday 24th February
12pm – 1pm
for ages 4-8

Join Tatyana Feeney who will be reading from her new book, 'Mr. Wolf Goes to the Ball'. This will be followed by a monster doodle allowing all to create fabulous monsters in celebration of Ireland Reads in Maynooth Community Library.

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

Book your Free Ticket Here: <https://buytickets.at/maynoothlibrary/1126828>

Young Adult Events
Online Teen Writers Group
Thursday 1st and Tuesday 8th of February
6pm – 7pm for Ages 12-15

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

Teen Book Club
Friday 16th December
4pm- 5 pm in Maynooth Community Library
for Ages 12-15

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

Book Rec for February meeting available in the library now: 'Colin Fischer' & 'Sweetness at the Bottom of the Pie'.

Adult Events

St. Brigid's cross making workshop for Adults with Beth Murphy of Willow Wonder
Thursday 8th February

3pm – 4pm

Join Beth from Willow Wonder for a St Brigid's cross making workshop as part of the Brigid1500 Festival. Working with rushes gathered on Brigid's pastures, workshop participants will weave together and remember a woman and an inspiration to us all.

Book your Free Ticket Here: <https://buytickets.at/maynoothlibrary/1105694>

Homelessness and Housing Support & Information Clinic
Monday 6th February

2pm - 4pm

Looking for advice on homelessness and housing supports? Visit this Kildare County Council drop-in clinic in Maynooth Community Library to learn about the supports available. ***Drop in***

Poetry Café with Luain Press,
Tuesday 6th February
6 – 7pm

A special poetry night at the library. If you have a poem you'd like to share, whether it's your own work or one you really like, feel free!

Drop In. No booking required

Age Friendly Coffee Morning
Wednesday 14th February
10am - 11.30am

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

Drop In. No booking required

Ireland Reads: Share Your Love...For Poetry. An evening of sharing poetry.
15th February,
6.30 - 7.30pm.
Online event.

Poetry lovers, we invite you to join us as we celebrate 'Ireland Reads' and Valentine's Day. Maynooth and Ballitore Libraries will host an evening of poetry readings in which all are welcome. Some of you may wish to read a poem aloud, and others might like to just listen, while we enjoy your favourite poems.

Book your Free Ticket here: <https://buytickets.at/maynoothlibrary/1130700>

Breast Feeding Support Group with Public Health Nurse
Tuesday 13th & Tue 27th February, 9.45 - 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 9.45am & 10am as the library doors will be closed, and you will be let in*****

Exhibitions

Exhibition of felt art by Tamzen Lundy
Saturday 3rd February - Friday 1st March

Tamzen is a textile professional of 25+years' experience. She is a member of DCCI and Feltmakers Ireland and is a TAP trained artist (Teacher Artist Partnership). Tamzen's art practice is playful and experimental. She is inspired by stories and the Irish landscape.

Meet the artist & felting demo event with Tamzen Lundy
Saturday 10th February
12pm – 1pm

Come along and meet the artist of the current exhibition in Maynooth Community Library, Tamzen Lundy, who will chat about her exhibition and demonstrate basic felt making skills!

Drop in , All Welcome

Climate Action Events
Maynooth Zerowaste
Saturday 10th February
2pm – 4pm

Kids Toy Swap

Small toys only please- bring one, take one. A great way to introduce children to swapping toys.

Cloth Nappy Library Ireland

Pop by for a chat with a volunteer to see how modern cloth nappies work. Highly recommend it, such a great way to save waste and so much money.

Clothes Mending Workshop

Join Vanessa from The Craft Corner, as she can give you some tips and advice on how to mend your clothes. 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)

(Continued on page 23)

February Events at Maynooth Community Library (Cont.)

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



facebook.com/KildareCountyLibraryService



twitter.com/kildarelibrary

(Continued from page 22)

Library Groups and Regular Groups

Craft & Knitting Club

Every Monday

11.30 – 1pm

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

11am – 12 i.n.

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

Baby & Toddler Group

Thursday Mornings

10 – 11am

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

Drop In. No booking required

Maynooth Women's Group

1st & 3rd Saturday each month

11.30am – 12.45 pm

A meeting space for local women usually held on the first and third Saturday of the month at 11.30am.

Women's Ex-Pats Group

Last Tuesday of the month

6.30 - 7.30pm

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

Maynooth Movie Club

Tuesday 27th February

7 - 8pm

Join us for the Maynooth Movie Club for adults for in depth discussion and general chat about movies!

There will be a DVD of a film being discussed available at reception.

For more information, please email maynooth@kildarecoco.ie

or phone us on 045 980493.

Book Clubs

U3A (University of the Third Age) Book Club

Monday 12th February

10.30 - 11.30am

New members welcome.

FanSci Book Club!

13th February

7 - 8pm

Maynooth Community Library's has started a new fantasy/science-fiction book club meeting on the second Tuesday of each month! Contact maynoothlib@kildarecoco.ie for further information or just drop in.

Midlands LGBT+ Book Club

Thurs 8th February - 6.30-7.30pm - Adult

Maynooth Library host a monthly book club in collaboration with Midlands LGBT+ Project, focusing on books by LGBT+ authors or with LGBT+ themes.

The next meeting will take place on Thursday 8th of February and we will be reading 'Oranges Are Not the Only Fruit' by Jeanette Winterson.

Copies of the book are available from the desk in Maynooth Library. For more information or to enquire about joining, email maynoothlib@kildarecoco.ie

MAYNOOTH COMMUNITY EMPLOYMENT PROJECT SECRETARIAL SERVICES

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Tel: 01 6285922

Email: office@maynoothcep.com

Opening Hours

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



Would you like a day to yourself, to focus on your health & wellbeing?

**Why not come along to our FREE
1 Day Wellbeing for Women course**

In this practical 1 day programme we look at self care, understanding your thoughts, exploring emotions, mindfulness and building your resilience



When Tuesday 6th February 2024

Where Meeting Room 1, CKLP offices, Meadow Rd, Kildare

From 10am – 4pm

Lunch provided

Places are limited so book yours now!

This workshop will be facilitated by the HEADSUP Kildare team in County Kildare Leader Partnership to celebrate Brigid 1500

For more information or to book a place

Email Lorna@countykildarelp.ie or call 085/ 2845871

HEADSUP
supporting U and
your mental health

Wellbeing for Women Course

As part of the Brigid 1500 celebrations, HEADSUP Kildare are delighted to offer 2 FREE one day programmes for women looking at self-care, understanding your thoughts, mindfulness and building resilience.

This fun, relaxing day includes lunch and is offered in Leixlip and Kildare.

Places are limited so book yours now!

Email lorna@countykildarelp.ie to book your place.

HEADSUP
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your mental health

"The programme was a game changer for me"
Male Participant

January - December 2023

- 1000+ Phone Conversations
- 100+ hrs spent offering phone support
- 334 Hours of Group Work facilitated
 - 238 1:1 Counselling Sessions Provided
 - 217 hours of staff time spent upskilling
 - 104 Online Peer Support Sessions facilitated
 - 5 WRAP only programmes delivered
 - 3 full men's programmes delivered
 - 2 safeTALK workshops delivered
 - 1 full women's programme delivered
 - 1 Student Placement offered to Past Participant

**SUPPORTS
OFFERED**



102 MEN & 68 WOMEN SUPPORTED
CURRENT, PAST PARTICIPANTS & NEW REFERRALS

"I have really grown in confidence & am more self-aware"
Female Participant

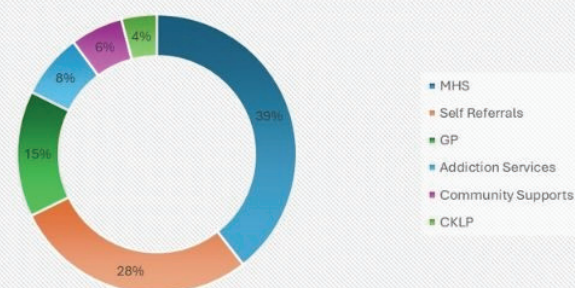
Supporting Men & Women from:

- Athy
- Blessington, Ballymore Eustace, Brownstown
- Castledermot, Celbridge, Clane, Coil Dubh
- Kildangan, Kilcock, Kildare Town
- Leixlip
- Maynooth
- Naas, Newbridge
- Prosperous
- Robertstown
- Sallins, Straffan



"HEADSUP helped me to realise that I am not alone"
Male Participant

Referrals



"I really had to think about my mental health in a real way for the first time"
Male Participant

DELIVERED BY:

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



Comhairle Contae Chill Dara
Kildare County Council



When did Valentine's Day start?

The earliest origin of Valentine's Day is the pagan holiday Lupercalia. This occurred for centuries in the middle of February, the holiday celebrates fertility. Men would strip naked and sacrifice a goat and dog. Young boys would then take strips of hide from the sacrificed animals and use it to whip young women, this was to promote fertility.

Lupercalia was so popular and one of the few pagan holidays still celebrated 150 years after Christianity was legalised in the Roman Empire. When Pope Gelasius came to power in the late fifth century he put an end to this holiday. Not long after, the Catholic church declared February 14 to be a day to celebrate the martyred Saint Valentine, which some people say is just the Catholic church changing Lupercalia festival this to a Christian festival.

So how did it become a romantic holiday?

These feasts share little resemblance to our modern romantic notions of Valentine's Day. According to some historians, the true origin of Valentine's Day didn't come for another thousand years. Some say Valentine's Day has less to do with romance but more to do with the time when birds start mating. Poets such as Shakespeare helped created the romantic associations that we have today.

Where did the name Valentine come from?

There are more than 30 Valentines and a few Valentinas. Two Valentines could be the origin but neither of them dealt with matters of the heart. They share lots of similarities which leads to many thinking that they are the same person. Both martyrs were put to death by the Roman Emperor Claudius in the 3rd century. They are said to have died many years apart on the same day which was February 14th.

The first Valentine was a priest who was arrested during the Roman persecutions of Christians. He was brought before the emperor and Valentine refused to renounce his faith and as punishment was placed under house arrest.

The head of the household where Valentine was held challenged the priest to show the power of God. Valentine restored sight to a young blind girl and the whole house was converted. Once word of the miracle got out, the emperor had Valentine executed.

The second priest, the Bishop Valentine of Terni was also a miracle worker. He was widely known for his abilities to heal physical disabilities. A scholar sent for the bishop to heal his only son, who could not speak or straighten his body. After a night of prayer, the bishop healed the boy. The family converted to Christianity. Again word got to the emperor of his deed and he was arrested. The bishop refused to convert to paganism so the emperor beheaded him.

Valentine's Day Customs

The first Valentine's Day card dates back to 1415. The Duke of Orleans sent a card to his wife while he was a prisoner in the Tower of London. Cards weren't popular in the USA till the Revolutionary War, when people used to write home to their loved ones. In the early 1900s cards were mass produced for the holiday.

Now its all about exchanging gifts like candy, jewellery, flowers and cards, going out for meals, even getting engaged. Some even get married on this date as it still holds such a romantic significance and its one anniversary date that one will not forget in a hurry. Enjoy!



Sourced: www.nationalgeographic.com

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Opening Hours

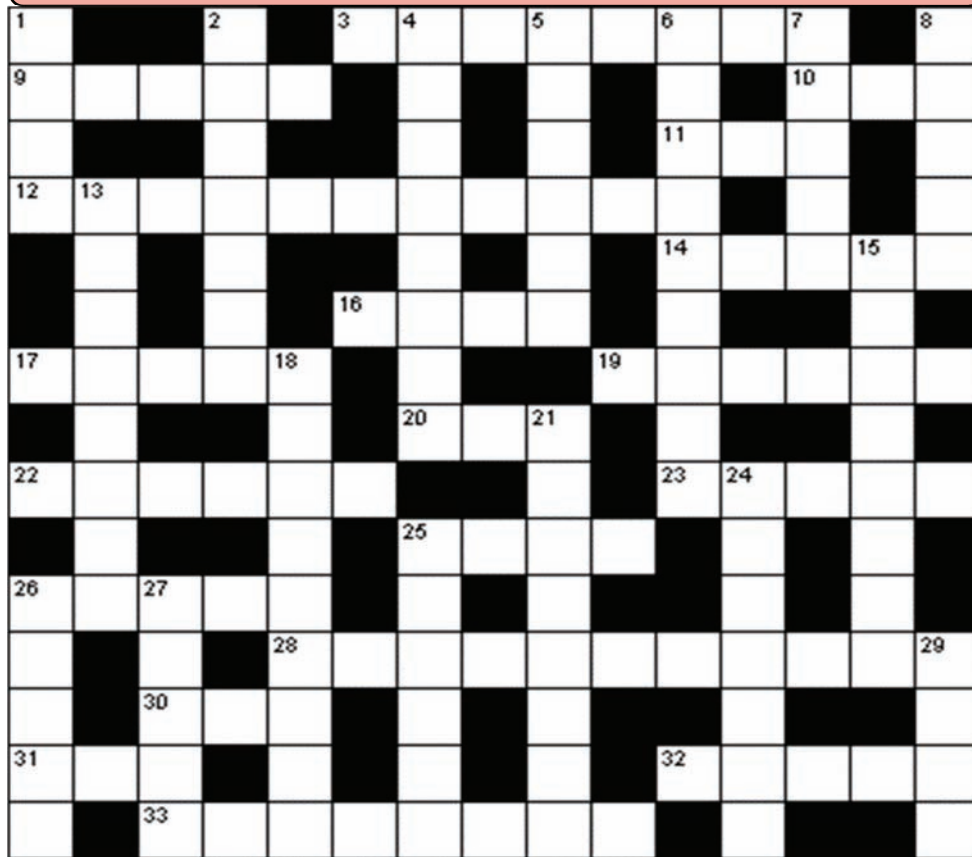
**Monday – Friday: 9:00am – 5:00pm
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February 2024 Crossword - No. 531



Clues Across

3. Wonderful (8)
9. Trademark (5)
10. Affirmative vote (3)
11. Haul (3)
12. Coins of small denomination (5,6)
14. Semisynthetic textile (5)
16. Radiograph (1-3)
17. Precipitous (5)
19. Leased (6)
20. Nevertheless (3)
22. Person who operates a farm (6)
23. Tawdry (5)

25. Possesses (4)
26. Fabric of jeans (5)
28. Painting executed in oil (3,8)
30. Adult males (3)
31. Very small (3)
32. Entrances (5)
33. Diamond (8)



Solutions to Crossword No. 530



Clues Down

1. Mountains (4)
2. Puncture (7)
4. Like a mother (8)
5. Emaciated (6)
6. Cut off (9)
7. Ungainly (5)
8. Start (5)
13. Property debt (8)
15. Capsize (8)
18. Inflammation of the lungs (9)
21. Feeler (8)
24. Smokers receptacle (7)

25. By the clock (6)
26. Destroy by immersion (5)
27. Titles (5)
29. Sudden blast of wind (4)

Difficult

Sudoku Challenge

Super Difficult

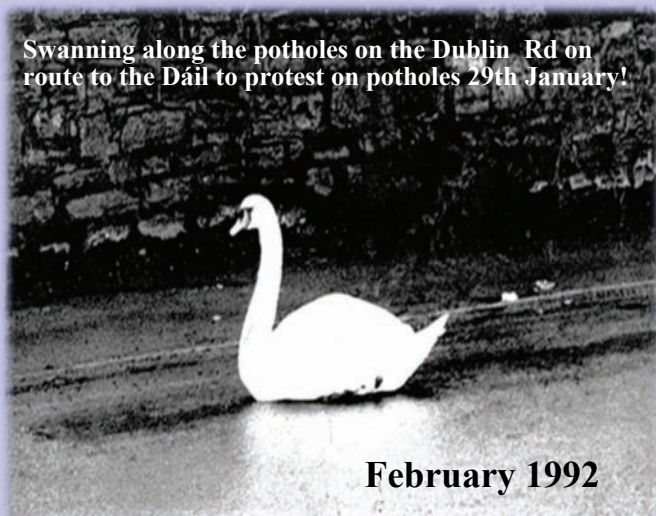
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If you have access to a printer and wish to complete the Crossword and/or Sudoku for fun you can print the single page by going to File -> Print and print the single page number only.

Memories from the Past

Swanning along the potholes on the Dublin Rd on route to the Dáil to protest on potholes 29th January!



February 1992



February 1992

Garda escorting the swan back to the canal

Enda Gleeson winning the Leinster U/13 Championship February 1983



Fr. Paddy Mullaney with Mrs. Betty Tracey shortly after his ordination last year. February 1991

WINTER COMES TO MAYNOOTH



Local Children playing in the snow.



February 1987

Sourced: Archives from www.maynoothcep.com

February 1989



The Great Egg & Spoon Race New Years Day

LIONS COME BARKING DOWN MAIN ST.

New Year's day in Maynooth started with a bang. At the top of Maynooth Village appeared a lion. Little did the unsuspecting public know, but that lion Joe Wall donned the mantle of our favourite Leo and was getting ready to parade down the village. Then appeared St. Mary's Brass Reed Band. As they were about to move to the Oomppah they were shocked to see Tina Turner appearing around the corner and boy was she showing leg and too much of it. When she bent down to pick sixpence she showed 'she' had boxer shorts of beautiful colour scheme. She turned out to be none other than Aidan Flood. That newsagent from the metropolis of

Maynooth. One thought that one had seen it all when out of a car popped an Ape Man. Straight from "Viking knows where" and when these ape men had bellies they didn't leave this one too far behind. None other than Figures man Padraig Fitzgerald. Then Bo Bo the clown appeared up the street and if it started to rain he would have had his wide trousers filled with lovely liquid. Again it was hard to see who it was. It was the Proprietor of the new and exciting Maynooth Book Shop John Byrne.

Now the stage was set for the great Egg and Spoon Race. The real Lions of Maynooth/Kilcock Lions Club started to arrive. Lion Bill Byrne was starter. Paul Mealy was money collector together with his affable wife Alikki. Local medicine man Lion President Jim McCormack was official starter but because of the length of the course he had to be half way down the street to make sure the eggs were in plentiful supply. Well the runners are ready, Junior section to start, the Gardai stop the traffic and away they go. The Band had played so brilliantly as always down the street. So you could feel the tense

atmosphere as the Junior Runners began loosing their eggs.

Eventually Edward Keogh (with the thing on his head) pipped the nearly lady-like Paul Flood in a brilliant turn out.

Then it was time for the Senior business people to start - Robert Barry, Noel from Bradys, John from the Roost and all the models in their full regalia were ready to start. Off to a blistering pace from the gates went John (Bo Bo) Byrne obviously well schooled by his jockey brother Niall. The ape man Padraig "Figures" Fitzgerald was in hot pursuit but he was not used to soft eggs on hard spoons so he had to have his replenished by Michael Doyle before they got to the lights. Bringing up the rear was a bumpy Tina Turner who didn't seem to know whether she was coming or going and had to have assistance from Paul Mealy whilst she was crossing the Bales of Straw outside Kiernans. Passing the Leinster Arms John Byrne seemed to be running out of stamina but by the time they got to Trevor's group of shops he seemed to have found a new lease of life and shrunted away to a well deserved vic-

tory to tumultuous applause. Lion Willie Coonan could be seen struggling in fourth place. John (The Roost) finished strongly to take second while the ape man was still struggling in third. Tina Turner (Aidan Flood) had trouble with her high heeled shoes and she promised she would be better 'shod' next year. Tina Turner finished - tailed off last.

Presentations were then made by Lion President Jim McCormack to first and second in the race and to the best fancy dress which was won by ape man Padraig 'figures' Fitzgerald. The time keeper was Tom Fox. The judge was Victor Egan, Keith Griffin appeared as assistant. Clerk of the course was Peter Robinson and Bill Byrne was Clark of Scales.

We received apologies from Jack Weafer who was to be official judge but he was detained on unofficial business in London.

The proceeds approx £2,000 from sponsors and donations will be distributed between 3 local charities - Maynooth Old Folks - Royal Canal Amenity Group and Church of Ireland Organ Restoration Fund.

Aidan Flood P.R.O.
Maynooth/Kilcock
Lions Club

Beef Stew with Carrots & Potatoes

Ingredients

- 2 teaspoons - Salt
- 1 teaspoon - Black Pepper (freshly ground)
- 3 tablespoons - Olive Oil
- 2 - Medium Yellow Onions (cut into 1-inch chunks)
- 7 cloves - Garlic (peeled and smashed)
- 2 tablespoons - Balsamic Vinegar
- 1 ½ tablespoons - Tomato Paste
- ¼ cup - All-Purpose Flour
- 2 cups - Dry Red Wine
- 2 cups - Beef Broth
- 2 cups - Water
- 1 - Bay Leaf
- ½ teaspoon - Dried Thyme
- 1 ½ teaspoons - Sugar
- 4 - Large Carrots (peeled and cut into 1-inch chunks on a diagonal)
- 1 pound - Small White Boiling Potatoes (baby yukons, cut in half)
- add - Parsley (fresh chopped, for serving, optional)
- 2 pounds off beef stew



Here are the steps to make the stew

1. Preheat the oven to 325°F.
2. Season the beef with 1 1/2 teaspoons of salt and 1 teaspoon of black pepper.
3. In a large Dutch oven or heavy soup pot, heat 2 tablespoons of the olive oil over medium-high heat until hot and shimmering. Brown the meat in 3 batches, turning with tongs, for about 5-7 minutes per batch, until browned on all sides. If the meat starts to stick to the bottom of the pot, add a little more oil. Remove the meat from the pot and set aside.
4. Add the onions, garlic and balsamic vinegar; cook for about 5 minutes, stirring occasionally with a wooden spoon and scraping the brown bits from the bottom of the pot.
5. Add the tomato paste and cook for 1-2 minutes, stirring with a wooden spoon, until the tomato paste has caramelised.
6. Add the beef with its juices back to the pot and sprinkle with the flour. Stir with a wooden spoon until the flour is dissolved, 1-2 minutes.
7. Add the wine, beef broth, water, bay leaf, thyme, sugar, and 1/2 teaspoon salt. Stir with a wooden spoon to loosen any brown bits from the bottom of the pot and bring to a boil.
8. Cover the pot with a lid, transfer to the preheated oven and braise for 2 hours.
9. Remove the pot from the oven and add the carrots and potatoes. Return pot to oven and continue to braise for an additional 50-60 minutes, or until vegetables are cooked and meat is very tender.
10. Remove from the oven and let the stew rest for 10-15 minutes before serving. If desired, serve with chopped fresh parsley.

Source: Recipes - BBC Food

February Gardening

Greenhouse

- Sow sweet peas in deep pots and keep them frost-free in a greenhouse or on a sunny windowsill.
- Pot on and pinch out autumn-sown sweet peas to encourage side shoots to form
- Sow summer bedding and tender annuals, including cosmos, lobelia, dahlias, nasturtiums and snapdragons.
- Sow tender crops such as tomatoes and chillies in a heated propagator or on a warm sunny windowsill.
- Plant dahlia tubers in trays to encourage shoots to develop, which you can then use as cuttings.
- Monitor greenhouse temperatures with a max-min thermometer to ensure heaters are working efficiently.
- Start planting summer bulbs in pots indoors, including liatris, begonias, gloxinias, lilies, eucomis and agapanthus.
- Cut off hippeastrum (amaryllis) flower heads once they fade, but leave the stalk to die down naturally.
- Hand-pollinate the blossom of peaches and nectarines in the greenhouse using a soft paintbrush.
- Cut back overwintered fuchsias and increase the frequency of watering to spur them into growth.
- Remove any faded or yellowing leaves from overwintering plants to prevent fungal diseases.
- Wash greenhouse glazing inside and out to let in as much light as possible.



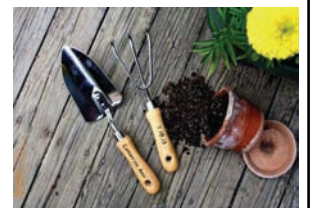
House plants

- Reduce watering for almost all house plants apart from Christmas cactus and poinsettia which will need watering whenever soil feels dry.
- Maximise the amount of light your house plants receive in darker months by moving to brighter spots, or choose house plants that will grow in shadier spots.
- Some house plants, like snake plants, are particularly prone to collecting dust on their leaves. So be sure to give these a wipe regularly.
- Try and keep house plants away from temperature fluctuations caused by draughts or central heating.
- Check your house plants for pests like aphids, scale insect, thrips and mealybugs.
- For more house plant advice and inspiration visit our growing and caring for house plants page.



Garden maintenance

- Install a nest box with a camera, so you can watch birds raising their broods in spring.
- If snow falls, knock it off evergreen shrubs, hedges and conifers to prevent branches snapping under the weight.
- Buy or make a cold frame to use when hardening off young plants in spring.
- Check fleece or other insulation is still in place around pots and borderline-tender plants.
- Firm back down any plants that have been lifted by frost or loosened by wind-rock.
- Make fat ball feeders and hang them among roses to attract blue tits, which will also forage for overwintering pests.
- Improve the soil by spreading garden compost or well-rotted manure over beds and forking it.
- Spread a layer of well-rotted manure around roses and shrubs.
- Sort out and clean up canes, plant supports and cloches, ready for use in spring.
- Prune hybrid tea and floribunda roses, before growth restarts.
- Clear away old plant debris from pond margins and scoop out any leaves that have fallen into the water.
- Remove pond netting installed in autumn to catch falling leaves.
- Clean and service mowers and garden power tools, so they're in good order for spring.
- Coppice hazel, cutting to the base, to encourage a flush of new stems that you can use for plant supports in a few years.



Source: GardenersWorld.com

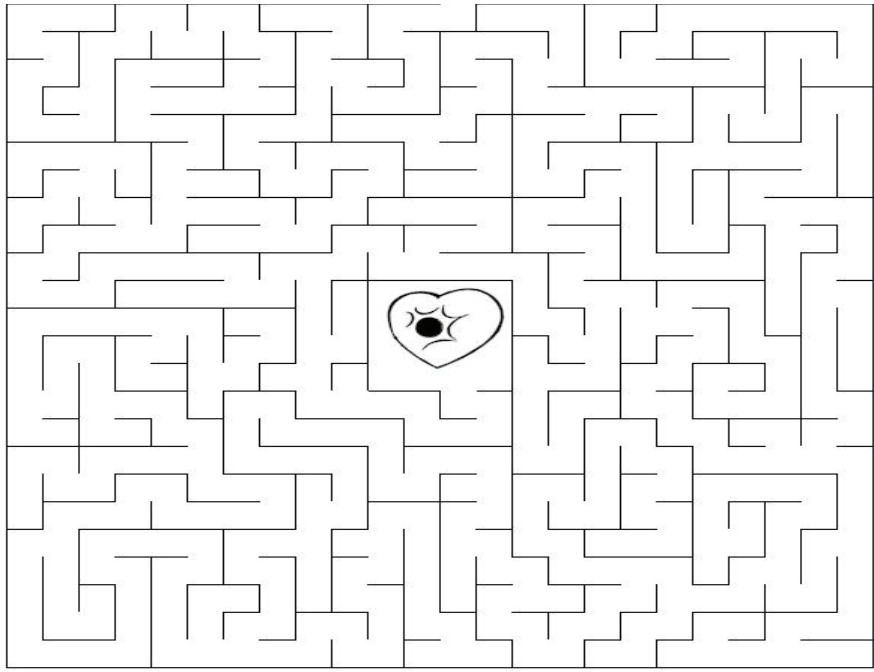


Valentines Day WORD SEARCH



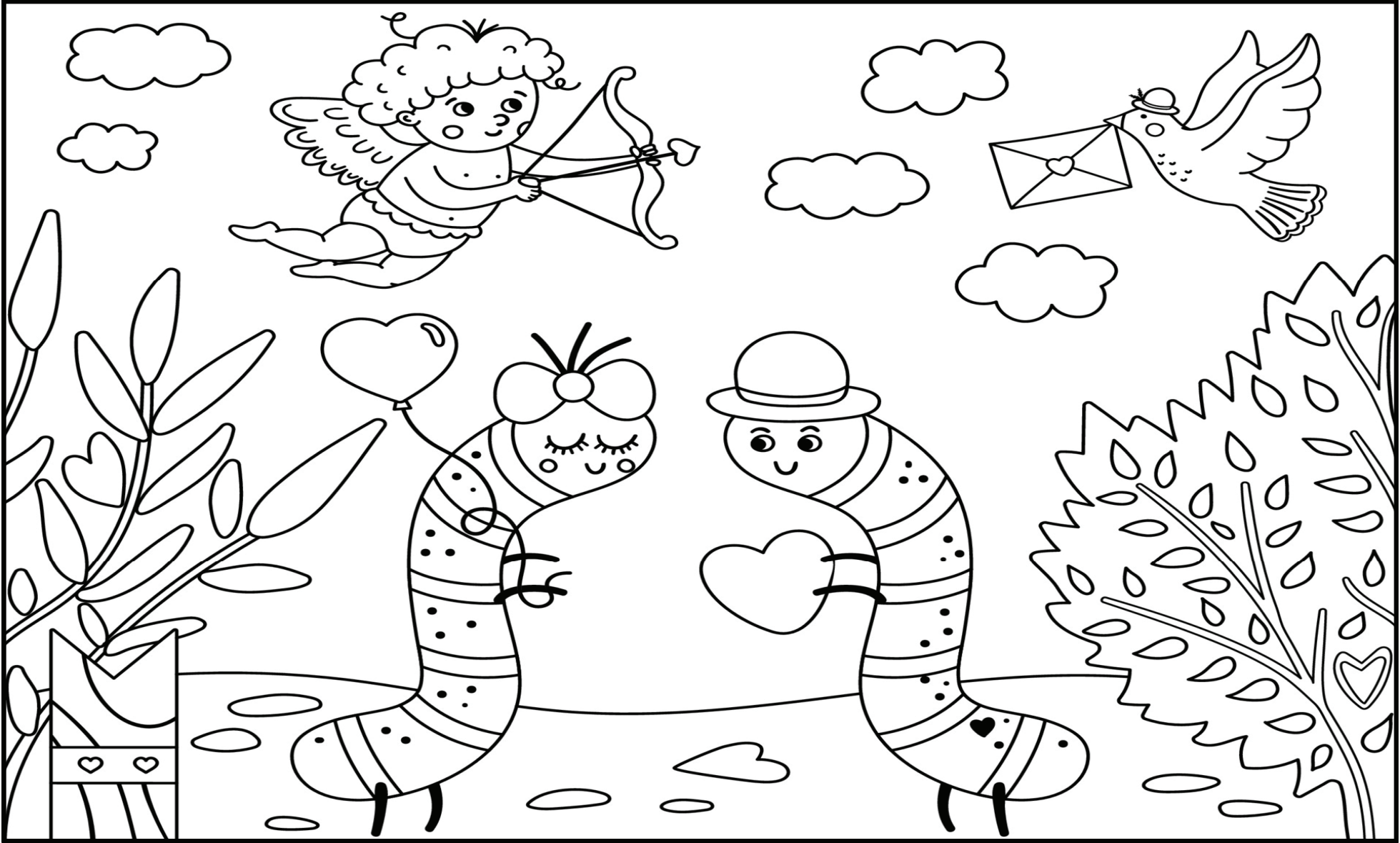
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FLOWERS
ADORE
AFFECTION
BELOVED
HEART
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GREETING CARD
CANDY
BALLOONS
CARDS
DARLING
ADMIRE
BE MINE
GIFT
FEBRUARY
HOLIDAY
DEAR
DATE



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ZERO WASTE MAYNOOTH

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LADIES CLOTHES SWAP

CHILDREN'S TOY SWAP

CLOTH NAPPY LIBRARY

CLOTHES MENDING

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ROCK & RORY 2024

SATURDAY 2nd MARCH
The Roost Maynooth
DOORS 8.30

- MR FFRENCH QUARTET
- CALLING CARDS
- STRUTTER

LIVE MUSIC FUNDRAISER
ALL PROCEEDS TO
MAYNOOTH SENIOR CITIZENS
COMMITTEE

RAFFLE & AUCTION - TICKETS €20

TICKETS AVAILABLE NOW ON EVENTBRITE

Happy VALENTINES Day

Rock & Rory 2024

Rock & Rory is a live music Fundraising event that takes place annually in Maynooth for various organizations such as Crumlin Children’s Hospital, Jigsaw to name a few. This year we are delighted to team up with “Maynooth Senior Citizens Committee” and all funds raised go directly to this great local organization.

Each year all musicians and bands play and give of their time free to support our efforts in raising much needed funds for our chosen charity/organization and this year is no exception. We have 3 fantastic bands lined up for the night, we also have a raffle and an auction of some paintings.

This will be our 10th event (as we lost a few years due to lockdowns) and we are looking forward to a great nights real live entertainment. We hope that you can join us upstairs at the Nest in the Roost on Main St. in what promises to be a rockin’ night on the 2nd March 2024.

Dominic O’Keefe

Maynooth Community Contacts Listing

| Group Name | Contact Number | E-Mail Address | Facebook Page/ Website |
|---------------------------------------|----------------|--------------------------------------|---|
| An Nuadha Players | | annuadhplayers@gmail.com | https://www.facebook.com/annuadha |
| An Post Sorting Office Maynooth | 01-6293390 | | |
| Bernard Durkan T.D | 01-6183732 | bernard.durkan@oireachtas.ie | www.facebook.com/bernarddurkan |
| Brass & Reed Band (St Mary's) | | sec@stmarysbandmaynooth.ie | https://www.facebook.com/maynoothband/ |
| Catherine Murphy T.D. | 01-6183099 | catherine.murphy@oireachtas.ie | https://www.facebook.com/catherinemurphytd |
| Cemetery Committee (Laraghbryan) | 01-6293018 | | |
| Church of Ireland | 01-6292163 | secretary@meath.anglican.org | |
| Citizen Information Centre | 1890777121 | maynooth@citinfo.ie | |
| Cllr Brendan Wyse | 087 2328867 | brendan.wyse@gmail.com | https://www.facebook.com/brendanwysefg |
| Cllr. Aidan Farrelly | 087-9614540 | aidan.farrelly@socialdemocrats.ie | https://www.facebook.com/AidanFarrellySD/ |
| Cllr. Angela Feeney | 087-2381962 | angelaemfeeney@gmail.com | |
| Cllr. Brendan Weld | 087 7828649 | bweldmcc@gmail.com | |
| Cllr. Daragh Fitzpatrick | 087 2538184 | daraghfitz2007@gmail.com | |
| Cllr. Naoise Ó Cearúil | 086 7280050 | cllrnaoise@gmail.com | https://www.facebook.com/naoiseocearuil/ |
| Cllr. Pádraig McEvoy | 086-8658262 | padraigmcevoy@gmail.com | https://www.facebook.com/CllrPadraigMcEvoy/ |
| Cllr. Paul Ward | 087 2294697 | cllrpaulward@gmail.com | |
| Cllr. Peter Hamilton | 087-2316308 | | |
| Cllr. Tim Durkan | 086-8632784 | tim.durkan321@gmail.com | |
| Cloth Nappy Library Ireland | 087-9949183 | zerowastemaynooth@gmail.com | https://www.facebook.com/NappyLibraryIreland |
| Community Welfare Services | 0818607080 | Kildarecws@welfare.ie | |
| Employment Office | 01-6106000 | bo.maynooth@welfare.ie | |
| Intreo Employment Services Office | 01-6016360 | EstMaynooth@welfare.ie | |
| James Lawless T.D. | 01-6183587 | james.lawless@oireachtas.ie | https://www.facebook.com/JamesLawlessFF/ |
| Kildare Civil Defence | 045 980529 | pmcneela@kildarecoco.ie | |
| Kildare County Council | 045 - 980200 | customerservice@kildarecoco.ie | |
| Kildare County Council (Local Office) | 01 - 6286236 | | |
| Kildare MABS | 0818 07 2600 | kildare@mabs.ie | |
| Maynooth Autism Friendly Town | 0863329050 | autismfriendlytownmaynooth@gmail.com | https://www.facebook.com/maynoothaft/ |
| Maynooth Community Care Unit | 01-6106351 | | |
| Maynooth Community Church | 01-5054990 | office@maynoothcc.org | https://www.facebook.com/maynoothcommunitychurch/ |
| Maynooth Community Library | 01-6285530 | maynoothlib@kildarecoco.ie. | facebook.com/KildareCountyLibraryService |
| Maynooth Cycling Campaign | 086-8252934 | Maynoothcycling@gmail.com | https://maynoothcyclingcampaign.com/ |
| Maynooth Fishing Club | 01-6293202 | info@maynoothfisheries.com | |
| Maynooth GAA Club | | secretary.maynooth.kildare@gaa.ie | https://www.facebook.com/maynoothgaa/ |
| Maynooth Health Centre | 01-6106130 | | |
| Maynooth Kilcock Lions club | | contact@maynoothkilcocklionsclub.org | https://www.facebook.com/MaynoothKilcockLionsClub/ |
| Maynooth Library | 01-6285530 | Maynoothlib@kildarecoco.ie | www.facebook.com/KildareCountyLibraryService |
| Maynooth Newsletter | 01-6285922 | office@maynoothcep.com | https://www.facebook.com/MCEPNewsletter |
| Maynooth Senior Citizens | | maynoothseniorcitizens@gmail.com | |
| Maynooth Students Union | 01-7083669 | frontdesk@msu.ie | https://www.facebook.com/MaynoothSU |
| Maynooth Tidy Towns | 083 304 6130 | maynoothtidytowns@outlook.ie | https://www.facebook.com/MaynoothTidyTowns |
| Maynooth Town Football Club | 086-1060654 | info@maynoothtownfc.ie | https://www.facebook.com/MTFC1969/ |
| North Kildare Club | 01-6103909 | info@northkildareclub.ie | |
| North Kildare Tennis Club | | info@northkildaretennis.ie | |
| Parish of St. Mary's Maynooth | 01-6293018 | maynoothparishoffice@gmail.com | |
| Post Office | 01-6286259 | | |
| Réada Cronin T.D. | 01-6183823 | reada.cronin@oireachtas.ie | https://www.facebook.com/ReadaCroninSinnFein |
| SVP Vincent's Shop | 01-6289643 | geraldinebyrne.east@svp.ie | https://www.facebook.com/profile.php?id=100064619179003 |
| Zero Waste Maynooth | 087-9949183 | zerowastemaynooth@gmail.com | https://www.facebook.com/zerowastemaynooth |

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