Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

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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

A search of the Maynooth Newsletter archives shows the improvement since the 2012 report.

IBAL Report 2012

Maynooth: <u>41st out of 42 towns</u> / cities surveyed. - Moderately Littered.

A major University town, Maynooth should be Clean to European Norms. A little extra effort will get you there in 2013. In Survey 2, 2012 there was a slight improvement with no seriously littered sights but just two top ranking sites (Tesco and Maynooth College – North Campus). The remaining sites were moderately littered, including all four approach roads. The Main Street has frequently been littered in previous IBAL Anti-Litter surveys and things were no different this time around.

Irish Business Against Litter

Established in 1996, Irish Business Against Litter (IBAL) is an alliance of companies sharing a belief that continued economic prosperity – notably in the areas of tourism, food and direct foreign investment – is contingent on a clean, litter-free environment. In addition, IBAL believes all citizens have the right to a clean living environment.

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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 Keeffe. 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
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* 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

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zoom

E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR

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

SAFETY CHARTER COVID-19 ™
Fáilte Ireland

BRADY'S CLOCKHOUSE
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Live Bands every Saturday & Sunday during the month of February

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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.

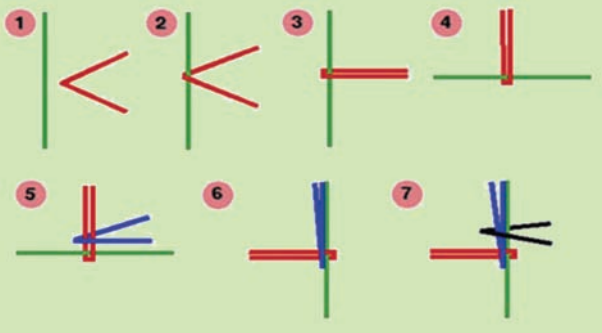
If You Can't Get Rushes You Will Need

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-bridid
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

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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.

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. Patricks 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 qualifed 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

(Continued on page 11)

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 employments 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 Communion Dresses



Confirmation Accessories Now in Stock







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

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Happy St. Brigid's Day to All our Customers

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 cómhrá 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 Comhrá agus informal Gaeilge class.
Complimentry refreshments available.
Ag súil libh a fheicéail 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 Fhéile 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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Website: www.hegartyssolicitors.ie



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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 l 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 miliary 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 roongeal* 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 roongeal: 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

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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 Abbeyleix 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







SHAKE OFF YOUR DEBT!



Finances feeling a bit rough?
transfer your existing loans and credit card balance to us and see what you could save!

Consolidate *all your debts into one smart, single payment.**
Or even just clear that pesky credit card!

AVERAGE SAVING ON €3,000 CREDIT CARD BALANCE = **€1,400**

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Existing and new members apply at www.lifecu.ie today.

*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.

MAFT
MAYNOOTH AUTISM FRIENDLY TOWN

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 seperate group for teengaers (aged 13-17)

See our socials so you don't miss out



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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KENNELS, POULTRY HOUSES, BIRD 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: www.kildare.ie/library maynoothlib@kildarecoco.ie Ph: 01-6285530

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

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(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

Unit 10, Tesco S.C. Carton Retail Park
(Beside Coyne's Butchers)

Photocopying - Typing - Scanning to & Print from Email
A3/A4 Poster Design & Printing - CVs - Theses
Letters - Essays - A3/A4 Lamination
Other Office Services available on request

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

I 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 KILDARE supporting U and your mental health

HEADSUP

supporting U and 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

SUPPORTS OFFERED

- 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



102 MEN & 68 WOMEN SUPPORTED

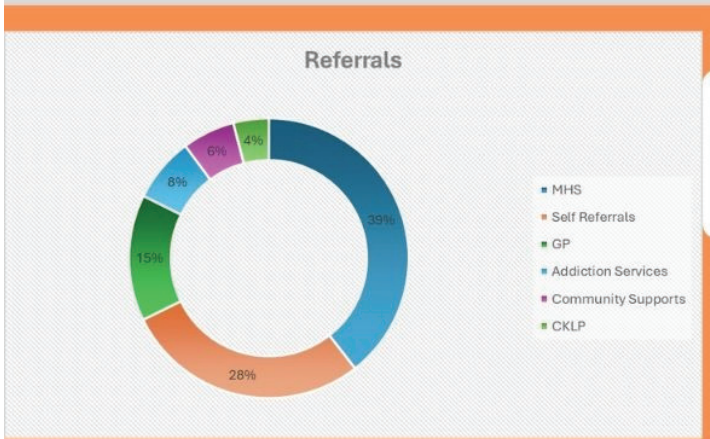
CURRENT, PAST PARTICIPANTS & NEW REFERRALS

"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



"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

HSE

Comhairle Contae Chill Dara
Kildare County Council

County Kildare

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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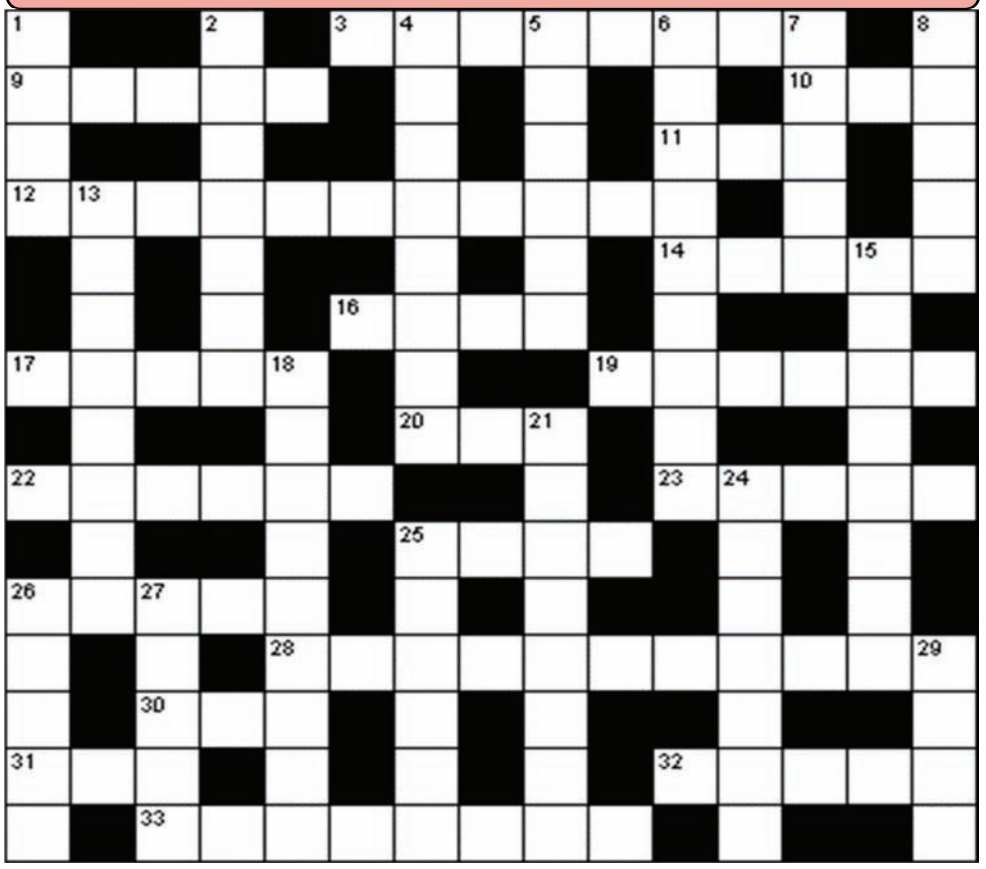
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February 2024 Crossword - No. 531

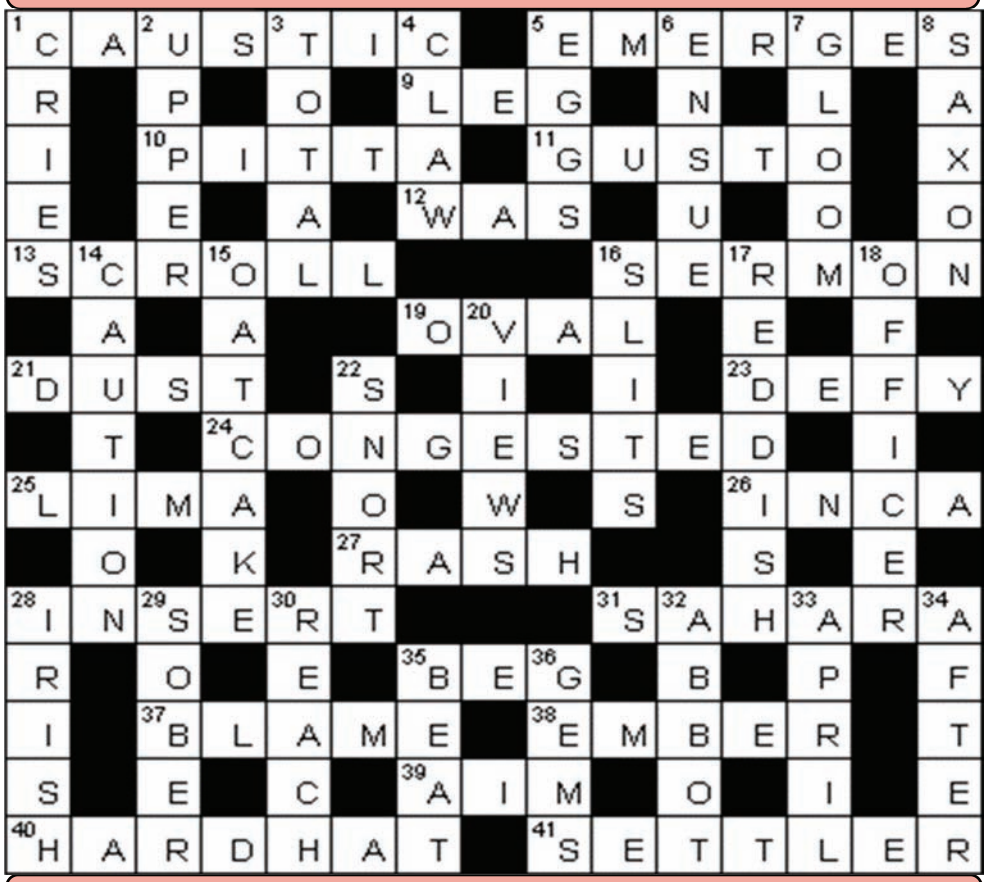


Clues Across

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

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

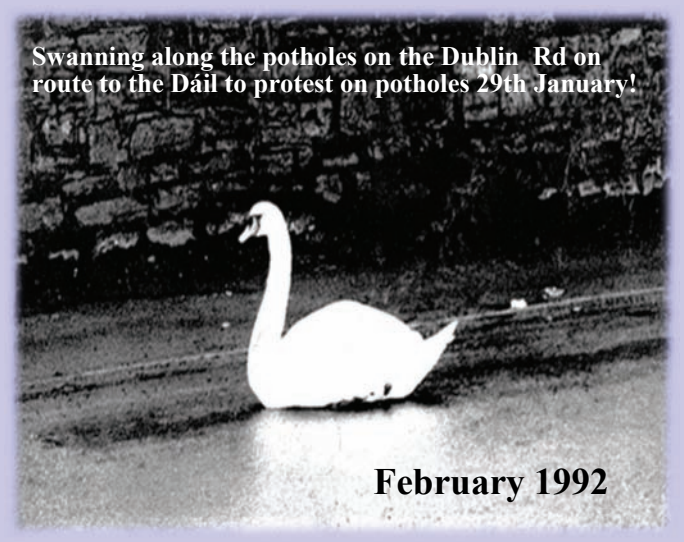
Sudoku Challenge

Super Difficult

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

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

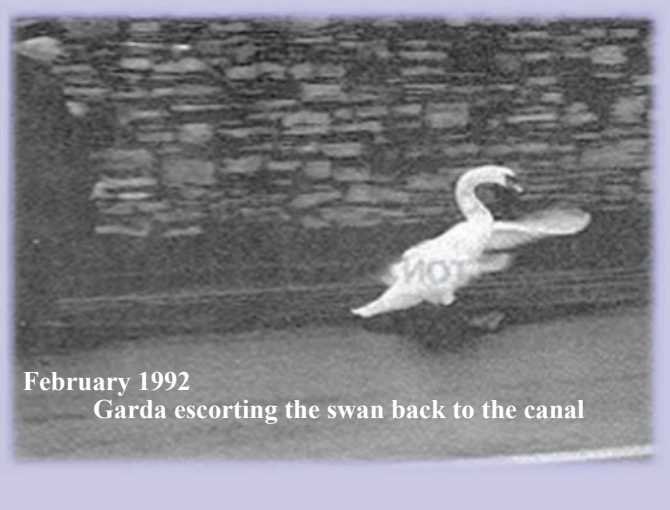


Enda Gleeson winning the Leinster U/13 Championship February 1983



WINTER COMES TO MAYNOOTH

Local Children playing in the snow.



February 1992
Garda escorting the swan back to the canal



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



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 brillant 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 persuit 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 victory to tumiltous 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



Greenhouse



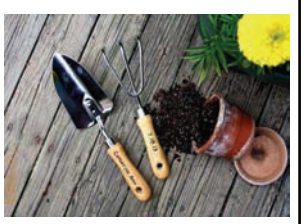
- Sow sweet peas in deep pots and keep them frost-free in a greenhouse or on a sunny windowsill.
- Pot on and pinch out autumn-sown sweet peas to encourage side shoots to form
- Sow summer bedding and tender annuals, including cosmos, lobelia, dahlias, nasturtiums and snapdragons.
- Sow tender crops 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

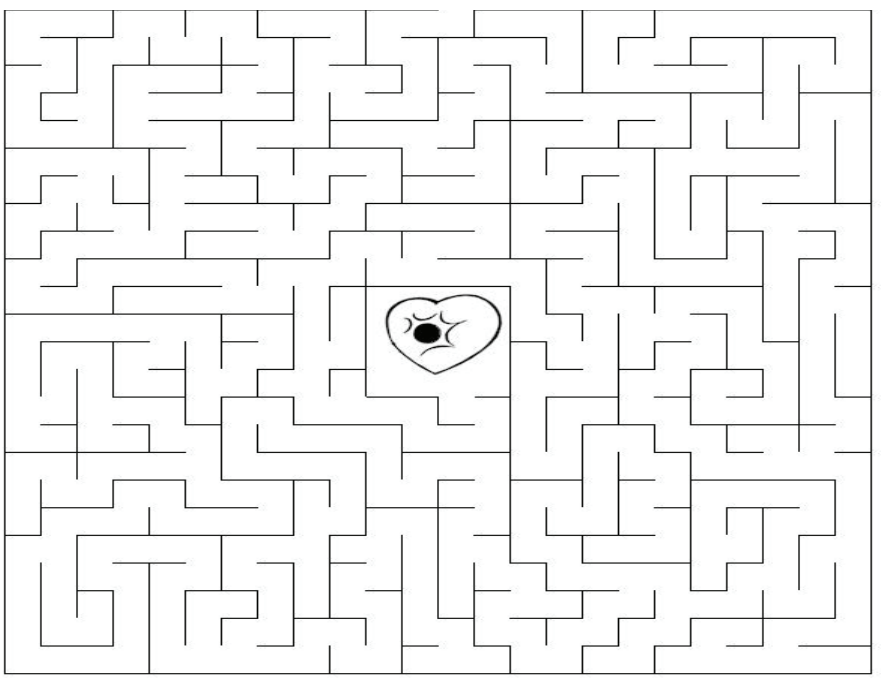
Valentines Day
WORD SEARCH

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B	E	L	O	V	E	D	N	T	G	Y	F	R	A
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CHERISH
FLOWERS
ADORE
AFFECTION
BELOVED
HEART
FLIRT
GREETING CARD
CANDY
BALLOONS
CARDS
DARLING
ADMIRE
BE MINE
GIFT
FEBRUARY
HOLIDAY
DEAR
DATE

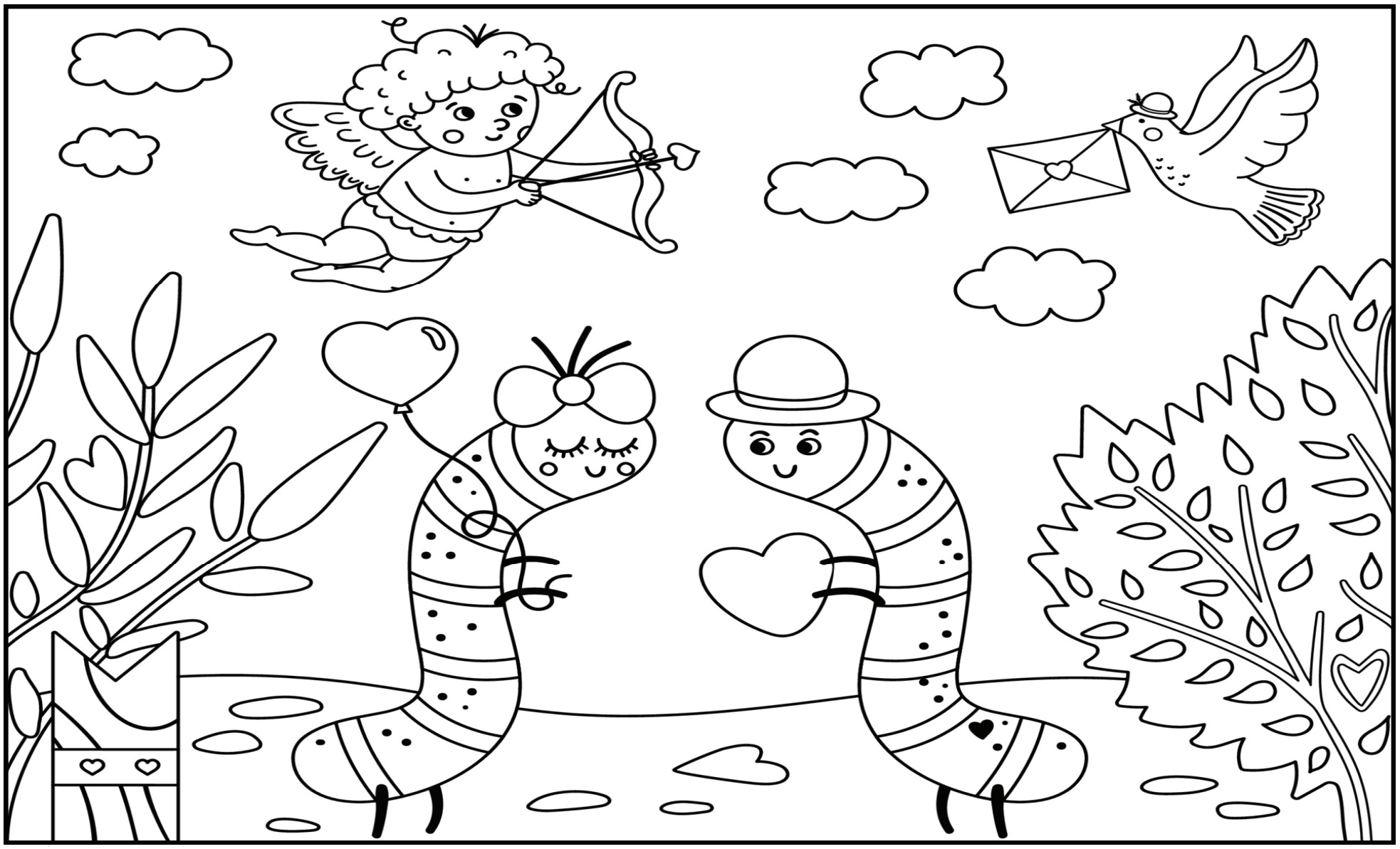


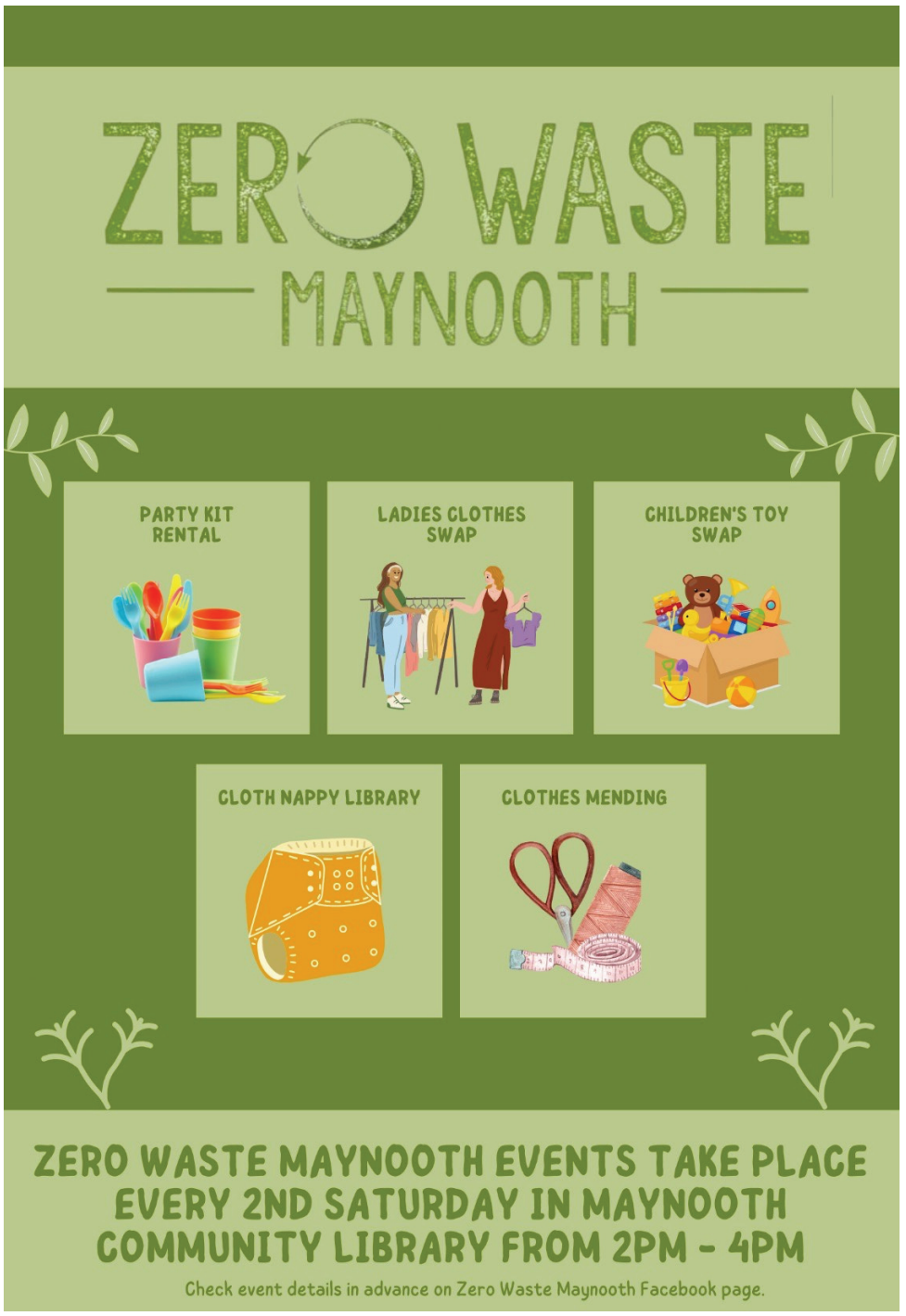
JUNIOR PUZZLES



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

All puzzles sourced free from Google









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'Keeffe

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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	
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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.

Maynooth Newsletter

Find us on Facebook

Recording the Social Footprint of Maynooth since the 1970s

Local News - March 2024 - Issue No. 532 - Online Version

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

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

MAYNOOTH ST. PATRICK'S DAY PARADE 2024

FÉILE LÁ FHÉILE PÁDRAIG MAIGH NUAD 2024

The Parade will start at 11am from Greenfield Shopping Centre goes down Straffan Road, onto Main Street and finishes at Tesco (Carton Retail Park) by 12pm.

Please Note: Traffic diversions will be in place for the duration of the Parade.

The Flickering Tide - Local Author / Fundraiser

Local writer and musician, Pete McCluskey has just added another first to his writing career. Normally a writer of contemporary fiction, Pete has just published his first book of poetry titled. "The Flickering Tide".

"The 60 poems in this collection were written over the past twelve months and they range in style from humorous to melancholic to human stories. Many people shy away from poetry because they have a feeling it can be difficult to understand but my style of writing is much more accessible and straightforward. Of course, I have some serious works in the book but I have also have a number of light and humorous verses. I've even included some Limericks."

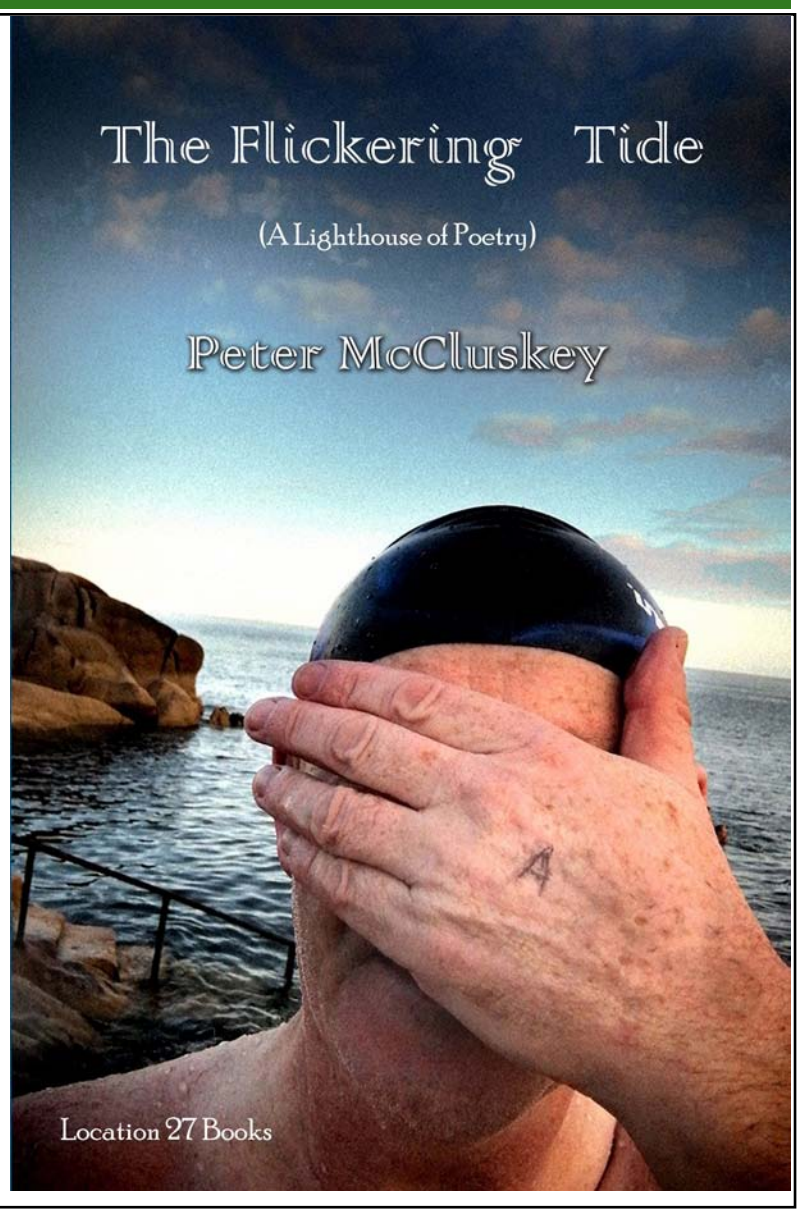
Peter was prompted to complete and publish the book when he came into contact with Saint Francis Hospice in Dublin.
"Both my father and sister were extremely well looked after and cared for by the hospice and I wanted to make an effort to raise any small amount of funding I could to help the hospice to maintain their excellent services."



Pete has opened up a Go Fund Me page and would be delighted if people would donate something small to this event and in return he'll send them a signed copy of his book.
"I'm not expecting huge sums - just maybe the price of a cup of coffee or a beer would be great."

The GoFundMe address is www.gofundme.com/f/poetry-for-hospice.

Contact Pete:
0851744633
pmccluskey2@gmail.com
www.petermccluskey.com



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Maynooth Newsletter

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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.

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

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

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

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

Between February and April this year, Maynooth University Library is hosting a series of lectures under a programme called "Maynooth through the Ages" at the John Paul 11 Library. The lectures cover a range of Maynooth related topics going as far back as the beginnings of the town with the arrival of the Fitzgerald's in the 12th century to more modern times includes a focus on key events, people and institutions. Having already attended two of these lectures, I look forward to going to more lectures. While these events are open to the public: tickets are scarce as all events are booked out. While a large attendance has been present at these lectures, the university library is operating a list to reserve a place to attend the remaining lectures, should seats become available, so if you want to attend the remaining lectures: you need to contact Maynooth University Library.



Photo above: Dr. Seamus Cullen speaking to the audience before delivering his lecture on "Revolution in Maynooth 1912-1923" on February 26th.

While we are all looking forward to the St. Patrick's Day events in Maynooth and as March 17th is on a Sunday, we have a public holiday on Monday March 18th so we have a long weekend to relax as well. The weekend before, on the previous Sunday, we celebrate "Mother's Day". For those of us still able to enjoy the day with our mother, make sure not to miss the opportunity to treat her well on the day and indeed on other days as well.
In 2024, the Irish Cancer Society are marking the return of their major fundraising event "Daffodil Day" on Friday 22nd March. You can support Daffodil Day with your school, college or workplace**,** or maybe you'd like to host your own event with friends and family. You can sell Daffodil Pins in your business, or volunteer to join the bucket collections, if approved to take place in Maynooth. You can also take part in the 12,000 Steps Challenge and be sponsored. As progress continues to be made on developing improved methods of treating cancer all funds raised are important.

March ends with Easter which is earlier this year than in other years with Good Friday on March 29th and Easter Monday on March 31st. I would prefer to have Easter to be later in April when the weather should be better. Nonetheless, I wish you all a great March and enjoy all of the holidays this month, particularly to all the mothers in Maynooth.

Paul Croghan
Editor

Copy date for the April edition will be 5pm on Tuesday 26th March 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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

Maynooth Heritage Trail Launch



The Maynooth Heritage Trail was officially launched on Thursday, 22nd February 2024 in Maynooth University Library by Professor Terence Dooley, MA, Ph.D. (NUI) H.Dip.Ed. This was a project undertaken by a sub-committee of Maynooth Tidy Towns, with funding and support from Kildare County Council.

On display were copies of the Heritage Trail leaflets, the storyboards to be placed around the town, also banners and a slideshow of Maynooth Tidy Towns projects and activities. Professor Dooley gave a brief but comprehensive history of Maynooth, from its foundation in the 12th Century, when Maurice Fitzgerald had a castle built along the Lyreen River, through to the 20th Century era of Rebellion and beyond.

The development of Maynooth as a University town, beginning with the opening of Saint Patrick's College as a Catholic Seminary in 1795, has added to its rich heritage. He highlighted the influence of the Fitzgerald family during their time in residence in the castle and later in Carton House. He also stressed the importance of preserving and promoting the heritage of Maynooth, asserting that the Heritage Trail will be instrumental in achieving this.

Chairperson of MTT, Breedge Conway explained how the trail came to be:
On a sunny September morning in 2021, MTT volunteers were painting the ICA hall, located close to the harbour. There was great curiosity as to the origins of this building, a former Army hut from the Curragh Camp. The realisation, that hundreds of people pass by this and other historical buildings and locations in the town, led to the formation of a sub-committee to devise a Heritage Trail.

The trail begins at Duke's Harbour, on the Royal Canal, the first of many locations associated with the Fitzgerald (Geraldine) family. The conclusion of the Heritage Trail is in Courthouse Square, whose history is synonymous with r ebellion and the fight for independence in 1916.

The initial aim was to develop a leaflet to allow for self-guided tours, with information Storyboards installed at the Harbour, outside Maynooth Castle and on the Green beside the Band Hall on Pound Street/Lane. The Storyboard on Courthouse Square will be updated with Heritage Trail information. A link on the Maynooth Community Council website will contain all Maynooth Heritage Trail information, including an Irish language version of the leaflet.

While researching and devising the trail, guided walks were given, proving very popular with all involved.

The Maynooth Heritage Trail was a registered event for National Heritage Week in 2022 and 2023. Some of the local schools have already done the tour and more have expressed interest in booking. Thanks to the staff and children of St. Mary's Boys' and Presentation Girls' schools, Maynooth University and other groups for their participation and valuable feedback on these walks.

Volunteers from the Heritage Trail sub-committee kindly give of their time to run these and aim to continue doing so on a regular basis.
Thanks was given to the many groups and individuals who supported this project:

Professor Terry Dooley, ICA, Kildare County Council at local, municipal, and County level, Brigid Loughlin KCC Heritage Officer, Cathal@Creative Signs Celbridge, INKJET Maynooth, Maynooth Community Council, author Adhamhnán Ó Súilleabháin, artists Antoon Knapp, Sean Mc Govern, Mairead Conway for permission to use their material, the extended Buckley and Bean families, Elaine Bean and her colleagues in MU Library for organising the launch.

A special thanks to Maynooth Tidy Towns. The enthusiastic support of the committee and larger volunteer group over the past two years ensured a successful conclusion to this unique project.

The members of the Heritage Trail sub-committee, Mary Connolly, Mary Mc Gaver, Patricia Watson, Georgina Ward, Paula Fitzpatrick, Breedge Conway, Paul Cahill, Vincent Mulready and Michael Kenny worked tirelessly on the project for more than two years. They are justifiably proud of the completed project.

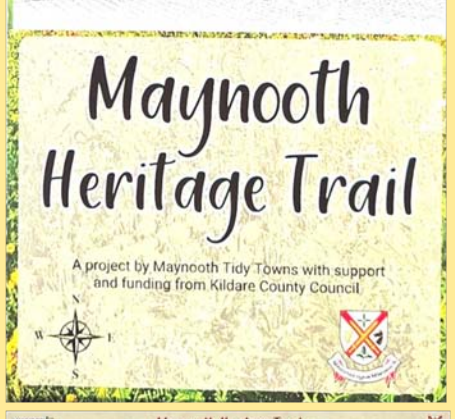
More Photos of Launch continued on Page 9















In thanking those who attended the launch, Breedge concluded by asserting the hope that the Maynooth Heritage Trail will be enjoyed by them, their families, friends, and many visitors to the town.

Breedge Conway - ***Maynooth Tidy Towns Association Chair***

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

Wishing you all a Happy St. Patrick's Day



Phone

WhatsApp

zoom

E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR



Maynooth Senior Citizens Committee

PLEASE NOTE THAT THE MAYNOOTH SENIOR CITIZENS COMMITTEE AGM WILL TAKE PLACE IN THE GERALDINE HALL, ON MONDAY 8TH APRIL AT 8PM. ALL WELCOME.

We would like to encourage more people to commit to join our committee. If you feel you would like to get involved please contact us at the email below.

The Rock n Rory music night will take place on Saturday 2nd March in the Roost. Tickets are €20. The proceeds will go to Maynooth Senior Citizens Committee. We would like to extend our thanks to Dominic O'Keeffe for nominating Maynooth Senior Citizens as their designated charity. Fundraising is an important and constant consideration for our committee.

Our weekly club meetings are continuing and we have some plans already made for during the year. More news about those as and when.

Wishing all our members a happy St. Patrick's Day and Mothers' Day.

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

MEC PTA Maynooth 10K/5K – Sunday 21st April 2024 @ 10am in the MEC campus

The 2024 Maynooth 10K/5K will take place on Sunday April 21st starting at 10am in the Maynooth Education Campus (MEC) on the Moyglare Road. This year's event was officially launched at the campus sports hall on February 20th.



Pictured at this year's launch were Siobhan McCauley, MCC Principal, Jacinta Murphy and Ciarán O'Domhnaill MPPS Deputy Principals, Catherine O'Hagan MCC Deputy Principal, representatives of sponsors Blasco Solicitors and Glenroyal Hotel & Leisure Club, Sarah Knaap chairperson of MEC PTA, Eimear White vice-chairperson of MEC PTA, Una Phillips Chairperson of Maynooth 10k, Patrick Gilligan PRO Maynooth 10k along with students from both MCC and MPPS.

This year we welcome new sponsor Blasco Solicitors who will provide t-shirts for our volunteers and stewards.





New Sponsor Alvaro Blasco pictured with Sarah Knaap, Una Phillips, and Patrick Gilligan of the Maynooth 10k committee at this year's launch.

Glenroyal Hotel & Leisure Club are back on board this year and will sponsor a number of prizes including the star prize of a night's stay in the hotel with breakfast included. All finishers in the race will be entered in this prize draw. The finishers medal will take a new direction this year as we switch to a sustainable locally made wooden style medal.
The exciting new design is currently under wraps but will be announced soon! As always, we extend our gratitude to Pearls Dental Maynooth for their continued support in sponsoring the medals. The ever-popular Specsavers snood is back again this year, and all finishers will receive one in addition to the medal. Thank you to Specsavers Maynooth for coming on board again this year.

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

Both the 10K & 5K will start at the MEC Campus and run down Moyglare road, turning left through Mariavilla across Lyreen Avenue to the Dunboyne Road. The 10K runners will then make their way to Carton estate via the Blacklion road and return to the MEC Campus by Carton Avenue, Dunboyne Road, Lyreen Avenue and the Moyglare road. The 5K runners will continue as far as the Blacklion roundabout and then turn back the same route to the campus. We are very grateful to Carton House Hotel for allowing us to avail of this scenic route.
Please note that the 10K and 5K races get underway at 10am sharp at the MEC Campus. Register at MCC (W23 P2R0) from 8am on Sunday morning or on-line at www.popupraces.ie.

Entry fee is €20 for an individual or €40 per family of 2 adults and 2 children. There is ample parking at the campus and a supervised cloakroom will be available during the race. All participants and friends are invited into the school after the race for our prize-giving ceremony and refreshments provided b our hard-working MEC PTA Committee. This event is a fundraiser organised by MEC PTA (Maynooth Education Campus Parent Teacher Association) for the upkeep of the multi-purpose playing fields shared with Maynooth GAA on the Moyglare road. Funds are also used for other PTA approved activities for the benefit of our students.

We hope to welcome hundreds of runners, joggers, and supporters to our town on Sunday 21st April and we wish you all a most enjoyable day!

St. Mary's Brass & Reed Band

The Maynooth St. Patrick's Day Parade marks the start of our 2024 engagements and hopefully it will be a rain free event this year. We are already working on our programme of recitals for the year and we will have further news on those events in the April Newsletter.

Did you know that the first Maynooth St. Patrick's Day Parade was organised by the Band in the 1970s. It was a very small parade which started from the gates of St. Patrick's College going straight up the street and ending up on the Dublin Rd.

Due to the small number of non-playing numbers attached to the Band at that time it was very difficult to organise and thankfully the Community Council took over and the Parade has grown since then.

However, it is worth remembering that the Band paraded through the town on St. Patrick's Day every year before that with two exceptions. On one occasion we marched in the Dublin Parade with very sad results when our Bass Drummer, Ned Kiely from Celbridge, collapsed at the end of a very long parade and unfortunately passed away in Jervis Street Hospital, now Jervis Centre, in Abbey Street.



The other occasion that we missed the Maynooth Parade was in 1998 when we were invited to take part in the Kansas City USA Parade which was of the few America Parades to take place on 17th March. The Band won the prize for the Best Band on the day which was a bonus as was the Mass on the morning of our departure which was celebrated by the Bishop of Kansas City with the Soloist none other than Eurovision winner Dana.

Gaeilge Nuada

Your local Irish Speaking Community!
Bhur bpobal Gaeilge áitiúil! gaeilgenuada.ie

Ciorcal Comhrá sa Leabharlann
11.00-12.00 Every Tuesday / Gach Máirt

Bricfeasta ag Caifé Sásta
09.00-10.00 Every Friday / Gach Aoine

Cluichí Cártaí - Card Games
Acor House (Bridge Club above 'I Love Organic' shop)
20:00-21:30 Sunday / Dé Domhnaigh
03/03/2024
agus dataí eile! other dates to be decided!

Club Míosúil - Monthly Club
Glenroyal Hotel
19.00-21.00 Wednesday / Dé Céadaoin
20/03/2024 29/05/2024
24/04/2024 26/06/2024

sólaistí ar fáil!

- Ciorcal Comhrá
- Club Leabhar
- Learners' Class

Cluichí Cláir Teaghlaigh (6-12 b.d'aois)
Family Board Games (age 6-12 + parents)
Maynooth Public Library
Leabharlann Phobail Maigh Nuad
12:00-13:00 Saturday / Satharn
23/03/2024 18/05/2024
20/04/2024 22/06/2024

Lá Teaghlaigh
25/05/2024 Gaelscoil Ruairí

Fáilte Roimh Chách! *All Welcome!*

Easter Traditions in Ireland

Easter is one of the most important religious holidays celebrated around the world. In Ireland, it is a time of great significance and has been celebrated for centuries with a range of customs and traditions that reflect the country's rich cultural heritage. From religious services to food and drink, Easter traditions in Ireland are unique and deeply rooted in the country's history.

Religious Observances of Easter
Ireland is a predominantly Catholic country, and Easter is an important religious observance. Holy Week, the week leading up to Easter Sunday is a time of solemn reflection and preparation for the celebration of the resurrection of Jesus Christ. Many churches hold special services throughout the week, including Palm Sunday, Maundy Thursday, and Good Friday.
On Palm Sunday, people traditionally carry branches of palms and other greenery in a procession to commemorate Jesus' entry into Jerusalem. Maundy Thursday marks the last supper of Jesus with his disciples and the washing of feet. On Good Friday, Catholics fast and attend a solemn service commemorating the crucifixion of Jesus.
Easter Sunday itself is a day of celebration, with special masses held in churches across the country. Many people also attend the "Sunrise Service" which is a popular way to welcome the new day and celebrate the resurrection of Jesus.

Easter Eggs
Easter eggs are a popular tradition in many countries, and Ireland is no exception. In Ireland, eggs have long been a symbol of fertility, new life, and rebirth. The tradition of giving and receiving Easter eggs dates back to the early Christian church, where they were a symbol of the empty tomb of Jesus.
Chocolate eggs have become a popular way of celebrating Easter in recent years, and many families give them to children on Easter Sunday. However, in Ireland, it is also common to dye hard-boiled eggs in bright colors and decorate them with stickers or drawings.



Easter Sunday Lunch
Easter Sunday is a time for families to come together and share a special meal. In Ireland, the traditional Easter Sunday lunch consists of roast lamb, vegetables, and potatoes. This is a time-honored tradition that dates back to ancient times when lamb was seen as a symbol of spring and renewal. Irish people also enjoy hot cross buns, a sweet pastry that is traditionally eaten on Good Friday. The cross on top of the bun symbolizes the crucifixion of Jesus.



Easter Parades
Easter parades are a longstanding tradition in Ireland. The parades are held in towns and cities across the country and feature colorful floats, bands, and performers.
The biggest parade in Ireland is held in Dublin, where thousands of people gather to watch the procession. The Dublin parade features marching bands, floats, and performers from all over the world. It is a colorful and exciting event that attracts visitors from far and wide.

The Easter Rising
The Easter Rising is a significant event in Irish history that took place in 1916. It was a rebellion against British rule and led to the establishment of the Irish Free State. The 1916 Easter Rising is commemorated every year in Ireland with ceremonies and events.
The most significant event is the Easter Sunday Commemoration, which takes place in Dublin's Garden of Remembrance. The ceremony includes a reading of the Proclamation of Independence, which was read out during the Easter Rising.
Easter is a time of great significance in Ireland, and the country's traditions and customs reflect its rich cultural heritage. From religious observances to parades and special meals, Easter is a time for families and communities to come together and celebrate. Whether you are in Ireland or abroad, celebrating Easter in the Irish way can be a great way to connect with your Irish heritage or learn more about this fascinating culture.

Source: www.yourirish.com/traditions/easter-in-ireland



Cllr. Angela Feeney Maynooth Labour News

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

Public lighting on the Celbridge Road
At the February Municipal District Council meeting Cllr. Feeney asked the Council to install public lighting on the Celbridge Road near Obelisk Lane. In speaking to the motion, Cllr. Feeney said that the section of road in question is very dark and is near a bad bend. She added that there are a couple of bus stops on the road and a footpath on one side of the road only. Many residents who live nearby contacted Cllr. Feeney about this issue, saying how unsafe they feel trying to walk to or from the bus stops to their houses. They and their children get the bus to travel to Maynooth University, or to schools and to work. The Council said the request has been added to the Kildare Lighting Infrastructure Priority Schedule. The Public Lighting Section will get a quotation for the lights.

Goalposts at the Harbourfield
Cllr. Feeney asked the Council to carry out repairs to the goalposts at the Harbour field, Maynooth. She said that the repairs are needed and should be carried out as soon as possible because many parents have been in touch about the safety of the goalposts. It is a popular area for many families to gather and for children to kick a ball around. The Council parks department informed Cllr. Feeney that it would inspect the goalposts and see if they can be repaired and if they cannot be repaired the posts will be removed and replaced.

Social Housing Maynooth Update
Cllr. Feeney called for an update on the status of the proposed social housing development at Greenfield Maynooth. She was informed that the tenders have been assessed and the Council are doing due diligence regarding insurance, performance bond, and cost breakdown with the preferred tenderer before entering into a contractual agreement. As this is a design-build contract, the contractor will have some upfront design work before commencing on-site. Cllr. Feeney welcomed the fact that it is hoped to be on-site in the next four to six weeks.

Taking In Charge Update
Cllr. Feeney asked for a report on the Taking in Charge of estates in the municipal district. The bi-annual report was provided and she will be in touch with the relevant residents association to provide them with the updates and do any follow up work to progress the taking in charge.

Safety Measures at Schools on Celbridge Road
Cllr. Feeney welcomes the installation of safety measures at the schools on the Celbridge Road in Maynooth to help reduce speeding motorists and prevent unsafe parking. Cllr. Feeney said that it is only a start but an important one to keep our children safe while we wait for the bigger job. Cllr. Feeney thanked the Council municipal office staff for their prompt action on this.

EV Chargers are now operational at Council car park
At the January meeting Cllr. Feeney asked when the Electric Vehicle fast chargers would be activated. She was informed that the chargers had been installed and that all the necessary paperwork had been completed, it was up to ESB Networks to activate the chargers. Cllr. Feeney is happy to inform residents that the EV chargers are now activated and available for use, they are located at the Council car park, near the Glenroyal Hotel and Supervalu Maynooth.

Maynooth Eastern Ring Road

Cllr. Feeney was informed that Kildare County Council has received correspondence from An Bord Pleanála confirming the Compulsory Purchase Order for the Maynooth Eastern Ring Road, with some minor amendments. While it had been anticipated that this notification would be issued last September, Cllr. Feeney said that it is great to finally get past this hurdle. The Project Team is in the process of re-engaging with the Design Team to complete the detailed design. Timelines will be provided in the coming weeks, and Cllr. Feeney will update as these arrive.

Cllr. Feeney's Upcoming Motions and Questions:

Motions:

1. That the Council enters into a continuation of the management of Maynooth Community Space in partnership with the Maynooth Community Employment Project for the benefit of existing and newly formed community based groups, and with continued advisory support from an integrated and diverse local stakeholder group that will report to the MD.

2. That the Council carries out a review of the existing double yellow lines in Silken Vale Maynooth.

Questions

1. Can the Council provide an update on the boundary reinstatement between Railpark Estate and the recent development at Bridge End Maynooth.

2. Can the Council provide an update on the delivery of a playground in Straffan.

Motion at Full Council (joint motion with Cllrs. McEvoy, Coleman, Curran, Cussen, Farrelly, Kelly, Liston, Power, Quinn,Ward and Hamilton):

That the Council assist with analysis and reports from Census 2022 data and any efforts to coordinate school population data and applications between the Department of Education, the KWETB, and other school patrons to simplify the process of securing school places across the county, particularly in areas where investment in education capacities has yet to align with population expansion.

Mary Cowhey & Company Solicitors

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Happy Easter to all our Advertisers, Contributors & Readers from all the Staff at the Maynooth Newsletter

DAFFODIL DAY

FRIDAY 22ND MARCH 2024



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

HOPE FOR OUR FUTURE

RTÉ series 'My Uni Life' captures MU student life

A second series of My Uni Life provides a unique and authentic insight into campus life and the experiences of students and staff across the country as they navigate the challenges and opportunities of a typical university year.

Starting on 16th February, the series will feature students and staff of Maynooth University including Mary-Kate Lynch, All-Ireland Winning footballer with the Meath Ladies Football team and stalwart of her university Gaelic football team, as well as fourth year law student Katelynn Doran, who is the first recipient of a Women's Rugby scholarship.



Photo: (l to r) ICARUS Researchers: Prof Conor Murphy, Mohamed Suleiman Bile, Dr Gerard McCarthy and Rebecca O'Neill.

Prof Conor Murphy and researchers from the ICARUS Climate Centre will feature as they investigate the effects of climate change on a field trip to the Wexford coast.

A year in the life of Irish universities, will see students as they embark on the first and final days of their university adventure; witness the fledgling friendships, and capture the culmination of life-changing and life-affirming journeys on graduation days.

Speaking about the series, Jim Miley, Director General of IUA said, "It's great to be back on campus for the second series of My Uni Life to show first-hand how our universities are providing exciting opportunities and a life-shaping experience for Students. We also get a 'birds eye' view of the working day of some of the 20,000 staff in our universities and the impact of our colleges on their local communities and regions."

More information on the series can be found on **www.iua.ie/myunilife2**

Booker Prize winner Paul Lynch appointed Distinguished Writing Fellow

Maynooth University is delighted to announce that 2023 Booker Prize Winner Paul Lynch has been appointed Maynooth University Distinguished Writing Fellow.

Paul Lynch is a multi-award-winning author of five novels – his Booker winner Prophet Song (2023), Red Sky in the Morning (2013), The Black Snow (2014), Grace (2017), Beyond the Sea (2019) -- making him one of Ireland's most prolific and critically-acclaimed contemporary authors.

Prior to winning the Booker Prize in November, his novels were nominated for and have won a long list of prizes, including the Prix du Premier Roman, the Walter Scott Prize for Historical Fiction, Prix Gens de Mer and the Kerry Group Irish Novel of the Year. Professor Alison Hood, Dean of Arts, Celtic Studies & Philosophy, said that Maynooth University was delighted with the appointment.

"Paul's novels are testament to an extraordinary and visionary talent. Paul was Maynooth University's Arts Council Writer-in-Residence in 2023. This appointment means that Maynooth University welcomes Paul back as a colleague in the Department of English, where he will teach on the MA in Creative Writing."



Paul Lynch, Distinguished Writing Fellow at Maynooth University, (Photo credit: Joel Saget)

Prophet Song, Paul's Booker Prize-winning novel, is an act of 'radical empathy', envisioning a dystopian Dublin that is terrifyingly recognisable. Written in part as a response to the Syrian refugee crisis and begun when Paul was Kildare County Council Writer-in-Residence at Maynooth University, Prophet Song demonstrates the power of literature not only as a space of refuge or beauty, but as a space of devastating political commentary and, indeed, prophecy.

Novelist Esi Edugyan, the Chair of the Booker Committee, described Paul's work in this brilliant novel: "Here the sentence is stretched to its limits – Lynch pulls off feats of language that are stunning to witness. He has the heart of a poet, using repetition and recurring motifs to create a visceral reading experience. This is a triumph of emotional storytelling, bracing and brave.

Hot Cross Buns

Hot Cross Buns are Traditional spiced, sticky glazed fruit buns with pastry crosses. Served as a classic Easter treat, the buns can also be enjoyed at any time of year. Eat them warm with a nice spread of butter too. SO good! They say that the cross on the bun represents a cross, and the bread represents the end of Lent. There are also many theories on the origin of Hot Cross Buns. Recipe makes 12 buns.

Ingredients for the buns
625g/1lb 6oz strong white flour, plus extra for dusting (see tip for alternatives)
1 tsp salt
2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)
45g/1½oz unsalted butter, cubed, plus extra for greasing
85g/3oz caster sugar
1 unwaxed lemon, finely grated zest only (alternatively use finely grated zest of ½ orange or 1 tangerine/satsuma)
1½ tsp dried fast-action yeast
1 free-range egg
275ml/9½fl oz tepid milk (non-dairy milks are also suitable)
125g/4½oz dried mixed fruit of your choice

For the topping
2 tbsp plain flour (see tip for alternatives)
1 tbsp golden syrup or runny honey, gently heated, for glazing (see tip for alternatives)

Method

- For the buns, sieve the flour, salt and mixed spice into a large mixing bowl, then rub in the butter using your fingertips. Make a well in the centre of the mixture, then add the sugar, lemon zest and yeast. Beat the egg and add to the flour with the tepid milk. Mix together to a form a soft, pliable dough.
- Turn out the dough onto a lightly floured work surface. Carefully work the mixed dried fruit into the dough until well combined. Knead lightly for 5 minutes, or until smooth and elastic.
- Grease a large, warm mixing bowl with butter. Shape the dough into a ball and place into the prepared bowl, then cover with a clean teatowel and set aside in a warm place for 1 hour to prove.
- Turn out the proved dough onto a lightly floured work surface and knock back the dough. Shape into a ball again and return to the bowl, then cover again with the teatowel and set aside for a further 30 minutes to rise.
- Turn out the dough onto a lightly floured work surface and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the buns again with the teatowel and set aside to rest for 5–10 minutes.



- Grease a baking tray with butter and transfer the buns to the tray. Wrap the tray very loosely in baking paper, then place inside a large polythene bag (or cover loosely in lightly oiled cling film). Tie the end of the bag tightly so that no air can get in (if using) and set aside in a warm place for a further 40 minutes to rise. Preheat the oven to 240C/220C Fan/Gas 8.
- Meanwhile, for the topping, mix the plain flour to a fairly thick smooth paste with 2 tablespoons cold water (you may need to use slightly less or more water to get the right consistency). When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun
- Transfer the buns to the oven and bake for 8–12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.

Recipe Tips
For the dough, you can use up to half wholemeal or spelt flour instead of all white, but you may need to add a little extra milk or water. You can even use plain flour at a push, but be aware that the dough won't rise as much and the end result may be a tad heavy.
For the topping, any white-coloured flour will work, from cornflour to rice flour. Feel free to use what you have in – just ensure the paste is thick enough (different flours will absorb differing amounts of water).
If you haven't got golden syrup or honey for glazing, any sugar syrup will do (agave syrup, maple syrup etc). Or try dissolving 1 heaped tsp of any granulated sugar in a little hot water.
Source: www.bbc.co.uk/food/recipes/hotcrossbuns

Maynooth Heritage Trail Launch Photos Cont/….



International Women's Day
March 8th 2024

With well over a century of history and change, the first International Women's Day (IWD) was held in March 1911. IWD isn't country, group or organization specific. It's a day of collective global activism and celebration that belongs to all those committed to forging women's equality.

On an organizational or group basis, there are many ways to ensure the needs, interests and aspirations of women and girls are valued and included. Organizations and groups can #InspireInclusion through action in areas such as:

- forging women's economic empowerment
- recruiting, retaining and developing female talent
- supporting women and girls into leadership, decision-making, business and STEM
- designing and building infrastructure meeting the needs of women and girls
- helping women and girls make informed decisions about their health
- involving women and girls in sustainable agriculture and food security
- providing women and girls with access to quality education and training
- elevating women and girl's participation and achievement in sport
- promoting creative and artistic talent of women and girls
- addressing further areas supporting the advancement of women and girls

International Women's Day

See the following website for events on the day
www.internationalwomensday.com/2024themedublin.ie/whats-on/listings/international-womens-day/
Source: www.internationalwomensday.com/2024theme

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**

Deposit Return Scheme

What is the Deposit Return Scheme?
When you buy a drink in a container with the Re-turn logo you are charged a small refundable deposit. You can then claim back the levy by returning the empty container.
This is a new bottle and can recycling system and is known as the Deposit Return Scheme. The scheme began on 1 February 2024.
The cost of the deposit is automatically added to the cost of the drink.
You can reclaim the deposit by returning your containers once they are empty and undamaged.



What containers can be recycled?
Most drinks containers such as bottles, cans and tins made from plastic, aluminium or steel can be returned once they are between 150ml and 3 litres in size and have the Re-turn logo on them.
The containers should be empty, undamaged and in their original shape. The barcode must also be readable.

What is not included in the recycling scheme?
If your container doesn't have the Re-turn logo on it, you can't return it and it should be recycled as normal.
Containers which are not included in the scheme and can't be returned include:
- Glass bottles or containers
- All dairy products (for example, milk containers, yogurt containers, etc)
- Containers over 3 litres

You will not be able to return drinks containers which were bought before 1 February 2024 as these will not have the Re-turn logo.

How much does the deposit cost?
The deposit costs between 15-25 cent depending on the size of the container.
- Containers between 150ml to 500ml have a 15 cent deposit
- Containers over 500ml to 3 litres have a 25 cent deposit

Where can I return my containers?
You can return containers to shops that sell drink containers with the Re-turn logo, regardless of where you bought them. At these shops you can either return the containers:
- Using a Reverse Vending Machine (RVM), or
- Manually in the shop

Not all shops will have a Reverse Vending Machine.

If a store does not have a RVM but they sell containers with the Re-turn logo, the shop may allow you to manually return containers in store, unless they have a take back exemption.

Take Back Exemptions
Certain businesses can apply for a take back exemption, for example, retail outlets with less than 250 square meters of customer facing store space. Re-turn have more information about take back exemptions (pdf) and what shops can apply for them. https://re-turn.ie/wp-content/uploads/Take-Back-Exemptions.pdf

How do I collect my deposit?
If you are using a Reverse Vending Machine, you will be given a voucher for the value of the number of containers you returned. You can choose to use your voucher to buy something in that specific shop or to refund your voucher for cash.

If you returned your items using an RVM, you can only use or refund your voucher in that same shop where you returned the bottles. You cannot reclaim your voucher in a store if you used a RVM from a different store.
Re-turn.ie have an interactive map, which shows you all the locations where you can return your containers.

More information
For more information on this scheme and how it works, you can visit the Re-turn website.

https://re-turn.ie

Dog licences and ownership

Introduction
If you own a dog, you must have a dog licence and get your dog microchipped. See below for more information. You can also check below if you have a restricted breed of dog.
Your dog must be under your control, or the control of another responsible person if it is outside your home or premises. You are liable for any injury or damage your dog causes to people or livestock.

Dog ownership and the law
Local authorities are responsible for the control of dogs under the Control of Dogs Act 1986. They can appoint dog wardens, provide dog shelters, seize dogs, impose on-the-spot fines and take court proceedings against dog owners.
You can be banned from keeping a dog if you have been convicted of cruelty to a dog under the Protection of Animals Acts 1911 and 1965.

Dog licences and dog control

Do I have to get a licence for my dog?
If your dog is over 4 months old you must have a dog licence. Puppies under 4 months who are still with their mothers don't need a licence, but once they leave their mothers they must have a licence.

There are 3 types of dog licence:
- An individual dog licence, which costs €20 and is valid for 1 dog for 1 year

A 'lifetime of dog' licence, which costs €140 and is valid for your dog's lifetime
- A general dog licence, which costs €400 and is valid for 1 year. This covers multiple dogs at one location

You can apply for an individual or lifetime dog licence at your local post office or licences.ie. A general dog licence application must be sent to your local authority.

Licences are not needed for:
- Guide dogs for blind people
- Dogs in the possession of a local authority
- Dogs in the possession of the ISPCA or Gardaí
- Any dog imported into the State for less than 30 days

Do I have to get my dog microchipped?
A microchip is a tiny electronic device injected by a vet under the skin of the dog. The microchip is coded with a unique number the dog. It can be scanned at the vet, animal rescue organisation or the animal welfare unit at your local authority. Read more about microchips for dogs at https://www.dogstrust.ie

You must get your dog microchipped by a vet and registered under your name on an authorised database before they are 12 weeks old. This also applies if a dog leaves the property where they were born before they are 12 weeks.
Getting your dog microchipped costs approximately 25 euro, some organisations will do this for free or at a lower price such as the DSPCA mobile vet clinic.

Does my dog have to wear a collar?
A dog must always wear a collar. A collar must have the name and the address of the owner. If your dog doesn't have this identification, a dog warden can give you can an on-the-spot fine (See 'Penalties' below). If you don't pay this fine within the specified period, you can be prosecuted by the local authority.

What powers does a dog warden have?
Dog wardens have the power to:
- Request the name and address of anyone suspected of an offence under the Control of Dogs Act
- Seize and detain any dog
- Enter any premises (except your home) to seize and detain a dog

You can be arrested by a Garda if you:
- Obstruct a dog warden in the course of their work.
- Refuse to give your name and address to a dog warden.
- Give a false name and address to a dog warden.

A dog warden can ask you for evidence of your dog licence and if you can't do this, they can issue an on-the-spot fine (see 'Penalties' below).

(Continued on page 11)

KNOW YOUR RIGHTS (Cont.)

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(Continued from page 10)

Barking, fouling or stray dogs

My neighbour's dog won't stop barking. What can I do?

If your neighbour's dog won't stop barking you should talk to your neighbour first. If you can't resolve the issue with them, you can make a complaint to the District Court and look for a hearing. When you get a court date, you must notify the dog owner using a court form, which is available from your local authority or District Court.

You can find advice on how to stop your dog barking and low cost training from the Dogs Trust and DSCPA.

Dog fouling

It is an offence to let a dog under your control foul a public place. If it does happen, you, or the person in charge of the dog, must remove the faeces and dispose of them in a proper and clean way.
If your dog fouls in a public place and you don't pick up the faeces, you can get a €150 on -the-spot fine. Read more about fines below.

Stray and lost dogs

Stray dogs are dogs that are in a public place and are not accompanied by the owner or a responsible person. Dogs that are not under proper control are also considered stray dogs.
You can get an on-the-spot fine if your dog is not under proper control. Stray dogs can be seized by the dog warden or Gardaí and brought to a dog pound. These dogs may be put down or re-homed if their owners do not claim them within 5 days.
If your dog is lost, has strayed or is missing, you should contact your local dog warden to check if your dog is there. Before you collect it, you may have to pay a re-claim fee and produce a current dog licence.
If you have found a lost dog you can report it to the Irish Society for the Prevention of Cruelty to Animals (ISPCA) who will be able to help.

Unwanted dogs

If you have a dog that is no longer wanted, please contact the ISPCA. Dog charities or pounds may also accept unwanted dogs, although you may be charged. Local authorities can accept unwanted dogs and put them down if they cannot be rehomed or transferred to an animal welfare group.

Restricted breeds of dog in Ireland

No breed of dog is currently banned in Ireland. But if you have certain types or breeds of dog there are additional rules you must follow. This applied to the following types of dog, as well as strains or cross-breeds of these breeds:

- American pit bull terrier
- English bull terrier
- Staffordshire bull terrier
- Bull mastiff
- Dobermann pinscher
- German shepherd (Alsatian)
- Rhodesian ridgeback
- Rottweiler
- Japanese akita
- Japanese tosa
- Bandog

In Ireland restricted dogs (or strains and crosses of them) must be:

- Kept on a short strong lead (under 2m)
- With someone over the age of 16, who is able to control them
- Muzzled when in a public place
- Wearing a collar with the name and address of their owner, at all times

The rules on muzzling and leashing do not apply to dogs used by the Gardaí, the Dublin Harbour Police, State Airport Police and rescue teams in rescue operations. The rules on muzzling do not apply to guide dogs for the blind.

Dog control penalties and fines

Local authorities can introduce bye-laws about dog control.

If you are given an on-the-spot fine, this is given immediately without a court process. You will have to pay the fine to pay before a certain number of days or a future date. If you do not pay the fine, you may be prosecuted in court.

Dog control penalties

Offence	Fines since 1 Dec 2023	If you don't pay the fine
No dog licence	On-the-spot fine: €150 paid to your local authority	You can be prosecuted in the District Court with a maximum fine of €2,500 or 3 months' imprisonment (or both)
No identification on dog	On-the-spot fine: €200 paid to your local authority	You can be prosecuted in the District Court with a maximum fine of €2,500 or 3 months' imprisonment (or both)
Stray dog	On-the-spot fine: €150 paid to your local authority	The pound will hold a dog for at least 5 days. Dogs not re-claimed from the dog pound within 5 days may be put down, rehomed or transferred to an animal welfare group.
Dog not kept under control	On-the-spot fine of €300 paid to your local authority	You can be prosecuted in the District Court with a maximum fine of €2,500 or 3 months' imprisonment (or both)
Breach of bye-laws (setting out times when dog may be unleashed in public)	Fines up to €2,500 on conviction.	N/A
Dog fouling public place	Owners or dog handlers who do not dispose of dog faeces in a responsible way may receive an on-the-spot fine of €150.	You can be prosecuted in the District Court with a maximum fine of €4,000, and €600 per day for continuing offences on summary conviction.

Rules on selling dogs in Ireland

There are rules about the sale and supply of pets, including dogs.
If you sell or supply 5 or more pets in a calendar year you must:

- Register with the Department of Agriculture, Food and the Marine.
- Keep records about pet animals for sale or supply
- Include certain information if you are advertising an animal for sale. For example, if you are advertising a dog for sale, you must include its microchip number
- Not sell or supply pets under a certain age (8 weeks for dogs)

If you are advertising a dog for sale, the advertisement must have the dog's microchip code.
These rules are set out in the Animal Health and Welfare (Sale or Supply of Pet Regulations) 2019.
There is a Code of Practice for people who sell and supply pet animals.

Guard dogs

A guard dog used at a non-residential business premises must be accompanied by a handler or secured so that it cannot roam freely around the premises or escape. A notice must be displayed at the entrance, informing the public that a guard dog is on the premises.
The guard dog must wear a collar displaying the name and address of its owner. It must also carry an electronic implant containing a permanent identification mark provided by the ISPCA. This implant must be inserted by or under the direct supervision of a veterinary surgeon authorised by the ISPCA. The dog owner is responsible for the cost involved in inserting the implant.
Kennels where more than 5 guard dogs aged over 4 months are kept must register with the local authority. There are specific rules about keeping guard dogs.

More information and contacts

National Animal Centre, Derryglogher Lodge, Keenagh, Co. Longford, Ireland
Tel: +353 (0)43 332 5035 - Fax: +353 (0)43 332 5024
Homepage: http://www.ispca.ie/ - Email: info@ispca.ie

The Department of Rural and Community Development publishes statistics on dog control.

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Disaster

I don't want to talk about it – I have to talk about it.
It started out so promising way back in Seventy-three;
We're heading for Senegal or some such
fabulous destination, Shangri-La, Hy Brazil, El Dorado,
and then, beneath a turquoise sky, this sudden jolt!
Why go on? Enough to say we grounded on a sandbank
and all the smart ones hogged the lifeboats; us fools, we built a raft.
The lifeboats towed us for a day or two, but then the weasels
cut us loose… explained they had to save themselves.
At first we marked our turf with a tricolour or union jack
fluttering in spray-drenched breezes, but what did that achieve?
As if pieces of coloured cloth and the pride we took in them
could somehow alter our predicament.
Hour after hour the mounting horror:
provisions consumed… empty water flasks!

Soon the weakest died – we tipped them overboard,
but then – You don't know what a parched throat and empty stomach are.
They stretch one on the rack. All – or most of us –were now half mad.
Day after day we lost all human reservations,
turned into ravening animals determined to survive –
That's only how I can explain, not condone, what happened.
Maybe I've already said too much – but: no, I must go on.
You see, we're burning up inside and there is liquid blood
in living veins and arteries, and food, raw meat, in bodies –
Now I see you're shocked, but if someone's already dying
you're only hastening his demise –
That's what I told myself; that's why I'm talking to you now.
Don't you dare judge me – No, judge me if you think you must.
But if you find it in your heart to pray for me, then add a curse
for those mob-beguiling leaders who set us on our course.

By: Colin Scott



Kildare Planning Applications for Maynooth Area
Planning Applications received from 29/01/2024 to 29/02/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460169	Kildare County Council	Shannon & Colin Fallon	28 Parklands Square, Maynooth, Co. Kildare	27/02/2024
2460163	Kildare County Council	Patrick Brady	6 Parklands Crescent, Maynooth, County Kildare	26/02/202
2460155	Kildare County Council	Patrick Brady	6 Parklands Crescent, Maynooth, County Kildare	23/02/2024
2460137	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Road, Maynooth, Co. Kildare	20/02/2024
2458	Kildare County Council	Declan & Caitriona Foley	Crannog, Leinster Park, Maynooth, Co.Kildare W23F1H9	14/02/2024
2455	Kildare County Council	Jimmy Mc Mahon & Sons	Maynooth Road, Celbridge, Co. Kildare	13/02/2024
2460090	Kildare County Council	Shannon & Colin Fallon	28 Parklands Square, Maynooth, Co. Kildare	08/02/2024
2460071	Kildare County Council	Shannon & Colin Fallon	28 Parklands Square, Maynooth, Co. Kildare	31/01/2024
2460062	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Road, Maynooth, Co. Kildare	30/01/2024

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

Constituency Office ph: 01-6156625 Dáil Office ph: 01-6183099 - e-mail: catherine.murphy@oireachtas.ie

Record number of people in homeless accommodation
Social Democrats TD Catherine Murphy has responded to figures published showing that the number of people in homeless accommodation has risen by 213.
Deputy Murphy said: "There are now 13,531 people living in homeless emergency accommodation – the highest ever recorded in the history of the State.
"Shockingly, 4,027 of these are children and 197 are pensioners.
"How long will this Government allow more and more people to go through the trauma of becoming homeless? "Since they have taken office, homelessness has increased by 56 per cent while child homelessness has increased by 52 per cent.
"This is a damming record and an abject failure by this Government.
"I have been consistently calling for the reintroduction of the ban on no-fault evictions since it was lifted.
"This is not a radical measure – it is the norm in most European countries where people who pay their rent do not have to live in fear of homelessness."

Minister has serious questions to answer over latest RTÉ debacle
Media Minister Catherine Martin has serious questions to answer about her own handling of the crisis in RTÉ, according to Social Democrats TD Catherine Murphy.
"The Minister is claiming she was kept in the dark about exit packages agreed with senior RTÉ executives last year. If this is the case, then it is clear the Minister didn't ask the right questions when these resignations were announced.
"When senior executives left RTÉ, the Minister apparently expressed no curiosity about the deals that underpinned these departures. This lack of curiosity is extremely troubling, given the Minister now feels she was led astray about the nature of these resignations.
"There is a further point that the Minister must now urgently clarify. In her resignation statement, the former Chair of the RTE board, Siún Ní Raghallaigh, said she informed the Department of the process involved in the resignation of Richard Collins the day after he left the organisation.
"Are we to understand from this that the Department was, in fact, aware that there had been an exit package and that it had been approved by the Chair? If so, was the Minister informed and, if not, why not?
"The Minister, in my view, showed a lamentable lack of judgment in agreeing to proceed with a Prime Time interview last night in circumstances where serious issues had arisen about the Chair of the RTÉ board. Instead of discussing those issues with the Chair of RTÉ at the first available opportunity, she preferred to effectively fire her live on air on RTÉ's flagship current affairs programme.
"The net result of this is that an already crisis-engulfed broadcaster has been thrown into further turmoil. Given the brutal treatment of Ms Ní Raghallaigh by the Minister, and this escalating crisis, it is unlikely that successor candidates will be lining up to take on the job that is now vacant.
"RTÉ cannot be left rudderless at a time when the organisation is in such turmoil. A large degree of that turmoil can be ascribed to the hands-off approach and chronic indecision of a Minister who has not kept on top of this ongoing crisis. The Minister has serious questions to answer about her handling of this debacle."

House prices continue to skyrocket under this Government
House prices in Ireland are continuing to rise and show no signs of stopping under this Government, according to Social Democrats TD Catherine Murphy.
Deputy Murphy said: "The latest Residential Property Price Index from the CSO paints a grim picture for those hoping to buy a home of their own.
"House prices have risen by 4.4 per cent in the 12 months leading up to December 2023. This has left the median cost of a home at €327,500, rising to a staggering €444,000 in Dublin. "It is more expensive now to buy a house than it was at the peak of the property boom in 2007. "The Government's failure to get to grips with this crisis is turning homeownership into a pipedream for many.
"There are measures that could and should be taken to increase the supply of genuinely affordable homes to rent and buy. "I have put forward a number of amendments to the Planning and Development Bill 2023 that would put the delivery of affordable housing at the heart of the planning system. "These include the introduction of a specific zoning for affordable housing. This is a key feature of housing delivery in Vienna, one of the most affordable places to live in Europe. "Zoning for affordable housing would ensure that enough affordable homes are built and that these homes continue to be affordable for future generations. "I am calling on the Government to support these practical, workable and constructive solutions."

Report shows State is failing children in key areas
The Children's Rights Alliance Report Card 2024 shows that the State is failing to deliver on key child welfare commitments contained in the Programme for Government, according to Social Democrats TD Catherine Murphy
Deputy Murphy said:
"The report card, published today, offers a bleak assessment of the Government's performance in a number of areas. "When it comes to children's mental health, the Government has been awarded a derisory E grade. This reflects the continued practice of admitting children to adult psychiatric units and the worrying rise in waiting lists for Child and Adolescent Mental Health Services (CAMHS) – which currently stands at around 4,000.
"According to the report, an E grade is unacceptable and is due to the Government taking steps in the wrong direction, with no positive impact on children.
"The Government didn't do much better in the family homelessness category, just managing to scrape a D- grade. This is against the backdrop of almost 4,000 children living in homeless emergency accommodation. "This is deeply concerning as we know the serious damage that homelessness can have on a child's mental and physical health, as well as their development. "In addition, Government efforts to end direct provision only received a D grade. The report said that increased pressure on International Protection Accommodation Services (IPAS) and the war in Ukraine have resulted in a deterioration of standards for children and young people seeking asylum.
"The Taoiseach has previously stated that he wants Ireland to be the best country in Europe to be a child. However, the Children's Rights Alliance report shows that the Government still has a considerable distance left to travel before such an aspiration can be achieved."

Expansion of School Transport Scheme must be accompanied by systemic reform
The planned expansion of the School Transport Scheme must be rolled out in tandem with a major overhaul of the system, according to Social Democrats TD Catherine Murphy.
Deputy Murphy, said:
"According to reports over the weekend, Minister for Education Norma Foley is working on an expansion of the scheme. A long-delayed review is set to recommend that thousands of students who live closer to their schools will be eligible for a bus place instead of having to apply for concessionary tickets.
"While this is very welcome news for many families, it must be remembered that there are still children waiting on a promised school bus service for the 2023/24 term that commenced last August. "Unfortunately, there is every reason to fear that hundreds of families will face a repeat of last year's school transport debacle when the new term begins this autumn.
"In some areas, including North Kildare and neighbouring Wicklow, problems that marked the start of the last academic term – including driver shortages, last minute cancellations and promised bus routes that never materialised – still persist.
"With applications to the School Transport Scheme set to open at the end of this month, the Minister has so far failed to outline what – or if – additional measures have been put in place to prevent a repeat of these issues. "I have repeatedly called for the establishment of a new national school bus service that is removed from the control of the Department of Education and is instead placed under the remit of the Department of Transport. There should also be a major recruitment drive to attract part-time drivers in rural areas.
"This issue has caused no end of disruption and stress for parents, some of whom have had to take time out of their annual leave – or even quit their jobs – so they can drive their children to school. This is also putting more cars out onto our roads when we are trying to meet our climate action targets. "While I am in favour of expanding the School Transport Scheme to more families, this must happen in tandem with systemic reform of how it currently operates."

Report shows State is failing children in key areas
The Children's Rights Alliance Report Card 2024 shows that the State is failing to deliver on key child welfare commitments contained in the Programme for Government, according to Social Democrats TD Catherine Murphy.
Deputy Murphy said:
"The report card, published today, offers a bleak assessment of the Government's performance in a number of areas.
"When it comes to children's mental health, the Government has been awarded a derisory E grade. This reflects the continued practice of admitting children to adult psychiatric units and the worrying rise in waiting lists for Child and Adolescent Mental Health Services (CAMHS) – which currently stands at around 4,000.
"According to the report, an E grade is unacceptable and is due to the Government taking steps in the wrong direction, with no positive impact on children.
"The Government didn't do much better in the family homelessness category, just managing to scrape a D- grade. This is against the backdrop of almost 4,000 children living in homeless emergency accommodation.
"This is deeply concerning as we know the serious damage that homelessness can have on a child's mental and physical health, as well as their development.
"In addition, Government efforts to end direct provision only received a D grade. The report said that increased pressure on International Protection Accommodation Services (IPAS) and the war in Ukraine have resulted in a deterioration of standards for children and young people seeking asylum. "The Taoiseach has previously stated that he wants Ireland to be the best country in Europe to be a child. However, the Children's Rights Alliance report shows that the Government still has a considerable distance left to travel before such an aspiration can be achieved."

Sale of Beacon Hospital a missed opportunity for the Government The sale of the Beacon Hospital in south Dublin represents a missed opportunity for the Government to deliver on a key Sláintecare commitment, according to Social Democrats TD Catherine Murphy. "It emerged this week that a deal has been reached to sell the Beacon Hospital to the asset management wing of the Australian owned Macquarie Group for a sum believed to be in excess of €400 million.

"News of the sale comes as the Government continues to dither over the selection of sites for the development of two elective hospitals in the capital. Four elective hospitals –

(Continued on page 16)



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

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(Continued from page 15)

two in Dublin and one each in Cork and Galway were recommended as part of the rollout of Sláintecare, with a delivery timeline of 2027/28.

"The proposal was based on the experience of the National Health Service in Scotland, where this policy innovation had been very successful. Crucially, in Scotland, the NHS purchased a private hospital and brought it into use quickly for elective procedures. Arising from the success of this, they then built a second elective hospital.

"I have repeatedly called for the purchase of an existing private hospital to speed up delivery of an elective facility in Dublin – a call that has been ignored by the Government.

"Having a dedicated elective-only hospital would help to free up capacity in existing hospitals and crucially would enable significant progress on waiting lists.

"Given the runaway costs and delayed opening of the National Children's Hospital, the Government should be well aware of the pitfalls and challenges of building a new hospital from scratch. "While sites for standalone elective hospitals in Cork and Galway were announced in April 2023, we are still waiting for a decision on either of the Dublin sites, meaning the delivery targets set out under Sláintecare are extremely unlikely to be met. This makes it all the more frustrating that the Government did not examine the feasibility of making its own bid for the Beacon Hospital."

Revised €2.2 billion cost of National Children's Hospital likely to be a conservative estimate

The final cost of delivering the new National Children's Hospital is likely to exceed the €2.24 billion projected by the Government and may not be known for years, according to Social Democrats TD Catherine Murphy.

Deputy Murphy, who is vice-chair of the Public Accounts Committee, said:

"Confirmation from the Minister for Health today that the cost of building the hospital has shot up by more than €500m will come as little surprise. It has been clear for some time that the final figure was likely to come in over the €2 billion mark, which is a considerable distance from the revised €1.4 billion estimated cost of the project back in 2018.

"The development has been beset with disputes between BAM and the National Paediatric Hospital Development Board (NPHDB), with thousands of claims amounting to hundreds of millions lodged. Any claims not settled through the agreed resolution process between the contractor and the NPHDB could end up in the High Court, meaning it could be many more years before the final cost of the children's hospital is known.

"The Taoiseach suggested today that there would be years of disputes with the developer over payments that could result in costs being spread out over 10 to 15 years. This makes it even more likely that the €2.24 billion figure announced by the Government may turn out to be a conservative estimate of the final bill.

"It is also concerning that the opening date of the children's hospital appears to be a moving target. Despite the Minister for Health's stated ambition that the facility will start treating its first patients in April or May of 2025, he added a caveat that this would be subject to the developer delivering on its commitment. Given the number of times the timeline for the completion of the hospital has slipped, this is hardly a ringing endorsement by the Minister and certainly does not inspire confidence."

Changes to allocation model for Special Education Teaching (SET) hours will be devastating for children with additional needs

Changes to Special Education Teaching allocations will have a devastating impact on children with additional needs, according to Social Democrats TD Catherine Murphy.

Deputy Murphy said:

"The decision by the Department of Education to completely remove children with complex needs as a criteria for the allocation of Special Education Teaching (SET) hours is dangerous and completely illogical.

"The purpose of SET hours is to provide extra teaching supports to children who require additional supports in schools. For years, these hours have been allocated based on a combination of factors – including the number of children with complex needs in a school.

"Removing the number of pupils who require – and are legally entitled to – extra educational supports from the criteria for allocating extra educational supports makes absolutely no sense. Moreover, it is detrimental to the education, wellbeing and development of children with complex needs.

"Schools were first made aware of the upcoming changes by a leaked document last Friday evening which indicated that many were about to have their SET hours slashed. This week, schools are facing the very real prospect of losing permanent teachers, while parents and children fear that vital supports will be taken away from them.

"I am now calling on the Minister for Education to carry out an immediate review of this shortsighted decision, and for a comprehensive explanation as to why complex needs will no longer be taken into consideration."

RTB report shows rent caps are still being widely ignored

New figures indicate that rent caps are still being widely ignored in parts of the country covered by Rent Pressure Zones, according to Social Democrats TD Catherine Murphy.

Catherine Murphy TD, said:

"Rents in existing tenancies rose by 5.2 per cent nationally, according to the latest Rent Index Report carried out by the Economic and Social Research Institute (ESRI) on behalf of the Residential Tenancies Board (RTB).

"Rents in existing tenancies rose by 4.3 per cent in Dublin, 9.3 per cent in Waterford city, 3.5 per cent in Cork, 5.8 per cent in Galway city and 7.7 per cent in Limerick city.

"All of Ireland's cites are designated as Rent Pressure Zones, where it is illegal to raise the rent by more than 2 per cent a year. Yet is abundantly clear that these rent caps are being widely flouted as standard practice in every city.

"How are ordinary people supposed to continue paying these skyrocketing rents?

"Renters in Ireland already face some of the most expensive rents in Europe, which are at their highest level in the history of the State. "They cannot support these unsustainable increases. It is causing many to delay having families and many more to think about starting a new life overseas.

"It is clear that the Minister for Housing is presiding over a dysfunctional rent regulation system that is failing to protect tenants. He must take immediate action to ensure that the Residential Tenancies Board is fully resourced to stop these illegal rent increases."

Secondary school enrolment crisis caused by Government's failure to plan

The Department of Education's failure to plan for population growth and local demand has resulted in a deepening secondary school enrolment crisis for parents and students, according to Social Democrats TD Catherine Mutphy.

Catherine Murphy TD, said:

"The shortage of second level places is a major issue in my Wicklow constituency, but also in counties such as Dublin, Kildare, Galway and Cork.

"Parents and children are at their wits' end, having so far failed to secure a first-year place in their local secondary school.

"This should be a happy time for pupils as they approach their final year of primary school and look forward to the next chapter in their educational journey. Instead, they are left feeling anxious and upset due to the uncertainty of their situation as they scramble to secure a school place before the start of the academic year in September.

"Many families now face the prospect of long commutes to and from schools outside their areas. However, in extreme cases, it is feared that some children may have to rely on a home tuition grant scheme. "It is unconscionable that families should be put in this invidious position. Schools are not just places of learning – they are also vital social outlets, where students forge new friendships and get to participate in sports and other recreational activities. Having to stay at home could have a detrimental impact on a young person's development and mental health.

"At the heart of this avoidable crisis is a failure by the Government to plan ahead and take into account demographic changes in growing communities.

"School principals have been warning about this looming crisis for months. The Department of Education only needs to look at the numbers coming up through fifth and sixth classes in primary schools to see what projected demand will be for first-year places.

"The Minister for Education needs to immediately outline how she plans to address the appalling situation faced by parents and students around the country – not just for the next academic term, but for the years ahead."

School gives Government a lesson in what a real rooftop revolution looks like

The Government's solar panel programme for schools is not nearly ambitious enough and falls well short of the rooftop revolution promised by the Minister for Energy, according to Social Democrats TD Catherine murphy TD.

Catherine Murphy TD, was responding to reports that a school in Co. Clare has become the first in the country to produce all its electricity using solar power.

"The entire school community at CBS Primary in Ennis is to be commended for this wonderful achievement. The €67,000 cost of installing 90 solar panels on the roof of the school was met through fundraising, with around €10,000 in electricity savings already achieved in the first year. This means the project will pay for itself in six to seven years.

"Another plus is that excess electricity generated from the solar panels was sold back to the national grid, earning revenue for the school and providing a source of clean, renewable energy to homes and businesses.

"The success of the Ennis initiative has highlighted the shortcomings of the Government's Solar for Schools programme, which is being rolled out across the country this year. About 4,000 schools will be eligible to apply for up to €10,000 in funding under the scheme.

"However, this scheme will only cover the cost of a six kilowatts system with the installation of around 16 solar panels on the rooftops of schools – the equivalent of what you would see on an average family home.

"In addition, to allow for fluctuations in weather conditions, the Government needs to consider providing schools with extra funding for the purchase of batteries to boost the capacity of solar PV systems.

"The Government's approach to solar power is lacking in ambition. CBS Primary in Ennis have highlighted what is possible in comparison to what the State is facilitating.

"Energy Minister Eamon Ryan clearly needs a lesson from this school to show him what a real rooftop revolution looks like."

School Places Parliamentary Question

For Written Answer on : 13/02/2024

Question Number(s): 311 Question Reference(s): 6459/24

Department: Education

Asked by: Catherine Murphy T.D.

QUESTION

To ask the Minister for Education the steps she is taking in 2024 to ensure adequate

(Continued on page 17)



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

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(Continued from page 16)
provision of second level school places in Celbridge, Leixlip, Maynooth, Kilcock, Prosperous, Clane, Sallins and Naas, County Kildare for 2027 and beyond; and if she reviews residential development and population increases in her planning.

REPLY
I wish to advise the Deputy that requirements for school places is kept under on-going review in the context of available information on population, enrolments and residential development activity.
In order to plan for school provision and analyse the relevant demographic data, my Department divides the country into 314 school planning areas and uses a Geographical Information System, using data from a range of sources, including CSO Census data, Child Benefit and school enrolment data, to identify where the pressure for school places across the country will arise and where additional school accommodation is needed at primary and post-primary level.

Major new residential developments have the potential to alter the demand for school places at a local level. In that regard, as part of the demographic demand analysis, my Department monitors planning and construction activity in the residential sector. This involves the analysis of data sources from Local Authorities and the CSO along with the engagement with local authorities and the construction sector. In this way, up-to-date information on significant new residential developments is obtained and factored into the demographic analysis exercise. This is necessary to ensure that schools infrastructure planning is keeping pace with demographic changes, at a local level, where there is a constantly evolving picture with planned new residential development.
The 2023 demographic exercise indicates that 79% of the 314 school planning areas at primary level show static or decreasing enrolments for the period to 2027 compared with 2022. At post-primary level some 78% of school planning areas are anticipated to have increased enrolments for the period to 2030, with most expected to reach a peak within the next two or three years.

Where demographic data indicates that additional provision is required, the delivery of such additional provision is dependent on the particular circumstances of each case and may, be provided through:
• Utilising existing unused capacity within a school or schools,
• Extending the capacity of a school or schools,
• Provision of a new school or schools.

If additional accommodation is required, the aim to try and facilitate this, as much as possible, by way of expansion of existing schools rather than establishing new schools. The expansion of existing schools is consistent with wider Government objectives under Project Ireland 2040 for an increased emphasis on compact growth. In respect of post primary schools, new post primary schools must have a student enrolment capacity of 600-1,000 students and must be co-educational. A lower threshold of 400 students may apply to Gaelcholáistí, having regard to the alternative of establishing an Irish-medium unit (Aonad) in an English-medium school.

New schools are only established in areas of demographic growth as the resources available for school infrastructure have to be prioritised to meet the needs of areas of significant population increase so as to ensure that every child has a school place.

These new arrangements also give an opportunity to patrons to apply for the patronage of new schools. The criteria used in deciding on the patronage of new schools place a particular emphasis on parental patronage and language preferences and an analysis of existing provision in the areas where the schools are being established. This approach is underpinned by a 2011 Government Decision.

The Department will continue to liaise with Local Authorities in respect of their County Development Plan and any associated Local Area Plans with a view to identifying any potential long-term school accommodation requirements across school planning areas

MELROSE CALLS FOR FULL-TIME GARDA STATION IN MAYNOOTH
There are just 15 Gardaí in total assigned to Maynooth's 17,000 inhabitants

The Garda Station in Maynooth is woefully under-resourced and is failing the town, according to local area rep for the Social Democrats, Peter Melrose.
In figures released to Catherine Murphy TD by Minister for Justice Helen McEntee, it has been revealed that the station operates part-time opening hours; Mondays and Thursdays the station is open from 7.30pm to 9.30pm, and on Tuesdays, Wednesdays, Fridays and Saturdays, it opens from 10.00am to 12.00 midday.
Even within that, Minister McEntee admits that "these hours cannot be fulfilled due to priority calls for service".
Commenting on the response, Mr. Melrose said:
"Maynooth's population continues to grow far beyond its amenities, and yet public infrastructure and services lags well behind the bare minimum.
"It is to the detriment of us all that the Gardaí continue to be under resourced in our area. Figures released to me by the minister show that there are just 15 Gardaí in total assigned to Maynooth. Compare that to a similarly sized town in Kildare such as Leixlip, which has 68 Gardaí and a fully-staffed, full-time, station, it is clear that we have been forgotten about. "Our current Garda force is stretched thin, making it challenging to effectively address the growing demands of our community. For example, our roads policing force has been cut by nearly 14% since 2009, with a decline of 313 Gardaí nationally. We need to reverse these austerity-era cuts in order to effectively manage our roads.
"Expanding Garda resources in Maynooth goes beyond a mere numbers game. We must ensure that a strong Garda presence is not only felt in neighbourhoods, but that it is viewed as welcome and reassuring by placing community policing at the centre of community building and engagement.
"Community Gardaí have been working tirelessly to create this environment, in areas such as tackling drug crime and supporting those fleeing domestic violence.
"I am calling on the Garda Commissioner to urgently review the imbalances that exist in our Division, and to fully support the Gardaí working in North Kildare by providing the resources necessary to operate a fully staffed, full-time station in Maynooth. It is a crying shame that we have a Garda station that is essentially a derelict building".

16th Feb. '24
Notes to editor:
Peter Melrose
Local Area Rep, Social Democrats
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PQ Record: https://www.oireachtas.ie/en/debates/question/2024-02-13/472/?highlight%5B0%5D=6526&highlight%5B1%5D=24
For Written Answer on : 13/02/2024
Question Number(s): 473 Question Reference(s): 6527/24
Department: Justice
Asked by: Catherine Murphy T.

QUESTION
To ask the Minister for Justice the number of gardaí, by rank in the Kildare division, by station.

REPLY
I am informed by the Garda authorities that at the end of December 2023, the latest date for when figures are available, there were 431 Garda members assigned to the Kildare Division. This represents an increase of over 38% since the end of December 2015. The table below sets out these Garda members by station.

KILDARE DIVISION	Station	Total
KILDARE DISTRICT	ATHY	37
	CASTLEDERMOT	3
	KILDARE	44
	MONASTEREVIN	5
	NEWBRIDGE	60
	RATHANGAN	2
	KILDARE DISTRICT TOTAL	**151**
LEIXLIP DISTRICT	CARBURY	5
	CELBRIDGE	16
	KILCOCK	6
	LEIXLIP	68
	MAYNOOTH	15
	LEIXLIP DISTRICT TOTAL	**110**
NAAS DISTRICT	CLANE	13
	KILCULLEN	9
	NAAS	141
	ROBERTSTOWN	7
	NAAS DISTRICT TOTAL	**170**
KILDARE DIVISION TOTAL		**431**



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



Writers' Corner - Short Stories/Articles from our Readers

Mysterious Powers of Three

By Cheryl Devaney

Number three is considered to be the perfect number: the number of time – past, present, future; birth, life, death; beginning, middle and end.

Representing divine wholeness, completeness and perfection, three occurs many times in the Bible. Three angels visited Abraham announcing that his wife, Sarah, was to give birth to a son. Jonah spent three days and nights inside a great fish. Jonah had refused to obey God's command that he was to prophesy in the ancient Assyrian city of Nineveh. Instead, he boarded a ship heading for Tarshish. A huge storm blew up and when Jonah confessed that he had disobeyed God's orders, the sailors threw him overboard. Immediately the violent weather stopped but Jonah, while floundering in the sea, was swallowed whole by a monstrous fish. Whilst in its body, he repented and the fish, which was approaching the shore, coughed Jonah up on to the beach. Later, Jonah went on to convert the Ninevites.

In the Gospel of Matthew, Jesus states that, like Jonah, the Son of God will also be in 'the heart of the earth for three days and nights'. This was a foretelling of Jesus' resurrection on the third day after His crucifixion. Following Jesus' birth, three wise men brought gifts of gold, frankincense and myrrh and later, Jesus predicted that before the cock crowed, Peter would deny knowing him three times. He raised three people from the dead; the only son of a widow from Nain, a religious leader Jairus's daughter and Mary and Martha's brother, Lazarus of Bethany.

Whilst Saul was on his way to Damascus, he fell to the ground hearing Jesus asking 'Saul, Saul, why do you persecute me?' Saul opened his eyes but could see nothing. Acts Chapter 9 states 'And for three days he was without sight and neither ate nor drank.' Saul converted to Christianity, later being known as Paul.

Saint Patrick used the three leaves of the shamrock to explain the concept of the Holy Trinity and the sacraments of Christian initiation – Baptism, Confirmation and Eucharist – which laid the foundation of every Christian life.

Ériu and her sisters, Banba and Fódla were members of the Tuatha Dé Danann and formed a triumvirate of goddesses. When the Milesians arrived in Ireland from Galicia, each of the sisters asked that her name be given to the country. This was granted although Ériu (Éire) became the main name used; the other two are often used as poetic names for Ireland.

The three daughters of Zeus, known as The Three Graces, were each able to bestow a particular gift on humanity; mirth, elegance and beauty. The Greek philosopher and mathematician, Pythagoras, felt three was the number of harmony, wisdom and understanding. It is the first number that forms a geometrical figure, the triangle. If you have a large number to divide by three, for example 1356, you can add each of the individual digits together, that is 15, and, if there is no remainder, a person can tell whether or not it is evenly divisible by three. Plato divided his utopian city into three populations – labourers, warriors and philosophers, who were the rulers,

Valknut is a symbol of three interlocked triangles used in Viking times as a symbol for the slain. It is associated with the Norse God, Odin who would protect dead warriors, allowing them to spend their afterlife in Valhalla, the majestic 'Hall of the Slain'. Borromean Rings are three interlocking rings. If any single ring is removed, the two remaining rings will fall apart. For centuries it has been known as a symbol of strength in unity in many parts of the world.

The three large Iris petals were a symbol of power in ancient Egypt and were often carved on sceptres of their rulers and pharaohs.

The Rosetta Stone, discovered in 1799 in the Nile Delta, has inscriptions in three languages – Demotic (a popular Egyptian script), hieroglyphics and classical Greek. It helped to reveal the secrets of hieroglyphic writing to scholars in 1822.

The Troika (from the collective numeral of the Russian word for three) is a three horse harnessed sledge and gives its name to a committee of three members working in an administrative capacity. There is also a triumvirate, a political regime ruled by three powerful individuals usually in Communist countries.

The three primary colours red, yellow and blue are mixed to obtain most other colours and three wise monkeys are a Japanese pictorial rule of conduct embodying the proverbial principle 'see no evil, hear no evil, speak no evil'. The images are often used to refer to a lack of moral responsibility when people chose to look the other way or feign ignorance.

Feng Shui, which literally means 'wind-water', is a traditional Chinese practice from Taoism, an ancient Asian philosophy, which claims to use energy forces to harmonize individuals with their surroundings. Groupings of three items are used to bring good luck and if a house has a three in its address, it is believed that this home will attract specific chi energy. Chi is a life force that flows through you and everything.

Heart, lungs and brain are the organs known as the Tripod of Life. Their united action is necessary for the maintenance of life. The belief that to try something a third time will bring good fortune would also seem to indicate that the number three plays an important role in today's world.

My Chequered Life

Chapter 2

So it was off to London for me on my very first flight. My mother came with me, availing of the opportunity no doubt to see my two brothers and her own brother. One of my brothers, Eamonn, who had been in London for twenty-five years, met us at the airport and brought us to the underground and in no time we were in North London enjoying a nice lunch prepared for us by Eamonn's wife. We then went for a few drinks in a Local pub called The Hercules where we met my uncle and another brother of mine who was in London studying to be a radiologist. He introduced me to the owner of the pub, the first of many, many times I was to meet him!

I stayed in my uncle's place that night, met his partner and all that and the following day my uncle took me to the local butcher's shop and introduced me to Peter, the manager, who asked me if I had ever heard of spring lamb or if I had ever cut up nice New Zealand spring lamb. I told him I hadn't but I had heard of it. He seemed happy enough that I had heard of it so he told me and my uncle he'd "give me a shot". I started the very next day and my job was to keep a certain cabinet stocked with gigot chops. As there were no electric saws in the shop, big and all as it was, with twenty-five or so people working there, I had to cut the chops by hand. Over the next few months I cut thousands of Dublin chops and kept that cabinet stocked with them and mince as well. I got on well with Peter who liked me and paid me £100 a week. It was hard work but the £100 a week lightened it quite a bit. I had more money than I knew what to do with it. I bought a car and careered around London enjoying freedom and money the likes of which I had never before experienced.

"At home" things weren't so good. My "aunt" tired of me very quickly. My drinking, my slovenly ways, my uncle's new lease of life since my arrival, all got her down. My uncle and I did meet often enough for a drinking session but often enough too he had "other business" unknown to herself and his excuse was always that he had been with me. And the cat! Once or twice I sat in the cat's chair and I was told very clearly that I was not more important than the cat. I continued with the drinking and to avoid being harangued nightly by my aunt I began to stay in the pub until she had gone to bed which was about ten as she had to get up very early each morning to go to work, cleaning offices.

Things rested so for a year or more and on Easter weekend my uncle was away doing a job, "wink wink". He had been expected back on Sunday morning. I had been drinking in the Archway Tavern and arrived home at about eleven pm. She heard me coming in and thinking it was my uncle, came down to let him have it. When she saw it was me she came straight over and punched me hard in the face. Half in shock, all the anger and hatred I had within me towards the people who had abused and bullied me as a child exploded in me and I grabbed a knife that was on the kitchen table and stabbed her repeatedly with it. Drink and anger to blame? No! I was and I have regretted that outburst ever since. I didn't like her and she didn't like me but I knew and I know I shouldn't have done that. I had cut my own hand badly so I wrapped a tea towel around it and went to a friend from the butcher shop and told him I had been attacked by a burglar and got cut defending myself. He drove me to the hospital. A nurse put a temporary bandage on my hand and while I was there in a cubicle waiting to be attended to I heard somebody had just died in the cubicle beside me and I peeped out and saw two policemen. I was sure it was my aunt they were talking about so I tiptoed out to my friend and told him I was okay. I stayed with him that night and his girlfriend gave me clean clothes in the morning, and after breakfast I left and walked about until evening.

I passed by my aunt's house and all seemed just as usual, no police cars, no sign of anything amiss. Was I the only one that knew the scene inside? I walked and walked and eventually found myself on Hornsey Road, dawdling outside the Police Station, wondering would I go in. I didn't but walked on to Kings Cross station. Sitting there in the middle of the crowds I felt numb. All except my hand which was sore and throbbing. The blood was congealed on the bandage so I just stuck it into the pocket of my black body warmer. Looking at the train timetables I saw that there was a train leaving for Holyhead at 9.30, two and half hours later. I got some strange looks from the ticket man who couldn't but notice the blood on the notes I was giving him. Feeling very guilty, I told him I had an accident at work and had to go home. I arrived home in Moonagh late the following afternoon, told them all about being attacked by a knife-wielding weirdo and my father, on the advice of the local doctor, brought me to the hospital. The doctor there had a lot of trouble stitching up my greatly swollen hand, 15 stitches! The local Gardaí had been to my house by the time my Dad and me got home and it was quickly decided that I had to go straight back to London. My elder brother travelled with me and on arrival at Holyhead I was arrested and was in Highbury Corner Police Station about ten o'clock on Easter Tuesday morning.

All place names & personal names are fictitious.

GM.

MAFT
MAYNOOTH AUTISM FRIENDLY TOWN

Maynooth is Autism Friendly Town of the Year

Maynooth Autism Friendly Town was nominated at the AsIAm awards, on the 24th of February, and after our first year came away with the top prize of





Autism Friendly Town of the Year

We would like to thank all of the town champions that have embraced what we are trying to achieve and all of the parents and kids whose positivity show that we are making a difference in the town.

March Events



St Patrick's Day Quiet Zone

Following the success of the dedicated quiet zone in the Paddy's Day Parade last year we are delighted to set this up again this year.

Keep an eye on our socials for more information

Bowling Hangout

MAFT, in collaboration with AsIAm Ireland, successfully held an exciting Hangouts Bowling night for Tweens, Teens, and young adults, with 31 autistic young people taking part in the event.

Additionally, we arranged an exclusive hangout for autistic adults, attracting participants from across the country. It's heartening to witness the formation of friendships through all of these events, and we eagerly anticipate planning the next one shortly.



AsIAm
IRELAND'S **AUTISM** CHARITY

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

Derrylow Walkabout - Part 2

The Leylands were among our closest neighbours. Pat, the father was a tall, friendly, red-faced gentleman and his wife was a good-natured woman who never hesitated to speak her mind. The settle bed in their kitchen, which was used as a bench to sit on during the day, always intrigued me. Maggie and Frank, the youngest children, were our weekend playmates and their eldest brother, John Robert, drove a long cart laden with milk cans to the creamery in Croghan. Mary Jane, P.J., Joe and Lizzie were the other members of the family but only Frank and Mary Jane are now left in the house.

Steve is curious about Leyland's limekiln, which has recently been restored by Fás workers. I recall the time Liam and Douglas Boyd led my brother and me in single file around the fiercely glowing crater with its cloud of pungent white smoke and how Mrs Leyland shouted at us to get down before we fell in and were burned alive. We climb up to the newly plastered rim and I explain how the lime was made: first a layer of coal and turf, then a layer of limestone that had been quarried in the adjacent field, then the same repeated till the maw of the kiln was filled and a fire was lit underneath. The lime was spread on land as fertiliser or used to whitewash houses. A scholar born in the next townland, Fr. John McGreevy, wrote a poem about this once-thriving local industry: "By the straight road to Croghan, / Each fifty yards in, / Rest the limekilns of Boher / With the things that have been." How keenly he too must have experienced the tug between past and present when he revisited these scenes of his youth!

But the day is waning, so we continue our journey past the field where we used to play Gaelic football, frequently to the annoyance of the owner. Nowadays, young fellows travel by car to well-tended grounds in Croghan and Carrick-on-Shannon for their games. A minute's walk brings us to the crossroads where the grown-up fellows used to play pitch-and-toss or just sit and watch the sparse traffic. At Hallowe'en a bonfire was lit before the junction with the Faus Road, but our father wouldn't let us go near it for fear we might get injured in the inevitable horseplay. A sudden loud bang from the direction of Boher reminds us that modern fireworks have made this festival even more hazardous. We pass the field where the house of the Gannon brothers, two bachelors, once sheltered behind ash trees, keeping to the verge to avoid hurtling cars with their headlights already on. I point to a grassy hill enclosed by whitethorn hedges: a thatched cottage stood there with roses growing against the lime-washed walls, the prettiest house in the entire townland. The Spellmans who owned it were childless so they brought their niece, Annie, to live with them. Annie fell in love with a landless young man and despite the objections of her guardians, married him. As far as I know, the aunt and uncle refused to leave the farm to the young couple. Today bullocks wander where the picture-postcard cottage used to gaze down on pedestrians, carts and bicycles or the occasional car raising a cloud of fine, white dust.

A fairly new bungalow built by a retired bachelor stands silent, though not deserted, on our left and up a beech-lined avenue on our right we glimpse Gilmartins' bungalow, which replaced their solid, two-storey Derrylow House. The Gilmartins, especially Francis and Michael, were also our playmates, whether looking for birds' nests in springtime or hunting rabbits with our dogs in winter. Patrick was too grown-up for us but Mary, Bridgie and Elizabeth were friends of our sisters. I can recall their mother warning us about venturing across a rickety upper floor in the old house to look at a jackdaw's nest and their father, Milo, walking along this stretch of road, with a blackthorn stick, round which he had looped both elbows held against his back.

Raindrops begin to fall as we turn in the boreen leading to my brother's home, which waits with lighted windows at the top of the hill. An ordnance survey map of 1904 shows this boreen leading to eight houses, though in my youth there were only four: Butlers' two -storey slated house on the brow of the hill; Beirnes' thatched farmhouse further over to the right; Dowd's on the brow of the next hill to the rear – beside a roofless ruin where the Butlers formerly lived – and our own house down in the valley to the left. All that remains of Beirnes' house, where Lena, Mary Ann and their brother lived with their parents before moving to the adjacent townland of Enagh, is a pile of grass-grown rubble. Dowds' house still stands, though empty and forlorn. It once had a neat garden beside the cobbled entrance street in which flowers such as marigolds and bachelor's-buttons grew. Ned, the father, was a fine old gentleman with a watch chain dandling across his waistcoat. The children, Mick and his sister B., were already grown-up when we were young.

Halfway up the boreen we pass the attractive new bungalow built by my nephew and his wife, and on the opposite side I detect a notice advertising a site for sale – whatever critics may think of "one-off houses", they have brought life back to this particular townland. On the hilltop, just across from my brother's bungalow, an English couple with a small son are renovating Butlers' two-storey house – another development that is reversing the haemorrhage of people from Derrylow.

Jimmy Butler was a friendly giant of a man who sometimes ploughed fields and mowed meadows with his horse for my father. His sons were grown up so we hardly knew them but his daughter Belinda used to treat us to hot potato cakes spread with melting butter whenever we visited. One sunny afternoon while we were "helping" Jimmy save hay in the hill field near their first house – this mainly consisted of hitching rides on the wooden, horse-drawn tumbler – she brought us a hatful of delicious plums, explaining that they were a present from a Mrs. Carrol. Eventually, we made the not-unwelcome discovery that the plums had come from their own orchard near the bog! Martin Hessian, who later bought Butler's house and farm, once arrived unexpectedly to count cattle and found me near the top of a plum tree, filling my pockets. For some reason, he didn't upbraid me. Belinda Butler had set woodbines and roses in the hedge bordering their house, a treat for the senses as one walked up the hill. I could spend a day talking about that family, the wooden privy they had built in a shelter-bed of evergreens and the exotic henhouse with glass windows in a field south of the boreen, but the drizzle hurries us on.

As we enter my brother's back hallway to remove our wellingtons the delighted shrieks of his small grandchildren playing hide-and-seek in the darkened bedrooms greet us: unlike me, they – the next generation – as well as Steve and Aileen, are coming to this place without the burden of memory. Years ago in New York, I met my Uncle Michael, who had emigrated in the early Twenties, and he could describe every house and turn of the road hereabouts as if they were imprinted on his brain. He always dreamed of returning but I knew if he did he would find the changes upsetting. My sister told me recently that when she brought our mother to see the abandoned house a few miles southeast of Elphin in which she grew up, my mother then near the end of her life, insisted, "This is not the place." Of course she was right: the place in her mind was the living entity.

While my sister-in-law prepares tea, my brother brings me out to the turf shed to look at a dead hawk he has found. Since it appears slight for a sparrow hawk, we wonder if it might actually be a Merlin. Could a bird like this have made the strange calls I heard coming from the willows? Looking at the graceful head and tail, and the strong, greyish blue wings, images of that once-proud life now lost forever in the rain-drab, darkening landscape mingle with thoughts of the cosy fire and feast waiting for us inside and I experience again that conflict of sadness and joy which the walkabout repeatedly stirred in me.

By P.G.Nerney

How to make a Chocolate Easter Egg

Easter wouldn't be Easter without a chocolate egg, but why not break with tradition and make your own this year?
Use the best quality chocolate you can afford (at least 80% cocoa solids) to really make all the difference. The amount you'll need will depend on the size of your mould, which should come with instructions to guide you.

HOW TO MAKE A CHOCOLATE EASTER EGG

- Break your chocolate into rough chunks, then finely chop into small pieces – the finer the better!



- Half-fill a small pan with water and bring to a gentle simmer over a low heat. Rest a heatproof bowl on top, add the chopped chocolate to the bowl, then allow to melt, stirring occasionally.
- Using oven gloves, remove the bowl from the heat and leave to cool to 35ºC. Check the temperature with a cooking thermometer.
- Spoon the chocolate into your mould, one tablespoon at a time, tilting the mould so the chocolate covers the surface. Don't worry if you make a mess! Tip any excess chocolate back into the bowl.
- Allow the chocolate to cool slightly, then, using a butter knife, scrape around the rim of the mould to get a clean edge.
- Lay out some greaseproof paper and place the mould flat-side-down on top for 15 minutes, or until the chocolate has completely set.



Meanwhile, repeat steps 4 to 6 with the second mould.

- Once the chocolate has set, repeat the process a few times until you've built up a layer of chocolate around ½cm thick.
- Put both moulds in the fridge for a further 10 minutes to allow the chocolate to set completely.
- To remove your eggs from their moulds, squeeze the casing gently, working your way around the edge (the warmth from your hands will help).
- Brush the remaining melted chocolate around the rim of each of the chocolate egg halves, then gently press them together so they stick in place. Leave for a few minutes until the chocolate sets, then it's ready!

A homemade treat like this is a super-cute present for friends and family. If you're feeling creative, why not jazz it up with icing, ribbon or more melted chocolate?
If chocolate eggs aren't your thing, then embrace regular eggs instead! As well as being packed with protein, they can be just as fun. Paint them with the kids or team them up with asparagus for delicious soldiers with a twist.
Source: www.jamieoliver.com/features/how-to-make-a-chocolate-egg/



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People who thrive in their retirement years usually adopt these daily habits

Staying Physically Active



Have you ever noticed how some seniors seem to move with more ease and energy than others? Well, it's no coincidence. People who thrive in their retirement years make it a point to stay physically active. I'm not just talking about going to the gym or running marathons (although that's great too). It's about incorporating physical movement into their daily routine.
Maybe it's a morning walk in the park, an afternoon swim, or even a set of movements at home. It doesn't have to be strenuous or time-consuming.
The key is consistency. Remember, our bodies are built for movement. Keeping active not only benefits our physical health but also our mental well-being. So, why not adopt this habit today? It's never too late to start. Keep in mind: This is easier said than done, especially if you're not used to being active. But trust me, the rewards are worth it.
And remember, always consult with your healthcare professional before starting any new exercise regime.
So there you have it – the first habit of people who thrive in their retirement years. Simple, right? Let's move on to the next one. This one's also about exercising, but this time it's the mind that gets a workout.

Keep on Learning

Now, this is a habit I can personally vouch for. People who thrive in their retirement years embrace the concept of lifelong learning. They understand that the mind, like the body, needs to be exercised regularly to stay sharp and agile. So, if you want to thrive in your retirement years, consider adopting a habit of lifelong learning. It could be anything from reading a book, taking up a new hobby, or even enrolling in a course. The goal is to keep your mind active and engaged. Remember this: You're never too old to learn something new.

Maintain a strong social network

We're not just talking about family and old friends here, although they are indeed important. These individuals also make an effort to meet new people and form new relationships. This could be through volunteering, joining clubs or social groups, or participating in community events.
Staying socially active provides a sense of belonging and emotional support. It helps stave off loneliness and isolation, which are common issues amongst the older population.
But more than that, a strong social network can also stimulate our minds, keep us involved in the world around us, and even improve our physical health.
So, if you want to thrive in your retirement years, consider investing time in building and maintaining your social network. Remember, we humans are social creatures by nature. We thrive on interaction and connection with others.

Follow a Balanced Diet



Those who thrive in their retirement years understand the importance of following a balanced diet. They tend to eat lots of fruits and vegetables, lean proteins, whole grains, and healthy fats. They understand that what they put into their bodies can directly affect their energy levels, mood, and overall health.
According to the World Health Organization, a healthy diet can help prevent several diseases such as diabetes, heart disease, stroke, and some types of cancer. But it's not just about the physical benefits.
Consuming a balanced diet can also enhance our mental agility.
Certain foods are known to boost brain health, improving memory and cognitive function.
So if you aim to thrive in your retirement years, pay attention to your diet. It's a simple habit that can make a significant difference in your life.

Cultivating a positive mindset

People who thrive in their retirement years have a secret weapon – cultivating a positive mindset. They're not oblivious to life's challenges. They face the same ups and downs as the rest of us. But they choose to focus on the positive aspects of life.
They practice gratitude, celebrate their victories – no matter how small – and see challenges as opportunities for growth rather than setbacks.
This positive mindset enables them to navigate life's challenges with grace and resilience. It helps them maintain their emotional well-being and enjoy a higher quality of life.
Cultivating a positive mindset is a habit that anyone can adopt at any age. It might take some practice, especially if you're naturally inclined towards pessimism, but the benefits are absolutely worth it. Remember, life is 10% what happens to us and 90% how we react to it. So why not choose positivity?

Prioritizing self-care



While all the habits I've discussed so far are important, there's one that ties everything together – self-care.
People who thrive in their retirement years understand that taking care of their own physical, mental, and emotional well-being is not a luxury – it's a necessity.
They carve out time in their daily schedule for activities that rejuvenate them. This could be anything from taking a leisurely bath, meditating, reading a book, or simply sitting in silence and observing nature. It's about listening to your body and giving it what it needs. It's about honoring your feelings and allowing yourself to rest and recharge. Prioritizing self-care isn't selfish. It's about preserving your health and well-being so you can be the best version of yourself. After all, you can't pour from an empty cup. So listen to your body, cherish your emotions, and make time for yourself. Because you matter.

Embracing the golden years

If you've been nodding along as you read through these daily habits, you're already on the right track to thriving in your retirement years.
But remember, it's not about perfection. It's about making small, consistent changes that align with these habits. It's about creating a lifestyle that supports your well-being and happiness. Start by identifying which of these habits resonate with you the most. Which ones do you already practice? Which ones could use a little work? Remember, self-awareness is the first step towards change. Next, take action. Maybe it's adding a 15-minute walk to your daily routine, or setting aside time each day for learning something new. Perhaps it's reaching out to a friend or family member for a chat, or practicing gratitude before bed. These small changes can create a ripple effect in your life, leading to big transformations over time. And remember this – retirement is not the end. It's just the beginning of a new chapter, one filled with opportunities for growth, exploration, and self-discovery.

Embrace these golden years with open arms. After all, age is just a number. What truly matters is how we choose to live our lives.

Source: geediting.com/people-who-thrive-in-their-retirement-years-usually-adopt-these-daily-habits
Source: https://geediting.com/people-who-thrive-in-their-retirement-years-usually-adopt-these-daily-habits



Don't forget to set your clocks forward on Sunday, 31 March 2024, @ 1.00 a.m.



SUNDAY MARCH 10TH 2024

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.

March Events at Maynooth Community Library

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

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March Events Maynooth

Young Adult Events
Online Teen Writers Group
Thursday 7th and Thursday 14 March
6pm - 7pm - 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 15th March
4pm - 5pm - 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 March meeting available in the library now: 'Sweetness at the Bottom of the Pie' (12+), 'Little Thieves' (14+)

Adult Events
Chair – based Yoga Class for Adults
Monday 4th March - 10.30 am – 11. 30 am
Chair based yoga is the practice of yoga sitting in the chair or using the chair as support to stand. This is a unique and inclusive class for all people, including those with physical limitations. Christine of Yográ Yoga Studio, Maynooth, provides classes in a safe and accessible environment for everyone to enjoy the physical and mental benefits of Yoga.
Book your free ticket here : https://buytickets.at/maynoothlibrary/1161106

MU English in the Community: Talk on ' How Digital Humanities change how we seen Ireland in the Renaissance ' by Professor Pat Palmer
Thursday 14th March - 7-8 pm
Join us for a talk in this new 'MU English in the Community' series of talks and writing workshops, a collaboration between the Department of English at Maynooth University and Maynooth Community Library. This talk is given by Professor Pat Palmer , who will discuss the MACMORRIS Digital Humanities project, a Deep Map which brings together writings in Irish, English, Spanish, Latin, and Italian, to give us a sense of the choices which were being made in early modernity – choices which continue to shape our present. You can see the MACMORRIS website here: https://macmorris.maynoothuniversity.ie/ * Drop in *

Homelessness and Housing Support Information Clinic
Tuesday 5th March - 2.30pm – 4.30pm
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
Tue 5th March - 6pm - 7pm
Blurb: Passionate about poetry? So are we! Come by to read, chat, share and even create poetry!
Drop in

Age Friendly Coffee Morning
Wednesday 13th 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

Celebrating World Poetry Day: An evening of sharing poetry
Thursday 21 March 2024
6.30-7.30pm. Online event.
World Poetry Day is held on the 21st March each year and celebrates cultural and literary diversity.
Join us for an evening of sharing your favourite poetry from across the globe. You may wish to read a poem aloud or just listen to poetry.
Book your free ticker here : https://buytickets.at/maynoothlibrary/1161366

Book Launch Basil McBride's 'Word of the Week'
Thursday 21st March - 7pm – 8pm
Basil McBride is the alter-ego of Maynooth local, Lee Sheridan. Sheridan was shortlisted for the Red Line Book Festival 2023 Poetry Competition. Basil McBride's 'Word of the Week' is a collection of humorous articles that grew from a literacy initiative in the school that Basil works in. The aim of the initiative is to teach students a new word each week. There is something for everyone in the collection; most of the articles are flash-length entries and arranged thematically. * Drop In *

MU English in the Community: Creative Writing Workshop 'Sleep and hypnagogic writing' with Dr. Hilary White
Saturday 23rd March - 11am – 12pm
A one-hour reading and writing workshop. Participants will introduce themselves by writing 'sleep-centric' bios. Participants will read and discuss Bernadette Mayer's hypnagogic sonnets – that is, poems written while falling asleep. Finally, participants do some freewriting exercises which suggest the possibilities of writing with sleep, or other states of non-attention. Sharing will be optional, but encouraged. The workshop is led by Hilary White, a writer and researcher, and currently an Irish Research Council, Government of Ireland 2023 Postdoctoral Fellow at Maynooth University.
Book your free ticket here : https://buytickets.at/maynoothlibrary/1161181

Breast Feeding Support Group with Public Health Nurse
Tuesday 12th & Tue 26th March , 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 9.45 am & 10am as the library doors will be closed, and you will be let in***

Children's Events
World Book Day Reading and Illustration Workshop with Author and Illustrator Jennifer Farley
Thursday 7th March
3pm – 4pm
For Ages 7- 10 years
Join award-winning children's book illustrator and author Jennifer Farley for the 'Wonder -Vet Workshop'. Jennifer will read from her book "Wonder Vet" followed by an illustration workshop where everyone will learn to draw some of the animals.
All children attending this workshop must be accompanied by a parent/guardian.
Book your free ticket here : https://buytickets.at/maynoothlibrary/1161263

Seachtain na Gaeilge : Design your own Kite Workshop as Gaeilge with Anyone4Science
Monday 11th March – Luan 11ú Márta
4.10pm - 4.55 pm
For Ages 8+
Celebrate Seachtain na Gaeilge with Anyone 4 Science in Maynooth Community Library. In this fun workshop as Gaeilge you will learn about flight and how machines stay in the air, everyone will design and make your own Kite to take home. Suitable for ages 8 and over . All children attending this workshop must be accompanied by a parent /guardian.
Book your free ticket here : https://buytickets.at/maynoothlibrary/1161358

World Poetry Day : Poetry Writing Workshop with Yvonne Cullen for ages 7- 10
Thursday 21st March
3pm - 4pm
Ages 7- 10 years
Poetry writing workshop with Yvonne Cullen . All children attending this event must be accompanied by a parent /guardian
Book your free ticket here. https://buytickets.at/maynoothlibrary/1165610

Stories, Songs and Games in Italian for 2 to 5 year olds
Sat 23rd March 2024
9.30 - 10.30am
Suitable for 2 to 5 years
Join us for some stories, songs, fun activities and games in Italian.
Booking required: https://buytickets.at/maynoothlibrary/1036783

Cluichí Chláir do Teaghlaigh trí Ghaeilge / Family Board Games through Irish
Satharn 23ú Márta / Saturday 23d March
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

Stories, games and fun activities in Italian for 6 to 9 year olds
Sat 23rd March 2024
3 - 4pm
Suitable for 6 to 9 years
A chance for children to practice their Italian and learn more about Italy and its culture through stories, fun activities and games in Italian.
Booking required: https://buytickets.at/maynoothlibrary/1036805

Exhibitions
' Portraits ' by Louise O'Keeffe
Tuesday 5th March - Tuesday 2nd April
'Portraits by Louise' is her first solo art exhibition. Louise's art is deeply personal,

(Continued on page 24)

March Events at Maynooth Community Library (Cont.)

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

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(Continued from page 23)
with a sense of her direct connection to her subjects, and to the material she uses. She loves painting, drawing, photography and pottery. In this series of portraits she has used bright colours to create a vibrant and personal collection of artwork.

'Portraits ' by Louise O'Keeffe Exhibition Open Evening
Thursday 7th March - 6pm – 7pm
Join us for the opening of the exhibition 'Portraits' by Louise O'Keeffe.
Drop in Event

Maynooth Community Library's Exhibition Space Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from February 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

Climate Action Events
Maynooth Zerowaste
Saturday 9th March - 2pm – 4pm
Ladies Clothes Swap Shop - Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money !
The Craft Corner - Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.
Kids toy swap - bring one, take one! Let's get the kids used to the idea of swapping before buying !
Cloth Nappy Library Ireland - volunteers on hand to chat to about modern cloth nappies. Such a great step to save waste and money.
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)

Library Groups and Regular Groups
Craft & Knitting Club
Every Monday - 11.30am – 1.00pm
Bring along your various crafts to inspire and to be inspired. Different craft demonstrations will take place during the year.

Ciorcal Comhrá / Irish Conversation Group
Tuesdays / Dé Máirt - 11.00am – 12 i.n.
Ciorcal Comhrá / Irish conversation group. Fáilte roimh chách! All welcome!

Baby & Toddler Group
Thursday Mornings - 10.00 – 11.00am
If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our new stay and play group every Thursday morning at 10am.
Drop In. No booking required

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
6.30pm- 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 26th March, 7.00- 8.00pm
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 11th March
10.30 - 11.30am
New members welcome.

FanSci Book Club!
Tuesday12th March , 7pm -8pm
Maynooth Community Library's has started new fantasy/ science-fiction book club!
Contact maynoothlib@kildarecoco.ie for further information or just drop in.

Crime Book Club , Tuesday 19th March
7- 8pm
The Crime Book Club meet on the third Tuesday of each month @ 7pm in Maynooth Community Library.
The March meeting will take place on Tuesday 19th March @ 7pm. For further information please contact maynoothlib@kildarecoco.ie

Midlands LGBT+ Project Book Club
Thursday 21st March
6.30 - 7.30pm
Maynooth Library host an LGBTQ+ book club every month in partnership with Midlands LGBT+ Project. The group meets on the third Thursday of each month and this month are reading 'Modern Nature' by Derek Jarman. Copies of the book are available for collection at the main desk.

MAYNOOTH CYCLING CAMPAIGN NOTES March 2024

Access of Cyclists to Ferries
The Irish Cycling Campaign has urged the support of an Uplift petition to the CEO of Irish Ferries and other ferry companies about their ban on the carriage of bikes on certain Irish routes. Maynooth Cycling Campaign endorses their campaign and would everyone to add their name to the petition. The petition can be found here.

Annual Meeting AGM
Maynooth Cycling Campaign organised an AGM last November but we did not get enough attendees to constitute a quorum. Consequently, we are considering organising a second one in March in order to regularise a number of issues. The most important one is that we are considering moving from an organisation with a mailing list of supporters to a membership based organisation with an annual cost is €30.
This is in line with cycling campaigners elsewhere in Ireland and would allow us to become a more effective organisation with a greater impact on the provision of cycling infrastructure in Maynooth and Kildare in general.
In part, this has arisen as Maynooth Cycling Campaign is in the process of making an application for funding under the Community Climate Action programme. One of the requirements is that applicants are locally based and have a local bank account. National organisation are not eligible. Maynooth Cycling Campaign supports the Irish Cycling Campaign and had intended to join it but to do so would disqualify us from applying for the said funding.

St. Patricks Day Parade
Maynooth Cycling Campaign will be taking part in this year's St.Patrick's Day Parade in partnership with St. John of God. The theme for the parade is Pirates so we would invite parents who would like to join us with their children to get "decked out" for the parade. Let us know at maynoothcycling@gmail.com if you can join us.

Cycling Without Age
Maynooth Cycling Without Age closed down for the winter months but now is ready to open up again. Maynooth Cycling Campaign will be in touch over the next few week to organise training for pilots.
We have also been in touch with St. John of God/Genil Training in relation to training some of their staff members.

Flooding at Hayfield Estate
Some years ago, Maynooth Cycling Campaign made representations to Kildare County Council about the repeated ponding of water of the cycle track at the entrance to Hayfield Estate. It was discussed at a recent meeting of the campaign and we are grateful to Cllr. Peter Hamilton who offered to look for an update on the situation.
He received a response that the developer has agreed to complete the wearing course at the entrance in the short term in order to alleviate the ponding issue.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at maynoothcycling@gmail.com . Further information on the campaign is available on our website.



Find the 10 differences



Solution on Page 12

Sourced: Free from Google Puzzles



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



MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
SECRETARIAL SERVICES

Unit 10, Tesco S.C. Carton Retail Park
(Beside Coyne's Butchers)

Photocopying - Typing - Scanning to & Print from Email
A3/A4 Poster Design & Printing - CVs - Theses
Letters - Essays - A3/A4 Lamination
Other Office Services available on request

Tel: 01 6285922
Email: office@maynoothcep.com

Opening Hours
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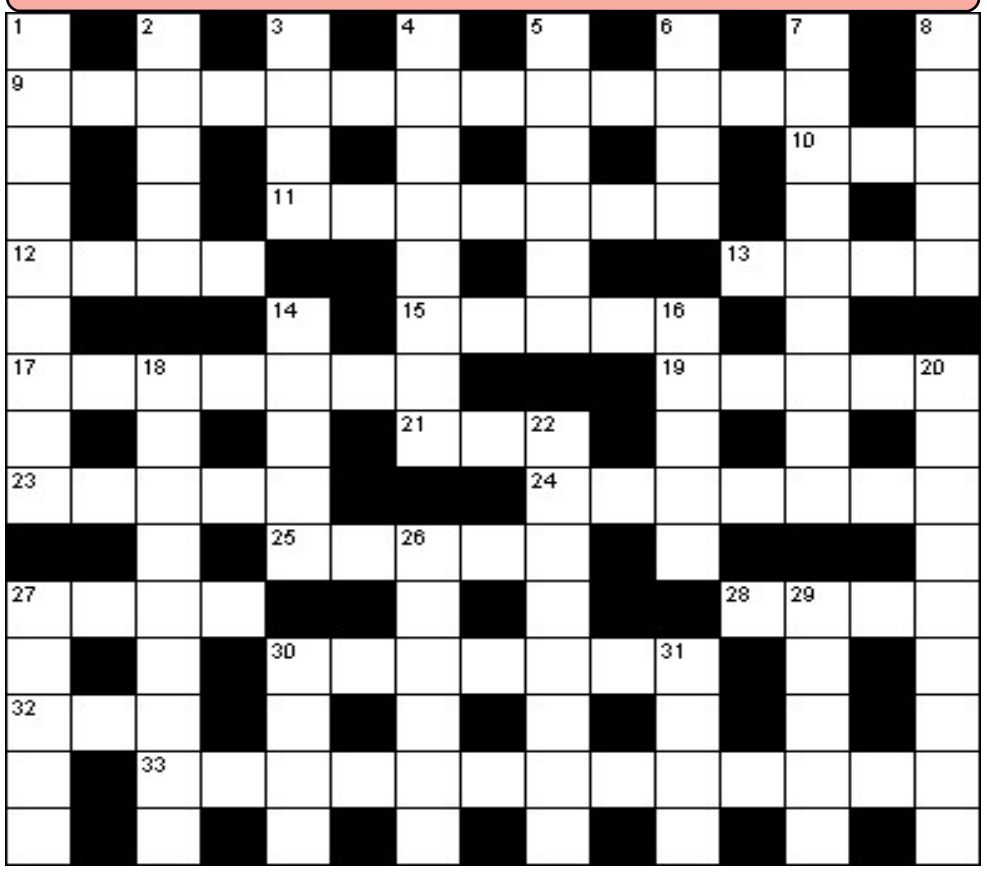
Opening Hours
Monday – Friday: 9:00am – 5:00pm
Saturday: 10:00am – 4:00pm
Sunday – Bank Holidays: 12:00 noon – 4:00pm

UNIT 1, TRINITY COURT,
FONTHILL INDUSTRIAL PARK
DUBLIN 22

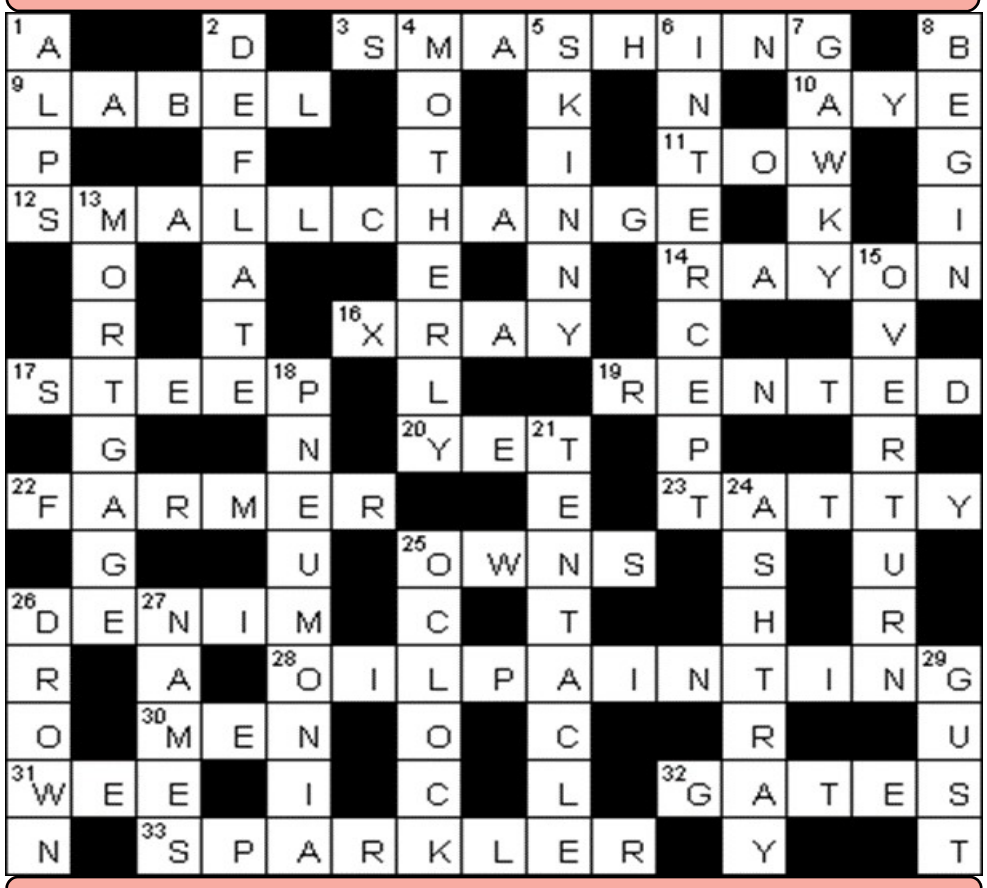
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March 2024 Crossword - No. 532



Solutions to Crossword No. 531



Clues Across

9. List of questions (13)
10. Arrest (3)
11. Continue steadily (7)
12. Immense (4)
13. 10 US cents (4)
15. Inexpensive (5)
17. Confer (7)
19. Body of honeybees (5)
21. Weep (3)
23. The telling of lies (5)
24. Bow and arrow skill (7)
25. Roof overhang (5)
27. Infant (4)
28. Make indistinct (4)
30. Packed (7)
32. French vineyard (3)
33. Officer ranking below a lieutenant (13)



Clues Down

1. Deliberately ambiguous
2. Reposes (5)
3. Cease (4)
4. Removes errors (8)
5. Immature (6)
6. Grime (4)
7. Provide with fresh air (9)
8. One-edged sword (5)
14. Soft sweetmeat (5)
16. Figure out (5)
18. Small brush for cleaning fingernails (9)
20. Office of a mayor (9)
22. Largest drum (4,4)
26. Fiddle (6)
27. Cured pig meat (5)
29. Pale reddish purple (5)
30. Young bears (4)
31. Musical composition for two (4)

Sudoku Challenge

Difficult

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

Super Difficult

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

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.



St Patrick's Day Recipes



Multi-Seed Guinness Brown Bread

Ingredients:
50g plain flour
350g wholemeal flour
75g porridge (rolled) oats
50g pinhead oatmeal
2tsp bicarbonate of soda
1 large egg
100ml Guinness
400ml buttermilk
2tbsp treacle (optional)
3 tbsp mixed seeds (e.g. pumpkin, sesame, poppy, sunflower)
Butter for greasing
Pinch of salt



Method:
Preheat the oven to 160ºC/325ºF/Gas Mark 3. Grease a 900g (9 x 5 x 3 inch) loaf tin. Place the flours, oats and salt in a large bowl. Sift in the bicarbonate of soda and stir together. Beat the egg in a seperate bowl, add to the dry mixture and stir again. Add the Guinness, buttermilk and treacle (if using) and mix to a sloppy consistency. Finally, stir in two tablespoons of the seed mixture. Pour into the prepared tin and spoon the top with a wet spoon. Sprinkle the remaining seeds over the surface and bake for 1 hour. Turn the loaf out, then pop it back inside the tin upside down and bake for a further 15-20 minutes. Transfer to a wire rack to cool.

****

Bread & Butter Pudding

Ingredients:
8 slices of white bread
50g butter (more if required)
50g sultanas
Ground nutmeg or cinnamon
2 eggs
450ml of full-fat milk
50g granulated sugar



Method:
Remove the crusts from the bread. Butter each slice on one side only and cut into triangles. Use some of the butter to grease an oven-proof dish. Cover the base of the dish with one layer of bread triangles keeping the buttered side down. Sprinkle some of the sultanas on the bread with a little nutmeg or cinnamon. Repeat with another layer of bread, sultanas and spice, finishing with a layer of bread with the buttered side up. Beat the eggs with the milk and sugar and pour over the bread layers. Let it sit for half an hour so that the bread soaks up the liquid. Bake at 180ºC/350ºF/Gas 4 for about half an hour or until golden and puffy. Eat on its own straight from the oven.

****

Irish Oaty Apple Crumble

Ingredients:
For the Crumble:
150g plain flour
150g jumbo oat flakes
175g light brown sugar
200g cold butter, cut into pieces
Single cream, to serve
For the Filling:
600g apples, cut into chunks
1 tbsp plain flour
60g brown sugar
Juice of ½ lemon



Method:
Preheat the oven to 190ºC/375ºF/Gas Mark 5. Place the flour, oat flakes, brown sugar and butter into a large bowl. Using your fingertips, rub all the ingredients together until it resembles chunky breadcrumbs. In a large baking tin, toss the apples with the flour, sugar and lemon juice until combined. Add the crumble mix on top of the filling and spread over the top until everything is evenly covered. Bake in the oven for 35 - 40 minutes or until crumble topping is golden brown and the fruit is soft and bubbling beneath. Serve in generous portions with a drizzle of fresh cream. You can vary the ingredients for the crumble mix itself by using wholemeal flour and nuts.

Source: bbc.co.uk/food

March Gardening



Flowers

- Pick off any developing seed heads on daffodils and other spring bulbs, but leave the foliage to die back naturally.
- Finish pruning roses early in the month.
- Cut dogwoods, willows, cotinus and paulownia right down to the base to promote vigorous new growth.
- Tidy up alpines as they start to flower, removing dead foliage, then mulch with grit to keep the foliage off damp soil.
- Plant faded forced bulbs out in the garden for blooms next year.
- Plant lilies and other summer-flowering bulbs in pots and borders. Take a look at our complete guide to planting bulbs.
- Feed ericaceous shrubs, such as rhododendrons, azaleas, camellias and pieris, with an ericaceous fertilizer.
- Tidy up borders, removing established and newly -germinating weeds.



- Mulch borders generously with garden compost.
- Plant new roses and other shrubs and climbers.
- Sow wildflower seeds in trays or modules, to produce plants for your own mini-meadow.
- Check tender new shoots for aphids, and remove before infestations get out of hand.
- Continue deadheading spring flowers and any remaining winter bedding so they don't set seed.
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Garden Maintenance

- Give your lawn a spring boost by building or buy a new compost bin, ready to recycle the coming season's garden waste.
- Dig out a new pond, or install a water feature, to attract more wildlife.
- Put slug barrier products around the new shoots of hostas and other susceptible perennials.
- Find out how to deal with slugs and snails organically.



- Replant pots of bulbs from indoors into borders, once the display is over, then water in well and apply liquid feed.
- Check that tree ties aren't too tight and that stakes are still firmly anchored in the ground.
- Prune out any wind-damaged branches on trees and shrubs.
- Fork up emerging shoots of perennial weeds, such as ground elder, removing every bit of root.
- Place bug boxes or bundles of hollow stems in sheltered corners, where insects can lay their eggs.
- Find out how to make a bug box.
- Keep putting out food for garden birds, as the breeding season gets underway.
- Chop down winter-grown green manure and dig into the soil, to get the veg plot ready for sowing.
- Cut back winter-flowering jasmine to keep it within bounds and encourage flowers next year.

Source: GardenersWorld.com



Memories from the Past







St. Patrick's Day 2002















Solution to find the difference

THE MIRACLE PRAYER

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

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

Never known to fail.
Thanksgiving for favour received.



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Maynooth Through the Ages



Department of History in collaboration with Maynooth University Library, and St Patrick's College, Maynooth presents Maynooth Through the Ages. Following a very successful series in 2023, we are delighted to bring you details of our second series. This event is free to the public. Booking is essential via the links below. Please note, each talk must be booked separately

4 March 2024 - 19:00-20:30 Beyond the gates: Untold stories of family life in the Historic Irish House - Colette Jordan
Beyond the gates: Untold stories of family life in the Historic Irish House
This talk by Colette Jordan encapsulates a family and social history, with some new sources casting fresh light on the FitzGerald family, including periods of joyous celebration and love, tinged with heart-breaking trauma and loss.

11 March 2024 - 19:00-20:30 From Ballot Box to Council Chamber: Kildare's first County Council elections of 1898 - Liam Kenny
The 1899 elections achieved notable 'firsts' under a number of headings – not least being the first time that women were granted the franchise on the island of Ireland. 'From Ballot Box to Council Chamber' focuses on the inaugural Kildare County Council elections of spring 1899 as a case study which was reasonably representative of the elections which took place across Ireland. There is also a contemporary topical note in that local elections are due in June 2024, 125 years after the first local elections in 1899.

25 March 2024 - 19:00-20:30 Tomás Ó Fiaich and Maynooth/Má Nuad, 1940s-1970s Prof Vincent Comerford
Tomás Ó Fiaich was one of the most charismatic figures of the second half of the twentieth century in Ireland. He studied at Maynooth from 1940 to 1944 and returned in 1953 as lecturer, charged with introducing Modern History as a subject in the NUI degree program. From the late 1950s he began to make an impression outside the walls. He was chair of a government commission on the Irish language, editor of several journals, and in 1964 was elected to the senate of the NUI. When Dr Jeremiah Newman was appointed president of Maynooth in 1968, Fr. Ó Fiaich was made registrar. He was a key figure in the expansion and transformation of the College under Newman. As president from 1974 Tomás prevailed upon the trustees to look for independent university status for Maynooth. Advanced discussions with the department of Education took place, but before any conclusion Monsignor Ó Fiaich was appointed archbishop of Armagh in the summer of 1977. At the same time the college was sliding into a traumatic internal dispute that changed its immediate prospects. Independence, would have to wait for twenty years.

8 April 2024 - 19:00-20:30 The Science & Ecclesiastical Museum at St Patrick's College, Maynooth - Dr Neil Trappe
A talk about the Science & Ecclesiastical Museum at St Patrick's College, Maynooth, highlighting the history of the museum and some of interesting items held in the museum, followed by a tour.

15 April 2024 - Campus tour 19:00-19:45
Chapel tour - 20:00-21:00 St Patrick's College Campus tour and College Chapel Tour Pat Watson
The tour takes you through the history of the campus from its Georgian beginnings in Stoyte House in 1795 through to Pugin's imposing Gothic building of St Patrick's. The College Chapel forms part of the tour with a chance to see the beautiful interior with arguably the largest choir stalls on the world. No tour would be complete without a word about some of the colourful characters and traditions associated with the College.
Please note: due to numbers there are two separate booking links, and if you wish to attend both you will need to book for each event.

15 April 2024 - 19:00-20:30 Tour of Maynooth College Chapel by Dr John-Paul Sheridan
Dr. John-Paul Sheridan, a lecturer at Maynooth College will take you on a tour of the iconic nineteenth College Chapel from the history of its foundation to the architecture and the decoration.
Due to popular demand we have added a second tour of the College Chapel

22 April 2024 - 19:00-20:00 Tour of the John Paul II Library - Elaine Bean
Opened in 1984, the John Paul II Library is the heart of the Maynooth Campus. Since its extension in 2013 the library foyer has been a popular welcoming space for the local community. Some of the highlights will include seeing our collection of over 400,000 print items on over 10km of shelving and learn about our different study spaces, the foundation stone, blessed by Pope John Paul II on his visit to Maynooth in 1979, our Energy Pods, designed to revive you with a power nap, the power of 3D printing, and the 1916 Proclamation - one of a few in public hands.

Booking link: https://www.maynoothuniversity.ie/news-events/maynooth-through-ages

Our speakers

Prof Marian (Mary Ann) Lyons has published extensively on Franco-Irish relations and on Irish migration to continental Europe in the early modern period, and is particularly interested in jacobite migrants in Paris, c.1690-c.1730.She has also published on various aspects of Irish history including the Kildare dynasty, religion in late medieval and early modern Ireland, women, and the emergence of professional medicine from the early 1600s onwards. She has co-edited several essay collections on Irish migration to Europe in the early modern period, jointly curated the 'Strangers to Citizens: the Irish in Europe, 1600-1800' exhibition at the National Library of Ireland (2007-09) and co-authored Strangers to citizens: the Irish in Europe, 1600-1800 (2008). She is currently working on a biography of Thomas Arthur, M.D., of Limerick. Arising from her interest in local history, she is General Editor of the Maynooth Research Guides for Irish Local History series (Four Courts Press), and joint editor, together with Daithí Ó Corráin of The Irish Revolution 1912-23 series (Four Courts Press).

Dr Seamus Cullen is a historian based in North Kildare. His broad research interests include all aspects of local history in Kildare with a particular interest in military history between 1795 and 1923. He has published extensively on 1798 and 1803 in Kildare. In recent years, he has focused on the history of the Irish Revolution and is the author of Kildare: The Irish Revolution, 1912-23 (2020) which is the Kildare volume of the Irish Revolution series.

Colette Jordan was formerly a Research Officer in the Centre for the Study of Historic Irish Houses and Estates. During that time she was given unrivalled access to the family papers of the FitzGerald family, Dukes of Leinster in their home in Oxfordshire. There she was entrusted with many of their, previously unseen, family diaries, letters, recipe books, rent books, etc. and permitted to bring them to Maynooth University to have them copied and recorded. Similarly she travelled to Boston to meet with members of the Laughlin family who had owned Castlehyde, now the home of Michael and Niamh Flatley. Again the family very kindly gave her letters, diaries, visitor books, etc which were invaluable in compiling the social history of Castlehyde. Since then she has been commissioned by the late Prince Khalid AbDullah, legendary owner of Frankel, to research and produce a history of his stud farm near Kilcullen - the New Abbey Estate. Similarly, she produced a history of his stud farm in Tetbury in Gloucestershire - the Estcourt Estate. She is currently working with Jay and Christy Cashman, owners of Kilkea Castle near Athy. Colette speaks regularly to local history societies on life in the Big House - upstairs and downstairs.

Liam Kenny is Director of the Association of Irish Local Government and a former staff member of both Kildare County Council and the "Leinster Leader" newspaper. He has a long association as a student with Maynooth University graduating with an MA from the History Department in 2011. His interest in the 1899 local elections stems their role in ushering a change in Irish politics from the landed elite to the middle-class farmers and merchants or from unionism to home rule.

Prof Vincent Comerford was Professor of Modern History and Head of Department at Maynooth, 1989-2010. He is the author of Ireland (London and New York, 2003) in the series 'Inventing the nation'; The fenians in context: Irish politics and society, 1848-82 (Dublin and New Jersey, 1985; 2nd ed., 1998);
C.J. Kickham: a study in Irish nationalism and Irish literature (Dublin, 1979); while his contributions to New history of Ireland include introduction and primary narrative for 1870-91 in vol. 6, ed. by W.E. Vaughan (Oxford, 1996), and primary narrative for 1850-70 in vol. 5, ed. by W.E. Vaughan (Oxford, 1989).

Dr Neil Trappe is a senior lecturer in the Experimental Physics Department at Maynooth University. His research interests are in the field of optical design and analysis especially for astronomical instrumentation. He became curator of the Science & Ecclesiastical Museum in 2023.

Pat Watson taught History and Geography for many years at St Wolstan's Seconday School, Celbridge. Since retirement she has developed her interest in local history and is now involved in providing guided tours of St Patrick's College, Chapel and campus. She is also author of a booklet on the College Chapel.
As a member of Tidy Towns, Pat is currently working on story boards of the town's history as part of a Heritage Trail around Maynooth. To date the Heritage group has given several tours of the town to pupils of local National Schools as well as giving guided tours to the public during Heritage week over the last two years.

Dr John-Paul Sheridan is a priest of the Diocese of Ferns and from 2014 has been a lecturer at St. Patrick's Pontifical University. He was co-editor (with Salvador Ryan) of We Remember Maynooth, published in 2020. He has a huge interest in the history of the South Campus, in particular the College Chapel.

Elaine Bean is senior library assistant, facilities and events at Maynooth University Library. Elaine facilites and coordinates both virtual and in person events which support both the university and local communities and has designed and delivered numerous information literacy programmes both within the university and to transition year students in local schools. Elaine was awarded the Maynooth University President's Individual Award for Service Excellence and team award for Services Innovation and Service Excellence.

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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.

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

Local News - April 2024 - Issue No. 533 - Online Version

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

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

MAYNOOTH ST. PATRICK'S DAY PARADE 17th MARCH 2024
FÉILE LÁ FHÉILE PHÁDRAIG MHAIGH NUAD 17Ú MÁRTA 2024
Parade Photo Gallery on Pages 15 , 16, 17 & 18

St. Patrick's Day 2024

Reflecting on Maynooth's St. Patrick's Day Parade, I'm overwhelmed with pride and gratitude. This year's event was spectacular, filled with energy, plenty of pirates, and an incredible sense of community.

Over 2,500 participants from various parts of our community made the parade vibrant, stretching from the Straffan Road to Dublin Road, in front of 15,000 spectators. The unity and spirit shown was truly uplifting.

A big thank you to everyone involved, especially:
- Our volunteers and the Parade Committee for their work on the day and months leading up to it; Steve, Gerry, Paul and Colm.
- The staff and John Doogan in Maynooth Community Employment Project (MCEP) for all of their assistance and support.
- Maynooth Autism Friendly Town for running the Quiet Zone.
- Matthew Lennon for his music and entertainment.
- Willie Kiernan, for ensuring the day sounded as good as it looked.
- Paul Croghan, whose work as MC kept us all entertained and informed.
- The volunteers from the Men's Sheds and Kildare Volunteer Centre, whose dedication was the backbone of this event.
- Patricia, Catherine and Joe, not only for their stewarding efforts but also for judging the shop front windows.
- Our photographers, Mark Colfer, Liam O'Brien and Eamonn Kearns
- The Gardaí for their assistance and road closures.

Your enthusiasm, support, and hard work are what make this day unforgettable year after year.

Our heartfelt gratitude extends to the local businesses for their support; Kildare County Council, Hutton & Meade, Taxy, Manor Mills, Brady's, O'Neill's, Glenroyal Hotel, Elite, Maynooth Post Office, Powderly Solicitors, SAP Landscaping, Life Credit Union, AIB Maynooth, Maynooth Bookshop, Coonan, McMahons, Sherry Fitzgerald, The Roost, Corcom, Maynooth University, Picaderos.

The success of this event is a collective achievement, showcasing our community's strength and passion. I'm already looking forward to next year, aiming to keep this tradition a highlight of our community's spirit and cultural pride.
Thank you, Maynooth, for a fantastic year. Here's to the next!
Beirigí Bua!

Naoise Ó Cearúil
Chairperson
Maynooth St. Patrick's Day Parade Committee

Community Person of the Year: Patrick Boyd
Special Recognition Award: Maynooth Tidy Towns

Winners:

- Best School Float: Gaelscoil Uí Fhiaich
- Best Commercial Float: Barberstown Castle
- Best Portrayal of Theme: Maynooth GAA Club
- Best Portrayal of Irish Culture (Dr. Muireann Ní Bhrolcháin Perpetual Trophy): Gaelscoil Ruairí
- Best Club: North Kildare Club

Best Shop Fronts
1st: O'Neills
2nd: St. Vincent de Paul, Greenfield S.C.



Emmet Stagg R.I.P.
1 October 1944 – 17 March 2024

See Tribute on Page 9

Published by: Maynooth Community Employment Project, Unit 10, Tesco's S.C. Carton Retail Park, Maynooth. Phone - 01-6285922 email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086

Maynooth Newsletter

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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.

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

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

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Website: www.maynoothcep.com

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

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

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

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

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.
Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

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

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

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

April is already here and with Easter being so early this year the month starts on a bank holiday. As a child April 1st was a great day when you tried to trick people so you could call them an April fool. This practice seems to have been forgotten but best be aware that you could be tricked on the day. April 2nd marks the annual World Autism Awareness Day which was first marked in 2007 following a resolution proposed by the representative from Qatar and adopted by the General Assembly of the United Nations. Readers will know that in Maynooth there has been a well-received campaign to promote awareness of autism over the past year. Looking at the social media page of the group working on this campaign it is wonderful to see the support that the campaign has secured from the businesses and community groups in Maynooth. This was acknowledged when Maynooth achieved "AsIAm Autism Friendly Town" accreditation in February. Well done to everyone involved and it shows yet again when a project is approached in a positive way that the whole community gets behind it.
As someone who had the opportunity to support the provision of primary school education for children with autism, I know how important getting school places are for a child's development and it is great to see the success of the positive promotion of autism has been progressed in Maynooth. So hopefully we will also have school places available for children with autism in the local schools when needed at all levels.
Like many of you Saturday is takeaway food day most weeks in my house and I have to acknowledge the fact that I have noticed that takeaway food is being increasingly delivered in paper packaging instead of plastic containers. April 22nd marks Earth Day which was first marked in 1970 and has evolved into a global effort to reverse the damage being done to our environment by a range of initiatives and education.

Work has progressed on achieving a Maynooth Decarbonisation Zone and I expect more information on the plans to achieve this when the Maynooth Area Local Area Plan is published. Meanwhile maybe if we all took a few minutes to reflect on our personal impact on our environment during Earth Day we could make some changes to our habits. Like most things big outcomes are achieved by starting with a few small steps.
The Maynooth St. Patrick's Day Parade 2024 was again a great success with an estimated 2,500 participants and 15,000 spectators. The amount of work put in behind the scenes to organise such a huge event goes unnoticed by most. Our thanks to Naoise Ó Cearúil and the Maynooth St. Patrick's Day Parade Committee for their continued efforts to organise the parade every year. Thanks also to the Maynooth Men's Shed and all the volunteers who helped manage the event on the day, to all the participants who made the effort on the day to participate and to the huge crowds of spectators who turned up on the day to make the event extra special.

Paul Croghan
Editor



Copy date for the May edition will be 5pm on Friday 26th April 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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

March was a mixed month for our Tidy Towns clean ups weather-wise. We had to cancel one of our meet ups due to inclement weather. We still got lots of work completed. 50 trees planted on Old Greenfield, we are trying to keep on top of the scuffling by removing the weeds early in the year as we do not use any weed killers. Litter is still a problem.

It's wonderful to see all the Spring blossom's emerging around the town. I'm sure you will recall we planted thousands of Daffodils, Tulips, Crocus's back in the Autumn. Many of our bees are emerging from their winter slumber, please be mindful of them in your gardens and help them survive.

Congratulations to L'Art du Chocolat, Main Street, which was the 1st recipient of our Shop Front award for the month of February. We will select another winner for March, April etc.

We are still progressing the Heritage Trail by erecting story boards around the town for the self guided walks. Our members are organising trails on request especially from our local schools.



We are holding our National Spring Clean on the 27th April and our AGM will be held in The Glenroyal Hotel on the 25th April at 7.30pm.

We are always looking for volunteers and we have been very fortunate in our endeavours over the last 10 years.
We meet every Saturday at 9am at our Shed in The Council Car Park.







We will be organising Wednesday evening meet ups sometime in April.

Please follow our Facebook page for more up to date information: @ MaynoothTidyTownsAssociation.

Mary Molloy - Maynooth Tidy Towns Association PRO

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* 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

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zoom

E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR

Maynooth Senior Citizens Committee



Spring has arrived! Our Art classes are going great and our members are producing lovely works of art. We hope to have an exhibition of art works for the month of June in Maynooth Community Library. We will be busy getting prepared for this event. More details to come.

Painting by Una Murphy



We would like to extend our thanks to Dominic and Alan O'Keeffe who nominated Maynooth Senior Citizens Committee as the charity of choice at the recent Rock n Rory musical event which took place in the Roost on Saturday 2nd March. It was a fantastic night of music with amazing performers - Mr. Ffrench Quartet, Calling Cards and Strutter.

There was a generous raffle and an auction of a portrait of Phil Lynott by Dominic O'Keeffe. The generosity of those in attendance was astounding. All the proceeds went to Maynooth Senior Citizens Committee which is very much appreciated by our organisation. Thanks to all involved.



AGM NOTICE

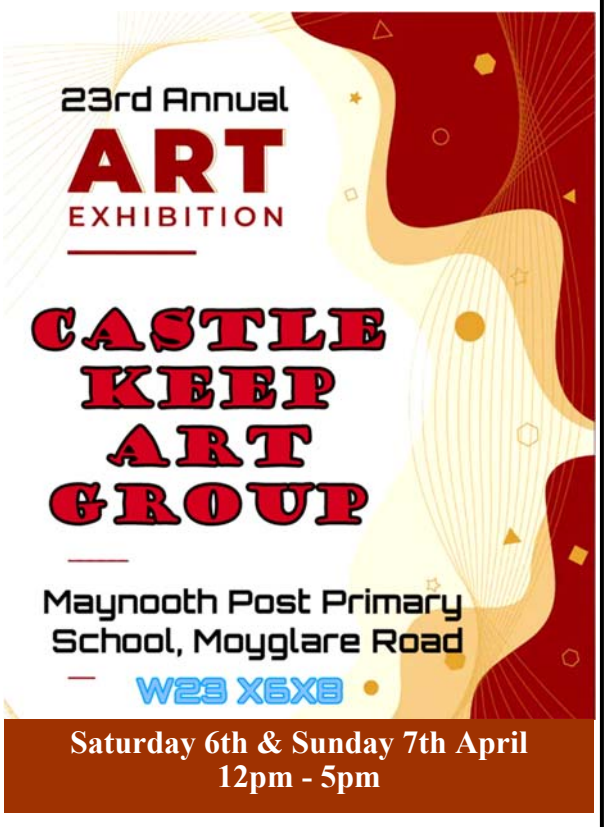
We will be having our AGM on April 8 in the Geraldine Hall at 8pm.

All welcome. We would like to welcome new volunteers. If you feel you can commit to specific activities throughout the year, we would like to hear from you.

Susan Durack, PRO Maynooth Senior Citizens Committee… maynoothseniorcitizens@gmail.com

It is exhibition time again….
Castle Keep Art Group
Annual Art Exhibition

We are delighted to announce that we will be holding our annual art exhibition in the Post Primary School in the Maynooth Education Campus on the Moyglare Road (W23X6X8).



If you are out for a drive or stroll, do drop in on Saturday 6th or Sunday 7th April. We are open from 12pm to 5pm. **Admission Free.**

We hope to have c.100 works on display from our members.

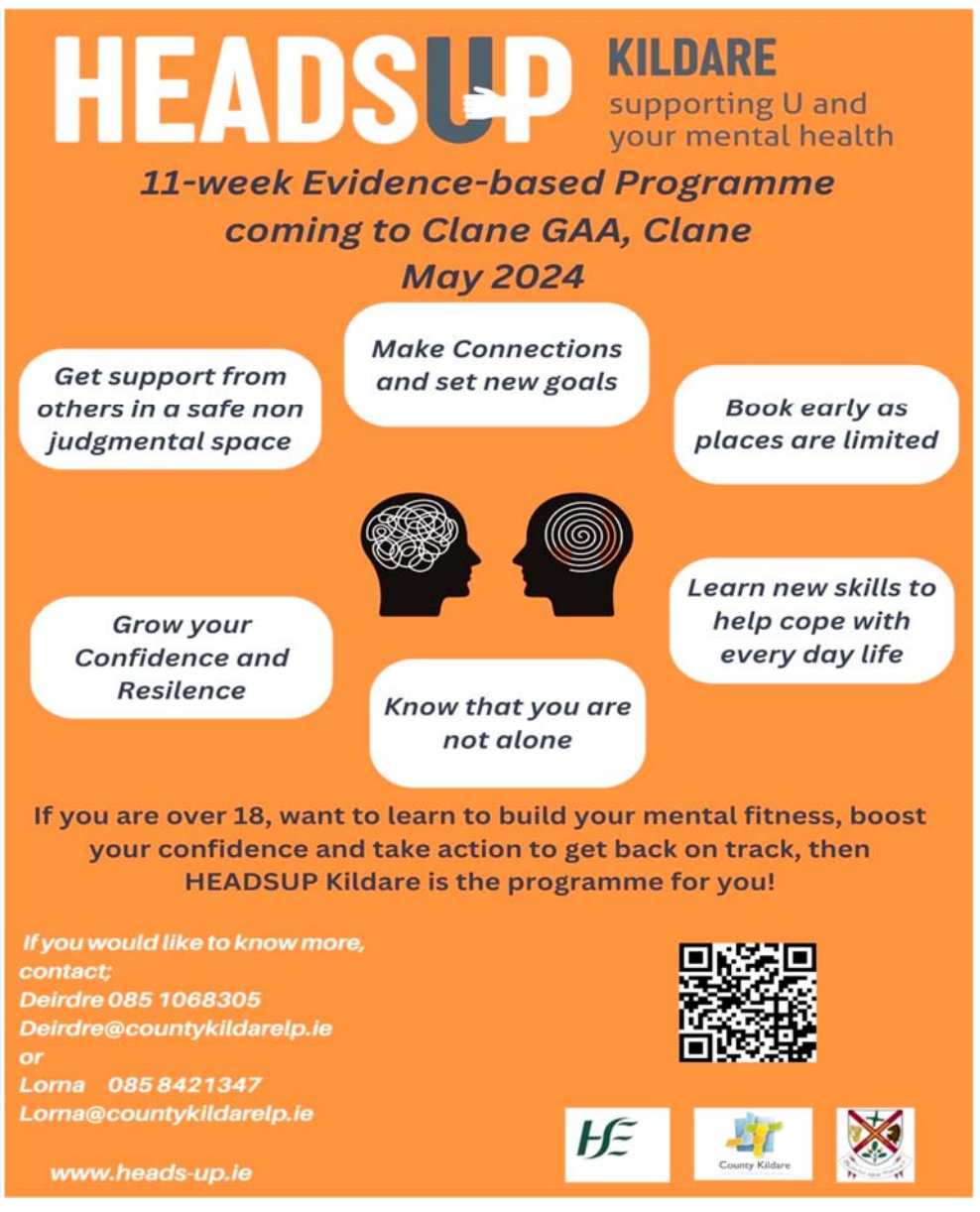
All welcome.

Facts about April

- The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.
- Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.
- There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.
- There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.
- On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.
- Back in the time of the Ancient Romans, April was sacred to the goddess Venus.
- One of the most well-known dates of the month is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."
- On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.
- The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
- The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.
- April is also the month that the birds migrate north and settle down for the summer to mate.

And, of course, as we all know, "April showers bring May flowers," so if the rain of April ever gets you down, never forget the silver lining!

Source: www.thefactsite.com/april-facts/





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St. Mary's Brass & Reed Band

The St. Patrick's Day Parades herald the start of the Band's performances for the year and with the Maynooth and Kilcock Parades done and dusted, we look forward to a very successful 2024.



Both Parades received a great reception from the assembled crowds and indeed the Band could have taken part in many parades if timing allowed. One pleasing result from the Maynooth Parade was the presentation of an award to one the Band's longest serving members, Paddy Boyd, in recognition of the service he has given to the Band over the past 69 years. Unfortunately, for family reasons, Paddy could not be with the Band this year but the recognition of his work was really appreciated.

The Band now has a very full diary for the year with visits to the National Stud in Kildare, Farmleigh House in the Phoenix Park and the big event of 2024 is our return visit to the International Music Festival in Bad Orb, Germany in September. Maynooth is not being left out with six concerts planned for the town including a recital in the Chapel of St. Patrick's College in aid of Trocaire on Sunday 26th May when we will again have the Parish Choir as guests.



Finish Line Sayings

1. Don't let the grass grow under your _____
2. A penny saved is a penny _____
3. All's fair in love and _____
4. Better to be safe than _____
5. Every dark cloud has a silver _____
6. Every dog has its _____
7. When it rains, it _____
8. Laughter is the best _____
9. Never judge a book by its _____
10. Where there's a will, there's a _____
11. You catch more flies with honey than with _____
12. Put your best foot _____
13. Three strikes and you're _____
14. Something old, something new, something borrowed, something _____
15. Diamonds are a girl's best _____
16. There's no place like _____
17. Two heads are better than _____
18. Like father, like _____
19. Money doesn't grow on _____



Cllr. Angela Feeney Maynooth Labour News

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

Community Space Management
At the March MD meeting Cllr. Feeney submitted a motion calling on the Council to resume management of the Maynooth Community Space in partnership with the Maynooth Community Employment Project, for the benefit of existing and newly formed community based groups, and with continued advisory support from an integrated and diverse local stakeholder group that will report to the MD.

In speaking to the motion, Cllr. Feeney said that there are many groups in Maynooth in need of a place to gather and while the Community Space is a small space located near Tesco's at the Carton Retail Park, it is much needed. The Space was previously managed by the Maynooth Community Employment Project (MCEP) but in recent years has been managed by the Council. Previously, groups called next door to MCEP to pick up the key, signed in and returned the key. Groups now find the new booking arrangement more difficult; they must email the Council for a booking and it is cumbersome since not everyone is online and it is time consuming. As a result, bookings have gone down and many groups have gone elsewhere looking for space at sports clubs and schools in the area. Cllr. Feeney said that access needs to be simple and that it would make great sense to have it managed locally by people who have successfully done so in the past.

According to Cllr. Feeney, this is an opportunity for an existing Community group, Maynooth Community Employment Project (MCEP), with decades of combined experience, located in the unit literally next door to the Community Space to be involved in managing the Community Space at Carton Retail Unit. MCEP includes members from the University who have expertise in Community Development. It has been a force for social inclusion; committed to giving people the skills to seek employment as well as recording the social footprint of Maynooth since the 1970s. Cllr. Feeney added that, into the future, MCEP can play an important part in any community centre that will be developed for Maynooth in what she hopes will be a near future. She said that having a community centre is not just about having a physical building, that is of course very important but it is also about empowering the community to engage in that space which will be vital to its success. Finally, Cllr. Feeney said that the vast experience and expertise can engage with the Council to support the use of the Community Space by existing and new Community groups.

In its response the Council said, "the management and bookings for Maynooth Community Space is overseen by the Facilities Team in Kildare County Council on behalf of the Community Section. A dedicated email is used for bookings of the community space and those interested in booking the space are required to complete a booking form. The community space is available to all groups and they are invoiced at the end of each month for usage". Cllr. Feeney particularly welcomed the report from the Council where it states, "the Community section is open to explore and work with this group." She suggested running a pilot for a year to see how this might work in practice for the betterment of the community groups in Maynooth.

Presentation by MU President at Full Council
Maynooth University President Eava Loeningen presented the Maynooth University Strategic Plan to councillors at the plenary Council on February 26th. In the question and answer session following her presentation, Cllr. Feeney suggested to the President that, while we await a government decision on funding a new pool, consideration might be given to an upgrade of the existing college pool. She said that we live in a time where we are encouraged to 'reuse and recycle'. Cllr. Feeney was very happy she made the suggestion because in the response she was told that discussions have been taking place with the Council about reopening the pool. She was also told that a feasibility study is being done looking at safe access. Cllr. Feeney welcomes this news, as this is a long awaited facility for Maynooth. While we await the newer pool, children can have access to a local swimming facility in the college.

Double Yellow Lines at Silken Vale estate
Cllr. Feeney requested a review of the existing double yellow lines in Silken Vale Maynooth. She brought this motion because the residents in Silken Vale have been in touch about the unsafe parking of cars in the estate. This estate is the closest to the train station and many commuters leave their cars parked in the estate when they get the train and it causes problems of safety for residents. The Municipal District Engineer said he will discuss this with the pay parking section in the Council and has agreed to meet Cllr. Feeney and residents on site to look at options. As advised by the area engineer, Cllr. Feeney will ask the residents to agree on a solution and then bring it back to the area engineer. She also intends to raise the issue of enforcement with the Joint Policing Committee when people park on the current double yellow lines.

Railpark estate boundary reinstatement
The residents of Railpark estate were in touch with Cllr. Feeney about the boundary reinstatement between the estate and the new adjoining development at Bridge End asking when the work is going to be completed. They are particularly concerned as the end of the current planting season is approaching and the delay is preventing them from putting any biodiversity plans they have in place with Maynooth Tidy Towns. The Development Control Section in the Council informed Cllr. Feeney that they have contacted the developer of Bridge End, Maynooth, requesting that they expedite the completion of the boundary treatment. The developer has confirmed that they will complete the works in advance of the development being put forward for taking in charge.

Playground for Straffan
Some months back, Cllr. Feeney asked the Council to resume discussions with Straffan GAA about the possibility of providing a playground for Straffan. At the March MD meeting, she asked for an update on the delivery of the playground. The Council said that no further progress has been made in relation to the delivery of a playground in Straffan. The position remains the same that progression of this would be subject to Straffan GAA club redeveloping their existing changing facilities. Additionally, Kildare County Council would need to identify a budget to deliver the playground and any work required to deliver the playground will have to be considered in the context of other project commitments within the Municipal District and across the county. There is also a site identified by the Council's Public Realm team, that is in private ownership, and that might be another option for a site for the much-needed playground.

School Places need to be secured
Like many other public representatives, Cllr. Feeney has been assisting many parents and families who are experiencing huge stress to secure a school place for their children, with many on waiting lists for local schools that are at capacity. With continued increased population growth, the provision and access to essential services such as education and health are not keeping pace with that growth and urgent action is needed. Cllr. Feeney with Cllrs. McEvoy, Coleman, Curran, Cussen, Farrelly, Kelly, Liston, Power, Quinn, Ward and Hamilton submitted this motion to the full Council in February:

"That the Council assist with analysis and reports from Census 2022 data and any efforts to coordinate school population data and applications between the Department of Education, the KWETB, and other school patrons to simplify the process of securing school places across the county, particularly in areas where investment in education capacities has yet to align with population expansion".

In the report provided, the Council stated that the Planning and Building Unit of the Department of Education are responsible for, inter alia, identifying the need for school accommodation, prioritising the allocation of resources, and overseeing the delivery of the capital programme. The primary function of the Department of Education's Forward Planning Section is to analyse demographic and enrolment trends and anticipate future demand for primary and post-primary school places to ensure that sufficient school accommodation will be provided. This research informs identification of projects to meet future demands across the Planning and Building Unit of the Department. Kildare County Council Planning Team engage on a continuous and regular basis with the Department of Education under the MOU between the Department of Education and the City and County Management Association. It added that the Council's Forward Planning Team engage with the Department of Education's Statutory Plans, Forward Planning and Site Acquisition Teams throughout County Development and Local Area Plan preparation, with specific reference to the Social Infrastructure Audit, which inform the plan making processes in terms of educational requirements.

More broadly, the Planning Team in Kildare County Council liaise directly with the Department of Education on school requirements, site identification, site specific projects and share all information regarding population analysis and data with the Department where same is available and verified and will continue to provide appropriate assistance where feasible. It is expected that Census 2022 data will be available towards the end of March will provide information on the numbers and profile of children and young people across all settlements in addition to the numbers of all current education providers in Kildare. This will provide a very useful tool for future planning of education needs in the county and can be shared with relevant departments and agencies.

Cllr. Feeney's upcoming motions and questions at Council:

Motions:
1. That the Council put traffic calming measures in place in the vicinity of Tír na nÓg Montessori School Donadea for the safety of children attending the facility.

2. That the Council writes to Waterways Ireland requesting remedial maintenance works to be carried out on the paths at Maynooth Harbour and the timeline for shared spaces signage to be put in place.

Questions:
1. Can the Council provide any update on discussions with Maynooth University and St. Patrick's College regarding the potential reopening of the college pool for community use?

2. Can the Council provide information on the number of crèches that have been provided in new developments in the MD in the past 5 years?

Meetings attended by Cllr. Feeney since her last newsletter:
March 1st Council Municipal District meeting 10:00 a.m. Áras Chill Dara Naas
March 15th Finance Committee meeting 12:00 p.m. (online)
March 25th Full Council 3:00 p.m. Áras Chill Dara Naas
March 25th Special meeting to consider amendment to Leixlip LAP 12:30 p.m. Áras Chill Dara Naas



Maynooth Senior Citizens Committee

PLEASE NOTE THAT THE MAYNOOTH SENIOR CITIZENS COMMITTEE AGM WILL TAKE PLACE IN THE GERALDINE HALL, ON MONDAY 8TH APRIL AT 8PM. ALL WELCOME.

We would like to encourage more people to commit to join our committee. If you feel you would like to get involved please contact us at the email below.

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

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Emmet Stagg (R.I.P.)
A tribute by Angela Feeney

My first memory of Emmet was as a child when my father passed away and my mother, a young widow with five young children to bring up, he was the one who was there to help. Later in her life when she was unwell and confined to bed, Emmet chatted through the window to her. How many politicians in high office would do that? That really made an impression on me. That was the sort of person Emmet was a man of the people and for the people, who, no matter how high up the political ladder he went, he never lost touch with the people who elected him. I enjoyed many a canvass with Emmet over many campaigns. A particularly fond memory was Emmet's annual Tony Smith sponsored walk which was close to Emmet's heart and raised over €130,000 over the years for the benefit of Maynooth Senior Citizens and was another example of how Emmet was a real community man.



Emmet with Angela Feeney at the 2023 Annual Party Conference in Cork

Emmet did so much for so many over decades, as we see from the multiple messages left on the condolences page. There were, of course, his many major political achievements and outstanding track record on delivering social and affordable homes and his brave stance on the outsourcing abroad of cervical screening. But alongside that, Emmet had such an impact in the personal lives of so many and made numerous personal representations for his constituency. The way he attended and managed his many clinics ensured that every case was dealt with in a quiet way that respected the dignity of those he was helping.

Emmet was a once in a generation politician, always putting others first and was a voice for those who had very little and a champion for those without a voice. Emmet was courageous and ferocious and you never had to second-guess Emmet's view on a given topic. He had amazing energy, being out on the canvass with Emmet; you had to learn to keep up! He worked day and night on behalf of his constituents. The statement from President Michael D. Higgins was a very fitting tribute to Emmet. The President described Emmet as his 'closest personal friend. On sharing an office in the Dáil with Emmet, President Higgins said Emmet's work ethic was second to none.

Even in the hardest days of his illness Emmet remained positive, and never lost his sense of humour, he was always very witty. I visited him a few weeks back and he was so supportive and encouraging to me. As I left and headed off to call to the doors and do a leaflet drop, Emmet said he would love to be joining me. It was his favourite place to be, out meeting people, listening to them and helping them in any way he could. Emmet is the reason I became involved in politics myself and he was an amazing mentor, always there to give advice.

It is a sad loss to the Labour Party and particularly to us here in Kildare North. Emmet attended all of our branch meetings and right to the end maintained his interest in politics. He leaves an amazing legacy and Emmet's values will endure in the Labour Party.

Gone but never forgotten.

Our sympathy to Mary, Gillian, Henry and all of Emmet's family and close friends.

Codladh sámh Emmet a chara.

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Growing Japanese Maples In Containers

Can Japanese maples be grown in containers? Yes, they can. If you have a porch, a patio, or even a fire escape, you have what you need to start growing Japanese maples in containers. These graceful, slender maple trees (Acer palmatum) thrive in pots as long as you know how to plant them. If you are interested in planting a Japanese maple in a pot, here's all the information you'll need to get started.

Can Japanese Maples Be Grown in Containers?
Growing Japanese maples in containers is not as unusual as you may think. Many different types of trees thrive in containers. The smaller the mature size of the species, the more likely it is that the tree will grow happily in a large pot. You can grow both evergreen and deciduous trees in containers. Smaller species and dwarf varieties of evergreens usually do well as container-grown plants. So do small deciduous trees like the Japanese maple.



Growing Japanese Maples in Containers
It's not that hard to start growing Japanese maples in containers. To start one or more potted Japanese maples, you need a large container, good potting soil, and a partially sunny location for it. The first step toward having a container-grown Japanese maple is to determine a variety that would work well in your area. With hundreds of different Japanese maple cultivars available in commerce, you need to choose one that will grow in your plant hardiness zone. Pick dwarf or semi-dwarf species for your potted Japanese maples. Generally, these maples grow slower in pots and develop smaller root systems.

If you pick a tree that doesn't get taller than 10 feet (3 m.) tall, you won't have to do annual pruning.



Caring for a Japanese Maple in a Pot
If you want a healthy, happy, container-grown Japanese maple, you'll need to plant your tree in a container that is about twice the size of the tree's root system. It is imperative that the pot has one or more drainage holes. Keep the soil moist but not wet. Use good quality potting soil to fill the pot. Once the tree is potted, water it well. This helps to settle the roots in the soil. Don't fertilize until spring, and even then dilute a water-based fertilizer to half-strength. If over time, you see that the roots of the Japanese maple in a pot touch the side or bottom of the container, it's time for root pruning. Clip out the big, wood roots. This lets smaller roots develop.

Some of the Dwarf Varieties
Red Japanese maples, such as Crimson Queen, Bloodgood, and Red Dragon, that have stunning red foliage.
Green Japanese maples, such as Seiryu, Emerald Lace, and Viridis, that have bright green leaves that turn yellow or orange in fall.
Variegated Japanese maples, such as Summer Gold, Butterfly, and Orido Nishiki, that have leaves with two or more colors, such as green, yellow, pink, or white.

Source: www.gardeningknowhow.com/ornamental/trees/japanese-maple/japanese-maples-in-containers.
www.bing.com/search?pglt=41&q=dwarf+varieties+of+the+japanese+maple

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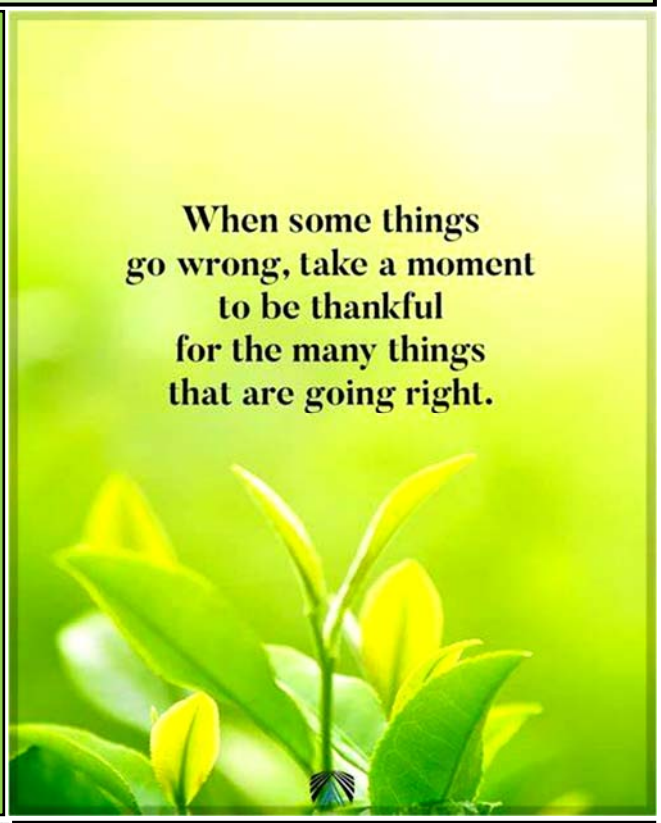
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MAFT celebrating St Patricks Day

The Maynooth Autism Friendly Town committee and volunteers were delighted to see so many families avail of the quiet zone. Wonderful to hear from parents who said it was the first time their autistic children were able to attend a parade.

A special thanks to the wonderful bands, groups, clubs and businesses for reducing the noise as they passed through the quiet zone.









Hangouts and Parent Meet Ups

Making Maynooth an Autism Friendly Town is about building relationships and communities.

Make sure you check out our social media pages on Instagram and Facebook for updates on our Hangouts and Parent Meet Ups.





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!

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

Maynooth St. Patrick's Day Parade 2024 Photo Gallery
Photos courtesy of Mark Colfer









Maynooth St. Patrick's Day Parade 2024 Photo Gallery
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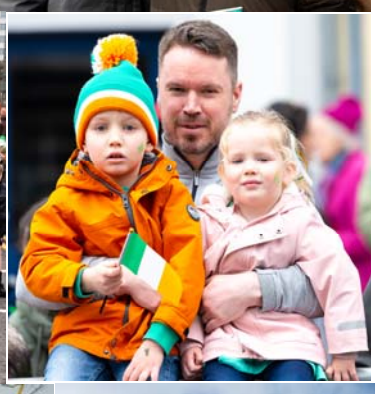


















Maynooth St. Patrick's Day Parade 2024 Photo Gallery
Photos courtesy of Mark Colfer
















Maynooth St. Patrick's Day Parade 2024 Photo Gallery
Photos courtesy of Mark Colfer













Writers' Corner - Short Stories/Articles from our Readers

Things I Remember

'Where are you going?' said Shawn Afeena.
'Going to the fair,' said Nora Criona.
'What doing there?' said Shawn Afeena.
'Buying a cow,' said Nora Criona.
'What will you give?' said Shawn Afeena.
'Forty pounds,' said Nora Criona.
'Marry me then,' said Shawn Afeena.
'Indeed and I will,' said Nora Criona.

That ditty came into my head last night and, firstly, I must admit that I'm not even sure of the names. What does 'Afeena' mean, unless it's connected with the Irish word fíon, wine, and suggests that Shawn was a tippler? Similarly with the word 'Criona': is it connected with the word Críonna, meaning 'shrewd and old'? Perhaps that is why Nora said 'Yes' to Shawn's mercenary proposal? Whatever about the meaning of these lines, I have a more personal memory of what happened when I was just five.

Our sister, Angela, was then only one and a half years old. In lieu of a playpen, she spent most of the day standing in an empty tea chest and, always smiling, was like a ray of sunshine in our crowded kitchen. Then in February 1942 a sudden change occurred. The smiles turned to tears. Something was seriously wrong. The doctor was called and she was rushed to hospital. In due course she was diagnosed with Diphtheria, something against which we older siblings had been inoculated, but which, in her case, was skipped because of her youth. Maybe her name was prophetic and she is now with the other angels? At least she left this world stainless and oblivious to what people were doing to each other in World War 2.
This reminds me of Thomas Hood's poem:

'I remember I remember
The house where I was born
The little window where the sun
Came peeping in at morn…'

A special memory of mine is waking up in our press bed beside my father and watching a thrush gobbling berries on the cotoneaster growing against the wall outside our window.

One of the memories Hood lists is a laburnum his brother planted. He writes 'The tree is living yet!' suggesting, perhaps, that his brother is not. Our neighbour, recently planted a laburnum with its lovely blossoms and leaves, but due to strong winds it began to list badly. Ever resourceful, he built a wooden frame about the trunk. Hopefully, though its leaves decayed early, it will survive for many more years.

A recurring memory is one connected with my work as an electrical draughtsman in Manhattan in the early sixties. A colleague, Joe, was always the life of our office staff with reminiscences of his days in the U.S. air force and comments on whatever was then happening. One day, unsure of the correct amp rating for a receptacle, I asked his advice. 'Listen to this chancer,' Joe proclaimed to the entire field office. 'He doesn't even know the most basic things about electricity.'

Now if he had said, 'Sorry, I don't feel like telling you something I had to take the trouble of learning myself,' I would simply have been disappointed, but to opt for public humiliation was another matter. After that I avoided talking to Joe, not even when he observed, 'Irish girls have thick ankles,' probably expecting me to jump to their defence. I might have pointed out that he fitted Shakespeare's description of one character, 'A goodly apple, rotten at the core', but as the Irish proverb has it, 'Is binn béal ina thost', sweet is a voice in its silence.

Before I venture further into the past there is another U.S. experience – maybe 'confessions' would be a better word? – I wish to air. Near Manhattan's Times Square there was a shop that printed realistic-looking headlines on the front page of a newspaper. My friend, Jack Gallagher, is about to return to Ireland after successfully obtaining a MS in Columbia University, so I request the headline, ' **Gallagher Absconds by Jet; New York Relaxes'**. I feel certain that Jack will be amused by this fanciful piece of journalism but instead he almost turns pale.
'You can't let people see something like that,' he splutters. 'What in blazes were you thinking?'
I was about to point out that anyone with an ounce of sense would know it was just a hoax, then thought better of it, so I tore up the offending sheet. Luckily, Jack is the forgiving type so we're still very good friends.

Of course there were occasional romantic flings. To give an example, let's take this Irish-American girl I meet in City Center ballroom, a popular Irish venue. On our first date I treated her to a three-course meal in Jack Dempsey's famous restaurant, then we saw the recently released film, The Sound of Music. Everything was going fine till we boarded the subway train for her home north of New York City. Now a change set in. She began telling me about her brother who was in the U.S. air force and was home on leave from serving in Vietnam. Then she stopped talking.

Her silence became so oppressive that I was tempted to head back to Grand Central station. I actually walked out onto an uptown platform but some scruple made me go back in before the doors closed. When we arrived at her station I even hired a taxi to her house, a two-storey mansion. On the return journey I realized a train was no substitute for a car; I had struck-out the minute we boarded one!
After eleven years working in New York with the same firm of electrical contractors, in 1969 I returned to Ireland to teach English and Mathematics at post-primary level. Then two years later, at a dance in Dublin's Zhivago's ballroom, I met a lovely English girl who, on a whim, had come to Ireland to work as a secretary. I remember guiding her into the centre of the whirling dancers, little thinking that 52 years later we would still be happily together.

By: P.G. Nerney

Morning Dream, New York

In memory of my Uncle Michael

While yet half-drowsed by sleep, I plainly see
the long-forsaken world I knew,
a verdant vista of hill and plain,
sun-ripened beauty, where all things grew;
the blush upon a teenage neighbour's cheek,
half-troubled that the looks she won
were more than her wild, loving heart could ever, in its own despite, outrun.

I see lake water shine beyond its reeds,
wind-loosed clouds drift gently in the sky,
sheep and cattle grazing pasture fields
clothing a drumlin's slopes, earth-bosom high.
Neighbours with hardened frames but glowing souls,
like crusted ladles filled with molten glass,
pause now and then from farming chores
to watch a horse-drawn trap or motor pass.

How small, endearing are their straw-thatched homes
beneath the out-flung boughs of sycamore,
with hens and geese foraging side gardens,
a housewife waving from an open-door.
Content with the pastoral world they know,
its meitheals for harvesting corn and hay,
they will ensure no neighbour suffers want,
or meets his end without a friend to pray.

Soft are all sounds that come; the wide-domed sky
bends down a lover's ear for earth's least remark:
trickle of a stream, bleat of a distant sheep,
hum of bumble bees, song of a soaring lark –
What's that? A police car's raucous siren!
The morning's hurrying hordes assail,
drag me back to this industrious city,
where go-getters, not late-sleeping fools prevail.

By: Colin Scott

Pharisees Frustrations!

The Gospels in fewer than 300 words.

You say Joseph's his father, well how can that be?
A more God fearing man, you rarely will see;
And Mary his mother has had little joy,
Her heart he has broken since he was a boy!
Got his trade from the old man, then all that he shed,
Not a care in the world as to whence comes his bread.
Has some followers also, an ignorant lot,
Mostly fishers and taxmen, not one worth a jot;
And the women disciples who care for his needs,
Hang on his words, stare in awe at his deeds.
Yes the book he knows well, cutting straight to the core,
Love for God and one's neighbour, its wisdom and store.

But he can't be from God for he and his band
Will sit down to eat without washing their hands;
And who shares his table? The lame and the blind,
The publicans, harlots and dregs of that kind.
He cares not for the Sabbath, the Temple, the Law,
Claims rank above Moses, who God's fire saw;
And ailments he cures, by the devil, of course,
The father of lies, or some kindred source.
Says the poor are the blessèd, the rich are accursed,
The first shall be last and the last shall be first,
Such riddles can only the masses confuse,
They're too steeped in evil the right road to choose.
He is a blasphemer, usurping God's voice,
By pardoning sins he leaves us no choice.
He must be got rid of, such men have to die,
And Pilate will yield to our mob's "Crucify!".
And then we will see his great boast all in vain:
"In three days I'll take up my life once again".

What? But how can that be? He did?

"Alleluia! He is risen!"

By: GM

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

MY CHEQUERED LIFE
Chapter 3

For three days I was interviewed at the police station and despite the fact that I was aware that they knew it was I who had done the deed I stuck to my old story that it was a burglar that had killed my aunt. I lied through my teeth. What an idiot I was! I was remanded to the hospital in Brixton prison because of the injury to my hand and spent five months there.

There were twelve of us in the ward and nine of us had been charged with murder. An Irish fellow who was in for arson nearly blew us all up trying to commit suicide with the gas oven. Michael Fagan was another fellow there. He was the guy who had broken into Buckingham Palace and sat on the Queen's bed! Having acted the idiot in the yard he was dragged away by the prison officers and I didn't see him anymore.

My trial in the Old Bailey was in October '82 and the charge was murder. I was tried as an adult as I had committed my crime just after my 18th birthday. I should have been advised to plead guilty of manslaughter and that might have avoided another session of lies and more lies. I was found guilty of murder by a majority of 11 to 1 and I was given a life sentence with a recommendation by the judge to the Home Secretary that I should serve ten years. I never knew that until long after.

I was sent to Chelmsford prison which was peopled almost entirely by lifers at Her Majesty's Pleasure. That meant that they were nearly all under eighteen. So I was one of the few who were facing a long prison term. I was all on my own with no family to visit me from time to time and to make it worse I was in the isolation unit for the first three months under observation, since many youngsters when first in prison do a lot of self harming. I'd be checked every hour of the day. After the three months I was moved over to the main allocation wing and was put in a single cell, which was routine. That was tough too as my Irishness made me stand out and so I had to be prepared to defend myself otherwise the bullies took over. After about six months I was sent to Walton prison in Liverpool to be nearer Ireland so I could have visits from home. Walton had about 3000 prisoners and was very primitive. I was housed with about 700 young offenders who were doing just a few months so I was again very much on my own. After a few weeks I was assigned to work in the laundry and that relieved the monotony somewhat. I had no friends there and had to steer clear of trouble as there were cliques that had but one goal and that was their own protection.

The laundry was hard work but it had its perks. Someone might want a nice shirt for a special visit and it could be worth a few packets of biscuits to the provider. Socks and underclothes were always on demand as well. However, we were not a very contented group. The pay was terrible and the hours were long and I was still locked up for 18 hours a day. So we had a sit in. We refused to go back to our wing and refused appeals to do so. We did not know what was coming. Through a back door, up to 15 of the biggest screws charged, waving batons and truncheons and had us on the move in seconds with plenty of kicks and thumps for ringleaders, of whom I was almost at officer grade, to keep us going. We were then allowed back to our cells on the promise of good behaviour. We were banned from our film treats for two weeks and that was tough with no television or any other half decent ways of passing the time. So Sunday came and we had no film.

On Monday morning we were in very bad form. Revenge was in the air. Some of the screws, as usual, had left down their uniforms to be dry- cleaned and pressed. Unnoticed by the guy in charge of the dry-cleaning, somebody went round to the back of the machine and poured a gallon of bleach into the drum. So when the uniforms came out, all white, the air was electric. The Governor was called and the four or five fellows responsible were dismissed from the laundry and several more were punished individually.

So, after all the excitement, prison life went on in its boring monotonous way. We, laundry fellows, had just 45 minutes' exercise a day in the yard and then it was laundry, dinner, and lock up for the rest of the time. We could have one shower a week but if there were any available screws to take us we could go to the gym twice a week and that was very good because then we could have two extra showers. Most of the gym staff were okay but there was one we all hated. He'd have a circuit laid out that would challenge a professional athlete. We used to vomit with fatigue and he loved putting us through this routine. But not everything finished well for him. About six years later when I was being transferred from one prison to another, I was in the queue for dinner in Winston Green prison. I noticed this fellow ahead of me in the line and I thought he looked familiar. Yea, you guessed it, it was the blackguard PE teacher from Walton in an inmate's prison outfit, going up to get the same prison fare as the rest of us. I felt the wheel had come full circle and it was a beautiful revolution. At least, it appeared so at the time. I heard later that some of those whom he had bullied in Walton had recognised him and had given him one hell of a hiding.

By: GM

After Navalny!

As Putin prepared potent poison,
His keen eye surveyed the horizon;
'Twas a near full time job,
Spotting whence the next yob,
Bent on wrecking his plans might be risin'!

By: GM

April Moods

April changes her sweet mind
Every second.
With her many moods and minds,
Nothing can be reckoned.
I always carry an umbrella,
It serves for rain and sun!
I take my boots and out I go
To share in April's fun.

By Lenore Hetrick

Guess the Animal

1. _____ are very popular pets that bark.
2. _____ have long ears and they love carrots.
3. _____ have a long neck and their tongue is blue.
4. _____have eight legs and they spin webs.
5. _____are black and white and they eat bamboo.
6. _____ are big cats and they are king of the animals.
7. _____very small and they have 6 legs and love sugar.
8. _____ live on the farm and they are pink and love mud.
9. _____have no legs and they can be dangerous.
10. _____can fly but they aren't birds. They are black.
11. _____ are white and they give us wool and meat
12. _____are birds that can't fly, but they can swim.
13. _____ are farm animals and you can ride them.

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MU sets new record in CAO first preference applications

Maynooth University has recorded its highest ever rate of CAO first preference applications, exceeding last year's record, according to new Central Applications Office figures.
The record number for 2024 is part of an upward trend in first preference applications and reflects MU's increasing popularity as a university of choice.

This year the University has seen a rise of 7% in first preference applications, underscoring Maynooth's innovative curriculum offering students the choice to progressively specialise while pursuing a broad range of studies.

Several programmes have seen a substantial increase in first preferences, notably:

- Pharmaceutical and Biomedical Chemistry (+ 70%)
- Education - Primary Teaching/Froebel (+52%)
- Psychology (+45%)
- Accounting and Finance (+36%)
- Computer Science (+27%)
- BSc Biotechnology (+21%)
- BSc Biological and Geographical Sciences (+20%)

There has also been strong demand for the new programmes introduced for 2024, including the BSc Sports Science and Health programme and BSc Food Science and Nutrition in the newly-established Department of Sport Science and Nutrition.
Commenting on the figures, Prof Eeva Leinonen, President of Maynooth University, said: "Today's CAO figures confirm the quality of education we provide at Maynooth University.
"Students value the collegial and supportive environment in which they study and the expanding offer of new courses and areas of study. We look forward to welcoming new students in the autumn to our vibrant campus."

Ag ceiliúradh ár ndúchais - Seachtain na Gaeilge 2024



Seachtain na Gaeilge 2024 (Irish Week) was celebrated in Maynooth University with a creative, versatile and inclusive programme of events related not only to the Irish language but to Irish art and culture as well.

RTÉ Radio 1 visited Maynooth University to record an episode of the ever popular Céilí House programme, featuring students (pictured here), staff and tutors from the Music Department. Central to the performance was the Music Department's Traditional Group, led by its director Aisling Ní Coisdealbha.

Among the events that took place during the week were the lunchtime concert with the Trad Ensemble and a public showing of Arracht, a psychological thriller set during the Great Famine which won many plaudits and awards upon its release in 2021.

Other events included the St Patrick's Céilí, a pop-up Gaeltacht, a conversation circle as well as a sean-nós singing session, a sean-nós dancing session, quizzes and book clubs.

Irish Version



Déanadh ceiliúradh ar Sheachtain na Gaeilge 2024 in Ollscoil Mhá Nuad le clár imeachtaí cruthaitheach, ilghnéitheach agus ionchuimsitheach a bhain ní hamháin leis an nGaeilge í féin ach le healaín agus cultúr na Gaeilge freisin.
I measc na n-imeachtaí a tharla le linn na seachtaine bhí ceolchoirm lóin ón Trad Ensemble agus taispeántas poiblí den scannán Arracht, scéinséir síceolaíoch suite le linn an ghorta mhóir ar a mbronnadh ardhmholadh agus cuid mhaith gradam nuair a eisíodh é sa bhliain 2021.

Araon le na himeachtaí thuasluaithe, cuireadh in eagar Céilí Féile Pádraig, Pop-Up Gaeltacht agus ciorcal comhrá comh maith le seisiún amhránaíochta ar an sean-nós, seisiún damhsa ar an sean-nós, tráth na gceist agus club leabhar

Maynooth University
National University of Ireland Maynooth

The Bluebell

Spring has finally arrived when the beautiful purple flowers cover the woodlands like a painters easel with shades of green and brown in the background of the vibrant Purple bluebells.

By Jackie Gale



March Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Maynooth CleverReach April 2024

Children's Events
Easter Egg Chromatography workshop with Anyone4Science
Wednesday 3rd April , 3pm – 3.45 pm
For ages 7 – 10
Join Anyone 4 Science for our fantastic Easter themed colourful chemistry workshop. Learn all about Chromatography, the technique Scientists use to separate mixtures and use this technique to decorate and make an Easter card. All children attending this workshop must be accompanied by a parent/guardian.
Book your freeticket here: Book Free Ticket – Easter Egg Chromatography Workshop with Anyone4Science for ages 7- 10 – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Wed 3 Apr 2024 15:00 - 15:45 (tickettailor.com)

Stories, Songs and Games in Italian
Sat 20th April, 2024, 10.00 - 11 am
For ages 2 - 5
Join us for some stories, songs, fun activities and games in Italian. Book your free ticket here: Book your free ticket – Stories, Songs and Games In Italian for 2 to 5 year olds – Maynooth LIbrary, Multiple dates and times (tickettailor.com)

Stories, games and fun activities in Italian
Sat 20th April 2024, 3 - 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: Book your free ticket – Stories, games and fun activities in Italian for 6 to 9 year olds – Maynooth LIbrary, Multiple dates and times (tickettailor.com)

Cluichí Chláir do Teaghlaigh trí Ghaeilge / Family Board Games through Irish
Satharn 20ú Aibreáin / Saturday 20th April
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.

Spring into Storytime Toddler Party , Music and Storytelling with Sarah Tully
Monday 29th April, 10 am – 11am
Spring into Storytime Toddler Party , Music and Storytelling with Sarah Tully.
All children must be accompanied by a parent/guardian.
Book your free ticket here:
Book Free Ticket – Spring into Storytime Toddler Party , Music and Storytelling with Sarah Tully – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Mon 29 Apr 2024 10:00 - 11:00 (tickettailor.com)

Young Adult Events
Online Teen Writers Group
Thursdays 4th & 11th March, 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 19th April, 4pm - 5pm
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 Recs for April meeting available in the library now as part of Children Books Ireland nominee list.

Adult Events
MU English in the Community: Creative Writing Workshop 'Haunted Houses ' with Dr. Naoise Murphy, Maynooth University
Saturday 6th April , 11am - 12pm
Stories of haunted houses are stories about power. Ghosts challenge how we think about property and land ownership; they won't move out, even when new human residents move in. In this workshop, we will consider different wys of thinking about haunting, and try our hand at writing some new ghost stories.
Book your free ticket here :
Book Free Ticket – MU English in the Community: Creative Writing Workshop 'Haunted Houses ' with Dr. Naoise Murphy – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Sat 6 Apr 2024 11:00 - 12:00 (tickettailor.com)

Breast Feeding Support Group with Public Health Nurse
Tuesday 9th & Tue 23rd April , 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 9.45 am & 10am as the library doors will be closed, and you will be let in***

Homelessness and Housing Support Information Clinic
Tuesday 9th April , 2.00pm – 4.00pm
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*

Prose Night with Luain Press
Tue 9th April , 6pm - 7pm
We're putting our poetry café on hold to discuss prose - whether it be a novel, a play, or short fiction. Bring your favourite book and come down for the chats! *Drop in*

Age Friendly Coffee Morning
Wednesday 10th April , 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*

One Dublin One Book: Library talk with Snowflake author Louise Nealon
Thu 2nd May , 7-8pm
Join us in Maynooth Community Library for a special talk with Kildare author Louise Nealon, whose debut novel Snowflake was selected as 2024's One Dublin One Book. This is a Dublin City Council initiative, led by Dublin City Libraries, which encourages everyone to read a book connected with the capital city during the month of April every year.
Tickets for this event are limited so booking is essential. Book your free ticket here : Get tickets – One Dublin One Book: Library talk with Snowflake author Louise Nealon – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Thu 2 May 2024 19:00 - 20:00 (tickettailor.com)

'Let's talk about Parenting' Programme
Parenting with Patience
Presented by Dr Mary O'Kane
Thursday 25th April , 7pm-8pm
Parents often cite challenging behaviour as one of the most stressful aspects of parenting. From tantrums for the little ones to negotiation with older children, managing children's behaviour in a positive way is very important in terms of supporting their social and emotional development.
In this talk, Mary supports parents in framing behaviour management in a positive way, giving practical advice on best to support positive behaviour using connection to help
Book your free ticket here : Book your place here! – Parenting with Patience (Maynooth Library) – Maynooth Library, Thu 25 Apr 2024 19:00 - 20:00 (tickettailor.com)

Toys Technology and Training Programme
Early Communication/
The Building Blocks of Language |
Speech and Language Talks with CAINT
Thursday 11th April , 7pm – 8pm
This talk will outline early communication development and the important foundations skills of attention, imitation, play and social integration that are the foundations of language and communication in young children.

Fun activities will be discussed to support parents and their children in promoting early language skills. Strategies to facilitate early first words and phrases will be discussed and how to build towards early sentences.
Book your free ticket here Book Tickets – Early Communication/ The Building Blocks of Language | Speech and Language Talks with CAINT – Maynooth Library, Thu 11 Apr 2024 19:00 - 20:30 (tickettailor.com)

(Continued on page 24)

March Events at Maynooth Community Library (Cont.)

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

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(Continued from page 23)

Climate Action Events
Zero Waste Maynooth Ladies Clothes Swap, Children's Toy Swap & Clothes Mending Workshop
Saturday April 13th , 2pm – 4pm
Join volunteers at Zero Waste Maynooth for a monthly pop up to help reduce waste. A free drop in event, open to all.

Ladies Clothes Swap - bring one, take one. All sizes and brands welcome. Clothes to be in good clean condition and no large bags of clothes please.

Childrens Toy Swap - get the younger ones used to the idea of swapping instead of buying. Bring one, take one. Only small toys as items have to be stored between events.

Mending Workshop - Vanessa from The Craft Corner is passionate about mending clothes to reduce our textile waste. Bring an item that needs repair or that you are mending, and Vanessa will show you how to sew, darn or put a patch on your clothing.

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)

Get Growing - ideas and tips for families on growing their own food and getting out in the garden
Saturday 27th April, 3- 4pm
A family-friendly event that will show you practical ways to get growing your own food including planting a seed in a pot to take home. We will discuss everyone's garden space: exploring what they have with tips and ideas to take home to try. Seeds from the Kildare Seed Library will be available to help start your growing journey.

Book your free ticket here :
Book Free Ticket – Get Growing - ideas and tips for families on growing their own food and getting out in the garden. – Maynooth Community Library Main Street Maynooth Co. Kildare, Sat 27 Apr 2024 15:00 - 16:00 (tickettailor.com)

Exhibitions
Shades of life : Exhibition in Oil and Acrylic by Shweta Bhardwaj
6th April 2024 - 8th May 2024
Shweta Bhardwaj hails from India and came to Ireland in 2019.She started with watercolour but felt rapidly that oil painting and acrylic would match her way of being. She is a self-taught painter for whom the unlimited creative power is a never ending journey through imagination. You can see all her collections in the saachi art gallery: https://www.saatchiart.com/u/1873045

Exhibition Opening Shades of Life : Exhibition in Oil and Acrylic by Shweta Bhardwaj
Tuesday 9th April
5pm –6.15 pm
Opening of the 'Shades of Life: Exhibition in Oil and Acrylic' by Shweta Bhardwaj . light refreshment provided . All welcome ! See Shweta's Bhardwaj's art on her website https://www.saatchiart.com/account/profile/1873045

Maynooth Community Library's Exhibition Space
Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from August 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

MAYNOOTH CYCLING CAMPAIGN NOTES

Bike Library
As part of the Community Climate Action programme, Maynooth Cycling Campaign, in partnership with Bleeper Bikes, has made an application through Kildare County Council for the funding of a Bike Library in Maynooth. A Bike Library has a selection of different utility bikes – for example ebikes, long tailed bikes, cargo bikes, folding bikes which members of the public can "borrow" for a period of up to three months.

It gives people the opportunity to use a bike, without the expense of purchasing it, to see if it fills their needs. It is particularly important for people who may be considering going carless or reducing two cars to one.

Maynooth GAA has also applied for a Bike Library for Maynooth, also in partnership with Bleeper Bikes, but with funding from the National Transport Authority. Hopefully, both applications will be successful.

Our Community Climate Action application also proposes the trialling of a bike hangar (also known as a bike bunker) in Maynooth. A bike hangar provides storage for people who live in premises without front space for storage of bikes. The third element of the application is the use of planters which are designed either to calm traffic or reduce traffic on residential roads.

Maynooth Cycling Without Age
In March, Maynooth Cycling Campaign trained two members of Genil Training as trishaw pilots and training of further members is planned. It is intended that they will use the trishaw on a number of days between Monday and Friday.

Maynooth Cycling Campaign will use the trishaw at weekend and, possibly, one or two days of the working week. Maynooth Cycling Campaign will be in contact with volunteers regarding the commencement of training in mid-April.

NTA Allocation
The NTA published their funding allocation for 2024. Kildare will receive €10,885,000 which is an increase from €9,965,000 in 2023. The main allocations affecting Maynooth are €1,500,000 for the upgrade to Mill Street and €2,750,000 for the completion of the Royal Canal Greenway. A further €75,000 has been allocated for the Celbridge Road but this is likely to only cover further design fees, rather than construction costs. The full list of projects allocated can be found at: https://www.nationaltransport.ie/publications/active-travel-investment-grants-2024-allocations/

Sustainable Transport Forum
The third meeting of the Sustainable Transport Forum was held in March. The agenda included an item on Bike Share, Bike Week 2024, an update on Active Travel Schemes and Local Link. We will report on the meeting at a further date.

Air Pollution
A new report by a Swiss air quality organisation which draws data from more than 30,000 monitoring stations around the world, has found that out of 134 countries, only seven countries are meeting the WHO air quality standard for PM2.5. It found that air pollution is worsening in places due to a rebound in economic activity and the toxic impact of wildfire smoke.

Research released by US scientists last month found there is no safe level of PM2.5, with even the smallest exposures linked to an increase in hospitalisations for conditions such as heart disease and asthma.

PM 2.5 measures tiny airborne particles expelled by cars, trucks and industrial processes.

Maynooth Cycling Campaign
is a non-party political cycling advocacy group.
If you wish to join us, email us at maynoothcycling@gmail.com .
Further information on the campaign is available on our website.

cyclist.ie the Irish Cycling Advocacy Network

ECF EUROPEAN CYCLISTS' FEDERATION

Budget Lasagne

This is a pared-down, cheap and cheerful lasagne, easy to jazz up with your own choice of fillings or a grating of cheese on top.

This is designed to be a low cost recipe.

Ingredients



1 tbsp olive oil 250g/9oz beef mince
1 onion, diced
3 carrots, grated
75g/2½oz butter
75g/2½oz plain flour
1 tsp English mustard
750ml/1⅓ pint milk
2 garlic cloves, crushed
2 x 400g tin tomatoes
250g/9oz lasagne sheets
salt and pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Heat the olive oil in a large frying pan over a medium heat. Add the mince to the hot oil with a good pinch of salt and pepper.
3. Brown the mince for 5-6 minutes until coloured all over and beginning to crisp. Remove the mince from the pan and set aside.
4. Add the onion and carrot to the frying pan along with a pinch of salt. Cook gently for 10 minutes, or until everything is softened.
5. Meanwhile, melt the butter in a saucepan over a medium heat. Once melted, add the flour and mustard, stir to mix well. Leave to cook over a medium heat for 2 minutes, or until the mixture makes a paste.
6. Pour the milk in batches into the saucepan, whisking as you add to create a smooth white sauce. Once all the milk is added, season with a pinch of salt and black pepper, turn the heat down and leave to simmer very gently for 7 minutes.
7. Once the onions and carrots are softened, add the garlic to the frying pan and cook for 2 minutes. Return the meat and any juices to the pan and add the tomatoes. Mix everything together, cover with a lid and simmer the sauce for 10 minutes until thickened slightly.
8. To assemble the lasagne, place a quarter of the tomato sauce into the bottom of a small/medium baking dish. Top with a layer of lasagne sheets. Spoon over another quarter of the tomato sauce and top with a third of the white sauce. Repeat this twice more, finishing at the top with the last layer of white sauce. (You should have three sets of layers of lasagne, tomato and white sauce, all on a bed of tomato sauce.)
9. Bake for 30 minutes or until bubbling and the top is golden-brown. Serve the lasagne in slices while hot.
10. Meanwhile, melt the butter in a saucepan over a medium heat. Once melted, add the flour and mustard, stir to mix well. Leave to cook over a medium heat for 2 minutes, or until the mixture makes a paste.
11. Pour the milk in batches into the saucepan, whisking as you add to create a smooth white sauce. Once all the milk is added, season with a pinch of salt and black pepper, turn the heat down and leave to simmer very gently for 7 minutes.

Source www.bbc.ie



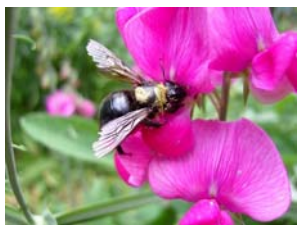
April is often described as the most beautiful month of the year with bulbs, shrubs and alpines all bursting into bloom. These plants bring fantastic colour and scent to the garden. There is a variable weather pattern of sunshine and showers in April which is great for the flowers. April is a busy month for the garden but as the days length is longer, then there is plenty of time to enjoy your garden.

April Gardening Checklist

Prune spring-flowering shrubs

Shrubs such as Winter Jasmine, Forsythia and Chaenomeles will finish flowering in April. Once their display begins to fade, prune these shrubs by cutting a third of the growth away and then feed. Lavenders and other grey-leaved shrubs flourish in poor, well drained soils and do not need feeding. They benefit from a light trim, cutting about 5cm of growth, to stop them getting leggy and woody.

April Gardening Jobs Essential Checklist



- **Weed borders**
- **Plant evergreen hedges**
- **Prune hydrangeas**
- **Plant out sweet peas**
- **Take cuttings of tender plants**
- **Plant main crop potatoes**
- **Sow winter brassicas**
- **Sow tender crops (Protect them from frost when necessary)**
- **Feed blackcurrants, gooseberries and other cane fruit such as blackberries and raspberries.**
- **Tidy up strawberry beds**
- **Feed blackcurrants**
- **Sow herbs**
- **Regularly mow and feed and Aerate the lawn**



Prune spring-flowering shrubs

Shrubs such as Winter Jasmine, Forsythia and Chaenomeles will finish flowering in April. Once their display begins to fade, prune these shrubs by cutting a third of the growth away and then feed. Lavenders and other grey-leaved shrubs flourish in poor, well drained soils and do not need feeding. They benefit from a light trim, cutting about 5cm of growth, to stop them getting leggy and woody.

Source from gardenhealth.com



MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
SECRETARIAL SERVICES

Unit 10, Tesco S.C. Carton Retail Park
(Beside Coyne's Butchers)

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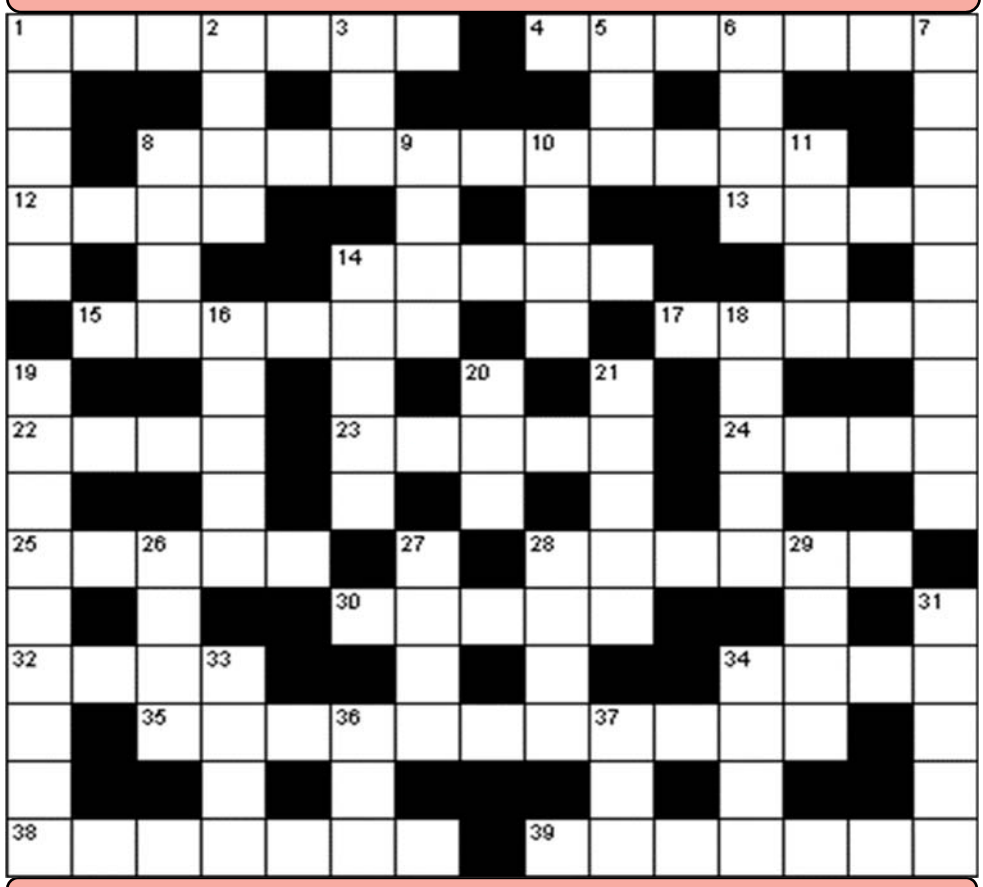
Opening Hours
Monday – Friday: 9:00am – 5:00pm
Saturday: 10:00am – 4:00pm
Sunday – Bank Holidays: 12:00 noon – 4:00pm

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April 2024 Crossword - No. 533



Solutions to Crossword No. 532

1 E	■	2 R	■	3 S	■	4 C	■	5 U	■	6 D	■	7 V	■	8 S
9 Q	U	E	S	T	I	O	N	N	A	I	R	E	■	A
U	■	S	■	O	■	R	■	R	■	R	■	10 N	A	B
I	■	T	■	11 P	E	R	S	I	S	T	■	T	■	R
12 V	A	S	T	■	■	E	■	P	■	■	13 D	I	M	E
O	■	■	■	14 F	■	15 C	H	E	A	16 P	■	L	■	■
17 C	O	18 N	S	U	L	T	■	■	■	19 S	W	A	R	20 M
A	■	A	■	D	■	21 S	O	22 B	■	Y	■	T	■	A
23 L	Y	I	N	G	■	■	■	24 A	R	C	H	E	R	Y
■	■	L	■	25 E	A	26 V	E	S	■	H	■	■	■	O
27 B	A	B	Y	■	■	I	■	S	■	■	28 B	29 L	U	R
A	■	R	■	30 C	R	O	W	D	E	31 D	■	I	■	A
32 C	R	U	■	U	■	L	■	R	■	U	■	L	■	L
O	■	33 S	U	B	L	I	E	U	T	E	N	A	N	T
N	■	H	■	S	■	N	■	M	■	T	■	C	■	Y

Clues Across

1. Niggle (7)
4. Clairvoyant (7)
8. Shaped like a rectangle (11)
12. Chamber (4)
13. Be sorry for (4)
14. Tartan (5)
15. Safe (6)
17. Last letter of the Greek alphabet (5)
22. Lean (4)
23. Foot-wear (5)
24. Native of Thailand (4)
25. Stories (5)
28. Period of the year (6)
30. Rotates (5)
32. Highway (4)
34. Harden by heat (4)
35. Wheel for propelling a ship (6,5)
38. Assembly (7)
39. Engage in wrestling (7)



Clues Down

1. Approaches (5)
2. Composition in verse (4)
3. Small domesticated carnivore (3)
5. Former coin of France (3)
6. Fellow (4)
7. Hard-shelled pupa (9)
8. Part of verb to ride (4)
9. Wheel shaft (4)
10. Broad smile (4)
11. Religious practice (4)
14. Squeeze (5)
16. Slender boat (5)
18. Mathematics (5)
19. Private room on a ship (9)
20. Happiness (3)
21. Remains of a fire (5)
26. Jump (4)
27. Knitting stitch (4)
28. Frozen water vapour (4)
29. Gemstone (4)
31. Flat shelf (5)
33. Slender missile (4)
34. Wagers (4)
36. Lair (3)
37. Pronoun (3)

Sudoku Challenge

Difficult

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

Super Difficult

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

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.



Junior Fun

SPRING ANIMALS WORD PUZZLE

SPRING ANIMALS

4 letter words		5 letter words	6 letter words	7 letter words	8 letter words	11 letter words
bees	frog	birds	chicks	bear cub	ladybugs	baby animals
bugs	lamb	foxes	kitten	bunnies	raccoons	butterflies
calf	nest	geese	rabbit	insects	**9 letter words**	
eggs	owls	hatch	robins	piglets	chipmunks	
fawn	worm		snails	puppies	dragonfly	
foal	swan		Spring	sparrow	ducklings	

Spring Word Search

(Horizontal + vertical word searches)

Words to find:

- APRIL
- RAINBOW
- SPRING
- SEASON
- CLOUDS
- SUNSHINE
- GARDEN
- BEES
- BUTTERFLY
- MAY
- LADYBUG
- GRASS
- BUGS
- JUNE
- GREEN
- FLOWERS
- BLOOM
- PUDDLES
- BLOSSOMS
- TULIPS

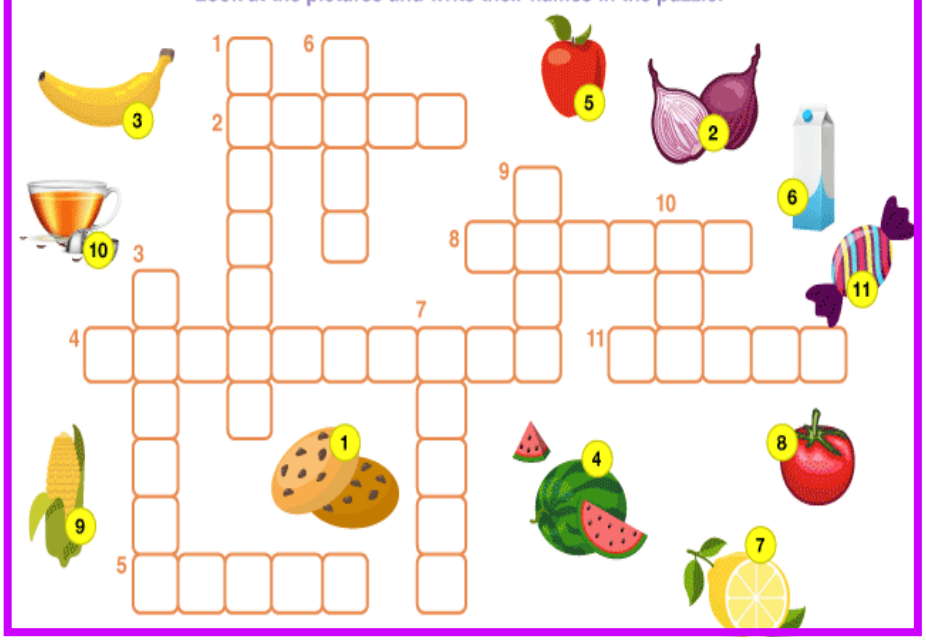
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      S G M                   Q B T
    O L Z Ç S M             S H C U I M
  W P V M B E E S G       R A C D T T Q W R
  U P H Ç Ç A V Ç W       O M X Ç T T D Ç Ç
  K A C O Y S G Z C N   U Z H T Z U E N Q E
  L R S N Q O U A L O   K O G M B L R E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

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

All puzzles sourced free from Google

Food & Drink

Look at the pictures and write their names in the puzzle.



Spring maze

How to keep Lettuce fresh for longer

How often have you tossed out produce that wilted before its time?
If you're like most home chefs, figuring out how to keep lettuce fresh is a constant kitchen challenge. Our op storage tips to extend the freshness of romaine, iceberg, and other lettuce varieties.

Start with fresh heads
That lettuce in the produce section looks fresh, but you want to be sure. Know what to look for, and trust your nose too.
Iceberg Lettuce – Heads should be snugly wrapped with crispy-edged leaves. Avoid iceberg heads with wilted or brown-tipped leaves. The base stem should be a fresh shade of light green.



Romaine Lettuce –The leaves on fresh romaine heads should be crisp and firmly bunched around the heart. The head should feel solid when handled. Wilting, discolored leaves or mildew spots are signs of less-than-fresh romaine.
Both types of lettuce have a pleasantly faint, earthy fragrance when they're fresh. Pungent odors are a bad sign. Insider Tip: Bring home the freshest leafy greens available by always purchasing premium produce.

Store lettuce in the crisper drawer
Unless you plan on prepping the lettuce right away, put it in crisper drawer of your fridge, set on high humidity. This will keep the fresh greens crisp and safe for later use.
Designate one crisper drawer as a lettuce-only zone. Simply adjust its vent to create a high-humidity environment, and you're done. Insider Tip: Fruits release ethylene gas that causes leafy greens to ripen too quickly, so put some distance between fruits and lettuce. Keep papayas, peaches and cantaloupes away from fresh lettuce.

Keep produce fresh by puffing
Extend lettuce life with a simple version of a preservation technique used in the produce industry. Open the lettuce bag, blow into it until it's puffed up, and then twist and secure the top with a rubber band.
The carbon dioxide in your breath slows down the ripening process.

Protect tender Greens with plastic
Salad storage containers are ideal for mesclun mixes because they help protect tender endive, watercress and arugula in the crisper drawer.
Keep delicate greens from bruising and drying out by layering their leaves between paper towels nested in plastic storage containers.
If you use smaller clamshell containers, place loose leaf greens in the clamshell, cover with paper towels, then just close and flip.
This upside-down trick can extend freshness for 15 to 20 days. 5. WRAP UP SHREDDED LETTUCE
How long is shredded lettuce good for your best tacos and quesadillas?
It keeps for two or three days if you dry it and wrap it up.
Spread freshly chopped or shredded lettuce over a clean kitchen towel, roll it up, and secure your homemade package with rubber bands.

Pack lettuce in paper towels
Grab a few paper towels, and you're ready for another easy trick that preserves lettuce for a long time Lay out clean, dried leaves on paper towels. Carefully fold and roll, and place in a plastic bag. Press out any air, seal tight, and store in the lettuce-only drawer for a week to 10 days.



Roll up Romaine in foil
If you've ever wondered, "Does wrapping lettuce in foil keep it fresh?" you have to try this trick. It can keep romaine lettuce crisp for as long as 30 days.
Simply wrap individual heads or hearts tightly in aluminum foil. Remove as many crispy leaves as you need for a recipe, and re-bundle the remaining lettuce.
This hack can extend the refrigerated shelf life of fresh romaine by a month or more.

8. Rescue wilted Lettuce
Sometimes, the best tips for making lettuce last just aren't enough. As well as we take care of our produce, wilted lettuce happens in the best of kitchens.
Before you throw out that sad head, try rescuing it with an ice-water bath. Completely submerge the lettuce, leave it in the water for 5 minutes, and then pat dry.
This is often enough to shock the leaves back into shape so that you can use the lettuce for a few more dishes.

9. Freeze it for another day
Fresh lettuce can be stored in the freezer for up to 6 months. This tip works best with sturdy-leafed greens, such as romaine and butterhead. Wash and dry the lettuce, separate the leaves from the head, and freeze in airtight bags. When thawed, it works well in casseroles and as a substitute for spinach.
You can also puree fresh lettuce, pour the liquid into ice cube trays, and freeze it to add extra nutrition to soups and smoothies.

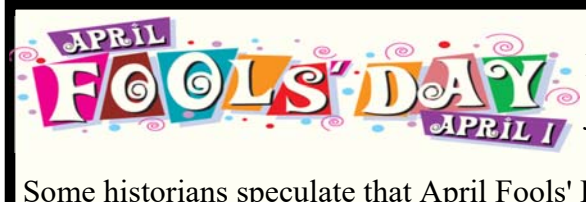
How to keep Iceberg Lettuce fresher longer
Whether it's butterhead or baby iceberg, don't wash this type of leafy lettuce before storing it in the fridge. Its high water content helps preserve its crispness, but external moisture can make leaves wilt. Hold off on washing the lettuce until you're ready to use it. Regular iceberg heads, wrapped tightly in plastic, keep for 10 to 12 days in the refrigerator. Baby iceberg lettuce stays fresh for up to a week in a perforated plastic bag.

How to keep Romaine Lettuce fresher longer
Unlike iceberg lettuce, romaine lettuce can be washed before putting it away in the fridge. However, if you're in a hurry, unwashed romaine keeps just as well in a loosely closed plastic bag. If you prefer to wash romaine before putting it away, separate the leaves from the heart.
After a gentle rinse, pat the lettuce dry, tightly seal in a plastic bag, and store in the crisper drawer. Whole romaine heads last 10 to 20 days in the fridge, while romaine hearts stay crisp for a week to 10 days.



How to keep Loose Leaf Lettuce fresher longer
Loose leaf lettuce is a great time-saver in a busy kitchen. However, it stays fresher longer with a little extra care. Whether it's bagged or boxed, the lettuce is usually pre-washed, but treat it to a final rinse. This ensures the lettuce is ready for the refrigerator and free of sand, dirt and organic contaminants. Dry the clean leaves by patting with paper towels. Return the lettuce to its original container, and keep it chilled in the crisper drawer. Loose leaf usually stays fresh for three to five days.

Source: www.hitchcockfarms.com/blog/how-to-keep-lettuce-fresh



April Fools' Day occurring on April 1, has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue in the subject of the April Fools' Day prank.

Origins of April Fools' Day

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April . People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called "April fools." These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

History of April Fools' Day

Sourced: www.history.com

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them. Newspapers, radio and TV stations and websites have participated in this tradition of reporting fictional claims that have fooled their audiences. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees. In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich. Google notoriously hosts an annual April Fools' Day prank that has included everything from "telepathic search" to the ability to play Pac Man on Google Maps. There is always the classic April Fools' Day prank of covering the toilet with plastic wrap or swapping the contents of sugar and salt containers.

Kildare Planning Applications for Maynooth Area
Planning Applications received from 1/03/2024 to 25/03/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
24101	Kildare County Council	George & Sinead Mullis	Crowncourt, Maynooth, Co. Kildare	22/03/2024
2460243	Kildare County Council	MAAP Child Care Ltd	Castlepark, Dunboyne Road, Maynooth, Co. Kildare	21/03/2024
2460233	Kildare County Council	Barry & Grace Buckley	No. 02 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare	18/03/2024
2460225	Kildare County Council	Society of the Divineword	Divine Word Missionaries, Moyglare Road, Maynooth, Co. Kildare	15/03/2024
2494	Kildare County Council	George & Sinead Mullis	Crowncourt, Maynooth, Co. Kildare	14/03/2024
2460210	Kildare County Council	Society of the Divineword	Divine Word Missionaries , Moyglare Road, Maynooth, Co. Kildare	11/03/2024

Ways to Repurpose Empty Glass Jars

The next time you empty a glass jar of pasta sauce, you may wish to think twice before tossing it into the recycling bin—there are many creative ways to repurpose empty glass jars to add function to your home without spending a penny in the process.

Whether you're craving a bit of extra organization in the bathroom, home office, or kitchen, these tips are sure to have you feeling inspired and ready to get your home into tip-top shape.

Desk Organizers



Keep your home office or cubicle looking nice and tidy by turning empty glass jars into organizers that can house everything from pens and markers to paperclips. The clear glass allows for visibility, making it simple to locate and retrieve items when needed.

Craft Supply Storage

Glass jars are also excellent receptacles for craft supplies. Organize craft supplies into different jars based on categories, such as buttons, beads, or ribbons.
Label each jar for further clarity. Following these steps will result in a craft space that's equal parts functional and visually appealing. Quickly putting all of your materials away at the end of a busy day of crafts will become much easier as well.

Bathroom Canisters

There's no need to spend money on plastic bathroom canisters at the shop when you can use empty glass jars that you already have on hand to fulfill the same purpose.
Glass jars are great to house everyday essentials including toothbrushes, cotton balls, and makeup brushes. You could also fill empty glass jars with bath salts, Q-tips, razors, floss picks, and much more.

Hardware Container

If you have lots of screws and nails on hand in the garage or inside of a supply closet, keep them nice and organized—and sorted by category and size—with the help of some glass jars. Again, labels may come in handy in order to fully identify the materials inside each jar.

Vases

There are many different ways to repurpose glass jars in order to bring new green friends into your home. Glass jars can be used as vases, but they can also become indoor succulent planters—just add rocks to the bottom for drainage.
They can also be transformed into terrariums or DIY herb gardens.



Pack a lunch to go

Make glass jars your go-to container for to-go lunches. Fill one with your favorite pasta salad or salad greens, or layer yogurt and nuts for a homemade parfait. Make sure you leave a little room at the top so you can mix the ingredients together by shaking the jar (with the lid on, of course).

Give it as a gift

Fill your prettiest empty jars with homemade treats. Think specialty hot chocolate mix, pickled peppers, homemade soup mix or one of our other gift-worthy recipes. Remember to include a label with instructions if needed, then top it off with a bow for the perfect gift for any special event.

Use Jars for Painting Supplies

Reuse wide jars to store painting supplies like your paintbrushes. Smaller jars are perfect for storing paint so that it doesn't dry out.
Glass jars are also good for holding water to rinse your brushes between colors, instead of using a drinking glass.

Make a DIY piggy bank

Cut a coin-sized slit in the jar's lid to create an opening for coins and folded bills. Unlike traditional piggy banks, transparent jars let kids see their savings progress and get a better idea of how much money they've stored away.

Reusing store-bought jars is an easy and technically free way to get other things done around your home. It gives jars a new purpose and allows you to live a more sustainable and zero-waste lifestyle.

So, don't throw away jars you get from buying food, candles, etc! These creative ideas will help you put those old glass bottles and jars to good use.



Source: www.thespruce.com/reuse-glass-jars-8558756
Source: www.tasteofhome.com/article/15-creative-ways-to-reuse-glass-jars/

BRADY'S CLOCKHOUSE
BAR - LOUNGE - RESTAURANT

Live Bands every Saturday & Sunday during the month of April

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e-mail: info@clockhouse.ie
Web: www.clockhouse.ie - Tel: 01-5054725

Great Food Served 7 Days

Everyday Tips and Solutions



For a natural cleaning and bug repellent spray, combine hot water and 5 –10 peppermint oil drops in a spray bottle. This is not only great for cleaning countertops, it is also a natural antiviral, antimicrobial and antifungal agent. So you can spray this mix anywhere in the house to repel insects.

Untangle jewellery chains by sprinkling it with baby powder and use a pin to untangle it.

To fluff up feather pillows, dry them in the dryer with tennis balls.

Remove Sharpie marks from leather car seats by using bug spray.

Clean and whiten your white trainers with a magic eraser.

Remove scuff marks from vinyl flooring with lighter fluid and a cloth.

Sink stains can be removed by using baking soda and vinegar.

Burn marks on cooking and baking pans, remove them by soaking the pans in hot water and baking soda.

Permanent marker is easily removed by using some vegetable oil and a cloth.



If your iron is getting sticky and dirty, use one tablespoon of rock salt on a piece of tin foil. Iron over the salt keeping the iron on its highest setting. This will loosen any dirt that is stuck on the bottom.



Hardwater build-up on your taps, simply remove them using half a lemon, plastic bag and a rubber band. Gently open up the centre of the lemon then press the lemon onto the end of the tap. Place the plastic bag over the lemon and tap and hold in place with the rubber band. Leave for a few hours, then remove and rinse off.

Carpet stains can be removed by using vodka. Pour the vodka onto a clean cloth and dap the stain. Leave the cloth on the stain for a minute or two. Then dap the area with a clean, wet cloth. Repeat the process if necessary. This can also remove stains on upholstery or fabric.

If your lamps are looking dusty and dirty, use a lint roller. This traps and pulls dust and dirt off them without causing a mess or damage.

Grease stains on clothes are very stubborn to remove. Rub chalk into the grease which absorbs the grease from the fabric and then brush the chalk off. You may have to do this a few times depending on the stain.



Water stains on wood can be fixed by using a hairdryer and olive oil. Heat the stain with the hairdryer then use the olive oil to freshen up the area with a cloth. This will shine up the area and the water stain will be gone.

Sourced: www.hacks/magazine.com

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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/
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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
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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.

Maynooth Community Employment Project

Maynooth Newsletter

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Recording the Social Footprint of Maynooth since the 1970s

Local News - May 2024 - Issue No. 534 - Online Version

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

Maynooth 10k & 5k 2024

Photos courtesy of MEC PTA - See Pages 17, 18 & 19

Record-Breaking Turnout at Maynooth 10k

1000 Runners Take to the Streets

Maynooth, April 21st, 2024 - The streets of Maynooth were alive with the rhythm of pounding feet as nearly 1000 enthusiastic runners participated in the annual Maynooth 10k on April 21st. The event, hailed as the biggest turnout in its history, saw participants from all walks of life, ranging from seasoned athletes to first-time runners, coming together to celebrate health, community, and achievement.

Under a beaming sun, the community of Maynooth came out in full force to support the event, lining the streets to cheer on the runners and creating an electrifying atmosphere of camaraderie and encouragement. The event showcased the spirit of unity and determination that characterises the Maynooth community.



The success of the Maynooth 10k would not have been possible without the generous support of our sponsors. We extend our heartfelt gratitude to Pearls Dental who sponsored the beautiful medals, Specsavers for the ever-popular snoods and our main hotel sponsor Carton House, a Fairmont managed hotel, for permission to pass through their amazing grounds as well sponsoring first and second in the 10k race. Third place male and female in the 10k was sponsored by Picaderos and Donatellos while Glenroyal Hotel and Leisure club donated first, second and third in the 5k as well the star prize in our participants' draw. This year a new sponsor, Blasco Solicitors, came on board to provide smart t-shirts for all the volunteers. As always we'd like to thank Declan Kennedy from Brady's Clockhouse for his constant support over the years. Our pre-race warm up was provided by Kyle and his team from Fitness Journey. A tasty stewards' breakfast was donated as always by Twist Food Services. Our post-race refreshments were raised to a new level this year with Typo coffee sponsoring coffee and pastries as well as donations from Elite Confectionary, Maher's Centra, Main Street, Londis Maynooth, Main Street, Donovan's Centra and Rocksalt Cafe.

The health and safety of our participants and volunteers is paramount and the race would not be possible without the support of Kildare County Council, An Garda Síochána and Highway Markings. We would like to thank the race doctor, first aiders, first responders, the Irish Red Cross Ambulance, cyclists from Maynooth Cycling Club who led the runners around the route and the 50+ volunteers who marshalled the course, manned the car parks and helped out at the water station, with much-welcomed water provided by Supervalu Maynooth.

Furthermore, we would like to express our sincere appreciation to the dedicated race organisers who worked tirelessly behind the scenes to ensure that every aspect of the event ran smoothly. Their hard work and dedication were instrumental in creating an unforgettable experience for participants and spectators alike.

We also extend our thanks to the local athletics groups whose expertise and enthusiasm added to the vibrancy of the event, inspiring participants to push their limits and reach their goals.

The Maynooth 10k has not only become a staple event in the local community but also a shining example of the power of sport to bring people together, promote health and fitness and foster a sense of belonging.

Johnny Nevin principal of Maynooth Post Primary school, who also ran the 5k race, and Siobhan McCauley principal of Maynooth Community College explained how important the fundraiser is for both schools, they went on to say how grateful they are for the support the event attracts and it is always such a pleasure to see all of the runners, especially all the alumni and current students who get involved.

As we reflect on the success of this year's Maynooth 10k, we look forward to continuing this tradition of excellence in the years to come, uniting our community and inspiring individuals to strive for their personal best.

For more information about the Maynooth 10k and future events, please visit www.maynooth10k.ie



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Maynooth Newsletter

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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

This month's Newsletter contains a wealth of community activities that have taken place and those to come. Perhaps it is the coming of the summer months and hopefully the promise of at least some good weather that gets groups going again.
Some groups, such as Maynooth Tidy Towns keep going for most of the year and they have clocked up some major achievements for Maynooth over the last few years.

St. Mary's Brass and Reed Band keeps us up to date with their yearly programme and activities including their upcoming visit to Germany to take part in the Bad-Orb International Music Festival .
Another international and historic first took place with the First International School Exchange. Students from Integrierte Gesamtschule Bonn-Beuel arrived in Gaelcholáiste Mhaigh Nuad as part of the first cultural exchange to take place in the school and we are delighted to see their report in both Irish and English.

Those events that have taken place include the annual Maynooth 10K which had a wonderful turn out in support of our secondary schools and the images in the photo gallery shows the fun and joy that people experienced. Well done to all involved.
Up coming is Darkness into Light on Saturday 11th May and we see their striking yellow posters about the town. A worthy cause. We also have the Arts and Minds Festival in Maynooth University featuring music, songs , stories and film. Book your tickets.

The Galway Cycle made a colourful image in the Court House Square as 100 cyclists finished the cycle. Little Blue Heroes was the charity of their choice this year.
Maynooth Cycling Campaign has a programme schedule for the 11th to the 19th May. Cycling in the town is a growing area of interest.

Maynooth Autism Friendly Town has give an very impressive report on their activities and achievements since 2022.
Various groups had their AGMs such as the ICA and Maynooth Senior Citizens Committee, regular contributors to the Newsletter.

There are times when we think a sense of community is being lost in the modern world, but as the Newsletter indicates this month, it is not so. It is heartening to see. We have community groups long established in the town that still have something to contribute and which are developing. We have more recent groups and newly established groups emerging and the support that is given from the community is not wanting.

There are more groups out there waiting to be formed to reflect our changing needs, interests and demographics. Now all we need is a community centre!

Susan Durack
Editorial Board

Maynooth Community Employment Project clg are currently recruiting Volunteers to serve as Company Directors and Members.

For more information on volunteering with MCEP copy and paste the link below to your browser.

i-VOL THE NATIONAL VOLUNTEERING DATABASE

https://www.i-vol.ie/organisation-details/?orgID=001Vh000003tW0jIAE

Copy date for the June edition will be 5pm on Monday 27th May 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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



Maynooth Tidy Towns are so lucky to have so many Volunteers who religiously turn up every Saturday morning to complete the tasks assigned them by the Committee. The last two Saturdays we concentrated on scuffling all around the town especially Bond Bridge where we were able to use the Weedex machine and where the weeds are heaviest.

Thanks to the Intel workers who will be joining us one Tuesday in May to paint the railing outside the Church of Ireland. We also have plans to revamp the beds on site in COI.
We are revamping the bed on Parsons Street by extending it further out on to the footpath. We need more soil and extra plants/flowers to enhance it further.

We were really pleased with the display of Spring flowers around the town this year. All that back breaking bulb planting paid off. We have started to clean the directional signs on Main Street, the sap from the Lime trees make them very dirty and sticky.

We had our AGM in The Glenroyal Hotel in April, we discussed all the works and projects that we completed since April 2023.

We have a recycling bin in Larine House beside our Shed, every week we collect bottles with the Re -turn logo and we allow the staff of Larine to return and use the money for their clients to buy refreshments etc.

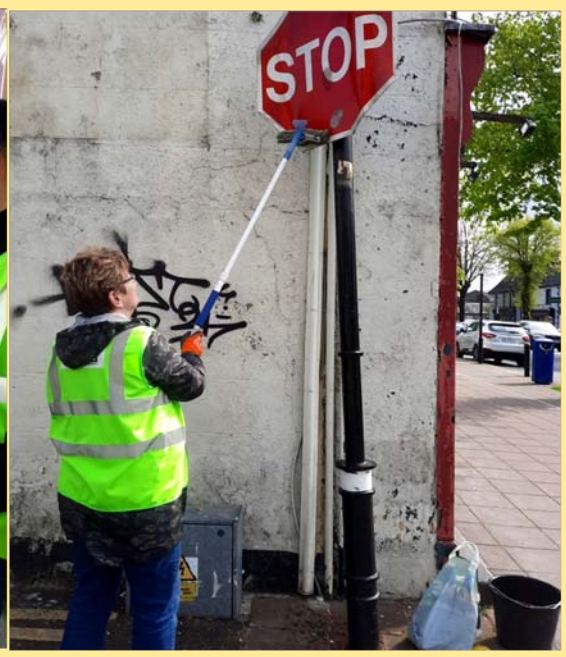
Beds at Maxol have been revamped but will probably need to be done again before judging starts in June. We also have plans to buy a 3rd bench for the Pound.

Our application has been submitted to Tidy Towns Ireland thanks to all the hard work of all the team who complete this “thesis” every year electronically.
We have not received our Gold Medal for 2023 and we haven't received any invites to attend any organised functions with the Minister. Hopefully we will receive it before judging begins in June 2024. Too busy with the local and European elections.

We are so sorry that the institution that we call The Elite on Main Street is for sale and will be closing its doors on the 25th of May. We have enjoyed their hospitality for many years and will miss them dearly - the staff, cakes, coffee/tea etc. Good luck to all and we hope whoever buys it will keep it as a going concern.

That's all for this month. If anyone would like to join us on one of our clean ups we meet at our Shed in The Council Car Park every Saturday morning at 9am and Wednesday evening at 7pm. We also have a Sunday morning rota which begins in May.









Join us on Facebook for more up to date information.
Contact us by email at maynoothtidytowns@outlook.ie

Mary Molloy
Maynooth Tidy Towns Association PRO

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

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Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR

Stay Protected with Sunscreen

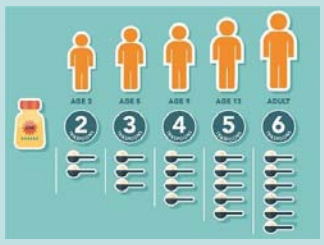
Sunscreen products are cosmetic products that have an important "protective" function against ultraviolet (UV) radiation. There are two types of UV radiation, UVA and UVB. UVB radiation causes the skin to darken in colour, or in some instances, burn. UVA penetrates the skin further than UVB causing skin aging, resulting in wrinkles and pigmentation. Both forms of UV radiation have the potential to cause cancer.

UVB - SPF or 'sun protection factor' is a measure of a product's ability to prevent UVB radiation from damaging the skin. There are many products on the market which vary in their SPF ratings and it can be difficult to understand the level of protection a particular SPF rating can provide. It is important to note that there is no SPF that can completely block all UVB rays. However, the higher the SPF, the higher protection you will be provided with. Many sunscreen labels also contain a category of sun protection, 'low' (SPF 6 & 10), 'medium' (SPF 15, 20 & 25), 'high' (SPF 30 & 50) and 'very high' (SPF 50+).

UVA - A sunscreen which claims UVA protection must provide a certain level of UVA protection in line with EU guidelines. A product that contains the EU recommended minimum level of UVA protection is labeled with a UVA logo as follows:

The label of the sunscreen should be examined to ensure the product contains the appropriate amount of sun protection needed for your skin type.

It is also important to read all of the instructions and warnings on the sunscreen label and to apply the correct amount of sunscreen to ensure the level of protection is consistent with that claimed on the label.



Amount: The average sized adult should be using at the very least six full teaspoons of sun cream in order to give the indicated protection. Using quantities less than this will decrease the SPF/ UVA protection of the product. For children, the minimum amount of sun cream is based on factors including height and weight of the child. Sun cream should always be applied 20 minutes before exposure to the sun and reapplied at a minimum of every two hours.

Use By: There should be an open jar symbol on the packaging of sunscreens that indicates the maximum time for which the product is safe to use once open. For example, if '24M' is on the symbol then this indicates a usage period of 24 months for which it is safe to use after opening. If a sunscreen has been opened the previous year and still within the timeline of the open jar symbol it should be checked to make sure it hasn't separated before using.

Storage: - Sunscreens should be stored in a cool dry place away from direct sunlight or as detailed on the label of the product.

When buying:

Sunscreens should only be purchased from a reputable source where the product can be traced to a supplier. You should:

Check for a European address on the label of the sunscreen, the absence of which may indicate that the product has been imported from outside the EU and may not meet European requirements for safety assessment. Choose a level of protection appropriate for your skin type that includes both UVA and UVB (SPF) protection.

Tips for sensible sun exposure:

- Sunscreen should be applied 20 minutes before exposure to the sun to allow it to dry.
- Don't forget areas such as the ears, neck, nose, lips, hands and feet as these areas are frequently overlooked and can be particularly sensitive to sun damage.
- Your skin does not need to redden or 'burn' to be experiencing the effects of sun damage. Do not wait until your skin has burnt before applying sun screen, always apply sun screen prior to sun exposure.
- Frequently re-apply sunscreen to exposed areas of skin, at least every two hours. You should increase frequency of application if you are perspiring, after swimming and/or towel drying. Even waterproof or 'once a day application' sunscreen needs to be re-applied regularly.
- Ensure your sunscreen has UVA and UVB protection, is of an adequate SPF, 15 or higher. Ensure your sunscreen is in date, check the expiry date and 'period after opening'.
- Avoid spending prolonged periods of time in direct sunlight.
- Keep babies and young children out of direct sunlight.
- As much as possible, keep exposed areas of skin covered with clothing such as long sleeves, long trousers and a hat.
- Ensure your eyes are protected by wearing sunglasses that offer 100% UV protection.
- People with fair or red hair, pale skin and the elderly and children should take particular care in the sun. Sunscreens that provide high or very high sun protection (SPF 30 and above) should be used on babies and children and should be reapplied regularly.



Limit the amount of time spent in the sun, particularly between the hours of 11am and 3 pm (1100 -1500 hours). This is when the sun is hottest and therefore increases your chances of sun damage.

The regulation of cosmetics in Ireland falls under the remit of the HPRA which investigate any non-compliance with EU Regulations. The market surveillance programme for cosmetic products, which includes sunscreens and other similar products, is coordinated by the HPRA and the HSE's Environmental Health Service and Public Analysts' Laboratories.

These recommendations are guidance only. Adults and children should apply at least the guidance amount of sunscreen. Amounts are calculated based on the surface area of an average adult's skin of 1.8m2 and the average weight and height of children at these ages (UK figures).

www.hpra.ie/cosmetics/sunscreen

Maynooth I.C.A

We held our AGM in March and our President now is Mary Mc Namara, Vice -President Mary O' Gorman, Secretary Eilis O'Malley and Treasure is Patricia Farrell. Our crafts nights continue on Mondays nights 8-10pm. Our monthly meeting takes place 1st Thursday of every month 8 -10pm. All welcome.

Our hall in the Harbour is also available to rent out during the day or evenings. Members will attend the Federation AGM in Maynooth on Saturday 27th April @ 2pm. Members will also attend National AGM in the Arklow Bay Hotel on Saturday 25th May at 10am with a dinner on Friday night for the outgoing National President. Some of our members attended a coffee morning in Newbridge Silverware and enjoyed by all.

Members will also attend the Kildare weekend in An Grianán doing crafts from 14th June to 16th June. Guild starting a Project to make Freddie bags for Crumlin Hospital which are needed for holding children's pumps, apparently they are very well liked. We also knitted loads of little chicks for Daffodil Day and they moved very quickly when the members were doing the collection. We collected €7000 plus on the Friday. So great thanks due to our members.

Every year we attend a Garden party in An Grianán and that is happening on Friday 5th July. We have been notified that yarn bombing will take place again in New bridge and is well worth visiting. People in McCauley Place, Naas have invited us to visit there for afternoon so another good excuse to get out and enjoy ourselves. So we have a busy schedule ahead of us that will keep us going. Please feel free to drop in any Monday night or 1st Thursday of the month and we will be delighted to see you . We are very lucky to have our hall and can open whenever we like.

DARKNESS INTO LIGHT 2024
Saturday 11th May



Join us for the most important sunrise of the year and help raise much needed funds for suicide prevention.

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Birth Month Flowers: What Is My Birth Flower?

Do you know what your birth month flowers are? In addition to gemstones, every month has a birth flower; in fact, many months have two birth flowers! Here's a list of both the primary and secondary birth flowers for January through December.

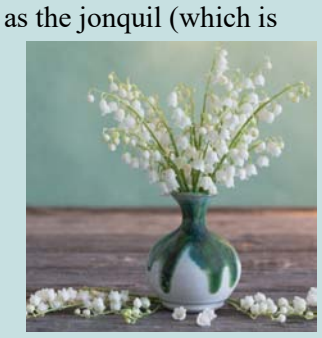
Birth flowers have been around for many generations, similar to birthstones. The flower designated each month usually ties to the season when it blooms; many flowers also have cultural or religious associations from ancient times. For example, the hawthorn was known as Mary's Flower of May.

In our lives today, birth flowers are an excellent way to mark an occasion, from birthdays to marriages to funerals. For example, a simple bouquet of birth month flowers makes it more thoughtful if you are struggling to find a gift.

January ~ Carnation & Snowdrop
January's primary birth flower is the carnation, and the secondary flower is the snowdrop.

February ~ Violet & Primrose
The February primary birth flower is the violet, and the secondary flower is the primrose.

March ~ Daffodil & Jonquil
The March birth flower is the daffodil or referred to as the jonquil (which is simply a type of daffodil).



April ~ Daisy & Sweet Pea
The primary April birth flower is the daisy, and the secondary flower is the sweet pea.

May ~ Lily of the Valley & Hawthorn
The May birth flowers are the lily of the valley and hawthorn.

June ~ Rose & Honeysuckle
The primary June birth flower is the rose, and the secondary flower is honeysuckle.

July ~ Larkspur & Water Lily
The primary July birth flower is the larkspur, and the secondary flower is the water lily.



August ~ Gladiolus & Poppy
The primary August birth flower is the gladiolus, and the secondary flower is the poppy

September ~ Aster & Morning Glory
The primary September birth flower is the aster, and the secondary flower is the morning glory.

October ~ Marigold & Cosmos
The primary October birth flower is the marigold, and the secondary flower is the cosmos.

November ~ Chrysanthemum
The November birth flower is the chrysanthemum

December ~ Narcissus & Holly
The primary December birth flower is the narcissus (such as the paperwhite narcissus), and the secondary flower is the holly, which has small white berries that give way to the festive red berries that we see at the holidays

Source: www.almanac.com/content/birth-month-flowers-and-their-meanings

Flowers remain a welcome substitute for words, enhancing the giver's message with fragrance and beauty.



Cllr. Angela Feeney Maynooth Labour News

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

Repairs needed at Maynooth Harbour towpaths

At the April meeting I asked the Council to contact Waterways Ireland calling for repairs to be carried out on the towpaths at Maynooth Harbour. The area is in a dreadful state and really needs attention. Many residents who use the Greenway have been in touch with me about this, including wheelchair users and parents with buggies. It is a lovely amenity but needs attention. I logged the issue on Waterways Ireland logging system on their website but I have had no response. This is the reason I brought the motion to the Council. I also asked that an update would also be requested regarding the status of improved signage along the Greenway regarding etiquette for shared walking and cycling spaces. Finally, I added that we should ask why we do not get responses from Waterways Ireland when an issue is logged. I welcomed the fact that the motion was passed with the full support of all members and that a letter will issue from the Council to get action on this.

College Pool Update

Following up on my suggestion at the February Council Plenary that consideration be given to upgrading and reopening the College pool for community use, at our April meeting I asked for an update. I welcomed the response from the Council stating that it is currently in discussions with Maynooth University, St Patricks College, Swim Ireland and other bodies with a view to advancing a swimming facility for North Kildare. It is positive to hear that meetings are on-going with various suppliers and consultants with a view to exploring alternative solutions.

Data on delivery of crèches

I asked the Council to provide information on the number of crèches that have been provided in new developments in the MD in the past five years. I was not happy with the report provided to me by the Council. The question I asked was not answered in the report; I asked how many crèches were delivered, the report talks about how many crèches were permitted. The report only serves to highlight the flaw that exists nationally at planning level. The flaw is that, at the start of the planning process a childcare facility is required to be included in planning applications for large housing developments. However, at the end of the planning process, when the housing estate is completed, the loop is not closed; to see if the crèche has actually been delivered. It is very frustrating for so many families who cannot access childcare in their locality. Family career choices are dependent on this; whether to reduce hours or to delay returning to work and it needs to be addressed at a national level. The current model is not delivering what it was intended to deliver. It is a huge issue for parents who have moved into new large housing developments and the childcare facility is rarely, if ever delivered. I will continue to highlight this issue and support parents and providers in trying to find a better solution to the lack of available childcare in our area.

Traffic Calming needed

I asked the Council to put traffic calming measures in place in the vicinity of Tír na nÓg Montessori School Donadea for the safety of children attending the facility. I met the owner of the school on site and I saw first hand the state of the road and the speeding issues. Needless to say she, and the parents, are concerned for the safety of the children attending the school. The area engineer will meet with me on site to see what traffic calming measures can be put in place; better signage and warning to slow down because there are very young children in the area.

My upcoming questions and motions at the May Council meetings:

Motion to Full Council:
That the Council carry out a review of the Residents Association Grants Policy.

Municipal District Council meeting Motions and Questions:
Motion:
That the Council completes the footpath repairs on the Old Dublin Road, Maynooth in the vicinity of the retail units.

Motion:
That the Council plan an event to mark the long-standing twinning between Maynooth and Canet-en-Roussillon, France.

Question:
Can the Council provide a timeframe for the installation of the push button pedestrian crossing on the Newtown Road Maynooth in the vicinity of the soccer club?

Question:
Can the Council provide details of planned footpath repairs for Straffan?

Meetings attended by me since my last newsletter:

April 5th Council Municipal District meeting 10:00 a.m. Áras Chill Dara Naas

April 10th BOM Coláiste Chiaráin, 7:30 p.m. (online)

April 11th Twinning Liaison Committee meeting, 10:00 a.m. Áras Chill Dara Naas

April 12th Finance Committee, 11:00 (online)

April 17th Co Kildare Access Network (CKAN), 2:30 p.m. (online)

April 29th Full Council Meeting 3:00 p.m. Áras Chill Dara Naas

Maynooth Cycling Campaign

Bike Week 2024

This year, Bikeweek runs from 11th to 19th May. Maynooth Cycling Campaign is working with Kildare County Council to present a series of events. The draft programme looks like this:

12th May 2:30pm Historical Cycle to Celbridge starting from Maynooth Harbour

14th May Maynooth Men's Sheds Royal Canal Greenway

15th-16th May Talk to Transition Year Pupils in Maynooth Post Primary School and Maynooth Community College

16th May Film Night MOTHERLOAD – film

19th May 2:30pm Family Cycle on Royal Canal Greenway starting from Maynooth Harbour

All events need to be confirmed in advance on the Bikeweek website at https://www.transportforireland.ie/getting-around/by-bicycle/bikeweek/ .

Maynooth Cycling Campaign

Maynooth Cycling Campaign has been in existence since 2008 generally working in the background trying to promote increased cycling in Kildare. In recent months It has been considered how to be more effective in the future and has now made the decision to move to a fee paying membership model in line with other Irish cycle campaign groups. Unlike other Irish groups, however, it has also decided that, at present, its interests may be best served by remaining a local group rather than part of a national group. We will be organising a public meeting in May to decide on the issue. Look out for details!

Road Safety

The Garda Commissioner, Drew Harris, has reacted to public alarm about increasing road fatalities by directing An Garda Síochána to allocate a minimum of 30 minutes per shift to traffic duties. We think that this is an inadequate response to death on the roads. It is not credible that currently gardaí on duty have nothing to do for some 30 minutes.
The question is if they are going to allocate 30 minutes to traffic duties, what will they be diverted from and should they prioritise minor traffic offences over more serious crimes?

Road Safety Authority

The Road Safety Authority recently appeared before an Oireachtas Committee. The Chief Executive, Sam Waide, was asked if they had ever made submissions on Part 8 Public Consultations or Section 38 Notices for safer infrastructure. After a defeating silence, he did not answer the question. Campaign groups regularly make submissions on proposed transport infrastructure even if many are ignore by councils.

EU Targets on EVs

George Lee was on Morning Ireland discussing the lack of progress on achieving EU targets on the ownership of electric vehicle (EV).

The European Court of Arbitrators reported that Europe's ability to source the raw materials posed a threat to the provision of electric vehicles (EVs) on the scale required to reduce CO2 emissions. As a result, Europe will be dependent on imports from China rather than European car manufacturers. It also found that there had been no reduction in CO2 emissions from new cars. While there were reductions due to more efficient engines, the reductions were offset by 10% bigger cars and 25% heavier car batteries.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at maynoothcycling@gmail.com .
Further information on the campaign is available on our website.

Royal Canal Notes

May 2024

Education ~~ Heritage ~~ Recreation

CANAL CLOSURE

Walkers, pram walkers, runners, leisure-cyclists and wheelchair users are respectfully advised that the Royal Canal will close in the near future, between Mullen Bridge (Straffan Road Maynooth) and Confey, to facilitate “Greenway Works” in this area. Contractors have been appointed and work will commence shortly. These works will take some time but the walkway will reopen intermittently during this period

These works will complete the eastern end of the “Greenway” though some works are still going on in the vicinity of Binns Bridge Drumcondra



Royal Canal near Pike Bridge Photo @ Flickr

CHARITY WALK

The weekend of the 20th. 21st. April saw a Charity walk take place on the Royal Canal between Mullingar and Maynooth. The walk which was organised in the main by members of An Garda Síochána saw in excess of one hundred and forty walkers go to post for the start which was presided over by Assistant Garda Commissioner Angela Willis and event coordinator Andre Mc Ginley. Arriving in Maynooth on Sunday 21st walkers and the public were entertained by the Garda Band, St. Mary’s Brass and Reed Band and the Garda Mounted Unit.



***Photo:** Ass Garda Commissioner Angela Willis starts the walk. Photo @ FitsFoto Maynooth*

FAMINE WALK

The Famine walk is a reconstruction of a famous walk taken by people evicted from their lands in Strokestown Co. Roscommon during the famine

The walk is from Strokestown House in Roscommon to the Docks in Dublin. The original walkers got boats to England and onwards to Canada. This walk will take place from 20th to the 25th of May 2024

The Canadian Ambassador to Ireland will walk some stages of the walk though which stages have not been alluded to. The Canadian Ambassador will carry a pair of bronze shoes (as depicted) which he will take back to Canada

THE AFORE MENTIONED CANAL CLOSURE MAY IMPACT ON THIS WALK THOUGH WE HAVE NOT BEEN APPRISED OF ANY CHANGES AT THE TIME OF WRITING.



Famine walkers with RCAG chairman Matt Kennedy @ FitsFoto Maynooth



More Famine walkers @ FitsFoto Maynooth

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**Based on monthly fee for standard banking usage. Source (at 17/04/24): https://www.bonkers.ie/compare-current-accounts/your-results/

Loan examples are for illustrative purposes only. Final repayments and cost of credit will be agreed in the credit agreement. APR stands for Annual Percentage Rate. Rates vary depending on loan amount. Loans are subject to approval. Lending criteria, terms and conditions apply. Over 18s only.

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

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

WARNING: The cost of your monthly payments may increase.

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



Support the UCDVO MOEI Education Project Raffle Fundraiser!

Join us in making a difference this summer by supporting the UCD Volunteers Overseas MOEI Education Project Raffle Fundraiser, organised by Maynooth resident Ciarán Bryan who works in UCD and has taken on a volunteering role with UCDVO. This initiative aims to raise vital funds for education and infrastructure improvements at AKD School in Battambang, Cambodia, providing essential support to disadvantaged children and adolescents in the region.

About the Cause: The MOEI Education Project, in collaboration with UCDVO, is dedicated to providing free English-language education to children and youth in Cambodia. AKD School, situated in Battambang, serves a student body of over 210, extending crucial learning opportunities to those in need. This summer, for five weeks, a team of UCD students led by Ciarán will provide English language education to AKD School's students

Your Impact: By participating in the raffle, you'll be contributing directly to the improvement of AKD School's facilities, including repairs, refurbishments, and sanitation enhancements.

Raffle Prizes: Exciting prizes await lucky winners, including a **top prize of an iPad Pro 5 12.9" 265GB (CPO) with a 1-year warranty**. With a total of eight prizes available, your chances of winning are high.
Follow https://www.idonate.ie/raffle/UCDVOMOEI to see the full list of prizes and sponsors.

How to Participate: Raffle tickets cost €10, with only 300 tickets available. Donations can be made through iDonate using the QR code above or by going to:https://www.idonate.ie/raffle/UCDVOMOEI

Your contribution will directly impact the lives of children in Battambang, Cambodia, providing them with the opportunity for a brighter future.

Thank you for your generosity and support!

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Maynooth Post Primary
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May Day Traditions in Ireland

In Ireland, the month of May is known as Bealtaine. In pre-Christian times, the festival of Bealtaine marked the start of summer and the end of winter. Bealtaine means 'bright fire' and this festival was celebrated with bonfires, lit on all the major hills in Ireland. One tradition of the time involved herding cows through two big bonfires, to cleanse the herd and bring good luck. The festival of Bealtaine also represented summer when the milk supply was coming into plenty, it was important to safeguard livestock from the fairies. This was done by pouring milk over the threshold of the house or leaving beautiful early May flowers at the door to keep away evil. Some dairy farmers placed gorse or hawthorn over the door of the dairy to protect the milk supply from magic spirits that could steal or contaminate it.



Ring forts from pre-Christian times are still associated with the fairies. With the arrival of Christianity, the fairies were driven underground and adopted abandoned ringforts as their homes. In olden times in Ireland, the eve of May Day was thought to be extremely active for the fairies. It was forbidden to sleep outdoors and was a very bad idea to walk too close to an old ringfort, in case you got captured by the fairies. Even today, many Irish people will not disturb the remains of a ringfort on their land, for fear they will incite the wrath of the little people!

In Ireland, May is a particularly important month for the Catholic faith. This is when praise is given to the Blessed Virgin Mary, the Mother of Jesus. The hymn 'Queen of the May' is sung in Catholic Churches on May Day and during the rest of the month. The words describe crowning Mary with flowers and blossoms in honour of the 'Queen of the Angels and Queen of the May.'

The May Bush



The May Bush was a decorated bush, which in rural areas was outside the house. In towns, it was erected in a communal place. The tradition was strongest in Leinster and the Midlands, stretching west to Galway and northwards to south Ulster and Donegal. The bush was often of hawthorn but any outdoor shrub would do. The decoration usually consisted of ribbons, cloth streamers and pieces of wool. Sometimes communal bushes were burnt on May Day evening. The bush was associated with the luck of the house or the community and in cities it was watched carefully in case a rival group would attempt to steal it. The custom of erecting a May bush still survives.

Butter

May Day was associated with butter stealing: the stealing of the butter profit of the home. The cows were safe-guarded through attaching flowers around their heads and sometimes red ribbons or bits of rowan were tied to their tails. This was believed to offer them protection from those with the evil eye. The churn was vulnerable also so often similar items or iron objects were placed underneath it. All those who visited the house at this time were encouraged to take a dash of the churn. They usually accompanied this with a prayer such as 'God Bless the Work'. Holy water was often sprinkled on the animals, the churn and all objects associated with dairying. May butter was often kept and used in small quantities to add to the churn and dairy items for good luck and protection.

Sourced: https://goodfoodireland.ie & https://www.ouririshheritage.org

Maynooth Senior Citizens Committee

We had our AGM on Monday 15 April. Garry Bermingham was elected Chairperson, Susan Durack Secretary and PRO, Catherine Mulready Treasurer. Joan Lennon was elected as minute secretary in absentia.

We are closer now to opening the morning club on Tuesdays and are in the final stages of organising what will be happening. We will let our seniors know when that is finalised. The activities will be based on courses provided by the Kildare Leader Programme that focus on older persons, wellbeing, exercise, using smart phones and other activities. We are looking forward to this exciting restart to the Tuesday Club

We are in the process or organising an exhibition of art works produced by members of the Thursday morning club 2023 and 2024. This will take place in the Public Library and will run for the month of June. Another exciting endeavour from our senior citizens and which we are looking forward to.

Some of the Thursday morning art Club members attended the opening of the Castle Keep Art Exhibition in the Post Primary School on May 5th which was enjoyed by all.

In the meantime we are continuing with the mass bus service, bingo and art, and holding our monthly meetings. Fundraising is key for us this year and we are looking at ways to increase our funding.

If anyone would like to volunteer, we are seeking new members who are willing to take on a committed role. Our organisation deals with HSE and the Charities Regulator, most of this work is done online.

In the meantime wishing everyone a wonderful month of May.

Susan Durack, PRO Maynooth Senior Citizens Committee maynoothseniorcitizens@gmail.com





Make your own Cleaning Products

Some of the items in your pantry (like baking soda and vinegar) work as effective homemade all-purpose cleaners and, even better, cost next to nothing. So the next time you're staring down a big mess but you're out of your favorite cleaning product, don't run to the store — try one mixing up one of these recipes for DIY homemade cleaners that work instead. These natural products will kick grime to the curb and keep your wallet happy.

Important safety tip: Never combine ammonia-based cleaners with chlorine bleach or products containing bleach, such as powdered dishwasher detergent. The fumes they'll create are extremely dangerous. Before doing any mixing, read the product labels first. Always label any bottles of DIY cleaners with all the ingredients inside. In case a child or animal gets into it, it's important to know what the mixture contains.

Scented All-Purpose Cleaner



One part white vinegar
One part water
Lemon rind
Rosemary sprigs
Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the homemade all-purpose cleaner to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Besides a fresh scent, the lemon rind may help boost cleaning power. Caution: Do not use acidic cleaners on granite, as they will etch the stone and proceed cautiously on stainless steel. Some manufacturers recommend against using vinegar on their appliance surfaces.

Kitchen Cleaner and Deodorizer
4 tablespoons baking soda
1 quart warm water
To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda for this homemade kitchen cleaner. " Baking soda makes a great deodorizer and can be used to shine stainless steel sinks and appliances. To deodorize, use the homemade baking soda solution above or pour baking soda straight from the box into your drain or garbage disposal to remove odors. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.

DIY Glass Cleaner
2 cups water
1/2 cup white or cider vinegar
1/4 cup rubbing alcohol 70% concentration
1 to 2 drops of orange essential oil for smell (optional)
This homemade cleaner will leave your windows and mirrors sparkling. Simply combine these ingredients and pour them in a spray bottle to make a homemade cleaner with ingredients you already have on hand. Not only does it do a great job cleaning but the orange essential oil gives it a pleasant natural citrus scent and the rubbing alcohol helps it evaporate quickly to minimize spots and streaks. Hint: Avoid cleaning windows on a hot, sunny day or in direct sunlight, because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

Are homemade cleaners effective?
For many jobs, homemade cleaners can be just as effective as cleaners that you find in the store. However, depending on how dirty the surface is that you are cleaning, sometimes you may have to scrub a bit more or do a second application. And just like commercial cleaners, not every homemade cleaner is suitable for every surface or purpose, even those labeled "all-purpose" cleaners. It's always best to try any cleaner — homemade or not — on a hidden spot to see if it's safe for your surface, especially if you are using it for the first time. And make sure you label any bottle or container of homemade cleaner with what it is and the ingredients it contains. If you find that your homemade cleaner is not doing a good job cleaning, it may be time to switch to a commercial cleaner. Always keep all cleaners away from children and pets.

Cleaning With Lemons
Lemon juice is another natural substance that can be used to clean your home. You can use it to dissolve soap scum and hard water deposits, and it's great for shining brass and copper. You can also use lemon juice to treat stains, given its natural bleaching qualities, but that can also be a drawback. It's a good idea to test it out on a hidden area first.
Lemon cleaning applications include:
Cleaning paste: Mix lemon juice with baking soda.
Dishes, surfaces, stains: Cut a lemon in half and sprinkle baking soda on the cut section of the lemon. Use it like you would a sponge.
Furniture polish: Mix 1 cup olive oil with 1/2 cup lemon juice for a natural furniture polish for hardwood furniture.
Garbage disposal drain odors: Put a whole lemon peel or orange peel through the garbage disposal; it freshens the drain and the kitchen.



Cleaning With Baking Soda
Baking soda is one of the most versatile cleaners.
You can use it to scrub surfaces in much the same way as commercial non-abrasive cleansers. Baking soda is also great as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action: trash cans, laundry, and even your family's super smelly sneakers.
Mix baking soda and hydrogen peroxide to make an excellent household cleaner. It's particularly effective on tile grout. Use 1/4 cup baking soda in a small glass bowl and add hydrogen peroxide to create a thick paste.
Baking soda and vinegar are often used together for their chemical reaction that helps lift dirt, cut through grease, and remove odors:
Unclog slow drains: Use 1 cup of baking soda, followed by 1 cup of heated vinegar
Oven cleaner and remove caked-on grease on pans: Sprinkle baking soda on metal pans or surfaces and top with boiling vinegar. Let the mixture sit for 30 minutes. Wipe with a wet sponge.

Using Vinegar to Clean
Vinegar cleans and deodorizes almost as well as most all-purpose cleaners. The recipe calls for mixing equal parts of water and vinegar in a spray bottle. Use this solution to clean most areas of your home. Don't worry about your home smelling like vinegar. The smell disappears when it dries.
WARNING
Vinegar can discolor or damage some surfaces, so test it on a hidden area first to ensure no color change or damage occurs. Improperly diluted vinegar is acidic and can also eat away at tile grout. Vinegar isn't a good idea to use on marble surfaces, either.
Source: www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/
Source: www.thespruce.com/homemade-and-natural-cleaning-products



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County Kildare

St. Mary's Brass & Reed Band

The Band has now arranged its programme of recitals and concerts for the year with some new locations featuring among the venues. The programme began, where else but in the Square in Maynooth, on Sunday April 21st with an absolutely fabulous day for a recital. It also marked the first appearance of the new Gazebo which was bought with the assistance of an Intel Pride of Place grant in 2023. This was intended to provide shelter for wet day recitals but, as you can see from the photo below, it will work very well as a sun shade for the Band members on Summer days.



The venues for this year include six concerts/recitals in Maynooth while we also visit the National Stud in Kildare, the Church of Ireland in Celbridge, Farmleigh House in the Phoenix Park, Kilcock and the highlight of the year the International Music Festival in Bad Orb Germany. On 26th May the Band, with the Maynooth Parish Choir and our own Academy Band, will be providing the music at a Concert in the College Chapel of St. Patrick's College with all proceeds going to Trocaire who are currently in the process of organising an appeal to support the valuable work they are doing in Gaza. The Concert begins at 6pm and admission is by donation at the door or on www.eventbrite.ie.

The Academy Band, which caters for those with some knowledge of music or individuals who would like to return to playing after a long absence, meet in the Band Hall on Pound Lane on Saturday mornings from 10am to 11.30am and the door is always open to anyone of any age wishing to come and join them. In a new initiative the Band has organised a Summer Camp for 8 to 12 year olds from 8th to 12th July from 10 am to 2pm. Instruments will be provided and the fee is just €80. For more information and registration please contact us at stmarysbandmaynooth@gmail.com Promises to be a great week and an opportunity to see if there are any budding young musicians in the locality.

Finally the highlight of our year is our return trip to the Bad Orb International Music Festival in Germany from 6th to 8th September. This is our third visit to this amazing event where we will be the only Irish Band among 30 other music groups from all over Europe taking part. On our last visit in 2022 we were honoured to be chosen to open the Festival on the first night. Travelling to events abroad is an expensive undertaking but the airline seats, hotel accommodation and meals are being covered by the members themselves while the cost of the instruments going into the hold and buses for the Maynooth/Dublin Airport and Frankfurt Airport/ Bad Orb transfers come to over €2,500. To help cover these costs the Band have organised a collection at the various Shopping Centres in Maynooth on Saturday 22nd June and we would ask for your generous support to reach this target.





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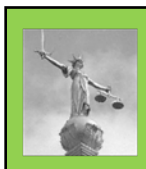
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Galway Cycle 2024 Photo Gallery














On the weekend of the 5th to 7th April over 100 cyclists took on the challenge of cycling 400km from Maynooth to Galway and back to raise vital funds for the 2024 Galway Cycle charity, Little Blue Heroes.

Little Blue Heroes Foundation is a charity run by volunteers from An Garda Síochána - both current and retired - and supports families of children with serious illnesses in Ireland while empowering the lives of children through positive community engagement and making their wishes come true by making them Honorary Gardaí.

The cyclists were joined by Garda Commissioner Drew Harris on the cycle on Friday and welcomed into Galway by Minister Helen McEntee and some of the children supported by the charity.

On Friday 7th April, the cyclists battled the wind for the journey to Maynooth and were welcomed home by a massive crowd who gathered in Courthouse Square in Maynooth to celebrate their return and be fed and watered by Brady's Clockhouse.

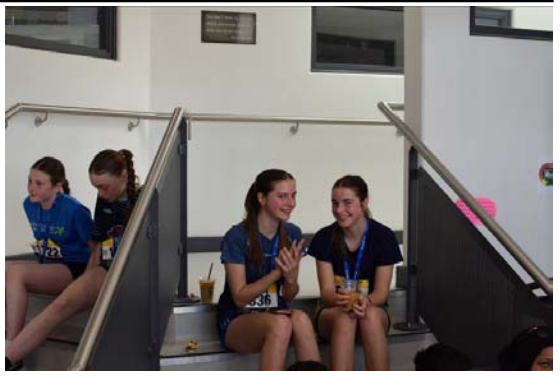
So far the event has raised over €60k for Little Blue Heroes with more donations still arriving.

If you would like to donate you can do so at https://www.idonate.ie/event/galwaycycle2024

Maynooth 10k 2024 Photo Gallery

Photos courtesy of MEC PTA









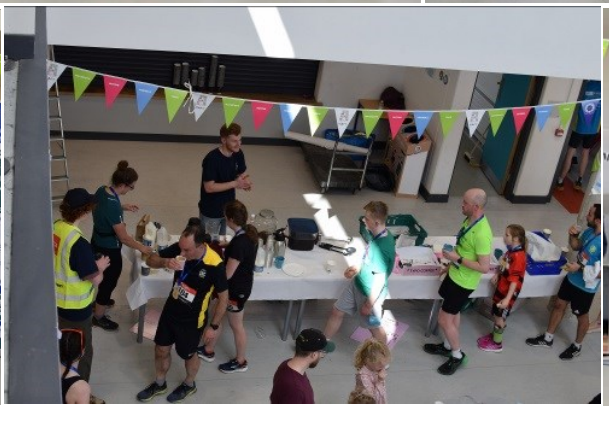


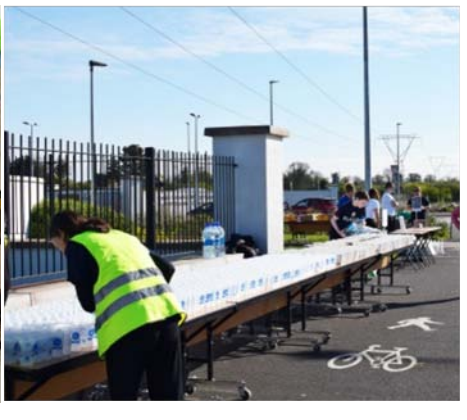












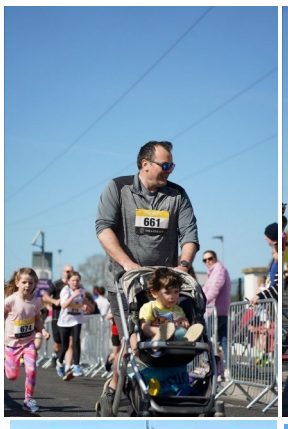
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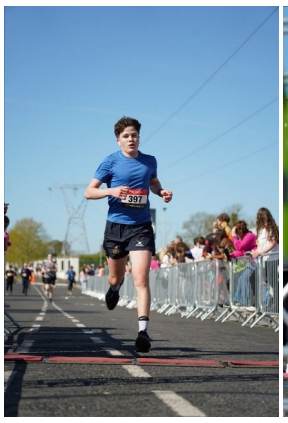
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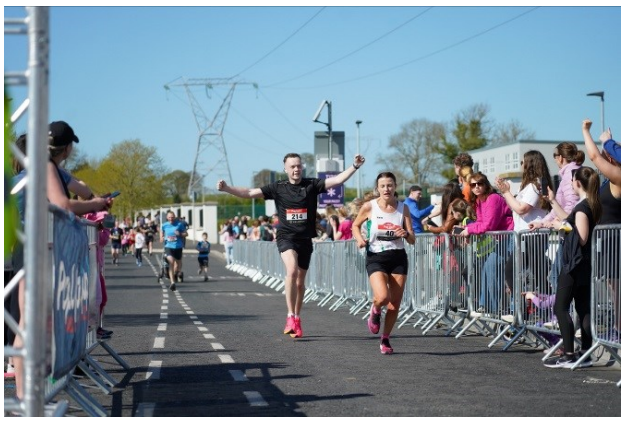






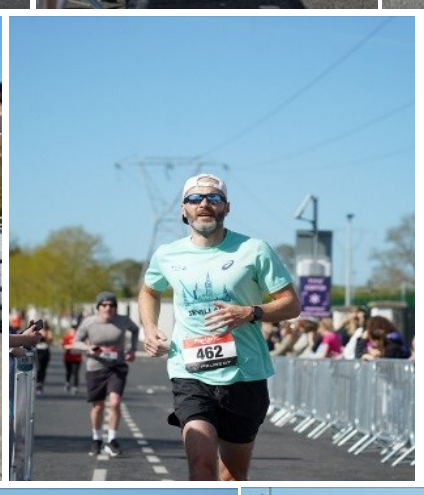


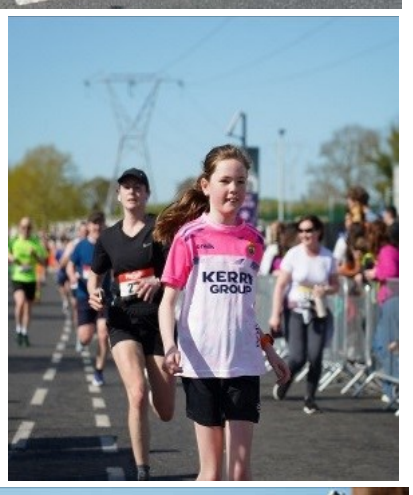




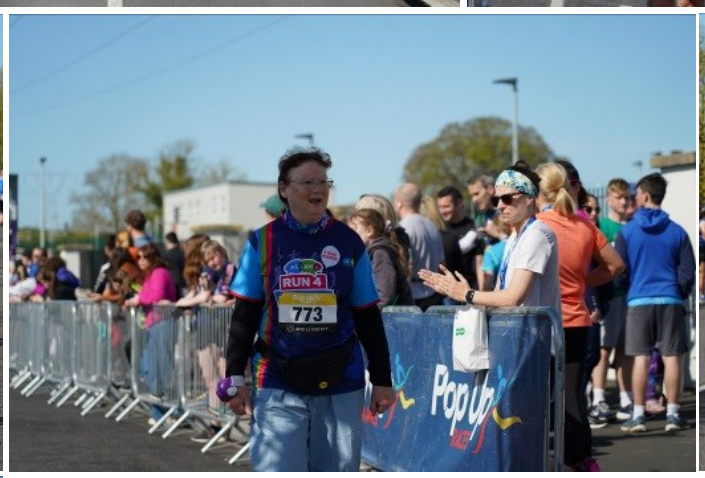


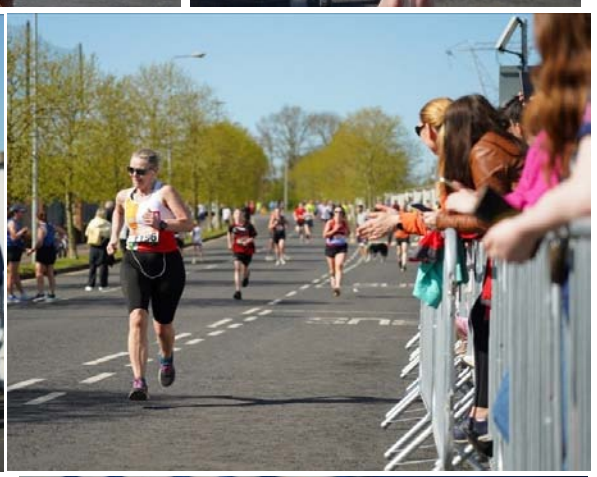
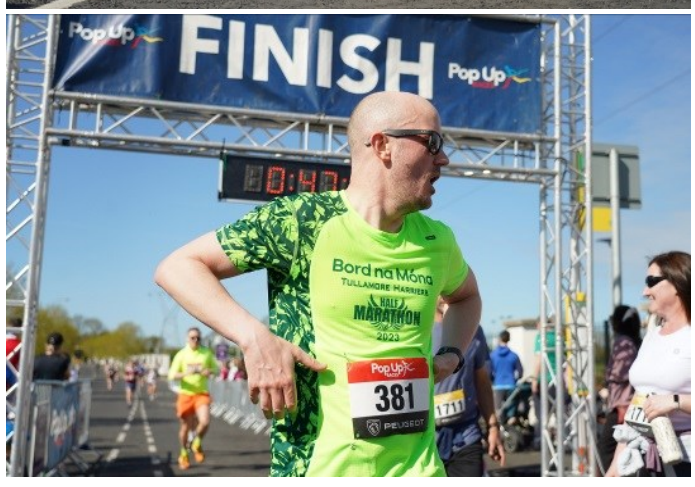


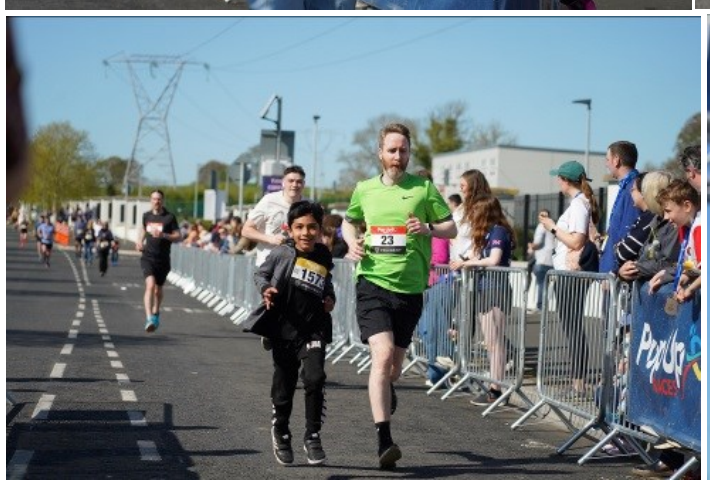


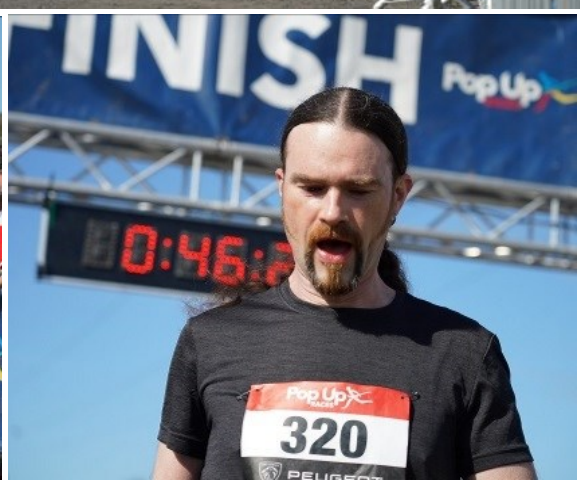








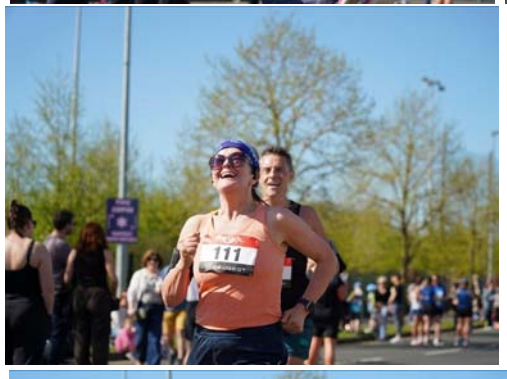
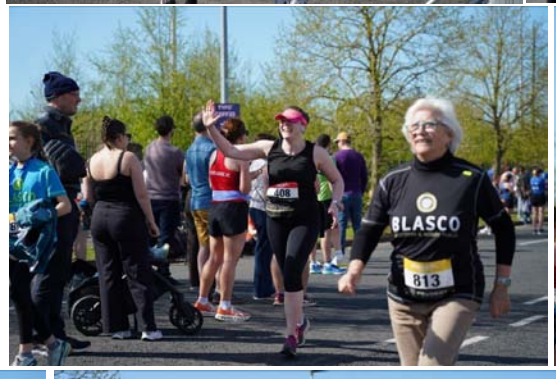


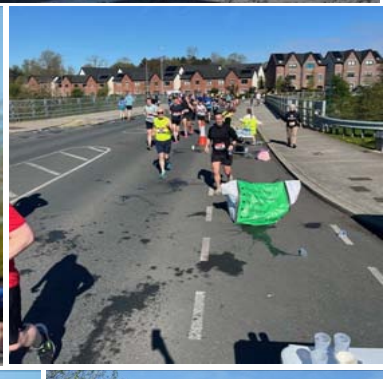
Maynooth 10k 2024 Photo Gallery

Photos courtesy of MEC PTA

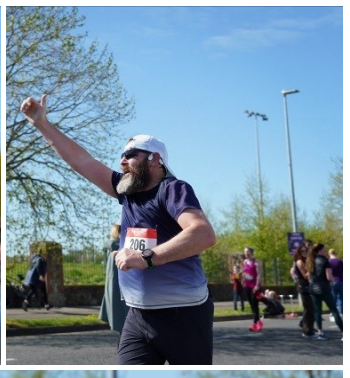


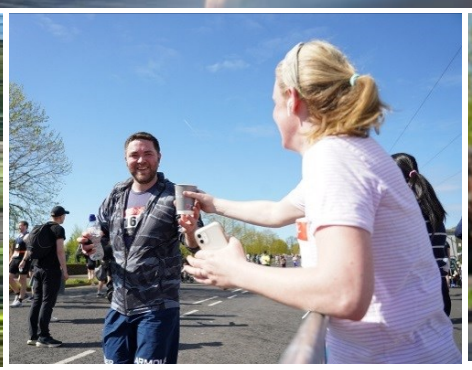
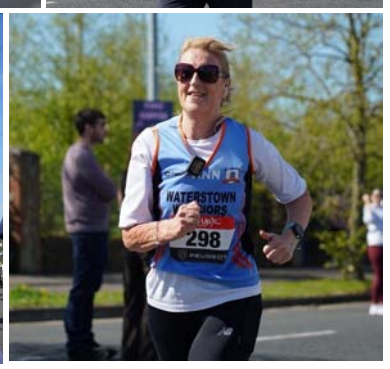


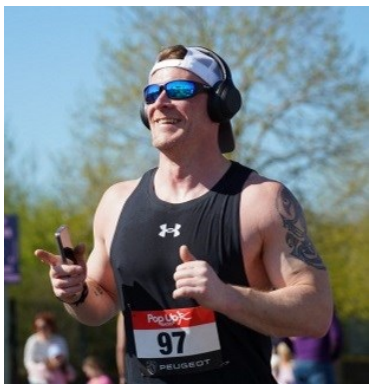



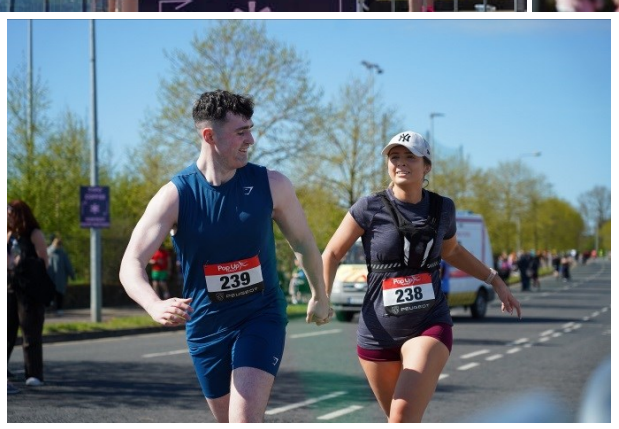
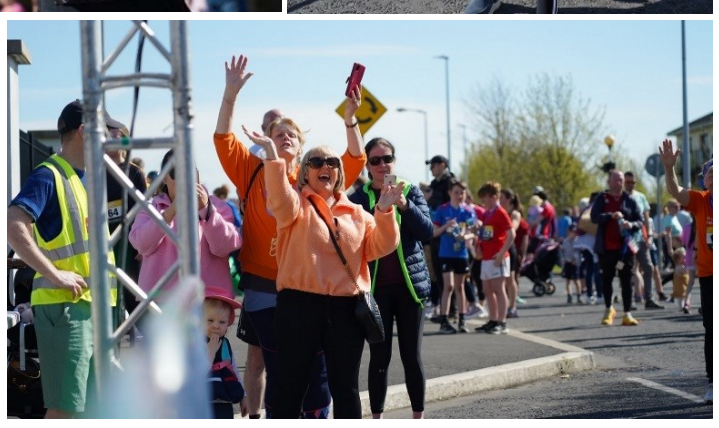






Historical Week at Gaelcholáiste Mhaigh Nuad
The First International School Exchange

On the 8th of March, 18 students from Integrierte Gesamtschule Bonn-Beuel arrived in Gaelcholáiste Maigh Nuad as part of the first cultural exchange to take place in the school.
This was a historical event for our school as not only was it our first ever exchange but it is also very unusual for a group of German students to come to an all-Irish speaking environment. Despite the language barrier, both groups made the best of the experience, with bowling and crazy golf in Airtastic on the Friday, a trip on the train into Dublin on Saturday, a lovely walk in Glendalough on Sunday, and a céilí and a Heritage Tour of Maynooth by Maynooth Tidy Towns during the week.
The German students learned about our Irish culture by taking part in activities such as learning how to say some basic Irish phrases, the rules of GAA and participating in a school céilí during Seachtain Na Gaeilge 2024. This was beneficial to both groups, as we all got to learn about our cultural differences and enjoy making friends from a different country!
The students of Gaelcholáiste Mhaigh Nuad cannot wait to visit Bonn next month and catch up with their new friends, that they have made through this brilliant experience.

Emily Ní Chonchuir, Ciara Nic Shiomóin agus Aoibhinn Ní Chonnalláin.









Seachtain Stairiúil i nGaelcholáiste Mhaigh Nuad
An Chéad Mhalartú Scoile Idirnáisiúnta

Ar an 8ú Márta, tháinig 18 scoláirí ón Integrierte Gesamtschule Bonn-Beuel chuig Gaelcholáiste Maigh Nuad chun páirt a ghlacadh sa chéad malartú scoile sa scoil.
Imeacht stairiúil don scoil a bhí ann mar bhí sé an chéad mhalartú scoile riamh sa scoil. Is annamh a bhíonn malartú scoile i nGaelscoileanna agus mar sin bhí sé an-spéisiúl don ghrúpa scoláirí ón nGearmáin ag teacht go timpeallacht a labhraíonn Gaeilge amháin. Cé go raibh difríochtaí idir an dá theanga, bhí am iontach ag na scoláirí, le babhláil agus mionghalf in Airtastic ar an Aoine, turas ar an traein go Baile Átha Cliath ar an Satharn, agus siúlóid álainn i nGleann dá Loch ar an nDomhnach. Rinneamar turas oidhreachta de Mhaigh Nuad le Bailte Slachtmhara Maigh Nuad agus bhí céilí mór scoile againn chomh maith.
D'fhoghlaim na Gearmánaigh faoinár gcultúr tríd pháirt a ghlacadh i ngníomhaíochtaí ar nós conas roinnt phrásaí Gaeilge bhunúsacha a rá agus rialacha an CLG.
Bhí seo an-tairbheach don dá ghrúpa mar gur d'fhoghlaimíomar ar fad faoin ár ndifríochtaí cultúrtha agus bhaineamar taitneamh as cairde a dhéanamh ó thír difriúil!
Tá scoláirí Gaelcholáiste Mhaigh Nuad ag tnúth go mór le cuairt a thabhairt ar Bhonn an mhí seo chugainn, agus a gcairde nua a fheiceáil arís!

Emily Ní Chonchuir, Ciara Nic Shiomóin agus Aoibhinn Ní Chonnalláin.



Writers' Corner - Short Stories/Articles from our Readers

Encounters with Aggression

One of my earliest memories is a fight I had with my brother. I was probably just three or four at the time and he was a year older. The fight took place in our front garden and I must have come fairly well out of it because I seem to remember our father's smile of approval. Afterwards, my brother and I were the best of friends and I cannot recall even the slightest disagreement. For the rest of my life I was invariably on the receiving end of aggression rather than the perpetrator.
We walked two miles across fields and down roads to the national school, usually barefooted in summer. One morning a young Traveller accosted me. "Are you fit to fight?" he challenged. Now, at that time a number of Traveller families would be camped temporarily by the side of the road, but this fellow was some distance from the encampment. I indicated that I didn't want to fight and he accepted my refusal without comment. Neither of us had lost face.

Some years later I'm attending the Marist Brothers Primary School in Carrick-on-Shannon and another boy challenges me to a fight. Maybe it was because I was a newcomer to the school he felt I should prove my mettle. I decline and, to my surprise, there are no repercussions.
Next step on the education ladder is Sligo's Summerhill College. Here Gerry, a County Sligo boarder, and myself engage in a fight with boxing gloves. Neither of us inflicts much damage on the other, but afterwards we become really close buddies. It reminds me of Pip in Great Expectation. Herbert Pocket challenges him to a boxing match, as a result of which they respect each other and later become best friends.

After Summerhill I attended University College Galway, where I shared digs with two brothers, one of whom took a dislike to me. The upshot was that one morning he challenged me to a fistfight out on the street. I told him that I had no intention of behaving like a corner boy but, if he liked, we could have a boxing match in the college gym. For some unknown reason he declined. Maybe he thought I was an expert pugilist?
After Galway, I emigrated to the U.S., where I worked as a draughtsman with a firm of electrical contractors. During summer vacations many of the Irish and Irish-Americans headed for the Catskill Mountains. One evening during the late 60s, I'm driving after sunset near East Durham, a popular Irish holiday resort. Suddenly another car overtakes me and forces me onto the grass margin. Two young guys jump out of their car and challenge me to a fight. From their accents I figure they're locals who, in all probability, resent the intrusion of city slickers
'Why do you want to fight?' I ask and this question must have disarmed them because, instead of replying, they get back in their car and speed away.

Fast forward a few years and in late evening I'm walking on my own down a deserted road in Holland when two Dutch-speaking toughs overtake me. From their jeering remarks it's obvious they intend to flatten me. With as much sang-froid as I can muster I ask for directions. After a few moments' hesitation, they let me pass. Why? Is it because they don't understand English and didn't reckon I was a tourist? Frankly, I'll never know. Incidents like those mentioned remind me of Swift's Gulliver's Travels, where the intelligent horses, the Houyhnhnms, are far superior to the apelike human Yahoos. But I'm digressing.
One night in New York, after attending a dance in Paprin's ballroom, I was having a cup of coffee in a nearby diner. Suddenly an altercation outside prompted me to investigate. When I emerged I saw a man in a snazzy, parked convertible being attacked by a man on the sidewalk. Instantly, I began to pull the attacker away. Next moment someone who had caught me from behind began to hit me in the face with his fist. From the pain of the blows I reckoned he was wearing one of those big college rings. I staggered back, with the intention of crushing him against the diner wall, but was unable to shake him off. Luckily, a patrol car arrived, but, instead of making arrests, the cops, after a cursory inspection, just drove away. Meanwhile, I had a throbbing nose and blood all over my shirt. Instead of thanking me, the driver of the convertible also drove off. An ambulance took me to hospital, where I was found to have a broken septum. Despite this diagnosis, I was discharged at daybreak.

On arriving back at my apartment, still in pain, I began to mull over what had happened and it gradually became clear that the whole incident was a set-up, with the convertible driver a key player. What a gullible idiot I'd been. Those fellows probably had some grudge against the Irish and they had taken it out on yours truly. From now on, come hell or high water, I would mind my own business.
This subject of almost exclusively male aggression reminds me of the notion of 'toxic masculinity'. We celebrate Cuchulain's youthful violence long before he began to defend Ulster from the invading Connaught army. In wars we glorify soldiers who fight the current enemy, while jailing conscientious objectors. We forget the pacifism of Jesus of Nazareth, who said, 'whomsoever shall smite thee on thy right cheek, turn to him the other also.' Maybe such advice seems unrealistic, but if we ignore it are we not, in an age of proliferating nuclear weapons, likely to wipe out the entire human race? Oh yes, a number may escape to the moon or some nearby planet from this unique one – now being degraded by land and ocean pollution – but if these survivors are from different countries, won't the old, vicious rivalries continue?

By: P.G.Nerney

MY CHEQUERED LIFE
Chapter 4

Still in Walton, the notion struck me to write to my Dad and ask him to send me a book, a war book by Leon Uris about the American Marines fighting the Japanese. He was glad to do that, the first of many books, and before long I was totally into reading. It was great to get lost in stories instead of lying on my bunk feeling sorry for myself. My twenty-first birthday was at hand and I was to be "starred up" to an adult prison, Long Lartin, it turned out to be. The principal officer over my wing interviewed me and suggested that if I liked, some visits from home could be arranged. As I was leaving he advised me to get a wedge for my door! I found out later why.

I was back in my cell no more than fifteen minutes when this fellow with long hair and a beard stuck his head around the door and in a Northern Irish accent introduced himself as Jerry and asked me how I was getting on? He brought me down to his cell for a cup of tea from his stainless steel teapot. This was all new to me, prisoners making tea in their cells. He told me he was one of four IRA lads on the landing and that he was CO of the group in Long Lartin. He wanted to know who I was and who I knew and so on. So I told him about my brother's involvement with the IRA and about him playing music all over Northern Ireland and his accident making a pipe bomb putting an end to all that. So he told me bits and pieces about the prison and just to be careful and if I got into any trouble to come to him. A day or two later he told me there was an empty cell at the end of his spur and I was welcome to it, if I liked to be near the other Irish lads. Sounded good to me so I moved down and never looked back.

Very soon "Jerry" and his friend invited me to join them in their "food boat". For a few pounds a week we could, through the tuck shop, buy anything Tesco had except alcohol of course. Each wing had its own little kitchen with three cookers and it was great to prepare our own food and get a break from the prison fare. I also began going to the gym regularly and taking boxing lessons from Jerry and I did weight training with his friends. All this gave me a great feeling of self confidence. They also introduced me to literature in philosophy and sociology and my mind developed in tandem with my body.

In 1985 the Birmingham six all came to Long Lartin and they were all great lads to be with. So many uncles! As Long Lartin was a dangerous place it was great to be able to go to the exercise yard with them and indeed I met some of the Guildford Four in the yard too. Around this time I got into doing woodwork, and I earned a fair bit of money making jewellery boxes and coffey tables and finishing them off with high-class marquetry. Things were going very well for me. Then my parents came to visit me. They stayed in a guest house and visited me even twice a day for a whole week. I really enjoyed their company and talked to them for the first time in my life. I was anxious at first because of what I was in prison for but they were very happy to see me and to know that I was all right and they had no need to worry about me. I did notice how old looking they had become in just five years, probably because of their worry about me. But seeing that I had friends in the prison, some of them came over and introduced themselves to them, they went home more contented than they had expected. They had come to visit a boy but they had met a man instead!

My parents came over to see me again a year or two later and with the same arrangements as before I had a great week and I apologised to them for all the trouble I had caused them and they told me not to worry that all would be okay. However, I was shocked when I hugged my father. He appeared much smaller than before. I didn't know that he had been twice in hospital with cancer but when saying goodbye at the end of the week I knew in my heart I wouldn't see him again. And sure enough a few months later I was called down to the office and was told that my father had died. I couldn't go to the funeral of course but all the lads took care of me as best they could and one of them gave me a lump of hash. I also got some bootleg alcohol and drank myself silly. When I was locked into my cell that night I must have gone mad for I wrecked and broke everything that could be broken in the cell. I awoke in the isolation unit with my fists all swollen and my knuckles cut to ribbons. The doctor patched me up and the lads all came to my cell and cleaned up, binning anything that couldn't be fixed. I was numb at the thought of me being still in prison when I saw my father for the last time! But I had to survive and witness the truth of the old saying about time being a great healer!

GM

Black and White Snapshot
In memory of my mother

It's your wedding day,
You and your sister
Surrounded by smiling men,
One of them my father;
This is a pioneering moment,
When visions bloom like gardens,
And you're the chosen one,
The spring from which new life
Will ripple into pools and rivers –
But there's a catch,
For though the surge remain,
Here and there silt may impede
Its random, bright expansion:
A much-loved child dies in infancy,
A grandchild battles some genetic flaw,
A great-grandchild emotional confusion –
Such unpredictable obstructions
Occur while nearby currents advance
And other siblings brave the heights.
Perhaps it's just that joy and pain
Flow from the birth of any spring?

By: Colin Scott

Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Adult Events

One Dublin One Book: Library Talk with Snowflake author Louise Nealon
Thu 2nd May, 7-8pm
"Join us in Maynooth Community Library for a special talk with Kildare authors Louise Nealon and Declan Toohey, who will chat about Louise's debut novel Snowflake which was selected as 2024's One Dublin One Book. Tickets for this event are limited so booking is essential."
Book your free ticket here:
Get tickets – One Dublin One Book: Library talk with Snowflake author Louise Nealon – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Thu 2 May 2024 19:00 - 20:00 (tickettailor.com)

Breast Feeding Support Group with Public Health Nurse
Tuesday 7th May & Tue 21st May, 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 9.45 am & 10am as the library doors will be closed, and you will be let in***

Homelessness and Housing Support Information Clinic
Tuesday 7th May, 2.00pm – 4.00pm
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*

Luain Press Book Club
Tuesday 7th May, 6pm – 7pm
Our May meeting will be held on Tuesday the 7th May from 6-7 p.m. This time, feel free to bring any book for discussion - poetry or fiction. There will also be a surprise writing task so if you want to train your creative muscles, be ready for that! *Drop in, all welcome!*

Age Friendly Coffee Morning
Wednesday 8th May, 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

MU English in the Community: Spaces and Places in recent Irish Fiction with Dr. Michael Cronin
Thursday 30th May, 7pm – 8pm
This talk will encourage readers to think about the significance of place in recent Irish fiction. How do Irish novelists write about the landscape in their fiction? Is there a distinctive 'spatial imaginary' in contemporary Irish writing? And how does the depiction of spaces and places in a novel encourage us as readers to reflect on our relationship with our physical and social environment, and with each other? Novels discussed will include Solar Bones by Mike McCormack, Snowflake by Louise Nealon (a local Kildare author) and The Amusements by Aingeala Flannery. *Drop in, all welcome!*

Climate Action Events

Seed Saving: An Introductory Workshop with Lucy Bell
For ages 14+ Thursday 9th May, 6pm -7.30pm
Ever wondered if you could save the seeds from the vegetables and plants you grow at home? Participants on this course will learn an introduction to the world of seed-saving, including a little bit of plant botany and an introduction to the main vegetable families.
This workshop is part of the launch of the new county-wide Kildare Seed Library project. Library users can borrow up to 3 packets of seeds to grow their own vegetables, herbs and edible flowers: saving seeds to share with friends or return to the library.
Booking required: Book Free Ticket – Seed Saving : An Introductory Workshop with Lucy Bell . For ages 14+ – Maynooth Community Library Main Street Maynooth Co. Kildare, Thu 9 May 2024 18:00 - 19:30 (tickettailor.com)

Zerowaste Maynooth: Ladies Clothes Swap, Clothes Repair Station, Kids Toy Swap & Cloth Nappy Ireland Station - Saturday 11th May, 2pm – 4pm
Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money! Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.

Kids toy swap - bring one, take one! Let's get the kids used to the idea of swapping before buying!
Cloth Nappy Library Ireland - volunteers on hand to chat to you about modern cloth nappies. Such a great step to save waste and money.

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)

Dive into Biodiversity Week with the Rediscovery Centre!
Saturday 25th of May from 2.30 to 4pm - Suitable for 6-12 year olds
Join Rediscovery Centre to explore the wonders of Irish biodiversity through fun, interactive, hands-on activities. Participants will delve into Irish biodiversity, ecosystems, food chains, food webs, and animal adaptations. By exploring the importance of biodiversity and the impact we can have, students are guaranteed to leave interested, engaged, and with practical ways they can make a positive impact.
Booking Required: https://buytickets.at/maynoothlibrary/1242818

Children's Events

Pstryk! Interactive Musical Experience
Tuesday 7th May at 2pm - 2.40pm - Ages 3-6 Years
"Pstryk! is an interactive musical experience designed for children aged 3-6 years. Featuring live music, this vibrant workshop will explore Polish and Irish folklore tunes, creative movement, spontaneous music creation, and a lot of fun! Led by Kasia Eliasz with Rafal Szydlowski on violin and Maciej Blizinski on double bass you will get to explore a cacophony of music and movement!
Children must be accompanied by an adult for the duration of the workshop.
Booking Required: https://buytickets.at/maynoothlibrary/1238641

Pstryk! Interactive Musical Experience
Tuesday 7th May at 3pm -3.40pm - Ages 7-10 Years
"Pstryk! is an interactive musical experience designed for children aged 7-10 years. Featuring live music, this vibrant workshop will explore Polish and Irish folklore tunes, creative movement, spontaneous music creation, and a lot of fun! Led by Kasia Eliasz with Rafal Szydlowski on violin and Maciej Blizinski on double bass you will get to explore a cacophony of music and movement!
Children must be accompanied by an adult for the duration of the workshop.
Booking Required: https://buytickets.at/maynoothlibrary/1238654

Stories, Songs and Games in Italian for 2 to 5 year olds - Sat 18th May, 10 - 11 am
Join us for some stories, songs and fun activities in Italian.
Booking required: Book your free ticket – Stories, Songs and Games In Italian for 2 to 5 year olds – Maynooth LIbrary, Multiple dates and times (tickettailor.com)

Stories, games and fun activities in Italian for 6 to 9 year olds - Sat 18th May, 3 - 4pm
A chance for children to practice their Italian and learn more about Italy and its culture through stories, fun activities and games in Italian.
Booking required: Book your free ticket – Stories, games and fun activities in Italian for 6 to 9 year olds – Maynooth LIbrary, Multiple dates and times (tickettailor.com)

Cluichí Chláir do Teaghlaigh trí Ghaeilge / Family Board Games through Irish
Satharn 18ú Bealtaine / Saturday 18th May
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.

Young Adult Events

Cruinniú na nÓg: Teen Writing Workshop with Author Dave Rudden
Saturday 15th June, 12pm – 1pm - Ages 12-15
Join author Dave Rudden for a workshop in writing for ages 12+. The workshop will suit absolute beginners and writing enthusiasts alike and will focus on how to build a coherent plot, a captivating character and a believable setting. Dave Rudden is the writer of the award-winning 'Knights of the Borrowed Dark' series and various exciting 'Doctor Who' novels.
Booking required: Free Ticket(s) – Cruinniú na nÓg: Teen Writing Workshop with Author Dave Rudden – Maynooth Community Library Main Street Maynooth Co. Kildare, Sat 15 Jun 2024 12:00 - 13:00 (tickettailor.com)

Onli**ne Teen Writers Group**
Thursdays 2nd & 9th May, 6pm – 7pm - 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 10th May, 4pm – 5pm - Ages 12-15
This book club meets once a month in Maynooth Community Library. A book club with a difference; while there are always book club books to avail of teens can bring along their own recommendation to discuss during the meeting.
Limited copies of books for May meeting available in the library now: 'Impossible Creatures' (12+), 'I am Thunder (13+)

Exhibitions
Exhibition in Acrylic by Christina Kearney - 14th May - 31st May
Christina Kearney is a Celbridge based artist who paints mainly in Acrylic and Watercolour. She is a member of The Abbey Art Group in Celbridge and has recently set up The Leixlip Art Group. This exhibition is Christina's first solo exhibition.

Maynooth Community Library's Exhibition Space Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from August 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
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Sunday – Bank Holidays: 12:00 noon – 4:00pm

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

Wage Subsidy Scheme for people with disabilities

What is the Wage Subsidy Scheme (WSS)

The Wage Subsidy Scheme gives financial support to employers who employ people with disabilities. The scheme is a workplace support for employers from the Department of Social Protection (DSP).

How the WSS works

Sometimes, a disability can restrict an employee's productivity compared to other staff, regardless of their ability to do a job. In this case, the Wage Subsidy Scheme (WSS) makes up the shortfall in productivity directly to the employer (who pays the employee as usual).
While it is generally illegal to discriminate against an employee based on disability, discrimination on the grounds of disability is allowed if there is clear evidence the employer would face significantly increased costs if the discrimination were not permitted.
For this reason, employers who employ staff with disabilities, with proven productivity rates of 50-80%, will not lose out as the subsidy makes up for any shortfall in productivity.

Under the scheme:

- The DSP completes an annual review based on the performance of the employee in the previous 12 months.
- The employer must complete a productivity assessment form that certifies the employee's productivity deficit.
- The DSP can conduct additional monitoring visits, without notice, to the place of work.

What companies can use the WSS?

The Scheme is available to **private sector** employers who can employ workers with a disability between 15 and 39 hours per week.
The minimum weekly hours threshold for eligibility was reduced from 21 to 15 hours from 1 April 2024.
An employer can offer more than 39 hours each week, but they can only claim a subsidy for up to 39 hours.
The contract of employment offered must be for a minimum of 6 months.
You can get more information in the Operational Guidelines for the Wage Subsidy Scheme.

WSS and third parties

WSS is only available to the company or organisation that directly employs the person to do a job. It cannot be used by any other third parties, such as recruitment agencies or other agents that help the company find and manage employees (for example, payroll services).

If your business gets other financial support from the State

If your business is already getting payment under the Wage Subsidy Scheme, you cannot get additional financial help from the government for the same employee's employment costs.

Which employees can take part in the WSS?

You must be at least 18 years of age to participate in the WSS.
The scheme is not available to:

- Self-employed people
- People on Community Employment schemes
- Employers who avail of the JobsPlus Scheme

If you get a disability payment

You can qualify for the WSS without a medical assessment if you are getting one of the following disability payments:

- Disability Allowance
- Blind Pension
- Disablement Pension awarded at 20% or more for life

You can also qualify for the WSS if you are getting an Illness Benefit, Invalidity Pension or Partial Capacity Benefit. However, you must come off these payments to take part in the WSS.

Currently, if you are getting Disability Allowance or Blind Pension, you can stay on your payment alongside the WSS, but it will be reduced. You must contact the Disability Allowance or Blind Pension section in DSP to tell them you are starting work. Read more about how your payment will be reduced on Citizens Information Disability payments and work section.

If you get the Disablement Pension at less than 20% for life

If you get a Disablement Pension or Gratuity assessed at less than 20% for life, or if you have been awarded a Disablement Benefit based on a provisional assessment, you need:

- A recent specialist's report or doctor's letter confirming your disability
- A confidential medical report form, filled out by your doctor, confirming that you have a disability which could cause a shortfall in productivity

If you are not getting a disability payment

If you are not getting a disability payment, you can still apply for the WSS.
To apply, you need a recent specialist's report or doctor's letter confirming your disability.
Your doctor must also fill out a confidential medical report form confirming that you have a disability which could cause a shortfall in productivity.

Other support for people on the WSS

People on the Wage Subsidy Scheme (WSS) may also qualify for other work-related income supports, including:

- Back to Work Family Dividend
- Working Family Payment (WFP)
- Part-Time Job Incentive

You should contact your local Intreo Centre or Social Welfare Branch Office for more information. Or, for information on the Working Family Payment (WFP), contact the Department's WFP section directly.

Keeping your medical card and other benefits

You may be able to keep your medical card and certain extra benefits for a number of years after you start work on the WSS scheme.
If you were unemployed for 12 months or more before starting work on the WSS, you can keep your medical card for 3 years from the date you started work.
You may also be able to keep any extra benefits you were getting before you started the WSS employment scheme, such as:

- Free Travel
- Household Benefits package
- Living Alone Increase
- Fuel Allowance

You should tell the DSP that you have started work on the WSS scheme and ask how your individual payments will be affected.
You can continue to get the WSS until you become eligible to apply for a State Pension.

Payment rates

The Department of Social Protection (DSP), the employer and the employee must agree on the productivity shortfall, if any.
The employer pays the employee the going rate for the job. The employer is then paid a subsidy of €6.30 an hour for the hours worked. The maximum annual subsidy to the employer is €12,776, based on a 39-hour week.

The employer may get additional funding, depending on which strand of the WSS they fall into – read 'the different strands of WSS' below.
Employers are paid the grant by electronic fund transfer.
Employers may get the WSS for employees who are entitled to keep their Disability Allowance (DA) or Blind Pension (BP). Although, generally, the employee must give up their primary social welfare payment when they start work under the Wage Subsidy Scheme (WSS). For example, if you are on Jobseeker's Allowance, you must stop claiming this payment.

Frequency of payments to the employer

The Department of Social Protection (DSP) will generate a 'wage subsidy request' on Welfare Partners for the workplace every 4 weeks. This will:

- List all WSS participants who are employed at the workplace
- Specify the calendar dates for which the WSS payment is due for the employee(s)

Each week, the employer should fill in the hours worked by each employee and the total gross wage paid to them for the 4-weeks.

You should complete this online 'wage subsidy request' within 12 weeks of the date of issue, or the wage subsidy may not be paid to you.
You can include periods of paid leave as hours worked, but the WSS payment may be affected if the employee was getting a social welfare payment. Periods of unpaid leave are not counted towards the WSS.
When no salary at all is being paid by the employer, no wage subsidy payment will be made to the employer.

(Continued on page 25)

KNOW YOUR RIGHTS (Cont.)

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**

(Continued from page 24)

The different strands of WSS

The WSS is divided into 3 strands.

Strand 1

Strand 1 is a wage subsidy payment paid to the employer if an employee with a disability has a productivity level of between 80% or less (compared to other staff).
The employee must work at least 15 hours a week. There is some flexibility in how your weekly work hours are calculated. For example, you can work a minimum of 10 hours in one week, once you work 84 hours over 4 weeks.
The subsidy is €6.30 an hour for the hours worked. The maximum annual subsidy is €12,776 based on a 39-hour week.

Strand 2

Strand 2 is a 'top-up' payment to companies that employ more than 2 people with disabilities. Depending on the number of employees with disabilities, the employer can get between 10% -50% extra WSS for supervisory, management and other work-based costs.

Number of employees with a disability:	Grant 'top-up' paid to the employer:
3 to 6 employees with a disability	10% of wage subsidy paid
7 to 11 employees with a disability	20% of wage subsidy paid
12 to 16 employees with a disability	30% of wage subsidy paid
17 to 22 employees with a disability	40% of wage subsidy paid
23 + employees with a disability	50% of wage subsidy paid

Strand 3

Strand 3 is a grant to companies employing 25 or more people with disabilities. The grant is €30,000 per year.
The grant is used to employ an 'Employment Assistance Officer' (EAO) at the company. The EAO supports and assists employees with their employment needs. A company can only have up to 5 EAO positions subsidised under the WSS.

How to apply

What the employee needs to do

The employee must complete the employee application form (pdf) and meet the DSP Case Officer to register on the WSS system as someone with a disability.

What the employer needs to do

The employer must complete the employer application form (pdf) and productivity level report form (pdf), as agreed with the employee.
The employer should send completed forms to their local DSP Intreo Office, or to the DSP Case Officer dealing with the case if they know who this is. Forms can be sent by email to the relevant Case Officer, if known.

Employers must also provide a current tax clearance certificate and a signed contract of employment detailing the terms and conditions of employment.
If you are an employer applying for Strand 3 WSS funding, you should complete the application for Strand III Grant form, which you can get from a DSP Case Officer. You must also provide supporting documentation – read the Operational Guidelines for the Wage Subsidy Scheme for more information.

More information

Read more about working with a disability. Home (citizensinformation.ie)
You can also get more information on the Wage Subsidy Scheme from the Department of Social Protection. You may want to contact your local Intreo Centre or Social Welfare Branch Office for information on the Wage Subsidy Scheme and the impact it might have on your other payments. If you are applying for the Wage Subsidy Scheme, you can download the relevant WSS application forms from gov.ie.

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!

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!

**Bring flowers of the rarest
bring blossoms the fairest,
from garden and woodland and hillside and dale;
our full hearts are swelling,
our glad voices telling
the praise of the loveliest flower of the vale!**

**O Mary we crown thee with blossoms today!
Queen of the Angels and Queen of the May.
O Mary we crown thee with blossoms today,
Queen of the Angels and Queen of the May.**

May Hymn to Our Lady

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&
Administration of Estates
Family Law, Divorce, Separation**

**Telephone: 6285711
Fax: 6285613**

**E-mail: info@marycowhey.com
www.marycowhey.com**

Achievements of MAFT since it was established in October 2022



October 2022, the Maynooth Autism Friendly Towns Committee was established, marking a significant step towards enhancing the support for the autistic community in Maynooth. The committee officially launched its initiatives in January 2023, extending invitations to key stakeholders from various sectors including business, education, sports, and community groups. Aligned with the overarching mission of AsIAm and the Maynooth Community, the primary goal of the Maynooth Autism Friendly Town Committee is to empower autistic individuals and their families. They aim to achieve this by fostering an inclusive environment that enables active and meaningful participation within the local community of Maynooth.

Since January 2023, the Maynooth Autism Friendly Towns Committee has been actively supporting families in Maynooth. They have organised various events and offered training to local businesses and organisations to make their premises more welcoming for autistic people. Below are some examples of the work MAFT has accomplished:

Christmas is a magical time of year, but for some autistic individuals, it can be overwhelming. The constant flashing lights and non-stop music throughout December can lead to sensory overload for many autistic people. Members of the MAFT committee have personally experienced this challenge, which motivated them to take action. Their first initiative in 2022 was to create a new Christmas experience for families in Maynooth. In collaboration with the Glenroyal Hotel, they organised a Sensory Santa event specifically tailored for twenty families who would typically avoid standard Santa events due to sensory sensitivities. Families who had never attended Santa before attended. In December 2023, MAFT and the Glenroyal hotel extended the invitation to thirty families. In 2024, we hope to increase the numbers further for more autistic children to feel the magic of Christmas in an environment that suits them.

In March 2023, MAFT accomplished a significant milestone by securing a permanent space during the Maynooth St. Patrick's Day Parade known as the "Quiet Zone." Within this designated area, the volume of all music played by parade participants is lowered, ensuring a sensory-friendly environment for autistic individuals. In 2024, MAFT introduced sensory fidget toys and ear plugs as further accommodations for those with auditory and other sensory differences.

During April of 2023 and 2024, MAFT, working closely with local schools, has consistently arranged non-uniform/colourful clothes days. These events serve a dual purpose: to increase autism acceptance among students and to generate funds for both the Maynooth Autism Friendly Towns Committee and their charitable collaborator, AsIAm.
In May 2023, MAFT achieved a significant milestone by winning the Intel Pride of Place Awards, securing €5000 in funding. This financial support enabled them to establish Maynooth's First Autism Hangout Clubs for autistic tweens and teens, providing a safe and inclusive space for these individuals to socialise and engage in meaningful activities.
June 2023 was an incredible busy month as MAFT commenced their initial parent social meetups which have since become regular coffee mornings. Additionally, during the same month, MAFT organised and sponsored a Lámh training session for the Maynooth community, providing individuals with the opportunity to learn and apply this AAC sign system, thus fostering greater inclusivity and communication within the local area.
MAFT actively participated in the Picnic in the Park event held in the Harbour Field Maynooth in June 2023, where they distributed numerous pamphlets and leaflets containing information from AsIAm. They also engaged with the community, answering questions, and soliciting feedback about the programs they were implementing.

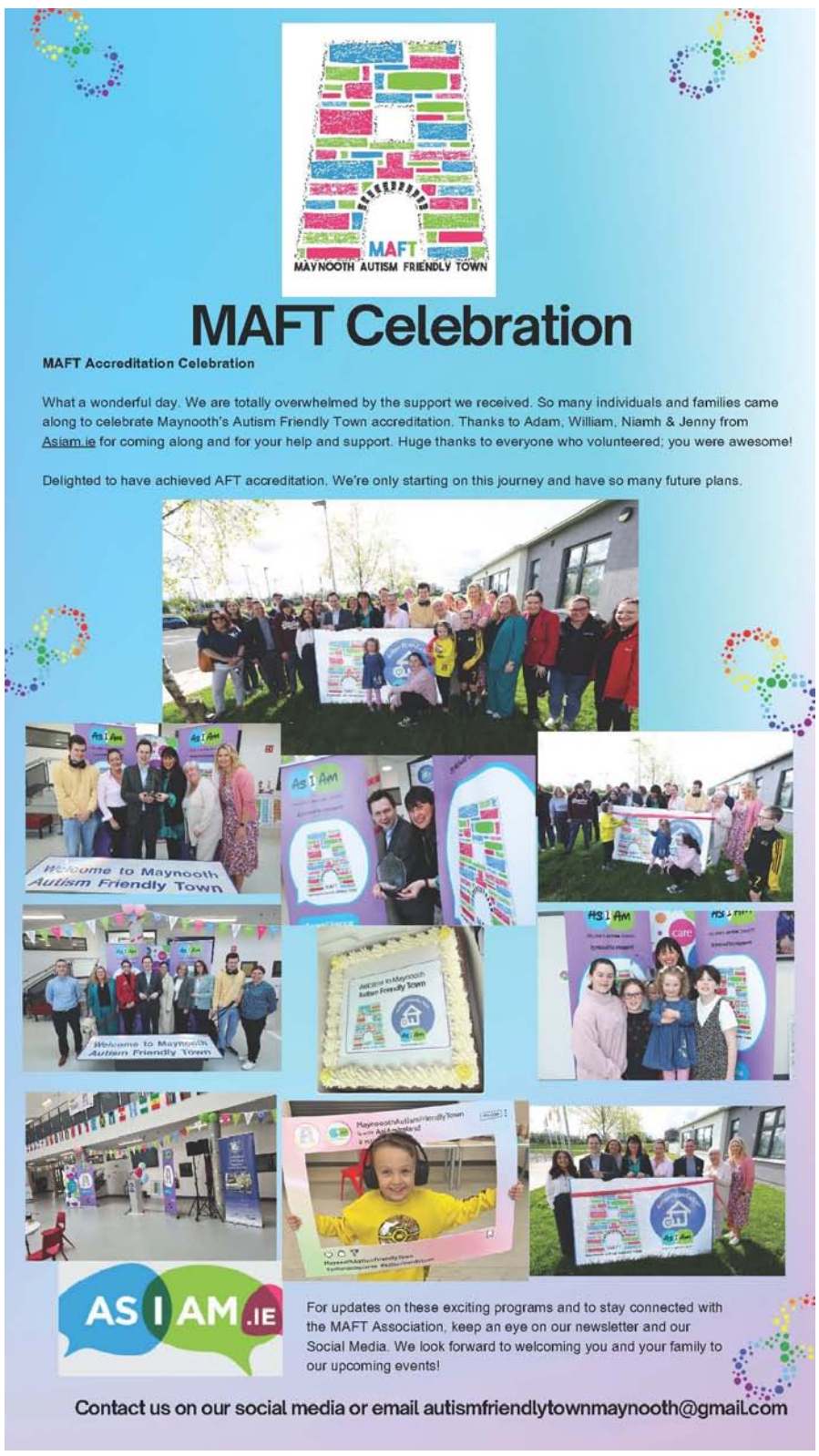
Over the summer months, the MAFT committee dedicated their efforts to crafting a website, laying the groundwork for a digital platform that would serve as a hub for information and resources related to autism support and inclusivity initiatives in Maynooth.

In September 2023, MAFT collaborated with the Tidy Towns committee to discuss their shared vision of establishing a sensory garden accessible to all members of the community. This ongoing project involves multiple partners, including The Lions Club, The Tidy Towns, The Maynooth Community Church, and SAP Landscaping. The aim is to create a serene and inclusive environment that meets the needs of autistic individuals while providing relaxation and enjoyment for the entire community. This project is due to be completed by the end of 2024.

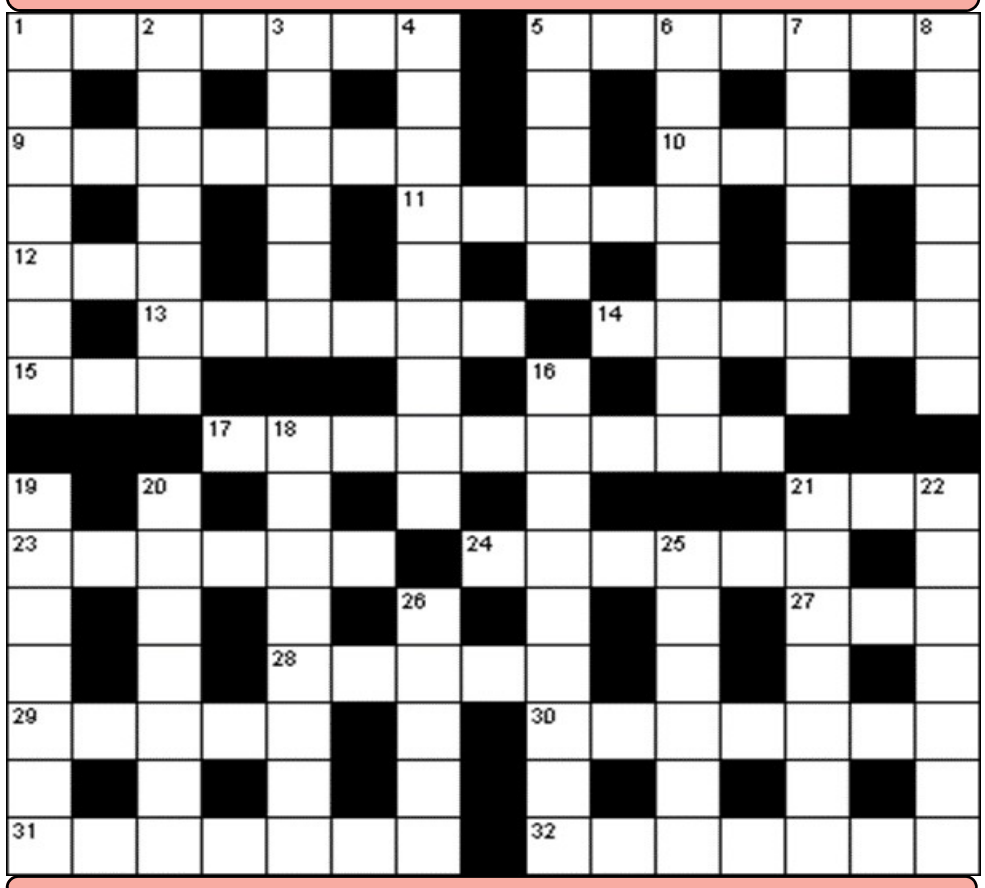
In October 2023, the Presentation Girls School organised its inaugural sensory Halloween disco, enabling autistic students to fully participate in the festivities alongside their peers. Notably, the Presentation Girls School is home to the Busy Bees autism preschool in Maynooth, exemplifying a commitment to inclusivity and providing opportunities for all students to engage in school activities. This event showcased inclusion at its finest, fostering a sense of belonging and community among all students.
November 2023 marked a pivotal moment for MAFT with the launch of MAFT/AsIAm Hangout Groups for autistic children and teenagers at Maynooth Community College. Extensive planning and training preceded this milestone. Following the inaugural session, MAFT requested AsIAm to transition to bi-monthly meetings due to the overwhelming success. AsIAm graciously provided additional funding to support these facilitated groups, and Maynooth Community College generously granted the use of their facilities for the additional sessions. Since December, these hangout groups have provided support to an impressive forty-eight autistic students each month. Demand for these groups is incredibly high, with spots filling up within hours of opening on the online booking system. Maynooth's hangout groups stand out as one of the most successful facilitated groups run by AsIAm in Ireland, demonstrating the community's dedication to providing valuable support and resources for individuals on the autism spectrum. MAFT provide a parent room during autism hangout clubs which is crucial as it offers a comfortable space for parents to gather, chat, and discuss their children without any stigmas attached, allowing for the exchange of valuable information and support over a cup of tea or coffee. On the 28th of November 2023, MAFT organised its inaugural Adult Hangout at O'Neill's Bar in Maynooth. The event proved to be an overwhelming success underscoring the need to establish a similar facilitated adult hangout group in a comparable setting to the existing tween and teen groups. 2024 has proven to be a momentous year for the Maynooth Autism Friendly Town initiative.

In February, MAFT achieved accreditation from AsIAm as Ireland's second Autism Friendly Town in Ireland . April saw the launch of the first Adult Hangout Group at Maynooth Community College, marking a significant step toward catering to the needs of autistic adults in the community. This initiative seeks to provide a welcoming and adaptable environment where individuals can gather with friends, empowering them to advocate for their needs and fostering self-advocacy. Thanks to the generous support of Maynooth Community College, the initiative has secured a venue for the social club. Additionally, AsIAm's assistance in recruiting a Garda Vetted Autistic Adult to oversee the club ensures that it is led by autistic individuals, further promoting empowerment and self-advocacy within the Autism Community.

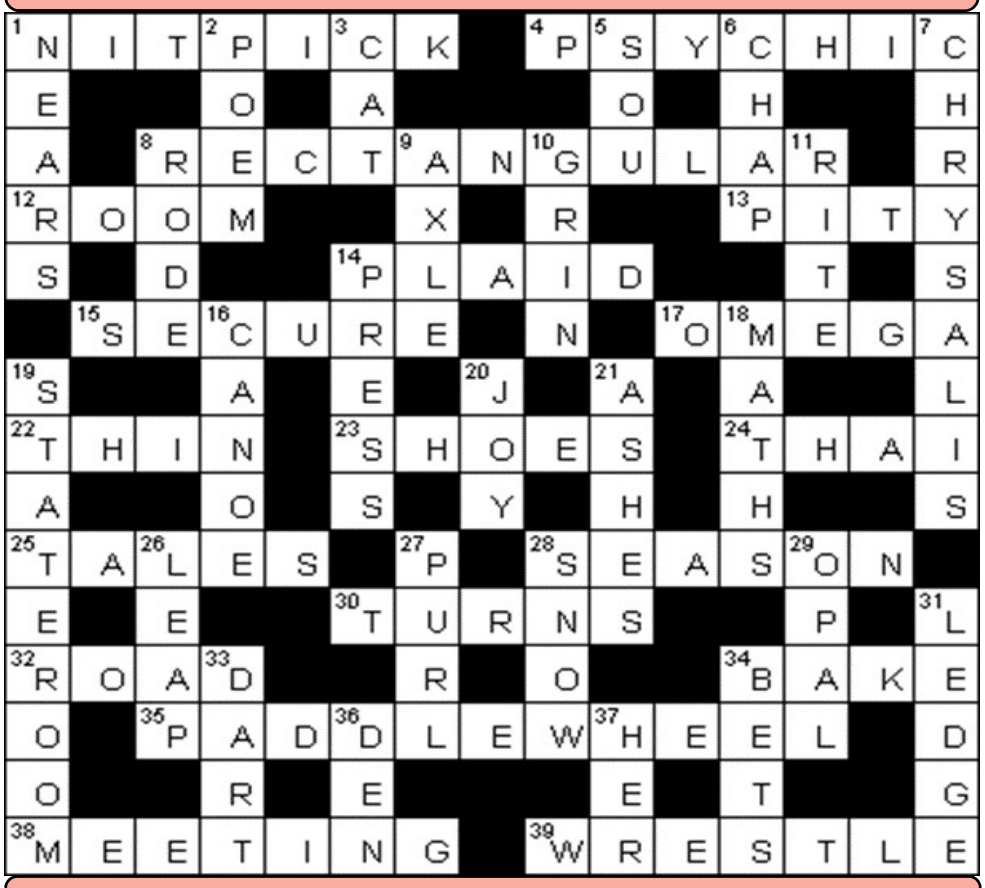
These initiatives exemplify the committee's dedication to fostering inclusivity and creating memorable experiences for all members of the community within.



May 2024 Crossword - No. 534



Solutions to Crossword No. 533



Clues Across

1. Nevertheless (7)
5. Diabolical (7)
9. Mistrust (7)
10. Person that loses (5)
11. Path (5)
12. Advanced in years (3)
13. Subsides (6)
14. Takes fright (6)
15. Lock opener (3)
17. Alien (9)
21. Sink or bend downward (3)
23. Concurs (6)
24. Toepiece (6)
27. Besides (3)
28. Seaport in NW Israel (5)
29. Tomb (5)
30. Loudly (7)
31. Refuge (7)
32. Flap attached to a cap (7)

Clues Down

1. Cushion for kneeling (7)
2. Day for washing clothes (7)
3. Capital of Austria (6)
4. Dog trained to retrieve game (9)
5. Rub vigorously (5)
6. Put up with (8)
7. Opening of the nose (7)
8. Pertaining to Cornwall (7)
16. Lack of knowledge (9)
18. Heat to excess (8)
19. Car shelters (7)
20. Warship (7)
21. Sporting dog (7)
22. Command to a horse (7)
25. Roe of sturgeon (6)
26. More pleasant (5)



Sudoku Challenge

Difficult

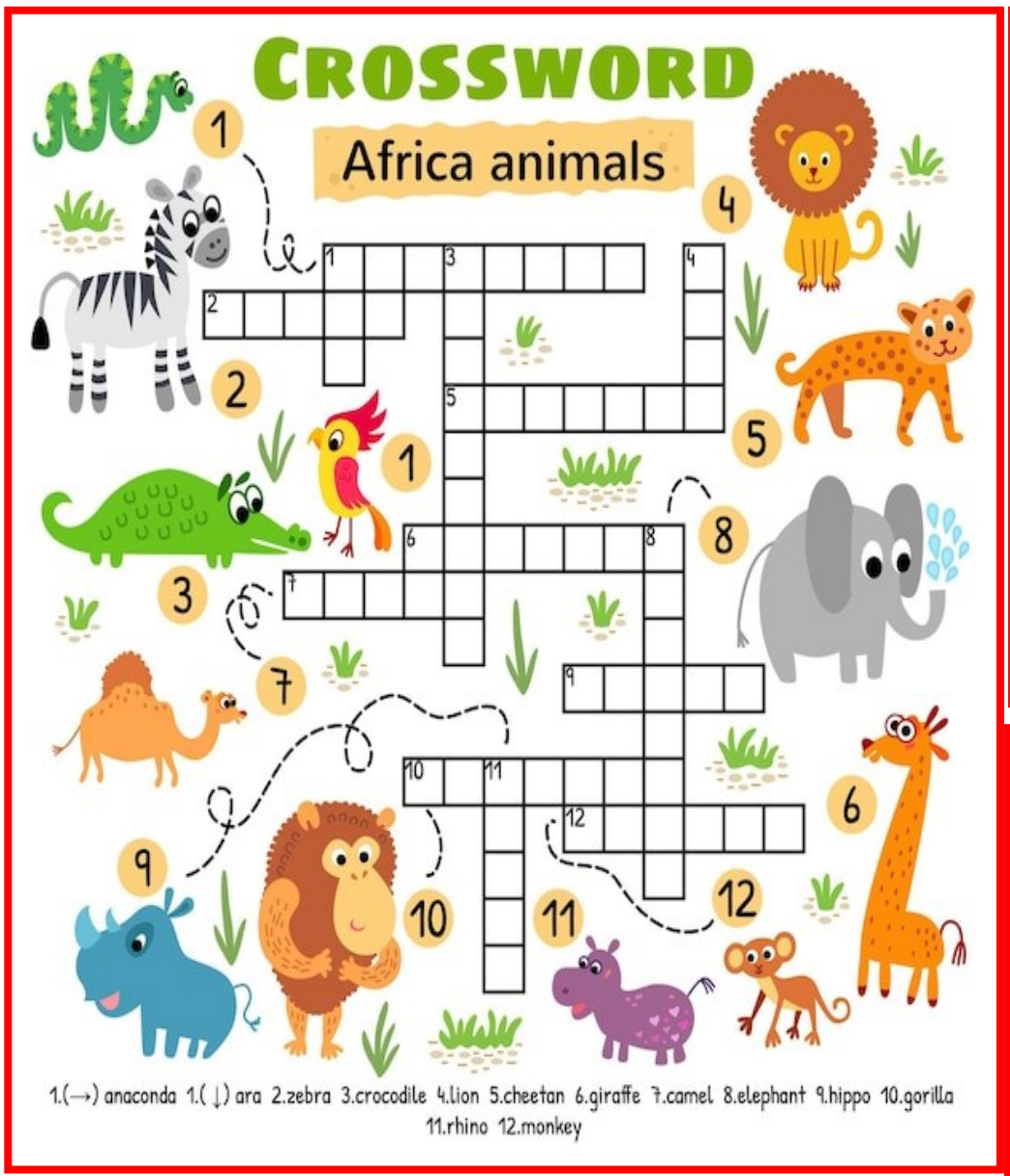
3	7							
								9
			9	2	6		8	
					3	4		8
	3	4	8		1	2	9	
8		5	6					
	2		4	7	9			
1								
							6	4

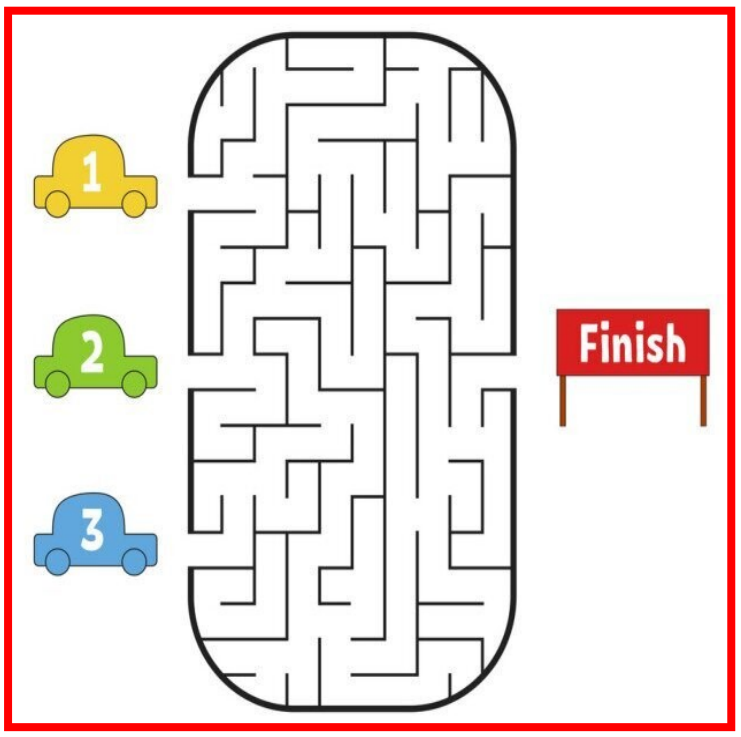
Super Difficult

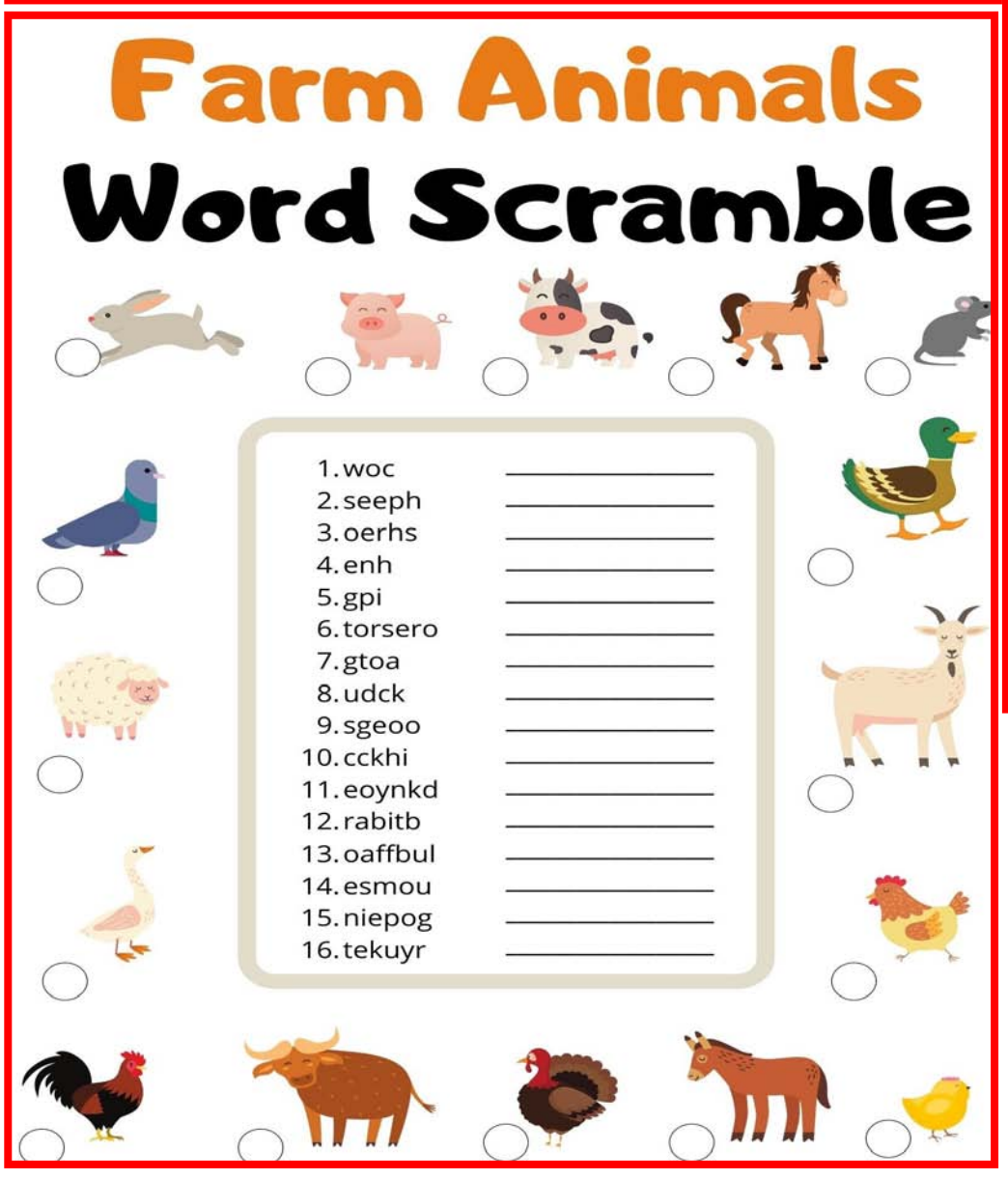
						9	4	
	9		5					
		3		9		1		6
		1		6		3	2	
	4		1		3		8	
	3	8		7		6		
3		9		5		8		
					2		6	
	2	7						

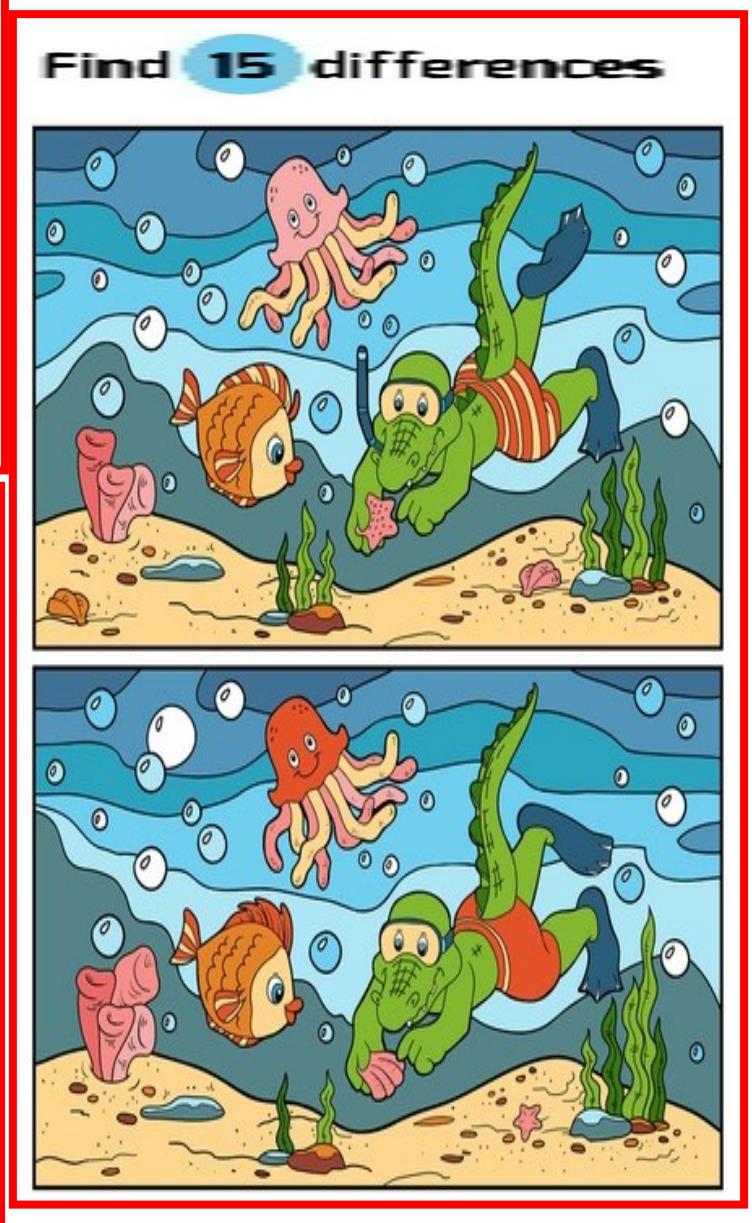
If you have access to a printer and wish to complete the Crossword and/or Sudoku for fun you can print the single page by going to File -> Print and print the single page number only.

Junior Puzzles









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



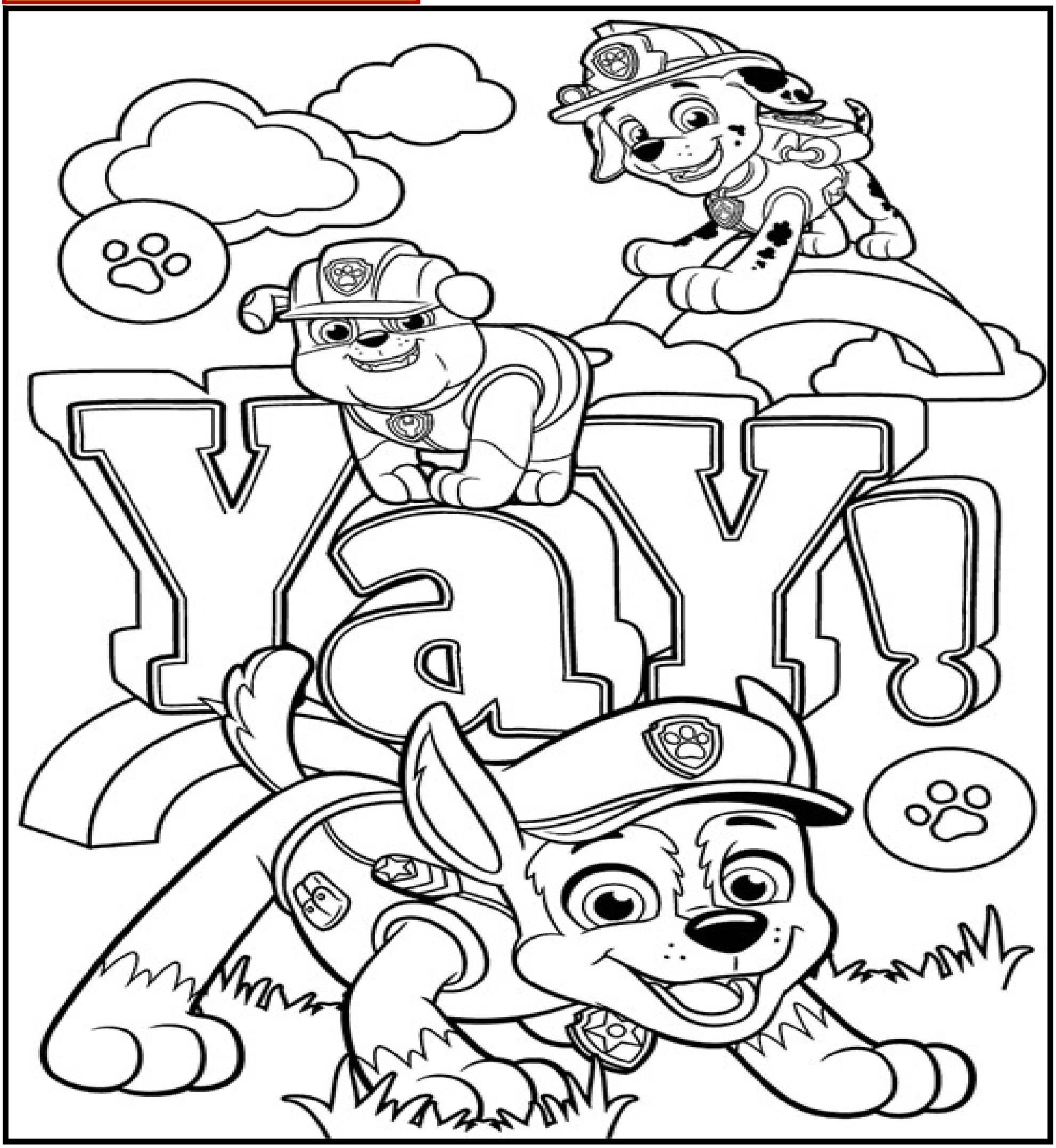
All puzzles sourced free from Google



KIDDIES COLOURING PAGE

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

All puzzles sourced free from Google



Lighter Chili con Carne with Cauliflower 'Rice'



Ingredients

For the cauliflower ‘rice’
150g/5½oz cauliflower
1 tsp olive oil
salt and freshly ground black pepper
For the chili con carne
1 tsp rapeseed oil
½ medium onion (60g/2¼oz peeled weight), finely chopped
1 garlic clove, crushed
75g/2½oz 5% fat beef mince
200g/7oz tinned chopped tomatoes
1 level tbsp. tomato purée
pinch chili powder

Method

Preheat the oven to 200C/180C Fan/Gas 6.

To make the ‘rice’, put the cauliflower in a food processor and pulse for 30 seconds, or until it has the texture of rice. Stir in the olive oil and season. Spread the 'rice' onto a baking tray and bake for 15 minutes. Meanwhile, to make the chili con carne, heat the rapeseed oil in small saucepan over a medium heat. Add the onion and cook for 3 minutes. Stir in the garlic and mince and cook for 4 minutes.
Mix in the tomatoes, tomato purée and chili powder. Season and simmer for 15 minutes. Add the kidney beans and cook for 2 minutes more.



Serve the chili with the cauliflower 'rice'.

Source: www.bbc.co.uk/food

Coffee banana bread



Preparation time
30 Minutes
Cooking time
30 mins to 1 hour
Serves 6

Ingredients

3 very ripe bananas, peeled and roughly chopped
110g/3¾oz caster sugar (or soft light or dark brown sugar)
2 free-range eggs, beaten
1 tbsp. instant coffee, dissolved in small amount boiling water, or 1 espresso shot
pinch nutmeg (or cinnamon or 1 tbsp. finely chopped stem ginger)
pinch salt
85g/3oz unsalted butter, melted, plus extra for greasing
225g/8oz self-raising flour (or use 225g/8oz plain flour and 1 tbsp. baking powder)
100g/3½oz chocolate, broken into small pieces (optional)

Method

Preheat the oven to 190C/170C Fan/Gas 5 and grease a 1 litre 1¾ pint loaf tin (or similar-sized round or square cake tin).
Mash the bananas in a bowl with the sugar, eggs, coffee, nutmeg and salt until everything is thoroughly combined. Stir in the butter, flour and chocolate, if using. Pour into the tin and bake for 50 minutes.
Remove from the oven and leave to cool slightly in the tin. Turn out onto a wire rack to cool completely and then serve in slices.

Source: www.bbc.co.uk/food



May Gardening Advice
May is the month where the cooler, wetter days of spring have ended, the temperature is rising, and the warmth of summer is just around the corner. All that sunshine and rain means that plant growth is speeding up and flowers are beginning to bloom, bringing bursts of vibrant colour to the garden. Of course, this means lots of gardening jobs in May to keep your outdoor spaces looking tidy, but with the longer, warmer days it’s the perfect time to be outside enjoying the fresh air.



May is here and spring is starting to come to an end whilst summer is getting closer. This month is where plant growth seems to speed up and everything comes into bloom. There is lots to do in May to keep your garden looking tidy, to get it ready for the summer months. You should start to see a difference in the weather with more sunshine and the temperatures slowly rising, which means there are lots of opportunities for you to be out in the garden.

Hardening off plants – summer bedding
Plants which are raised indoors are delicate and need to be gently acclimatised to cooler outside temperatures before you can plant them outside; this process is called ‘hardening off’ With warmer summer days, May is the perfect month to do this.

Start hardening off by bringing your plants out of the greenhouse during the day and returning them inside during the cooler evenings; this should be done for seven days. After a week, you can start to leave them outside during the night, but make sure you cover them with fleece, so they don’t get too cold; this should be continued for seven days. You can now plant them outside as they will be hardy enough to withstand the cooler nights; just keep an eye on the forecast and avoid planting out until the risk of frost has passed.

Plant hanging baskets and patio containers
To make sure you have lots of beautiful displays of colour throughout the summer now’s the time to decide on your hanging basket plants and those for container gardening and plant them using a specific container compost such as Westland Container & Basket Planting Mix. Add pieces of broken plant pot to the bottom of any containers and hanging baskets you are using to help improve the drainage. Keep an eye on the forecast and protect your pots or hanging baskets if frost is likely.

Tidy up Perennials



Spring-flowering perennials, such as Pulmonarias and Doronicums, will need cutting back in May before they flower, as this will help them to grow better and produce more flowers. If you have any tall, floppy plants, add supports around them to prevent them from becoming too tall and bushy – there are a wide range of ready-made supports available do this.

Tidy up the foliage of spring bulbs
Now that your spring bulbs have died down and turned brown, it’s time to clear the foliage away; snap off the dead flower heads before they make seed to help them concentrate all their energy in producing next year’s blooms. It’s good practice to place a marker by any bulbs in the ground so that you won’t risk chopping through them later; you can mark where they are in the ground with short canes or sticks.



Sourced: www.gardenhealth.com

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Kildare Planning Applications for Maynooth Area
Planning Applications received from 25/03/2024 to 29/04/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
24137	Kildare County Council	Elizabeth Noone	45 Maynooth Park, Maynooth, Co. Kildare	29/04/2024
2460364	Kildare County Council	EirGrid Plc.	Maynooth 220kV Substation, Taghadoe, Co. Kildare	25/04/2024
2460361	Kildare County Council	David Dunne	Clonfert South, Maynooth, Co. Kildare	24/04/2024
2460344	Kildare County Council	Ciaran & Cynthia Gallagher, Jack Gallagher & Ciara Gallagher	Railpark, Maynooth, Co. Kildare	22/04/2024
2460345	Kildare County Council	David Dunne	Clonfert South, Maynooth, Co. Kildare	22/04/2024
24129	Kildare County Council	Aine & Mark Cooney	Hillview, 85 Newtown Road, Maynooth, Co Kildare	22/04/2024
2460298	Kildare County Council	Dermot & Anne Carroll	Hawthorn, Maynooth Road, Celbridge, Co. Kildare	09/04/2024
2460287	Kildare County Council	Ronan Farrell	60 Maynooth Park, Maynooth, Co. Kildare	05/04/2024
24107	Kildare County Council	Maynooth University	Arts Building, North Campus, Maynooth University, Maynooth, Co. Kildare	28/03/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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.



Local News - June 2024 - Issue No. 535 - Online Version

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

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



Comhairle Contae Chill Dara
Kildare County Council

Picnic in the Park returns for 2024

Sunday 16th June 2024 2 - 5p.m.

Kildare County Council's Climate Action Office and Maynooth Community Council are pleased to announce that following the success of last year's event, 'Picnic in the Park' will return for a second year, in Harbour Field, Maynooth on Sunday 16th June,, 2.00 -5.00p.m.

The theme of the family friendly event is climate change and sustainability and there will be various performers, workshops and information stalls as well as food vendors to make the event even bigger and better.
The younger attendees will enjoy activities such as a willow kite making workshop, seed planting, eco-printing, constructing an insect hotel, face painting while the adults can enjoy comedy, poetry, song, a circus performance or even have a caricature drawn of themselves if brave enough!

Information stalls will offer advice on topics such as energy usage, composting, active travel, biodiversity and new projects/initiatives in the area.

We are excited to welcome the 'Circus of Climate Horrors' to this event. Built and run by researchers at the Irish Climate Analysis and Research Units (ICARUS) Institute at Maynooth University, this interactive experience aims to educate the audience in a fun filled way.

In line with sustainable festivals guidelines there will be a water refill station on site, so people are encouraged to bring reusable bottles. There will be an accessoloo on site for those with access need. We would encourage everyone attending to leave the car at home if possible and use public transport or walk/cycle.
'Picnic in the Park' which is funded through the Local Property Tax, is a free event and promises to be a fun filled day for all ages.

Published by: Maynooth Community Employment Project, Unit 10, Tesco's S.C. Carton Retail Park, Maynooth. Phone - 01-6285922 email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086

Maynooth Newsletter

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Recording the Social Footprint of Maynooth since the 1970s

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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

To quote Andy Warhol "They always say time changes things, but you actually have to change them yourself", is an appropriate reflection on the topics that we are mentioning this month.

In April, after forty-five years, we said goodbye to the Folk Group who had prepared and performed the music for the mass in St. Mary's Catholic Church. Some of the members were part of the folk group from close to the beginning and we thank all of the people who were part of the Folk Group mass. The music added so much to the mass and it will be missed.

In May, the Elite Bakery on Main Street announced that they were closing after forty-two years serving the people of Maynooth and the wider area. The Elite was a great place for people to meet and catch up over tea/coffee and a treat. The Dalton and Bright families were the people involved in the Elite Bakery and we wish them well in retirement or their new venture.



Elite Confectionery on Main Street, Maynooth (photo courtesy of the Elite)

Stage 5 of the 2024 RAS Tailteann was started in Maynooth on Sunday May 26th and it brought out a large crowd of well wishers for the final stage of the race to Bective in Co. Meath. Cycling races are all about timing in terms of the cyclists taking the opportunities to make time on the course. The Minister for Sport, Thomas Byrne TD was on hand in Maynooth to raise the starters flag.
(photo courtesy of Thomas Byrne TD)

It is also exam time of the year again so we wish all students taking exams, the very best of luck. I have more than a passing interest this year with my own son taking his leaving



certificate. To all Maynooth University students who are finishing your studies here, we wish you the best in the next chapter in your careers. No matter what you are all studying, success in life is not down to exams alone as time will tell you in the future.

At MCEP we mark forty years of continuous community employment schemes next year and it is certainly time to reflect on our work. During that time in addition to publishing the monthly Maynooth Newsletter, hundreds of local people had the opportunity to come into the project to gain training and employment experience to enhance their skills. The range of activities has changed over the years as originally operations such as Citizens Information, Summer Projects, publications of local history books were part of the schemes. The scheme today continues to provide a public office providing services to the community and community groups as well as maintaining the environs of Maynooth Harbour and Maynooth Town Football Club grounds. Maybe best to end on a quote as well from Kahlil Gibran "Yesterday is but today's memory and tomorrow is today's dream."

Local and European Elections will take place on Friday 7th June 2024. We have included a sample of both Ballot Papers on pages 20 & 21.
Best Wishes to ALL Candidates in both Elections

Paul Croghan - Editor

Copy date for the July edition will be 5pm on Tuesday 25th June 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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

Judging has started in the Tidy Towns Competition 2024. At the time of writing we still haven't received our 2023 Gold Medal, fingers crossed this will rectified in the not too distant future.

May was a very busy month for our Volunteers, our big project was working with the Church of Ireland and Intel Volunteers painting the railings outside the Church and creating flower beds inside the grounds. Special thanks to Justin Dunne for providing the machinery necessary to dig out the beds and Conor Dempsey for driving. We also thank Barretts Hardware Maynooth for providing the sleepers and all the other equipment necessary to complete. We will be planting flowers in the beds next week. This work should really enhance this area that we call Maynooths Heritage Quarter.

Thanks to all the businesses on Main Street who have painted their Shop Fronts in recent times, our Chairperson Breedge Conway and Vincent Mulready presented them with Certificates of appreciation from TT. We also presented some of the businesses with pots filled with flowers to further enhance Main Street and their shop fronts.

We were busy trimming the Lime trees on Main Street and at the Harbour, the Tidy Towns Judges criticised us in last year's report for not completing this task. I'm sure you will agree they look so much better.

June will be another busy month, we need to tidy up the beds at Maxol and ONeill Park. We have ordered another bench for the Pound which will be installed this month.

We would like to thank Mary McNamara and our local ICA ladies who hosted our tea/coffee and refreshments and promised to invite us back once a month in to the future.
We would also like to thank the Elite for their hospitality to the team over many years. We wish them well in their retirement but like all locals we will miss them especially for the yummy cakes and tasty bracks.











Please follow us on Facebook for weekly updates.

We meet every Saturday morning at our Shed in The Council Car Park at 9am and Wednesday evenings at 7pm.
We also have a rota for the Sunday morning clean up.
Please contact us at maynoothtidytowns@outlook.ie

Mary Molloy
Maynooth Tidy Towns Association

Cllr. Angela Feeney



WHO I AM

- I am a County Councillor, the Deputy Mayor of the Clane-Maynooth Municipal District, Vice-Chair of Kildare County Council Finance Committee and Peace Commissioner.
- From Maynooth, generations back, and I was educated locally.
- Member of the Board of Management of Gaelcholáiste Mhá Nuad
- Worked as a lecturer in French in TU Dublin
- Awarded Chevalier des Palmes Académiques by the French Government for my work in creating links between Ireland and France.
- Served previously as Head of the School of Languages, Law and Social Science in Technological University of Dublin.
- Is Gaeilgóir mé, bhain mé céim sa Ghaeilge agus is mór an onór dom tacaíocht a thabhairt do Ghaelcholáiste Má Nuad.
- Member of Maynooth Playground Committee which helped successfully secure the much needed playground amenity for our children

SINCE I WAS ELECTED IN 2019 I HAVE...

- Submitted a formal motion calling on Kildare County Council to use the vacated fire brigade site at the Harbour for a new Community Hub
- Called on Maynooth University to reopen and upgrade the college pool for community use
- Campaigned on Childcare Shortage and submitted formal motion to have crèches delivered in first phase of new housing developments
- Lobbied for increased GP services and Primary Care Centre for Maynooth
- Submitted motions for safety measures at Maynooth Town Soccer club
- Helped numerous individuals with issues such as housing applications and grant applications
- Worked with residents associations and community groups to support their efforts

WHY GIVE ME YOUR #1 VOTE

- I have a proven track record of hard work as a public representative
- I have lived in this town all my life and know the issues facing families
- My extensive experience in public service shows how I have always tried to help people in both my professional and my private life.

VOTE FEENEY #1

Labour

Maynooth Local Market Thrives, Bringing New Life to Court House Square

Maynooth Local Market is newly established community-led hand/homemade traders' market running every Saturday from 10am to 3pm on Court House Square.
A volunteer-led community initiative, the market is dedicated to ensuring the square is a social, cultural, and commercial hub for our locality.

Since its launch in mid-April, Maynooth Local Market has attracted overwhelming support from the community, showcasing a diverse range of local produce, handcrafted goods, and community projects.

The market offers a platform for local businesses like Dunnes Farm, known for their pasture-raised eggs and seasonal strawberries. Visitors can also purchase fresh fish from the KM Fish Market stall, while FunFoods.ie serves up delicious pizza, crepes, doughnuts and homemade lemonade.

For those who want to purchase unique, hand-made goods, local sellers including GD Melts, So Obsessed and Handicrafts have a wonderful selection of organic and eco-friendly products.

Community at the Heart of the Market:
Beyond supporting local businesses, community is at the heart of the market. Each week, a community organisation has access to a stall free-of-charge to showcase their work, promote upcoming events, or recruit new members or volunteers.

To date the market has hosted groups such as Maynooth Tidy Towns, Kildare Library Service, Maynooth Cycling Campaign, Foróige and the Acre Project.

The market also offers a dedicated kid's zone and family space that has already proved hugely popular, with a variety games, books and bubbles to enjoy. The market's younger visitors have been showing off their creativity each week by decorating Court House Square with some chalk-drawing masterpieces.

Live Music on the Square:
Local musicians have also found a welcome home at Maynooth Local Market. Visitors have been treated to fantastic performances by talented local performers such as Matthew Lennon, Eleanor Quaine, and members of Comhaltas Maynooth who had everyone tapping along to their rousing tunes.

An Invitation to Local Businesses:
Maynooth Local Market welcomes new vendors to join its growing family. All sellers require a casual trading licence issued by Kildare County Council. If you're a local business owner or just starting out as a local seller, reach out via email (maynoothlocalmarket@gmail.com) or social media and the team of volunteers behind the market will support you with your application. Whether you're a baker, farmer, artisan, or anything in between, the market offers a welcoming space to sell your products and connect with new customers.

**So, come experience Maynooth Local Market.
Discover local treasures, enjoy live music, and be part of the vibrant community spirit that's redefining Court House Square.**





















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MAYNOOTH CYCLING CAMPAIGN

Bike Week 2024

Bikeweek started off on a perfect day for cycling with a small group visiting a number of our most historic graveyards. Maynooth Men's Shed headed off on Thursday along the Royal Canal Greenway and enjoyed a tea and a bun in Kilcock. The Chair gave a talk to some 130 transition year pupils in Maynooth Post Primary School and to some 60 transition year pupils in Maynooth Community College. The Campaign wishes to thank teachers Nicola Nelson and Jakki Byrnes in the two schools for facilitating the talks. A raffle was also organised in each of the schools for pupils who cycled to school. Bikeweek finished off with the always popular Family Cycle to Kilcock. With another beautiful day, ice creams were warmly welcomes when we reached Kilcock.

We are sorry that we were unable to proceed with the film Motherload. The makers recommend a two month lead-in in order to gain the maximum benefits so we have decided to postpone the screening until later in the year.

Maynooth Cycling Campaign
With Bikeweek over for another year, Maynooth Cycling Campaign will be focusing on reorganisation. A new Management Committee has been established and it has been decided that we will be moving to a fee paying membership. We are drawing up a list of people who would be interested in joining a fee based membership model. If you wish to join us, email your details to maynoothcycling@gmail.com.

You may have noticed that we no longer include the Cyclist.ie and the ECF logos in our header. Cyclist.ie no longer exists as cycle campaigning nationally has been renewed as the Irish Cycling Campaign. Maynooth Cycling Campaign has decided to remain as a local organisation.

LG24 - Local Government Elections 2024
The Local Government elections 2024 take place on 7th June. Our asks of those running for elections are as follows:

- **Celbridge Road** - our top priority is for the delivery of improved cycling and walking provision at Celbridge Road - the location of two primary schools.
- **"Leprechaun"** Climate Targets - for Kildare County Council to get rid of "Leprechaun" Climate Targets -targets which are unachievable as they add up to 150% rather than 100% of journeys.
- **WHO's H.E.A.T**. tool - for Kildare County Council to introduce WHO's H.E.A.T. tool to calculate the benefits of active travel schemes and to estimate reductions in carbon emissions as carried out in multiple countries.
- **Reporting of Committee Minutes** - for Kildare County Council to publish draft minutes of SPC and Sustainable Transport Forum meetings within 2 weeks as opposed to the current practice of circulating them nearly three months after the meeting.
- **Kiss the Gates Goodbye** – for Kildare County Council (1) to identify substandard accesses to greenways and other active travel routes which are barriers to entry by cyclists and mobility impaired people; and (2) to seek funding for their removal.
- **Safety Concerns at Moyglare Educational Campus** – we support the concerns of the three school principals as detailed in their letter dated 21st April to Kildare County Council re taking in charge, pedestrian crossing, shared paths and Moyglare Road traffic calming.





Road Safety
Traffic fatalities continue to increase. By the 21th May 2024, there had been 79 road fatalities including 14 pedestrians and 5 cyclists. In 2023, there were a total of 8 cyclist fatalities.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at maynoothcycling@gmail.com . Further information on the campaign is available on our website.

cyclist.ie the Irish Cycling Advocacy Network

ECF EUROPEAN CYCLISTS' FEDERATION



Cllr. Angela Feeney Maynooth Labour News

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

Councillor Angela Feeney this week welcomes the commencement of works to install a push button pedestrian crossing on Newtown/Rathcoffey Road at Maynooth Town Football Club. Cllr Feeney met with the area engineers on site in February last year with club members to show how dangerous it is to access the club on foot or by bike. There is a footpath on one side of the road, opposite the club which means that children currently have to try and cross a very busy road. So, on foot of that meeting, Cllr Feeney submitted a motion in March 2023 which received the full support of all councillors.

In order to fund the project, local property tax funding was agreed and allocated. Cllr. Feeney said that the installation of a push button pedestrian crossing will make it much safer to get to and from the club on foot or by bike but it will have the added benefit of slowing down traffic on this very busy stretch of road. Many local residents are often in touch about speeding and the increased volume of traffic on this approach road to the town that has a lot of housing estates with young families out walking and cycling.

Councillor Feeney thanks Kildare County Council and the area engineers and staff for the delivery of this important safety measure. She also thanks her fellow councillors for their support.
Ní neart le cur le chéile.





St. Mary's Brass & Reed Band

Our concert in aid of Trocaire in St. Patrick's College Chapel last month was a very special evening for the Band where we joined by Maynooth Parish Choir and by our own Academy Band. Despite the heavy rain there was a good turnout and those who attended were very generous with their donations all of which went to Trocaire towards the very valuable work they are doing throughout the world.

The Band was delighted to make a small musical contribution to the special Mass on Friday 24th May to celebrate the 50th anniversary of the Salesian Order who have been ever present in Maynooth College over that time.

Our summer programme continues with our visit to the Picnic in the Park in the Harbour on Sunday 16th June and we are hoping for better weather this year. This promises to be a very community based event and we welcome budding musicians as well as those who can play an instrument to talk to us about joining our Senior or Academy Band where you will be made most welcome.

We are looking forward to paying a return visit to the Bad Orb International Music Festival in Germany next September where we will again be joining 35 other bands from all over Europe and we will be the sole Irish Band taking part. As there is a considerable transport cost connected with the trip the Band are holding a collection on Saturday 22nd June in the shopping Centre's in the town, so hopefully we will receive your generous support to cover some of theses costs. The Band members will be looking after their flight, accommodation and meals for the trip.



St. Patrick's College Chapel



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Maynooth Senior Citizens Committee

Maynooth Senior Citizens Committee continues with the usual Thursday morning Club activities, bingo and art.

Club members have been working towards an exhibition of their art work which will take place for the month of June in the Maynooth Community Library. Please come along to see the wonderful array of acrylic paintings by our senior citizens. The exhibition titled "A Brush with Colour" will be on display during library opening hours.

Thank to the hard work and persistence of our Chairperson Garry Bermingham we are not up and running on Facebook and Instagram. Please check us out and follow us.

Thanks to all who supported us on our church gate collection on the 18th and 19th May.

Speaking of funding we would appreciate if people could nominate our Charity in order to be in with a chance to avail of the AIB Community fund 2024. Our registered charity number is 20017521.

Susan Durack, PRO

Maynooth Senior Citizens Committee

E-mail: maynoothseniorcitizens@gmail.com

ART EXHIBITION

by Maynooth Senior Citizens Thursday morning Art Club

"A Brush with Colour"
will feature selected works in acrylic from a body of works completed during the last two years.

The exhibition will run for the month of June in Maynooth Community Library during library opening hours.



All welcome.



Father's Day Sunday 16th June

Maynooth Newsletter

Maynooth Newsletter Management, Editorial Board & Team

Wish all those that are doing exams the best of luck. You can only do your best and try not to stress out too much.

Remember that exams are just one part of your journey. May your hard work bring you closer to your dreams.

P.S. you get a mark for spelling your name right!



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Pet Care for Summer Dips

There are many risks for a dog to swim in water, fetch toys or even just paddling – water ingestion, toxic blue-green algae, underwater hazards such as broken glass, fishing hooks that can cause nasty injuries and be difficult to remove etc.

When walking by water it's important to have a well-practised recall, and food-manners/leave it, to be able to call your dog away from tempting distractions like birds and fisherman's lunches or kids feeding birds with bread etc.

It therefore might also help to take a harness and longline lead with you so you can ensure control over your dog while still permitting them some freedom to roam a little.

Some dogs will naturally want to enter water, some might even leap in so you do need to be vigilant and pop your dog on lead if they might jump into water they can't necessarily easily get out of.

Never force your dog to enter the water. If you'd like to encourage your dog to paddle and they're a little unsure, choose a sloping flat 'beach' so they can walk in without having to take any 'leap of faith' and ideally where the bottom can be seen. Let them go at their own pace and if they don't want to paddle that's fine – if you let them decide for themselves, they'll feel safer and of course they need to trust you to be there to help them out and not ever make them feel uncomfortable.

Another risk with waterside walking is that sometimes you get reeds or water grasses very close to the edge and dogs don't realise this is water and run onto it then suddenly plunge in. Some dogs will enjoy playing with toys in water, and will swim out to fetch these so you need to make sure it's safe to play like this, and that you have a toy that will float and be visible once floating, plus easy for your dog to hold with their mouth and don't throw any toys too far.



It's important to consider the size and swimming ability of your dog when you are allowing them to get into the water. For example, a fast-moving river might be ok for a larger dog like a Labrador, who is comfortable swimming to enter. However, this might not be suitable for a small dog like a Chihuahua, an older dog, or a dog that is new to swimming.

Some dogs who suffer with ear infections need to be careful about getting their ears wet, as it can exasperate their issues. All dogs should be fully vaccinated when around canals/rivers/lakes as some waterways can be a source of infectious disease. Keep your dog on a lead around water which is known or suspected to have blue-green algal blooms, and do not let your dog drink from them, or swim in them.

If your dog has been swimming anywhere outside, it is sensible to rinse them thoroughly with clean water afterwards, as dogs can indirectly ingest the toxins from their coats when they lick themselves afterwards.

If you suspect your dog has been poisoned, seek veterinary attention immediately. There is no antidote for the toxin, but prompt intervention can improve the chances of survival.

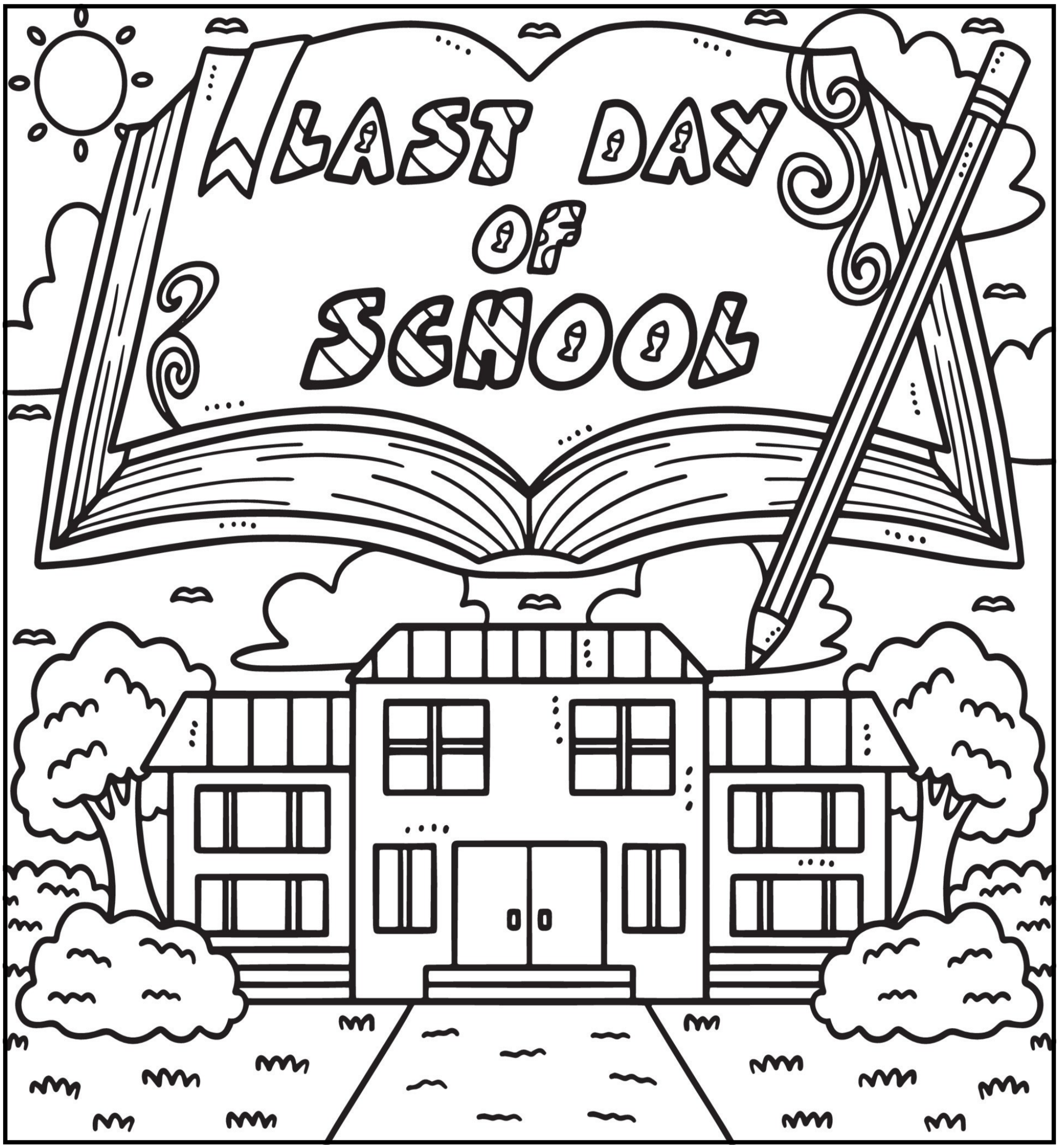


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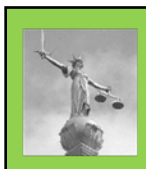
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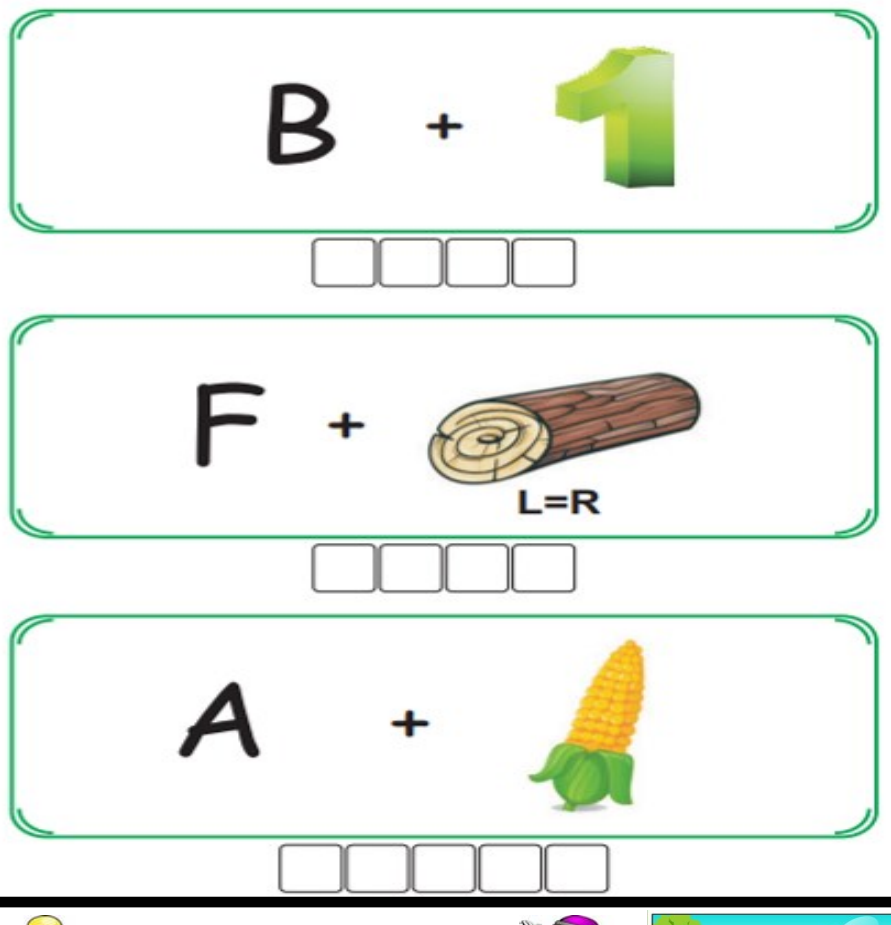


Summer Word Search

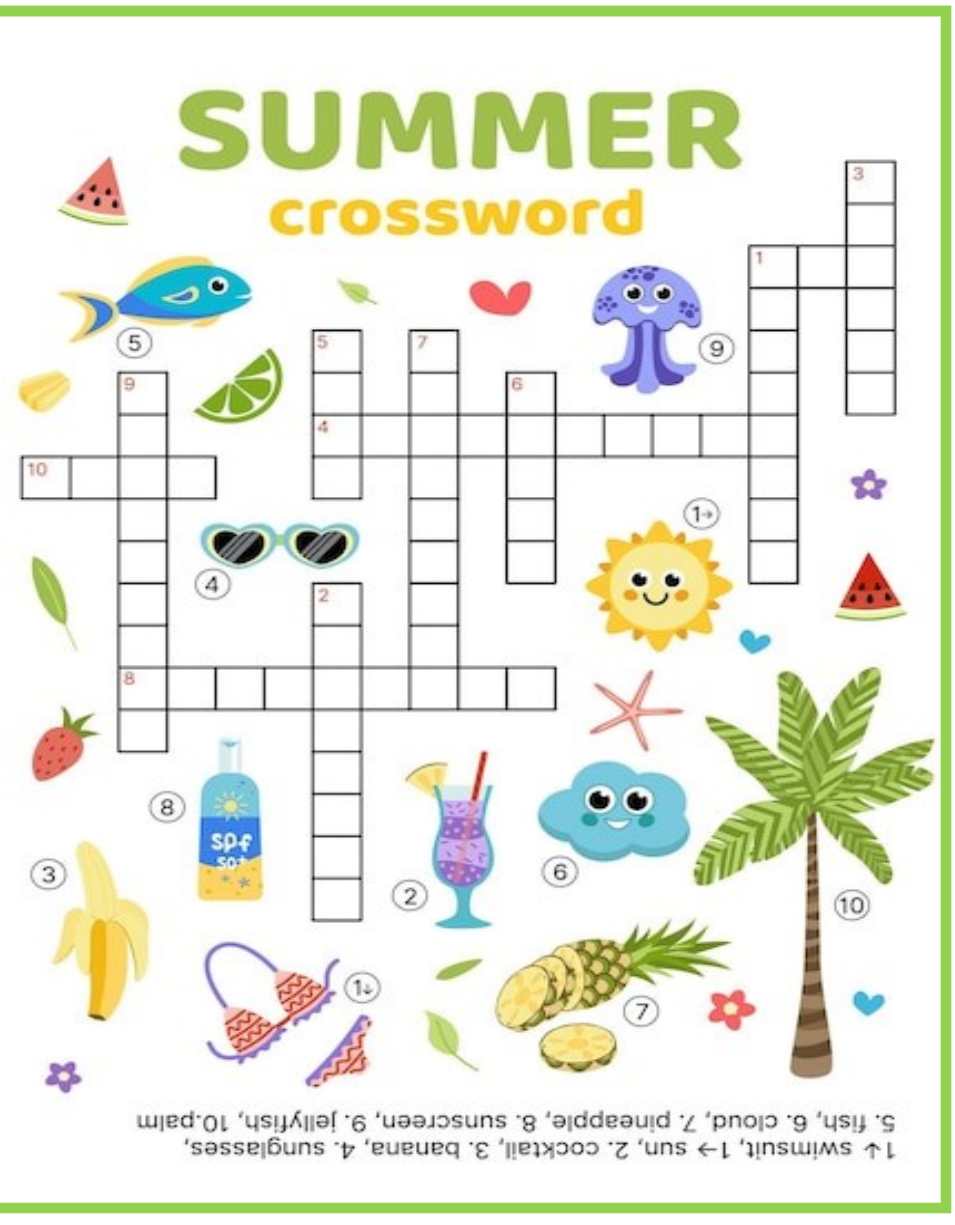
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SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
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GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															

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

Can you solve this rebus puzzle?



SUMMER crossword



1↓ swimsuit, 1→ sun, 2. cocktail, 3. banana, 4. sunglasses, 5. fish, 6. cloud, 7. pineapple, 8. sunscreen, 9. jellyfish, 10.palm



All puzzles sourced free from Google





How to keep children entertained during the holidays

Knowing how to keep children amused through the school holidays can sometimes be daunting for parents, especially when things cost so much. Family Lives have come up with some top tips to help take some of the stress out of it, and keep everyone happy without needing to spend a fortune.

Going out and about
During the school holidays, there may be lots going on in your local area that your family can enjoy, often for free. Check the websites of your local council and tourist information centres for local days out, or scan the local papers and community centres to see what's going on in your area. Visit your local library and look for adverts of events. Many libraries hold events such as story time, and arts and crafts days. Libraries are also a great source of activity in themselves, with plenty of books and computers to keep children busy, plus they often have story time for toddlers and parents.

- Check to see if your local council swimming pool offers free or reduced-fee entrance in the school holidays.
- Museums and galleries often have new exhibitions and events running in the summer. Many art galleries put on special events for children and families - this could be just the thing to stimulate your child's artistic streak.
- Check out your local leisure centre - there are plenty of indoor sports and activities they can participate in.

Staying at home
Of course, on some days, you will find yourselves stuck at home, but that doesn't mean anyone has to be bored. You could take the opportunity to spend some time sharing a favourite game or story with your children or, if you want some more inspiration, try some of these activities.



- Arrange a movie day - choose a couple of favourite films, get some popcorn and put your feet up with the kids.
- Get cooking - pick a recipe with the kids, go shopping for ingredients and cook something together that you can enjoy eating afterwards. Depending on your child's age and interest, this could be anything from a simple sponge cake to a mushroom stroganoff! Dig out the puzzles, games and books and give them a go. Some good old-fashioned entertainment can be really fun.
- Have a look in your cupboards and play dress up with your old clothes. Sort through your clothes together and recycle the ones that you never wear and the stuff your little one's grown out of.
- Encourage the kids to put on a play or a magic show. They could even use the dress up clothes and props from around the house. If you have a camera, you can even film it, for great memories.
- Build a den with the kids - if the weather is ok, you could even risk doing this outside! All you need is some boxes or sofa cushions, a few blankets, and a bit of imagination.
- Create a scrapbook together using photos from your family album, or torn from magazines.

The great outdoors (and the garden!)
Sunny days are great for simple activities like picnics and ball games. This can be done as close to home as in the back garden!



- Organise a treasure hunt around your home and garden with clues and treats for the children to find
- Hold your own mini Olympics with games that require little equipment... a sack race with pillowcases, a tug of war with a dressing gown belt! Use your imagination.
- If outside is dry, wrap up and go to the park or a nice walk somewhere quiet with the children with a flask of hot chocolate - sure to go down a treat!
- If you have a tent, you could arrange a camping trip in your garden with the children for one night!
- Kites are great if it is a windy day and they can be bought from bargain shops very cheaply

Making your own fun
Be creative - make things together like greeting cards or use beads to make some jewellery.



- Have an arts and craft day and get some canvas and paints, they can be bought in bargain shops for as little as a pound and use paints or crayons and the kids can hang up their creations in their rooms.
- Make a list of your favourite childhood games - old favourites such as hopscotch, putting on a show or marbles won't cost the earth and your children will enjoy you reminiscing!
- In the evenings get the kids to design a game that you can make the next day - give them ideas to keep it simple such as a paper boat race in the paddling pool or homemade skittles using a tennis ball and empty toilet rolls.
- Have you ever thought about Origami? All you need is paper and instructions which can be found online, will keeps kids amused and they will learn a new skill

Don't try and fill every minute of every day. Encourage your children's imagination and independence - let them play in their rooms or the garden.

www.familylives.org.uk/advice/your-family/holidays/how-to-entertain-your-children-in-the-holidays



The Origin of Father's Day

The first Father's Day was celebrated in America on June 19 1910 in Washington state. It was not till 1972, 58 years later President Woodrow Wilson made Mother's Day official, that the day honouring fathers became a nationwide holiday in America.

The campaign to celebrate fathers did not meet with the same enthusiasm as the campaign for mothers. A Sunday sermon on 5th July 1908 in a West Virginia church in memory of the 362 men. These men had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah. This was a one-time commemoration and was not an annual holiday.

The following year a woman named Sonora Smart Dodd tried to establish an official equivalent to Mother's Day for male parents. She went to government officials and everyone of influence to drum up support for her idea. She was successful and Washington State celebrated the first American Father's Day on 19th June 1910.

Slowly it spread, in 1924 President Calvin Coolidge urged all the state governments to observe Father's Day. But it was never made official and the enthusiasm didn't last long. When World War II started, Father's day started being used as a way to pay respect to all American Troops.

It was still not an official holiday until President Richard Nixon signed Proclamation 4127. This declared Father's Day as a national holiday. The first official Father's Day was celebrated on 18th June 1972 and has spread to more countries. It is celebrated in Ireland on the third Sunday of June every year.



Sourced: www.history.com

Father's Day Treat - Easy Caramel Cake



Prep: 30 mins
Cook: 30 mins
Plus cooling
Serves 12-14

Ingredients

225g softened salted butter, extra for tins
125g golden caster sugar
100g light brown soft sugar
1 tsp vanilla extract
4 large eggs
225g self raising flour
2 tbsp milk
toffee, chocolate or caramel pieces, to decorate

For the Icing

200g softened salted butter
400g icing sugar
(golden icing sugar if you can, it adds a golden colour & caramel flavour)
70g caramel sauce, dulce de leche or caramel spread, plus 3 tbsp to serve

Method

STEP 1
Heat the oven to 180C/160C fan/gas 4. Butter two 20cm round tins and line the bases with baking parchment.

STEP 2
Beat the butter and both sugars in a bowl for a few mins until lighter in colour and fluffy. Add the vanilla and the eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk. Divide between the cake tins and bake for 25-30 mins until they're golden. Cool in the tins for a few mins, then tip out and leave to cool completely on a wire rack.

STEP 3
For the icing, put the butter and icing sugar in a bowl and whisk for a few mins until light and airy. Whisk in the caramel briefly, adding 1 tbsp of boiling water to loosen, if needed. Set aside until the sponges are completely cool before assembling, or the icing will melt.

STEP 4
Use half the icing to sandwich the cakes together, then spread the remainder over the top, smoothing it out with a knife or the back of a spoon. Leave in a cool place until ready to serve. Drizzle with the 3 tbsp extra sauce (warm briefly in the microwave if it's a little stiff), allowing some to drip down the sides if you like, and scatter over the toffee, chocolate or caramel pieces to serve. Edible glitter, birthday candles or sparklers, optional.



Sourced: www.goodfood.com

Memories from the Archive

Link to the Archive: www.maynoothcep.com

Maynooth Swimming Club Awards

Newly elected TD Catherine Murphy attended Maynooth Swimming Club Awards

June 2005

Maynooth Swimming club had another successful year. The swimming club is at it's full capacity and we are still taking names for our waiting lists. This year our junior gala was on the 16th April. The starters and the improvers had organised races across the pool. All the children received medals, to everyone's delight.

We were proud to have Catherine Murphy TD, our newly elected deputy to North Kildare attending our senior gala. She watched the seniors competing in their races. Later she spoke in the foyer in Stewarts Hospital swimming pool, about how she used to bring her own children to this pool on a Friday evening for lessons. Then she gave out the certificates of distance award to the children.

The Maynooth swimming club would like to take this opportunity in thanking Catherine for giving up her Saturday afternoon for us.

Back to business, the term ends the 18th June. There will be an annual AGM in the GAA Moyglare on Monday June 13th at 8:30 pm. All parents are welcome to attend.

Contacts: Siobhan Byrne 6012974
Mary Murray
Bronwyn Mooney 6289405 P.R.



Catherine Murphy T.D. and children



Catherine Murphy T.D. and children



Ruth Doherty



Gillian Behan, Dean Leavy, Daniel French



Patricia Moynihan, Catherine Murphy
Catherine Carton

Maynooth Swimming Club Awards



Daniel French, Jordan, Jack Connolly



Ursula McGinn



The Instructors



Seamus O'Shea



Darragh Byrne



Catherine Murphy T.D. with the instructors and children from the 2nd Bus



Ciarain Gallagher



Ciarain's sister

GIRLS INDOOR SOCCER

June 2000

Anto Mooney (Trainer), Eimer Flynn, Elaine McAuliffe(Captain), Eiblin Carr, Lisa Shiel (Goalkeeper), Claire Barry, Maeve Foley and Simone Gilabert (Trainer)
Back: Eighlin Carr, Elaine McAuliffe (Captain) Claire Barry
Front: Eimear Flynn, Lisa Shiel (Goalkeeper), Maeve Fole
Played 4 matches:

Maynooth v Castledermot	(1-0) Scored by McAuliffe.
Maynooth v Sallins	(2-0) Flynn(1) McAuliffe (1).
Maynooth v Kildare	(4-0) McAuliffe (4).
Maynooth v Sallins	(2-0) McAuliffe (2).

All players played very well as a team. The next match is against winners of Dublin v Wicklow. Congratulations to Goalkeeper, Lisa Shiel who kept a clean sheet throughou the Tournament.



SET DANCING RESULTS

Rita Doyle Set Dancing Group travelled to Mosney on Saturday 20th May. The Group performed very well but failed to gain any medals. Well done Girls!

MAYNOOTH COMMUNITY GAMES (ATHLETICS)

Sunday 21st May G.A.A. Grounds at one o'clock.

Maynooth Post Primary-First Year Student trip to County Clare and Galway

There's always a first time for everything and this was the case for the First Year students of Maynooth Post Primary on their first trip away. As the three luxury coaches filled, the excitable order was priceless. The majority of these students had never left the nest without their family. Accompanied by an entourage of teachers the students ventured on a journey that they will never forget. County Clare and Galway was the itinerary for the three days with overnight stays in rather exclusive hotels. There was a well rounded itinerary to include educational attractions of the area.



Inismore



The Art of Weaving

June 2008



Ciara, Katie, Xavi, Jenny, Rachel, Emma, Eoin, & Colm at Bunratty Folk Park.



Inismore



Craggaunowen Pre-historic Park, Co. Clare

Gaelscoil Ruairí
Maigh Nuad

<u>Táimid ag earcú rúnaí scoile faoi láthair</u> *(We are currently recruiting a school secretary)*

Uaireanta Oibre : Luan go Déardaoin (8.30r.n. - 1i.n.) Bliain Scoile

*** Táimid ag súil go n-ordódh an Roinn Oideachais na huaireanta ó Luan go hAoine ó Mheán Fómhair 2024**

Ní mór don té a cheapfar a bheith líofa sa Ghaeilge. Eolas ar fáil i gCiorclán na Roinne 36/2022

Rúnaí Scoile - Dualgais:

- Dualgais riaracháin ghinearálta
- Cáipéisí, cuntais, bancáil ar líne,foirmeacha, éilimh srl. a sheiceáil agus iad a imscrúdú i leith cruinnis agus i leith comhsheasmhachta
- Comhfhreagras, foirmeacha, miontuairiscí, litreacha,nuachtlitir, meamraim srl a chlóscríobh
- Cáipéisíocht a chomhdú
- Bheith mar chéad phointe teagmhála
- An fón/ ríomhphoist a fhreagairt agus fiosrúcháin a láimhseáil
- Cruinnithe a eagrú
- Dialann an phríomhoide a riaradh
- Orduithe scoile a dhéanamh
- Áirimh uimhríochtúla / stocáireamh a dhéanamh
- Admhálacha a eisiúint, airgead agus cuntais na scoile a riaradh
- Staitisticí a thiomsú, eolas a achoimriú de réir nósanna díreacha agus seanbhunaithe, meastacháin ar chostas agus ar bhrabús a ullmhú
- Post/ríomhphost / seachadtaí srl. a oscailt agus a dháileadh
- Ríomhaire na scoile a usáid
- Innealra oifige a oibriú.
- Fardal sealúchas scoile a choinneáil
- Fótachóipeáil / lannú
- Teachtaireachtaí a ghlacadh agus iad a sheoladh
- Logáil isteach agus sonraí a chur isteach ar chórais na Roinne (POD) agus (OLCS) ar-líne
- Cumarsáid a dhéanamh le tuismitheoirí (Text-a-parent, suíomh gréasáin, cláir fógraí srl)
- Córas riaracháin na scoile (Aladdin) a úsáid
- Revenue, párolla
- Garchabhair
- Freastal ar chursaí oiliúna / laethanta oiliúna

Sprioc Dáta: 10 Meitheamh ar a 5i.n.
Iarratais chuig: <u>iarratais2024@gaelscoilruairi.ie</u>

Ceapachán ag brath ar ghrinnfhiosruchán na nGardaí

Campas Oideachais Nua, Bóthair an Mhaigh gCláir, Maigh Nuad, Co. Chill Dara.
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Uimhir Rolla 20527F

Writers' Corner - Short Stories/Articles from our Readers

Mountain Climb in Norway

I had reached Norway by travelling on a ship from Copenhagen through the Kattegat and finishing the journey on a coastal patrol vessel. The year was 1965 and I was on my 'Grand Tour' of Europe. How I ended up on the patrol vessel happened as follows. I had managed to survive the Kattegat without getting seasick by occasionally holding onto the deck railing while spray drenched my face. Finally, lulled by a crowd of exuberant Norwegian teenagers singing pop songs ('We meet every night at eight / And don't go home till late / Baby, a long, long time') I fell asleep on a deck chair. When I awoke in the greyness of early morning people were disembarking and, my head groggy, I followed. Just as the ship pulled away I realised that I wasn't in Norway but on some island. Knowing that mistakes often bring unexpected benefits, I didn't panic.

A friendly Norwegian girl accompanied by her mother came to my rescue. She told me that a patrol boat was about to leave for Oslo and in no time I was on board. What an exciting experience that last leg of the journey was. The skipper pointed out various features of our surroundings and on entering Oslofjord showed me on the radar a German ship that had been sunk during World War 11. Eventually we arrived in Oslo just as my former shipmates were disembarking. What I particularly remember from that occasion is a crowd of nubile blond girls at the ship's railing 'oohing and aahing' like pop fans at a delighted black youth down below on the quay. Later, sailing north on board Kong Olav V, a hurtigruten, or coastal steamer, I was to observe similar behaviour when male passengers practically ignored the blond girls in favour of one dark-haired Nordic beauty – obviously, the appeal of the unfamiliar.

But I'm getting ahead of my story. The voyage up along the coast was fascinating. Most of those on board were probably heading home after a visit to the south, travelling by boat instead of by bus or train. The fellows were much like the Irish, fond of a drink and looking you straight in the eye as if ready for a laugh or a fight. We kept to a stretch of water between the mainland and various islands, occasionally sailing up fiords to remote picturesque villages, many of whose inhabitants trooped down to the piers at our arrival.

After passing Bronnöysund the sea got bleaker, the scenery wilder, with scarves of fog stretched across isolated rock islands resembling the Skelligs. Gulls hovered above our wake, an occasional trawler sailed past and a weather-beaten man in a sailor's cap leaned on the railing, eyes fixed on the horizon like a Viking lookout. Soon we had travelled above the Artic Circle into the Land of the Midnight Sun. In time we reached the Lofoten Islands, where houses, some made of wood, were built in the shelter of snow-veined, rugged mountains. Rough wooden wharves, occasionally with fishing boats tied up to them, flanked little harbours. An unusual feature was the presence of large open-air racks resembling high pitched roof rafters on which rows of gutted fish, probably cod, were drying.

I got accommodation in a hostel, which, like most of those in Scandinavia, provided clean rooms and wholesome food at reasonable prices. There were very few guests and my only complaint was that someone, perhaps a maid, took a pair of hushpuppies, which I had left under my bed.

Next morning while walking through the village I encountered two German fellows with whom I struck up an acquaintance. They were a contrasting pair, one of them, Hans, an ebullient outdoor type, the other, Gunther, more pale-faced and reserved. Since they didn't speak English we mainly used sign language to communicate. They had decided to climb the middle-sized mountain that loomed above the main street and though, apart from climbing Kirkogue, in Connemara, I had no experience of this activity, I decided to tag along. My shoes contrasted with my companions' sturdy boots but I wasn't going to let a small matter like that deter me.

The first part of the climb was fairly easy, the only serious obstacle being a stretch of snow about thirty feet wide. What if by venturing onto it we caused an avalanche? Hans and Gunter didn't hesitate and, encouraged by their example, I kept my nerve and followed. Once across, I took a moment to enjoy the panoramic view of the village then hurried after my companions.

The gradient was steeper now but still not too arduous. Soon, however, we had to clamber up heather slopes through which rocks jutted to reach the next level. Here we came upon a deep, wintry valley with snow-filled crevasses. Sitting on heather beside a sheer drop I gave Hans my Minolta and got him to take my photo before we headed off again. I remember at one point that Hans pointed to a small vessel out on the sea while imitating its put-put-put sound. He was excitedly trying to convey that it was a two-stroke engine, or something technical like that. Surprisingly, he also tried to tell me about some ship that had been sunk there during the war, but whether by the British or Germans I'm not certain.

Before we attempted the final peak of naked rock Gunter, despite wearing proper boots, indicated that he was going no further. Hans pressed on, however, and determined not to be outdone, even if it meant risking a broken neck, I followed. So it was that I eventually reached the mountaintop and stood up to my full height on its rocky summit. Hans, nimble as a goat, had meanwhile made his way across to an adjacent peak, a feat of daring I had no wish to emulate. He signalled to me that he wished to take my photo with his camera and, raising one arm in triumph, I posed. Months later I received a set of prints from West Germany in my New York apartment and on the back of this particular shot Hans had written Konig de Berg (King of the Mountain). Well, it may not have been a very difficult mountain to climb but it had won me the respect of my German comrades.

That evening we went to a Midsummer bonfire at which my two companions and I were the only outsiders among a crowd of local youths and children. A rough chipboard floor had been laid down for the dancers and musicians – one of whom had a saxophone, another a bass fiddle. There was no drinking, so the fun and merriment never became boisterous. At first the girls, probably because he was German, were slightly hostile to Hans, but soon he had captivated a fresh-faced beauty. I can't say if Gunter was equally successful. I enjoyed the conviviality and took photos of the children, especially those with impish grins, but since I was feeling a bit tired from the morning's exertions I walked back to the hostel not long after midnight.

Next day, travelling back south on the steamer to Trondheim, from where I planned to take a train to Stockholm, I stopped off at Bronnöysund. On my first night there I got a lift with a group of young people, mostly students, to an island where there was a singsong around a bonfire. Since the songs were in Norwegian I can't say that they meant as much to me as to the singers but the fact that there was still pale sunlight at about 1 or 2 am is indelibly etched on my mind, as is the friendliness and charm of my companions.

By: P.G. Nerney

Poet Versus Gardener

Gardener. You call yourself an artist,
A writer of superior verse,
Which you and others of your ilk
Pore over and eviscerate.
Why can't you call a spade a spade?

Poet. I'll grant your roses and hydrangeas
Are pretty and quite cheerful
But they were purchased in a garden centre.
My verse, which you disparage,
Is solely my unique creation.

Gardener. Or so you choose to think.
But you wrote poems with rhyming lines
Until your fellow highbrow addicts
Decided rhyme was just too passé –
So much for vaunted self-expression.

Poet. Are there not trends in gardening too?
Lupins, hollyhocks, tiger lilies were once the Choice of most up-market gardeners –
But, in any case, you're only setting
What another person cultivated.

Gardener. My flowers give joy to everyone,
Not just to snooty, highbrow wordsmiths.
I choose varieties and colours,
And when I'm gone my roses still will bloom –
How many fools will read your verses?

Poet. Touché! Let's grant you have me there.
Instead of praise I choose to dream
That maybe a prescient soul will come
Who'll find one verbal rose or petal
In something I have toiled to pen.

By: Colin Scott

My Chequered Life Chapter 5

Having spent so much time in Long Lartin I was to be transferred to a category B prison but because I was a lifer the Home Secretary had to give permission and that was slow in coming. My standing at that time in the prison was good and they decided to move me to a category C prison. I was sent to Featherstone in April ’88. This was a real backward move for Featherstone was awful. I lost all the privileges I had had in Long Lartin. There was no exercise yard and nothing to be done except work. It was also a dirty prison as all the inmates were serving short terms and had no respect for anything. I was again in prison clothes! Awful place.

Maybe a year earlier I had asked for a transfer to a Northern Ireland prison where I could avail of accumulated visits but because Northern Ireland was in a different jurisdiction there was even a greater delay. But I wanted a transfer. I went to the Governor’s office and asked if there was anything stirring. He said he would look into it. I went to him again after a month and got the same story. So I waited a month or two and went again. This time the Governor wasn’t there but a junior officer who told me to get lost and I’d be transferred sometime. I declared war! I went back to my cell and managed to get an iron bar, and off with me straight to your man’s office, went directly in, threw a big filing cabinet on the floor across the door so I mightn’t be disturbed. I made a beeline for the officer and was struggling trying to get him in a headlock, not knowing that he had already pressed an alarm button. I was on top of him on the floor when four or five enormous screws burst in the door throwing the filing cabinet out of the way as if it was an empty bucket and overpowered me in a jiff. They then dragged me down this 100 metre corridor to the segregation unit into which they threw me and locked the door.

Shortly afterwards there was a mill of prison officers outside my door and in came the Duty Governor with three or four of the officers. He wanted to know what the hell I thought I was doing? I knew I was in serious trouble, of course, and explained that I had been kept waiting 18 months for a transfer to NI and had asked politely for information and was treated like dirt. The Duty Gov said I would be kept in isolation until they decided what to do with me. I whipped off my top and sweat shirt and drew the G’s attention to the fact that there were no injury marks on my body and he would be a witness to that fact. I knew it was going to be rough!

After an hour or so I was handcuffed and chained and without a word I was transferred to another prison, Winston Green. There I was frog marched into the reception where a three- bar chief was looking at my file and glancing from time to time at the officers who were at this time taking off my handcuffs. After a minute or two of silence he just said to the officers ‘’Discipline him’’. I was immediately grabbed by the officers and punched in the face by one of them. I was dragged down a long corridor towards the segregation unit. They were big fellows and they punched and kicked me and when they reached the stairs they just threw me down in front of them. I don’t know what might have happened if another officer on the way up hadn’t broken my fall. I then tumbled down the rest of the way to the ground floor where three or four savages, staff of the segregation unit, took over.

They began to tear the clothes off me and dragged me by the arms and hair to a cell, a sterile cell, with not a thing in it but a pair of handcuffs chained to the wall. These were attached to my wrists and I then, naked, was punched and kicked in the head, the face and the back for maybe five minutes and left lying on the floor half dazed and blood all over the place. I spat out a tooth with a mouthful of blood and one of my eyes was almost completely closed. The real pain from this beating began a few hours later. After a few more hours the door opened and these two officers came in with a piss pot of stale urine and just threw it at me, spat at me and left the cell laughing aloud. Again after a few hours a Sikh screw came in, took a look at me and got the officers in reception to take off my handcuffs. He then said to me that he knew I had got it hard but I probably deserved it. He told them to let me have a shower and I was in agony with my wounds and my bruises. They then threw some clothes at me, clothes that were about six sizes too big, no shoes, and put me in a cell with nothing but a mattress on the floor and a blanket. That was my introduction to Winston Green prison.

Several hours later that evening two prison officers came into my cell with a doctor. He checked me visually and told me I wasn’t going to die and the following morning the ruffians were back and furious that I wasn’t in the handcuffs cell. So they dragged me out, tore the clothes off me, gave me a few more thumps, and put me back in the cell I had been in the previous evening. They then threw the clothes at me again and when I put them on they brought me to a Governor who told me I was in serious trouble. I got four month's cell confinement with a loss of all privileges. I got a half hour a few times a week in the exercise yard on my own, as all other prisoners were locked up when I wasn’t. On the way out and in, I was punched and goaded, by the officers, to their great amusement, but I always tried to defend myself and was chuffed whenever I got a good punch at one of them. After four months of this treatment I was transferred to Wandsworth under a ‘’good order and discipline’’ warrant.

GM

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!

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.

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Candidate Listing for Maynooth Local Electoral Area Election
Poll Opening Times: 7.00 am to 10.00pm on Friday 7th June 2024

Local Authority: Kildare County Council

Local Electoral Area: Maynooth

1. A poll for the election of members for this local electoral area will be taken on Friday, 7th of June 2024 between the hours of 7.00 a.m. and 10.00 p.m..

2. The following are particulars of the candidates, whose names will appear on the ballot papers in the order shown:

Surname	Other name(s)	Address	Description		Name and address of proposer, if any
			Occupation	Name of Political Party, if any	
DURKAN	Tim	Timard Maynooth	Parliamentary Assistant/Public Representative	Fine Gael	
FEENEY	Angela	Straffan Road Maynooth	Public Representative	The Labour Party	
GAYNOR	Evelyn	8 Rochford Avenue Bakers Walk Kilcock	Head of Retail Operations	Sinn Féin	
HAMILTON	Peter	18 Parsons Hall Maynooth	Company Director/Public Representative	Green Party	
LANE	Tara	Bridestream House Kilcock	Business Owner/Online Sales	Fine Gael	
MEADE	Liam	Newtown Road Maynooth	Accountant	Independent Ireland	
MELROSE	Peter	26 The Court Moyglare Hall Maynooth	Primary School Teacher	Social Democrats	
Ó'CEARÚIL	Naoise	31 Lyreen Drive Mariavilla Maynooth	Public Representative/ Project Manager	Fianna Fáil	
WARD	Paul	65 Royal Meadows Kilcock	Public Representative	Fianna Fáil	

Midlands-North-West-Ballot-Paper-Sample for European Parliament Election
Poll Opening Times: 7.00 am to 10.00pm on Friday 7th June 2024

TOGHCHÁN DO PHARLAIMINT NA hEORPA
EUROPEAN PARLIAMENT ELECTION

TREORACHA

1. Scríobh an figiúr 1 sa bhosca le hais an chéad iarrthóra is rogha leat, scríobh an figiúr 2 sa bhosca le hais an dara hiarrthóir is rogha leat, agus mar sin de.

2. Fill an páipéar ionas nach bhfeicfear do vóta. Taispeáin cúl an pháipéir don oifigeach ceannais, agus cuir sa bhosca ballóide é.

INSTRUCTIONS

1. Write 1 in the box beside the candidate of your first choice, write 2 in the box beside the candidate of your second choice, and so on.

2. Fold the paper to conceal your vote. Show the back of the paper to the presiding officer and put it in the ballot box.

BARRETT - THE NATIONAL PARTY - AN PÁIRTÍ NÁISIÚNTA
JUSTIN BARRETT, of Springtown, Granard, Co. Longford, Accountant.



BLANEY - FIANNA FÁIL Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE)
NIALL BLANEY, of Croaghross, Portsalon, Fanad, Co. Donegal, Public Representative.
Liosta Ionad FF Replacement List



CAHILL - THE IRISH PEOPLE
ANTHONY CAHILL, of Rockbarton North, Salthill, Galway, Engineer.
Liosta Ionad IP Replacement List



CARBERRY - FINE GAEL Group of the European People's Party (Christian Democrats)
NINA CARBERRY, of Mooretown, Ratoath, Co. Meath, Businesswoman.
Liosta Ionad FG Replacement List



CASEY - NON PARTY
PETER CASEY, of Greencastle, Co. Donegal, Businessman.
Liosta Ionad PC Replacement List



CHAMBERS - FIANNA FÁIL Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE)
LISA CHAMBERS, of Castlebar, Co. Mayo, Public Representative.
Liosta Ionad FF Replacement List



COWEN - FIANNA FÁIL Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE)
BARRY COWEN, of Lehinch, Clara, Co. Offaly, Public Representative.
Liosta Ionad FF Replacement List



FLANAGAN - NON PARTY
LUKE 'MING' FLANAGAN, of Castlerea, Co. Roscommon, Member European Parliament.
Liosta Ionad LF Replacement List



GARLAND - NON PARTY
STEPHEN GARLAND, of Granard, Co. Longford, Event Management.



GILDERNEW - SINN FÉIN European United Left/Nordic Green Left Group (GUE/NGL)
MICHELLE GILDERNEW, of 1/2 Crowe Street, Dundalk, Co. Louth, M.P.
Liosta Ionad SF Replacement List



HEARNE - SOCIAL DEMOCRATS
RORY HEARNE, of 4 The Post House, The Shopping Mall, Main Street, Leixlip Co. Kildare, Lecturer & Housing Expert.
Liosta Ionad SD Replacement List



KEENAN
CHARLOTTE KEENAN, of Ballybought, Durrow, Tullamore, Co. Offaly, Eire, Sports Psychologist, Songwriter, Artist.
Liosta Ionad CK Replacement List



KELLY - IRISH FREEDOM PARTY (I.F.P.)
HERMANN KELLY, of 13 Baggott Street Upper, Dublin 4, Director Of Communications.
Liosta Ionad IFP Replacement List



LANDY - THE LABOUR PARTY Socialists and Democrats Group
FERGAL LANDY, of An Londubh, An Trianláir, Galway, Chief Executive Officer.
Liosta Ionad LAB Replacement List



MACMANUS - SINN FÉIN European United Left/Nordic Green Left Group (GUE/NGL)
CHRIS MACMANUS, of 3 Mountain View, Maugheraboy, Sligo, MEP.
Liosta Ionad SF Replacement List



MAGUIRE - IRELAND FIRST
MARGARET ALACOQUE MAGUIRE, of Irishtown, Tullaghan, Mullingar, Co. Westmeath, Property Developer.
Liosta Ionad IF Replacement List



MCHUGH - NON PARTY
SAOIRSE McHUGH, of Achill, Co. Mayo, Digital Campaigner.
Liosta Ionad SMCH Replacement List



MULLOOLY - INDEPENDENT IRELAND
CIARAN MULLOOLY, of Shannoncove, Ballyleague, Co. Roscommon, Community Tourism Officer.
Liosta Ionad II Replacement List



O'BOYLE - PEOPLE BEFORE PROFIT - SOLIDARITY
BRIAN O'BOYLE, of Cairns Hill, Sligo, Lecturer.
Liosta Ionad PBP Replacement List



O'REILLY - GREEN PARTY/COMHAONTAS GLAS The Greens-European Free Alliance/ European Green Party
PAULINE O'REILLY, of Highfield Park, Galway, Senator.
Liosta Ionad GP Replacement List



POCOCK - NON PARTY
DANIEL POCOCK, of 121 Terenure Rd West, Dublin, 6W, Software & Artificial Intelligence Engineer.



REYNOLDS - THE NATIONAL PARTY - AN PÁIRTÍ NÁISIÚNTA
JAMES REYNOLDS, of Laughill, Coolarty, Edgeworthstown, Co. Longford, Farmer.
Liosta Ionad NP Replacement List



SMITH - NON PARTY
MICHELLE SMITH, of Lough Na Ganky, The Neale, Ballinrobe, Co. Mayo, Accountant.

TÓIBÍN - AONTÚ
PEADAR TÓIBÍN, of 8 Market Square, Navan, Co. Meath, Teachta Dála.
Liosta Ionad Aú Replacement List



WALSH - FINE GAEL Group of the European People's Party (Christian Democrats)
MARIA WALSH, of Largan, Shrule, Co. Galway, Member European Parliament.
Liosta Ionad FG Replacement List



WATERS - NON PARTY
DR. GERRY WATERS, of Avoca, Maynooth Road, Celbridge, Co. Kildare, Medical Doctor, GP.
Liosta Ionad GW Replacement List



WATERS - NON PARTY
JOHN WATERS, of Lislary, Ballinfull, Co. Sligo, Writer.
Liosta Ionad JW Replacement List



SAMPLE

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Gardening, Goodies and Giggles – Bord Bia Bloom announces full festival line-up for much loved summer event

Ireland's favourite festival of flowers, food and fun returns
May 30th –June 3rd 2024
@BordBiaBloom | #BordBiaBloom

Embracing the outdoors for health and wellbeing, planet-conscious living and quality Irish food are some of the many themes that will be explored at Bord Bia Bloom 2024. Ireland's favourite festival of flowers, food and fun, returns to the Phoenix Park, Dublin, this June bank holiday weekend (May 30th – June 3rd) and promises attendees a great day out with its colourful collection of show gardens, tantalising displays of Irish food and drink, inspiring talks and demos, and live interactive entertainment for visitors of all ages.

Now in its 18th year, the festival expects to welcome more than 100,000 visitors over five action-packed days for another experience that is rooted in sustainable living. Speaking at the launch of this year's event, **Jim O'Toole, CEO, Bord Bia said**, *"We are immensely proud of how Bord Bia Bloom has developed as a unique festival experience. Bloom was originally founded to provide a premier platform for showcasing Irish horticulture, food, and drink and we have succeeded in delivering on this vision.*

He continued, "As we look forward to the eighteenth year, the festival is more relevant than ever. Bloom offers visitors the opportunity to sample quality products and innovations, while also providing an interactive, national platform to address important societal issues and hear stories from communities around Ireland."

Gardens Galore
At the centre of Bord Bia Bloom, a total of *22 small, medium and large show gardens and feature gardens will reflect colourful examples of the most recent trends and advancements in garden design. Environmentally conscious gardens, designed with nature to enhance biodiversity, is a returning theme this year, including Rewild! by Nóra Tombor, Cultivating Talent co-winner, sponsored by Westland Horticulture: In Perspective by Oliver and Liat Schurmann, sponsored by the European Commission: Coming Home to Nature by Nicola Haines, sponsored by Fingal County Council: Above & Beyond by Gavin Saunders and Stephen Mackle, sponsored by Natural World Products and New Leaf Compost; and Love that Keelings Feeling Garden by James Purdy, sponsored by Keelings. Many of this year's spectacular gardens will be relocated after the festival as permanent gardens elsewhere.

Crafting clever garden designs in small spaces is highlighted with the Sun Harness Garden by Hendrik Lepel, sponsored by Peppermint Farm Glasshouses, which demonstrates how to create a microclimate by harnessing the sun's energy; A Space for Possibilities: The Modular Container Garden by Louise Checa, which showcases a garden that can adapt and move in tandem with different life stages; and two balcony gardens which show how to maximise smaller spaces, including Óir – The Zarbee's Garden by Leonie Cornelius.
Along with a dazzling display of show gardens, gardening enthusiasts will find plenty of inspiration in the ever-popular Postcard Gardens, which include 13 small but perfectly formed pop-up gardens that are designed and built by community groups, schools, and training groups from across Ireland. A lively **Nursery Village** featuring some of Ireland's leading nurseries, floral displays from the Ireland's finest floral artists and a botanical art exhibition.

A unique festival experience
According to Laura Douglas, Head of Bord Bia Bloom and Brand Partnership *"A ticket to Bloom promises a great day out whether coming with friends, a partner or family. With our beautiful show gardens, live entertainment, fantastic selection of food and drink and five stages jam packed with talks and demos, there is simply no other festival like Bloom in Ireland!"*

Food and Entertainment
Across five stages in the 70-acre site, visitors can discover tips and tricks on gardening, gastronomy and sustainable living in a series of talks and demos. The bustling Food Village will feature almost 100 of Ireland's leading Irish food and drink companies along with a host of foodie features. Attendees can also enjoy live cookery demonstrations from some of Ireland's leading chefs including Darina Allen, Neven Maguire, Catherine Fulvio, Rory O'Connell, Fiona Uyema, Edward Hayden, Trisha Lewis, Adrian Martin, Erica Drum, Shane Smith and Brian McDermott. The Quality Kitchen stage will also host interviews with more than 40 Irish food producers.

On the **Sustainable Living Stage,** 40 insightful talks will take place throughout Bloom which will tackle issues such as food waste, plastic pollution, the importance of pollinators, while sharing sustainable food solutions, tips for home energy saving, natural skincare hacks and much more! A series of expert panel discussions will be MC'd by broadcaster Suzanne Campbell.

Meanwhile, the **Garden Stage** will welcome Bloom show garden designers past and present, garden experts such as Fiann Ó'Nualláin (Holistic Gardener), Monica Alvaréz (Super Garden Judge) Jimi Blake (Huntingbrook Gardens), Paul Smyth (RHSI Bellefield House), Niall McAuley (Gardening influencer); along with specialist plant nurseries, floral art groups, conservation groups and more for a mix of inspirational, helpful talks about gardening and garden design.

There is also plenty to do for all the family with live entertainment on the Main Stage, while the 'Budding Bloomers' area promises to keep children engaged and entertained with a food school, workshops on bugs, books, birds and bubbles; games, toddler play area and much more! RTÉjr will offer a selection of science and magic shows. For shopping enthusiasts, **the Design & *Crafts Council Ireland*** area, the indoor **Retail Pavilion** and outdoor retail area and the **Plant Emporium** will feature an array of quality products for home and garden.

Finally, RTÉ Radio 1's Roadcaster will be onsite over the weekend with a mix of live broadcasts from RTE 1's Countrywide, and Lyric FM's Niall Carroll, Lorcan Murray and Evelyn Grant. The Main Stage will host Lyric FM's Marty in the Morning and Simon Delaney, along with special guests and performances from musicians.

Tickets
Bord Bia Bloom takes place Thursday May 30th – Monday June 3rd 2024 at the Phoenix Park, Dublin, with the show open from 9am – 6pm daily. Tickets are on sale and priced at €30. Up to two children aged 12 and under go free with every adult ticket. For more information see bordbiabloom.com

Bord Bia Bloom 2024 Show Gardens

Large Show Gardens
- **Coming Home to Nature**, designed by Nicola Haines and sponsored by Fingal County Council
- **Love that Keelings Feeling Garden**, designed by James Purdy and sponsored by Keelings
- **Tusla Fostering Garden – 'Together We Grow'**, designed by Robert Moore and sponsored by Tusla – Child and Family Agency

Medium Show Gardens
- **Brigid 1500 Commemorative Garden**, designed by the Heritage Design team
- **Children's Health Foundation Garden of Music and Play**, designed by Declan McKenna and sponsored by Children's Health Foundation
- **Citroën Floating Lounge Garden**, designed by Joe Eustace and sponsored by Citroën Ireland
- **Early Cancer Detection is Key**, designed by David Gallagher and sponsored by the Marie Keating Foundation and AstraZeneca
- **St James's Hospital (BRAVE) 'Highlighting Hereditary Cancer' Garden**, designed by Linda McKeown and sponsored by Exact Sciences & Gilead
- **RTE 1 Super Garden Winner** – To be announced

Small Show Gardens
- **Above & Beyond**, designed by Gavin Saunders and Stephen Mackle and sponsored by Natural World Products and New Leaf Compost
- **A Space for Possibilities: The Modular Container Garden**, designed by Louise Checa
- **Óir – The Zarbee's Garden**, designed by Leonie Cornelius and sponsored by Zarbee's
- **Rathcroghan Ogham Alphabet Garden**, designed by the Farming Rathcroghan team and sponsored by Farming Rathcroghan CLG/Rathcroghan Visitor Centre
- **Rewild!** Designed by Nóra Tombor, Bord Bia Bloom Cultivating Talent Winner 2024, and sponsored by Westland Horticulture
- **The Mind Yourself Garden**, designed by Sarah Buckley, Bord Bia Bloom Cultivating Talent Winner 2024, and sponsored by Westland Horticulture
- **Sun Harness Garden**, designed by Hendrik Lepel and sponsored by Peppermint Farm Glasshouses

Concept Show Gardens
- **In Perspective**, designed by Oliver and Liat Schurmann and sponsored by the European Commission
- **Love Letter to Abbeyleix**, designed by Patrik Weisser and sponsored by Abbeyleix House and Farm
- **Nourishing Dairy – From the Ground Up**, designed by Tünde Perry and sponsored by the National Dairy Council
- **The Despicable Me 4 Garden**, designed by Benny Magennis and sponsored by Universal Pictures Ireland

Feature Gardens
- **Sculpture in the Park**, designed by Ruth Liddle and Ken Folan and sponsored by The Kildare Gallery
- **The Family Friendly Garden – Easy Steps to Dream Gardens**, designed by Maeve O'Neill and sponsored by Bord Bia



Photo: Brooke Stewart (6) from Swords, Co. Dublin admires a sculpture from the Kildare Gallery at the official launch of Bord Bia Bloom (May 30th – June 3rd). Ireland's favourite festival of flowers, food and fun, returns to the Phoenix Park, Dublin, this June bank holiday weekend promising attendees a great day out with its colourful show gardens, quality Irish food and drink, inspiring talks and demos, and live entertainment for all ages.

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**

Home Energy Upgrade Loan Scheme

What is the Home Energy Upgrade Loan?

The Home Energy Upgrade Loan is a new loan scheme with low interest rates for homeowners who want to make their property more energy efficient. The loans can be used to undertake a deep retrofit involving several energy upgrades at the same time, or to carry out one or two upgrades that will significantly improve the energy performance of the home, for example, insulating your home or installing a heat pump or solar power.
You can get the loan for the home you live in, or a property you rent out.
You must use the loan for home energy upgrades that are also funded by a home energy upgrade grant from the Sustainable Energy Authority of Ireland (SEAI).
The loan can be drawn down before you start the work. This removes some of the upfront financial barriers to getting the upgrade works done.
The scheme is offered by the Strategic Banking Corporation of Ireland (SBCI) and the loans are available until 31 December 2026 or until the funding runs out.
People most at risk of energy poverty can continue to avail of fully-funded energy upgrades under the SEAI Warmer Homes Scheme.

Where can I get a Home Energy Upgrade Loan?

The loan is currently only available from Permanent TSB.
However, some other banks and credit unions are in the process of signing up to the scheme and are expected to begin offering the loan in the next few weeks. These include:

- AIB
- Bank of Ireland
- Avant Money
- Clonmel Credit Union
- Connect Credit Union
- First South Credit Union
- Listowel Credit Union
- Naomh Breandan Credit Union
- North Midlands Credit Union
- Progressive Credit Union

How much can I borrow?

You can borrow between €5,000 and €75,000 per property.
You can get loans for up to 3 properties or €225,000 per applicant.
Loan terms range from a minimum of one year up to a maximum of 10 years.
The loans are unsecured loans. This means that no security or personal guarantee is required.

What are the interest rates?

The interest rates are different depending on who you get your loan from. But they will be lower than rates for regular personal loans. This is because the interest rates are subsidised by the Government and the loans are backed by the European Investment Bank.
Permanent TSB is the first participating bank and it is offering rates from 3.55%.

Do I qualify for the loan?

To qualify for the loan:
You must be living in Ireland
The property must be in the Republic of Ireland
You must own the property. It can be the home you live in, or a property you rent out.
You must use the loan for home energy upgrade work. At least 75% of the loan must be used for energy efficiency measures and 25% can be used for non-energy related works, like redecorating your home.
You must qualify for an SEAI home energy upgrade grant for the work
The work must be done by an SEAI registered One Stop Shop, Energy Partner or Community Project Coordinator
The upgrade work must aim for at least a 20% improvement in the home's current Building Energy Rating
You cannot get a loan to fund work that has already been completed.
The SBCI has more information about the loan's terms and conditions.

How do I apply for the Home Energy Upgrade Loan?

1. Get an energy assessment for your property

You must get one of these SEAI registered service providers to do an energy assessment (also called a Home Energy Summary Report) of your property:

- SEAI Registered One Stop Shop
- Energy Partner
- Community Project Coordinator

When they have done the assessment, they will give you a Home Energy Summary Report.
If the upgrades recommended in the report could lead to at least a 20% improvement in your home's current Building Energy Rating you will be able to apply for the loan.

2. Get an SEAI home energy upgrade grant

To avail of the low-cost loan, your upgrade project will have to be supported by a SEAI grant. Your SEAI registered service provider will apply for one of these SEAI home energy upgrade grants for you:

- Better Energy Homes Grant
- National Home Energy Upgrade Scheme
- Community Grant Scheme

You must qualify for one these grants to get the loan.

3. Apply for a Home Energy Upgrade Loan

Contact one of the financial institutions that offers the Home Energy Upgrade Home Loan. The SBCI has a list of the financial institutions that currently offer the loan.
You will need to show the financial institution your Home Energy Summary Report
Each participating financial institution uses its own credit criteria, policies and procedures to decide if they will approve your loan application.

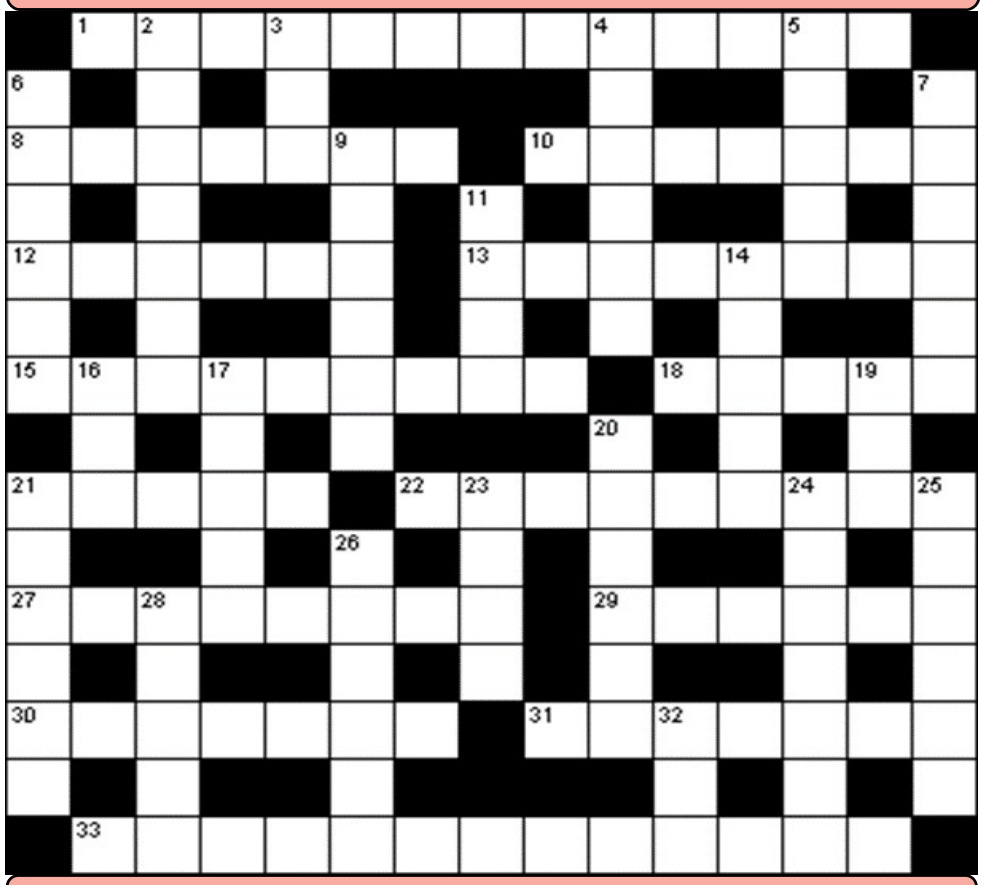
4. Begin the work on your property

Once your loan has been approved, you can begin your home energy upgrade work.

You can find more information about the Home Energy Upgrade Loan Scheme on the SEAI's website and the SBCI's website.

Home Energy Upgrade Loan Scheme (www.seai.ie)

June 2024 Crossword - No. 535



Solutions to Crossword No. 534

1 H	O	2 W	E	3 V	E	4 R	■	5 S	A	6 T	A	7 N	I	8 C
A	■	A	■	I	■	E	■	C	■	O	■	O	■	O
9 S	U	S	P	E	C	T	■	R	■	10 L	O	S	E	R
S	■	H	■	N	■	11 R	O	U	T	E	■	T	■	N
12 O	L	D	■	N	■	I	■	B	■	R	■	R	■	I
C	■	13 A	B	A	T	E	S	■	14 P	A	N	I	C	S
15 K	E	Y	■	■	■	V	■	16 I	■	T	■	L	■	H
■	■	■	17 F	18 O	R	E	I	G	N	E	R	■	■	■
19 G	■	20 F	■	V	■	R	■	N	■	■	■	21 S	A	22 G
23 A	G	R	E	E	S	■	24 T	O	E	25 C	A	P	■	I
R	■	I	■	R	■	26 N	■	R	■	A	■	27 A	N	D
A	■	G	■	28 H	A	I	F	A	■	V	■	N	■	D
29 G	R	A	V	E	■	C	■	30 N	O	I	S	I	L	Y
E	■	T	■	A	■	E	■	C	■	A	■	E	■	A
31 S	H	E	L	T	E	R	■	32 E	A	R	F	L	A	P

Clues Across

1. One who studies the climate (13)
8. Pertaining to an orbit (7)
10. Inflatable rubber bag (7)
12. Glossy (6)
13. Altercation (8)
15. Rectory (9)
18. Capital of France (5)
21. Church singers (5)
22. Expert in science (9)
27. Forebear (8)
29. Child who has lost both parents (6)
30. Office head (7)
31. Chief (4,3)
33. Mayonnaise (5,8)



Clues Down

2. Marine crustacean (7)
3. Encountered (3)
4. Citrus Fruit (6)
5. Rock (5)
6. Idle talk (6)
7. Combines (6)
9. Anybody (6)
11. Sharp pain (4)
14. Intended (5)
16. Exclamation of surprise (3)
17. Connected series of rooms (5)
19. It is (3)
20. Far distant (6)
21. Cold and damp (6)
23. Maize (4)
24. Brutal (7)
25. Occupant (6)
26. Be present at (6)
28. Cuban ballroom dance (5)
32. Donkey (3)

Sudoku Challenge

Difficult

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

Super Difficult

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

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.

Maynooth University celebrates first ever GAA history module

GAA module is officially launched by GAA President Jarlath Burns
Maynooth University (MU) is marking the launch of a new module for undergraduate history students examining the foundations of the Gaelic Athletic Association (GAA) and its role in wider Irish society. The module, which is one of the first of its kind to be offered by any university in Ireland, was officially launched by GAA President Jarlath Burns.

The second-year module from the Department of History at MU is designed to provide students with a broad introduction to the development of the GAA towards the end of the nineteenth century and the role the organisation played in Irish life, culture, politics, and society.

Examining the Irish sporting landscape prior to the formation of the GAA in 1884, students consider how the GAA swept the country "like a prairie fire", according to its founder Michael Cusack.

GAA President Jarlath Burns said: "As a keen follower of all things historical I was delighted to learn of the inclusion of this new module focusing on the GAA in the undergraduate history course at Maynooth University.

"Given the central role of the Association in Irish life – both sporting and civic - over the course of its 140-year existence, we might well ask how this has never happened before anywhere? In that context I laud the University authorities, not least Dr Ciarán Reilly who will deliver the module.

"I also wish the students well in their endeavours and I am sure the academic lens being brought to bear on our activities will be of real interest to many of them who are familiar with our games through their direct involvement in them."

Dr Ciarán Reilly of the Department of History at Maynooth University, who delivers the module said: "Historically the GAA has played an integral role in the shaping of modern Ireland, perhaps more so than any other sporting or cultural organisation. This module offers students the opportunity to understand the context in which the GAA was founded and developed."

Further information on Maynooth University's Department of History is available here.



GAA President Jarlath Burns and President of Maynooth University, Professor Eeva Leinonen, with MU GAA scholarship students Aoife Dwyer (Tipperary senior camogie player), and Ryan Burke (Kildare senior r football player), at the official launch of the GAA History module at Maynooth University. Photography by Maxwell.

MU welcomes expert in diagnosing Parkinson's by scent

Prof Perdita Barran was part of the NoseToDiagnose research team that found it was possible to identify Parkinson's disease by scent

Maynooth University's Faculty of Science and Engineering was delighted to welcome Prof Perdita Barran, a member of the award-winning NoseToDiagnose research team that found that Parkinson's disease (PD) could be identified from compounds on the surface of the skin.

Prof Barran discussed these findings at the 2024 Dean's Lecture, which was a free public event held in Maynooth University's TSI Building on Wednesday, 15 May.

Prof Barran, who is Chair of Mass Spectrometry in the Department of Chemistry at the University of Manchester, spoke about how the research team used the observations of Joy Milne, a retired nurse whose husband was diagnosed with PD at the age of 45, to develop a novel approach to early PD diagnosis.

Milne, from Perth in Scotland, has hereditary hyperosmia or a heightened sensitivity to smells and noticed that her late husband developed a different, more "musky" odour over a decade before he was diagnosed with PD.

She collaborated with the team in Manchester, which used mass spectrometry to investigate the biomarkers of PD and found that the smell is strong on patients' upper backs, where sebum, an oily substance produced by the skin, tends to amass.

"I was absolutely thrilled to give the Dean's Lecture at Maynooth University 2024," Prof Barran said. "I outlined how we have taken Joy Milne's observation that people with Parkinson's Disease have a distinctive odour and launched a research programme called NoseToDiagnose."

The resulting study, published in 2022 in the Journal of the American Chemical Society, found that specific lipids are substantially more active in people suffering from the disease. With high-resolution mass spectrometry, the team profiled the complex chemical signature in the sebum of people with Parkinson's and showed subtle but fundamental changes as the condition progresses.

The research team went on to design a novel test to identify people with PD, a degenerative condition where parts of the brain become progressively damaged over many years, resulting in a range of physical and psychological symptoms.

The test is simple and painless, involving a cotton skin swab run along the back of the neck, and can classify PD from sebum samples with more than 95% accuracy.



Prof Perdita Barran

In her lecture, Prof Barran discussed the methodological approach, recent findings, and the use of sebum for non-invasive sampling. She also referred to "other adventures with mass spectrometry" in their labs in Manchester.

Prof Barran, who served as Chief Advisor to the UK Government on Mass Spectrometry during their COVID-19 pandemic response, founded a spinout company, SebOMIX, to commercialise the new tests, which can detect biomarkers for numerous other diseases besides PD.

10 Healthy Herbal Teas You Should Try

Unlike true teas, which are brewed from the leaves of the Camellia sinensis plant, herbal teas are made from dried fruits, flowers, spices, or herbs. In addition to being delicious, some herbal teas have health-promoting properties. In fact, herbal teas have been used as natural remedies for a variety of ailments for hundreds of years.

Here is a list of 10 healthy herbal teas to try

Chamomile tea is most commonly known for its calming effects and is frequently used as a sleep aid.
In fact, studies show that it could improve sleep quality in older adults and postpartum women .
What's more, chamomile is also believed to have antibacterial, anti-inflammatory, and liver-protecting effects.
Other research also shows that chamomile could improve blood sugar control and ease symptoms of premenstrual syndrome (PMS)
Summary
Chamomile may help enhance sleep quality, improve digestive health, stabilize blood sugar levels, and ease symptoms of PMS.

Peppermint Tea
Though peppermint tea is most popularly used to support digestive health, it also has antioxidant, anticancer, antibacterial, and antiviral properties.

Several studies have shown that preparations of peppermint oil can help relieve indigestion, nausea, stomach pain, and other symptoms of irritable bowel syndrome
However, keep in mind that it's unclear whether the amount of peppermint oil found in peppermint tea has the same effect as the concentrated supplements used in these studies. Therefore, more research is needed.
Summary
Studies have found that peppermint oil may help relieve nausea, cramping, and stomach pain.

Ginger tea packs a punch of disease-fighting antioxidants and is a well-known remedy for nausea.
Studies consistently find that ginger is effective at relieving nausea, especially in early pregnancy, although it may also relieve nausea caused by cancer treatments and surgery.
Evidence also suggests that ginger may help prevent stomach ulcers, relieve indigestion, and reduce pain associated with menstruation.
What's more, some studies show that ginger supplements could improve blood sugar control and lipid levels in people with diabetes.



Summary
Ginger tea may help reduce nausea, relieve period pain, and improve blood sugar and lipid levels in people with diabetes.

Hibiscus Tea
In addition to its bold color and unique flavor, hibiscus tea offers healthful properties.
In fact, though research is mixed, some studies show that hibiscus could significantly reduce total and LDL (bad) cholesterol, along with blood pressure.
What's more, another study found that taking hibiscus tea extract for 6 weeks significantly decreased oxidative stress in male soccer players.
However, be sure to talk with a doctor before drinking hibiscus tea if you're taking diuretics, as it may interact with your medications.
Summary
Hibiscus tea may help reduce blood pressure, improve cholesterol levels, and decrease oxidative stress.

Echinacea tea is a popular remedy that's said to prevent and treat the common cold.
Evidence has shown that echinacea may help boost the immune system, which could help the body defend against infections.
Though more research is needed, some studies have also found that echinacea can shorten the duration of the common cold or lessen the severity of symptoms.
Summary
Echinacea tea is commonly used to shorten the duration of the common cold. However, more research is needed.

Rooibos is an herbal tea that was historically used for medicinal purposes.
Though more research on humans is needed, one study found that rooibos may have anti-allergy effects.
Research has found that rooibos may inhibit the formation of osteoclasts. These are cells that break down old bones, which is essential for preserving, repairing, and reshaping your skeleton. Inhibiting their formation may help people living with diseases that cause the production of too many osteoclasts, such as osteoporosis.

Moreover, some older studies suggest that rooibos tea could also lower blood pressure and cholesterol level
Summary
Preliminary evidence suggests that rooibos tea may help improve bone health and reduce heart disease risk, but more studies are needed.



Sage tea is well-known for its medicinal properties and potential benefits for brain health.
Various studies on sage have found improvements in the cognitive function of those with Alzheimer's disease, although the studies had limitations.
A number of studies also found improvements in mental function and memory in healthy adults after they took one of several different types of sage extract.
While more research is needed, some studies suggest that sage may also help lower levels of total and LDL (bad) cholesterol levels.
Summary
Several studies have found that sage improves cognitive function, memory, and heart health.

Lemon balm tea has a light, lemony flavor and seems to have health-promoting properties.
In one small study, drinking lemon balm tea for 6 weeks improved arterial stiffness, which is a risk factor for heart disease, stroke, and mental decline.
Research has also found that drinking lemon balm may increase the body's natural antioxidant enzymes, which help protect the body from oxidative damage.
Additionally, one review found that lemon balm could even improve symptoms of depression and anxiety, without serious side effects.
Summary
Preliminary studies have found that lemon balm tea may help increase antioxidant levels, improve heart health, and reduce symptoms of depression and anxiety.

Rose hip tea is high in vitamin C and beneficial plant compounds with anti-inflammatory properties.
Several older studies have found that rose hip powder may help reduce inflammation and improve symptoms related to rheumatoid arthritis and osteoarthritis, including pain.
Studies have also found that rose hips may also be beneficial for weight management, helping decrease body mass index (BMI) and belly fat.
Still, more recent human studies are needed to confirm the potential benefits of rose hip tea.
Summary
Rose hip tea may reduce inflammation and pain associated with arthritis. It may also support weight management.

Passionflower tea is traditionally used to relieve anxiety and improve sleep.
One study found that taking passionflower extract for 2 weeks improved certain markers of sleep quality in people with insomnia, though there was no significant difference compared with a placebo.
Some other research suggests that passionflower may help relieve symptoms of anxiety, especially during dental procedures.
Summary
Studies have found that passionflower tea may improve sleep and anxiety.

The Bottom Line
Herbal teas come in a variety of delicious flavors and are naturally free of sugar and calories.
Many herbal teas also offer health-promoting effects, and modern science has begun to validate some of their traditional uses.
However, keep in mind that more research is needed to understand the effects of drinking herbal tea rather than taking extracts or other supplements.
Source: www.healthline.com/nutrition/10-herbal-teas

General Guidelines for Herbal Tea Consumption:
While the optimal daily intake of herbal tea is highly individualized, general guidelines can provide a starting point:
1. Moderate Consumption: Generally, it is advisable to limit herbal tea consumption to 2-3 cups per day. This moderate intake allows for potential health benefits without increasing the risk of adverse effects.
2. Variety is Key: Incorporating a variety of herbal teas into your daily routine can help ensure a balanced intake of different compounds and reduce the risk of overconsumption of any single herb.
3. Listen to Your Body: Pay attention to how your body responds to herbal tea consumption. If you experience any adverse effects, such as stomach upset, headaches, or anxiety, reduce your intake or discontinue consumption altogether.
4. Consult a Healthcare Professional: If you have any underlying health conditions or concerns, consult with a **healthcare professional** before incorporating herbal tea into your daily routine.

Recommendations:
Navigating the world of herbal tea consumption requires a balanced approach, considering individual factors, desired effects, and potential risks.
By adhering to moderate consumption guidelines, incorporating variety, and listening to your body's response, you can safely enjoy the many benefits of herbal tea without compromising your health.
Remember, the optimal daily intake of herbal tea is highly personalized, and consulting with a healthcare professional is always advisable if you have any underlying health conditions or concerns.



Source: liquidinsider.com/how-much-herbal-tea-per-day/

Chicken and Rice Tray Bake



Preparation time: less than 30 mins
Cooking time: 30 mins to 1 hour
Serves 4

Ingredients

For the rice oil, for greasing
1 large onion, finely chopped
3 garlic cloves, finely chopped
50g/1¾oz ghee, melted (or butter)
270g/9¾oz basmati rice
2 cardamom pods, seeds only
650ml/21fl oz. hot chicken stock (or boiling water)
200g/7oz frozen peas
large handful fresh coriander, roughly chopped

For the chicken
8 chicken legs, skin on
1 tsp salt
1 tsp garlic powder
1 tsp onion powder
1 tsp cayenne pepper
2 tbsp. oil

Method

Preheat the oven to 200C/180C Fan/Gas 6. Lightly grease a large roasting tray and put in the onion and garlic. Drizzle over the melted butter and give the onions a stir. Bake for 10–15 minutes, making sure they don't begin to burn. Keep an eye on them – if the edges are catching too quickly, take the tray out and stir the onions again before returning to the oven.
Meanwhile, for the chicken, mix the salt, garlic, onion and cayenne in a bowl. Rub the drumsticks with the oil and cover with the spicy rub.
Take the onions out of the oven and add the rice and cardamom seeds. Stir well, then put the drumsticks on top. Pour in the stock (or boiling water). Cover with foil and bake for 30 minutes.
Remove from the oven, lift the chicken drumsticks on to a side plate, then add the peas to the rice and lightly stir them through. Replace the chicken pieces and bake without the foil for another 15 minutes
Stir in the chopped coriander and serve.

Toffee apple crumble



Preparation time: less than 30 mins
Cooking time: 10 to 30 mins
Serves 4-6

Ingredients

For the toffee apples
100ml/3½fl oz water
225g/8oz granulated sugar
30ml/1fl oz golden syrup
30g/1oz unsalted butter
450g/1lb cooking apples, peeled, cored and sliced into wedges
450g/1lb eating apples, peeled, cored and sliced into wedges
For the crumble
150g/5oz plain flour
100g/3½oz unsalted butter
100g/3½oz demerara sugar
For the custard
6 free-range egg yolks
75g/2½oz caster sugar
600ml/1 pint 1½fl oz whole milk
1 vanilla pod, seeds

Method

Preheat the oven to 180C/350F/Gas 4.
For the toffee apples, place the water and sugar into a saucepan and slowly bring up to the boil. Reduce the heat once the sugar has melted, add the syrup and butter and then bring up to the boil again, stirring constantly.
Turn down the heat, add the apples and cook, stirring gently, until just soft. Place into an ovenproof dish.

For the crumble, rub the flour, butter and sugar together in a bowl with your fingertips until the mixture resembles breadcrumbs. Spoon the crumble evenly over the toffee apple mixture and place in the oven to bake for 15 minutes, or until crisp and golden-brown.
For the custard, place the egg yolks and sugar into a bowl. Place the milk and vanilla seeds into a saucepan and bring to the boil, then pour into the egg and sugar mixture. Whisk until well-combined. Return the custard mixture to the saucepan and warm over a low heat until it thickens enough to coat the back of a spoon.
To serve, divide the crumble between 4-6 serving plates and place a dollop of custard on each.

Source: www.bbc.ie



Now it's Summer!

Gardening tasks and projects that you can do to help keep your garden looking great.

Spray roses against blackspot disease on regular basic, especially in the damper parts of the garden, and after wet weather. Also continue to tie in the new shoots of climbing roses so that they will be in the correct position for training later and are safely out of the way.

Even if it rains, young trees and shrubs planted in the last twelve months can be suffering from moisture shortage due to inability of the roots to take water. Water if the leaves are small and sparse. Begin to take cuttings of soft wood of current season's growth of fuchsia, clematis and other shrubs.



Bedding plants can be planted out in flower beds and containers and baskets planted up. There is still plenty of time for them to flower well, especially if large plants in individual pots or cell trays are used. Make certain to control the first flush of weeds among bedding plants. If there is wet weather, a flush of seedlings will appear and these will give a lot of trouble if they are allowed to make growth. If bedding plants are a little set back by cold weather, just after planting out as sometimes happens, a liquid feed will bring them on.

Continue to watch for slugs and snails in the first few weeks after planting and on perennial flowers. Stake perennial flowers that need it, especially in an exposed garden, such as alstroemeria and delphiniums.

Grass really responds to rain showers and if there is some lightning as well it helps to green up the grass by 'knocking' nitrogen out of the air. If the grass is not growing well despite rain, apply some fertilizer to improve growth. The ideal weather for applying lawn weed killer is fine and settled, warm but with some moisture in the soil. Lawn weed killers are very effective in the right conditions. Do not apply weed killer if you want to grow a wildflower lawn.



Pinch out any side shoots from your tomato plants and feed once the first truss is setting fruit. You can pot up the side-shoots to create new tomato plants. Continue to earth up potato plants as they grow. If you're growing potatoes in bags simply add more compost to half way up the plant stem. Harvest salad crops and resow every 2 weeks for a constant supply of tasty leaves. Harvest early potatoes - these are normally ready from 10 weeks after planting. Look out for onion and garlic leaves yellowing and dying back - this means they are ready to harvest! Plant out tender vegetables such as corvettes, squash, tomatoes and sweet corn now the risk of frost has passed. When planting out cabbages, use cabbage collars to prevent cabbage root fly attack. There is still time to plant runner beans - sow them directly in the ground now. By all means, take some time to simply enjoy your garden and all the hard work you've put into it.
Enjoy!

Source: www.gardenersworld.com



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e-mail: info@clockhouse.ie
Web: www.clockhouse.ie - Tel: 01-5054725

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Kildare Planning Applications for Maynooth Area
Planning Applications received from 29/04/2024 to 28/05/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
24176	Kildare County Council	Thomas and Linda Hannigan	16 Parklands Square, Maynooth, Co. Kildare	28/05/2024
2460471	Kildare County Council	Leanne and Edward O'Toole	10 The Lawn, Moyglare Hall, Maynooth, Co. Kildare	27/05/2024
2460436	Kildare County Council	David Casey & Débora Cordeiro	344 Old Greenfield, Maynooth, Co Kildare	20/05/2024
24160	Kildare County Council	Ann Lynch	22 The Lawns, Moyglare Abbey, Maynooth, Co. Kildare	17/05/2024
2460425	Kildare County Council	Arlene & Dan Gallagher	25 Leinster Wood, Carton Demesne, Maynooth , Co. Kildare	15/05/2024
24147	Kildare County Council	Ní Chearnaigh Aoife	13 Limetree Hall, Maynooth, Co. Kildare	10/05/2024
24143	Kildare County Council	Thomas & Linda Hannigan	16 Parklands Square, Maynooth, Co. Kildare	08/05/2024
2460400	Kildare County Council	EirGrid Plc.	Maynooth 220kV Substation, Taghadoe, Co. Kildare	02/05/2024
2460394	Kildare County Council	The Trustees of St. Patrick's College Maynooth	In the townland of Collegeland, St. Patrick's College, Maynooth, County Kildare	02/05/2024
2460389	Kildare County Council	Ciaran & Cynthia Gallagher and Jack	Railpark, Maynooth, Co. Kildare	01/05/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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
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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/
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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	
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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.



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

picnic in the park

Photo Gallery Pages 21 to 24

DRAFT MAYNOOTH AND ENVIRONS JOINT LOCAL AREA PLAN 2025 - 2031

PUBLIC CONSULTATION







Kildare County Council and Meath County Council have published the Draft Maynooth and Environs Local Area Plan 2025 - 2031.

The Draft Maynooth and Environs Joint Local Area Plan 2025-2031 (Draft Plan) comprises a written statement and maps and these documents may be inspected from **Wednesday 19th June to Thursday 1st August 2024 (during normal opening hours)** at the following locations:

- Online at: https://consult.maynooth.ie
- Maynooth Community Library, Main Street, Maynooth, Co. Kildare.
- Planning Department, Kildare County Council, Áras Chill Dara, Naas, Co. Kildare.
- Planning Department, Meath County Council, Buvinda House, Dublin Road, Navan, Co. Meath C15 Y291
- Ratoath Municipal District Office, Drumree Road, Dunshaughlin, A85 XK20

A public information session will take place on Wednesday the 10th of July from 3pm to 7pm at the Technology, Society and Innovation Building (TSI Building) Maynooth University, Kilcock Road, Eircode W23 X04D.
Kildare County Council and Meath County Council now invite submissions in respect of the Draft Plan and accompanying reports (including environmental reports) before **4pm on Thursday 1st August 2024.** Your name and address should be stated in your submission, and where relevant, the body or organisation represented. Children or groups/ associations representing the interests of children are welcome to make submissions. Please make your submission in **one** of the following ways **only** (Late submissions, e-mail or faxed submissions will not be accepted):

- Online at **https://consult.maynooth.ie** ; or
- In writing marked "Draft Maynooth and Environs Joint Local Area Plan 2025-2031" to :
- Senior Executive Officer, Planning Department, Kildare County Council, Áras Chill Dara, Naas, Co. Kildare, or
- Senior Executive Officer, Planning Department, Meath County Council, Buvinda House, Dublin Road, Navan, Co. Meath C15 Y291.

Submissions/observations made within this period will be taken into consideration before the making of the Maynooth and Environs Joint Local Area Plan 2025 – 2031.
A report will be prepared on submissions received and will include the names of those who made submissions. This report will be published on our websites. Details of your privacy entitlements and obligations under GDPR can be read here:
www.kildarecoco.ie/YourCouncil/GovernanceandCompliance/DataProtection/

www.meath.ie/council/your-council/your-data-and-access-to-information/data-protection

DEADLINE FOR SUBMISSIONS: 4pm Thursday 1st August 2024.

Published by: Maynooth Community Employment Project, Unit 10, Tesco's S.C. Carton Retail Park, Maynooth. Phone - 01-6285922 email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086

Maynooth Newsletter

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Recording the Social Footprint of Maynooth since the 1970s

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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

There was widespread shock at the news of the unexpected death of Eddie Tobin from Railpark on the 25th June. Our sincere sympathy to his wife Geraldine, daughters Elaine and Orlaith and their families as well as siblings William, Jimmy and Miriam and their families. Eddie was well known and made a major contribution to Maynooth over the years that he and his family have lived in the town.

Congratulations to the successful candidates elected for the Maynooth LEA at the local authority elections for Kildare County Council held recently. Putting yourself up for election is not easy so it is important to acknowledge all of the candidates who do so. Elected Councillors have a five year new term when they will get to make key decisions that will shape the future of Maynooth. One of the biggest decisions that needs to be made is the completion of the Maynooth Local Area Plan 2025-2031. The draft plan went on display on June 19th and will stay on display until August 1st next. This is the deadline for submissions to be made as well. It is a pity that they plan goes up for consultation during prime holiday time but I suspect that people interested in the plan will ensure to make a submission on time. A public information session on the proposals in the draft plan will take place on Wednesday the 10th of July from 3pm to 7pm at the Technology, Society and Innovation Building (TSI Building) Maynooth University, Kilcock Road, Eircode W23 X04D.

Congratulations to Maynooth Community Council and all associated with the Picnic in the Park event last month. Big crowds attended and there was a range of interesting activities on display. The event was a collaboration between the local community, business and Kildare County Council as is needed to manage an event of this scale. Maynooth has grown rapidly in recent years so it is important to provide a showcase for the activities that are available in the town, particularly for newer residents to get to know about them. The Maynooth Newsletter has included many of the photographs taken on the day so if you were there you may be included in the pictures.

Continuing on the theme of congratulating people, I would like to mention two new recent initiatives that I am aware of. One is the running club started by Camila Melo where she reached out to see if there was any local interest from others to get active. From social media postings I note that the number of people who has taken up the challenge is continuing to grow. As well as running the group seem to stop for refreshments so there is a social aspect involved as well.

The contact information is @brewjogg. The second local initiative is "Grow Remote Maynooth" which is aligned with Grow Remote a national organisation who aim to connect people who are working hybrid and remotely. Alan Hayes has led the initiative to get this going in Maynooth. A number of local meet ups have been organised recently which involve meeting for a walk followed by a visit to a café. The events that have been announced so far have taken place on both weekdays and Saturdays and can be booked on eventbrite.ie Well done to both Camila and Alan for taking on these initiatives. I would be interested to get some feedback from them on how these activities are developing. There is no doubt that they will be of interest to many people living in Maynooth.

It's great to see a few sunny days which bring a surge in live to the wonderful amenity that is the Harbour Field. It is so sad to see that a minority have no respect for such an amenity and leave it littered with their rubbish after use. One of the biggest dangers is that of broken glass which lies beneath the covering of grass. This could result in serious injury to others using the Field. We would appeal to people using any public open space to take their rubbish home or use the bins where provided.



Paul Croghan - Editor

Copy date for the August edition will be 5pm on Monday 29th July 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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



Almost 30 volunteers were out and were very busy every Saturday for the month of June, for this we thank them most sincerely.

The recently extended bed at the Joan Slade River on Parson St. was planted up, ditto the bed at the junction of Straffan Road and Meadowbrook Link Road.

The bed outside the Presentation Girls' School has been tidied and prepared for planting. This will be done as part of a project with 6th Class girls.

The Bond Bridge area of Parson St. on town side, was cleared of weeds (for now!).
The 'scuffling' machine or weed eater makes this task so much easier.
The area around the ICA hall was tidied up and the bench there got a lick of red paint, thanks to our volunteer Sean McGahern who is available to do some private work for anyone who is interested.
Sunflower planting and some weeding was done at the Pound.

The usual litter picking and recycling ensured the town looks well for Picnic in the Park. Well done to the organisers, Maynooth Community Council and Kildare County Council. We hope everyone enjoyed the event. MTT had a stand there, highlighting our activities and with information and leaflets on the Maynooth Heritage Trail.
Thankfully the sun did shine and a great day was enjoyed by all the attendees.

Work continued throughout June at The Church of Ireland planting up the beds. They will look amazing thanks to Karen for the donation of probiotic soil. Thanks also to Iris and Cherry for organising the refreshments in the church afterwards.

We also asked the OPW to paint the gates outside the Castle. This project is ongoing at the moment.

We would like to thank Mark Nolan from Lily's restaurant for serving us complimentary refreshments recently.

Two of our members also attended the official opening of the new Boys School on The Moyglare Road. We were given a tour of the school by one of their students from the Orange team, wonderful experience, wonderful teachers, wonderful school.








We are always looking for volunteers please contact us on Facebook or on email at maynoothtidytowns@outlook.ie

Mary Molloy - Maynooth Tidy Towns Association

Online Office

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* 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
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Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

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MAYNOOTH CYCLING CAMPAIGN

Maynooth Cycling Campaign Membership
Maynooth Cycling Campaign has embarked on an exciting restructuring. Like most other Irish cycle campaign groups, we are transitioning to a fee based membership. In the past, our costs were minimal. Moving to a standard fee of €30 per annum will enable us to pay for essential expenses such as insurance which supports our work locally. As a local organisation, we qualify for certain funding streams that do not permit applications from national organisations such as the Irish Cycling Campaign.

Local Government Elections
We would like to congratulate the successful candidates for their election to Kildare County Council and offer our commiserations to the unsuccessful ones. We look forward to discussing our asks with the successful candidates and to working with them in the next five years to bring about increased active travel.

Velo-City Conference in Ghent
This year, the Velo-City conference was held in Ghent with representatives from more than 60 countries, 1500 attendees, 400 speakers, 80 sessions and 90 exhibitors all dealing with one subject - cycling.

One of the speakers on the first day was Janette Sadik-Khan, who in 2007 was the first woman and first environmentalist to be appointed Transportation Commissioner of New York City. She shared her story of how she transformed the city's streets from pedestrianising Broadway in Times Square to building nearly 400 miles of bike lanes. While highlighting how, in major cities around the world, such as Paris and London, cyclists are now outnumbering car drivers, she stressed a point that is often overlooked - that building a cycling-friendly city or town will ultimately benefit everyone.

Rather than professionals or advocates, two of the most memorable quotes came from politicians Filip Walleeuw, Ghent Deputy Mayor said *"Speed management is important, but it is not enough. The real debate is about space. We have to give space not to cars but to people*".

And Line Barford, Mayor Copenhagen said "*Almost half the spaces in Copenhagen are still for cars. That needs to change, we must ask people what they want for their neighbourhoods*."

And of course the conference includes the traditional Bike Parade. It can be seen on YouTube at **https://www.youtube.com/watch?v=cCw91ab_3VE.** (Spoiler, it includes an anti-cycling protest at the start but it was a joke!!!)

If you want more details on the conference, you can get a summary of the each day of Velo-city 2024 below

- **Tuesday Daily Report** – Connecting through Cycling
- **Wednesday Daily Report** – 2,600 cyclists take over the streets of Ghent
- **Thursday Daily Report** – It takes two to tango!
- **Friday Daily Report** – The cycling story is our to spin!

Bikelash
Meanwhile, back home in Ireland, bikelash is alive and kicking with contribution from Regina Doherty, Ryan Air, and the Joe Duffy Show. "Bikelash" is the unwarranted response to the provision of safe facilities for cyclists, particularly in the reallocation of road space from cars.

Regina Doherty who was a successful FG candidate for the European Parliament, went for the populist vote in criticising the cycle facilities in Dublin provided by the City Council and likening cycle lanes to the Berlin Wall. However, in the past though, she has made supportive speeches in favour of cyclist safety and especially as her husband is a cyclist. While we accept that politicians do what they do to get elected, advocates do what we do and would point out that people also respect honesty and integrity in politicians.

Ryan Air never miss an opportunity for free publicity so took the opportunity of the Eamon Ryan's announcement that he would be resigning to push their message of "Flights not Bikes". Ryan Air are one of the biggest carbon emitters in Ireland. According to the Central Statistics Office, in 2020 excise exemption for jet kerosene resulted in the revenue foregoing €273 million. Meanwhile, North America is under a heat dome and more than 1300 pilgrims have died in Saudi Arabia due to extreme heat while recently in Germany, Italy and Spain flooding has resulted in deaths to locals. Ryan Air want to remove the upper limit to the number of flights from Dublin airport which will worsen climate extremes.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at maynoothcycling@gmail.com . Further information on the campaign is available on our website.

ECF EUROPEAN CYCLISTS' FEDERATION

cyclist.ie the Irish Cycling Advocacy Network

Make your home smell good without chemicals Refreshing Scents for Summer

We all want a great-smelling home, especially when you live in a busy household or have guests over. And the right fragrance can instantly mask lingering odors, make a room smell fresh and more inviting.
But while there are plenty of commercial air fresheners available, many contain harsh ingredients which can be harmful when inhaled. This is especially worrying if there are small children or pets in the home. Luckily, there are some natural hacks to make your home smell good without chemicals.
These simple alternatives are all natural, and would only need a few household ingredients you might already have in your kitchen. So if you want to banish odors, and refresh your rooms, check out these natural hacks to make your home smell good without chemicals.

Create a Reed Diffuser Oil



Although reed diffuser oils are available in the stores, you can easily make your own. Simply add a few drops of your favorite essential oil to a small, narrow-necked glass bottle. Fill the rest with a carrier oil such as baby oil or almond oil before placing rattan diffuser sticks inside the bottle. Gently stir the mixture around before setting down on a countertop or table to instantly freshen the room. There are plenty of essential oil scents, but lavender, tea tree or eucalyptus work well for making your home smell fresh. Just be sure to keep essential oils out of reach from small children and pets. Another simple hack that made my bathroom smell fresh all week was putting a few drops of essential oil inside a toilet roll to give off a fresh smell each time it's used.

Make a Lavender Room Spray
Lavender is known for its fresh scent and calming properties, so it makes the perfect room freshener. First, fill a small spray bottle with 1 oz. of distilled water and 1 oz. of rubbing alcohol before adding 10-20 drops of lavender essential oil. The strength of the mixture is totally up to you, and also depends on the size of the bottle. Then, shake the bottle well to ensure the oils evenly disperse into the mixture. As well as being a great way to freshen up a room, you can also spray it on linen or on pillows to help you sleep well at night. Once the fragrance starts to fade, you can top up the lavender oil as and when needed.

Boil Oranges & Cinnamon
Another natural, aromatic air freshener is to simmer orange slices and cinnamon sticks.



Simply take a small saucepan with water, and add orange slices along with a handful of cloves and cinnamon sticks. Bring the pot to the boil then turn the heat down to simmer for several hours.
This will release a relaxing aroma throughout the home, making it smell like fall! Plus, you can always drink the mixture as a refreshing tea afterwards.

Make Herb Sachets
Dried herbs or flowers can instantly spruce up the air. Simply get some small cotton or muslin bags and fill them with your favorite dried herbs, spices and flowers such as lavender. You could also add a few drops of essential oil to enhance the fragrance. Then, either sew or tie the bag firmly with ribbon or string before placing it in a room. The fragrance should last for a week or two, but you can refresh your pouch by adding more drops of essential oil. In addition, herb sachets are ideal for placing inside drawers or closets to make your clothes smell nice and fresh.

Fresh Flowers
There's nothing more fragrant than the scent of fresh flowers and indoor plants around the home. And if you buy or grow your own flowers, consider sweet-smelling florals including white jasmines, gardenia, orchids and scented geraniums. If you prefer a fresh, citrus scent, opt for houseplants such as eucalyptus and lemon balm.



Make your own Potpourri
If you prefer dried flowers, you can also make a homemade potpourri. Potpourri is a blend of dried petals, fragrant herbs, spices and essential oils that will fragrance any room.

The easiest method is to combine one cup of dried rose petals, ¼ cup of dried rosemary, and ½ cup of dried lavender into a container. Then, add 5 to 6 drops of your preferred essential oil to your dried flowers before sealing your container. Let it sit for around two weeks to allow the essential oils to soak into the flower petals, and enhance the fragrance. Once it's ready to use, mix one teaspoon of orris root powder, which is a "fixative" to prevent your essential oils from evaporating. Finally, arrange your potpourri in an open glass jar or decorative container to make a beautiful and fragrant display.

Source: www.tomsguide.com/how-to7-natural-hacks-to-make-your-home-smell-good-without-chemicals

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.

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!

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.
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Cllr. Angela Feeney Maynooth Labour News

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

Review of Residents Association Grants Needed

I submitted a motion to the recent full Council meeting calling for a review of the Council's Residents' Associations grants policy. I welcomed the positive response I received from the Council and the motion got full support from all the members.

In 2022 the Council set up a committee to look at the criteria used to calculate the amount of the grants being paid to Residents Associations.

Until that time, the practice had been to use the number of houses in estates as a factor when calculating the amount of grant to be paid to the residents' associations. A new practice was agreed that would use the area of green space in the estate as the factor to decide the amount of the grant. The rationale being that the grants are mainly used to have green areas in estates maintained and the objective was to make the calculation more equitable

In speaking to the motion, I reminded the meeting that back in September 2022 it was agreed that the scheme would be reviewed the following year i.e. in 2023 to see if it was in fact meeting the objective of making the grants more equitable.

From my own experience working with various residents' association there are issues. Some residents find the new process cumbersome and requiring a lot of administration. As part of the online application process, residents' associations need to provide maps and acreage of the green spaces in their estate; three quotes are needed for the grass cutting costs. Many maintenance contractors are leaving the schemes and there is the huge issue of the rising costs of maintenance.

Residents associations depend on volunteers and many are not willing to continue in the role due to the level of what they perceive, rightly or wrongly, as the level of bureaucracy associated with the applications. A further issue is how adequate the amount of the grant is. The new policy has resulted in a reduction in the amount received and many of the older estates with ageing populations cannot afford to make up the difference in cost or increase the household subscriptions,

Some residents have told me that the grants have been reduced to such an extent while the amount of paperwork has increased; this has resulted in them deciding not to apply at all. I believe it is an issue that needs to be addressed at annual budget time as well during Local Property Tax project allocations.
I welcomed the report from the Council, which confirms that a review will be carried out. I suggested an earlier date than the end of 2025. The Director agreed to have the review earlier in 2025.

Footpath repairs on the Old Dublin Road

Wheelchair users in the town carried out two separate audits and this location was identified in both audits as problematic. The slope on the path makes it very difficult for everyone but especially for those with a buggy or using a wheelchair, rollator or trolley. Many end up having to move out on to the road. One mother who has a son, who is wheelchair user, finds it very difficult to keep control of his wheelchair at this spot. I acknowledge that repairs have been carried out at this location but the tiles are starting to lift. The area engineer will meet me at the location to arrange an inspection and to assess what remedies can be put in place.

Footpath repairs for Straffan

When I raised this question at the MD Council meting, it was good to hear that footpath repair works will be carried out in Straffan later this year. Locations will be determined on a needs basis, where the worst locations will be prioritised.

Timeframe for the installation of the push button pedestrian crossing at MTFC

In February 2023, I called on the Council to install a push button pedestrian crossing on the Newtown Road Maynooth at the soccer club. It is good to hear that the works have been completed and we now need the ESB connection to be put in place. This is an important safety measure that will allow children to walk or cycle to the club in safety.

Twinning Event

I called on the Council to hold an event to mark the long-standing successful twinning between Maynooth and Canet-en-Roussillon, France. This very successful twinning relationship between secondary schools in both towns reached a 20th anniversary during COVID restrictions so nothing could happen to mark the event. When I raised the issue, the Council and members agreed to explore an event/s to celebrate this long relationship.

Draft Local Area Plan for Maynooth-Have your Say!

The Draft Maynooth and Environs Joint Local Area Plan 2025-2031 is now ooen for public consultation. The plan documents may be inspected from Wednesday 19th June to Thursday 1st August 2024 at the following locations:
-Online at: https://consult.maynooth.ie
-Maynooth Community Library, Main Street, Maynooth, Co. Kildare.
-Planning Department, Kildare County Council, Áras Chill Dara, Naas, Co. Kildare.
-Planning Department, Meath County Council, Buvinda House, Dublin Road, Navan, Co. Meath C15 Y291
-Ratoath Municipal District Office, Drumree Road, Dunshaughlin, A85 XK20

A public information session will take place on Wednesday the 10th of July from 3pm to 7pm at the Technology, Society and Innovation Building (TSI Building) Maynooth University.

Thank You!

I want to sincerely thank all those who voted for me in the recent local election. It is an honour to be re-elected to serve as your local public representative on Kildare County Council. I will continue to work hard on your behalf and as always, please get in touch about any issues of concern.

My upcoming motions and questions:

Motions:

1. That speed ramps be installed on the Moyglare Road Maynooth in the vicinity of the nursing home, to address speeding issues on this busy approach road to the town.

2. That the Council removes or significantly trims back the trees in the Moyglare Village Estate, Maynooth along the adjoining wall with Maynooth GAA.

Questions:

1. Can the Council provide any update as to when the push button pedestrian lights at MTFC will be energised?

2. Can the Council inform members when the Masterplan for Carton will be published?

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Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Maynooth July CleverReach

Children's Events

Summer Stars Mary Poppins Theme Workshop with Go Fly Your Kite
Wednesday 3rd July, 3pm - 4pm
Bring some sparkle to your library this Summer for your Summer Stars Programme with our Go Fly Your Kite workshop.
We will be looking at the book Mary Poppins written by PL Travers and the fascinating history behind this author.
We will be reading from her book, singing some of the famous songs from Mary Poppins, watching some video clips and the children will receive their very own specially designed Mary Poppins kite to take home!
Fancy dress is optional ! Book places for children only, all children must be accompanied by a parent/guardian.
Booking link : Book Free Ticket – Summer Stars Mary Poppins Theme Workshop with Go Fly Your Kite – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Song & Rhyme Time for 0-2 year olds
Fri 5th and Fri 12th July , 10am to 10.30am
A story and song session for ages 0-2. There'll be a few short stories, and some popular Action Songs to engage younger attendees. Book places for children only, all children must be a**ccompanied by a parent/ guardian.**
Booking link:
Book Free Ticket – Song & Rhyme Time for 0-2 year olds – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

So You Missed Out on Taylor Tickets - Craft and Karaoke Event for Ages 8-14
Thursday 11th June , 12.00pm - 1.00pm
Tickets for Taylor Swifts gigs in Dublin were hard to come by so we're celebrating Taylor in the branch by hosting Taylor themed crafts including friendship bracelets and optional karaoke on our screen at the back of the library. Also suitable for post concert blues for those who got lucky!
For ages 8 to 14 this will be a drop in style event where attendees can come and do whatever parts they like. As the age group is wide, we will have tables for ages 8-11 and 12-14.
Booking link : Select tickets – So You Missed Out on Taylor Tickets - Craft and Karaoke Event for Ages 8-14 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

ARGH Pirates & Fun By the Seaside: Storytime for Ages 3-6
Friday 19th July, 3pm- 3.30pm
Ages 3-6
Who doesn't love a good story about pirates, gold and adventures by the seaside?
Fancy dress is optional but encouraged.
Please note that it is only suitable for children 3+. Book places for children only, all children must be accompanied by a parent/guardian.
Booking link : Book a Free Child Ticket – ARGH Pirates & Fun By the Seaside: Storytime for Ages 3-6 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Monsters aren't always scary! Story-time for 3-6 year olds
Fri 26th July, 3.00 -3.30pm
Join us for some fun stories about friendly monsters and other creatures.
Please note that it is only suitable for children 3+ . Book places for children only, all children must be accompanied by a parent/guardian.
Booking link:
Book a Free Child Ticket – Monsters aren't always scary! Story-time for 3-6 year olds – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Climate Action Events
Bee Pollinator Workshop for ages 8 -12 years
Wednesday 10th July, 3pm – 4pm
Discover how amazing our wild bees and our honeybees are, how the All-Ireland Pollinator Plan helps them, and learn how to handle beekeeping equipment. With Laois Outdoor Education. Book places for children only, all children must be accompanied by a parent/ guardian.
Booking link: Book Free Ticket – Pollinator workshop for ages 8 - 12 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Ceardlann Drámaíochta - Theatre Workshop in Irish and English for 6-12 year olds
Wednesday 31st July , 11.00 am - 12.30pm
Sa cheardlann drámaíochta seo beidh deis ag páistí sraitheanna míme a chleachtadh agus déanfar iniúchadh ar fhisiciúlacht na mothúchán.
Imreoidh páistí leis na carachtair éagsúla a aimsíonn siad chun teorainn na samhlaíochta, na réaltachta agus an oird a sharú.
Caith éadaí compordacha.
Áisitheoir na ceardlainne: Clíona de Brí.
Caithfear tuismitheoir /caomhnóir a bheith in éineacht le haon pháiste a bhfuil ag freastal ar an gceardlann seo.

During this theatre workshop children practice mime sequences and explore the physicality of emotions. Children will play with the different characters they discover to push the boundaries of imagination, reality and order.
Wear comfortable clothing.
Workshop facilitator: Clíona de Brí.
Book places for children only, all children must be accompanied by a parent/guardian.
Booking link : Book Free Ticket – Ceardlann Drámaíochta - Theatre Workshop in Irish and English for 6-1 2 year olds – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Exhibitions

Cultural integration : A View from Pakistan - Exhibition in Acrylic on canvas & Mixed Media
-by Sobia Rasheed
Friday 28th June - Thursday 1st August

Exhibition Opening
Tuesday 2nd July , 6.30 pm – 7.30 pm
Opening of ' Cultural Integration : A View from Pakistan - Exhibition in Acrylic on canvas & Mixed Media' by Sobia Rasheed.
Light refreshments provided. All welcome. *Drop in*

Maynooth Community Library's Exhibition Space Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from September 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

House Cleaning Tips

Work smarter, not harder, with these cleaning tips!

Remove Pet Hair with Rubber Gloves
As much as we love our four-legged friends, pet hair can accumulate quickly. Skip spending extra money on tools and special attachments and use this simple cleaning hack. Simply wear rubber household gloves and run them over the surface of your furniture. The rubber will cause the pet fur to gather into a ball that can be easily thrown away.

Steam clean your Microwave
Place a bowl of lemon juice in your microwave and set the microwave for 2 minutes or until the lemon juice comes to a boil. This cleaning hack will produce steam to soften any debris stuck in the microwave. You'll be able to clean out the appliance with just the swipe of a cloth, plus you'll be left with a citrusy fresh scent.

Remove Wine Stains from your Carpet
Wine is known to be one of the toughest stains to remove. Luckily, club soda can be a saving grace. Start by spritzing the stain with club soda. Next, blot the wine, juice, or colored drink stain with a microfiber cloth. Repeat until the stain is gone.

Use Socks to clean Blinds
This cleaning hack from Melissa Maker of Clean My Space uses socks as a duster. First, put an old sock on one of your hands and spritz it with water. Then, grip each blind panel and slide your sock-covered hand from one end to the other, removing dust from both sides of the slat.

Use Lemon Oil and Vinegar for Shine
Woodwork and wood furnishings can gather dust and dirt buildup over time. Regular wipe-downs are necessary to keep wood looking shiny. For extra sheen, mix 1 part lemon oil and 1 part white vinegar for an environmentally friendly (and shiny) cleaning hack.



Remove Hard Water Stains
The house cleaning hack for removing hard water stains is simple: Soak paper towels in undiluted vinegar and place them on the buildup. Leave overnight, then scrub and rinse.

Clean Faster with these Products



- A 50-foot, 16-gauge extension cord lets you plug in your vacuum at a central location so you can clean a whole level without stopping to find another outlet.
- A microfiber mop with an extension pole dusts ceilings and walls quickly and easily. Just remove the cover and toss it in the wash when you're done.
- A double-sided squeegee is the best tool for cleaning windows. Dip it in your cleaning solution of choice and work in a tight S-pattern from top to bottom.

Natural Homemade Cleaners
Homemade cleaning solutions can be just as effective as store-bought cleaners. Go all-natural with these cleaning hacks that use items you already have around your home. Get a squeaky clean space with these must-try homemade cleaners.

- Baking soda works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also a natural deodorizer and less expensive than commercial scrubbing powders.

- Distilled white vinegar works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing rust, tea, and coffee stains. It's typically sold at a 5% concentration, but it's more effective at higher concentrations, so pay attention to the fine print.

- Hydrogen peroxide is simply water with an extra oxygen molecule (H_2O_2). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.

- Borax is an alkali that's good for cutting grease, oil, and dirt

- Essential oils such as tea tree, lavender, eucalyptus, lemon, and lemongrass enhance a cleaner's scent. Tea tree oil is also naturally antibacterial

- Castile soap is available in liquid or bar form and helps rinse away dirt. It's made with olive oil or a vegetable base and is available unscented or scented.

Source: /www.bhg.com/homekeeping/house-cleaning/tips/cleaning-hacks/

2024 Local Electoral Area: Maynooth

Summary

Electorate	Seats	Total Poll	Turnout	Valid Poll	Spoiled Votes	Quota
20,869	5	9,480	45%	9,391	89	1,566

Results

Candidate's Name		Party	1st Pref Votes	Elected /Eliminated
Ó Cearúil, Naoise		FF	1,880	Count 1
Durkan, Tim		FG	1,447	Count 3
Feeney, Angela		Lab	1,247	Count 6
Melrose, Peter		SD	1,195	Count 6
Ward, Paul		FF	1,095	Count 7
Lane, Tara		FG	952	Eliminated
Gaynor, Evelyn		SF	543	Eliminated
Meade, Liam		II	534	Eliminated
Hamilton, Peter		GP	498	Eliminated

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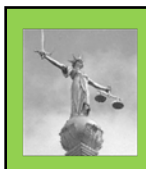
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Writers' Corner - Short Stories/Articles from our Readers

Belfast Visit

August 2007

As the packed Enterprise train from Dublin glides slowly towards Belfast's Central Station I recall the late November day that I with a college pal hitchhiked from University College Galway to this city. In the intervening fifty-one years I haven't been back once, no doubt subconsciously deterred by the image of dour, southern-hating Loyalists. What sort of reception will my wife and I receive now that power sharing has finally been achieved?

The station is modern, its long corridor reminiscent of an airport terminal. After making enquiries, a friendly attendant advises us to take a local train back to Botanic Station, near which there are a number of guesthouses. It is excellent advice and we are soon ringing the bell of a corner B&B on Botanic Avenue. The Lebanese student who greets us is informative and welcoming. She regrets that there is no ensuite empty but we can have a room for three at a little extra cost, payment in advance. The room is somewhat cramped but as we are now within walking distance of the city centre we decide to accept. It turns out to be a wise choice.

After a cup of tea in the lounge, we walk up to Great Victoria Street, surprised to see a mountain ridge above houses to the west. On one gable a mural in large print proclaims that the district beyond is Loyalist territory but apart from this there are no obvious tribal markers. Most people we pass look open and relaxed and one man we speak to informs us that the mountain is called Black Mountain. The street, while busy, is not as crowded as a Dublin street would be on an August afternoon and there are almost no non-Europeans to be seen.

We pass the much bombed but now unblemished Europa Hotel and the ornate Grand Opera House before eventually turning right into Wellington Place and walking to Donegall Square. This square is dominated by the City Hall, an impressive building that with its surrounding lawn gives the city centre a sense of space and grandeur. People are strolling about inside the railing, two lovers are reclining on the grass and tourists are resting on benches.

We make enquiries about a good place to eat and are directed to the Basement Restaurant on the east side of the square. After a tasty meal of lamb chops with mash and red berry sauce, accompanied by a glass of Shiraz, all for the reasonable price of £14 each, we walk east to the recently developed Waterfront area, a lovely addition to the cityscape. Here the Hilton Hotel and Waterfront Hall facing the broad Lagan capture our attention but what strikes me especially is a gleaming metal-tube statue of a girl holding a hoop in her up-stretched hands. Does she symbolise the new spirit of freedom pervading this city? Further up there is another imaginative work of art, a beautiful large fish covered with ceramic tiles showing well-known local images. Despite the attractiveness of this whole area, however, it is, except for five or six boys with skateboards, almost deserted, perhaps because the Waterfront Hall is closed for renovation.

We retrace our steps down Great Victoria Street, passing The Spires, an ornate former Presbyterian church turned into a shopping mall, and the popular Crown Liquor Saloon, where good-humoured couples are standing on the pavement with glasses of beer – hardly the image of a kill-joy city! Back in our B&B we have an interesting discussion with the Lebanese girl about the unequal position of women in Moslem countries and she points out that despite having a female monarch here some professions such as pharmacy – for which she is doing a postgraduate course at Queens University – do not have equal pay for men and women: "Why doesn't the queen do something about that?"

After a cup of tea we watch BBC2 in our room before taking an early night's rest. As I pull the duvet over me I recall how half a century previously my friend and I, notwithstanding our conspicuous display of UCG scarves, would still have been hitch hiking at this hour, it being 10pm by the time we managed to reach Belfast. On that occasion we stayed at the Union Hotel and the following day, a Saturday, joined spectators in Casement Park for the intervarsity Sigerson competition. Queens put on a grand display of Gaelic football but, to the best of my recollection, UCD won the cup by defeating UCC.

Back in the 21st Century my initial impressions of Belfast are confirmed next morning when we take a sightseeing bus tour. Our young female guide has a wicked sense of humour that spares neither Loyalist nor Nationalist. We are taken past the great landmarks such as Harland and Wolff with its two giant cranes, the popularly renamed George Best Airport and Stormont with its magnificent mile-long approach, then past the first 'peace wall', a reminder that, despite power-sharing, old rivalries still fester. This fact is reinforced later when we drive down the Shankill with its angry murals and remains of a massive 12th of July bonfire, though two small boys we pass call out a friendly greeting.

Maybe it's my Southern bias, but the Falls Road seems less paranoiac: there is a reverential mural of Bobby Sands – which counterpoises one of the Queen Mother in the Shankill – and various signs written in Gaelic, including Cultúrlann McAdam Ó Fiaich. Our guide informs us that each night the gate in the peace wall separating the Shankill and Falls is locked and does not reopen till 5a.m. She then tells a joke about the Mater Hospital, which the Loyalists pronounce 'Mayter' and the Nationalists 'Máter': "If you went to the hospital with a gash in your head, it wouldn't mayter or máter so long as you got it fixed!" Further on we pass a grammar school that President Mary McAleese attended as a teenager while I endeavour to snap another photo before we head east towards Queen's Quarter.

The tour over, we take a No1 bus to Belfast Castle on the slopes of Cave Hill. Public access to this wonderful amenity is free and there are various walks, one leading up to MacArt's Fort on the summit, where in 1791 Theobald Wolfe Tone, Samuel Neilson and other Protestant radicals formed the United Irishmen. Lack of time precludes a visit to the summit so we content ourselves with enjoying the bird's eye view of the city and, after lunch in the bistro, taking in the various exhibits. While waiting for the bus back to the city centre we photograph Cave Hill, its outline resembling a man's head – Could it be the profile of one of our Mesolithic ancestors or, if you prefer legend, of Finn Mac Cumhail, who built the Giant's Causeway?

Back in Botanic Avenue this evening we are able to transfer to an ensuite that costs less than our first room. The landlady, a warm, gregarious Armagh woman, confides that she only explains the facts of cultural divisions to her children, avoiding all emotional bias. In this part of Belfast there is none of the intertribal feuding that persists in some of the outlying estates, a view that our observations so far confirm.

Next morning we walk to Queens University, where, in the visitor's centre, Seamus Heaney's picture is prominently displayed. An attendant allows us to view the Great Hall, though its tables are laid for a wedding dinner, and a cabbie reverses unasked so that I can photograph the facade. In the Botanic Gardens we encounter the same spontaneous courtesy, men and women smiling an acknowledgment as they pass. This pattern is repeated throughout the day, whether it is the greeter in St. Anne's Church of Ireland cathedral entering into a long discussion that ranges from Dan Brown's Da Vinci Code to his dislike of the cathedral's new metal spire or the young deacon in St. Patrick's R.C. church who helps us find information about Sir John Lavery's beautiful painting of "the Madonna of the Lakes" on display in the side aisle.

Of course there are less pleasant images – the small group of winos sitting in an alleyway, the fortified police barracks with its massive gates opening onto a blast wall, the Orange Hall encased in wire-mesh on the northern fringe of the Shankill – but these are few and far between. What is more obvious is the quiet confidence of this city, a confidence that for me is epitomised by that new gleaming spire on St. Anne's or even, perhaps, the motor cyclist zooming up Great Victoria Street with his front wheel in the air!

In the city centre we visit another famous landmark, the Albert Memorial Clock, the Northern equivalent of Nelson's Pillar. Despite efforts to strengthen the foundation the pillar now leans 1.25 metres off vertical, causing it to be nicknamed "Belfast's Leaning Tower". City Hall's interior affords, among other delights, a spectacular view of the great dome and a number of stain glass windows, one commemorating the Great Famine and a more recent one, Jim Larkin and the Irish labour movement. Obviously the city authorities are making an effort to emphasise traditions common to both communities.

Over roast beef dinner in The Spires I tell my wife about a wild night in the Union Hotel following the Sigerson Cup when drink-fuelled renditions of rebel songs such as "Kevin Barry" led to the RUC being called. It was on that occasion also that a student climbed a hotel flagpole to remove a Union Jack that was later burned in Dublin's O'Connell Street. Thankfully things have moved on since those fractious times with former adversaries such as Ian Paisley and Martin McGuinness working amicably together in Stormont. Today's Belfast is a rapidly changing city, open and friendly, a vibrant young girl dancing with a hoop. We shall certainly return.

P. G. NERNEY

Quandary

I'm not certain we've the right
to set this trap baited with a piece
of irresistible Mars Bar –
fitting name since Mars was god of war –
for the nighttime garden raider
who steals our crocus bulbs.

I even wonder if he realizes
those crocuses belong to us
because we purchased them,
took trouble to prepare the soil,
pulled scutch grass, added fertilizer,
willed the green tips to appear?

We'd probably forgive the thief
if he admired those radiant blooms
that, marking winter's exit, gladden us,
and hastened to replant his loot
so he could gaze in rapture on
the treasures he appropriated.

But, baser even than the burglar
who takes some priceless work of art
for sale and not for viewing in his home,
this fellow eats the thing he steals –
and yet may hunger's pangs not cap
that pride the well-fed gardener feels?

Colin Scott

My Chequered Life Chapter 6

Wandsworth was just a change of location. From the start I was a marked man, in segregation, and that because I had been transferred there under a ‘’good order and discipline’’ warrant. But I never gave in. I was equal to anything they threw at me. The goading, verbal and physical abuse continued but when I could I gave as good as I got. Even lying on the floor with a bloodied face I relished the times that I had got one of them with a good punch and maybe broke a nose or did some other damage. I was as hyped up to defend myself as they were to humiliate me but despite their best efforts I showed them that they could never break me and I made it as hard for them as I could by always doing as little as possible to facilitate them.

After about two months they got tired of me and I was moved to the Scrubs and into the segregation unit again. I was there for a while and got to know some of the lads who were always in trouble and were in and out of the unit so I wasn’t totally alone. I had now been in segregation for 12 months and it came as a great surprise to be told that my transfer to Northern Ireland had been agreed. Soon after, I was transferred to the segregation unit in Birmingham prison and was there for two weeks before being moved on to Manchester segregation unit and from there after another few weeks I was transferred to Walton Prison. I knew I was on my way to the North but didn’t know when as I was given no information whatsoever.

Apparently they were afraid I had planned an escape or some other cunning ruse. So anyway, my cell door was thrown open one morning at about five o’clock and the civilian clothes were thrown into me and I was told I was one my way to Northern Ireland. So off with me, in the care of four prison officers, to John Lennon airport. On arrival in Belfast I was handcuffed to a prison officer from the North and escorted to a blacked-out transit van, which had been driven out onto the tarmac. There were about six prison officers already in the van on bench seats on either side. Before I got in I had noticed that there were two armoured cars with soldiers who were to accompany us to Crumlin Road prison. I felt very important! In the prison I was no longer in the segregation unit but was put on the top floor of D wing with 14 UVF lifers some of whom were members of the Orange Order.

They were very curious as to who I was. I told them I was from the west coast, but said nothing about having met the IRA lads, and that I was transferred to the North for visits on compassionate grounds, as my father had died a short while before. So I was accepted and became friendly with a few of them. After a week or two my mother and my niece were delighted to visit me and as we were chatting in the visiting room I noticed my mother looking over my shoulder. She had just noticed Ian Paisley visiting someone behind me. I looked around and there he was right enough, talking to John Weir, one of the lads from my wing. My mother was amazed to see the famous Ian in the flesh. These things happen in prisons and other things too. I was working out in the gym one day when a 15 kilo weight slid off the bar and almost hit the said John Weir! At the end of about two months in Crumlin Road, and a few more visits from my mother, I was moved back to segregation in Walton prison in England, with the same abuse and the same routine as before, and thankfully within about two weeks I was transferred to Lewes prison in Sussex where I was again put in solitary confinement. However, the principal officer, Hastings, who, as a junior officer, several years earlier in Chelmsfort, came to me and said he was willing to give me a chance to reintegrate myself with the normal prison population.

I was to be allowed to go up onto B wing during association hours in the afternoon and evening but I would have to return to the segregation unit for the night until the authorities were satisfied with me. So I had a few weeks of this routine and then I was moved up permanently to B wing. There were mostly lifers on B wing and I knew some of them from other prisons I had been in. Soon there was a buzz around the prison that Reggie Kray was going to join us. I hardly knew who he was but he did arrive and was in a cell a few doors from me on the opposite side. Lots of the lads were dying to meet him, he was such a notoriety, then one morning this Welsh fellow, Ronnie Thurnball, came to me and told me that Reggie Kray had heard I was fairly handy at the boxing and wanted to do a bit of sparring with me in the gym.

I wasn’t very enthusiastic but I said okay. So I went to the gym for a session to see how it would go. Thurnball arrived with Kray in tow. Kray was in his 60’s but very intent on letting everyone know he was extremely tough and wasn’t to be trifled with. Many a man was sorry for letting his guard down in his presence. Thurnball introduced us and we set to work with three-minute punch bag stuff and some weight training. This went on for about twenty minutes. He was looking strangely at me and commented on how fit I appeared to be. He then invited me out the back where there were crash mats on the floor and I said I had no interest. I knew he had some agenda other than fitness training and he didn’t like me refusing him. He went off in a huff and I went back up to the wing to be told later by Thurnball that Reggie wasn’t pleased with me. So what, said I. The lads on the wing, with a nod and a wink, agreed that I had done the right thing. That was Reggie Kray and his alternate agenda!

GM

St. Mary’s Brass & Reed Band

The highlight of last month was our return visit to The Picnic in the Park in the Harbour where we were blessed with a beautiful sunny day. Our two Gazebos, thanks to an Intel Grant awarded last year, provided relief and shade from the sun although the original plan was for shelter from the rain. We were delighted to see that our music programme was enjoyed and appreciated by those attending the event and we in turn enjoyed the afternoon immensely. On Saturday 22d June we had a special collection to go towards the cost of buses, almost €1,800, needed to transport the Band to and from Dublin Airport and from Frankfurt Airport to Bad Orb for our visit to the International Music Festival.

This is our third visit to the Festival and we are proud to be the only Irish Band among 30 other groups from all over Europe taking part. The organisers have taken our Band to their hearts and are treated extremely well during the entire weekend. We would like to express our sincere thanks to everyone who donated and it shows just how much St. Mary's Band is appreciated by everyone in and around Maynooth.

We will be breaking new ground on 14th July when we play from 2.30 to 4pm in the Church of Ireland at Castletown gates in Celbridge. This location replaces our annual recital at Castletown House which unfortunately is not available for the time being but their will be market stalls outside the Church similar to the ones previously held at Castletown House.
Finally during the course of our recitals and collections we met some people interested in joining one of our two Bands and we would be delighted to welcome experienced musicians to our Monday night rehearsals in the Band Hall on Pound Lane between 7.45 and 9.30 while beginners can join our Academy Band rehearsals on Saturday mornings between 10oc and 11.30.



Photo of our first recital on our first visit to Bad Orb in 2018

Maynooth Senior Citizens Committee

June was a great month of achievements for Maynooth Senior Citizens Committee. We have set up Facebook and Instagram pages. It is important that we communicate with our seniors in a variety of ways from the traditional pieces in the local newsletter such as this, emails, letters, announcements through local events and directly by phone or WhatsApp. It is great to be able to add social media to that list. Our other achievement was the art exhibition that was held in the Community Library. Titled “A Brush with Colour” the exhibition consisted of 33 paintings by 10 of our senior citizens members who attended our art on every second Thursday morning for the last 2 years. The classes were run by Susan Durack The exhibition represented a selection of paintings in acrylic.

The subjects included landscapes, seascapes and still life and made for a very colourful and joyous display. There was a launch on the 9th June and the event was opened by Garry Bermingham, chairperson of MSCC. The exhibition was organised by members of the committee. Thank s to all who gave their time to this and to the staff of Maynooth Community Library who were a pleasure to deal with. A special work of thanks and appreciation must go the artists who showed their work. These were Patricia Cusker, Anne Feeney, Madeleine Lyons, Georgina Mulready, Kathleen McAtamney, Eileen McGlynn, Rose Murphy, Kathleen Owens, Lily Tansey and Robert Wilson. Well done all.

A reminder that the committee will take a break for the month of August and resume activities in September. We hope to commence activities on Tuesday mornings from September, more details later. If any of our seniors from the Maynooth/Ladychapel area would like to join us or find out more about what we do please leave a message on 0877974582 and we will return your call or alternatively please email:maynoothseniorcitizens@gmail.com.

Susan Durack, PRO

MU Law student receives prestigious award

Thursday, 20 June 2024 Maynooth University student, Marwa Zamir, has been named Law Student of the Year 2024 at the Dye and Durham Irish Law Awards, held last Friday. On World Refugee Day, Maynooth University has congratulated Marwa Zamir, a second-year student on the LLB Bachelor of Laws course, who arrived in Ireland from Kabul, Afghanistan, in 2016 at the age of 13 and was granted refugee status. Her time in Direct Provision fuelled her passion for advocacy and community involvement. Marwa, who is 20, has been actively advocating from a young age and became a youth leader in the Irish Refugee Council. She is the youngest member of the Refugee Advisory Board of UN High Commission for Refugees (UNHCR) Ireland, where she works to promote the voices of refugees in policy decisions that affect them and advocates for young people.



Maynooth University student, Marwa Zamir, with her award at the Dye and Durham Irish Law Awards

This year, Marwa was selected for Young People's Committee of the National Youth Council of Ireland. In this role, she attended the EU Youth Conference 2024 in Belgium in March.

Recently, Marwa participated in the Virgin Media TV series *Second Chances*, hosted by Rebecca Tallon De Havilland, which focuses on empowering individuals who have faced and overcome challenges. In Second Chances, she describes her experience growing up in a war zone and witnessing a massacre outside her uncle's house in Kabul.

Speaking of Marwa's success, Head of the School of Law and Criminology, Dr Fergus Ryan said: "I am delighted that Marwa Zamir has been awarded Law Student of the Year 2024 at the Dye and Durham Irish Law Awards. Marwa readily deserves this accolade, given the superb contribution she has made in several spheres as a brilliant and committed advocate and leader.
"We are so proud of Marwa and delighted with this achievement. Marwa's success is all the more impressive given the very competitive nature of this category, with high-achieving students drawn from top law schools all over Ireland. I wish Marwa every success in the future."
Dye & Durham Irish Law Awards aim to identify, honour, and publicise outstanding achievements, while also recognising those who have dedicated their lives to serving in the legal profession.

MU Design students display innovation and creativity in end-of-year show

Tuesday, 4 June 2024: Student designers at Maynooth University showcased a wide range of innovative projects, designed to address unmet human needs, at *Come into Focus*, the Product Design and Innovation Degree Show which ran on campus over the bank holiday weekend.

The end-of-year show took place from May 31 to June 4 and featured projects from 24 students in the final year of the BSc Product Design and Innovation degree. It highlighted designs to address user needs across a wide range of areas such as accessible living, the environment, industry, health, and medical devices.



Final-year students Andrew Meehan and Laney Hyland pictured with their projects

Among the products featured in the showcase were two by students who received HSE Spark Innovation grants of €1,000 to develop medical prototypes to aid patient recovery. Andrew Meehan designed Curo to provide active physio during a fracture recovery. The product has built-in electrical muscle stimulation (EMS) to help reduce muscle atrophy in damaged limbs by pulsing the muscles to keep them engaged during the recovery process. It has an accompanying app that allows patients to view their progress day to day. Andrew was named in the Top 10 in this year's Enterprise Ireland Student Entrepreneur Awards.

Laney Hyland, a top 10 finalist in the international RSA Student Awards this year, showed her product, **Connect**, a self-assisted rehabilitation system that offers patients a user-controlled recovery. It uses interchangeable resistance bands so patients can assess and build strength before surgery, and then can track progress through a colour-coded system after surgery.

Other notable products included Fatimah Wan's Miru, a way for people to embrace their natural skin colour by using AI technology and colour theory. By streamlining the foundation selection process, MIRU saves the user time from looking through multiple foundation ranges and money from buying the wrong shade. By finding a complimentary colour pallet, the user can wear and shop for clothes better suited for their skin colour. It is aimed at makeup artists and beauty stores as a service they can provide to their customers.



Final-year student Fatimah Wan pictured with her Miru project

Eoin Conlon's **Air Locker**, a clothing cabinet, aims to revolutionise eczema, allergy and asthma management by using HEPA (high efficiency particulate air) filtration, steam technology and UVC light to thoroughly clean clothes. This treatment method eliminates contact with irritants, allergens and bacteria on clothing and refreshes garments by removing odour and wrinkles.



Final-year student Eoin Conlon pictured with his Air Locker project

Other products include a wireless CPAP (continuous positive airway pressure) device for sleep apnoea patients, designed by Clint de Jesus, an equine therapy rug designed by Eline de Vries and Conor Raleigh's Ace, a personal opponent and 'ball boy' to help people practice tennis individually.

According to Dr Frank Devitt, who led the Final Year Major Project module: "It has been fascinating to follow these projects over eight months since first encountering the broad themes described in the 2023-24 RSA Student Design Awards competition last September. The RSA's five themes were: AI, Flourishing Places, In your Skin, Caring Culture, Made Natural."

"The students individually chose inspiration from one or a combination of the five themes of the competition. They then took their design project from there, through detailed research, investigation, ideation and conceptualisation on to full concept development, testing, visualisation, prototyping and costing, during which they followed our in-house design process of Audit, Research, Reframe, Ideate, Validate, Execute (ARRIVE)."



Product Design Show Exhibition

The Degree Show aims to demonstrate the rigour involved in the creation of products that respond to an unmet human need. It is an integral part of the BSc Product Design and Innovation degree, which provides graduates with the foundations, skills and creative confidence they need to become empathetic designers.

Maynooth University
National University of Ireland Maynooth

Pet Care for the Summer

Because our furry friends can’t cool themselves down as effectively as we can, we must make sure they stay safe in warmer weather conditions. Heatstroke is a real risk for dogs as they must rely on cooling down by panting or releasing small amounts of heat through their paw pads. When air and ground temperatures are high, this becomes increasingly difficult, and they can quickly overheat.



So whether you are out on a walk or playing in the garden, it is important to remember to keep your dog cool to prevent the risk of heatstroke. The main signs of heatstroke in dogs are heavy panting, excessive drooling, collapsing or vomiting. Dogs suffering from heatstroke quickly need to have their temperature lowered and once they are cooled then taken to your nearest vet.

Cooling mats are perfect for both dogs and cats during hot weather. The mat creates a cool place for your dog to retreat to when they become too hot. The mat can be placed on the floor, your dog's bed or in a crate. This also makes the mat the perfect cooling tool when travelling during the summer with your dog. The cooling mat is waterproof and can be easily wiped clean.

Cooling toys keeps your dog cool during hot weather and allows them to have lots of fun at the same time. The toys can be reused over and over again. Just simply reopen the plug at the end of the toy, clean, refill with water and pop into the freezer once again. Cooling bandanas are seen as an essential cooling tool by many dog owners. They are a great way to keep your dog cool, calm & happy on hot days. The lightweight bandana works by helping to regulate your dog's temperature during hot weather.

The bandana contains a cooling gel that removes heat from your dog's neck and chest area and provides them with instant cooling relief. Once soaked in water and wrung out the bandana is ready to use. The bandana can then be placed over your dog's collar or harness. The cooling bandana is ideal for putting on your dog when going for walks in the summer time to keep them cooler for longer.

Provide shade and water - Make sure your dog has access to shade and plenty of fresh water throughout the day. You can place a damp towel in their shady spot that they can lie on to keep them even cooler. Don’t forget to replace or rewet it regularly though as it can dry out quickly. Never place a damp towel over a dog as it could actually cause their temperature to rise.

Plan your walks - Walk your dog in the early morning or late in the evening when temperatures are cooler. This will reduce their risk of heatstroke. Be particularly careful if your dog is old, overweight, suffers from breathing difficulties or is a flat faced breed like Pugs, French Bulldogs or English Bulldogs. It won’t hurt your dog to miss a walk here and there but it will cause serious problems or even death if brought out in very hot temps. If it is too hot for you, then its extremely hot for your pet.

Familiarise yourself with signs of heatstroke and cooling first aid - The ability to identify if your dog is overheating and knowing how to administer cooling first aid could be lifesaving.

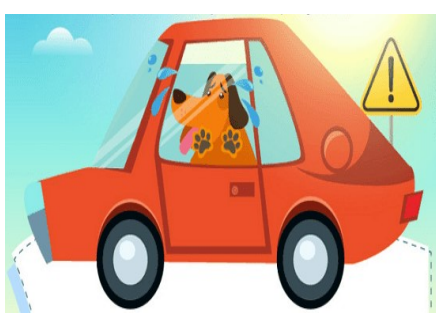


Do the five-second tarmac test - Tarmac can get very hot in the sun and could burn your dog’s paws. Check the pavement with your hand before letting your dog walk on it – hold your hand down for five seconds, if it's too hot for you, then we recommend walking your dog later when it’s cooled down to avoid burning their paws.

Don't let your dog get burnt - Keep your dog out of direct sunlight where you can. Use pet-safe sun cream on exposed parts of your dog’s skin, like the tips of their ears and nose. Ask your vet for more advice if needed.

Consider not using the car - Think twice about any car trips with your dog, avoid congested roads or busy times of day when they could overheat in the car if you are caught up in traffic. Avoid long car journeys in hot weather, if you need to travel, avoid the heat of the day and use a car sunblind for shade.

Book in a trip to the groomers - It can be a good idea to trim back particularly hairy dogs’ fur, so they won’t get so hot.



Never Leave Your Dog in a Vehicle

Never ever leave your dog alone in a car. A dog could die in a hot car in just minutes. Even if the car is parked in the shade and the windows are left down, it does very little to keep the temperature in the car low.

Think twice about and car trips with your dog. If you do have to travel with your dog, plan your journey. Consider travelling at cooler times of the day, identify places to take breaks and avoid congested roads or busy times of day when you could get caught in traffic.

Sourced: petcare.ie and dogstrust.ie

MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
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(Beside Coyne's Butchers)

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Letters - Essays - A3/A4 Lamination
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Email: office@maynoothcep.com

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Junior Puzzles

Spot 7 differences between the two pictures.



4TH OF JULY

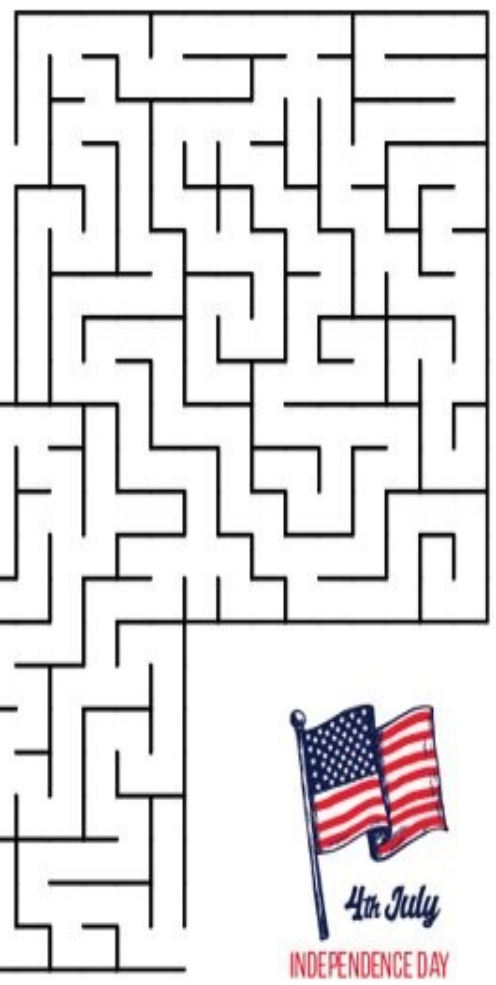
word search for kids

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

AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH
FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED
REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE

Can you help the little boy through the maze to reach the flag?





WORD SCRAMBLE

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



CONSTITUTION
CELEBRATION
WATERMELON
SPARKLERS
BARBEQUE
BONFIRE
BASEBALL
HOLIDAY
FIREWORKS
PRESIDENT







All puzzles sourced free from Google

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

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**

Back to School Clothing and Footwear Allowance

What is the Back to School Clothing and Footwear Allowance?
The Back to School Clothing and Footwear Allowance (BSCFA) is a payment to help families with the cost of school uniforms and shoes.
Many families get the BSCFA automatically. If you are paid automatically, you don't need to apply for the BSCFA.
If you don't get an automatic payment, you can apply for the payment online at MyWelfare (see 'how to apply' below).
Applications for the Back to School Clothing and Footwear Allowance opened on **12 June 2024** and will close on **30 September 2024**.

Can I get the Back to School Clothing and Footwear Allowance?
You can get the Back to School Clothing and Footwear Allowance (BSCFA) if you have a child that qualifies, and:
You are getting a qualifying social welfare payment, or are participating in an approved employment, education or training support scheme. See a list of qualifying payments and schemes on Gov.ie
Your household is within the BSCFA income limits (see 'Income limits' below)
You and each child you claim the BSCFA for are resident in Ireland.
If you are getting a social welfare payment, you must be getting an Increase for a Qualified Child (IQC) with your payment. There are some exceptions to this (see 'I don't get an IQC' below).

I don't get an IQC with my social welfare payment
If you are getting a qualifying social welfare payment but you don't get an IQC, you can still claim BSCFA if:
The rules of your payment do not provide for a child payment (for example, Maternity Benefit and Adoptive Benefit), or
Your spouse or partner's income is over the specified limit for your payment, but your overall household income is within the BSCFA income limits (see 'Income limits' below).
You must meet the other rules for getting BSCFA.

Does my child qualify?
To get the BSCFA, your child must be:
Aged between 4-17 on 30 September in the year you apply
Aged between 18-22 and returning to full-time second-level education in a recognised school or college in the autumn of the year you apply
Your child must be resident in Ireland.

Foster children
Foster children do not qualify for the BSCFA. This is because foster parents get a Foster Care Allowance, which includes help with the cost of clothing and footwear for the child.

Income limits for the Back to School Clothing and Footwear Allowance
Your total household income must be less than the amounts set out in the table below.
The Department of Social Protection (DSP) counts all your dependent children when applying the income limit, including:
- Your children who are aged under 4
- Your children aged 18 to 22 who are in third level education.

Calculating your total household income
Your total household income includes:
- Your weekly social welfare or Health Service Executive (HSE) payments, and
- Any other income you may have, including wages.

However, some social welfare payments are not included in the means test (see list below).
When assessing your income from wages, the DSP looks at your income before tax. However, they don't include PRSI and a standard travel allowance of up to €20 per week.

Payments not included in the means test for BSCFA
Your income from the following payments is not counted in the means test for BSCFA:
- Child Benefit
- Rent Supplement or another SWA income supplement
- Working Family Payment
- Back to Work Family Dividend
- Guardian's payments
- Domiciliary Care Allowance
- Blind Welfare Allowance
- Foster Care Allowance
- Higher Level education grants
- Rehabilitative employment (up to €165 per week)
- Housing Assistance Payment (HAP)

Read about the income assessed for BSCFA on Gov.ie.

Weekly income limits for BSCFA in 2024

Number of children	Income limit
1 child	€666
2 children	€720
3 children	€774
4 children	€828*

*The income limit is increased by €54 for each additional dependent child.

How much is Back to School Clothing and Footwear Allowance?
See the table below for the current rates of Back to School Clothing and Footwear Allowance (BSCFA):

Rates of BSCFA 2024

Child's age on 30 September 2024	Rate of payment
Age 4-11	€160
Age 12-22	€285*

*Children aged between 18-22 must be returning to full-time second-level education in a recognised school in the autumn of 2024.

How to apply for the Back to School Clothing and Footwear Allowance
I get the BSCFA automatically
You don't need to apply for the Back to School Clothing and Footwear Allowance (BSCFA) if you get the payment automatically.
The Department of Social Protection (DSP) will let you know if you are paid automatically using your MyWelfare account, or by post.
If you don't hear from the DSP by the end of June, you must apply for BSCFA online, even if you got the BSCFA payment last year. See 'I don't get the BSCFA automatically' below.

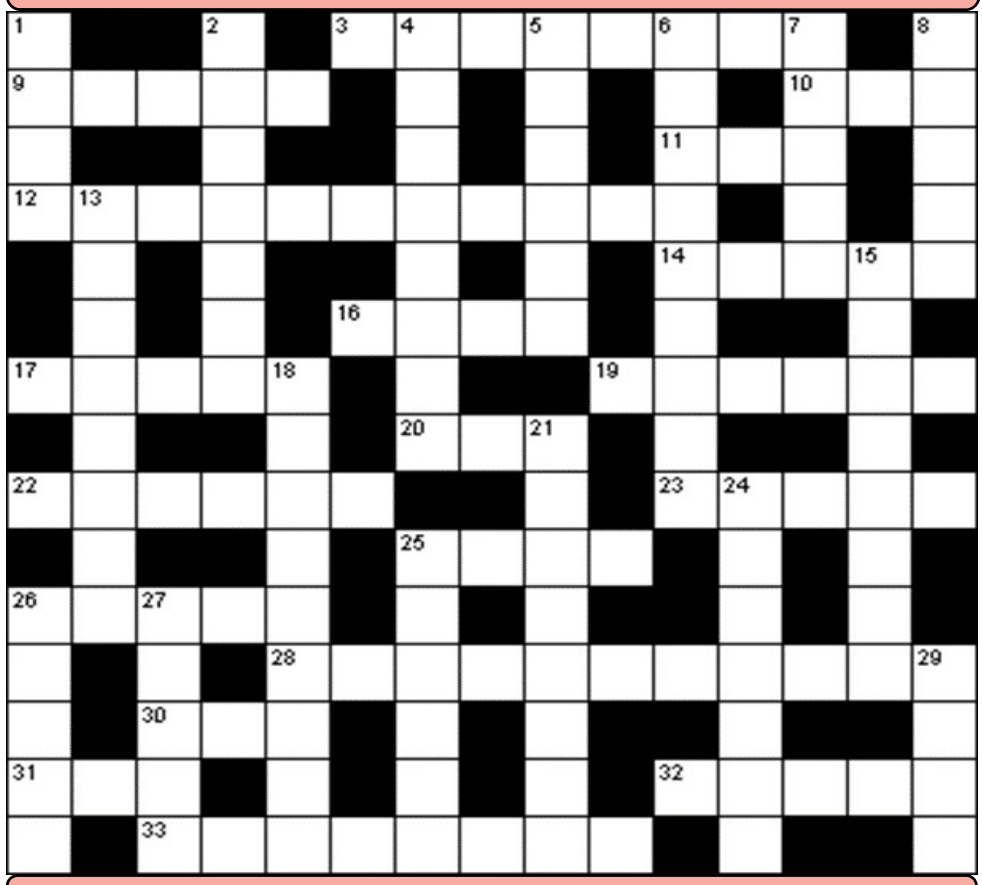
I don't get the BSCFA automatically
If you don't get the payment automatically, you can apply for the Back to School Clothing and Footwear Allowance online at MyWelfare.ie. You will need a verified MyGovID account.
If you don't have a verified MyGovID account, you can call the BSCFA contact centre on (071) 919 3318 or 0818 11 11 13, and they will help you to set one up. They can also post you a paper copy of the application form.
Or, you can download and print a paper application form for the BSCFA (pdf).
Applications for BSCFA opened on 12 June 2024, and will close on 30 September 2024.
You should apply for the BSCFA before the closing date if:
You have applied for a social welfare payment and are waiting for a decision on your application, or
You have appealed a decision not to award you a social welfare payment
Your BSCFA application will be decided when you get a decision on your social welfare payment application, or on your appeal.

Appealing a BSCFA decision
If you are unhappy with the decision on your BSCFA application, you should send a letter to the Back to School Clothing and Footwear Allowance Review Section (see contact details under 'More information' below).
In your letter, you should:
- Explain the reasons why you think the decision was incorrect
- Ask that your application be reviewed.

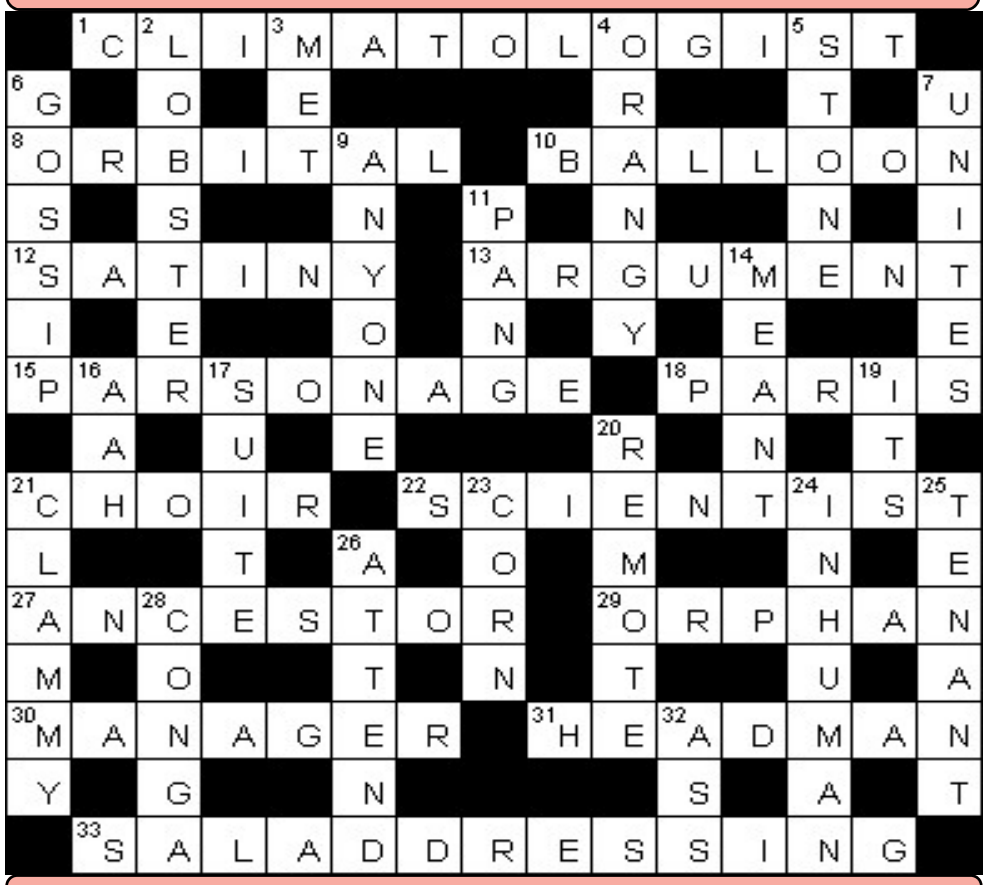
You should ask for a review within 21 days of getting your decision.
You can't appeal a BSCFA decision to the Social Welfare Appeals Office.

More information
Back to School Clothing and Footwear Allowance Section
Department of Social Protection
Social Welfare Services
Department of Social Protection
College Road
Sligo F91 T384
Tel: (071) 919 3318 or 0818 111 113
Homepage: https://www.gov.ie/en/service/41eb8b-back-to-school-clothing-and-footwear-allowance/
Email: BSCFA@welfare.ie

July 2024 Crossword - No. 536



Solutions to Crossword No. 535



Clues Across

3. Communicating corridors (8)
9. Harass (5)
10. Electrically charged atom (3)
11. Toward the stern (3)
12. Woman who herds sheep (11)
14. Resembling suds (5)
16. Club-like weapon (4)
17. Past tense of stand (5)
19. Gibberish (6)
20. Belonging to him (3)
22. Little job (6)
23. Planet (5)
25. Ruffian (4)
26. Wash (5)
28. Tenant under a lease (11)
30. 21st letter of the Greek alphabet (3)
31. Period of human life (3)
32. Tugs (5)
33. Direct light of the sun (8)

Clues Down

1. Sailors (4)
2. Underwater missile (7)
4. To come nearer to (8)
5. Plot (6)
6. Articles of glass (9)
7. Located (5)
8. Take pleasure in (5)
13. Emotional outburst (8)
15. Deficiency in quantity (8)
18. Weed plant (9)
21. Cooking pan (8)
24. Clap (7)
25. Roof covering (6)
26. Sheep cry (5)
27. Ribbons (5)
29. Coarse file (4)



Sudoku Challenge

Difficult

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

Super Difficult

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

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.

Maynooth Autism Friendly Town Update

MAFT - IPB Pride of Place 2024 Representatives



Supervalu Maynooth



MAFT Champion SuperValu Maynooth have introduced full day Autism Friendly Shopping on Wednesdays, a sensory corner by the tills and proudly promotes the fact that Maynooth is an Autism Friendly Town

These great inititives make a huge difference to the experience of what many people think of as a very straight-forward task of going shopping

Picnic In the Park

We were delighed to assist Maynooth Community Councial at this years fantasic Picnic in the Park event to make it more accessable for families with People with Autism by providing these great event cards and a Communication board

This allowed families to participate in a much wider range of events in a less stressful way.







AsIAm
IRELAND'S AUTISM CHARITY

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

Maynooth Autism Friendly Town Update

GAA For All

Maynooth GAA launched an Inclusive GAA 4 All team and the intial run of it came to a close with a fantastic event this month. The fun and participation from the coaches, kids and thier families was great to witnesss.

Being part of a team is another milestone that many people with additional needs never get the opportunity to reach. The more clubs and societies that recognise this and open thier doors to this forgotten part of the community the stronger the community will be



Inclusive Summer Camps

The North Kildare Skylarks are hosting a inclusive Rugby Summer camp and and the North Kildare Eagles are hosting a Basketball 4 all summer camp in July if you are interested in more details look at the social media pages for the teams for more details



AsIAm Forest Ramble Donadea

MAFT was proud to support the AsIAm Forest Ramble in Donadea, this sensory walk was carried out in aid of the Autism Community.

Make sure to follow our socials for updates on other events in the area



AsIAm
IRELAND'S AUTISM CHARITY

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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Fax: 6285613**

**E-mail: info@marycowhey.com
www.marycowhey.com**

picnic in the park

Photo Gallery 1

Photos courtesy of Ronan Melia























picnic in the park

Photo Gallery 2

Photos courtesy of Ronan Melia













picnic in the park

Photo Gallery 3

Photos courtesy of Ronan Melia



























picnic in the park

Photo Gallery 4

Photos courtesy of Ronan Melia









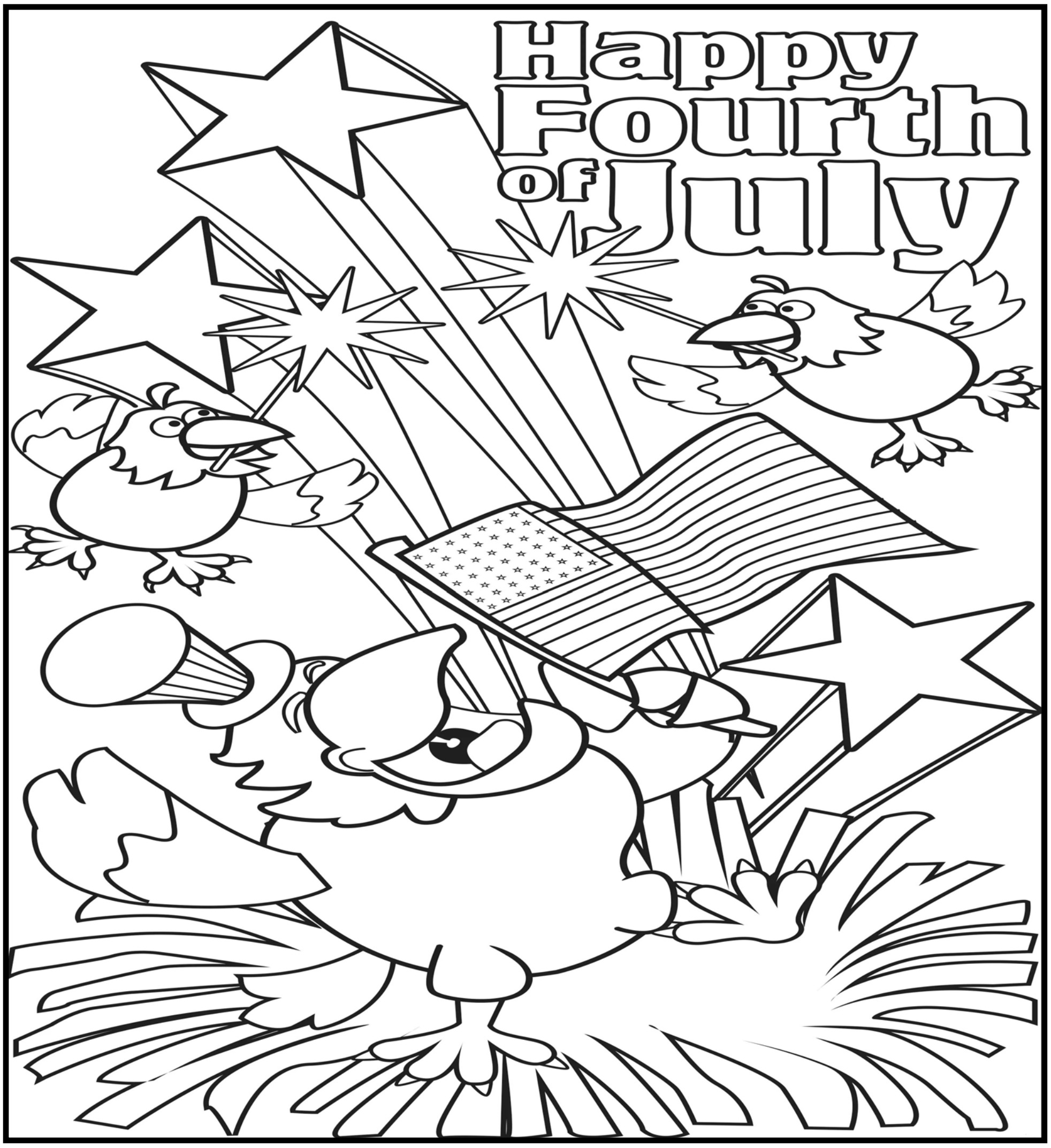




COLOURING FOR FUN

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

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Curried Chicken and Rice Salad

Preparation time

less than 30 mins
Cooking time
30 mins to 1 hour
Serves
Serves 2



Strips of chicken breast are tossed with spiced rice, flaked almonds, sliced apple, cherry tomatoes and Tender stem broccoli to make a colorful, filling and portable lunch. Simply pack into a plastic container, pop into a cool bag with a couple of ice blocks and keep well chilled.

Ingredients

75g/2½oz wholegrain long-grain rice
2 tsp medium curry powder
100g/3½oz long-stem broccoli, trimmed and cut into short lengths
½ chicken stock cube
1 chicken breast, boned and skinned
1 small onion, half thinly sliced, half finely chopped
1 bay leaf
low-calorie cooking spray
15g/½oz flaked almonds, toasted
1 small eating apple, cored, halved and thinly sliced
100g/3½oz cherry tomatoes, halved
3 heaped tbsp roughly chopped fresh coriander
½ lemon, juice only
salt and freshly ground black pepper

Method

Half-fill a medium saucepan with water and bring to the boil. Add the rice and one teaspoon of curry powder. Cook for 25 minutes, or until tender. Add the broccoli and cook for a further two minutes. Drain in a colander and rinse under cold running water until cold.

Meanwhile half-fill a small saucepan with water, add the stock cube and bring to the boil, stirring until the stock dissolves. Add the chicken, the sliced onion and bay leaf and reduce the heat. Simmer for 15 minutes or until the chicken is cooked through. Drain in a sieve, reserving the cooking liquor. Set the chicken aside to cool.

Return the pan to the heat, spray with oil and add the chopped onion. Cook over a low heat for three minutes, stirring. Add the remaining curry powder and stir for a further few seconds.

Pour 200ml/7fl oz of reserved cooking liquor into the pan and bring to a simmer. Cook the onion for 5-6 minutes, or until most of the liquid has evaporated, stirring occasionally. Remove from the heat, spread across a plate and leave to cool for five minutes before transferring to the fridge until cold.

Tear the chicken into pieces and place in a bowl. Tip the rice and broccoli on top, add the cooled spiced onions, almonds, apple and tomatoes. Scatter with the coriander and sprinkle with lemon juice. Season to taste and serve.

Microwave bourbon biscuit fudge

Ingredients

397g tin condensed milk
500g/1lb 2oz white chocolate, broken into pieces
20 bourbon cream biscuits, broken into pieces

Method



Line a 20cm/8in square cake tin with a sheet of baking paper.
Tip the condensed milk into a large microwavable bowl. Add the chocolate and microwave on high for 4 minutes, stirring every minute until smooth.
Stir in most of the broken biscuits then tip into the tin, levelling off with the back of a spoon. Crumble the reserved biscuits over the top.
Leave to cool then cover and chill in the fridge for at least 2 hours before cutting into 36 small cubes.
Keep the fudge in the fridge in an airtight container for up to 1 week.

Source www.bbc.ie/food



July Gardening

Flowering plants in July
Transplant your winter/spring flowering seedlings into modular seed trays, or growing-on pots to keep them tidy and healthy. Dead-head bedding plants, shrubs (especially roses) and perennials to encourage further flowering.
Use a spray of potassium bicarbonate on roses to control rust, black spot or mildew if you notice any symptoms. Sow Alyssum saxatile 'Golden Queen', campanula seeds, coreopsis 'Mardi Gras', delphinium 'Magic Fountains Mix', myosotis 'Spring Symphony Blue', pansy seeds and pyrethrum seeds this month.
Sow biennial foxglove seeds and Sweet William 'Perfume Mix' for planting out in autumn. Apply liquid feed to perennial plants now to encourage a fresh flush of growth.
Remove any flower buds from your dahlia plants (called disbudding) below the main leading flower bud. This strengthens the stem and makes the remaining flowers noticeably larger. Pinch out chrysanthemum shoot tips in early July to encourage a branching habit and more blooms.



Vegetables in July
Water your growing onions and shallots regularly to ensure you get a crop of larger bulbs with good flavour. Keep on top of weeds during July. They benefit from the longer daylight hours as well as your crops! Remove any side shoots from your tomato plants. Stop the plants when 4-5 trusses of fruit are present by nipping off the main growing tip. Feed your tomatoes regularly with organic tomato food. And don't allow the soil to dry out or you run the risk of blossom end rot.
Start harvesting your second early potatoes. Make sure the potatoes have developed into a good size before digging them all up by gently lifting one or two tubers to inspect. If they're a bit on the small size, leave them a little longer, remembering to water regularly every week. Harvest beetroot and carrots while they're young and tender. Carry on staggering your sowings of carrot seeds, lettuce and leaf seeds, and spinach seeds through the month. Sow spring-maturing cabbage seeds this month. Sow broad bean 'The Sutton' and dwarf French bean seeds until the middle of the month. Pick regular harvests of runner beans, French beans, and courgettes to encourage further cropping. Keep an eye on your courgettes and harvest before they grow into marrows.
Plant out your pot-grown sweetcorn. It's best to place the plants in blocks rather than rows, spacing them out about 45cm (18″) apart each way, to aid wind pollination. Take cuttings of herb plants such as thyme and sage using the fresh summer growth.

Fruit in July
Pick your soft fruit this month. It's time to make the most of those strawberry plants, raspberry plants, and red, white, and black currant plants.
During fruiting, remove strawberry runners by cutting them close to the base of the plant. This focuses the plants' energy on producing good size fruit.
Prune established plum trees and apricot and peach trees now.
Tie new growth from your blackberry plants and loganberries to sturdy supports.



Pinch out the growing tips of fig tree side shoots when they get to five leaves from the main stem. Make sure to wash any sap off your skin as it can be an irritant.
Protect fruit bushes from birds by covering them with plant netting. Remember to check daily that no birds are trapped. Pots, baskets and containers in July
Hanging baskets and containers dry out quickly in warm, sunny conditions. Water them twice a day, and feed every few weeks to promote flowering.
With regular watering and feeding, cascading varieties such as 'million bells' and petunia 'surfinia' will flower right through summer until the first frosts.

General July garden jobs
Remember that your potted plants require daily watering during warm weather, especially those in the greenhouse. Water your grow bags daily to prevent them drying out.Give your container plants a feed this month.
Open doors and ventilators in the greenhouse each morning. Remember to close the doors in the evening to keep predators out. Keep a lookout for whitefly and red spider mite, especially in greenhouses and conservatories. Treat any infestations using a biological control and put up sticky traps.



Source: www.suttongarden.com



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Kildare Planning Applications for Maynooth Area
Planning Applications received from 29/05/2024 to 25/06/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460576	Kildare County Council	Maura O'Connor	78 Leinster Wood, Carton Demesne, Maynooth, Co. Kildare	25/06/2024
24197	Kildare County Council	Paul Byrne	13 Castlepark Grove, Maynooth, Co. Kildare	20/06/2024
24198	Kildare County Council	Brian Chubb	13 Beaufield Green, Maynooth, Co. Kildare	20/06/2024
2460537	Kildare County Council	John and Hilary Hurley	Cormickstown, Maynooth, Co. Kildare	14/06/2024
24189	Kildare County Council	Cliona and Jonathan Cosgrove	38 Hayfield, Greenfield, Maynooth, Co. Kildare	12/06/2024
2460491	Kildare County Council	Leeanne and Edward O'Toole	10 The Lawn, Moyglare Hall, Maynooth, Co. Kildare	30/05/2024
2460494	Kildare County Council	EirGrid Plc.	Maynooth 220kV Substation, Taghadoe and Windgates, Co. Kildare	30/05/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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. Angela Feeney	087-2381962	angelaemfeeney@gmail.com	
Cllr. Naoise Ó Cearúil	086 7280050	cllrnaoise@gmail.com	https://www.facebook.com/naoiseocearuil/
Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com	
Cllr. Peter Melrose	089 263 7612	peter.melrose@socialdemocrats.ie	
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.

Maynooth Community Employment Project – Maigh Nuad

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

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FAIRTRADE IRELAND

Local News - August 2024 - Issue No. 537 - Online Version

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

Eddie Tobin – An Appreciation



On June 25th last, Maynooth lost a person who had been involved in supporting the community in a quiet but effective way since he came to live here with his wife Geraldine. Eddie Tobin from Railpark estate gave of his time and expertise to make Maynooth a better place for us all to live. I first met Eddie in 1990 and we worked together in several organisations over the following thirty three years. He brought practical skills, technical and financial skills to every organisation he became involved with. He was active in the community for a number of years before I met him, so I have used the Maynooth Newsletter Archive to try to get a full picture of his work over the decades that he lived in Maynooth with Geraldine and his two daughters Elaine and Orlaith.

As far back as 1985, Eddie was Treasurer of Presentation Convent Primary School Parents' Association. Eddie's work was mainly in training and education and his interest in supporting education continued throughout the years. Thirty years later in 2015, when we needed a person with an interest in education and a broad range of skills. I recommended Eddie to join the Board of Management of Maynooth Educate Together NS. Eddie was appointed for two terms on the Board where he made significant contributions to the development of the school. He trained himself to develop the school website and then trained school staff to maintain it and to further develop the site. He was around at the time the permanent school building was being built contributing to the decisions on how the building should be designed. In his second term, he took responsibility for bringing in a new financial system into the school, working closely with the school accountant to ensure effective, efficient management and oversight of school finance as the school developed and enlarged.

He represented Railpark on a number of local organisations including Maynooth Community Council, the liaison committee on the development of the new Straffan Road and the Maynooth Ryder Cup committee when the event took place in the K Club in 2006. He also supported new community activities such as the new Community Space committee in 2010 and the Harvest Festival Committee in 2013. When we opened the first community space in Manor Mills in 2011, Kildare County Council told me to collect the keys from Coonans Auctioneers. When I asked Eddie for help, he didn't hesitate and we spent many hours working together to get the place ready to open for community groups with a focus on youth groups. The building was previously a betting office and there were cables everywhere to be removed. When asked by Kildare County Council to recommend someone to lead the Maynooth Twinning Committee there was a consensus from those of us involved that Eddie was the person to do so in 2011. He was keen to develop the twinning arrangement particularly so that post-primary school exchanges would be available to the Maynooth school students.

Eddie had great respect for other volunteers and was always willing to help whenever he could. He was a member of Maynooth Tidy Towns Committee for many years and he made sure that projects that he took on were delivered to the highest standard. In 2022, the St. Patrick's Day Parade committee needed a photographer to cover the St. Patrick's Day parade. I knew that Eddie had joined the Camera Club in Celbridge and owned a top of the range piece of equipment. We asked him if he would take photographs on the day and of course he offered immediately to take the pictures.

In 1987, Eddie joined the Railpark Estate Residents Association as a committee member. He stayed with this committee right through the following decades as did many other members of the committee. He had been Chairperson of the committee in more recent years and was a strong advocate for his neighbours and for the people living in Railpark. This residents' association is a model for how such associations should operate and sustain themselves. Railpark and all of the other groups and organisations that Eddie was involved in benefited from his skills and personality that made him such a pleasure to know and to work with over the years.

Paul Croghan



Heritage Events in Maynooth

see page 5

For a full list of Heritage events in Kildare visit www.heritageweek.ie

National Heritage Week
A Heritage Council programme
17th - 25th August 2024

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Maynooth Newsletter

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Recording the Social Footprint of Maynooth since the 1970s

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

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

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Website: www.maynoothcep.com

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

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

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

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

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.
Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

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

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

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

Like last month I am going to begin this month's editorial with another congratulations. It was announced at the end of June that Coimisiún na Meán, had granted another ten year contract to KFM Radio to broadcast local radio in Co. Kildare up to 2034. This is the third contract granted to KFM Radio for this area after the station first came on air in 2004, following the splitting of the licence area previously covered by Carlow Kildare Radio which ceased operating. Carlow was joined to Kilkenny and KCLR began broadcasting. County Kildare is a large and diverse area with a large growth in population since regulated local radio first came into being. I noted that KFM had some special public service broadcasts during the recent local elections and indeed the radio station makes every effort to serve the communities that it broadcasts to on an ongoing basis.
The more recent funding commitment by the Government to RTE puts their support for local radio in the shade. The closeness to Dublin means that many of the Dublin radio stations effectively broadcast into County Kildare. KFM Radio brings its own style of broadcasting to us but in places like Maynooth they are not as visible as they could be. Maybe it is something that they could consider, conscious of course that they have to manage their costs. KFM Radio deserves our support and likewise we deserve a local radio service that we can identify with, just like wearing our county GAA jersey.

National Heritage Week
A Heritage Council programme

Heritage Week 2024 takes place **17th – 25th August 2024.** Each year, Heritage Week kicks off on the third weekend of August and runs until the end of the following weekend. Many national and hundreds of local community organisations participate by organising events throughout the country. During National Heritage Week, volunteers, community groups and heritage enthusiasts share their experience, knowledge and practices with the wider community. There are a number of events in Maynooth Library, Maynooth University and around the town which are free to attend. For a full list of events, dates and times in Maynooth see the website link at or the venues directly. https://www.heritageweek.ie/event-listings?q=maynooth

By the time you are reading this piece the deadline for public submissions to the Kildare County Council consultation on the Maynooth – Local Area Plan will be closed as the deadline is August 1st. It is worth remembering that the key decisions in the plan must be approved by the Maynooth Municipal District members of Kildare County Council. Even if you have made a formal submission through the consultation process, it is always helpful to share your submission with your local councillors so that they will be more aware of your point of view. There are a number of proposals in the plan that residents have not welcomed and from my experience local councillors were keen to engage with residents on these proposals so that they can influence the final decisions that go into the plan which covers the years 2025-2031



Moyglare Village residents meet to discuss the draft Local Area Plan

Paul Croghan - Editor

Copy date for the September edition will be 5pm on Tuesday 27th August 2024



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

The focus was very much on cleaning and tidying for Maynooth Tidy Towns volunteers in July. The town centre, back lanes, and approach roads continue to get our attention on Saturday mornings and Wednesday evenings. Bad weather caused the cancellation of the final Saturday in June and again in mid-July. We have been extremely fortunate with the weather in general. It needs to be a proper deluge to deter our volunteers!

Maintenance and watering of planters in Courthouse Square and at the entrance to Carton Avenue is ongoing, ensuring a riot of colour around the town. Particular thanks to those in EVE Larine who take responsibility for watering in the Square. The plants gifted to local businesses add to this colourful display. We thank these shops and businesses for displaying and caring for the plants.

Maynooth Castle is now open for the summer months. Staff there requested Maynooth Heritage Trail leaflets which have proven very popular with visitors to the Medieval Quarter. National Heritage Week takes place in August. The Maynooth Heritage Trail guided walk occurs on Saturday 24th August, booking details are on the Heritage Week website.

July saw the publication of a joint Local Area Plan by Kildare and Meath County Councils. Maynooth has been identified as a Key town for development and expansion in the coming years. As a community group Maynooth Tidy Towns will make a submission to this plan.



Here's hoping the weather (and the Tidy Towns judges) look favourably on us for the coming weeks.

Mary Molloy - Maynooth Tidy Towns Association

Brigid's Worlds Conference and Public Lecture at Maynooth University September 2024



On the occasion of the 1500th anniversary of her recorded death, Maynooth University, in collaboration with Kildare County Council, will investigate the historical origins of St Brigid and her Church of Kildare with the Brigid's Worlds conference on Friday 13th and Saturday, 14th September.

St Brigid is arguably the most famous woman in Irish history. She, and her successor abbesses, founded and ran the Church of Kildare, one of the most powerful institutions in Ireland for many centuries. She is the object of the first surviving written literature in Ireland, the most famous of which is a 'Life of Brigid' composed by Kildare cleric, Cogitosus, whose account of Brigid's miracles became a medieval bestseller across Western Europe. This marked the beginning of an impressive Irish literary legacy which went on to include celebrated writers such as Mary Shelley, James Joyce, Séamus Heaney, and Sally Rooney.

The conference brings together leading academic experts on Brigid for the first time in nearly twenty years, representing a unique historical moment.

Brigid is currently enjoying somewhat of a resurgence. She was adopted by some as a symbol of feminine power during the repeal the 8th referendum in Ireland in 2018 and with the decision to make her feast day, at the beginning of February, a new public holiday in Ireland, from 2023 onwards, she has found a firm foothold as an Irish feminist icon.

As part of the conference, a free public lecture titled 'Brigid: The knowns and unknowns' will be presented by Professor Catherine McKenna, Harvard University, at **8pm on Friday 13th September in Iontas Building**. The lecture will explore the stories of St Brigid, where they come from, and how we evaluate them, and will be preceded by a reception. All welcome. To register and find out more, please visit www.brigid1500.ie

Maynooth University
National University of Ireland Maynooth

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zoom

E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR

Heritage Events in Maynooth

17 - 25 August, 10am - 4:30pm
Maynooth Castle, Main St., Maynooth, Co. Kildare, W23 F2D5, Co. Kildare.

Free guided tours and more at Maynooth Castle.
Limited access for visitors with disabilities - contact the site for details. No toilet facilities on site

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270.
www.maynoothcastle@opw.ie

17 August, 12pm - 1pm
Stories from the Lost Library of Maynooth Castle, Maynooth Castle, Main Street, Maynooth, W23F2D5, Co. Kildare.

Please note, children must be accompanied by an adult.
There are no toilet facilities on site. Please contact the castle via the phone number below, regarding wheelchair access.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270.
www.maynoothcastle@opw.ie

18, 24 August, 3pm - 4pm
The Silken Thomas Rebellion & The Siege of Maynooth.
Maynooth Castle, Main St., Maynooth, Co. Kildare, W23 F2D5, Co. Kildare
Please Note: There are no toilet facilities on site.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270.
www. maynoothcastle@opw.ie

20 August, 11am - 12pm
20 August, 2pm - 3pm
22 August, 11am - 12pm
22 August, 2pm - 3pm
Tours of Russell Library & Exhibition
Russell Library
St. Patrick's College, South Campus Maynooth University, Co. Kildare.
Identifying with Books: an exhibition of Bookplates from Maynooth University Library's Special Collections. Entry is free on a drop-in basis during event times. Wheelchair access is currently unavailable. For more details
www.maynoothuniversity.ie/library

Further Information: Maynooth University Library's Special Collections & Archives: Russell Library, St. Patrick's College, Maynooth. Tel: 017083890.
www. library.russell@mu.ie



21 August, 3pm - 4pm
Traditional Irish Music Workshop with Irish Institute of Music and Song for children & families.
Booking required.

Maynooth Community Library, Main Street Maynooth Co. Kildare. W23 ND79. Co. Kildare

Further Information: Maynooth Community Library. Tel: 045980493.
www.maynoothlib@kildarecoco.ie

24 August, 12pm - 2pm
Maynooth Heritage Trail Guided Tour
Duke's Harbour, at Royal Canal, Maynooth, Co. Kildare

The walk takes approx.1.5-2 hours. Information leaflets are available, 5 Storyboards have been installed/ updated, enabling a self guided tour. A group of Tidy Towns volunteers also do guided tours on request. The starting point is at Duke's Harbour, opposite the train station. Maximum 30 people. Book via email or phone to confirm your place. Include a mobile number please. This will be used to confirm details of event/ attendance in the week prior to 24th.

Further Information: Maynooth Tidy Towns. Tel: 0872861771
www.maynoothtidytowns@outlook.ie

25 August, 12pm - 1:30pm
The Fair Geraldine and the Tudor Court: Politics, Proximity, and Presents
Maynooth Castle, Maynooth Castle, Main Street, Maynooth, W23F2D5, Co. Kildare
No toilet facilities on site. Please contact the castle via the phone number above, regarding wheelchair access.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270.
www. maynoothcastle@opw.ie

Sourced: www.heritageweek.ie

MAYNOOTH CYCLING CAMPAIGN

Maynooth and Environs Local Area Plan

The Maynooth and Environs Local Area Plan went to public consultation in July. It has been subject of a number of meeting of various residents groups including those from Moyglare Village and Moyglare Abbey.

The plan highlights some of the challenges to Maynooth becoming a "10 minute" town, how planning and transportation are closely intertwined and how car dependency is a major challenge to developing a sustainable future.

It proposes that active travel should be a core part of any future movement strategy and that this would be enabled by the provision of a permeable network of active travel routes. The plan indicated the scale of the network and what Maynooth would look like with an active travel network. This is not about providing routes for the Tour de France riders. It is intended for people going to the work or shopping. It is for children going to school, visiting their friends or participating in sports.

A network is only as strong as its weakest link. If a network has one or more missing link, it will not function properly. Consequently, the network must cover existing as well as proposed areas. New links are proposed between adjoining estates where there were none previously. It is about road safety - where people using active travel means have a safe alternative to crowded shared paths or roads shared with traffic. As it is about road safety, it is not and will not be about providing additional road space to car traffic through residential areas.

People do not welcome change and links to adjoining residential areas are often controversial. A lot of scaremongering has been created by those who are opposed to change but this is not just a matter for those closest to the location of the proposed opening. It also benefits the wider community as well as those so their views must also be taken into account.

Cycling Without Age

Maynooth Cycling Campaign would like to congratulate Hans, Noreen, Damien and Dayo, all of whom over this past year have successfully completed Stage 1 training as trishaw pilots. They work with our partners in Cycling Without Age - Genil Training/St. John of God.

We have also trained a number of our volunteers as pilots for the weekend operation of the trishaw. However, Maynooth has only a small catchment area compared to the Dublin local authorities with the result that there has been very little demand for cycles despite attempts to publicise what we offer to groups who might be interested. So if you know of anyone who might enjoy a cycle in Maynooth but is unable to cycle on their own, please let them know about us.

Speed Limits

Westmeath County Council is taking action to reduce speed limits. In rural areas, they are reducing the default speed limit in over 1900kms of local roads from 80 kph to 60 kph and in urban areas the limit is being reduced from 50 kph to 30 kph. They can still opt for higher speed limits where conditions warrant it.

In Wales, where speed limits were reduced earlier in the year, there was a reduction in fatalities in built-up areas. Furthermore, insurers noted a reduction in collisions and reduced premiums accordingly. In Ireland, road fatalities nationally have seen a 16% increase so far in 2024 (113) compared to 2023 (97). While Kildare councillors have expressed support for lower traffic speeds in the face of opposition from officials, it is regrettable that the council breaks up for the month of August with no proposals for any speed reduction measures.

Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at maynoothcycling@gmail.com . Further information on the campaign is available on our website.

EUROPEAN CYCLISTS' FEDERATION

cyclist.ie the Irish Cycling Advocacy Network



Cllr. Angela Feeney Maynooth Labour News

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

Improved accessibility at Maynooth train station
I welcome the recent announcement that the planning application for a new footbridge with lifts at Maynooth train station has been approved by Kildare County Council. The detailed design is also completed with site works due to start in September. The works are due to be completed by August 2025. This will provide much needed improved accessibility for all.

Speed ramps needed on the Moyglare Road.
At the July Municipal District Council meeting I called for the installation of ramps on the Moyglare Road. Many residents and parents of students who attend the many schools on the road have contacted me about their concerns regarding speeding cars. In speaking to the motion, I said that the installation of such ramps on the other busy approach roads to Maynooth such as the Dunboyne Road and the Celbridge Road have been very effective in slowing down traffic.

The Council area engineer will arrange for a speed review and assessment to happen this month and again in September when traffic movements return to their busy levels. This review will help in progressing the issue of safety.

Removal of dangerous trees in Moyglare Village
On foot of calls from the residents of Moyglare Hall, I asked the Council to trim back and or remove dangerous trees in Moyglare Village along adjoining wall with Maynooth GAA. This area has been a point for anti-social behaviour and many residents have reported evidence of drug use. In addition, emergency services were called to a fire there in recent weeks. Two trees have fallen in the past year. The Council has agreed to carry out these works as a priority health and safety matter. Any damaged or dangerous trees that are removed will be replaced.

Masterplan for Carton.
I requested an update from the Council as to when the Masterplan for Carton would be published. The Council replied stating that the plan would be published in 2026. I expressed my disappointment that the publication is taking so long and that it is a missed opportunity not publishing it in tandem with the current draft Local Area Plan for Maynooth. However, the Council said that there are many consultative reports required for the Masterplan which require adequate time in order to be done properly.

ESB Networks need to activate the new pedestrian lights at MTFC
I welcome the news that representatives from ESB networks will meet with us councillors at Áras Chill Dara in advance of the full council meeting on July 29th.
This is an opportunity to raise the non-activation of the newly installed pedestrian crossing at Maynooth Town Football Club. I submitted a motion in March 2023 calling for the installation of a push button pedestrian crossing at Maynooth Town Football Club. The motion was approved and LPT funding was allocated to complete the works.

The pedestrian crossing was installed at the beginning of the Summer and all the relevant paperwork was sent to the ESB. Months later we are still awaiting connection, which is very frustrating. This is an important health and safety issue that will make it much safer for children to access the club on foot or by bike.

I look forward to getting a response to my query from the ESB and getting a timeline for the energising of the lights. We need to see quicker action by the ESB. Previously, I had to make numerous representations to get the lights that had been installed along the canal near the train station in Maynooth because they took three years to be activated. It should not take this long to get publicly funded infrastructure available for use.

Supplementary water supply needed for Maynooth
Given the increased number of water outages in towns in North Kildare, Maynooth, Leixlip, Celbridge, Straffan and others of late, I have asked Uisce Eireann to provide information as to the reason or causes of these more frequent occurrences. I have asked if they are connected to the age of certain pieces of infrastructure in towns across North Kildare or the increased demand with new developments. I have also called for a supplementary supply for Maynooth, which would mean that if there is a major break in supply, it can be kept localised, and the whole town will not be out.

Selected as candidate for General Election
I was delighted and honoured to be selected to stand as a candidate in the next General Election for the Labour Party in North Kildare. I am connected generations back to Kildare and want to be a strong voice for our County. I look forward to the campaign ahead. Thank you for all your good wishes and messages of support. Please join the team to help get me elected! afeeney@kildarecoco
Please email me for further information or to raise any issues on your behalf
afeeney@kildarecoco.ie

THE MIRACLE PRAYER
DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen
Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail.
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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!

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!

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Transitioning to Secondary School

The teenage years are full of many transitions and changes and in the coming months many young people will be making one of the most important transitions of their young life; that of moving from primary to secondary school. Traditionally, this important time, symbolised the transition from childhood to adulthood, as young people left behind the safety and security of primary school to embark on an adventure into the unfamiliar and unknown territory of secondary school.
Children will talk about experiencing a mix of emotions about starting secondary school. They say there are many things they are looking forward to, topping the list here is getting a locker, as well as having some concerns around starting a new school (for some, the worry of not getting a locker!!).

Concerns your child may have:

- The size of the school and getting lost; as well as now being the youngest in the school
- The different subjects and the amount of homework they will have in each of them as well as the dreaded Friday homework
- Understanding their timetable and the rules of the school
- Studying and exams



In addition to these practical concerns, the children also worry about social issues such as friendships, social groupings and bullying which are all very valid. As parents, how can you help make this transition as smooth as possible for your child?

In the coming weeks, reassurance that any concerns they have about rules, homework, journals and subjects will all be addressed by teachers in that first week. In many secondary schools, first year students return to school a day earlier to give them the opportunity to orientate themselves to their new environment. On that first week back, remember they will be tired and possibly a little moody as they get to grips with a longer day and a greater workload, so giving them a little space when they get home can be helpful.
Making sure they understand their timetable and helping them organise their books and other materials that they need, the night before can also be beneficial in these first few days, as well as helping them to draw up a homework timetable as this can help avoid the last minute panic of realising that they had homework due that they haven't even started yet.



Finally, it is important to remember that young people tend to settle quite quickly into secondary school, with the majority of students having settled in nicely by the end of the first week. For some it takes a little longer, however by the end of September, they will have found their feet. However, the issues that most concern them and which they can often continue to struggle with in the early years of secondary school are the social ones. These include issues such as changes in their friendships, the social hierarchy and groupings that exist within the school and about being bullied

Changing friends!
Although many young people will transfer with their friends from a primary to a secondary school in their catchment area, others move to schools outside their area and have to come to terms with a new social environment. For these students they often experience feelings of sadness and fear around the possibility of losing the friends they had in primary school. Acknowledging these feelings and talking to them about friendships can be helpful at this time.

Letting them know that there are still ways of staying in touch with old friends, especially in this digital age of social networking, as well as talking about secondary school as a new and exciting place with lots of new people to make friends with, can be reassuring.
Another common experience for many young people, in particular girls, is dealing with changing friendships. Many start secondary school and are relieved and delighted to learn that they are in the same classes as their BFF. They have been friends since junior infants and have shared so much with each other and now they begin the journey of secondary school together. However this excitement can often be short - lived and as the weeks go by, they notice that their friend is now spending a lot of time with other girls in the class, she is not calling her as much and she has developed a whole different style overnight. When she tries to talk to her friend, she is told that there is nothing wrong. This can be a very painful and confusing time for a young person as they feel betrayed, hurt and alone.

What can you do!
As a parent you can support your child by being there for them, giving them a hug as well as listening to and validating how they feel. Understanding their experience can help you help them come up with ways of dealing with this changing friendship. This first year is an important time for parents to check in with their children and the school about how they are doing. Never assume that because they say nothing about school, that everything is okay. **Stay connected and involved.**
Source: www.schooldays.ie

St. Mary's Brass & Reed Band

The highlight of July was our very first Summer Camp which was a great success. Organised by two of our younger Band member Francesca Sheridan and her Brother Nicholas the aim of the Camp was to introduce children between the ages of 8 and 12 to the instruments which are played by Band members as well as some music theory lessons.

They also gained some experience in ensemble playing and took part in educational music games. The children had a most enjoyable five days and hopefully they will join the Band at some stage in the future.

The Band's July recitals were usually held at the Sunday market behind Castletown House but as this area is unavailable at present this years recital was held in the grounds of Christ Church, just inside the main gate of Castletown Estate.

Our music was really appreciated by those attending the market behind Christ Church with many asking if we will be there next year.

August promises to be an extremely busy month rehearsal wise as we face into a hectic September schedule of performances which includes visits to the National Stud in Kildare, the Bad Orb International Music Festival in Germany and Farmleigh Estate in the Phoenix Park as well as Culture Night in the Square in Maynooth on Friday 20th .



Maynooth Senior Citizens Committee

The Committee will be taking its usual break for the month of August. Our first Thursday morning Club will resume on September 5th.

Our monthly meeting will resume on Monday, September 9th.

The Committee will have a busy time from then until Christmas.

We will be running a fundraising raffle, organising what is now an annual pub quiz and the Christmas Lunch. There are some activities to be finalised… more about that in September.

Mass bus service will continue during August.

See you all in September.

Susan Durack, PRO

email:maynoothseniorcitizens@gmail.com

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August Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Children's Events
Rhyme & Song Time for Ages 0-2
Friday 2nd August, Friday 9th and Friday 16th August, 10.00 am - 10.30 am
A story and song session for ages 0-2. There'll be short stories, and some popular Action Songs. Places are limited and one free ticket is required per child. All children must be supervised during this session.
Book your Free Ticket here : Book Free Ticket – Song & Rhyme Time for 0-2 year olds – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Funny Fluffy Friends: Storytime for ages 3-6
Friday 23rd August , 3.00pm - 3.30pm
Join Carlagh for a funny story time all about our fluffy animal friends! Please note that it is only suitable for children 3+. Book places for children only.
All children must be accompanied by a parent/guardian.
Book your Free Ticket Here : Book a Free Child Ticket – Funny Fluffy Friends: Storytime for ages 3-6 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Who Doesn't Love Unicorns? Storytime for Ages 3-6
Friday 30th August, 3.00 pm- 3.30 pm
One of the most asked for topics for books in our library is unicorns, so Niamh has gathered all the magical horses she can find for a story-time! Expect other magical creatures also for this half hour story reading session for you and your 3+ year old!
Book your Free Ticket here : Book a Free Child Ticket – Who Doesn't Love Unicorns: Storytime for Ages 3-6 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Ceardlann Greannáin - Comic Making Workshop in Irish and English with Aidan Courtney for Ages 7- 12/ Aois 7- 12
Saturday 10th August / Satharn 10ú Lúnasa , 11.00 am- 12.00pm / 11.00am – 12.00 i.n.
In this bilingual workshop for children aged 7 – 12 years, Aidan Courtney will be showing how to create comic strips and how to draw cartoons. Lots of creative fun!

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

Sa cheardlann dátheangach seo le haghaidh páistí 7 mbliana - 12 mbliana d'aois , taispeánfaidh Aidan Courtney conas stiallghreannáin a chruthú agus conas cartúin a tharraingt. Píosa spraoi cruthaitheach! Caithfear tuismitheoir / caomhnóir a bheith in éineacht le haon páiste a bhfuil ag freastal ar an gceardlann seo.

Cuir saor ticéad in áirithe anseo/Book your free ticket here :
Book Free Ticket – Ceardlann Greannáin - Comic Making Workshop in Irish and English with Aidan Courtney for ages 7- 12/ Aois 7- 12 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Pokémon Trainer Arts and Crafts Workshop at Maynooth Library /Ages 7-10
Wednesday 21st August, 11am – 12pm
Come visit your local Library Pokéstop and hunt for our 3D printed Pokémon around the library. Once you have found a Pokémon you can then paint it and begin creating your Pokédex notebook. For ages 7+ with limited spaces available, book early to avoid disappointment.

Children under 8 must be accompanied by an adult for the duration of the event.
Book your Free Ticket here: Free Ticket(s) – Pokémon Trainer Arts and Crafts Workshop at Maynooth Library – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Traditional Irish Music Workshop with Irish Institute of Music and Song for children aged 6+
Wednesday , 21st August , 2pm – 3pm
Join us as we celebrate heritage week 2024 with Dr. Sean McElwain, esteemed member of the renowned traditional Irish music band Téada, for a workshop on Irish music, song, and dance. Drawing on his extensive experience in education and global touring, Sean will guide participants through the various tunes, offering a comprehensive understanding of Irish music and its rich history.

All children attending this event must be accompanied by a parent /guardian. Please book one ticket for each person attending
Book your Free Ticket here : Book Free Ticket – Traditional Irish Music Workshop with Irish Institute of Music and Song for children aged 6+ – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Young Adult Events
Cúpla focal Create a Story Workshop with Áine Gallagher for ages 12-14
Wednesday 14th August , 2pm - 4pm
In this bilingual workshop, participants will be able to turn their cúpla focal into a simple story. The workshop will be facilitated by Áine Gallagher, the "queen of offbeat". Her aim is to make Irish fun and accessible and to create spaces where people can practice without needing to be perfect. Áine will use games and other methods to encourage fun and simple chats as Gaeilge.
Book your free ticket here :
Book Free Ticket – Cúpla focal Create a Story Workshop with Áine Gallagher for ages 12- 14 – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Online Intensive Summer Teen Writer Camp for ages 12- 15
August 20th to August 22nd, each afternoon , 2pm-3pm
Our Teen Writers Group is having a set of 3 afternoon writing meetings in August before the school rush begins again! This group is a social group for young writers aged 12 to 15, to chat, share work and bounce ideas while also getting some quiet writing time. Online via MS Teams.

Contact maynoothlib@kildarecoco.ie for more information and to join our group.

Adult Events
Age Friendly Coffee Morning
Wednesday 14th August , 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

Exhibitions
"Woolly Wonders " Exhibition by Antoon Knaap
Tuesday 6th August - Friday 30th August
Antoon Knaap's exhibition incorporates a selection of woollen art work, made over the last 12 months. The collection contains both abstract pieces with a mid-century theme and figurative pieces with an animal theme. They are tactile, colourful wall mounted rugs, hand made using a technique called "tufting".

Maynooth Community Library's Exhibition Space Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from November 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

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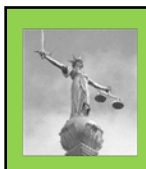
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Writers' Corner - Short Stories/Articles from our Readers

Ireland of the Welcomes

Like many families in the parish where I grew up we kept a horse for heavy farm work and the Sunday journey to mass in the sidecar and a donkey for drawing turf from the bog. We children were all fond of Neddy the Donkey but we were also aware that he was associated with poverty. One local family, the Dalys, who lived in the bog, possessed only a cow, a donkey and some fowl. Their house was probably typical of what our better-off ancestors lived in during the Famine, a squat, thatched cabin with one windowless bedroom and a small kitchen lit only by a tiny window and the glow from the open-hearth fire. Nearby there were three small outhouses built with stones and sods, one for the donkey cart, one for the cow and the third for hens.

None of the family had married and their only source of income was from seasonal work on nearby farms and from saving turf, which Mick, the eldest brother, sold in town. The sight of Mick in his trilby hat, creased blue suit with a heavy watch chain looped from a waistcoat buttonhole into one pocket, guiding his crated cart piled high with black sods, was something the neighbours noted with amused grins. Even if Mick were out of sight his passage would be advertised by faraway mingled curses and pleadings as he led the donkey on his torturous journey over humps and keshes along the rutted bog road. On the other hand, after Mick had trudged the four and a half miles into our nearest town housewives welcomed his arrival, for the Dalys were noted for their high-quality "stone turf".

One day our father told my older brother Joe and me that we were to take a large bag of Kerr Pink potatoes that he was sending to our uncle in Dublin into the railway station – This was just after the end of World War 11 and I suppose that some foodstuffs were still in short supply in the capital. Since Joe was only eleven and I ten our father considered us too young to control the horse on the main road; we would, therefore, have to take Neddy. The thought of being seen in public driving a donkey and cart didn't appeal to us but since the station was located on our side of the town we wouldn't have to face too many condescending glances.

Well, the slow journey passed off uneventfully. We had tethered Neddy to a fence post, carried the sack of potatoes up the flight of stone steps and paid the shipment charges just before the massive Dublin train came thundering into the station in a cloud of steam. Now all we had to do was make a fast getaway. We had no sooner unhitched Neddy and faced him for home than a delighted screech, "Oh, look at the lovely donkey!" arrested us. A group of Americans, two middle-aged men in trench coats and their brightly-dressed wives, were coming down the steps from the station, accompanied by Terry Dunne, a local taxi driver.

With beaming smiles the tourists headed straight for Joe and me, enthusing over our short trousers, lovely freckles and, on our telling them that it was all right to pat Neddy, our brogues: "Gee, aren't they cute!" Now one of the women decided that she and the other matron would have to travel into town on the cart like Irish colleens. We demurred, saying that we had to hurry home as our father was expecting us. "Oh, come now!" Terry intervened. "You lads can't disappoint these nice ladies. All they want is to tell their friends back in the States that they travelled on a donkey and cart. And they'll make it worth your while," he added with a wink. "Isn't that right, ladies?" "You bet," one of the women confirmed.

When we still baulked, a number of other men from the town waded in, expressing surprise that we wouldn't do this small favour for visitors. Jeepers, it wasn't much that they were asking, just a ride on a donkey cart. At that time we were too inarticulate to state the obvious, that we would be the ones making a show of ourselves. Maybe for the townspeople it would be the home place putting out the welcome mat, part of the shamrocks and céad míle fáilte scene; for us it would be public humiliation, a reduction to the level of Mick Daly, except that instead of a load of turf we would carrying two loquacious, gaudy tourists up Main Street.

Eventually, under the pressure of so many insistent voices, we caved in and the delighted visitors were carried towards the town sitting on the floor of the cart their legs dangling from the rear. To my shame, I allowed Joe to lead Neddy, while I blended into the swelling crowd who were enjoying this reminder of the old rural mode of transport.
Well, in due course the inevitable happened. Before we had gone three hundred yards the women grew tired of their uncomfortable carriage and asked to be let down. Just when their husbands had gallantly lifted them off who should arrive from the town but Mick, standing like a charioteer in his empty cart. In the bustle as the visitors oohed and aahed over this fresh wonder Joe was able to turn Neddy around and without waiting for payment we hurried away.

"You left me on my own back there," Joe accused. "And that Terry Dunne... playing up to the Yanks... As Daddy often said, if there was a convent at one end of the town and a cat house at the other Terry would offer his services to both." "What's a cat house?" I asked.
"Oh, it's a place where bad women live," Joe didn't seem too certain. "Anyway, you should have taken your turn leading Neddy." "Well, at least it's over now," I pointed out. "Not if the fellows in school find out," Joe had no intention of letting me off the hook. "Can you imagine the jeering of Gilligan and Mullooly? 'The stuck-up O'Connors have gone into business with the Dalys, only they're hauling Yanks into town instead of turf '."
"Who cares what those eejits say?" I tried to sound indifferent, though I knew he was right: a good few of the fellows though us stuck-up because our mother's brother was a vet and, worst of all, our father wouldn't let us visit their homes on weekends. "Will we tell mammy and daddy what happened?" "No," Joe struck Neddy smartly with the reins," but you can."
I didn't answer, hoping that he would soon get over his resentment.

A week later I ran into Mick walking near his turf banks when I was looking for a grouse's nest.
"You and Joe were in a bit of a hurry on Saturday," he remarked. "Oh, you mean getting back from town?" I said. "Mammy wanted us home in time for dinner. By the way, it must be nearly one o'clock now?" I added, knowing he loved to show off his ability to tell time.
As expected, Mick took the watch from his waistcoat pocket, carefully opened the lid and squinted at the dial. "It's just a minute to half past one," he informed me, returning the watch to its nesting place with a grand flourish. "By the way, I've something here for yourself and your brother." He groped in the other waistcoat pocket and took out two half crowns. "The Yankee women said you're to have these."

"No, you keep them," I demurred, our father having told us that we should never accept money from people who needed it more than we did. "But the Yanks said you earned them," he reminded me. "Did they offer you anything?" I wanted to shift the conversation back to him. "Did they offer me anything?" he repeated. "Well begob now, they asked to have their photo taken with one of the men patting Jerry's nose; the other three were up on the cart with one of the women holding the reins. You never saw such carryon. They must never have seen the like of an ass and cart over in America." "Still, they must have paid you well for your trouble," I persisted.
"Not any more than yourselves," he assured me. "Now, here; take this. You and Joe earned it." When I still said 'No', he came to a decision: "In that case I'll put them in Saint Anthony's box on Sunday – Did you ever notice how he always has his hand out looking for your spare coins?" He grinned at his own sly humour. "Have you seen a grouse around here lately?" I asked when he seemed about to move off. "A grouse? Do you mean the heather hen with the brownie feathers?" He prodded the ground with his stick. "Yes, that's the one," I tried to conceal my eagerness. "Maybe I have and maybe I haven't." He eyed me suspiciously. "Why do you want to know?" "Oh, it's just that I'm collecting eggs," I told him. "I've one of almost every bird in the bog, except for the grouse." "Won't the hen forsake the nest if you take one of her eggs?" he asked. "Not if I don't breathe on the other ones," I repeated the schoolboy belief.

Mick rubbed his chin then looked me in the eye: "Your father and his friends does be shooting birds round here." He made it sound like an accusation. "Why do you mind?" I was genuinely puzzled. "They only do it in the open season, a few pheasants and wild ducks and maybe one or two grouse." "Why do I mind?" He rubbed his chin again before replying. "I suppose because it's nice to know the creathurs are here." And with that he turned on his heel and walked away, leaving me to resent his secretiveness.

I never found the grouse's nest and when I revisited the bog last year I hardly recognised it. The whole area had been drained and the road upgraded, though brambles and willows threatened to choke it. Gone was the old semi -wilderness of sphagnum moss, heather and occasional small birch trees and in its place was a plain of coarse moor grass No snipe or grouse took to the wing as I walked along and the only bird I saw was a grey crow passing overhead. Joe told me that very few people cut turf there now, having switched to home-heating oil, though he himself keeps up the old tradition.

Eventually I came to the cutaway where the Dalys' cabin once stood only to find a pile of grass-grown rubble. Joe told me that the neighbours had to collect money to pay for the funeral of each member of the family. Was it, I secretly wondered, a guilt offering for the way they had been looked down on in life? Not that I'm blaming our neighbours; that would be a case of the pot calling the kettle black for I was as guilty as all the others, and maybe more so, as my encounter with the Americans revealed. Back then I hadn't read poets such as Kavanagh, who could fondly recall how, "*We borrowed the loan of Kerr's big ass / To go to Dundalk with butter*," or heard of the aristocratic Overend sisters who proudly drove their donkey and trap from their Airfield estate into Dundrum in Dublin. On that day at the train station I lacked the moral courage to be true to my roots. For us country people our heritage was something to play down, not, as in the case of the townspeople, a nostalgic, shamrock-entwined 'Ireland of the Welcomes' to exploit!

P. G. NERNEY

The Return

I didn't think a place could change so much,
the straw-thatched farmhouse of my youth
gone from slated bungalow to lock-up,
its boxwood-bordered, flower-bright garden
replaced by a gloomy slatted shed;
even the stone-capped, gated well
that slaked the thirst of generations
abandoned for piped-in, treated water.

But who would think the very land could change,
meadows, pastures, fields where corn ripened
darkened by sitka spruce plantations?
Only some butterflies our footsteps start -
Ringlets, Meadow Browns, Small Whites -
flitting past nettles lift the heart.

10-07- '18

Colin Scott

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

Dún Laoghaire; May 1971

I saw your cases packed and labelled;
I saw you as we drove through Dublin
On that final, rain-drenched journey
Scan the streets with tearful brooding;
Your hand was cold,
Your body weary.
I saw you leave a café table
To stand beside a harbour railing –
Oh, then your grief was sweet and wounding.
I saw you on a wooded hillside
Eat a sandwich mixed with teardrops –
The sudden sun did not beguile you.

We drove back to the hungry harbour;
A kindly porter led us inward
Through a railway terminal
Stark as death
And long as waiting.
The gangplank was a gallows ladder
That, chosen without heart's approval,
Could no longer be evaded.
I kissed you when the time was ready;
Alone I walked back to the car park
To watch the long ship that entombed you.
The cover of the hold was lowered,
The mooring rope cast off and gathered,
The waters foamed behind the stern
And, like a knife, the blue 'Hibernia'
Slid quickly from the concrete pier,
Leaving an empty ugliness
Shaken by descending gulls.

I watched the silent ship reverse
Beyond the harbour's outstretched arm,
Turn beneath night-blue *Beann Eadair**
And set out for the eastern sea.
The clouds above the distant city
Were tinted rose-pink by the sunset,
But all the world besides was blue
And, on a plain of azure water,
A blue ship carried off my dream
Into the unborn summers.
Far-out beyond the misty headland
A lighthouse blinked as it was passing
And then I saw your soft, bright eyes
Awash with tears.

The Hill of Howth

John Travers

The Mind

The moon, we're told, it makes the tides,
And does the earth great good besides;
The sun grows plants with water's aid,
With leaves and flowers and fruits displayed.

These are marvellous things to see,
But they see nothing rare in me!

Now what connection can there be
Between the eye and 'I can see'?
Between the world of sounds and smells,
And two kilos of wet grey cells?

Between the choice to go or stay,
And endless chains of DNA?

The mind is seed, fruit, branch and tree,
It spans the earth, the galaxy;
The universe too small for thought,
Cosmologists some others sought.

How can its scope, embracing all,
Be housed within a dome so small?

GM

My Chequered Life Chapter 7

Soon after I was given the job of prison butcher in the kitchen and I did well there for a year or so, doing a lot of gym work in my spare time. My mother was greatly interested in Henry VIII's wives and she came to see me in Lewes as Anne of Cleves was from there. In the visiting hall she saw a prisoner, whom I had met some time before, actually abusing a six or seven year old boy who had been brought along by his visitor! She was shocked and wanted to report it to the prison authorities but I persuaded her to hold off as I had to live there! The wrong thing to do but that's what I did.

After a little more than a year in Lewes the authorities decided to give me a chance and sent me to a category C prison in Channings Wood, Devon, the English Riviera, maybe about April '90. Channings Wood was built in the 70's and had a huge footprint. For me it was a breath of fresh air with lots of lovely grass areas and gardens and all very well kept. It was like a show prison and lots of foreign prison service dignitaries used to come to observe us and see how it should be done! On the inside it was an open prison and we could, during the day, wander from one wing to another to meet friends and have a chat. It was still a prison, of course, and there was trouble now and again.

That trouble often started in Living block 1(known locally as the ''Bronx'') where I was housed. There was no shortage of cannabis and I smoked cannabis nearly every day. That was the cause of most of the trouble, as the dealers would often be left short on payment and then there'd be infighting. I kept clear of all that and was there for two years when my first major review came up. That consisted of various notables, including a priest, whatever he knew about me, giving their opinions on a prisoner, after which all would be collated and sent to the bosses and the Home Secretary and they would make a final decision. (All this behind closed doors, of course with no input from the prisoner!). It was at this time that I first heard from my psychologist that my trial judge had recommended that I would serve a minimum of ten years in custody and she also told me that rarely are prisoners released on their tariff dates!

Channings Wood was very difficult for my mother to visit so I arranged to be transferred to London. They sent me to the Scrubbs! The Scrubbs, being a category A prison, was like a war zone compared to Channings Wood, with all the rough lifers vying for mastery. So one day when my mother was visiting I got talking to a lifer who happened to mention that Donal Nelson was on his wing. Now, Donal Nelson I had met well before my prison life began. I was having a pint in a tavern on Hollaway Road when this bespeckled man sat up beside me and asked if I'd like "another of those". Alarm bells screamed in my head and I said I would but I had to go to the toilet first. I didn't return but went out a back door and crossed five lanes of Hollaway Road traffic and took shelter behind a crowd outside the Odeon cinema. I wasn't long there when my ''friend'' came out and looked up and down the road to see where I was. It was a good while after this incident that I read in the paper of his killing and butchering of young men. I thanked my good stars for my escape.

So now in the Scrubbs we were to meet again, I thought. I said to my lifer friend that I would sneak over onto the lifers' wing and maybe get a chance of giving him a few good digs for his offer of that pint! My mother was in to see me every day for the week so I waited until Saturday to try my luck so that I wouldn't mess up her schedule. When the visit was finished we were all brought out to the searching area, frisked and then into the holding room. About five minutes later an officer came in and called for all from D Wing (lifers) to follow him. Three lads stood up and started walking towards the door. I followed them but just as I was leaving the room the officer who had been sent to bring me back to A Wing spotted me and that was that. I got into trouble and was reported to the Governor. They did their best to find out what I was up to but I sang dumb.

However, my lifer informant spilled the beans and I was told I would not be coming back to the Scrubbs any more. I did, however, get back to London three more times for cumulative visits but each time it was to Wandsworth I was brought. I spent five years altogether in Channings Wood and made some very good friends there, some of whom were a great help to me later. One of them was Mark. Mark asked me one day to give him a hand. He wanted to rough up another inmate. I gave him a pillowcase and he made a balaclava out of it and we went down to the TV room where his victim was. I kept guard at the door and he put on the balaclava and stole up behind your man and fairly let him have it. He then ran to where he thought the door was but the pillowcase blinded him and ran straight into the wall. He fell flat on his back. I dragged him out and brought him to my cell and it was then we saw the huge pump on his forehead. He ended up being a great friend of mine and when he got out he used to send fellows in to visit me and they never came without some welcome cannabis. It was about this time that I discovered yoga!

GM

MU golfers tee up for Arnold Palmer Cup in Lahinch

Maynooth University golfers Ryan Griffin and Kate Lanigan were in action on the International Team against the USA in the Arnold Palmer Cup collegiate golf competition which took place in Lahinch, Co Clare in early July.

Maynooth University had a very strong presence in this year's Arnold Palmer Cup. The MU students joined two other Irish players on the 24-strong International team led by MU's Golf Development Officer Barry Finely.

Maynooth University has been represented at nine of the last 11 Arnold Palmer Cup matches, a feat not matched by any institution outside of the US.
Ryan, an MU Psychology student from Ballybofey in Co Donegal, made his second appearance in the competition while Kate, a Maynooth native studying for a Masters of Finance, made her debut in the competition, the pinnacle of collegiate golf. They were joined by two other Irish players on the International team -- University of Louisville's Max Kennedy and the University of Miami's Sara Byrne.



Kate Lanigan gets into the swing of things: Brian Arthur Photography

"It's a real honour to be involved and to have four Irish players on the team is just a brilliant testament to the quality of amateur golf in the country," says MU's Barry Fennelly, who is co-head coach of the team alongside Aaron O'Callaghan. "To bring the best of the best in college golf to Lahinch in this format, it's just a dream come true to be involved."
Fennelly, who is programme coordinator for the Paddy Harrington Golf Scholarship in MU, has been involved in the competition since 2016.
Lahinch Golf Club was due to host the Arnold Palmer Cup in 2020 but the club's hosting was postponed until this year because of the coronavirus pandemic. The competition, which took place from July 5-7, is a Ryder Cup-style tournament featuring the top 24 men's and women's university/college golfers in the US against a team made up of their international counterparts.

Ryan and Kate earned their place on the International team by finishing top of the R&A Student Tour Series Order of Merit. "It's an incredible honour to be on the team," says Kate, who also made the cut in last year's KPMG Women's Irish Open and recently tied for second in the Helen Holm Scottish Women's Open.

MU and The Aga Khan University sign strategic partnership

Maynooth University (MU) has announced that it has signed a Memorandum of Understanding (MOU) with The Aga Khan University. The strategic partnership, the first of its kind between an Irish university and The Aga Khan University, will foster collaboration in the coming years across several areas including research collaboration, student and staff mobility, and knowledge exchange in areas of mutual expertise and development.



MU President Professor Eeva Leinonen welcomes Princess Zahra Aga Khan to Maynooth University

The agreement was signed at an event held at Maynooth University, where Princess Zahra Aga Khan and The Aga Khan University President Sulaiman Shahabuddin joined Maynooth University President Professor Eeva Leinonen.

It is envisaged that the strategic partnership will focus initially on the following areas of mutual interest:

- Health – healthy ageing, nursing, medicine more broadly, community health and data science
- Climate – climate change impacts and mitigation, adaptation, societal resilience and data science
- Teacher education, including early childhood education

Additional areas of interest will be explored, such as community and societal development and inclusion, arts and sciences, and library and archive services.

The partnership will facilitate the pursuit of joint research funding proposals in key areas of mutual interest from European and international funding bodies.
It will give structure to explore opportunities for networking, research exchange, field study, sharing of facilities and equipment and joint research and teaching programmes.

It will also support student and staff mobility, both short-term and postgraduate, and boost research capacity by partnering on joint funding proposals.
The agreement will facilitate knowledge exchange, information sharing and institutional development that reflect both universities' strategic objectives, and will also open doors to affiliate organisations, including Maynooth University partners.
The relationship first began in 2008, when MU conferred an honorary degree on His Highness the Aga Khan, for "his outstanding contributions to the elimination of global poverty, the advancement of women, the promotion of Islamic culture, and the furthering of pluralistic values for society." The Aga Khan has longstanding ties to County Kildare through his equestrian activities.

Commenting on the partnership, Professor Eeva Leinonen, President of Maynooth University, stated: "We are delighted to formalise this partnership with The Aga Khan University, which builds on our shared values and long-standing relationship. This collaboration is driven by our shared belief in the transformative power of education, and our commitment to global cooperation and sustainable development. By working together, we can enhance our international impact, addressing critical global challenges in health, climate, and education, as well as exploring new areas of mutual interest."

"The world has never been more interconnected than it is today," Princess Zahra Aga Khan said. "That means problems are more complex, but also that there are unprecedented opportunities for collaboration across borders. I look forward to seeing AKU and Maynooth University help one another to address the health, education, climate and other challenges facing the people they serve in creative new ways."

"Today, two universities that are committed to achieving excellence, changing the lives of their students, and positively impacting society are coming together to pursue mutually beneficial opportunities for cooperation," AKU President Sulaiman Shahabuddin said. "We are thrilled to have Maynooth University as a partner, and we can't wait to begin working with it to open new horizons for inquiry and learning for faculty, staff, and students from both universities."

DkIT and Maynooth University sign strategic Letter of Intent

Dundalk Institute of Technology (DkIT) and Maynooth University (MU) have signed a Letter of Intent (LoI) confirming joint strategic engagement on future collaborations over the coming years. MU President Professor Eeva Leinonen today welcomed Dr Diarmuid O'Callaghan, President of DkIT, to Maynooth University for the signing event.



MU President Professor Eeva Leinonen and Dr Diarmuid O'Callaghan, President of DkIT, sign a Letter of Intent

In August 2023, Dundalk Institute of Technology (DkIT) and Maynooth University (MU) entered informal discussions regarding future collaborations. At the time, both Presidents stated their vision of future collaborations to enhance and expand higher education opportunities for students, staff and communities. A potential partnership would have shared objectives to ensure any collaboration respects the roots of both institutions whilst bringing innovation and best practices to meet future needs.

Welcoming the signing of this letter of intent, Minister for Further and Higher Education, Research, Innovation and Science Patrick O'Donovan TD said:

(Continued on page 14)

(Continued from page 13)

"The signing of today's letter of intent by Maynooth University and Dundalk Institute of Technology is a positive move, signifying the intention of these two fine higher education institutions to build on their individual strengths and explore together how they can strategically develop to better serve the regions in which they are based. It is this kind of commitment to regional partnership and collaboration that will lead to sustainable and resilient development and better opportunities for all.

Support from my Department, allocated by the HEA to DkIT through the Technological Sector Advancement Fund, has enabled today's signal of intent."

Remarking on the importance of the partnership, Professor Leinonen added:

"I am delighted to advance this strategic engagement with Dundalk Institute of Technology. This partnership builds on our longstanding relationship and is a milestone in our ongoing efforts to enhance higher education in the region. By working together, we will explore new ways to collaborate, focusing on innovative research and academic initiatives that benefit our students, our staff and the wider community."

Dr O'Callaghan added: "Over the last twelve months we have identified our shared values and aspirations for both our institutions, and today is the next logical step in forging a strategic engagement founded on the principles of mutual respect, benefit and collaboration. By joining our interests, we seek to create an environment whereby we can exchange knowledge covering such areas as teaching and learning, research and innovation, engagement and organisational development, in a way that is of mutual benefit to the wider region served by our two institutions."

In the coming months, DkIT and MU will actively explore and develop the nature, scope and scale of a strategic engagement between the two institutions. The activities supported by this LoI will include, but are not limited to:

- Developing detail of a possible agreement between MU and DkIT on strategic engagement for consideration within a defined time window by the institutions
- Establishing a Regional Research Graduate Academy for the joint registering and training of postgraduate research students within our shared region, including developing an agreed and aligned sustainable model of delivery
- Scoping of potential provision of MU awards for NFQ level 8 and 9 students in DkIT in the context of quality assurance, market and financial implications
- Enhancing research collaborations including successful application for at least two joint research and innovation funded projects
- Investigating opportunities for development of new joint academic programmes
- Supporting strategic development in both MU and DkIT in areas of mutual benefit aligned to the strategic direction of both institutions
- Implementing a joint communications plan relating to the strategic engagements between MU and DkIT

The work listed as part of this LoI is financially supported through the Technological Sector Advancement Fund (TSAF; January 2024 to June 2026). This is a HEA-managed fund which provides targeted support for initiatives that are critical to the strategic development of the technological higher education sector.

This LoI is initially effective from signing until June 2026, and will be reviewed annually, unless replaced in the interim.

Maynooth University
National University of Ireland Maynooth

How to Store Bananas So They Last Longer

Here are some of the most effective ways to keep bananas from browning too quickly.
(If you catch them too late, switch to Plan B: make more banana bread!)

Wrap banana stems in plastic wrap
Bananas start ripening as soon as they're picked from trees because ethylene gas releases from the stems. Wrapping those stems with plastic wrap or aluminum foil slows down the ripening process. Some grocery stores sell bunches of bananas with plastic wrap already on the stems. For best results, take your bananas apart when you get home and wrap the stems individually.

Hang bananas
Turns out there's a scientific reason you should be hanging your bananas from a hook. When you hang bananas, the ethylene gas works more slowly. Hanging bananas also prevents them from bruising on the counter, which they're more prone to do as they continue ripening. You can pick up a fruit basket with a built-in hook or a small under-cabinet hook made specifically for bananas. Either way, keep your bananas at room temperature while they ripen on the hook.



Tip: A Banana Keeper can also hold one banana at a time and acts as a great solution for keeping individual fruits ripe and ready for lunch (or for your afternoon snack). You may want more than one if you're looking to protect a bunch, but if you have one over ripe banana, this is a great solution.

Buy Green Bananas
The easiest way to prolong your bananas' shelf life is to buy the greenest bananas you can find. They're picked while still green, then slowly ripen over time to reach that bright yellow we love. Instead of grabbing perfectly ripened bananas you're eyeing for banana muffins, grab a green bunch you can hang from your hook and watch ripen.

How to Store Bananas in the Fridge
One of the cardinal rules of banana storage is to never store them in the fridge. But rules are meant to be broken, especially when it comes to bananas. You should keep green bananas far away from the fridge, but once your bananas have completely ripened, you can move them to the fridge where the cool temperatures will keep them from ripening further (for a few days at least). That's a couple more days of fresh banana parfaits for you!

How to Store Sliced Bananas
Once bananas are sliced, it's not long before they start to turn brown. This is because, as is with most produce, once a banana interacts with oxygen it oxidizes. In other words, brown mushy fruit quickly ensues.

To help prevent bananas from browning, try this trick. Add drops of lemon or lime juice to banana slices to slow down oxidation. Then store them in an airtight container. This hack works to keep guacamole from browning, too! The slices can last up to four days and are wonderful additions to some of our favorite smoothie recipes and healthy cereals.

How to Freeze Bananas
Freezing bananas is one of the easiest ways to keep them preserved for future use. But how you freeze bananas could have a big impact on how well they thaw. Freezing the entire bunch will darken the peels, and they'll thaw poorly. Instead, freeze peeled bananas or banana slices in resealable airtight bags

Source: www.tasteofhome.com/article/how-to-keep-bananas-fresh/

Chocolate Chip Banana Bread
Banana bread makes every meal better, whether you're swapping it for toast at brunch, topping it with vanilla ice cream for dessert, or simply snacking on a slice as is. Banana bread is one of our favorite loaf pan recipes. Customize your creation by adding canned pumpkin, cinnamon sugar apples, dried cranberries or baker-approved chocolate chips. Revisit tried-and-true classics or test out delicious new favorites you'll want to bake on repeat.

Top the bread with dried banana chips for extra texture and crunch. To keep the bread from sticking to the cast-iron pan, make sure it's properly seasoned and grease the pan generously before adding the batter.

Ingredients



- /4 cup butter, softened
- 1 cup sugar
- 1 large egg, room temperature
- 1-1/4 cups mashed ripe bananas (about 3 medium)
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup semisweet chocolate chips, divided
- Dried banana chips, optional

Directions

- Preheat oven to 350°. In a large bowl, beat butter and sugar until crumbly. Beat in egg, bananas and vanilla. In another bowl, whisk flour, baking soda and salt; gradually beat into banana mixture. Stir in 1/2 cup chocolate chips.

- Transfer to a greased 10-in. cast-iron or other ovenproof skillet; sprinkle with remaining 1/2 cup chocolate chips. If desired, top with dried banana chips. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool in pan on a wire rack.

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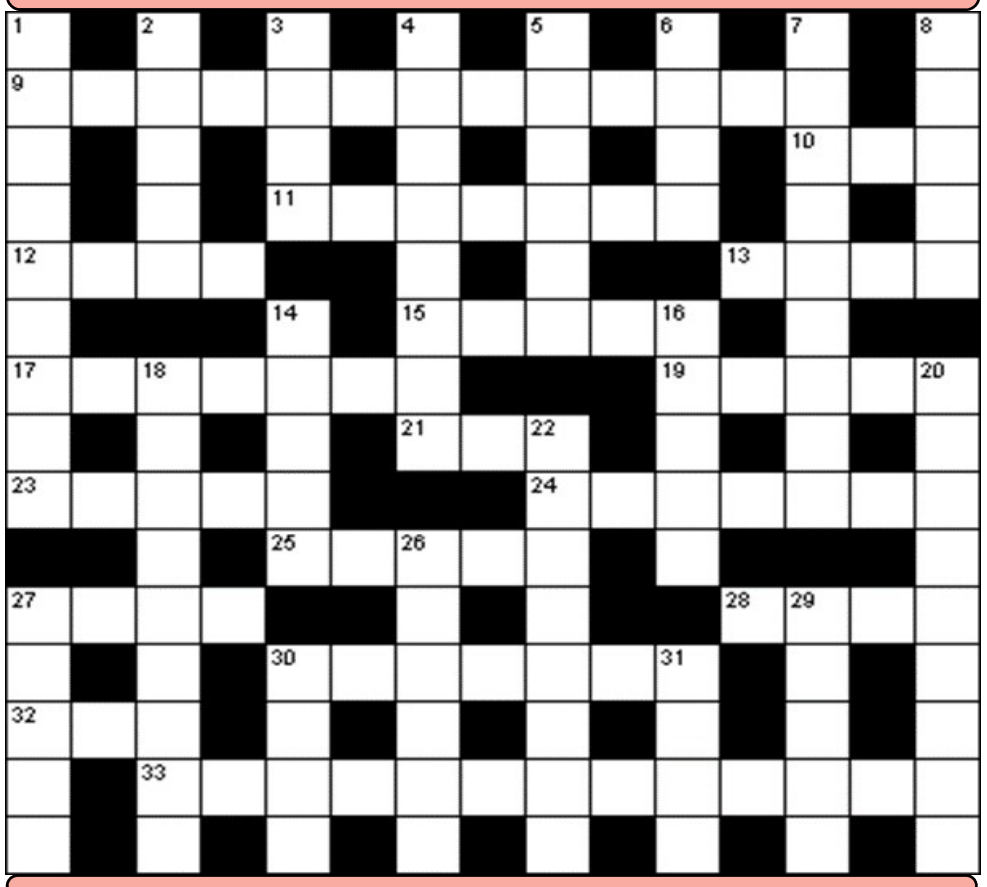
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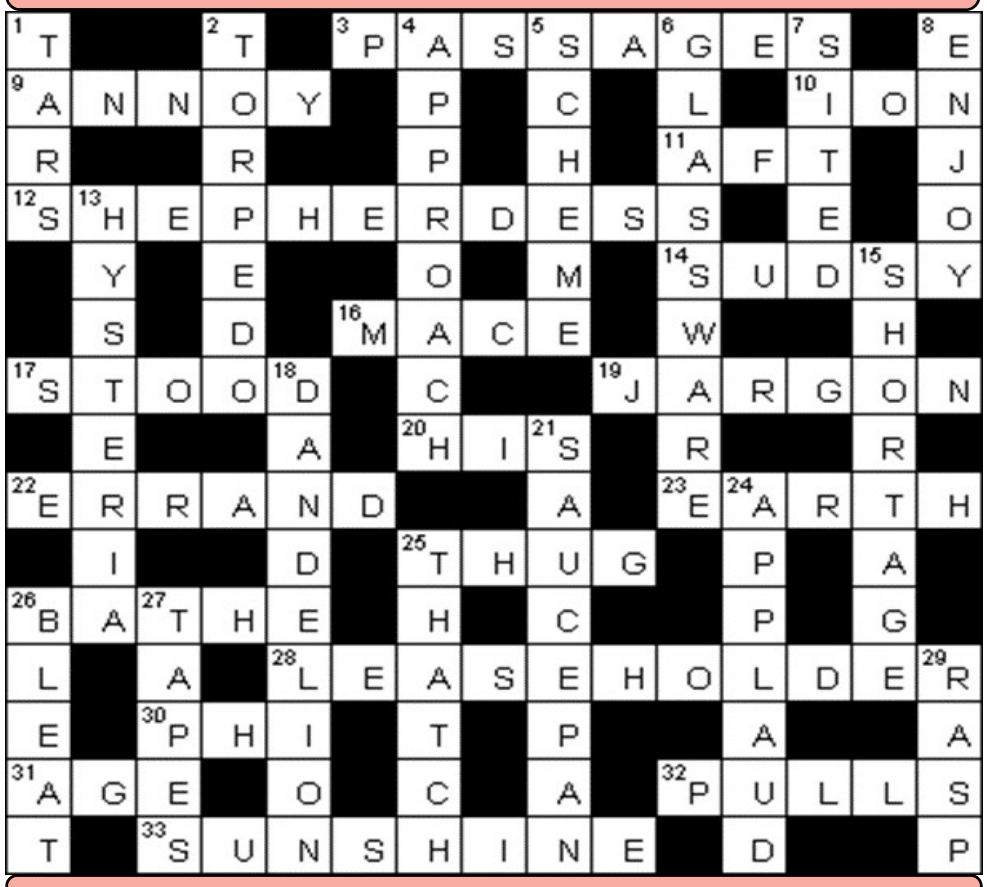
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August 2024 Crossword - No. 537



Solutions to Crossword No. 536



Clues Across

9. Something improvised (13)
10. Owing (3)
11. Access hole (7)
12. A person that uses (4)
13. Weapons (4)
15. Register (5)
17. Free from sin (7)
19. Intense hatred (5)
21. Become firm (3)
23. Toe or finger (5)
24. Illness (7)
25. Rascal (5)
27. Hand (4)
28. The wise men (4)
30. Articles (7)
32. The Lion (3)
33. Meteorologist (13)



Clues Down

1. Masked (9)
2. Edible fruit (5)
3. Froth (4)
4. Very large woman (8)
5. Toil (6)
6. Location (4)
7. Dig beneath (9)
8. Back portions of feet (5)
14. Thaws (5)
16. Humble (5)
18. Nightdress (9)
20. Marriage (9)
22. Hand woven pictorial design (8)
26. Absence of passion (6)
27. Mediterranean island (5)
29. Misuse (5)
30. Stuff (4)
31. Sledge (4)

Sudoku Challenge

Difficult

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

Super Difficult

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

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.

Hand Care for Healthy Soft Hands

Whether it's with a handshake or a friendly wave, your hands can make a very strong first impression. That's why you want them to be soft, smooth, and as healthy as possible. Taking care of them may seem easy, but you want to be sure that you're using the right products to wash and moisturize them so the skin doesn't get dry and cracked. It's also important to protect your hands from things that can irritate them, such as the sun, water, and household chores.



When washing, use warm (not hot) water and moisturizing antibacterial soap to lather your hands. Scrub for 20 seconds then rinse and pat dry.
Moisturize your hands daily and apply a hand mask once a week to keep them soft and healthy. Target dry cracks with petroleum jelly.
Clean under your nails with a nail brush from time to time when washing your hands and keep your nails trimmed and filed to protect them.

Apply hand cream regularly. To ensure that your hands stay soft, you should use a hand cream several times a day. Look for a formula that contains emollient ingredients, such as glycerin, shea butter, and natural oils. Massage the cream in after you wash your hands in the morning and before you go to bed at night. If your hands start to feel dry at any point during the day, reapply then as well. If you're worried about your hands being greasy, look for a hand cream that's designed to be fast-absorbing. It will sink into your skin quickly without leaving any residue behind that might may your hands feel slippery. Thick emollient creams can help you avoid dryness or roughness on your hands.

The skin on men's hands tends to be thicker, oilier, and hairier, so you may want to purchase a cream designed specifically for male skin. It usually has a richer texture, and doesn't contain any fragrance.

Use vitamin E oil to moisturize your nails. While you should rub your hand cream over your nails to keep them moisturized, it's also important to target them directly with more intensive treatments. To keep your cuticles healthy, apply a vitamin E oil to the skin around your nails each night before you go to bed. That will help prevent the skin from becoming cracked and painful. You can also purchase a cream specifically for the cuticles that can help moisturize and protect the area.

Both men and women should take the time to moisturize their nails and cuticles. Whether or not you get regular manicures, neglecting your cuticles can lead to painful hangnails.

Treat cracks on your hands with an ointment. When your hands become extremely dry, the skin may actually crack and split. To treat this painful type of dry skin, you need more intensive moisture than a regular hand cream can provide. Reach for a rich ointment instead -- it will deliver moisture and create a barrier over your skin that helps protect and heal. If you don't have a specific ointment for your hands, petroleum jelly works just as well.

Treat your hands with a mask weekly. Even if you moisturize your hands daily, they may not get all the moisture that they need. Use a hand mask once a week to deliver a super dose of hydration that keeps the skin on your hands soft and healthy. Apply it to clean, dry hands, and allow it to sit for the specified time on the packaging. Wash it off with warm water, and follow up with a hand cream to lock in the moisture.
You can make a moisturizing hand mask at home with leftover avocado. Mix ½ an avocado with 1 egg white, and apply it to your hands. Allow it to sit on your skin for 20 minutes before rinsing it off.

Wash with a moisturizing hand soap. It's important to keep your hands clean, but using an antibacterial hand soap can dry out your skin so wash your hands with an antibacterial moisturizing soap that contains hydrating ingredients, such as shea butter, olive oil, or aloe vera, to avoid stripping the natural oils from your skin.
When you wash your hands, avoid using hot water, which can also dry out your skin. Wash with lukewarm water instead. Fragrance-free soaps are gentler on your skin. It's important to wash your hands regularly to prevent the spread of contagious disease. You should at least wash your hands before you eat and after you use the bathroom. However, too much hand washing can irritate your skin.

Clean under your nails with a nail brush. Even if you wash your hands regularly, there may be dirt and grime under your fingernails that doesn't rinse away. While you're washing your hands, use a good quality nail brush to gently scrub beneath your nails and remove any dirt that may be stuck there.

Keep your nails trim and well-shaped. You'll have an easier time keeping your nails clean if you groom them properly. Use nail clippers to keep them at a length that you like, and file them with a crystal nail file or gentle emery board into a neat shape, such as a square or oval. It's also a good idea to use a cuticle remover and cuticle pusher to keep your cuticles neat. The cuticle is the thin hand of skin around your nail. The remover softens the skin, so you can easily push it back with a metal cuticle pusher or a wooden orange stick. Never cut your cuticles -- the skin may get infected.



Exfoliate your hands weekly. Use a hand scrub once a week to buff away the dry, rough skin and keep your hands soft and healthy. Wet your hands with lukewarm water, and massage a small amount of the scrub over both of your hands, working in circular motions. Rinse it off with warm water, and apply a hand cream. Wash your hands with the moisturizing soap before exfoliating. You can mix up your own natural hand scrub with ingredients from your kitchen. Combine equal parts of sugar and Olive oil and use it to scrub the dead skin from your hands.

Use sunscreen on your hands. Just like the rest of your skin, your hands are vulnerable to damage from the sun, including dark spots that can make them look older. To protect your hands from the sun, apply a broad-spectrum sunscreen with a SPF of 30 or higher everyday.
If you want to streamline your skin care routine, use a hand cream that has SPF of 30 or higher built into it.

Wear gloves when doing chores. Plenty of the tasks that you have to do around the house can do damage to your hands. Whether you're washing dishes, doing yard work, or working with tools, always put on a pair of protective gloves first. That will keep your hands from getting dry, cracked, and callused.

Apply a retinol treatment to dark spots. If your hands have developed dark spots or other discolorations, the best treatment is some type of retinol cream. Retinol helps stimulate the production of new skin cells, so it works well to fade dark spots. Apply a retinol-based cream to your hands before bed to keep your hands clear and smooth. Retinol products make your skin more vulnerable to irritation from the sun, so be sure to use sunscreen in conjunction with your retinol cream and apply the cream only at night.

Tips
Keep a tube of hand cream beside your hand soap in the bathroom. That way, you'll remember to reapply moisturizer every time you wash your hands
Carry a tube of hand cream with SPF in your bag.
If your cuticles become overgrown, don't cut them that can lead to infections. Instead, use a metal cuticle pusher or a wooden orange stick to gently push them back.

Source: www.wikihow.com/Take-Care-of-Your-Hands



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Maynooth Local Market Flourishes Thanks to Community Support



Every Saturday, from 10am to 3pm, Court House Square transforms into a bustling marketplace, showcasing local produce, crafts, and talent. Since the launch of Maynooth Local Market in April of this year, thousands have visited to support local sellers and soak up the atmosphere.

Pride of Place Award
With further plans to expand, Maynooth Local Market is delighted to announce that we have been awarded one of the prestigious Intel Pride of Place awards. This recognition is a testament to the support of loyal customers and growing footfall coming from neighbouring areas who are choosing to buy from our local vendors. We are grateful to everyone for embracing the market and helping it to flourish.

The Intel Pride of Place initiative celebrates projects that enrich the lives of people in communities across Leixlip, Celbridge, and Maynooth. The 2024 winners were announced at an awards ceremony held at Cliff at Lyons in Celbridge on 5th June.

The award will be crucial for the market's long-term viability. The funding from Intel will be used to purchase essential equipment such as branded gazebos, tables, hi-vis vests, and signage. Additionally, the funding will allow for a flexible stall system, making it easier for vendors who cannot commit every week to participate.

Get Involved
We are always looking for new vendors to join our growing family. All sellers require a casual trading license issued by Kildare County Council. If you're a local business owner or just starting out as a local seller, reach out via email or social media and we will do our best to support you with your application. Whether you're a baker, farmer, crafter, or anything in between, the market offers a welcoming space to sell your products and connect with new customers.

We're also encouraging new applications to use our Community Stall which is offered free-of-charge to organisations working in the community. Some of the groups we have hosted to date include Maynooth Tidy Towns, Kildare Library Service, Maynooth Cycling Campaign, Foróige and the Acre Project.

The Best Local Products and Produce
Our aim has always been to create a sustainable weekly market that has something to interest everyone who visits. New and returning customers can purchase weekly essentials such as eggs, bread, honey and a selection of fruit and vegetable from various local sellers. Shoppers can also pick up baked treats or grab some pizza for lunch.

There is always an array of self-care products on sale, including soaps, balms, wax melts and candles, alongside the highest-quality dog accessories, all hand-crafted by our talented vendors who really appreciate the support so far.

While enjoying the market's offerings, younger visitors can also spend time in our dedicated Kids' Zone and Family Space. New additions coming soon include a multilingual book corner, sensory toys, and children's entertainment, thanks to funding from Kildare County Childcare Committee.

A Request to Local Businesses – Storage Space Needed
With the growth of the market comes the need for some extra storage space. We're looking for a secure, dry space within walking distance of Court House Square to store our market essentials like gazebos, banners, seating, and of course, all the fun stuff for our kid's area. If you have any unused storage space that we could use, we'd be very grateful for your assistance. If you can help, or have any suggestions, please reach out and do join us every weekend at Court House Square to support local businesses, savour tasty food, and enjoy the vibrant atmosphere.
















Contact Maynooth Local Market via Email - MaynoothLocalMarket@gmailcom, or on Facebook and Instagram - @TheMaynoothLocalMarket.

Easy Tips for Growing Herbs in Containers

Planting herbs in pots is popular and convenient because they are easy to maintain with fewer weeds and pests to bother your crops. You can grow almost any herb in a container but if you're mixing herbs in the same pot, group plants according to similar water, light, and soil requirements. As long as these conditions are right, the plants will thrive and you'll have fresh herbs at your fingertips for a long time.

Planning Your Herb Container
You can grow many herbs in one container if they share the same sun, water, and soil preferences. For example, rosemary likes hot and dry conditions while parsley needs steady moisture. Therefore, they would not work well together in the same pot.
Herbs can serve as decorative elements in a container garden, adding texture and scent when mixed with annuals or perennials with similar needs. Check on herbs with vigorous growth habits so they won't choke out other plants in the same container.

Choosing a Container for Herbs
You can use almost anything for an herb container, as long as it has good drainage. Most herbs don't have large root systems and fit well in relatively small containers.1 This is especially true of the herbs that don't mind drying out between waterings. However, the smaller the container, the less soil there is. This means you have a smaller margin of error with too much or too little water. Some herbs thrive in self-watering containers because they like constant moisture. Chives, parsley, marjoram, and mint, are good candidates for growing in self-watering pots. Other herbs, including oregano, thyme, rosemary, and basil, prefer to dry out between watering so they wouldn't be good candidates for self -watering containers.

Planting and Caring for Herbs
Help your container herbs thrive with the right soil, sun exposure, and fertilizer. Use a high-quality potting mix that allows for good drainage. This soil, paired with the drainage holes in your container, will help prevent accidentally drowning your herbs.
Moreover, most herbs need full sun for at least six to eight hours a day.1 Containers can bake under the sun on a hot day. If you live in a climate where temperatures soar, your container herbs might need to be shaded during the hottest part of the day.



Be careful not to over-fertilize your herbs. Most herbs don't need much fertilizer, and some plants will die if they are overfed. Plus, certain herbs such as thyme and oregano, thrive on neglect and often aren't as tasty if given too much food or water.

Harvesting Your Herbs
The rule of thumb for harvesting herbs is to snip and pinch back often. Consistent harvesting will encourage the plants to branch and fill out, which increases your overall harvest. **Here are more harvesting tips:**



Know your herbs: Tailor your harvesting to the plant's growth pattern and avoid cutting more than one-third of the plant during the growing season. For example, basil leaves should be harvested regularly, and the flower buds should be removed, but basil plants should not be cut back all the way.

Learn edible parts: The flowers and seeds of some herbs, such as chives and dill, are edible. The leaves of others including oregano and basil will lose flavor and become bitter if allowed to flower. Remember that once a plant flowers and goes to seed, the seasonal growth cycle for that plant will be complete and the plant will no longer put out new growth.

Overwinter: At the end of the growing season, bring in most herb containers only if you get lots of indoor sunlight. Some herb plants are easier than others to keep alive indoors during the winter, though it's worth a shot for all your container herbs.

Gift excess herbs: Give away your abundant harvest with themed herb container gardens, such as a "pizza" garden or a Herbs de Provence container garden. Combine herbs and other edible plants in a pretty basket, or pick a handful of herbs to put in a nice vase for an herbal bouquet.

Dry your herbs: Many herbs like oregano, sage, rosemary, and dill will dry well and can be kept in tightly lidded containers out of direct sunlight for use in cooking all year long.

Source: www.thespruce.com/growing-herbs-in-pots-getting-started

What two herbs grow best together in the same Pot
Two herbs traditionally grown together are basil and oregano. They both require full sun and well-draining soil. As long as plants are spaced appropriately and not too crowded, they will thrive together.

What herbs are the most difficult to grow?
Lavender can be especially difficult to grow from seed in many regions because they may not germinate. Mediterranean herbs such as rosemary and thyme can be hard to grow in the wrong soil, for example, dense clay soil.

Play Activities

Sand Foam



Ingredients: sand, shaving cream.

Instructions: Add 3 cups of sand to the tray. Gradually add the shaving cream. Mix using hands. Add more shaving cream until desired consistency is made. This will last for 12-24 hours before the shaving foam starts to dissolve. You are left with wet sand which is good for building sand castles.



Some Ideas:

Add dinosaurs, shells and toy cars to extend the play and encourage imaginative play stories. The shells would make a great beach theme activity, the dinosaurs to create a sandy dinosaur world and the toy cars creating roads or moving sand construction site.

Hide plastic alphabet letters, numbers or other items to create a hide and seek game. Draw and write in the sand foam tray.

Cloud Dough



Ingredients: 4 Cups of Plain Flour, ½ Cup Baby Oil, Large tub and wooden spoon for mixing.
(For 1-2 children. Increase the ingredients to suit the amount of children playing)

Instructions:
Measure and pour the flour into the large tub. Add baby oil. Mix with a wooden spoon. Using your fingers, squeeze and press the cloud dough to blend the oil throughout the flour. Store in an air tight container.



N.B: Please always supervise young children.

Sourced: www.learning4kids.net

Playing with Gloop



Ingredients: 2 cups of corn flour, 1 cup of water, two drops of food dye and a large container.

Place the cornflour into a large container and place a few drops of colouring into the centre. Have the water ready for your child to pour into the container.

Mix the water into the cornflour and colouring. It will take some time to mix together.

N.B: Cornflour is made of lots of long, stringy particles. When water is added they do not dissolve in water, but they do spread themselves out. This allows the gloop to act both like a solid and a liquid.



Tip: This activity can get messy so wear old clothing or an apron.

Sensory Play

Homemade Rubbery Goop Recipe



Ingredients:
2 cups bi-carbonate soda (baking soda)
1 ½ cups water
1 cup of cornflour
Food colouring (optional)

Instructions:
1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring. Small lumps will begin to appear, continue to stir until thick.
5. Turn out onto a board. Be careful the Rubbery Goop will be very hot!
6. Knead together to form a smooth ball.
7. Store in a plastic zip-lock bag or air tight container.

There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks. This can be played with much like play dough. It is soft, stretchy and easy to mould and shape.

* *

Old Mac Donald had a Farm Hide & Seek Sensory Tub

Old Mac Donald had a Farm Hide & Seek Sensory Tub involves hiding all the plastic farm animals and characters in the rice and split peas mixture. Then using the mini tongs, searching through the mixture to find and catch each of the farm animals. This is all done while singing Old Mac Donald had a farm.



You will need a large plastic tub, mini tongs, farm animals and characters, rice and yellow split peas.

Ice World



Ice World involves playing with ice, water and sea theme props. When the ice melts, fill the tub even further. This now becomes a whole other play opportunity where they can enjoy sitting in the tub or paddling, catching and scooping all the sea creatures out of the tub with a cup or a made up fishing rod.

You will need various sizes and shaped containers, sea theme plastic animals, some boats, a large tub/basin, various food colourings and water.

Fill the containers with water and use some food colouring in a portion of them to make them more interesting and put the containers into the freezer. Also fill ice cube trays. Leave overnight.

Set the containers out and leave them for about 5-10 minutes to allow the ice to melt a little which makes it much easier to remove from the containers.

In the meanwhile, fill the tub/basin with some water and add a little blue food colouring to make it look like the sea. Place some of the sea creatures into the water before adding the ice.

When the ice is loose enough, empty out into the tub/basin. Place some sea creatures on the ice. As they find the creatures, ask them to say what it is and describe it.



To make it more interesting, place some of the creatures and some extra surprises in the containers before placing them in the freezer. See if they can guess what is in the ice and who gets the most answers right is the winner and gets a prize.

Sourced: www.learning4kids.net

Rainy Day Activities

How to make a Walking Rainbow



6 wide-mouth glasses or jars
Paper towels
Food dye or liquid water colours (red, yellow, and blue)
(Remember bigger glasses need more food colouring)

Six sheets of paper towel and folded each sheet in thirds, lengthwise. Paper towels should be able to go from the bottom of one jar to the next without sticking up in the air too much.

Line up the glasses and fill the first one with a good squirt of red watercolour, the third with yellow, and the fifth glass with blue. Leave the other glasses empty.



Add water to the glasses with colour until the coloured water almost reached the top.

Add the paper towels. Starting with the red, add one end of the paper towel and then put the other end in the empty glass next to it. Continue around until the last paper towel is placed into the red glass.

You will see the colour go up the paper towel right away. After a few minutes, the coloured water will have almost travelled the whole length of each paper towel.



The yellow and red water dripped into the empty cup to make orange!

After another five minutes, the water level had dropped in the red, yellow, and blue glasses and rose in the once empty glasses as the water continued to travel from the more full glasses to the less full glasses.

Go on a Hunt



It's easy to rig up an indoor finding game. You could come up with scavenger hunt-style list of items your child has to find all over the house, or put together a series of clues that lead to one big prize at the end. You can make the clue cards that you fill in by hand or print them yourself.



Bring the Outdoors In

Make an indoor campsite with blankets and pillows or play tents and make a pretend camp fire. Play games such as can you find (give them a list of items in the house to find), cards games and board games. When it gets dark, tell stories under torch light. Don't forget to make s'mores and campfire treats.

Write an Old-Fashioned Letter



The art of letter-writing is a dying one, but you can keep it going a little longer by encouraging your kids to send a message to a loved one. (Little ones can do postcards or draw in a greeting card.)

Word Games

You can also play some kind of "exquisite corpse" game: The first person writes an opening sentence to a story. The next player adds the second sentence. The third person adds the next line, but is only allowed to see the second player's sentence. And so it goes, with each player adding a line while only looking at one preceding sentence, until the final story — which usually makes no sense — is read out loud.

Sourced Free: www.goodfood.com & www.goodhousekeeping.com

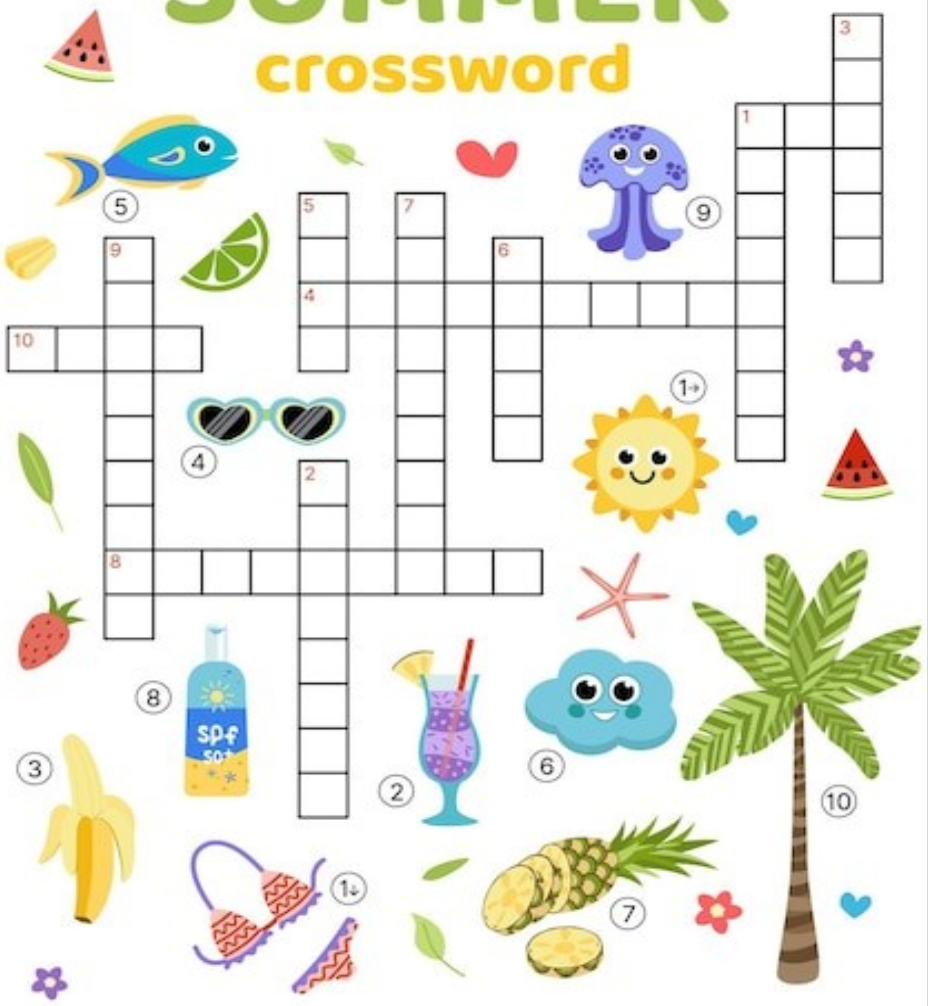


JUNIOR FUN



By: Martina

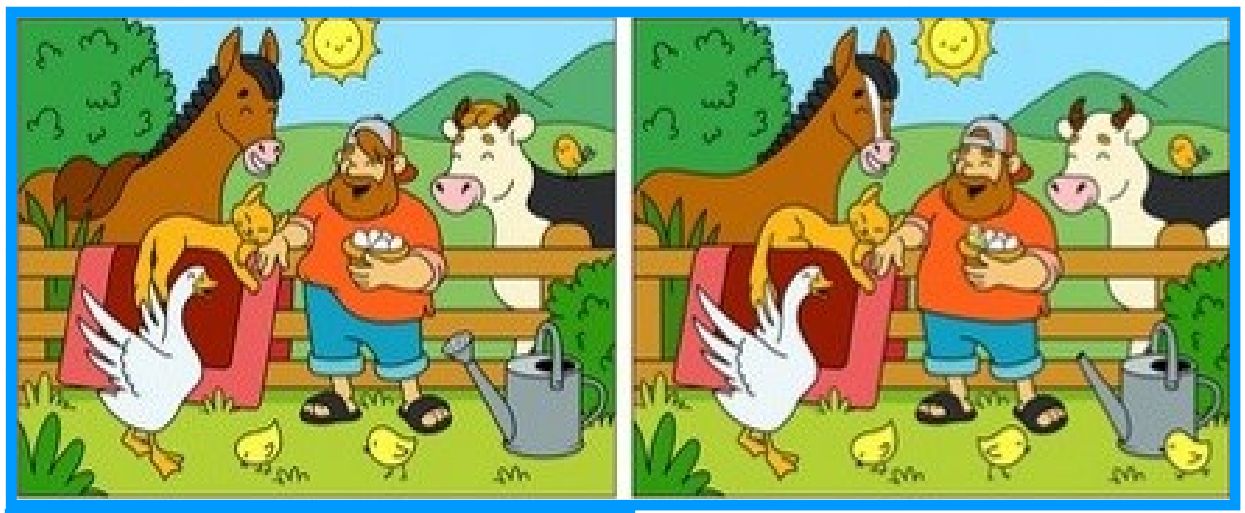
SUMMER crossword



1↓ swimsuit, 1→ sun, 2. cocktail, 3. banana, 4. sunglasses, 5. fish, 6. cloud, 7. pineapple, 8. sunscreen, 9. jellyfish, 10.palm

Summer Word Search

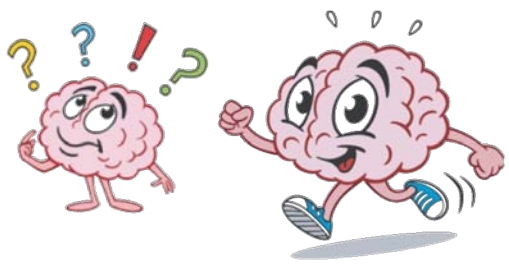
SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

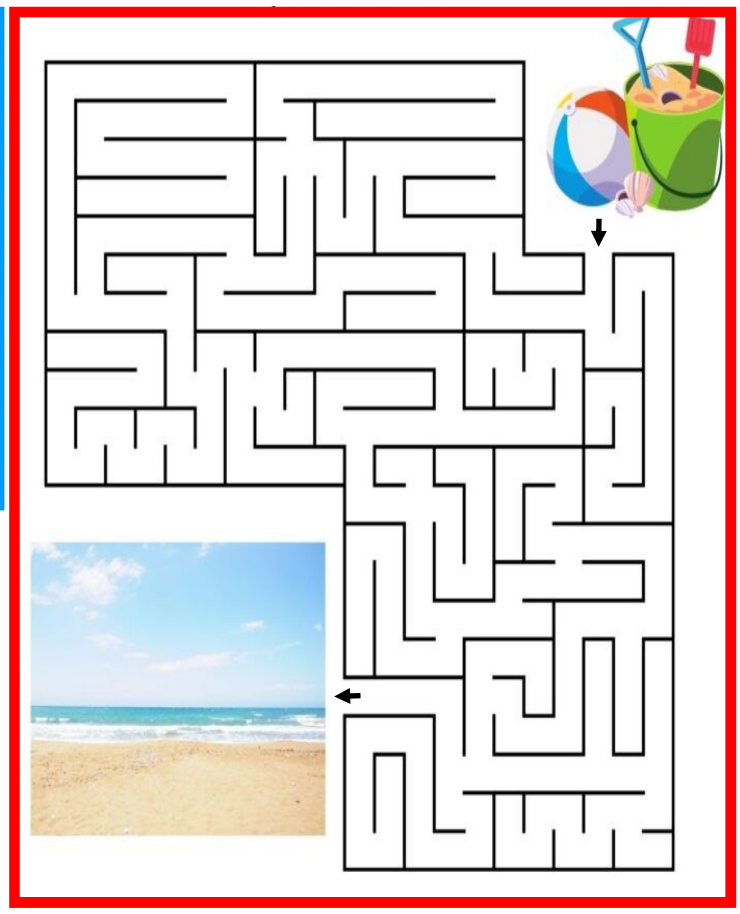


Find 12 Differences



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COLOURING FOR FUN

By: Martina

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All puzzles sourced free from Google



Pesto lemon chicken salad



Preparation time
overnight
Cooking time
no cooking required
Serves 6

Ingredients
3 cooked chicken breasts, skinned, boned, halved horizontally and sliced into thin strips
2 large ripe avocados, peeled and sliced
½ lemon, juice only
½ cucumber
18 baby plum tomatoes, halved lengthways
For the dressing
4 tbsp fresh green basil pesto
6 tbsp light mayonnaise
½ lemon, juice only
salt and freshly ground black pepper



To serve
25g/1oz pine nuts, toasted
micro salad
basil leaves

Method
To make the dressing, put the pesto, mayonnaise and lemon juice in a large bowl, season with salt and pepper and mix to combine. Add the cooked chicken and stir again. If possible, leave it to marinate for several hours or overnight.
Place the avocado slices in a separate bowl, pour over the lemon juice and toss so the avocado is completely coated.
Cut the cucumber in half lengthways, use a teaspoon to remove and discard the seeds and then peel using a potato peeler. Cut into crescent shaped slices and arrange these in layers with the avocado slices, tomato halves and pesto chicken. Season with salt and pepper. (Add salt until just before serving.)
Scatter over the toasted pine nuts, micro salad and basil leaves to finish.

Source: www.bbc.com/food

Jackie's Summer Fruit Punch

There's nothing like a fresh summer fruit punch to get the whole family in the summer mood.

First you will need a large punch bowl, if you don't have a punch bowl any bowl will do. You will also need glasses and straws (optional)

Below you will find the fresh fruits and flavours you will need to make this summer punch, feel free to change ingredients to suit ones palate.



- Pineapple juice and chunks
- Orange juice and slices
- Grenadine for colour tartness and sweetness
- Sparkling lemon and lime water
- Ice cubes
- Cherries and mint leaves for garnish (optional)

Also feel free to add alcohol of ones choice to make it a party fruit punch for adults.

Source: Newsletter Staff Writer



AUGUST GARDENING

Even if the Summer is drawing to an end, now is not the time to let up on maintenance as weeds & pests continue to be a problem during the month. Also August can see long dry spells and when this occurs irrigation of vegetables is especially important as harvest nears.
Lawn care is back on the agenda in August and this too is a good month for preparing new lawns. It is however best to avoid applying any sort of Nitrogen based fertiliser to lawns at this time of year.

<u>In the Fruit & Veg Garden</u>



1. Cut away the old and yellowing foliage of courgettes, tomatoes, broccoli and all other vegetables to allow for better air circulation.
2. Twist onion stems in preparation for harvest.
3. Ensure root crops and tomatoes receive regular watering to avoid split roots & fruits.
4. Sow seeds for Christmas & Spring harvest. You can sow Spring Cabbage, Winter Cabbage, Kale, Salads, Carrots, Broccoli, Chard, Spinach, Lettuce and Beets.
5. Continue to feed your plants, focus on using a high potassium based feed on tomatoes, courgettes, fruits & cucumbers.
6. Keep harvesting all crops little and often. With regularly harvesting you can prevent vegetables from going to seed, crops from going off and you can also encourage a second yield.
7. If your vegetable plot is becoming bare, by the end of the month you can sow green manure.

<u>In the Greenhouse</u>



1. Maintain regular watering of crops.
2. Keep doors & window vents open during the day.
3. Continue to pinch out side shoots of tomatoes, if tomatoes are too slow to ripen you should sacrifice some fruits for the sake of others.
4. Slugs, snails and aphids can still be a problem this month.
5. Make softwood cuttings of Lavender, Geraniums & Fushias and place in compost & perlite.

<u>General Maintenance</u>



1. Rake up fallen leaves caused by periods of dry weather.
2. Stay on top of weeds.
3. Check trees and tree stakes ensuring they are not too tight around stems.
4. Clean bird baths, feeders & tables and increase feeding times for birds.

Source: gardenshop.ie



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Kildare Planning Applications for Maynooth Area
Planning Applications received from 26/06/2024 to 30/07/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460710	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	25/07/2024
2460702	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	24/07/2024
2460694	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	20/07/2024
2460687	Kildare County Council	Divcon Ltd	Units 4 & 4a Castle Village Shopping Centre, Maynooth Road, Celbridge, Co. Kildare, W23 A9X6 & W23 E2Y9	18/07/2024
24231	Kildare County Council	Kevin & Connie Larkin	8 Parklands Place, Railpark, Maynooth, Co. Kildare	15/07/2024
2460640	Kildare County Council	Damien Travers	Taghadoe, Maynooth, Co. Kildare	09/07/2024
2460624	Kildare County Council	Keltston Properties Ltd.	Lands adjacent to Lidl, Mullen Park Road, Maynooth	05/07/2024
2460609	Kildare County Council	Sharon & Yvonne Regan	Kinder Crescent Childcare Centre, 480-481 The Crescent, Straffan Road, Maynooth	03/07/2024
2460615	Kildare County Council	Golf Ireland	Golf Ireland, Carton Demesne, Maynooth, Co. Kildare	03/07/2024
2460593	Kildare County Council	Golf Ireland	Golf Ireland, Carton Demesne, Maynooth, Co. Kildare	28/06/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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. Angela Feeney	087-2381962	angelaemfeeney@gmail.com	
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Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com	
Cllr. Peter Melrose	089 263 7612	peter.melrose@socialdemocrats.ie	
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.

Maynooth Community Employment Project

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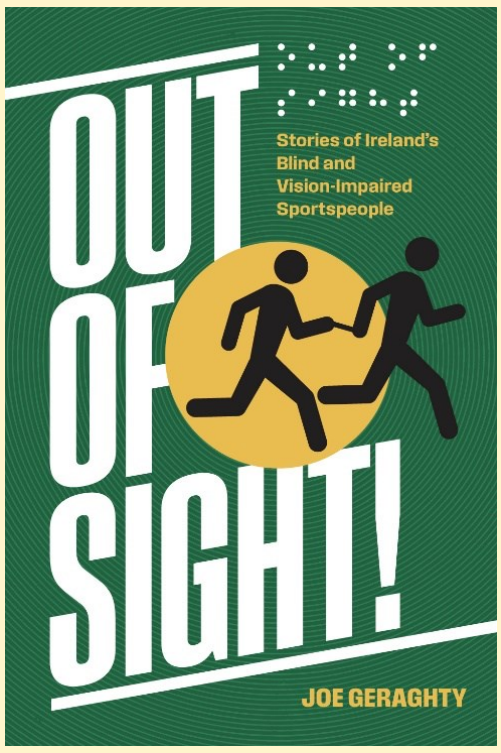
Recording the Social Footprint of Maynooth since the 1970s

Local News - September 2024 - Issue No. 538 - Online Version

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

Maynooth local & Vision Sports Ireland co-founder, Joe Geraghty, launches historic book "Out of Sight"



August 15th 2024 was a historic day as Vision Sports Ireland co-founder and former Paralympian, Joe Geraghty, launched his book Out Of Sight. The book explores, for the first time ever, the rich history of sport and leisure as experienced by Ireland's blind and vision impaired athletes, their families, friends, and coaches recounted in interviews.

Six-time Paralympic Gold medallist and world record holder Jason Smyth was special guest at the official launch and said "Any challenge, there is a way to get over it, under it or through it. Dare I say it, Joe Geraghty had the vision to over come challenges, push boundaries and has committed his life to promoting sport for people with sight loss across Ireland. Thank you to Joe for writing this book to highlight the stories of people who are blind and vision impaired, showcasing their talents and successes and ensuring that the memories are shared across the country."

CEO of Vision Sports Ireland Aaron Mullaniff added "Huge kudos must go to Vision Sports co-founder Joe Geraghty. For the first time ever, through the publication of Out of Sight we have a one stop shop that documents the evolution of visually impaired sport in Ireland and the men and women who have made it all possible whether that be through participating in sporting endeavours or the hundreds of people who have generously given freely of their time to support".

Joe himself reflected on the launch and the writing of the book "I loved writing this book. In 60 interviews I got chatting with old and new friends and we had a ball. In between the stories of legends there are lots of fun anecdotes. I hope these stories encourage many more people, vision impaired or not, to get out and live life with no limits".

The book is available for purchase at the Maynooth Bookshop and through the Vision Sports Ireland website and bookstores nationwide, can be accessed on Bookshare or Braille copies can be ordered through the Out of Sight website.

OUT OF SIGHT! explores, for the first time ever, the rich history of sport and leisure as experienced by Ireland's blind and vision impaired athletes, their families, friends, and coaches, recounted in interviews with athlete and Vision Sports co-founder Joe Geraghty. Dance along with Paralympics gold star Jason Smyth; swim with teenage sensation Róisín Ní Ríain; spin in tandem with Katie-George Dunlevy, cycling's most successful Paralympian ever; swing with ex-NYPD captain Paul McCormack who lost his sight after the 9/11 attacks before turning to blind golf; and jump into the world of multi-sport with seven-times Paralympian Catherine Walsh. You'll meet these sportspeople and many more who were struck down with sight loss but kicked on in sports including blind football, adapted rugby, tennis, or picked up the pieces with braille chess. In a "can't see, can do" world, anything goes. "Invites readers on a remarkable journey into the world of blind and vision impaired sportspeople in Ireland—a world too often overlooked. Through meticulous research and heartfelt interviews, Joe unveils hidden stories of dedication, resilience, and triumph that define this community" – JASON SMYTH

"A fascinating read about the journey vision impaired sportspeople endure to succeed in sport, and in life in general. It's a book not about disability, but more importantly, the ability of visually impaired individuals who journey on with vigour, determination and the will to succeed in their pursuit of excellence" – EAMONN COGHLAN

JOE GERAGHTY is a founding member of Vision Sports Ireland. As an athlete he won his first race at the inaugural May Games, now known as MayFest, in 1981. Two years later he took silver at 5000m at the IBSA European Games in Bulgaria and represented Ireland at the 1984 Paralympic Games in the USA. Off track Joe has dedicated his life to supporting the work of Vision Sports Ireland serving in numerous roles over five decades, becoming President in 2024.

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Joe Geraghty - email: outofsight2024@gmail.com / phone: +353 83 1922891



Paralympic Superstar Jason Smyth with Maynooth resident of 36 years Joe Geraghty at the Book launch

Published by: Maynooth Community Employment Project, Unit 10, Tesco's S.C. Carton Retail Park, Maynooth. Phone - 01-6285922 email - office@maynoothcep.com Website: www.maynoothcep.com Registered as a Charity in Ireland RCN # 20100063 - CHY # 21086

Maynooth Newsletter

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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.

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

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

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

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

It is great to see the progress on the upgrade of the Royal Canal Towpath between Maynooth and Leixlip. I have to claim some credit as the original surfaced towpath was delivered many years ago by the community employment project based in Maynooth Harbour. The original surface was dug out with little machinery by the staff working on the project and the surface was a gravel and plant waste mix which was suitable for walking, running and cycling. Maynooth Community Employment Project still maintains the harbour area and the canal towpath. As no grant aid is provided other than a small amount from the Department of Social Protection, the work is supported by the Maynooth Newsletter. When the new surface is finished as part of the greenway, it will be superior to what was there and it will be an addition to the recreational infrastructure around Maynooth as well as a safe travel route.



Irish Rail timetable changes are effective from the 25th August and regrettably it is not all good news. Passengers never know the real reasons why some changes are made, but while some Maynooth rail commuters might benefit from the changes, many will be left to make transfers to reach their destination which was previously served by a direct train. One major change is the morning service that served between Maynooth and Bray. Any passengers transferring to the LUAS at Broombridge can now get any train, including intercity trains from Sligo as all trains serving Maynooth will now also serve Broombridge.

As a Maynooth rail commuter for over thirty years, I have to acknowledge that the train service has significantly improved. Maynooth station is effectively a hub station for Irish Rail with passengers travelling from many other places to connect with the Maynooth service. With the plans to bring the DART to Maynooth, this wider demand will only increase. Irish Rail and Kildare County Council need to plan for this demand. Otherwise Maynooth's residential areas will become carparks for DART users.

While many of the people travelling to Maynooth will be doing so to continue their studies at Maynooth University, the growth in the mode of transport used has been in the use of public transport. Train and bus services demand benefits from the fact that there are significant inward journeys to Maynooth. However, there are still a large number of car journeys associated with Maynooth University.

No matter how you get to Maynooth, good wishes to everyone either starting or continuing your university education here for the next academic year.
Still on the topic of travelling, there is an issue that I think needs to be addressed. When I travel from Moyglare to the other side of Maynooth, the best route to use is the new road through Maria Villa estate which links the Moyglare Road with the Dunboyne Road. The journey then takes me along the Blacklion Road to the junction on the old Dublin Road between Maynooth and Leixlip. Over the months, the traffic volumes at this junction have increased significantly with tail backs towards Leixlip turning right and turning right from the Blacklion Road onto the old Dublin Road. In my opinion road safety would be greatly improved if a full set of traffic lights are placed at this junction. Yes, the Maynooth Eastern Relief Road may result in reduced traffic at this junction, but this is still years away.

It was great to see a group of young Italian students on a summer visit to Maynooth taking the time to write an article on their trip for the Newsletter. Check out their story "A little piece of Italy in Maynooth" on page 16.

Paul Croghan
Editor

Copy date for the October edition will be 5pm on Wednesday 25th September 2024

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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

August was a very busy month for our Volunteers, we replaced the bench on the Dublin Road which we had installed in 1996, with a brand new bench made from recycled materials, which we purchased from Murrays in Castlebar.
We trimmed all the Lime Trees on Main Street for the second time this year. We cleared the green space in the Council Car Park, thanks to Paul Mooney, Taghadoe for accepting all the green waste free of charge. Please Support our sponsors.

Lots of scuffling in all areas around the town especially Bond Bridge, we are so lucky to have the Weedex machine. Weeds are in plentiful supply this year due our very wet summer. We don't use Weed Killers as it's not environmentally friendly.
Our next big task in September/October will be the planting of spring bulbs in different areas around the town.

Heritage week was a great success in Maynooth, our Heritage team did a guided tour of the town starting at Dukes Harbour and finishing up in Courthouse Square. We have leaflets available for self guided tours in Maynooth Castle, the library and the Glenroyal Hotel.

Judging in the Tidy Towns Competition 2024 finished on the 31st August, fingers crossed for a good result. We have not received our Gold Medal for the 2023 competition yet.

Our monthly meetings are held free of charge in The Glenroyal Hotel with complimentary refreshments. O'Neill's bar and restaurant, Main Street, won our environmental award for August.



Please follow us on Facebook at Maynooth Tidy Towns Association,
for more up to date information about our group.
Please contact us on email at maynoothtidytowns@outlook.ie

Mary Molloy PRO
Maynooth Tidy Towns Association

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Phone

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Cllr. Angela Feeney

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Stay safe everyone.

LABOUR

It's Back-to-School season
It's time to pack those lunch boxes again!

Packing lunch for school can be a daily challenge, especially when you want to make sure your kids are eating healthy and enjoying their meals.
Say goodbye to boring sandwiches and embrace a variety of flavors, textures, and colors to keep your little ones excited about lunchtime. Whether your child is a picky eater or an adventurous one, there's something here for everyone.

- Mix up kids' lunches with creative options like cheese quesadillas, DIY Lunchables, and peanut butter and jelly rollups to keep mealtime exciting and customizable.
- Choose lunches that are fun, even if they're simple, such as DIY mini pizzas.
- Balance convenience with nutrition by including homemade versions of popular lunch items like egg bites, chicken nuggets, and pasta salad.
- Remember dinner leftovers—if your kids liked it for dinner, then waste not, want not!

Forget about the store-bought versions; you can create healthier DIY Lunches using tasty and healthier ingredients. These homemade lunch kits can include a variety of proteins, carbs, fruits, and veggies, allowing your kids to customize their lunch experience.
Some ideas for homemade Lunchables include:
- Deli meats with cheese and crackers
- Build-your-own pizzas
- Mini sandwiches with different fillings
- Veggie sticks with hummus or dip
- Fruit skewers with yogurt for dipping

You can even use cookie cutters to press designs into the cheese or lunchmeats!

Peanut Butter & Jelly Rollups
Give a fun twist to the classic PB&J sandwich with Peanut Butter & Jelly Rollups. They're perfect for little hands to hold and equally delicious.
Spread peanut butter and jelly on flattened bread slices, roll them up, and slice them into rounds.
You can serve these rollups with Greek yogurt with cinnamon for dipping to get additional protein and some fruit and veggies for a balanced meal.



Mini Sub Sandwiches
To make them more appealing to kids, consider using a variety of breads like:
- Mini bagels
- English muffins
- Tortillas
- Pancakes or waffles for sweet sandwiches

Toppings can include canned tomatoes, lettuce, and their favorite meats and cheeses.

Egg Bites
Egg bites are mini egg muffins filled with veggies and cheese, making them a protein-packed lunch option.
They can be customized with a variety of veggies, meats, and cheeses to cater to different tastes, including:



- Spinach and feta cheese
- Broccoli and shredded cheese
- Bacon and Swiss cheese
- Mushroom and goat cheese

Plus, egg bites can be an easy meal prep idea, stored in the freezer, and quickly reheated, making them a convenient option for busy mornings and lunches.

Mini Snack Kabobs
Another fun idea is to make Mini Snack Kabobs. Skewer small bites of fruit, cheese, and deli meat on a stick for a fun and portable lunch option. This is a great way to incorporate different food groups into your child's lunch in a fun and engaging way.
Plus, kids love anything that's mini-sized!



DIY Tacos
Let your kids have some fun by allowing them to assemble their own tacos. Provide a variety of fillings and toppings like:



Ground beef
Shredded lettuce
Cheddar cheese
Fresh tomatoes
Sour cream
Salsa
And let them assemble their own tacos. This not only ensures picky eaters eat what they like but also adds a fun element to their lunch.

Don't forget that last night's dinner can always become today's lunch. Repurposing dinner leftovers is an economical and time-saving option.
Whether it's spaghetti and meatballs or juicy chicken thighs and rice, I'm sure you've made some lovely dinners that your kids could eat for lunch, too.

Source: thesavvymama.com/lunch-ideas-for-kids/

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 here). 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.

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!

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.
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Cllr. Angela Feeney Maynooth Labour News

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

Pedestrian Lights activated at Football Club
Cllr. Feeney is delighted to see that the push-button pedestrian lights she called for at Maynooth Town Football Club have been activated. This much needed pedestrian crossing will make it much safer for pedestrians and cyclists to access the club. The reason Cllr. Feeney called for the push-button pedestrian light is that there is no footpath on the same side as the club, making it very dangerous to cross a very busy road. Back in February 2023, Cllr. Feeney met with club members and the area engineers on site. She then brought the request forward as a motion to the Council. It was agreed to proceed with the installation of the lights in the interest of public safety.

Lights Out on Main Street
Back in June, Cllr. Feeney reported the faulty lights on Main Street, from the Ely Restaurant as far as the EBS building. In its most recent update to Cllr. Feeney, the Council said that there was a delay in repairing the lights due to the contract ending with Enerveo in July. The Council also confirmed that a new contract had been signed with a new company and that this process had caused a backlog. Cllr. Feeney has emphasised that these lights need to be repaired as a matter of public safety especially as the evenings are getting darker. The Council has said that the lights will be repaired by mid September. Cllr. Feeney will continue to monitor the situation.

Swimming strategy
News that the government is introducing a new swimming strategy to capitalise on Ireland's Olympic success is of scant comfort to those waiting for a swimming pool in North Kildare. The proposed commitment includes additional funding to help schools with transport and pool hire costs.

Cllr. Angela Feeney has greeted the news with scepticism. She says one of the defining factors of Olympic winners is access to sports facilities from an early age. Cllr. Feeney added that this report is extremely vague on the details and pushes the idea of short-term, pop-up facilities, we need multiple child-friendly, free or affordable swimming facilities around North Kildare.

Cllr. Feeney has been highlighting the need for a pool for many years now. Back in February when Maynooth University's President attended the Council meeting, Cllr. Feeney suggested upgrading the college pool and reopening it for community use while we await a new build. This suggestion, was positively received by both Maynooth University and Kildare County Council.

However, work is still to begin refurbishing the Maynooth University pool, while the new swimming pool earmarked for North Kildare is still years away. Cllr. Feeney said that we need a serious commitment to funding a proper swimming pool for North Kildare.

DART+ depot issue
It was very welcome news last month that An Bord Pleanála has approved the railway orders to allow the DART+ West to progress to construction stage. However, the decision to refuse permission for the Maynooth depot, which is essential to the delivery not just just of DART+ West to Leixlip and Maynooth but also DART+ South West to Hazelhatch and Celbridge, is very disappointing.

In the interest of rapid delivery of these essential projects for North Kildare, Irish Rail must both tender for the elements of the project, which have been granted permission immediately; and must also commit to applying for a new Railway Order for the Maynooth depot at the first instance. It would be unacceptable if a multi-year delay to this project were caused by what should be an easily amendable element of the planning process.

Following this announcement, Cllr. Feeney has contacted the National Transport Authority (NTA) for clarification on the following related matters:

1.Given the announcement by the Deputy CEO, Mr. Creegan in May to the Public Accounts Committee, that DART+ to Kilcock was to go ahead, Cllr. Feeney has asked the NTA to confirm when the railway order will be issued for the extension of DART+ from Maynooth to Kilcock.

2. Cllr. Feeney also asked about the status of the proposed depot that was not approved by the Bord in its recent decision.

Retrofitting Motion
At the July full Council meeting, Cllr. Angela Feeney asked the Council to provide a report on the rollout of its retrofitting programme with numbers of completed, current and planned schemes, locations, house type and the works involved as well as the funding status of the programme.

Cllr. Feeney said that retrofitting the Council's older stock of houses is a key component in meeting the challenges of the current climate crisis. It is also, she said, important that the Council helps those who need help the most, to make these changes to their homes and help to make them more energy-efficient and more comfortable in the longer term.

In the response to Cllr. Feeney's request, the Council explained that the Energy Efficiency Retrofit Programme (EERP) is administered by the Department of Housing, Local Government and Heritage. An EERP was originally launched in 2013 with the aim of funding the retrofit of Local Authority owned homes requiring insulation and energy upgrade works. Housing for All; a New Housing Plan for Ireland, includes an objective to retrofit 500,000 homes to a B2 Building Energy Rating (BER) or Cost Optimal equivalent by 2030, of which approximately 36,500 are expected to be Local Authority owned homes.

To aid the achievement of the goals outlined in the Programme for Government, a revised EERP was introduced in 2021. Works eligible under the revised Programme include attic/ cavity wall insulation or external wall insulation where required, windows and doors replacement, heat pump installation and ancillary and associated works.

The combined total number of units completed in the period 2021 to 2023 is 186. Tenders are progressing for the balance of the 2023 units (24) and the first phase of 2024 units. The Council said that challenges have been identified by the housing sector in managing the EERP on the basis of an annual funding stream. A preference for a multi-annual energy efficiency programme has been indicated, however, DHLGH advises that such an approach is not currently feasible as funding continues to be allocated by DPER on an annual basis.

In addition to the EERP, 120 homes were upgraded to a BER of B2 or higher standard in the period 2021/2022 under the Midlands Energy Efficiency Retrofit Programme (a separate Programme applicable to eight midland counties). Under this programme work was carried out at the Beechgrove, Rathanga, Ashbrook, Derrinturn, Bishopsland, Kildare Town, St Evin's Park, Monasterevin and Clonmullion, Athy

In tandem with the roll out of the EERP, and in an effort to encourage participation in the programme, work has been on-going to collect data from consumption meters, which measure the electricity used solely from the air to water system, in a property. Consumption meters are now installed in all properties retrofitted under the programme. The data collected informs the Council about the daily cost of the air to water system in a dwelling and we can relay this to the tenant in properties where electricity costs are running high and help them to identify sources of other high running cost items in their household.

Cllr. Feeney welcomed the report and that the 2024 Programme has increased the maximum grant available per property ranging from €42,350 for mid-terrace and apartment-type properties (1 to 4 storeys) to €48,850 for end-of-terrace, bungalow, detached, and semi-detached properties.

Kildare County Council applicable stock primarily consists of 2 and 3-bedroom detached and semi-detached houses. The average cost of property upgrades cannot exceed the total average funding available per property of €34,000, which has been increased from €27,000 at the outset of the programme.

At the meeting, Cllr. Feeney agreed that the monitoring, renewal, refurbishment and maintenance of housing stock, including the implementation of the energy efficiency programme and asset management, will form part of the Council's the Housing and Regeneration Strategic Policy Committee's work programme. Updates on the EERP will continue to be provided in the Chief Executive's report.

Upcoming Motions and Questions

Motions:

1. That the Council provides a safe walking and cycling route to connect Maynooth and Celbridge.

2. That the Council installs a pedestrian crossing at the end of Carton Avenue to allow safe crossing on the R157.

Questions:

1. What is the current status of discussions with the Maynooth College regarding the reopening of the swimming pool for community use?

2. When will the faulty public lights on the Main Street Maynooth be repaired?

Childcare Public Meeting
For many years, Cllr. Feeney has been campaigning and supporting parents regarding the lack of childcare facilities. It is a huge cause of stress for many families and for providers wishing to expand their services.

Cllr. Feeney will be having a public meeting on the issue on September 11th at 7pm in the Kate Walsh Room at The Mill Celbridge. Please email if interested afeeney@kildarecoco.ie or call on 087 2381962

Social Democrats

Cllr. Peter Melrose



Maynooth LEA | 089 263 7612 | peter.melrose@socialdemocrats.ie

"Unthinkable" Oversight must Focus Minds to Deliver DART+ West
Proposals for train depot at Kilcock as part of DART + West have been refused "in the interest of flood preventation" by An Bord Pleanála

Cllr. Peter Melrose, Social Democrats Councillor for the Maynooth LEA, has expressed his frustration and disappointment at the circumstances that have led to An Bord Pleanála's refusal of a proposed train depot between Maynooth and Kilcock as part of the DART + West railway expansion.

Kevin Moore, Inspector at Bord Pleanála, outlined the following in his report to the board regarding the application.: "From the outset, when there was a clear understanding that the lands west of Jackson's Bridge to be developed for the main access to the depot and for the depot itself, were subject to regular and extensive flooding, this site should have been avoided. This site should never have progressed to being the preferred site for the depot and to have proceeded to being part of the application to the Board for Dart + West. This is not proper planning and sustainable development".

Cllr. Melrose has called on both Irish Rail and the National Transport Authority to "divert any and all resources necessary to expedite the steps necessary to satisfy the planning requirements. They must submit a further railway order to rectify this substantial oversight and deliver the DART + West as intended. Nothing less will suffice".

Commenting on the railway order issue, which has approved the DART + West upgrade of the Maynooth line but withheld permission on the depot, Cllr. Melrose has questioned how the application was allowed to progress internally at Irish Rail when it was clear that there was a dearth of critical information around flooding at the proposed depot site.

"It is almost unthinkable that an application would proceed in this manner, given the well-known delays that it could create. It has potentially set the project back years while the people of Maynooth, Kilcock and North Kildare continue to suffer from chronic lack of vital transport infrastructure which has not kept pace with population growth.

Cllr. Melrose was involved in a campaign to extend the DART + West project to service the town of Kilcock by developing the depot in question. In a session of the Public Account Committee in May 2023, Hugh Creegan, Deputy CEO of the NTA told Catherine Murphy that the DART + West would indeed be extended to include Kilcock as part of its service, given its proximity to the station.

St. Mary's Brass & Reed Band

The highlight of last month was our recital in the Square on Sunday 18" and the weather gods blessed us with brilliant sunshine all afternoon. Our two new gazebos are now a feature of all our recitals and give the players shelter in both sunshine and rain and we are indeed grateful to intel for providing with the funds for them as they are such an expensive item.

September promises to be an exceptionally busy time for the Band with a visit to the National Stud in Kildare on Sunday 1st, our return visit to the Bad Orb International Music Festival in Germany between 6th and the 9th, our Culture Night Recital in the Square on Friday 20th at 8pm and winding up the month with a visit to Farmleigh House in the Phoenix Park on Sunday 29th.

The Bad Orb Festival in particular offers us the opportunity to meet with Bands from all over Europe and the highlight of the weekend is the massed band parade on the Sunday afternoon culminating in the playing of a number of pieces by over 1,000 musicians, a fantastic experience for all band members.



Photo from a recital on a previous visit to Bad Orb

Maynooth Senior Citizens Committee

.

Welcome back to our members after the August break. We will be resuming the Thursday Morning Club on 5th September . We will kick off with our art session. Our monthly committee meeting will take place on Monday 9th September. We hope to resume our Tuesday morning Club meetings and we are finalising the activities that will happen on that day. We will be in contact with our senior citizens about this over the next few weeks to let them know what is happening. We are always looking for new people to join the Club and indeed the Committee.

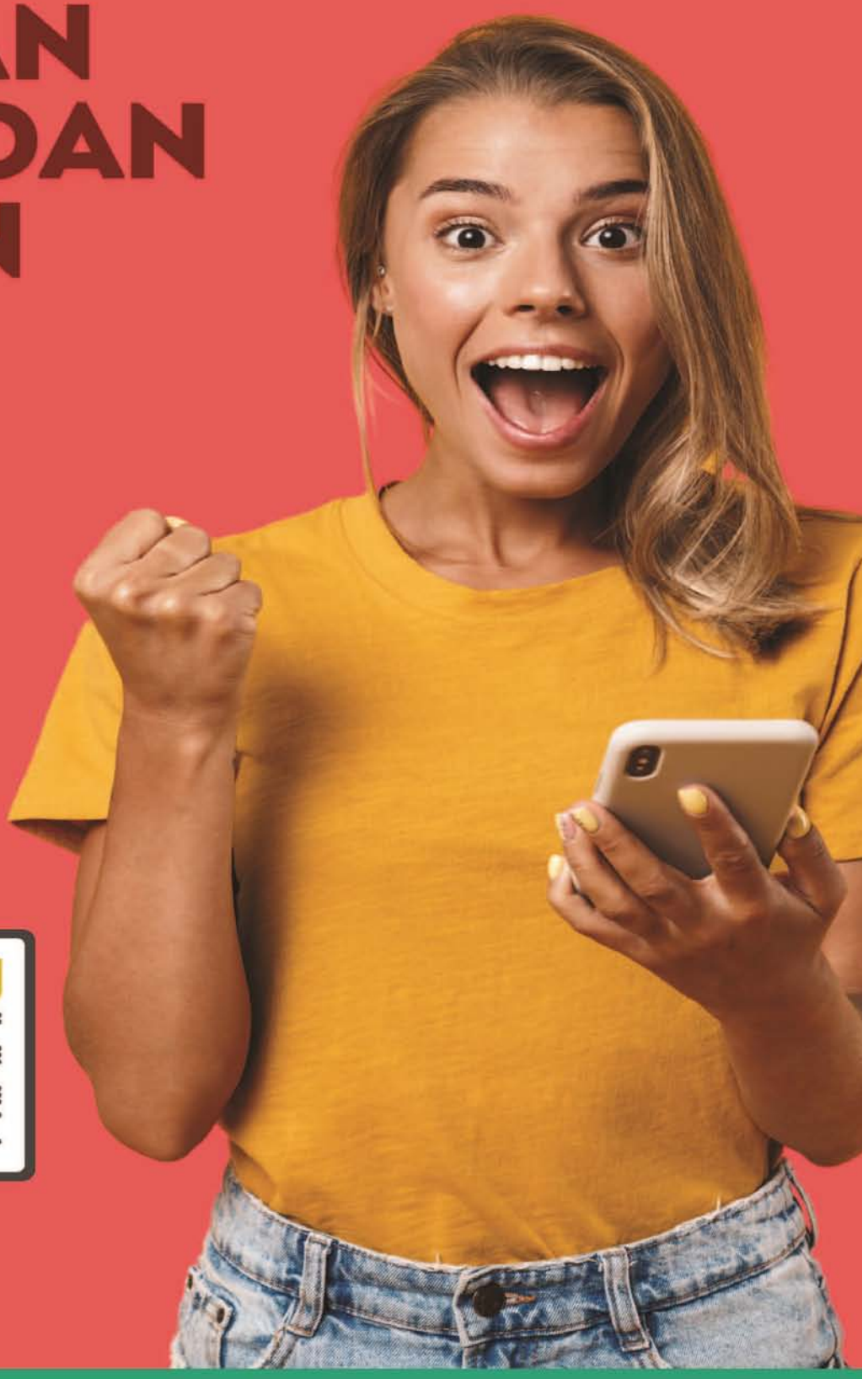
People are welcome to come along to the Club before they commit to see if it is a fit for them, similarly we would ask anyone who would like to join the Committee to come to a monthly meeting to get an idea of what we do.

Maynooth Senior Citizens is a registered charity and it is one of the oldest community groups in Maynooth, established in 1965. We have recently set up a Facebook and Instagram page. Please follow us to find out what we are doing. While we encourage exercise for our members , we provide transport to and from the Club from the environs of the town. The Club runs art and bingo sessions on a Thursday morning, there is also time for a chat and a cuppa. If you have never taken up a brush to paint a picture it is all the more reason to come and enjoy our session. It is great fun and you will surprise yourself.

Susan Durack, PRO Maynooth Senior Citizens.

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Culture Night 2024 Maynooth 20 September

A Tour of the 19th century College Chapel
4pm - 5pm Bookings for the 4pm-5pm tour can be made on the following link: https://bit.ly/ChapelTour1600

5.30pm - 6.30pm Bookings for the 17:30-18:30 tour can be made on the following: https://bit.ly/ChapelTour1730

Community & Culture
6pm - 9.45pm St. Mary's Church of Ireland. No booking necessary. There will be various performances of songs, poetry etc.

Culture Night with Maynooth Gospel Choir
7.30pm - 8.30pm Venue not confirmed at time of press.
No booking necessary.

Damai Sound Reggae
4pm - 7.30pm The Square. Free event.

Mór Laughs presents: Kildare Comedy (over 18s)
8pm - 10.30pm O'Neill's Bar & Steakhouse, Main Street. Free event.

St. Mary's Brass and Reed Band
8pm - 9pm The Square. Free Event.

National Science & Ecclesiology Museum
4pm - 8pm St. Patrick's College. No booking necessary. Free event.

A Tour of the Russell Library
5pm - 7pm Maynooth College. Booking is required.
Booking Email Address: library.russell@mu.ie

2024 Taste of Kildare Festival

Fri 20th – Sun 22nd September 2024 at Naas Racecourse, Co Kildare

This September, enjoy a truly immersive and exciting foodie experience with the 2024 Taste of Kildare Festival.
Showcasing the best of Kildare, the festival is a round the county tour of food and drink, with that all-star hospitality the county is renowned for.

Tickets on Sale Now! - https://tasteofkildare.ie

MAYNOOTH CYCLING CAMPAIGN

Climate Community Funding
Maynooth Cycling Campaign recently were informed that it was unsuccessful in its application for funding from the Climate Community Fund. We will be following up on a review with the aim of addressing our shortcomings and lodging a successful application in the future.

Submission on Maynooth & Environs LAP 2025-31
Kildare County Council received a large number of submissions on the Maynooth LAP. In its submission, Maynooth Cycling Campaign supported the permeability measures which are designed to enable increased walking and cycling in the town and to mitigate bad planning decisions in the past. However, the Campaign has concerns about the emphasis on high density in the outer suburbs of Maynooth. The full submission is available here or at the link below:

https://drive.google.com/file/d/1gSAXUEBpPOx2M4kGIgCazAHVcQiFY5QP/view?usp=sharing .

Road Safety Authority
The Road Safety Authority has come under sustained criticism over its latest campaign which equates people who don't have a driving licence with being a burden on society.

The Irish Cycling Campaign and disability groups as well as politicians have accused the RSA of being not fit for purpose and have called for the Authority to be reformed due to its emphasis on a 'windscreen' view of transport.

Red Surfacing of Straffan Road Cycle Track Maynooth
Maynooth Cycling Campaign welcomes the recent resurfacing of a section of the Straffan Road which includes the provision of a 'red section' of cycle track. However, red surfacing should be bright red initially as it darkens with time. If it starts off dark, it will be even darker after a few years and the contrast with 'black' surfacing will be reduced. We are concerned that as the resulting surfacing in Maynooth appears much darker compared to the red surfacing provided in Meath, the safety aspects of using a coloured surface for cycle tracks will be reduced.

Royal Canal Greenway
As reported last month, a contractor has started work on the remaining section of the Royal Canal Greenway between Louisa Bridge Leixlip and Maynooth. It is disappointing to have been informed that the proposed surfacing of much of the route will be dust.

If the intention is to maximise cycling, it fails to follow best international practice. At a time when concern has been expressed about inflation causing the construction costs to increase, it would be cheaper to provide a sealed surface now rather than to have to retrofit a sealed surface in the future.

Dunboyne Road Signage
The Kildare County Council Planning Department has responded to our complaint about the unauthorised signage about cycling on footpaths on the Dunboyne Road which purports to put the blame on cyclists if they are in collision with drivers exiting their premises on the Dunboyne Road.

We made the case that the location is in an area with no dedicated space for cycling and is close to the Presentation Girls Primary School. We are disappointed that the Council has decided to take no action.

Maynooth Cycling Campaign is a non-party political independent local cycling advocacy group.

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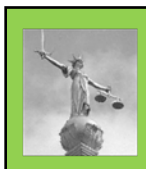
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Writers' Corner - Short Stories/Articles from our Readers

Things I Half-Remember

Let me start with the *Ceard Teastas Gaeilge.* The year is 1969 and I'm back from New York after working there for eleven years as an electrical draughtsman. Now I've decided to try my hand at teaching, but to do that I must show a proficiency in our native language. To satisfy this requirement I've elected to study spoken Irish in *An Cheathrú Rua*, Carraroe. Our teacher, a man who believes in making learning enjoyable, introduces us to Gaelic songs, among which is the following example – and here my defective memory intrudes, but never mind:

Chuas isteach i dteach aréir/ Is d'iarr me deoch ó bean an leanna.
'Se duairt si liom, 'Ni bhfaighidh tú braon;/ Buail an bóthar is téigh abhaile.'

I went into a house last night /And I asked the beer woman for a drink.
What she said to me was, 'you won't get a drop;/ Hit the road and go home.'

To which the thirsty narrator replies:
Ni'l ina lá, a mhíle grá,/Ní'l ina lá, na fós ar maidin,/Ní'l ina lá, is ní bheidh go fóil, / Solas árd atá san ghealach.

It's not day, my thousand loves, / It's not day, nor morning yet, / It's not day and it won't be for a while, / It's high light in the moon.

There are a few more verses dealing with the exchange between the narrator and the no-nonsense *bean a' ti* (woman of the house), but I want to give a verse in my bad Irish that I added to this song:
Chuas siar go dtí mo theach, / Tine fuar os comhair mo leaba, /Mé I'm aonar gan aon deoch, / Fíon nó leann ní bheidh sé agam.

I went back to my house, /A cold fire before my bed, / I alone without a drink, /
Wine or beer I won't have.

Well, that's enough about my attempts to become a *Gaeilgeoir*, a speaker of Irish, though I occasionally have conversations in that language with a Galway friend who tolerates my ineptitude.

Now to some New York memories; while most of them are pleasant, there are a few that aren't. While attending evening lectures in City College, now City University, I began to lose contact with Irish friends due to a lack of free time. In the house where I had a furnished room there were two Bostonians who were attending nearby Columbia University and I occasionally visited them. The more dominant of this pair used to quiz me about my family's finances, in particular he wanted to know how many acres of land we had, how many cattle, sheep etc. He made no attempt to hide his amusement at our meagre family resources compared to Americans and, because I was desperate for companionship, I never pointed out that by Irish standards we were financially comfortable. Anyway, our landlady advised me not to visit this pair, no doubt because she wanted to prevent group solidarity among her tenants.

After this time I got a furnished room with a German lady (Let's call her Mrs. Fischer) who used to say of the Hitler era, 'We were so small,' and I could understand that many ordinary Germans felt equally helpless to resist the Nazis. This *frau* was a stickler for order and if I placed my chair in the wrong position at the breakfast table, it was immediately pointed out

Another tenant was John, who had a room next to mine. John was a mild-mannered New Jersey-born attorney employed by a Manhattan law firm. I remember quoting The *Magnificat* prayer to him and John asking why did the Lord need to be magnified. My inept explanation hardly convinced him.

One Saturday evening I took John to City Center Ballroom, a venue thronged with Irish and Irish-Americans. Probably because of his lack of dancing skills and his unwillingness to reveal his employment credentials, he spent most of the time as a spectator. There was one occasion, however, when his mildness deserted him. A female operatic singer lived upstairs and her nightly rehearsals almost drove him demented. Opening a window, he shouted, 'for the love of God, stop that infernal racket. I can't get a minute's sleep.' Apart from occasional lapses, the 'nightingale' was effectively silenced.

As for our landlady, when I hung an oil painting I had purchased in Greenwich Village in my room, she was quite pleased, no doubt concluding that, after all, I wasn't a Neanderthal. That painting of an autumn wood with a small pool in the foreground now hangs in our Irish dining room, though John didn't like it as he said the pool reminded him of mosquitoes!

Now to another half-forgotten memory, a piece of verse I wrote about an oak tree while teaching in Maynooth Post-Primary. To the best of my recollection it went something like this:

Great towering giant
Shouldering the March sky
Arms bared to fight the cold
Masking your fragility
The ravaged heart
That spring's wild winds
May rip apart

To my surprise, the head of our English department, a physical and intellectual giant of a man, considered it a really good poem. It was only a few years later, when he himself died in hospital, that I realized the reason for his approval.

Since I started with my Irish, I may as well finish with an Irish-American professor who is determined to master the ancient language of the Gaels. This multi-skilled intellectual makes up in enthusiasm for what he lacks in acquiring the *cúpla focail*, the few words. If he had all the opportunities I had, from classes in primary and secondary school to *Comhrádh* or Conversation sessions in University College Galway, he would now be a fluent *Gaeilgeoir*. And it's a language worth mastering. As the 18th century school teacher and poet, Peadar Ó Doirnin wrote:

Ni fhuil aon teanga sa mbeatha mbreas
Chomh lionmhar áluinn ná chomh caomh deis,

Which, in my rough translation reads:
'There is no language in the greater life
As complete, beautiful or as pleasant, proper

P. G. Nerney

House Martins

On white pebble-dash under the eaves
it was once a masterpiece,
patiently constructed
with beakfuls of moist, brown clay;
now in winter's chilly blast
it's just an eyesore,
a reminder of summer days,
the five chicks it sheltered
flown south, dispersed or dead,
only the jagged base intact.

In a few more months
reconstruction will commence,
that quickening cycle of rebirth
which nature, blind to former pains,
annually perpetuates.
I know it all too well:
we too had a nest-place built
to shelter five bright lives;
now they and that high house are gone
and we are here alone.

Colin Scott

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

My Chequered Life Chapter 8

I had become muscle bound with all my gym work and when an opportunity to join a yoga class came up, I decided to give it a try. A lady came in twice a week and taught us the basics of yoga and I began to enjoy it. After a few months she came in a third time each week and I thought this might suit me well. As it happened, I was the only one attending the third session and she told me a great lot about the philosophy behind yoga and introduced me to books on yoga and Buddhism. I kept this up for about two years and became much more balanced and less aggressive and less inclined to get into silly conflicts. I owe an awful lot to that yoga teacher and am forever grateful to her. Around this time I was expecting an answer from the parole board but it didn't come for a very long time. They didn't know what to do with me and when the answer eventually came I was told I'd get a knock back of two years. I was also told that at the end of my sentence I was to be deported from England. That didn't trouble me too much and after four and a half years in Channings Wood I was transferred to an open prison called Lay Hill.

Lay Hill

I arrived in Lay Hill in August '95. As I said, it was an open prison with no high walls around it, just a four feet wooden fence, which we were warned never to cross. The prison was laid out something like I imagined a university to be, with trees and big grassy areas. Inside, it had big wide corridors with rooms rather than cells, with ordinary doors, no bars. We each had our own latchkey and locked ourselves in when we liked. Rules were few but very strict and violation could see you sent back to cat A prison for a long time. There were five roll calls each day and all had to stand at their doors to be counted. While the regime had a lot going for it I knew I would not be able to stick it, so after three or four weeks I decided to go.

A friend of mine had unregistered visitors from time to time, visitors who brought him drugs and alcohol. They'd don prison shirts and hop over the fence and lie in the grass with him without anyone noticing. I decided I'd take a lift from these visitors. I put a few essentials in a black plastic bag and got the bin man, prisoner, to take them to the field for me. I joined the outsiders and skipped over the fence with them, heading for their car, parked nearby. As we approached we saw a screw sitting in another car close by so I hid and let the two lads go ahead. I saw the screw talking to them and then they drove off, one of them putting his hand through the sunroof and pointing ahead. So when the screw drove off in the other direction I hopped out on the road and started walking after the lads' car. I never saw it again. But I walked and walked and seeing a railway line I decided I'd walk along that, as I knew I'd have been missed by then.

Eventually the railway line passed near a little village and I dropped in for a drink of cider. I had a ten-pound note on me and that was all. I drank one pint and bought two cans for the journey, which I hoped would bring me to Bristol. I got back on my railway line and sat down, having a smoke and drinking one of the cans. It was by then a clear night, with the stars shining brilliantly above me and I felt elated. Freedom, for the first time in 16 years!

But I still had to get to Bristol, some sixteen miles away. Nearing Bristol I was afraid of cameras covering the various tracks so I took to the road and got a free lift from a taxi, a few lies thrown in, that left me at the railway station. I had to go to Plymouth to Mark, of the pillowcase balaclava fame. I knew the ticket was about £29 but, as I said, I had no money? I sat and got talking to a woman who soon fell asleep. I knew she had money. I wondered if I'd help myself to her handbag but I thought that would be mean. When the time for the Bristol train arrived I snuck on board, having said good morning to a policeman on the way, and rehearsed my story. The ticket man was impressed that I knew the price of the ticket I had left in the station waiting room, with my keys and a few more items. He said he'd call the station and see if they had been found. I put on a great distress show when he came back and told me they hadn't! He didn't bother me again!

Arrived in Plymouth, wondering somewhat who I was, I straight away continued my web of lies. I knew two fellows in Plymouth but let neither know that I knew the other. The first, Rob, couldn't put me up as his wife was a "straight goer" but Mark, whom you remember, got me a place with this poet and his son. They didn't ask me too many questions, just talked non stop about their arty world, making no great fuss of me. After the week I met Rob, as appointed, he thinking I was just back from Penzance. He had managed to put nearly a £1000 together to help me on my way. I gave £90 to the poet for his hospitality. Rob gave me a passport, belonging to John Deer from Hong Kong! While I was very thankful I was at wit's end wondering how I'd get my photograph to look like his? I didn't bother trying, however, and neither at Holyhead, on my way back to Ireland, nor at Dún Laoghaire, did anyone bother to check!

By: GM

Maynooth Local Market - adding extra colour to Court House Square every weekend



August has seen exciting new additions to Maynooth Local Market, running every Saturday from 10am to 3pm on Court House Square.

Local artist Maura McDonnell has delighted market-goers with art that makes the heart sing. Her creations, inspired by nature, showcase a variety of techniques and mediums. Maura's collection of art depicting Maynooth scenes has proven particularly popular so far!

Another exciting addition to the market is Orient Maynooth, bringing a taste of the Far East to Court House Square through the mini-Asia market. A stone's throw from the restaurant itself, we're delighted to have the Orient team join us each week selling a range of products such as noodles, sauces, teas, mooncakes and more!

Adding even more colour to the market, are the stunning sunflowers from Knocknatulla Farm available on the Donadea Organic Veg stall. The vibrant blooms bring sunshine to the Square, even when the actual weather is being a bit temperamental.

Maynooth Local Market continues to thrive thanks to the generous support of many local businesses and funders. We'd like to extend a special thanks to the Glenroyal Hotel for coming aboard as sponsors this month and providing us with invaluable storage space.

This will now allow us to invest in more stalls and gazebos, as the market continues to grow.

Community has always been at the heart of the market, and we are committed to providing a welcoming and inclusive space for everyone.
Over the next month, we will be expanding our Kids' Zone and Family Space to include more toys for children of all abilities.

We will also be further developing our multilingual book corner, ensuring that all members of our community feel included and welcome.

If anyone has any suggestions or specific requests of what to include, please do get in touch.

Stay tuned for more exciting updates and surprises as Maynooth Local Market continues to evolve and flourish!

**You can reach us via email - MaynoothLocalMarket@gmailcom,
or on Facebook and Instagram - @TheMaynoothLocalMarket.**

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**

Parent's leave

Introduction
Parent's leave entitles each parent to 9 weeks' leave during the first 2 years of a child's life, or in the case of adoption, within 2 years of the placement of the child with the family.
The leave period remains the same in the case of multiple births, for example if you have twins or if you adopt 2 or more children at the same time.
Parent's leave is available to both employees and people who are self-employed.
You may also qualify for a payment called Parent's Benefit during parent's leave. Parent's Benefit is paid while you are on parent's leave from work if you have enough social insurance (PRSI) contributions.
Please note that your employer does not have to pay you while you are on parent's leave, although some employers may 'top-up' your parent's leave. If you qualify for Parent's Benefit, you will get €274 each week.

Changes to parents' leave from 1 August 2024
From 1 August 2024:
Parent's leave increased from 7 weeks to 9 weeks for children born or adopted after 1 August 2024

- You can claim the additional 2 weeks' parent's leave if your child was **under the age of 2 on 1 August 2024** or your adopted child **had been placed with your family less than 2 years on 1 August 2024.** You must complete the extra leave on or before your child's second birthday or within 2 years of the adoption placement

Parents's Benefit also increased from 7 weeks to 9 weeks for each parent (if you qualify)

The differences between the types of leave for parents
This table explains the differences between the types of leave for parents.

Leave	Who gets it?	How long?	Is it paid?
Maternity leave	Pregnant employees	26 weeks and up to 16 unpaid weeks	Yes, Maternity Benefit is paid for 26 weeks
Adoptive leave	One parent of the adoptive couple, or a parent adopting alone	24 weeks and up to 16 unpaid weeks	Yes, Adoptive Benefit is paid for 24 weeks
Paternity leave	New parents of children under 6 months of age (usually the father or the partner of the mother, or in the case of adoption, the parent who is not taking adoptive leave)	2 weeks	Yes, Paternity Benefit is paid for 2 weeks
Parental leave	Parents and guardians of children under 12	26 weeks	No, it's unpaid
Parent's leave	Parents of children under 2 years of age Parents of adopted children in the first 2 years of the placement of the child	9 weeks	Yes, Parent's Benefit is paid for 9 weeks
Leave for medical care	Parents who need time off work to deal with serious medical care for the child.	5 days in any 12 consecutive months	No. it's unpaid

Rules about parent's leave
The legislation governing parent's leave is the Parent's Leave and Benefit Act 2019, as amended.
You must meet certain criteria to be eligible to take parent's leave. You must:

- Be a *relevant parent* – see 'Who can take parent's leave?' below:
- Take the leave within 104 weeks (2 years) of the birth of the child or in the case of adoption, from the date the child is placed with you (the placement date)
- Give at least **6 weeks' notice** to your employer

The legislation only provides for the minimum entitlement to parents' leave. Your contract of employment may give you more rights.

Who can take parent's leave?
Relevant parents can take parent's leave for eligible children. A relevant parent is one of the following:

- A parent of the child
- A spouse, civil partner or cohabitant of the parent of the child
- A parent of a donor-conceived child as provided for under section 5 of the Children and Family Relationships Act 2015
- The adopting parent or parents of a child
- The civil partner or spouse of the child's adopting parent (if the parents have not adopted jointly)

How can I take parent's leave?
You can take this leave as:

- One continuous period of 7 weeks leave or
- Separate periods of not less than one week

How much will I get paid during parent's leave?
If you have enough PRSI contributions, you will get a weekly Parent's Benefit of €274 per week. This is paid by the Department of Social Protection (DSP). Your employer does not have to pay you while you are on parent's leave. However, some employers do pay or *top up* your pay during the leave period – this is set out in your contract of employment.

Other rules for parent's leave

- You are treated as being in employment while you are on parent's leave (and all other types of statutory leave for parents). You are entitled to return to your job after parent's leave.
- Annual leave – you can build up annual leave while you are on parent's leave.
- Public holidays – you are entitled to any public holidays that occur during your parent's leave.
- PRSI contributions – you can get credited PRSI contributions while you are on parent's leave.

Can I share my parent's leave with my partner?
Both parents have an equal separate entitlement to parent's leave. You cannot transfer your entitlement to your partner.
Where one parent dies, the surviving parent is entitled to leave for the amount of leave the deceased parent did not take from their 9 week entitlement (this is known as *transferred parent's leave*).

How to apply for parent's leave
You must give notice to your employer before you can take parent's leave.
You must:

- Give your notice in writing
- Tell your employer at least **6 weeks** before the leave is due to start
- Include the start date, the way the leave will be taken and how long the leave will last
- Include appropriate certification confirming your eligibility such as a birth certificate, or in the case of adoption, the certificate of placement.

You can contact the Workplace Relations Commission's Information and Customer Service for more information on your employment rights - see 'Where to apply' below.

Can my employer refuse my application for parent's leave?
Your employer can only refuse parent's leave if you are not entitled to it.
Your employer can postpone your parent's leave once for up to 12 weeks. Your employer could postpone your leave for the following reasons:

- Seasonal variations in the volume of work
- No replacement to carry out your work
- The nature of your duties
- The number of other employees also taking parent's leave
- Any other relevant matters that mean your parent's leave would have a 'substantial adverse effect on the operation of their business, profession or occupation'

(Continued on page 14)

KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth
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***Citizens Information Phone Service - 0761* 07 4000 or Lo-call 1890777121**

(Continued from page 13)

Your employer must give you written notice that your parent's leave will be postponed. They must do this at least 4 weeks before the leave was due to start. The notice must explain the reasons why they are postponing your parent's leave. The new start date for your parent's leave must be agreed by both you and your employer.

If a postponement of my parent's leave takes me past the 2 year eligibility period
The eligibility period for parent's leave (up to a child's 2nd birthday) can only be extended for up to a maximum of 12 weeks in circumstances where an employer has rejected the original dates within the 2 year period for business reasons.
When making an application for parent's leave and Parent's Benefit for dates outside of the 2 year eligibility period, you must submit supporting documentation to include confirmation from your employer detailing the reason for the rejection of the original dates, and confirming your employer has agreed the revised dates with you.

How to make a complaint?
You are protected against penalisation and unfair dismissal for claiming your rights under parent's leave legislation.

Disputes about parental leave can be referred by the employee or the employer to the Workplace Relations Commission within 6 months of the dispute or complaint occurring.

You must use the online complaint form available on workplacerelations.ie. The time limit may be extended for up to a further 6 months, but only if there is a reasonable cause which prevented the complaint from being brought within the normal time limit.

Where to apply:

Parent's Benefit Section
Department of Social Protection
McCarter's Road
Buncrana
Donegal
Ireland
F93 CH79

Tel: (01) 471 5898 or 0818 690 690
Homepage: https://www.gov.ie/en/service/b321b1-parents-benefit/

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

Opening Hours: Mon. to Fri. 9.30am to 1pm, 2pm to 5pm
Tel: (059) 917 8990
Locall: 0818 80 80 90
Homepage: https://www.workplacerelations.ie/en/

Maynooth Community Church completes new facility in Maynooth

The new Maynooth Community Church facility off the Dublin Road is now nearing its completion. Designed by award-winning Architects, Knox and Markwell, and built by Rathcorbally Construction Ltd, the 2,065 sqm2 building development has taken just over 14 months to build. Rev Dr Keith McCrory, minister of the Church, said that "It has been amazing to watch the various stages of the process over the past year and we are delighted with how our new facility has turned out. Our hope is that it will come to be a wonderful new resource both for us as a congregation, and for our wider Maynooth community."

The NZEB (near zero emission building) is one of the first projects in Kildare to be constructed under the new eco guidelines and, once its solar panel installation is completed, hopes to receive an A2 BER rating. Following its Open Day for the local community on Aug 31st, the new building will be formally opened by the Moderator of the Presbyterian Church at a Service on Sept 14th. It will be some months before the building is fully ready for community use, but anyone interested in using the space is invited to contact MCC at office@maynoothcc.org . Updates on booking opportunities and procedures will also be placed on the church website www.maynoothcc.org








MU and Kildare County Council to host 'Brigid's Worlds' conference

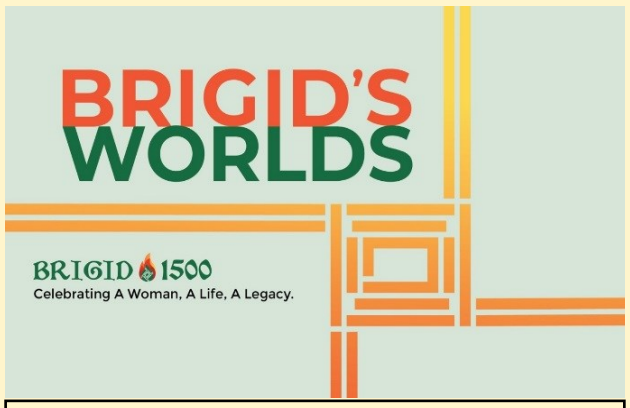
Maynooth University and Kildare County Council are coming together to host the **Brigid's Worlds** conference on September 13-14.

The conference takes place in MU and will bring together leading academic experts on St Brigid for the first time in nearly two decades, offering a unique opportunity to investigate the historical origins of St Brigid and her Church of Kildare.

This event marks the 1500th anniversary of St Brigid's passing by bringing together scholars and enthusiasts to delve into the rich heritage of one of Ireland's most popular patron saints.

Maynooth University President, Professor Eeva Leinonen, said: "We are proud to host this conference in September, welcoming guests from near and far to explore St Brigid's remarkable legacy. This important event illustrates how our strategic research focus on Heritage, Culture, and Language benefits both our university and the wider community and highlights our strong reputation in the arts and humanities. We look forward to the valuable exchange of ideas it will bring."

Brigid's Worlds will explore the life and times of St Brigid and her Church of Kildare from the 5th to the 9th centuries, and features a lineup of distinguished speakers from across the globe curated by Maynooth University's Dr Niamh Wycherley of the Department of Early Irish.



The Brigid's Worlds conference takes place on September 13-14

Speakers include academics and experts such as Prof Catherine McKenna from Harvard University, Prof David Stifter from Maynooth University, Prof Thomas Owen Clancy from the University of Glasgow and many more.

Each speaker brings distinct insights and expertise to explore the profound legacy of St Brigid and her Church of Kildare.

Sonya Kavanagh, Chief Executive, Kildare County Council, commented: "We are delighted to collaborate with Maynooth University on this significant event, which not only celebrates the life of St Brigid but also highlights the importance of preserving our cultural heritage through academic discussion and community engagement."

MU Professor David Stifter also stated: "This conference brings together several major strands of research carried out at Maynooth's Department of Early Irish on topics that exert a fascination wide outside of academia: the religious and intellectual history of early medieval Ireland and the earliest written tradition in Irish in the form of the ogham script."

Brigid 1500 is a comprehensive programme organised by Kildare County Council to celebrate and commemorate the life and legacy of St Brigid.

Brigid's Worlds takes place in Maynooth University on Friday and Saturday, September 13-14. For more information and registration details for the conference, please visit www.brigid1500.ie.

Young geographers from around the world attend Olympiad in MU

Young geographers from across the globe gathered at Maynooth University in late August for the 20th International Geography Olympiad (IGEO), the first time this event has been held in Ireland and has featured an Irish team.

Secondary school students Riddhiba Rana and Jennifer Grimes from Manor House School in Raheny, Dublin and Cadhla Tuner and Ava Mulhall from Wicklow Town Educate Together Secondary School are the first to represent Ireland at iGeo, which brings together 16–19-year-olds from across the world to take part in geographical fieldwork, examinations and cultural exchanges.

Welcoming the 200 young geographers to MU, Dr Stephen McCarron, Head of MU's Department of Geography said: "It is a pleasure and honour to welcome some of the brightest geographers from across the world to Ireland for this Olympiad competition. Following the inspirational example of our sports Olympians the standards set by these scholarly Olympians also inspires great hope and we are delighted to be able to encourage their love for the subject and our Earth in any way possible."

A total of 50 teams are taking part in the Olympiad, with each team consisting of four students aged 16 – 19 who were selected following a national competition, and two team leaders.

All continents are represented in the competition with teams coming from as far afield as Australia, Brazil, Canada, Japan, Mongolia and the US.

Over the course of the week, the students engage in a series of individual exams including a written exam, a multi-media exam and fieldwork. Before they arrive, the teams also design a poster for the team poster competition. Cultural events are also organised for participants including Irish dancing, an introduction to Gaelic games and a visit to Dublin.

Dr Susan Pike, Chair of the IGEO local organising committee and Assistant Professor in Geography Education at Trinity College Dublin (TCD) said: "Maynooth University's campuses have been an ideal base for the geography community for the events of IGEO. The students were delighted with the welcome they've received, which has ensured they feel at home for their examinations and the other events of the week."

The event precedes the 35th International Geographical Conference (IGC) 2024, which takes place in Dublin from August 24-30 and is the largest gathering of international geographers.

The Olympiad began with an opening ceremony on Monday, August 19, attended by the Department of Education's Chief Inspector, Yvonne Keating, and the mayors of County Kildare and Clane/Maynooth, Joe Neville and Naoise Ó'Cearúil.

The winners of the competition are awarded their gold, silver or bronze Olympiad medals and certs at the closing ceremony on Friday, August 23.

Along with MU and TCD, the local organising committee for the Olympiad included members from Dublin City University (DCU), University College Dublin (UCD) and Marino Institute of Education (MIE) as well as Esri Ireland.



The Slovenian Team at IGEO

A little piece of Italy in Maynooth

Ireland was an unexplored territory for us young Italians, so we decided to take on the chance and spend two weeks in July 2024 in Maynooth. Our group, made up of 30 teenagers and 5 leaders, had the opportunity to take part in this experience thanks to TGS. It stands for Turismo Giovanile Sociale and it's a Salesian association specialising in study trips. We were kindly hosted in St. Patrick's College campus, which never stopped amazing us with its vast range of historical facilities such as the Russell Library and the gothic Chapel.



We soon realised that living here was quite different compared to our normal lifestyle back at home: starting with the food and the gigantic amount of potato rations, to the weather and the daily schedule.

Our typical day throughout the week began right after breakfast with the morning English lessons until lunchtime, then, during the afternoon we either participated together in various activities or in cultural visits. Luckily, we weren't left on our own during the day, in fact, the Salesian volunteers of the St. Catherine's oratory always made their presence and support felt. They were always there for us when we needed; every time we went to the oratory to have fun, to ask for favours or for anything else they responded kindly, and for all of this we thank them warmly.



Irish Sports
The opportunity given to us to steal a glance at the traditional Irish sports wasn't certainly lost. We were brought twice to a Salesian school near Maynooth to learn about hurling and Gaelic football. Fortunately, a bunch of actual practitioners of these sports came to our aid in order to teach us properly so the whole experience felt a little like we were really training to compete for real. Back in Italy we learnt how to handle bats because of baseball, but to our surprise being able to correctly manage the hurley was a completely different matter altogether. So difficult!
If we had to compare the two disciplines, Gaelic football would probably take the first place in terms of easiness. Nothing against it, it is just more similar to our football, therefore we were better at it. That said, we still could have never hoped to hold our own against the real practitioners. The difference was clear, they were super good!



Overall this was a pretty unique experience, in fact it's not an everyday thing to have the opportunity to practise the traditional sports of another country while having as instructors people who actually play them.

Maynooth Castle and Carton House
One of our first cultural half day trips had Maynooth Castle and Carton House as destinations. What impressed us most in regard to the castle was its impenetrability due to its well organised walls and ability to survive sieges thanks to the covered well. Another curiosity that left us amazed was the correlation between the Norman Fitzgerald's family and the Italian Gherardini family which is linked to the Mona Lisa's dynasty.

Carton House was a beauty, with its long avenue covered by nature and its wonderful golf fields. We happened to imagine how big the garden was when the Fitzgerald's owned it; there were once 7000 acres but that plummeted to 1100. We had one hour of free time during our visit in which the fresh air and the sensation of freedom in such a gigantic place didn't go unappreciated.

Glendalough and Kilkenny
Sunday was a very full day. We departed early in the morning with a private bus that brought us to our first destination: Glendalough. We were amazed by the nature in that place. We had a lovely walk around the ruins of some ancient monasteries and churches and were surprised by the quantity of Celtic crosses in that area. Thanks to an introductory video and a guide, we found out that Glendalough means "the valley of the two lakes" and so we headed to two lakes and stared at the stunning landscape. We learned the story of St. Kevin and passed next to some of the places where he preferred to spend his time, such as the deer stone, then we listened to the legend connected to that stone. While we were going back to our bus, we came across some deer and approached them. We took some photos and then headed to our next destination.

It was a long journey to arrive to Kilkenny and we were glad we could get off the bus when we reached the city. Our main visit there was Kilkenny Castle. Lots of us appreciated the great conservation of the castle and the original furniture kept in the rooms. It seemed like a jump into the past. We had some free time in the large garden and green grass in front of the castle, before going back to our college for dinner and evening activities.

Dublin
Throughout the whole experience we went to Dublin several times. Our first time there was marked by the visit to the National Gallery and Trinity College at the weekend. Some of us had never even been in an art gallery, therefore the sight of so many beautiful portraits made us want to view all of them, unfortunately we weren't given that much time.

Furthermore, in regard to the college, we were fascinated by its history and the Book of Kells. In addition, the immense library and its gigantic globe pending from the roof were really breathtaking. After roughly a week, on a Friday night we had the opportunity to attend a very rare theatrical dance composition:

Riverdance. Our expectations were honestly pretty low, but after we exited the theatre we had to change our mind; the actors, the dances, the music and the stage all put together managed to create a magical vibe we never thought was possible. The following day, while three of us went a separate way in order to take an English test for the English certification, we made our way through the most intricate Dublin streets. Our destinations were: the Botanical Garden, which had more than 17000 different species of plants, flowers and trees, St. Patrick's Park and its respective gothic Church and last but not least, the traditional Guinness Factory. Unfortunately, we weren't able to actually visit the inside of these places because of our rather strict schedule for the day.



Last thought
It would be impossible to summarise all of the emotions, tears and laughs that characterised this amazing experience, but that is precisely the reason why this trip of ours will be remembered as something unique and precious, one that we will never be able to forget.

From this moment onwards Ireland won't just be some country with poor weather, it will symbolise the relationships and friendships that bloomed during these two beautiful weeks.

(With thanks to Pietro R, Giovanni B, Nicola C who put this report together)

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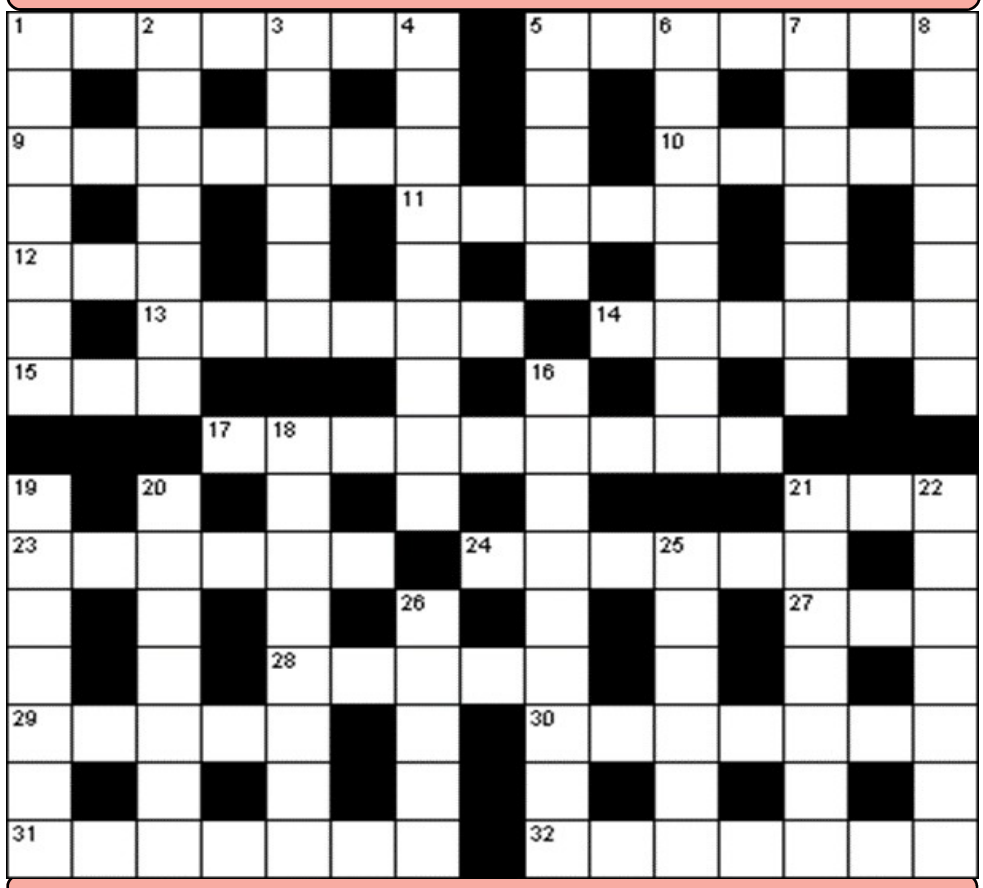
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DUBLIN 22

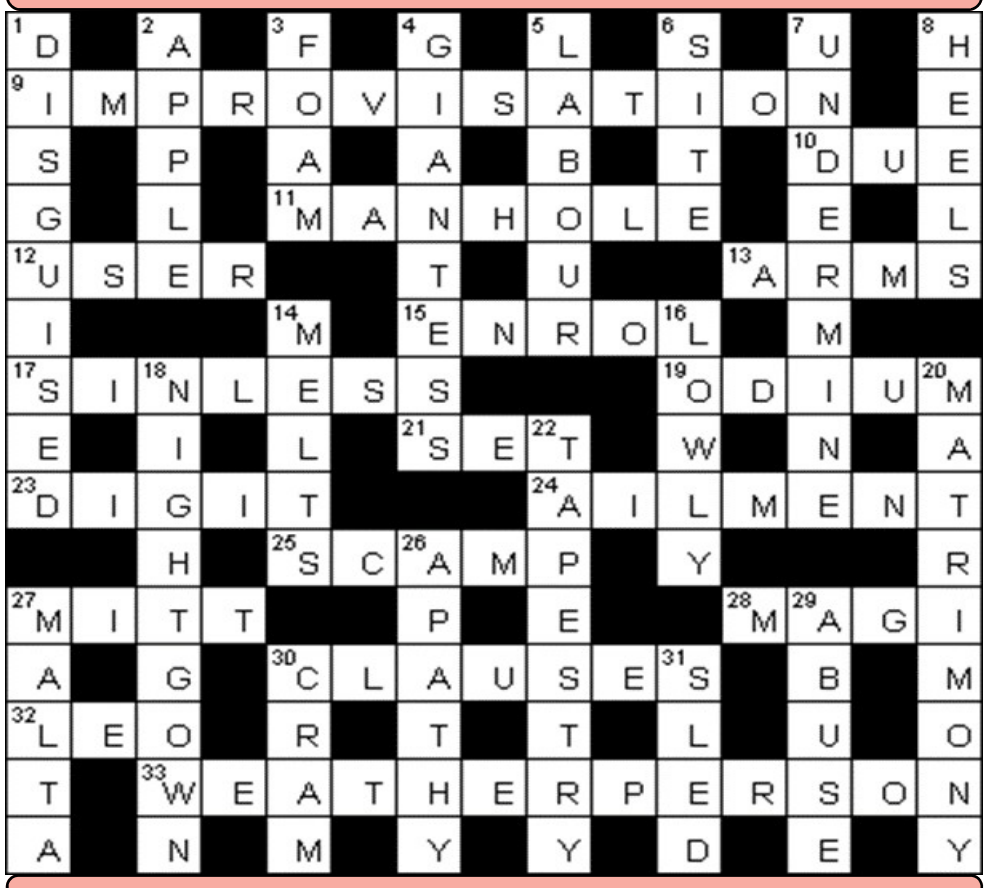
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September 2024 Crossword - No. 538



Solutions to Crossword No. 537



Clues Across

1. Full of pepper (7)
5. Small seedless raisin (7)
9. Mountain in NE Greece (7)
10. Small hard particle (5)
11. Chirp (5)
12. Flow back (3)
13. Passenger ships (6)
14. Collect (6)
15. Honey insect (3)
17. Calming medicines (9)
21. Passenger vehicle (3)
23. Closer (6)
24. Irrational fear (6)
27. Summit (3)
28. Early life (5)
29. Capital of Ecuador (5)
30. Follower of Christ (7)
31. Rudimentary component (7)
32. Cripple (7)

Clues Down

1. Adage (7)
2. Due (7)
3. Small Scottish town (6)
4. The day before this day (9)
5. Celestial body (5)
6. Fashion industry (3,5)
7. Disorder (7)
8. Large drinking cup (7)
16. Located on the right (5,4)
18. Everybody (8)
19. Not modern (7)
20. Hobby (7)
21. Tub to bathe in (7)
22. Paramount (7)
25. Sweeping implements (6)
26. Silent (5)



Sudoku Challenge

Difficult

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

Super Difficult

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

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

Support good homework & study habits.



Homework reinforces what's learned at school and can help raise red flags in subjects where children need extra help. It is crucial to establish good homework habits for kids early when the homework assignments are short and simple.

Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

Create an environment that is homework-friendly starting at a young age. Children need a consistent workspace in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

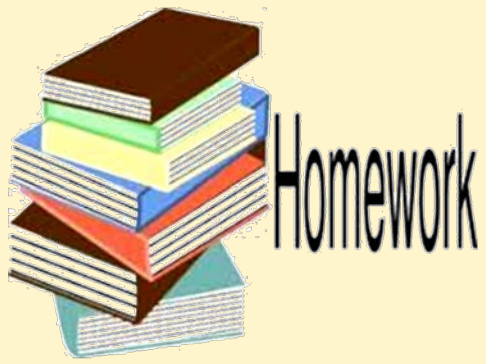
Schedule ample time for homework. Build this time into choices about participating in after school activities.

Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use.

Take steps to help ease eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch and take a break periodically when it will not be too disruptive.

Assist Your Child (But Not Too Much!) One of the trickiest parts of establishing good homework habits for kids is deciding how much help they need.

Some parents may be tempted to rush over the moment they see their child is getting frustrated. However, it is important for students young and old to challenge themselves and work through frustration. There will certainly be times when your child will need help, but homework is designed to reinforce skills and subjects taught in class. Doing your child's homework or helping her too much will only hurt her learning in the long run.



If your child is struggling with a particular subject, speak with their teacher for recommendations on how to help your child at home or at school.

If you have concerns about the assignments your child is receiving, talk with their teacher.

If you believe your child would benefit from special education services, submit a request to your school for an Individualized Education Program evaluation. Your pediatrician can help draft a letter of this request.

Give Your Child A Say. With all of the tips above kept in mind - be flexible. School days are long, and some children may need a break before digging into homework after school. Talk with your child about when, where, and how he does his homework best.

Some may like to be left alone and ask questions at the end, while others may like to go back and forth with a parent as they need. Children may prefer to do one subject at a time or bounce between them to stay interested.

Giving your child a voice will help her develop her personal best homework habits. In turn, she will have the skills she needs to grow her homework and study habits for the rest of her educational years.

Stay Positive and Confident
Keeping your cool will help homework become a positive opportunity for students to practice the skills they learn in the classroom. It's also your chance to see what your child is learning and make sure he has the tools he needs to succeed. Praise your child not only when she gets the answer right away, but when she struggles and perseveres. Remaining confident in her abilities throughout the process is key to her own self-belief.

Source; www.healthychildren.org
www.continentalpress.com/blog/good-homework-habits-for-kids/

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September Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Children's Events
Summer Stars Magic Show with Billy Bubbles
Sat 7th September , 11 am to 11:40 am
A Huge Well Done to all the children who took part in the Summer Stars Reading Programme this year !

Over 500 children took part in the Reading Programme this Summer in Maynooth Community Library , a huge Congratulations to all the children who took part.. To celebrate, join us for a magic show with the amazing Billy Bubbles . Billy Bubbles has presented his show all over the country. He mixes amazing, jaw dropping Magic, hilarious comedy and audience participation together with his high energy Punch & Judy Show. Children will also be able to receive their Certificate of Achievement for taking part in the Summer Stars Reading Programme at Maynooth Community Library !

All children attending must be accompanied by a parent/guardian :
Booking required , book your free ticket here **: PLEASE BOOK UNDER YOUR CHILD'S NAME** Book Free Ticket – Summer Stars 2024 Magic Show with Billy Bubbles – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

***COLLECT YOUR SUMMER STARS 2024 CERTIFICATE OF ACHIEVEMENT ***
Children will be able to collect their Summer Stars 2024 Certificate of Achievement at the Summer Stars Magic Show or in the library any time until the end of September. Please ask at the library desk to collect your certificate !

Let's Explore Music Workshop in Irish and English for ages 5- 10 with ' Mobile Music School '
Saturday 14th the September , 11.00 am – 12.00pm

Le linn ár gCeardlanna "Let's Explore Music ", tumtar páistí i domhan an cheoil. Is ceardlanna bríomhar iad "Let's Explore Music ". Le linn na ceardlainne , beidh imeachaí éagsúla cósuil le rithim, amhránaíocht, cluichí ceoil, cnaguirlisí agus a leithéid!

Our Let's Explore workshops immerse children into the world of music. These workshops include musical games, listening activities, rhythm, percussion instruments, action songs, composition and song singing.

Cláraigh anseo / Book here Book Free Ticket – Let's Explore Music Workshop in Irish and English for ages 5- 10 with the Mobile Music School – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Young Adult Events

Teen Writers Group Online, for ages 12-15.
Thursday 5th and 12th September, 6.00 pm –7.00 pm
A new term begins and it is a perfect time for your Teen to join a new group and start putting quality time into their interest in writing stories. This group is a social group for young writers aged 12 to 15, to chat, share work and bounce ideas while also getting some quiet writing time. Online via MS Teams.
Contact maynoothlib@kildarecoco.ie for more information and to join our group.

New Teen B**ook Club**
Friday October 18th , 4pm – 5pm
Register your interest now for a new Teen Book Club. Our former members have grown up and we're starting over. This is a book club with a difference; there are always recommended books to pick up at the library but readers can bring along whatever book to talk about that they like! Remember to mention what your favourite genres are at the link below!
Join on TicketTailor: https://app.tickettailor.com/events/maynoothlibrary/1330530

Adult Events

Homelessness and Housing Support Information Clinic
Tuesday 5th September , 2.00pm – 4.00pm
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*

Luain Press Poetry Club
Tuesday 10th September , 6.00 pm – 7.00 pm
After a two month hiatus, the Luain Press Poetry Club for adults is back! Bring your favourite poetry as we meet monthly to discuss and create. No booking needed, all welcome!

Age Friendly Coffee Morning
Wednesday 11th September , 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*

Climate Action Events
Zerowaste Maynooth : Ladies Clothes Swap, Clothes Repair Station , Kids Toy Swap & Cloth Nappy Ireland Station
Saturday 14th September, 2pm – 4pm
Join a free community event with Zero Waste Maynooth.
Ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money !

Clothes repair station Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life. Bring an item of clothes that needs repair and Vanessa will show you how to repair. With funding from Kildare County Council.

Cloth nappy Ireland Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money. So simple to use, drop by and chat to a volunteer

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

Culture Night
Introduction to Hand Drumming Workshop with Jabba Jabba Jembe for children 8+ and families
Friday 20th September, 4.00 pm – 5.00 pm
Enjoy the power and energy of playing Drums and Percussion in a friendly group environment.
These workshops will help people gain an insight into the sounds, techniques and rhythms used on a variety of hand drums and percussion instruments.
These workshops are suitable for people with or without previous experience. All Instruments are supplied.

All children must be accompanied by a parent /guardian
Book your free ticket here : Book Free Ticket – Introduction to Hand Drumming Workshop with Jabba Jabba Jembe for children 8+ and families – Maynooth Community Library Main Street Maynooth Co. Kildare (tickettailor.com)

Exhibitions

'Fragments' by Kildare Creative Sphere
September 3rd - September 24th
Mixed Medium Exhibition.
Kildare Creative Sphere is a network of Professional and semi /non-professional artists working independently and collaboratively to help develop their practice The meetings allow them to meet, form friendships and share our art to the wider community.

'Fragments' Exhibition Opening
Thursday 5th September
6.00 pm – 8.00 pm
All welcome to come along to the official opening of 'Fragments' exhibition by Kildare Creative Sphere. Light refreshments provided. *Drop in. no booking required*

Exhibition Space Booking
Maynooth Community Library's Exhibition Space Open for Bookings
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from November 2025. To be placed on a waiting list to use the exhibition space in 2024, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

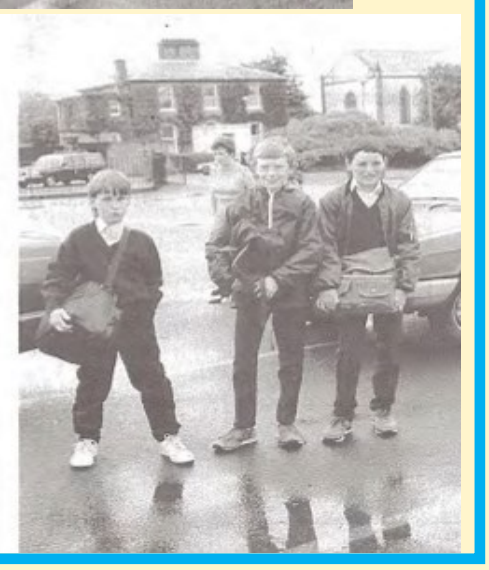
First Days of School from the Archives

Link to the Archive: www.maynoothcep.com



Sept 1988









Sept 1989



Cathan McDermott (Senior Infants) and Ciaran McDermott (1st Day in Junior Infants) - Mulhussey School.



Sept 1990



Richard O'Kane, Niamh Dolan, Michael Conneely, Stephen Conneely and Kate Jennings. Mulhussey School Junior Infants



Mulhussey School Junior Infants with their teacher Mrs. Dunne



St. Mary's Boys National School Junior Infants 1993. Pierce O'Connell, Principal.
Back Row: Conor Canning, Shane Fleming, Jonathan Galvin, Brian Twomey, David Corbett.
Middle Row: Karle O'Sullivan, James Molloy, Padraig Geraghty, Michael Cummins, Eoin O'Melia.
Front Row: Paul O'Connor, James Nolan, Patrick Comerford, Brendan Killeen, Oisín O'Donnell.



Back Row: Sarah Hawkins, Emer Kilduff, Vanessa Waldron, Cora Redmond, Laura Fitzgerald, Shirley Laurence.
Front Row: Suzanne Tyndall, Grace Holmes, Carli Gavin, Alyson Bagnall, Aisling O'Connor, Lisa Laurence.

Sept 1993



St. Mary's Boys National School. Edel Brennan, Class Teacher.
Back Row: Gavin Kelly, William Healy, Ronan O'Malley, Matthew Kavanagh, Mark O'Connell, Damien Quinn.
Middle Row: David Duignan, Patrick O'Connor, Stephen Thomson, Dwayne Troy, Eoghan Minds.
Front Row: Aidan Kerin, Stephen Cassells, Glen Weafer, Adrian Harpur, Philip McCarron.



Presentation Convent Junior Infants
Back Row: Nikita Burke, Aoife Kearney, Elaine McDonald, Jessica McGrath, Anna McKeever, Sharon Lyons.
Front Row: Aoife Kelly, Carmel Cushen, Grace Lavelle, Anna McNevin, Kirsty Heslin, Jessica Whelan.

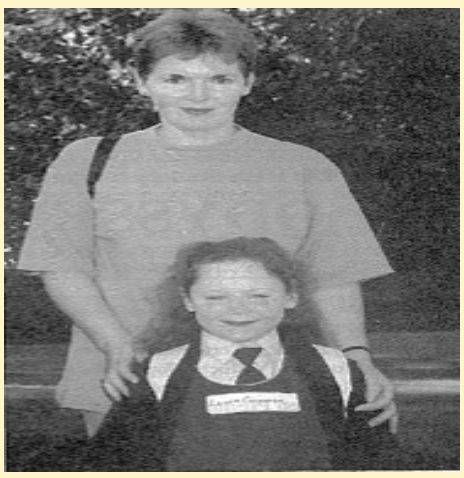


Jamie Donnelly with his brother Mark and their mum on his first day



All smiles from Darragh Boylan with his mum on his first day of school.

Sept 1994



Laura Corcoran with mum on her first day



Deirdre Lawless on her first day with mum



The more prepared in advance you are for the start of the school year the easier it will be for all the family especially if they are starting school for the first time.

A week or two before school starts, adjust the child's bedtime to help ease them into the new routine when school starts.

Have all lunches made the previous night. Have fun with the child/children checking the school bags to ensure they have everything they need.

Make first day of school easier by bringing the child down to the school and showing them where they will be going and show them the playground etc.

Also show them where you will be picking them up after school. Let them see their school books and show them how much fun it is to learn.

Sourced: www.healthychildren.org

If they have friends in the neighbourhood that are starting as well, why not go with them so they have a friend to walk in with and sit beside. This should make it less stressful for all.

Why not organise a 'walking school bus', this is where designated adults accompanies a group of neighbourhood kids walking to school. The children should also of wear hi-vis vests when walking. Not only would it make it easier to keep track of the children but would also make them more visible.



Parents could take turns walking the children to and from school. Teach them the 'Green Cross Code'. This could be fun for the kids and also they would make some friends.

If your child has allergies make sure they have a label sown onto their school jumper with all the information on it, and emergency phone numbers and make sure the school, teacher and bus driver (if applies) are fully aware too.

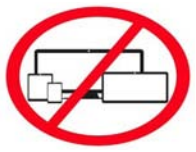


Manage school anxiety by firmly but gently telling them why going to school is so important.

Talk to your child and find out exactly why they are anxious about school and see what can be done. Take it one step at a time. Tell them you know that they are doing a good job and that you are proud of them.

Set little goals - one at a time. Give them praise when they reach each goal. At the end of the week, give them a reward. Do some fun activities at the weekend to elevate some of the anxiety. Have some one on one fun with them.

Help children organise their homework. Make checklists, do the most difficult subjects first as they might take up more time. Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use. Take a break periodically when it will not be too disruptive.



If your child is struggling with a particular subject, speak with their teacher on how to help your child at home or at school. If you believe your child would benefit from special education services, submit a request to your school.

Don't forget to take some time for yourself too. If you need help, don't be afraid to ask for support from your family or close friends.



To prevent a smoky air fryer put a few tablespoons of water in in the air fryer while it is cooking.

Use silicone cups to make individual portions.

Make desserts by baking them in the air fryer, such as a lava cake.

Salvage stale pastries by adding a small amount of water into the drip pan and turn up the heat. You will then have fresh pastries again.

Defrost frozen foods in the air fryer in minutes. It is so handy for doing it with vegetables as this makes sure they all defrost at the same level.

Always pre-heat your air fryer like you would with a normal oven. This is so important to do especially when going to cook meat. This ensures that everything is cooked evenly.

You can hard boil eggs in the air fryer. You don't even need water. Just pop the eggs in as they are and cook them on low heat for 15 minutes.

Avoid non-stick cooking sprays. They can cause more harm than good. They can clog the air fryer. Use olive oil instead. Shake the basket every so often to ensure cooking is even and food doesn't stick, cooks evenly and gets crispy.



When using parchment paper in the air fryer, make sure you punch holes in the paper so that air can escape and that ensures that the paper won't burn.

Why not dehydrate your fruit in the air fryer. If you have fruit that is nearly off, put it in the air fryer and dehydrate. This saves throwing the fruit out and also you are making a healthy snack.

Don't use your air fryer while it is in a corner or in a confined space as the air fryer needs the air to be able to circulate properly so that the food can cook properly.



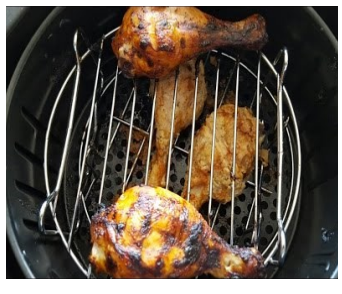
Parboil potatoes for 5 mins before putting them in to the air fryer. This will make them cook faster and be crisper.

Use dishwashing tablets in the air fryer and some boiling water when you are cleaning it. This helps remove any stubborn food. Make sure the basket is completely covered in the boiling water. Leave for 15 mins and then rinse.

Stop using the microwave to reheat your leftovers. As the microwaved food comes out soggy and not very flavoursome. The air fryer heats the leftovers without getting soggy and retains the flavours better.

Soybean and safflower oil are best for getting the perfect smoking point. Theses oils can also be cheaper to buy.

When cooking meat, make sure to space out the pieces so that each piece cooks evenly and properly.



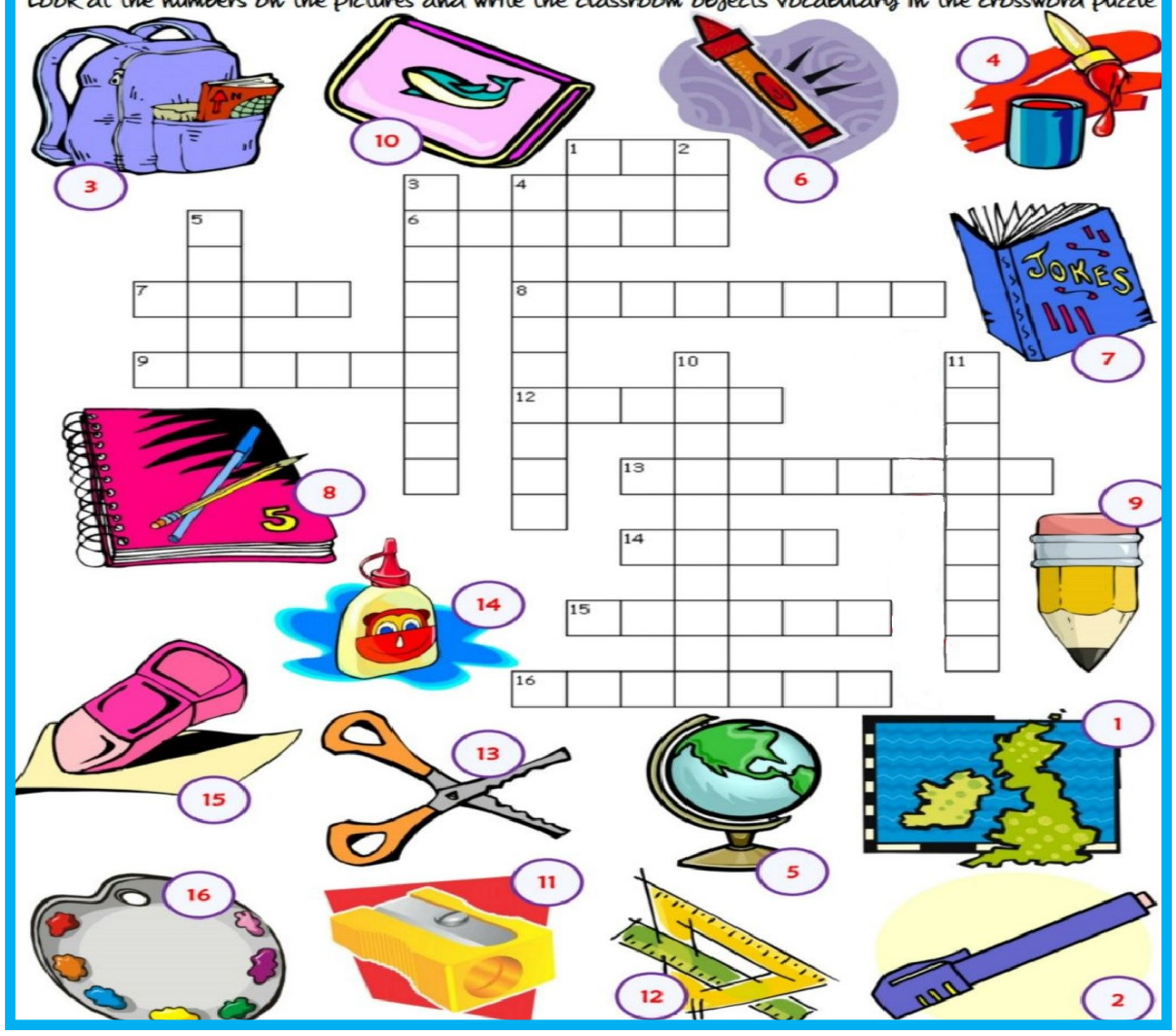
Stack food evenly but do not overcrowd. You can use a metal divider in the air fryer. This ensures that you can cook more and that the food gets evenly crispy.

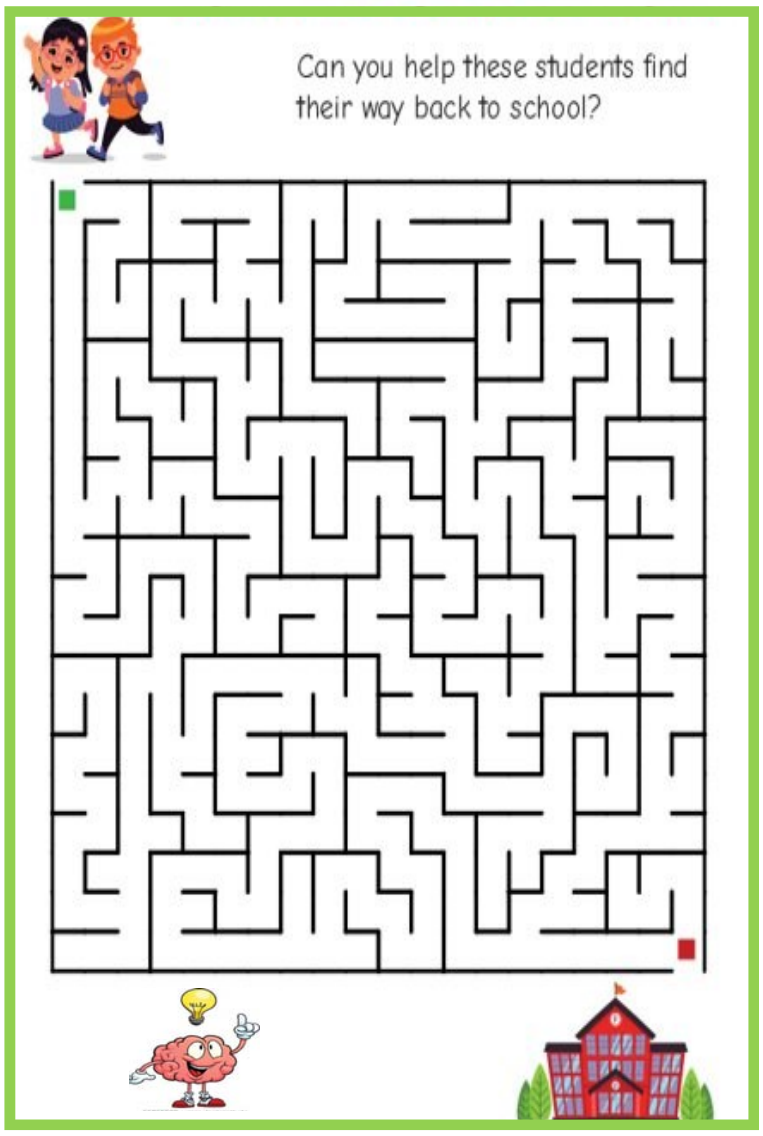
Sourced: www.news.soyummy.com

Junior Fun

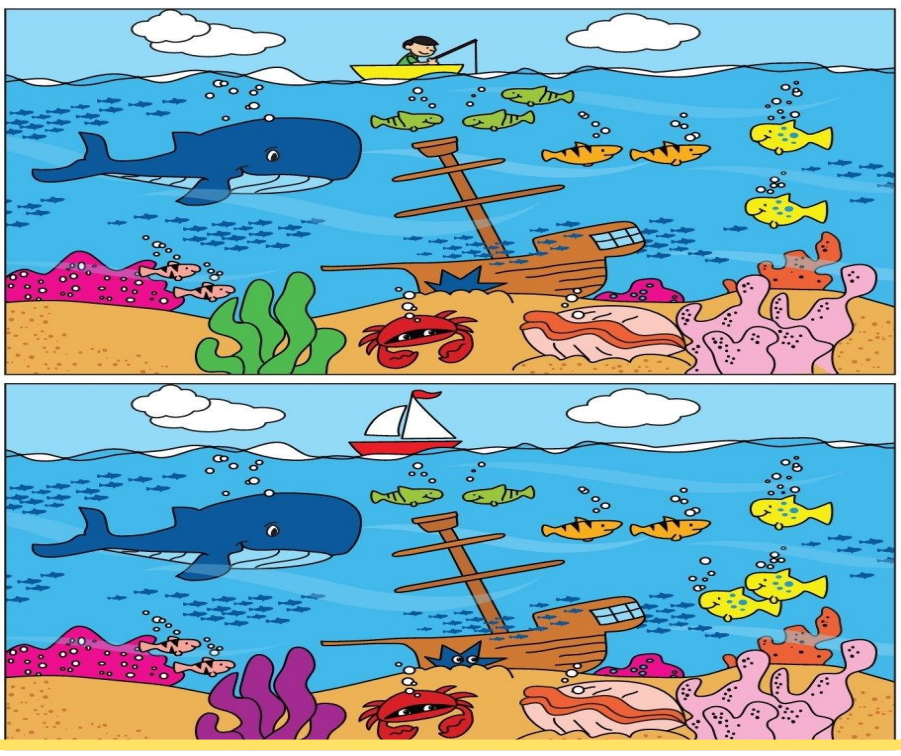
CLASSROOM OBJECTS CROSSWORD PUZZLE !

Look at the numbers on the pictures and write the classroom objects vocabulary in the crossword puzzle





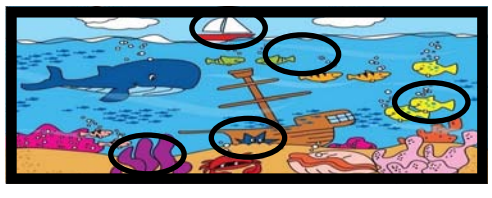
Can you spot the 5 differences between these two pictures?





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All puzzles sourced free from Google



Back to School Word Search



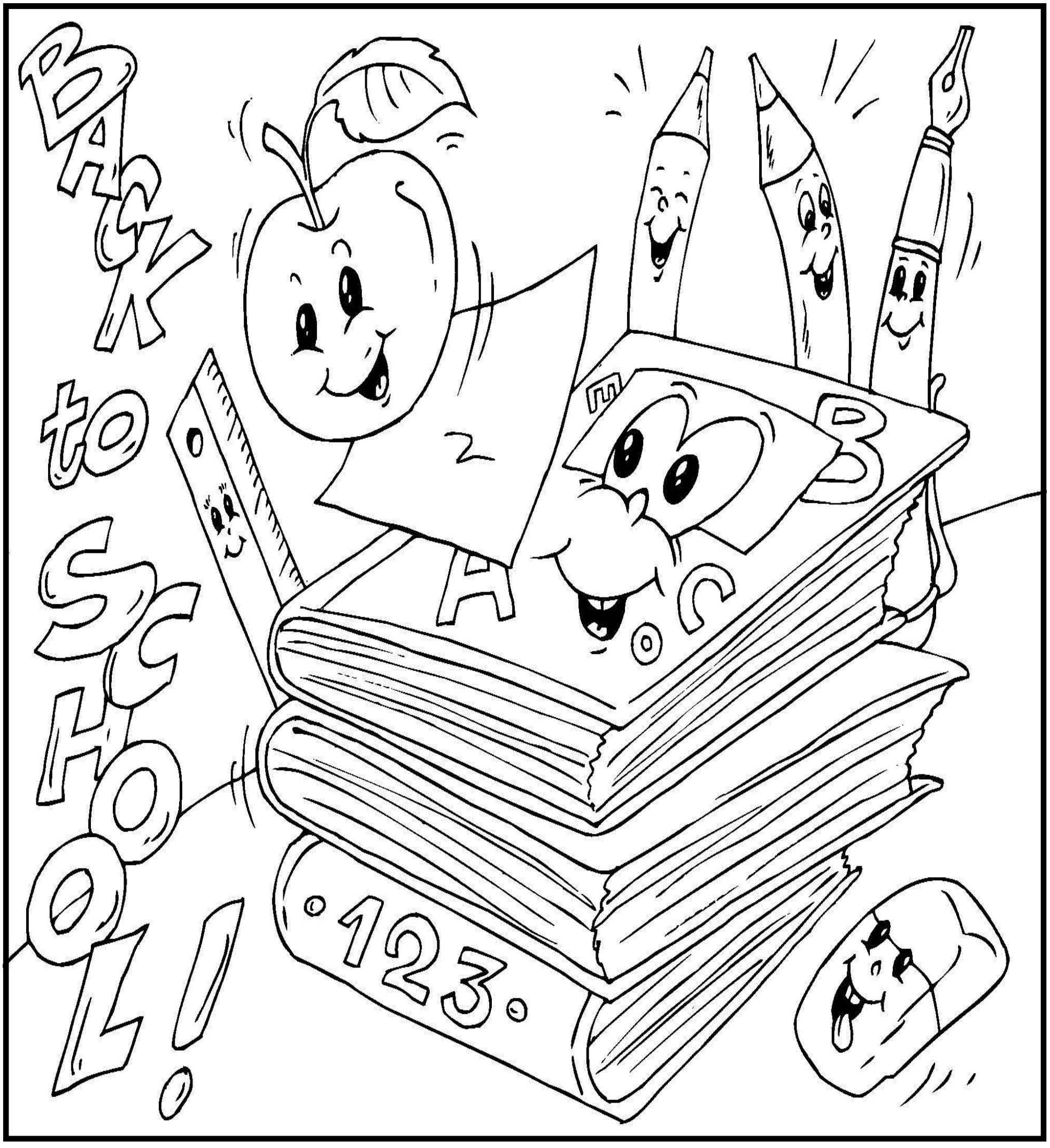
ELEMENTARY	S	P	O	R	T	S	Y	S	M	B	R	E	L	U	R
MIDDLE	N	A	A	R	D	A	H	G	H	T	E	R	W	O	U
JUNIOR HIGH	U	C	T	P	C	I	I	E	A	S	M	P	E	N	S
HIGH SCHOOL	L	M	L	H	E	O	G	T	A	C	O	V	R	P	D
BACKPACK	J	U	N	I	O	R	H	I	G	H	R	E	C	I	E
PENCIL	U	I	P	E	C	R	S	P	I	O	I	L	A	C	L
PAPER	P	T	N	S	R	E	C	E	S	S	E	T	L	E	E
SCISSORS	R	T	R	O	N	G	H	A	T	G	S	A	C	X	M
RULER	O	S	C	I	S	S	O	R	S	O	S	Y	U	T	E
CRAYONS	T	L	R	U	L	R	O	A	T	S	E	N	L	T	N
MARKERS	R	E	A	G	L	E	L	A	T	L	I	R	A	A	T
BOOKS	A	A	Y	Y	P	K	R	E	D	T	R	E	T	Y	A
PENS	C	J	O	N	E	R	O	D	H	L	E	H	O	B	R
PROTRACTOR	T	Y	N	E	M	A	I	E	M	O	I	D	R	A	Y
COMPASS	O	H	S	T	A	S	S	A	P	M	O	C	R	B	S
CALCULATOR	R	S	K	O	O	B	A	C	V	J	B	R	N	N	B
RECESS	F	O	S	E	M	A	T	E	A	C	H	E	R	E	L
CLASS	B	A	C	K	P	A	C	K	E	R	W	A	P	O	P
SPORTS															
TEACHER															

COLOURING FOR FUN

By: Martina

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

All puzzles sourced free from Google



JACKIE'S STRAWBERRY CREAM SLICES

A quick and easy healthy high protein recipe

First you will need a baking tray, parchment paper, bowl, blender, and sieve.

You will also need the ingredients below:



- Shop bought reduced fat puff pastry (for convenience or make your own)
- Light Cottage cheese x 1 tub
- Vanilla protein powder x 2 scoops
- Strawberries
- The white of one egg for egg wash
- Icing sugar for a light dusting

Pastry



Place the pastry onto a lined baking tray. Roll out your pastry and cut into even squares and brush with egg white. Then place in the oven.
Preheat oven at 250 degrees F and bake the pastry at 220 degrees F for 10 to 15 minutes. When removing the puff pastry from the oven make sure to allow the pastry to cool and rest on a rack before adding the strawberries and cream to the slices.



Filling



Blend one tub of cottage cheese in a mixing bowl with two scoops of vanilla protein powder until you have a smooth consistency. This will be your high protein healthy filling for your cream slices. Don't forget to drain any liquid from the cottage cheese as this will make the filling too soft.

Assemble



Assemble your strawberry cream slices by making a pocket with a knife in the puff pastry. Then layer the cream and sliced strawberries inside the puff pastry squares and enjoy.

Source: Newsletter Staff Writer

Mug cake

Ingredients:



2 tbsp soft unsalted butter
1 tbsp light brown sugar
2 tbsp caster sugar
4 tbsp self-raising flour
1 tbsp cocoa powder
1 egg yolk
½ tsp vanilla extract
handful chocolate chips

Method

Put the butter into a large, microwave-safe mug. Microwave for 10–20 seconds, or until the butter has melted.
Once the butter is melted, use a fork to stir in the brown sugar, caster sugar, self-raising flour and cocoa powder. Mix until well combined without any lumps.
Add the egg yolk and the vanilla extract and stir again. Microwave for 30 seconds.
After 30 seconds, remove from the microwave, taking care to protect your hands as it could be hot. Put the chocolate chips on top of the cake mixture and use a teaspoon handle to push them down slightly into the mixture. Microwave for a further 30–40 seconds.
Carefully remove from the microwave and leave the cake to cool for 15 minutes.
Eat on its own or add a topping such as a scoop of ice cream, sprinkles, a chocolate flake or strawberries.
Enjoy!

Source www.bbc.com/food



Flowers



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

Fruit and veg



Sow hardy greens, such as kale, land cress, pak choi, mizuna, lamb's lettuce and mustard, for winter pickings.Prune out all the fruited canes of summer raspberries, cutting down to the base, and tie in new canes to supports. Pot up herbs, such as chives and parsley, and place on a sunny windowsill to use during winter. Start sowing hardy varieties of broad beans and peas for early crops next year. Plant shallot and onion sets in a sunny spot, 10cm apart, with the tip just showing above the soil. Cut away any leaves covering the fruits of pumpkins, squash and marrows to help the skins ripen in the sun. Plant saffron crocus bulbs (Crocus sativus), so you can harvest your own saffron this autumn.

House plants



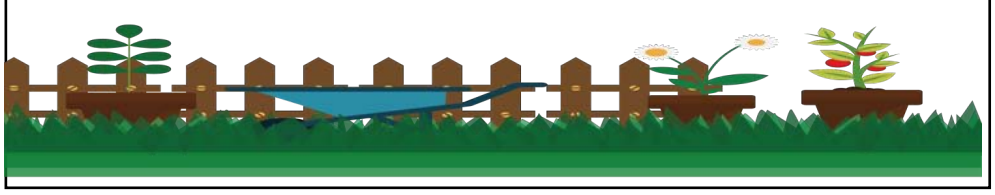
Feed house plants once a week with liquid fertiliser, continuing through to autumn
Repot moth orchids after flowering if they look like they're about to burst out of their pot. Water house plants less frequently and move them off particularly cold windowsills at night.
Find out how to water your house plants. Plant hippeastrum (amaryllis) bulbs in pots for spectacular flowers over the festive season. Bring any house plants that you moved outside over summer back indoors, before temperatures start to drop. Repot any house plants that have become top heavy or pot bound into larger containers. Maximise the amount of light your house plants receive by moving to brighter spots, or choose indoor plants for low light.Some house plants, like snake plants, are particularly prone to collecting dust on their leaves. So be sure to give these a wipe regularly.

Garden maintenance



Rake thatch from lawns, scarify well-trodden areas by spiking with a garden fork, and re-seed bare patches. Put netting across ponds to stop autumn leaves falling in and rotting, and keep on top of autumn pond maintenance.Water autumn-flowering asters regularly to deter mildew.Clean out water butts and check downpipe fittings in preparation for autumn rains. Remove duckweed, pondweed and algae from water features and ponds. Check that tree ties and plant supports are firmly in place, ahead of any autumn gales.Wash and disinfect bird feeders and tables to maintain hygiene. Collect fallen leaves to store in a leaf mould bin made of chicken-wire or bin bags to make leaf mould.Hunt for rosemary beetles on lavender and rosemary, picking off the striped metallic beetles and their grey larvae. Collect up and bin apples, plums and pears infected with brown rot, to reduce the spread of this fungal disease. Order bare-root fruit trees to plant later in autumn or winter. Check roses for signs of fungal
diseases, such as blackspot, and pick off and bin all affected leaves.

Source: gardenersworld.com



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

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Kildare Planning Applications for Maynooth Area
Planning Applications received from 26/07/2024 to 28/08/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460805	Kildare County Council	Kilbarron ICAV on behalf of Kilbarron Fund 1	Site at Crowncourt, Dublin Road (R148), Maynooth, Co. Kildare	20/08/2024
24262	Kildare County Council	Kevin & Connie Larkin	8 Parklands Place, Railpark, Maynooth, Co.Kildare	19/08/2024
2460803	Kildare County Council	Cathal Morgan	9 The Padock, Moyglare Abbey, Maynooth, Co. Kildare	19/08/2024
2460801	Kildare County Council	Cathal Morgan	9 The Padock, Moyglare Abbey, Maynooth, Co Kildare	19/08/2024
2460789	Kildare County Council	Ronan Coyne	KIlmacredock, Maynooth, Co. Kildare	14/08/2024
2460785	Kildare County Council	Ronan Coyne	KIlmacredock, Maynooth, Co. Kildare	13/08/2024
2460774	Kildare County Council	Ladas Property Company Limited	Lands adjoining and to the rear of St Mary's Church at Mill Street, Maynooth, Co. Kildare	08/08/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhaplayers@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. Angela Feeney	087-2381962	angelaemfeeney@gmail.com	
Cllr. Naoise Ó Cearúil	086 7280050	cllrnaoise@gmail.com	https://www.facebook.com/naoiseocearuil/
Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com	
Cllr. Peter Melrose	089 263 7612	peter.melrose@socialdemocrats.ie	
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.

Maynooth Community Employment Project

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

Local News - October 2024 - Issue No. 539 - Online Version

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

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

First Traveller man conferred with a PhD at MU

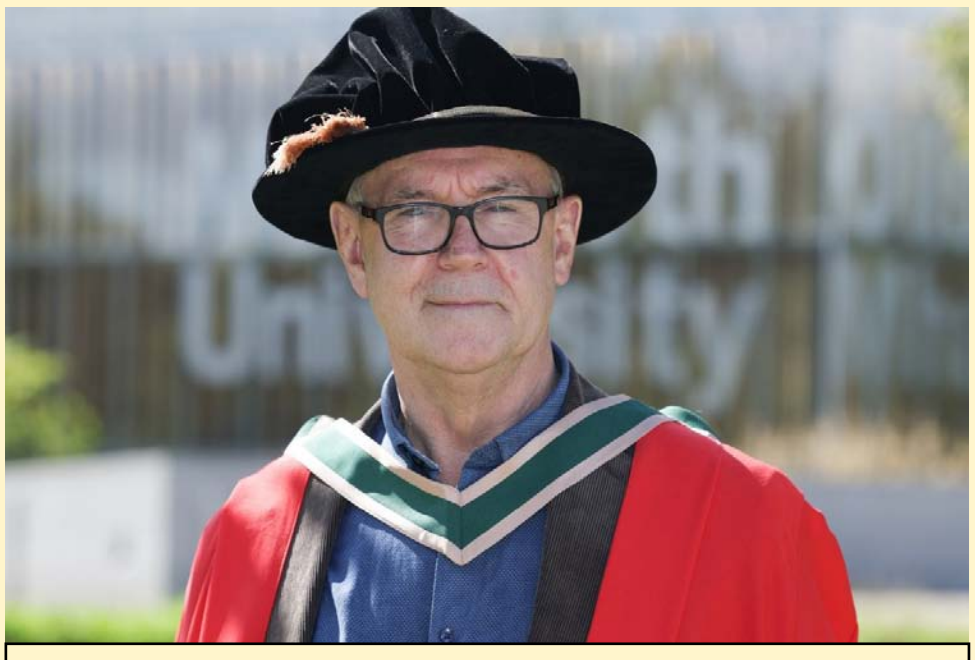
Thomas McCann became the first Irish Traveller man to earn a PhD in Maynooth University when he was conferred with a Doctor of Social Science degree at conferrings on September 4. His doctoral research focused on community work and the Traveller struggle for human rights in Ireland. Thomas, who is also the first Traveller to complete a doctorate in MU, was conferred along with five Traveller undergraduate students who received their Bachelor of Social Science (Community and Youth Work) degrees at MU's conferring ceremony. The four-year degree integrates academic coursework with practical experience.

First traveller to study at Maynooth University

In 1985, Thomas became the first Traveller student in the University, participating in the first Traveller education programme run by Dublin Travellers Education and Development Group, now Pavee Point. On completing this programme, he secured a place on the first MU undergraduate professional programme in Community Work and Youth Work. "I was trying to find a coherent framework to support my political activism, and community development work offered this to me. That's why I started out on this journey," said Thomas, who went on to found and manage the national Traveller Counselling Service.

After earning a degree as a psychotherapist and studying for a Masters in Clinical Supervision in Trinity College Dublin, Thomas decided to return to MU to undertake a PhD. "My aim was to stimulate something new in terms of thinking and to go beneath the surface and explore issues such as systemic racism against Travellers, intergenerational trauma and internalised oppression. These are values that are important to me," he said. "I have strong values in terms of human rights and inclusion and the department in MU shared similar values."

He plans to continue to build on his research and further develop the areas he has been working on. "The success of these students challenges stereotypes and can inspire others to pursue higher education and professional development," said Dr Ciara Bradley of the Department of Applied Social Studies. "It serves as a powerful example of how targeted, supportive educational programmes can empower marginalised communities, promote social inclusion and address systemic inequalities."



Dr Thomas McCann, the first Traveller to be conferred with a PhD at Maynooth University.

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Phone - 01-6285922 - email - office@maynoothcep.com Website: www.maynoothcep.com
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Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

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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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E-mail: office@maynoothcep.com
Website: www.maynoothcep.com

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

Mission Statement
The Maynooth Newsletter is a community focused publication available free to the people of Maynooth. It plays an important role in gathering together, recording and distributing community based news.
We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.
The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.
The Editorial Board endeavours to ensure independence and balance in the Newsletter content and reserves the right to omit/edit or abridge material which in its opinion might render the Newsletter as a promoter of sectional interests.
In addition we undertake the following:

- In the case of errors of fact we will publish corrections when we become aware of such.

- In the case of unwittingly or unfairly impugning the reputation of any person we hereby offer that person the right to reply.

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.
Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

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

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

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All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial



A survey published by the Real Estate Alliance at the end of last month confirmed that for the first time the average price of a second hand three bedroom semi-detached house in Co. Kildare is above the €400,000 threshold. County Kildare is the first area outside of Dublin to reach this average level of pricing. For Maynooth the number is calculated at €440,000. Comparing current properties offered for sale in Maynooth on DAFT.ie, pricing for three bedroom houses is in the range of €350,000 to €490,000 depending on the overall size of the property and the energy standard. There is no doubt that this demand led pricing levels are driven by the shortage of housing in the greater Dublin area. It has been noticeable in Maynooth in recent years, that many houses previously available to rent have been sold for private family use. This has given a number of estates in Maynooth a boost with new permanent residents which must be welcomed. However, the downside is the shortage of rental properties, but some of this demand, particularly for students will be met by a number of new student specific developments being currently built in the centre of the town.

The future development of Maynooth, at least for the period 2025-2030 is determined in the Kildare County Council, Maynooth Local Area Plan. The plan provides for additional development land for the further expansion of the residential capacity of the town. A considerable amount of development land was already available, but it is not yet built on mainly due to the need to put the Maynooth Eastern Relief Road in place. Permeability proposals in the plan were the most unwelcome by residents in many areas, with a large number of individual submissions from the public, but the proposals were unaltered in the Chief Executive's review. Maynooth has many unique factors that mean that additional permeability would have a detrimental impact on the quality of life for a significant number of residents. In particular the creation of traffic rat-runs to avoid congested roads and additional casual parking likely on narrow residential estate roads. The final decisions on the proposals are made by our ten elected Councillors.

Last month we mentioned the planned extension of the DART to Maynooth and that it is critical that additional parking be found in advance for the inevitable new traffic that will be in Maynooth, which will be in effect a DART hub. It is great to see that at least in advance of the arrival of the DART, that Irish Rail are installing new platform lifts and footbridges at Maynooth Railway Station. The provision of more accessible facilities is well overdue for this busy station that serves both commuter and mainline train services. These works which are starting soon are expected to take a year to complete and will result in the new south side carpark delivered a few years ago being used as a building site base. Irish Rail has confirmed that 21% of the existing parking facilities at Maynooth station will be removed temporarily to facilitate these works. With the ongoing works on the canal bank upgrade and the loss of the private carpark in Leinster Street, many more people will need to walk to the train station. I stopped driving to the train station over twenty years ago and took the walk there as daily exercise. For more information on the upgrade works at Maynooth Station see https://www.irishrail.ie/en-ie/news/major-accessibility-upgrades-for-maynooth-station

I want to call out again one local voluntary group that continues to work effectively and without much fanfare providing a critical local service to the people of the town. Maynooth Community First Responders was established in May 2018. They provide training to volunteers who respond to cardiac medical emergencies in Maynooth. Reports confirm that volunteers have been critical in responding to a number of medical emergencies in recent months. If you want to know more about or make contact with Maynooth Community First Responders e-mail maynoothcfr@gmail.com

Paul Croghan
Editor

Copy date for the November edition will be 5pm on Tuesday 29th October 2024

Online Office

Here to help with

* Medical Cards
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* Environmental Concerns
* Employment Concerns
* Covid - 19 related queries

Phone

WhatsApp

zoom

E-mail



Cllr **Angela Feeney**

If I can help:

e-mail me at

afeeney@kildarecoco.ie

Or call on 087 2381962

LABOUR

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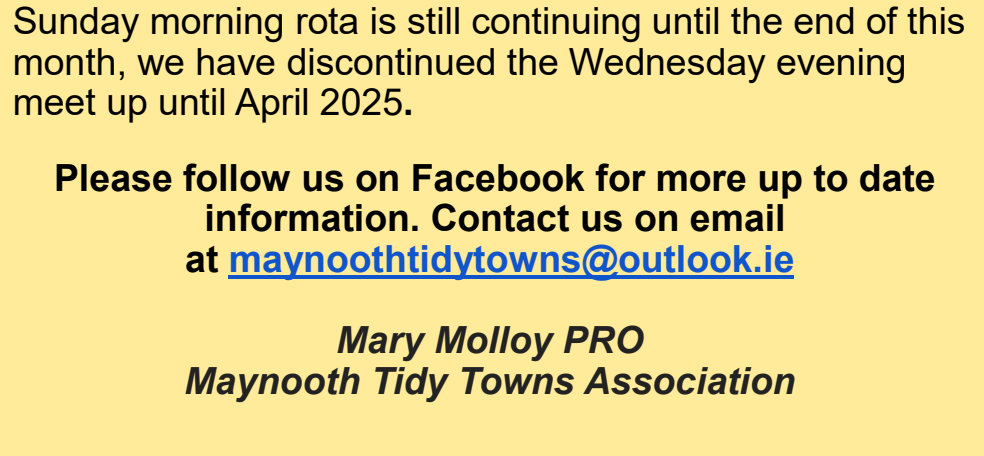


Gold Medal Winners
2016 - 2017 - 2018
2019 - 2021 - 2022
2023

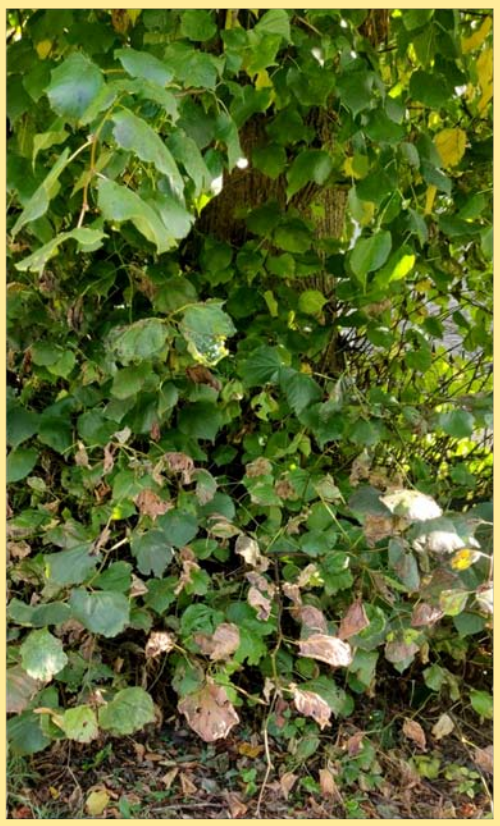


Judging in the 2024 Tidy Towns Competition has finished since the 31st August. We can all relax and await the results on the 1st November in Croke Park. Fingers crossed we receive many invitations.

Breedge and Vinny went to an event in Abbeyleix in September to finally collect our Gold Medal and other awards for 2023.







We meet every Saturday morning at 9am at our shed in the Council Car Park.

Sunday morning rota is still continuing until the end of this month, we have discontinued the Wednesday evening meet up until April 2025.

Please follow us on Facebook for more up to date information. Contact us on email at maynoothtidytowns@outlook.ie

Mary Molloy PRO
Maynooth Tidy Towns Association

We finished trimming the last of the Lime trees outside Maynooth Castle in September, before and after pictures above.
We prepared the ground in the Council Car Park for bulb planting in October. At least 10 of us spent 2 hours, digging and spreading the soil which was donated to us by a local builder.

We celebrated #cleancoasts weekend by cleaning the Lyreen River and the Royal Canal, so much dumping of grass and cooking oil etc which is very harmful to our fish. An email has been sent to the litter warden. We will work on the Joan Slade River on Parsons Street next week.

Thanks again to so many people who support us every week with financial donations, sandwiches, strawberries, biscuits to serve with our tea/coffee in the Pound. Special thanks to the ladies in the ICA who will sponsor our refreshments on the 28th September in the ICA hall.







Cllr. Angela Feeney Maynooth Labour News

E mail: afeeney@kildarecoco.ie - Phone: 0872381962

Maynooth - Celbridge Cycle Path is Joined-Up Thinking

At the September Municipal District Council meeting, Labour Councillor Angela Feeney submitted a motion to create a cycle path between Maynooth and Celbridge.

With Clane-Maynooth municipal district business resuming on September 4th, Councillor Feeney's motion seeks to create more sustainable transport links across North Kildare. Not only would a cycle lane have a low environmental impact, it would create an accessible and more efficient connection between the towns that will benefit everyone. As Celbridge, Leixlip, and Maynooth grow at pace, we should be planning for the future by helping local people move between them more sustainably, Cllr. Feeney adds.

The Council said that a cycle track on the R405 connecting Celbridge and Maynooth is not included in the National Transport Authority's current portfolio. However, Kildare County Council did say that should an opportunity arise to bring forward the scheme, then this will be done, subject to funding and available resources.

With cycle lanes identified as a big concern in Celbridge in a public consultation for the town renewal plan and high numbers of children cycling to school, it is now time to create a Maynooth-Celbridge cycle path.

At the Council meeting, Cllr. Feeney said that whatever scheme of funding we can tap into-not only for active travel but heritage funding-because this route would link sites of historical interest-Conolly's Folly and Castletown Estate-it could take tourists from the Greenway and link them to heritage sites.

Cllr. Feeney asked that we prioritise this route and carry out a costings exercise so that we have a shovel ready project whenever funding or calls come in, but also that costing might allow us to consider LPT funding, that could be a joint project with Celbridge MD.

She concluded that the NTA will have a big part to play in deciding funding too and she welcomes the fact that a meeting is taking place with representatives from the NTA in the Council at the end of September and Cllr. Feeney will be proposing this project to them for funding.

Cllr. Feeney calling for a pedestrian crossing at the end of Carton Avenue

Cllr. Feeney submitted a motion calling for the installation of a push-button pedestrian crossing at the end of Carton Avenue. In speaking to the motion, Cllr. Feeney said that this is a very popular walking and cycling route for many people; they start their walk down Carton Avenue and continue across into Carton Demesne. However, to cross the road between the end of Carton Avenue into Carton estate, has become increasingly difficult and dangerous. Crossing that very busy stretch of road would be much safer if a push-button pedestrian crossing was installed. Cllr. Feeney said that a pedestrian crossing similar to the one she suggested on another road recently, the Newtown Road, near the Maynooth Town Football Club, would be the solution. That pedestrian crossing is now operational and is making access much safer, said Cllr. Feeney.

The stretch of road near the end of Carton Avenue has become busier than ever and it is a straight stretch of road and Cllr. Feeney believes that when the Maynooth Eastern Ring Road opens, it will only get busier.
Cllr. Feeney said she fully supports active travel but we need to make sure it is safe for everyone when they are out and about. Many residents have been in touch with Cllr. Feeney calling for this measure and this is why she brought the motion to the Council meeting.

She is pleased that the Council has responded favourably to her proposal. Funding now needs to be allocated to make it happen. Cllr. Feeney suggested that Local Property Tax (LPT) be allocated to the project, as happened with the other pedestrian crossing at the Football Club. Cllr. Feeney believes this is good use of LPT and when we are having our discussions on allocations of LPT for projects, Cllr. Feeney will be putting this one forward for funding because it is about making it safer for pedestrians and cyclists to cross the road and continue their walk safely.

Lights Action!

Cllr. Feeney welcomes the recent repairs carried out on the six public lights on Main Street Maynooth.

Cllr. Feeney reported the broken lights to the Council back in May. There has been a delay due to the Council changing provider and a new contractor had to be sourced and a new contract signed which caused a backlog in repairs.

As it was an issue of public safety Cllr. Feeney asked the Council to prioritise these six lights for repairs. She thanks the Council for finally carrying out the works particularly as the darker evenings have arrived.

Swimming Pool Update

Back in February, when the President of Maynooth University met with Councillors, Cllr. Angela Feeney suggested that the college swimming pool be upgraded and reopened for community use.

This suggestion received a positive response and discussions have been taking place between all parties. So Cllr. Feeney asked for an update as to where those discussions are at and if progress has been made.

She was very pleased to hear from the Council's area manager that discussions are ongoing and that a meeting had taken place the previous day to the Council meeting which was very positive and that costings are being drawn up.

Cllr. Feeney said that if the recent government strategy on swimming is to have any effect, it must be followed up with delivering a swimming pool for North Kildare, it is long overdue,

She said that swimming is a life skill, a life-saving skill and she feels that every child should have the opportunity to learn to swim, not only those children whose families can pay for access to private leisure centres.

Maynooth Local Market

maynoothlocalmarket@gmail.com TheMaynoothLocalMarket

Christmas Market coming to Maynooth



Maynooth Local Market will transform into a winter wonderland for two weekends in December. From 10am to 5pm on Saturday, 7th December and Saturday, 14th December we invite everyone to join us on Court House Square for some festive fun and shopping. It's the perfect opportunity to support local businesses and pick up some Christmas gifts!

We also have a limited number of spaces available for new vendors to join our wonderful regulars pictured here.



[Pictured L-R – Monica from Once Upon a Whisk, Geraldine from GD Melts, Maura of Maura McDonnel Art, Sonja from So Obsessed, Trevor from Donadea Organic Veg, Sinéad from Collie Flower Designs, Norman from Dunnes Farm Pastured Eggs, Mason from Fun Foods and Iselina from Handicrafts.]
We'd particularly love to welcome vendors with seasonal products. If you are interested, please get in touch by emailing maynoothlocalmarket@gmail.com.
Follow us on social media @TheMaynoothLocalMarket

Five undergraduate students part of initiative to support Traveller health workers

Five undergraduate students were conferred under an initiative between the Department of Applied Social Studies, Pavee Point Traveller and Roma Centre, the HSE's Eastern Region Traveller Health Unit, supported by the Maynooth Access Office. They were:

- Geraldine McDonagh, a youth worker with the Southside Travellers Action Group.
- Megan McDonnell, a worker with Traveller Women's Awareness at Pavee Point.
- Geraldine McDonnell, Traveller Community Development mental health worker.
- Brigid Nevin, a primary health care coordinator.
- Patrick Reilly of the Eastern Region Traveller Health Unit.

The initiative aimed to support Traveller health workers gain professional education in community and youth work to enhance their educational and employment opportunities and capacity to contribute to community development initiatives in Traveller organisations and the HSE. It also aimed to break down barriers for Traveller students in higher education and support the ongoing development of inclusive education in Maynooth University.
Dr Bradley added: "It is a significant milestone in the Department of Applied Social Studies' long-term commitment to excellence in inclusive education, engagement and building sustainable collaborations within and outside the university and the 40-plus years in supporting Traveller students and creating the conditions in which Travellers can thrive in Maynooth University."

She commended the students for their resilience and dedication, especially given challenges thrown up by the onset of the Covid-19 pandemic a few months into the programme. "For the participants, this sudden shift posed significant challenges. Many faced limited access to digital devices and had no experience with online learning platforms. Additionally, their roles as health workers became even more demanding and they juggled increased work responsibilities, all while adapting to unprecedented changes in their daily lives."

Acknowledging the significance of this milestone, Maynooth University President, Professor Eeva Leinonen, expressed pride in the achievements of the graduating Traveller students:
"We are incredibly proud to celebrate the achievements of our graduating Traveller students, including Thomas McCann. Thomas's accomplishment, along with the success of his fellow graduates, shows their dedication, perseverance, and commitment to making a difference. Their achievements enrich our university community and inspire us all to continue working towards a more inclusive and fair society."



(Left to right) Patrick Reilly, Geraldine McDonnell, Brigid Nevin, Thomas McCann, Megan McDonnell and Geraldine McDonagh

MU congratulates over 2,300 students on their conferring

More than 2,300 students, ranging in age from 20 to 78, received their degrees from Maynooth University across a wide range of disciplines, including the first 11 students to graduate from the University's new BSc in Biological and Geographical Sciences.

Among the students receiving a Bachelor of Arts were Ellie Hewitt (BA Irish & Geography), from Athlone, Skye Carr (BA Criminology & Anthropology) from Glasnevin and Jamie Campbell (Law & Arts) from Kilcock, while Chrissy Skelton was awarded a Doctorate in Anthropology and Truc Ha Nguyen received a PhD in Medieval Irish.



Ellie Hewitt from Athlone, Co Roscommon

Also among the 51 students receiving a PhD was 78-year old Oliver Whelan from Malahide in Co Dublin who was conferred as a Doctor of Philosophy in History. A retired director of the National Treasury Management Agency, he earned a doctorate for his research on the struggle of tenants for ownership of land in Co Carlow in the 80-year period from 1879-1960. Although Oliver originally studied Classics and hadn't even studied History for Leaving Cert, he didn't find this a barrier when he went back to study for an MA after he retired. He then went on to undertake a doctorate. "Maynooth University were very encouraging. They just said begin at the beginning." He is now working on publishing a book based on his thesis.



(Left to right) Ciara Vernon, Kaia Griffin Tezgel, Skye Carr, Paul Kean, Hannah Caw and Katie Farrell

Meanwhile, Nadine Heinrychs from Kilcock, Co Kildare was the youngest student to graduate when she was conferred with a BA in English on September 3, just two days after her 20th birthday. Nadine, who moved to Ireland from Poland at the age of two, started school young because her birthday falls on September 1. She skipped Transition Year and so began her degree in MU as she turned 17. "My student ID was issued with a large 'Under 18' sign. Needless to say I wasn't allowed in to the Student Union Bar until my second year," she said. "I am currently taking a gap year before I continue my studies so that I can allow the other 20-year olds catch up with me! In all seriousness, next year I hope to begin a master's degree in a similar field to my undergraduate degree."

The conferring ceremonies, were held over four days from September 3 - 6 in the TSI Building on MU's North Campus, saw 1,928 undergraduates awarded parchments, along with 269 receiving master's degrees, 89 diplomas awarded, and 51 doctorates.



(Left to right) Cora Heffernan, Jamie Campbell, Cian Evans and Jane Kelly

Maynooth University President, Professor Eeva Leinonen celebrated the graduates' achievements: "Congratulations to all of our graduates. Whether it's pioneers like our first graduates from the innovative BSc in Biological and Geographical Sciences, young talents like Nadine Heinrychs, or those pursuing lifelong passions like Oliver Whelan, Maynooth University is proud to celebrate this important milestone with each of you. Your dedication and hard work have brought you here, and as you move forward, I'm confident you will continue to lead, inspire, and make a meaningful difference in the world."

MU increases CAO Round 1 offers for 2024/2025

Maynooth University were delighted to announce a historic year of growth and success, marked by an unprecedented surge in demand for its academic programmes. The University has extended over 4,200 offers in Round 1of the 2024 Central Applications Office (CAO) process. This marks the University's largest ever number of Round 1 offers, reflecting a growing interest in its diverse programmes. This year's figures reflect Maynooth University's commitment to providing a diverse and innovative range of programmes that meet the evolving needs and interests of students. The University has seen significant increases across a variety of disciplines, including science, education, business, law, and the arts, confirming its broad appeal to prospective students.

Expansion of programme offerings – Science, Sport and Health

In response to this growing demand, Maynooth University has expanded its curriculum with the introduction of several new and highly anticipated programmes. Notably, the University has launched the BSc in Sports Science and the BSc in Food Science and Human Nutrition, further enhancing its strong offerings in the areas of Sport and Health. These new courses have attracted substantial interest, with high entry points indicative of their popularity among applicants. To ensure that more students can benefit from its renowned educational opportunities, Maynooth University has also increased capacity in several key programmes. The BSc in Pharmaceutical and Biomedical Chemistry has expanded its intake by over 25%, and the BSc in Biological and Biomedical Sciences has grown by 20%. These adjustments will allow more students to pursue careers in these competitive and rapidly growing fields.

Rising interest in language and law programmes

Language programmes at Maynooth University have also seen a significant rise in popularity. The University responded by increasing offers in the BBA Business and Language programme by 15% and introducing 30 new offers for the BCL Law and Languages degree. This four-year programme, combining Law with French, German, Irish, or Spanish, opens a wide range of employment opportunities both within Ireland and internationally. Additionally, the MU School of Law and Criminology has expanded its offerings, with a 20% increase in Round 1 CAO offers for both the LLB and BCL programmes. This expansion reflects the University's recognition of the growing demand for legal education and its commitment to providing high-quality, accessible programmes in this field.

Business and education programmes in high demand

The School of Business at Maynooth University has also experienced an exceptional increase in demand, prompting a 10% rise in CAO offers across its suite of programmes, including Finance and Accountancy. The BA in Finance programme, in particular, has seen an 80% increase in offers, highlighting its rapidly growing popularity. Furthermore, Maynooth University continues to be a top destination for students aspiring to careers in primary education. The BEd in Froebel Primary Education witnessed a notable increase in first-preference applications. In alignment with the Government's initiative to address the shortage of primary teachers, the University has expanded its intake for the BEd programme, making over 30 additional offers again in 2024. This expansion underscores Maynooth University's dedication to supporting the educational needs of Ireland's future generations.

Welcoming the announcement of CAO offers, Professor Eeva Leinonen, President of Maynooth University, said: "We are encouraged by the strong demand for our programmes in this year's CAO Round 1 offers. This response reaffirms our commitment to meeting the evolving needs of both students and society. As we expand our academic offerings, we remain focused on providing high-quality education that not only prepares our students for their futures but also contributes positively to our broader community. This is an exciting time for Maynooth University, and we look forward to the new energy and perspectives that these students will bring."



Waggle Dance Sculpture, Iontas Building



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Keeping hydrated is one of the simplest things you can do for your health

Here are some top tips on ways to drink more water

As a major constituent of the body, water has a number of functions including, transporting nutrients throughout the body and compounds in blood, helping digestion, removing waste products that are passed in the urine, controlling body temperature and keeping bowels regular. Water is also essential for the body to send electrical messages between cells – for example, to allow organs to function, muscles to contract and relax and eyes to focus.
Drinking enough fluid can also help to keep hunger at bay and prevent overeating, this is because the body can confuse hunger and thirst signals.

It is recommended that women should drink about 1.6 litres and men about 2 litres of water per day. That's about eight glasses of 200ml each for a woman, and 10 glasses of 200ml each for a man. However, you will need to drink more if you are exercising or if it's hot i.e. if you are sweating more.



The easiest way to tell if you're drinking enough is to check the colour of your urine; if it's pale straw then you're drinking enough if it is any darker then you need to drink more to flush out your body's waste products. Thirst is a sign that you are already dehydrated, which means you need to increase your fluid intake.

Here are 5 top five tips to help you stay hydrated:

1) Why not try infusing your water with some nice fruit combinations such as lemon and mint, cucumber and strawberry, raspberries, blueberries or lemon and lime.



2) Keeping a bottle of water with you at all times is an easy way to keep your fluid levels topped up during the day.

3) Fruit up your ice cubes – Why not try making flavoured ice cubes (freeze ice with lemon or lime wedges, mint leaves, strawberry pieces or other fruits for flavour) or alternatively freeze fruit pieces in a food bag and add to water as needed.

4) Keep it chilled – Something as simple as having water chilled can make the difference in helping to encourage you to drink more water. So why not try keeping either a jug of water in the fridge or even freezing some of your water bottle the night before and topping up with fresh water in the morning.

5) Take it hot – Tea and coffee do count towards your daily fluid intake. While it's true that caffeine has a diuretic effect (triggers the body to produce more urine, increasing fluid loss), overall there is always a net fluid gain due to the water contained in the hot drinks. However, these drinks need to be balanced with other fluids that don't contain caffeine throughout the day. Why not try decaffeinated tea or coffee or herbal tea to increase your fluid intake?

Source: irishheart.ie/news/the-h2how-and-why-drinking-water-is-important/

Remember to Keep track of your intake. Aim to take in optimum amounts every day, a minimum of half your body weight in ounces.

Pace yourself to approach half of your recommended consumption by midday.



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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 here). 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.
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St. Mary's Brass & Reed Band

St. Mary's Brass and Reed Band, Maynooth have just returned from the Bad Orb International Music Festival where they were the only Irish band among over 30 bands from all over Europe to take part in this amazing but hectic weekend of music.

Starting off on Friday evening 6th September each band paraded to the stage of the festival marquee and played their selected piece of music following the playing of the National Anthems. The capacity audience of over 2,000 really entered into the spirit of the occasion, clapping and singing along to the music which was a real spine tingling experience.

The Band gave four recitals at different locations in temperatures of over 50 degrees over two days and the highlight of the weekend was the massed Bands parade to the town square where over 1,000 musicians came together to play four pieces in unison which was a truly magical experience.

It was St. Mary's third visit to the Band Orb Festival which is held every second year and we have already been invited back in 2026. The Band had a number of new members attending the Festival for the first time and they were completely blown away by the whole experience. Best of all was the appreciation from the audience at our performances over the weekend.



Maynooth Band flies the Flag at German International Music Festival

Now that the Band has come down to earth the focus is on events for the reminder of the year which includes a recital in the Square on Friday 20th September as part of Culture Night, Farmleigh Estate on Sunday 29th September and a concert in the Church of Ireland in Maynooth on Saturday 19th October where the Band hopes to produce the music that was so much appreciated by the German audiences.

The Band has a great spread of nationalities among its members, including Belgium, Austria and the USA and welcomes musicians. Experienced and beginners, no matter where they hail from. If you are interested, please contact us at any of our recitals, Email: sec@stmarysbandmaynooth.ie or call 086 1737024 for further information.

Maynooth Senior Citizens Committee

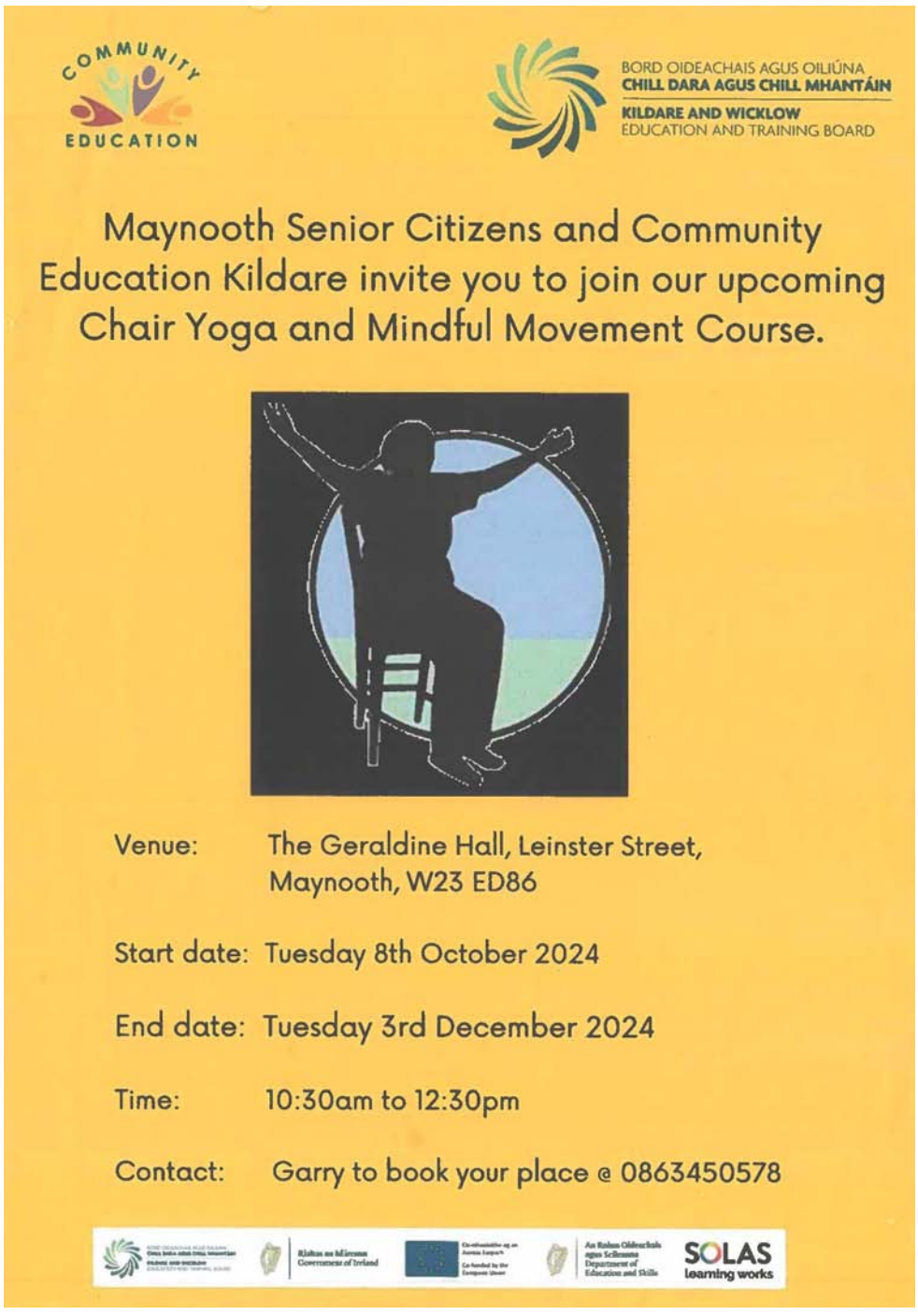
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We are delighted to announce the resumption of our Tuesday morning Club, starting on Tuesday 8th October. See poster below. This is a collaboration between Maynooth Senior Citizens and Community Education under the auspices of Kildare Wicklow Education Training Board. Our first activity will be Chair Yoga and Mindful Movement Course. This is a free course aimed at our Senior Citizens and will be held in the Geraldine Hall. Participation will be limited to a maximum of 20 people and will be on a first come basis. We have already received some expressions of interest. Transport can be provided for the environs of Maynooth Town if needed. Please contact Garry Bermingham with expressions of interest.

In the meanwhile our Thursday Morning Club continues with Art and Bingo on alternate weeks.

Anyone thinking that they might like to get involved with Maynooth Senior Citizens Committee, please contact Garry or email maynoothseniorcitizens@gmail.com. We would suggest you come along to the morning club in the first instance to find out more of what is involved in the voluntary and fundraising activities.

Susan Durack, PRO Maynooth Senior Citizens.

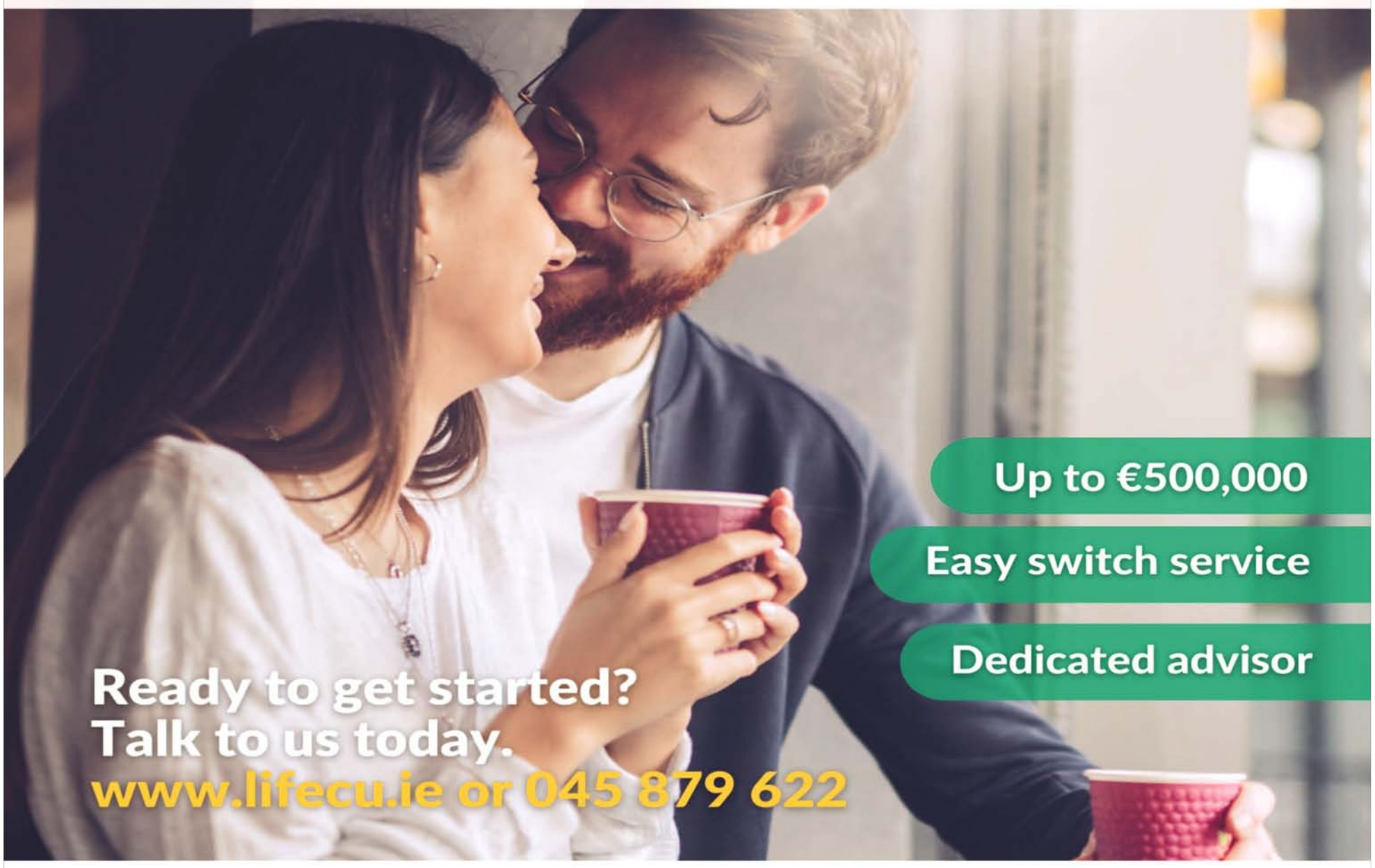


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MAYNOOTH CYCLING CAMPAIGN

Dáil Bike Shed
There has been a lot of comment in the media about the extraordinary cost of a new bike shed at the Dáil which cost approximately 336,000 euros. The Minister for Finance was quoted as describing it "as a total waste of money". The Minister should recognise that cyclists as well as car drivers, require parking facilities for their chosen mode of transport. The issue is not that people require cycle parking but whether what was provided was value for money.

The bike shed was designed to cater for some 36 bikes which amounts to 9,333 euros for each bike. TDs are looking for the Office of Public Works to appear before a Dáil committee to account for this expenditure. In contrast, five years ago Utrecht built a state of the art multi storey bike parking facility for 12,500 bikes at a cost of 30 million euros which works out at a cost of 2,400 euro for each bike space.

Cycling Without Age
Despite the wet weather over the summer months, the Cycling Without Age trishaw has had good usage over the summer months thanks to Genie Training/St. John of God. However, the objective was that pilots would volunteer at weekends to offer rides to members of the public who could not cycle for whatever reason. While Cycling Without Age has received broad public recognition and support, it has turned out to be a case of "Cycling Without Passengers". Maynooth Cycling Campaign proposes to hold a public meeting in the near future to discuss where we go from here.

Trans Atlantic Way
Everyone has heard about the Wild Atlantic Way which links Donegal to Cork along some of Ireland's most spectacular scenery. While the Wild Atlantic Route was designed primarily for car drivers, most people are not aware that there is also a 2,400km cycle race called the TransAtlanticWay which follows the same route. It consists of a single self supported stage between Derry and Cork. The race is not aimed at the common cyclist - rather the focus is on endurance cyclists. The race for individual riders was recently won by Benny Cassidy who completed the longer Cu Chulainn route in 6 days. While road racing is not within the general focus of Maynooth Cycling Campaign, we have to admire the stamina of the cyclists who not only race but also have to carry their own gear.

Maynooth and Environs Local Area Plan (LAP) 2025-2031
Everyone in Maynooth is now aware that the Chief Executive of Kildare County Council has published her response to the LAP public consultation. It must be said that any changes accepted appear to be fairly minor.

After a briefing to advise councillors, councillors can agree motions in the next number of weeks to vary the report. Approving planning policy is a reserved function for elected councillors rather than elected officials but changes have to be agreed by a majority of councillors.

Dublin Traffic Management Plan
Dublin City Council has implemented the first stage of their traffic management plan which seeks to restrict traffic rat-running through Dublin City Centre. Despite alarms expressed by various car park operators, the sky has not fallen in.

The City Council published their first report into its operation and according to the IrishCycle.com website the findings include:

- Bus journey times have reduced by over 20%
- Footfall in Dublin City Centre is up
- Traffic levels in the centre section of the quays are down by more than 60%.

This is not a surprise to Campaign members as it follows similar experiences elsewhere.

Maynooth Cycling Campaign is a non-party political independent local cycling advocacy group.

Night Of Fright
Jasmine





Monsters stalking through the night.
Halloween is the Night of Fright.
Fear is what this night brings,
Along with many other things.

Are you sure you are prepared?
Tonight is not for the easily scared.
Creatures from hell roam on this night,
For tonight is the Night of Fright.

Trick or treat you say,
You should not have waited until the end of the day.
Tonight you will lose your tricks and treats,
For the monsters need to eat.

You better not take this night lightly,
Or else you will truly learn what fright means.

In ancient times people feared this night,
The night they greeted with fright.
Why they were so scared you will soon see,
On this "All Hollows' Eve."

Source: postpoetics.org/halloween-poems/



Caroline Corbett
Counselling Services Kilcock



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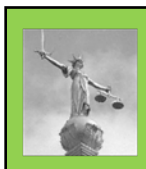
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Writers' Corner - Short Stories/Articles from our Readers

How Many Roads...?

Though John had hitchhiked all the way from Galway to Sligo Hospital to be at his bedside he sensed that his father wasn't really impressed with what he had to say. Not that 'The Boss', as their neighbours sometimes called him, was unfriendly; he just didn't show much interest in news about the *Taibhdhearc* staging an Irish translation of 'The Cherry Orchard' or about a weekend cycling trip made by him and his pals out to Carraroe to hear Irish used as an everyday language. He knew that if he turned the conversation to what his lecturers were teaching about 'Supply and Demand' or a 'Full Employment Economy' his father's eyes would light up but such concepts left him cold. For him Commerce was summed up in the merchant Lopahin, somebody who had bought, then cut down the Cherry Orchard.

Of course the old fellows in the next beds straining to overhear what was being said were bound to make his father tight-lipped. The two seemed vaguely familiar. One, wearing steel-rimmed glasses, had a neat grey beard and the other with an oxygen tube attached to his nostrils, had sunken cheeks and sad, watery eyes. The Boss might have sensed too that his only son had got into the habit of skipping lectures, either because he was hung-over or was playing poker with his pals in the college boathouse. His father might be recovering from a heart attack but his mind was as alert as ever. This was made clear when next moment the hospital ward became an exclusive dining room with subdued lighting in which they were all sitting round a table set for high tea. The other two patients were now in their late twenties, a few years younger than he.

When the fellow with the steel-rimmed glasses began talking about his plans to set up an IT company, his father, frowning, held up a hand for silence before asking John to describe the new supermarket he was building. "I thought he had inherited your grocery," the sad-eyed fellow, whose oxygen tube had turned into a lanyard, remarked – John noticed a plastic-sheathed identity card with the name "Tom" printed in black capitals hanging from the lanyard. Ignoring the interruption his father continued, "So you're going to sign a contract with Eurosave to help you expand?" "It's signed already," John explained. "The days of the exclusively family-run supermarket are gone. Anne and I decided that if we build now we can head off giants like Fresco from moving in. It's a gamble but Eurosave reckons we're a good risk – And Donal is already talking about doing Business Studies in Trinity." "I didn't know they taught Business in Trinity," the IT fellow remarked.

"Well, you know now," The Boss told him. "I was thinking of going into construction myself," Tom broke in. "Look at all the cowboys who become millionaires using cheap Polish labour. They throw up those identikit houses you can see in estates all over the country. I reckon I could build better houses myself any day." "What do you work at?" The Boss fixed him with an inquisitorial stare. "I'm a Woodwork teacher." Tom held up his name card as if to confirm this. "Ah, you settled for the secure income!" The Boss smiled knowingly. "I left school myself at the age of fourteen – had to help Mam and Dad in the shop. In those days secondary school was a luxury few could afford – not that I'm against education, provided it's the right sort.

Practical subjects like Science, Accountancy and Building Construction are what we need, not all this arty stuff." "The arts have their place too," the IT fellow demurred. "A good knowledge of literature, painting and music can be a real asset in the communications industry." "Maybe so," The Boss conceded, "but in the heel of the hunt there's no substitute for sound financial know-how. Wasn't it businessmen that made all the great achievements in the arts possible? Who were those bankers in Florence that employed all the painters and sculptors – you know, the Medicos or something?" "The Medici," the IT man said. "Well, without those Medici's we'd have very few Michelangelo's or Leonardo's," The Boss declared. "That's why people like John here are what our economy needs, hard-headed businessmen who'll set this country on a rock-solid foundation. Let those arty types worry about poetry, painting and reviving Irish. We've been long enough with the begging bowl."

John poured himself another cup of tea, basking in his father's admiration. Suddenly rushing water carried off the dining room. He felt himself being whirled about like a floating leaf then the movement stopped. As the final gurgles penetrated his consciousness John recognised the sound of a toilet flushing. Reluctantly he opened his eyes, letting the light from the large windows reveal the familiar ward and the saline drip attached to his left wrist. Now it was he, not his father, who was in hospital. What had caused him to dream about that visit to "The Boss" more than half a century previously? Was it his subconscious trying to solve the problem of how he should deal with his own son? Apart from not coming to visit him, Donal had not even bothered to phone? With a pang of regret he recalled that his father had died years before he himself had justified the hopes placed in him.

What a long journey back to grace it had been: emigrating to New York after he had dropped out of Galway University, working in a succession of dead-end jobs from shipping clerk to vacuum-cleaner salesman while spending his weekends in a haze of drink and dissipation. Then reality had kicked in. He had enrolled for an Economics degree at Hunter College night school, graduated and met Anne, a nurse in Saint Luke's in midtown Manhattan. It was Anne who had persuaded him that Ireland would be a better place to bring up children, so they had returned home, where his mother had welcomed them with open arms. Looking back on their years of transforming the family grocery into a supermarket, he was reminded of the words of Bob Dylan's song, "How many roads must a man walk down /Before they will call him a man?" Maybe he should keep that in mind before judging Donal?

What really irked him was that Donal had brains to burn, but instead of using them he had decided to become an artist – that is when he wasn't binge drinking or, possibly, snorting coke. Those fellows he hung out with were all – what was the word his eldest daughter, Joanne, used? – airheads! He remembered the last time he had tried to get through to him. They were having lunch in The Royal Dublin: "Listen, Donal, you do realise this Celtic Tiger thing won't last?" "Sure, Dad. Sure. We all have to plan ahead!" "What's so wrong with that? Joanne got a degree." "Big deal! So she got a B.A. in History. What's she doing with it? Working as a secretary in that boring insurance company." "Personal Assistant to the chief executive. It's a good job and O'Connor and Cleary wouldn't have taken her on if she hadn't some third level qualification." "Whatever!" "No, it's not 'whatever'.

You've far more ability than I ever had and you're just throwing it away. I'm not being critical but why can't you go to college and still keep up your painting?" "Oh, you mean keep it as a hobby?" "Well, yes. Do it on weekends like lots of talented painters do. There's just so many who can make it as fulltime artists – unless you intend to carry on like Van Gogh." "Oh, you mean scrounge off the family? Don't you worry, Dad, I'll make it on my own." "Now, you know I didn't mean that – " "Really?" The way the conversation had turned out still cut him to the quick. He hadn't meant to sound mean-spirited, only to give his son the benefit of the hard lessons he himself had learned. But it was too late to take back what had been said. The very next week Donal had lit out for London. When he had confided in Joanne about the Van Gogh remark, she had declared in that no-nonsense voice of hers: " Relax, Dad. I'll go to London and sort out that daft brother of mine.

" Pressure at work, however, had delayed her trip. On arriving in London a month later she had found Donal living in a squat with other arty types. She had given him money and made him promise to keep in touch. That had been almost two years ago. Since then the news had been more encouraging. One of his mates had told Joanne that he now had a steady girlfriend who wanted him to attend college. What a proud day for the family it would be when they saw him graduating like Joanne! "Did you sleep alright, John?" his IT neighbour, Michael, asked on returning from the toilet. "Not bad," he said. "How about yourself?" "Ah, the damn prostate kept waking me," Michael grumbled, scratching his bearded chin. "Did you hear them wheeling Tom out last night?" "No." John felt a pang of alarm. "The nurse gave me a sleeping tablet. He's not dead, is he?" "What do you think?" Michael asked rhetorically. "You never know when the final whistle will be blown."

(Continued on page 15)

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

(Continued from page 14)

"God have mercy on him," John mumbled, blessing himself. "Amen to that." Michael turned away suddenly. Watching him shuffle back to his bed an expression he had learned in Galway about somebody who is dying entered John's head: "Tá sé a' déanamh an bhealaigh", He's making the passage. Were all of them here making the passage to Hamlet's 'undiscovered country'? Marie, the cheerful, rosy-cheeked nurse entering to take their temperatures and blood pressures, interrupted his thoughts.

"Oh, John," she said, before putting the thermometer in his ear, "your son phoned last night. He said to tell you he'll be flying back from London today." "You should have woken me up," John protested, while happiness mixed with anxiety flooded his mind. "Did he say anything else?" "Just that he'd get a taxi here as soon as he arrives."

The nurse began to wrap a pressure pad about his arm. "He told us not to disturb you." "Sorry for being grouchy, nurse," John managed a smile, "but you can't realise how much I was longing for that call." It was late evening when Donal walked into the ward. At first he didn't recognise the tall, handsome fellow with the neat haircut, so different from the longhaired dropout he had last seen. When he approached the bed, however, with that familiar diffident smile John's heart sang. After shaking hands they talked about the stroke that had landed John in hospital, then when Donal drew up a chair the conversation turned to his plans to do Business Studies. "Listen", John told him, "I've been thinking about this all day – no, hear me out! I messed up in Galway; I took Commerce to please my father when what I should have been taking was Arts.

Now I realise we all have to be practical but I could have made a living as a reporter or, even if it sounds farfetched, as an Irish writer. Don't you make the mistake I made. By all means get some qualification that will earn you enough to raise a family but don't turn your back on what you love, whether it's painting or, in my case, the Irish language. There are enough Lopahins in the world." "What are Lopahins?" Donal put on a puzzled expression. "Fellows who think that getting rich is the be-all and end-all of every blessed thing," his father explained. "The makers and shakers of – " "OK, Dad," Donal shrugged. "We'll see." And then they both grinned.

By P. G. Nerney

My Chequered Life Chapter 9

On the Dart into Connolly Station and wandered around for a while in the city that I didn't know much about, so I took a train and bus to my home town in the West. My home place was deserted but I knew where the key was kept and went in. It was just a house now and never would be my home again. I bought the few things I needed and kept to myself for I knew that everyone was watching and avoiding me. Sure, I was a pariah but I didn't mind. I was there for a week or so and the local sergeant called to see me! What were my plans? Was I going back to England? Cat and mouse stuff! I told him straight out that I was on the run and asked if he was going to arrest me? ''No! No! Just wanted to know that you are all right!" A few weeks later a Garda stepped out of a parked car as I was passing and arrested me on foot of an extradition warrant from England and took me to the Garda station. A day or two later two Gardaí arrived from Dublin with the warrant and brought me back with them.

There immediately followed an extradition court hearing, at which the Governor of Lay Hill prison was present, and I was given a very good barrister. The judge remanded me to Mountjoy, where I barely avoided getting involved in the heroin epidemic, and then my extradition hearing proper, went ahead in January. The state barrister tried hard to get the judge to rule against me but he didn't, as he was of the opinion that the fifteen years I had already spent in prison was sufficient and the governor of Lay Hill, who was again present, was very unhappy as I walked out of court with my solicitor, a free man!

A free man indeed! How much better all would have been had the judge agreed to my extradition! Public transport to my hometown again and immediately I went on the tear! I also stole a car and was arrested in possession. I was in court that very night with a judge who was very annoyed at having been taken from his family on a Saturday night. He agreed to bail, but for £20,000. The Gardaí were laughing. A few weeks later I was in a Roscommon court before the same judge, who gave me 10 months in the Joy. After a month or so I was moved to Cork prison. That was rough, being an outsider. No quarter was given by the local prisoners. That came to an end too and I was back home again but this time I was changed. I was in a rage against everybody and one day I found a bottle of valium in one of the presses. Over a few hours I took thirty or forty of the tablets and plenty of alcohol as well.

Next morning I was roused out of my sleep by loud knocking on the door. A Garda, I recognized, came in and in very unparliamentary language asked me what I had been at the night before. I had no recollection of being at anything but he assured me I was. Apparently I had broken into some woman's house and got into bed with her. She hadn't accused me of rape he said but I had touched her indecently and fell asleep. I had a vague memory of having come back from the direction of the house in question. I was arrested, brought to court and ended up in Mountjoy, charged with indecent assault. I was glad to be back in prison away from the drink and drugs and in due course I was before the high court where I pleaded guilty to indecent assault and was given four years.

I was sent to Arbour Hill and was now in the company of all sorts who had been imprisoned for sexual assault, doctors, solicitors, priests, lay brothers. There was even a Garda there. Apart from a very small amount of cannabis, there were no drugs in the prison but I got into the making of hooch in a big way. I had a friend who worked in the kitchen and he kept me supplied with oranges and loaves of bread, and that, with some hot water, was all I needed. I'd have a few gallons at various stages of fermentation in my cell and I used to sell it and buy tobacco with the proceeds. I was careful about who I sold it to, as it was very strong and some fellows couldn't hold their drink. By the way this didn't go unnoticed but the class officer on my landing used to turn a blind eye as long as things weren't too overt. However, I did slip up once. I and a friend were drinking in my cell one Saturday morning and lost track of the time. Meanwhile, his wing had all gone down to their hot plates and had their dinner and were back in their cells. There was a search on for my friend so the class officer came to my cell and told him he'd better go on down. He managed the first part of the stairs all right but then tripped and landed down in the middle of a circle of officers on the ground floor. There was a great to-do over this. Having an inmate drunk at 11.30 on a Saturday morning wasn't a great advertisement for the prison as a centre of correction! I nearly got into trouble over that!

My solicitor called to talk to me about the case of my extradition. Was I going to fight it? I told him I certainly was. My barrister was Prof Michael Forde, a man who had written books on the subject. So I was brought to court before Ms. Catherine McGuinness and the state's barrister quoted a piece from one of Prof. Forde's own books which left the judge no option but to allow my extradition. When I finished my Arbour Hill stint I was transferred to Clover Hill and was there for a year while my appeal was before the supreme court and eventually I was advised that there was no chance of winning so I was returned to Britain, to prison in Bristol, to finish out my life sentence.

GM.

Update from MAFT

We have had a very busy and productive September!

We're delighted to have been selected as a recipient of ALDI's Community Grants for 2024! This much needed support will allow us to continue creating a more inclusive community for the people of Maynooth and surrounding areas. Thanks to all at ALDI for their important support for grassroots organisations like ours!

A massive thank you also to the customers and staff in the ALDI Celbridge store that nominated our committee @MAFT for the community fund. We are so grateful to receive an extremely generous donation of €500 that will help support our projects in the coming months to achieve an inclusive local community!



Did you catch us on Ireland AM on Monday the 16th of September

We hosted a communtiy engaagement talk in conjuction with the Kildare PPN and AsIAm



The hangouts are back in October please check out our socials for more information



New Day

For Conor

You were our lastborn,
the child by which,
caught up in old perspectives
and after female siblings,
we hoped to perpetuate
the family's surname.

Growing up you disparaged
any mention of such long
outmoded conventions;
nor did you notice pitfalls
around which covertly
we sought to guide you.

This is a new world's dawn
and you have chosen well
your helpmate for a journey
into that colliding future
where old beliefs are ditched
for trust in human goodness.

You've also found your niche
in teaching older students
availing of well-run classes
to enhance their prospects –
and made your mark in races
though pushing Nya's buggy!

Yes, you've taken your own
direction and, in the end,
arrived at newer goals
than some we had in mind,
part of that emerging world
where ours is left behind.

By Colin Scott

Luimneach!

Bíonn scéalta i mbun bréag, sé mo léan,
Mar an chábóg ag staidéar go tréan
Ach an scéal díobh is fearr,
I bhfad os cionn 'par',
Ná an chruinne a chuir tús léi féin!

GM.



REMINDER DON'T FORGET TO CHANGE YOUR CLOCK

Sunday, 27 October 2024, 02:00:00 clocks are turned back 1 hour to Sunday, 27 October, 2024 01:00:00 local standard time.

KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth
Know Your Rights has been compiled by Citizens Information Service which provides a freeand 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

Registering the birth of your baby

Introduction
The HSE's Civil Registration Service registers all births, deaths and marriages in Ireland.
Once the birth is registered, your baby will be given a PPS number and you can get a birth certificate (which you will need to enrol your child in school, to apply for a passport and for many other purposes).

You must register the birth of your child within 3 months of their birth, where possible. However, you have up to 12 months to register the birth in some circumstances. If you need to register a birth after 12 months, contact the Civil Registration Service for advice.
When your baby is born.

A Birth Notification Form (Form BNF/01) is usually completed with the parent(s) by hospital staff (in the case of hospital births), or by a doctor or midwife (in home births), to guarantee that accurate information is recorded.
The Birth Notification Form outlines the information to be recorded in the Register of Births. If your child is born in hospital, the form is sent to the Registrar's office, letting the Registrar know that a birth has occurred.

If your child was born at home with the support of a healthcare professional, they should give you the signed Birth Notification Form. It must include their registration and PIN. Bring this with you to your appointment to register your child's birth.

When to register a birth
You must register the birth of your baby within 3 months of their birth. However, you have up to 12 months to register the birth in some circumstances. If you need to register a birth after 12 months, contact the Civil Registration Service for advice.

If a birth is registered within 3 months, the information will be automatically sent to the Department of Social Protection, and Child Benefit forms and a PPS number will be sent automatically to the qualified informant, usually the parent(s).

If you register your baby's birth after 3 months, you will have to contact Client Identity Services and the Department of Social Protection to arrange the PPS number and Child Benefit.
If you had a hospital birth, you should wait 3 weeks after the birth before booking an appointment to register the birth (for a hospital birth only). If your baby was born at home, you can book an appointment at any time.

How to register a birth
There is no fee for registration of a birth.

You can register your child's birth at any Civil Registration Service, regardless of where the birth took place. For convenience, most people will choose their local office. If you register the birth at a Civil Registration Office, you must sign the Register of Births to complete to process of registration.

- **By post or email** To register a birth, complete a Birth Registration Application form (pdf) and post or email the completed form to your chosen Civil Registration Office. All births can be registered using this form but you also must attend the office to sign the Register of Births to complete to process of registration. Your child's birth will not be registered until you sign the register. The Registrar will let you know when you can attend to sign the register.

- **In-person:** Alternatively, you can complete the Birth Registration Application form (pdf) and bring it with you to your appointment at the Civil Registration Office. Depending on the Civil Registration Service you chose, you may be able to book an appointment online or by phone. Walk-ins are available in some offices at certain times. Use the HSE's Find a Civil Registration Service to find out how to contact your local office.

- **Online:** From 12 August 2024, some parents will be invited to register the birth of their baby online on MyWelfare.ie using their verified MyGovID account.

- **You need:** A verified MyGovID account. Both parents need a verified MyGovID account if you are not married to each other. Find out more about getting a verified MyGovID account.

The birth notification ID. The online birth registration service can only be accessed using a unique birth notification ID issued to the mother by the Civil Registration Office by post.

There are some registration scenarios that cannot be completed online at this time. Contact your local Civil Registration Office to find out how to register the birth of a child if either parent is:

- Separated (still legally married)
- Divorced
- Widowed
- Deceased
- Registering a birth where both parents wish to be registered as a same sex couple.
- Registering a donor-conceived birth.
- Registering a still birth.

After you register the birth, you can get your baby's birth certificate. There is a €20 fee for a full standard birth certificate.

Who can register a birth?
The parent(s) of the child usually register the birth. This is because they are the main qualified informants. For a list of other qualified informants, see 'If the parents cannot register the birth' below.

From 12 August 2024, some parents can register the birth of their baby online on MyWelfare.ie using their verified MyGovID account (see 'How to register a birth' above).

If you are attending a Civil Registration Service in person, you must bring photo identification, for example, a passport or driving licence, and your PPS Number to the appointment to register the birth. In some cases, you may need to provide additional information, for example, if a mother has been married previously. Contact the Civil Registration Service to find out more.

Married parents
If the parents are in a recognised marriage to each other, only one parent needs to register the birth. From 12 August 2024, some parents may be invited to register online. One or both of you can attend the Civil Registration Service (if you both want to sign the register). If you were married in another country, you should bring the original marriage certificate (and a translation, if required).

Unmarried parents (registering the birth for the first time)
There are different options for registering the birth of a child where the parents are not married. From 12 August 2024, some parents can do this online.

If you register the birth of your child at a Civil Registration Service, you can get the different forms from the Registrar's office. The options are:

- Both the mother and father can jointly request the registration (Form CRA 9). Both attend the Registrar's office together and sign the register jointly.
- The mother can complete a declaration form naming the father (Form CRA 1) and bring it, along with a declaration by the baby's father acknowledging that he is the father of the child (Form CRA 3). The mother signs the register.
- The father can complete a declaration form acknowledging that he is the father of the child (Form CRA 2), and can go to the Registrar's office himself, bringing with him a declaration by the mother naming the father (Form CRA 4). The father signs the register.

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KNOW YOUR RIGHTS (Cont.)

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(Continued from page 17)

- The mother or father can make a written request (Form CRA 5 and Form CRA 6 respectively) on production of a certified copy of a court order, which names the person to be registered as the father. The parent making the request will be required to attend at the office of the Registrar to sign the Register of Births.

It is also possible to enter the father's details if the mother is (or was) married to someone else. As well as a sworn declaration from the father stating he is the father, one of the following is required:

- A sworn declaration by the mother's husband stating he is not the father, or
- A sworn declaration by the mother stating she has been living apart from her husband for more than 10 months before the birth of the child and a deed of separation/decree of divorce (not all foreign divorces are recognised under Irish law), or
- A certified copy of a court order which names the person to be registered as the father.

A leaflet on Birth Registration of Children (pdf) is available on Treoir's website.

If the parents of a child are not married to each other, there is no presumption in law as to who the father of the child is, unless the father's name is on the birth certificate. However, having the father's name on the child's birth certificate does not give the father any legal rights in respect of their child. You can read more about Legal guardianship and cohabiting couples, and about establishing paternity in our page Presumption of paternity.

Parents of a donor-conceived child
From 5 May 2020, the birth mother and the other parent (the mother's spouse, civil partner or cohabitant) of a donor-conceived child – born as a result of a donor-assisted human reproduction (DAHR) procedure – can register as parents with the Registrar for Births, Deaths and Marriages, and get a birth certificate for the child which reflects this. These provisions apply to:

- Opposite sex couples
- Female same-sex couples
- Single women undergoing a donor-assisted human reproduction procedure.

The process of registering the child's birth will vary depending on the date the baby was conceived (not the date the child is born).

Baby conceived after 4 May 2020
If the baby is conceived after 4 May 2020 (in a DAHR facility in Ireland using a traceable sperm donor), the DAHR facility will give the parents a certificate. The certificate will contain various details in relation to the DAHR procedure and a record of the consent of the parent(s) to the parentage of the child. This certificate will need to be submitted with an application form to the General Register Office.

Baby conceived before 4 May 2020
If the baby was conceived before 4 May 2020, the birth must first be registered as a non-DAHR birth. After the birth has been registered, a court order naming another person as the parent of the child (a Declaration of Parentage) is required prior to the re-registration of the birth. Find out how to apply for a Declaration of Parentage on the Courts Service website.

If the DAHR procedure satisfies the requirements of the 2015 Act, the parents can then apply to re-register the birth using a BRR1 application form (pdf) and attach a certified copy of the court order. Parents can email the completed BRR1 form and the court order to dahr@welfare.ie or post to DAHR Section, General Register Office.

If the parents cannot register the birth
Where the parents do not register the birth, or it is not possible for them to do it, the following people can also act as qualified informants:

- A designated member of the staff of the hospital (or other institution, organisation or enterprise) where the birth took place
- Any person present at the birth.
- Any person present in the dwelling where the birth occurred.
- Any person who has charge of the child.
- A person appointed guardian of the child.
- A person found to be the parent of the child by order of the courts.

Adoption
If you have adopted a child, whether from Ireland or overseas, registration is processed by the Adoption Authority of Ireland. For further information, see our pages on Adopting a child and Inter-country adoptions.

What information is recorded in the Register of Births?
The following information is recorded in the Register of Births:

- Surname of the child. The surname registered must be the surname of either or both of the parents. If you want your child to have a surname other than the surname of either or both of the parents, you must apply to the Registrar General or a Superintendent Registrar (pdf) to assign a different name.
- Time, date and place of birth of the child.
- Gender of the child.
- Personal Public Service Number (PPS Number) of the child (allocated at registration).
- Forename(s) and surname of the child.
- Forename(s) and surname of the mother.
- Birth surname of the mother.
- All previously used surnames of the mother (if any).
- The mother's normal occupation.
- The mother's normal address at the date of birth.
- The mother's date of birth.
- The mother's marital status.
- The mother's Personal Public Service (PPS) number.
- Birth surname of the mother's mother.

Similar information is entered for the father or other parent.

Re-registration of a birth to include name of the father
A birth can be re-registered to include the name of the father if any of the following situations apply:

- The parents of a child are not married to each other but wish to have the father's details included and these details were not registered initially.
- The parents of a child marry each other after the birth of the child.

Contact a Civil Registration Service to make an appointment to re-register the birth and find out what documentation you need to bring with you.

Re-registration of a birth to include other legal parent
You can re-register a birth if your child was conceived before 4 May 2020 as a result of a donor-assisted human reproduction (DAHR) procedure and the mother is recorded as the only legal parent in the Register of Births. See 'Parents of a donor-conceived child' above.

Changing a surname or forename on the birth register

Changing a child's surname
If the birth has been registered, the child's surname cannot be changed unless:

- The birth is being re-registered at a later date to include the father's name, or
- Both parents were not married to one another at the time of registration but marry one another at a later date and apply to re-register the birth under Section 24 of the Civil Registration Act 2004

In these circumstances, you can apply for the child's surname can be changed (pdf) (at the request of both parents) when re-registering the birth. There is no fee charged for re-registration

(Continued on page 19)

KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth
Know Your Rights has been compiled by Citizens Information Service which provides a freeand 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

(Continued from page 18)

to include a parent's details.

Contact the Civil Registration Service to find out what documentation and information is required.

Changing a child's forename (first name)
Parents can apply to have their child's forename registered, added or changed. There is a fee of €5 for the insertion or alteration of a child's forename.

Contact your local Civil Registration Office to discuss your request to add or change the child's forename.

1. You will need to complete and sign a CRA 16 form. This form will be provided by the Civil Registration Office.
2. You will need original documentary evidence in support of the amendment, that is, proof that the child is using the forename(s), as you want them to read on the birth entry in the Register of Births, going as far back as possible.

Examples of documentary evidence can include:

- Church records (baptismal certificate/ naming ceremony certificate).
- School or crèche records.
- Public health records, hospital, GP records.
- Passport, driver's licence, PPS Card, other government records.

If you have any original birth certificates they may be submitted with the application for exchange.

The CRA 16 form must be signed by both parents.

- If one parent is deceased the death certificate must be provided.
- If the mother's name only appears on the birth entry then only the mother needs to sign the CRA 16 form.
- If both parents are deceased, contact the General Register Office, Government Offices, Convent Road, Roscommon, Co Roscommon to request the required form.

Contact your local Civil Registration Service for further information.

Correction of errors
A birth certificate cannot be amended unless there are valid reasons to do so. Contact the General Register Office for information on what and when amendments can be made.

Gender Recognition Certificates
You can apply for a Gender Recognition Certificate in order to have your preferred gender recognised by the State. This is set out in the Gender Recognition Act 2015. The Act also provides for you to apply for a certified copy of an entry in the Register of Gender Recognition. A certificate issued from the Register of Gender Recognition is the same as a birth certificate and satisfies all requirements where you are asked to provide a birth certificate.

Historical Irish birth records
The General Register Office is responsible for storing and maintaining records relating to births, stillbirths, adoptions, marriages, civil partnerships and deaths in Ireland. The General Register Office holds all official records of Irish births, deaths and marriages from 1864 and of non-Catholic marriages from 1845.

The General Register Office maintains a family research facility known as the GRO Research Room at Werburgh Street, Dublin 2, where you can search the indexes to the registers and purchase photocopies of records. You can order certified copies of entries from the General Register Office in Roscommon (see contact details below).

The Research Room has a walk-in service on Tuesdays only, from 10am – 12.30pm, and from 2pm – 4.30pm. An email service is available 5 days a week at GROResearchRoom@welfare.ie.

Note: There is no walk-in service available at the Research Rooms from the 25 June 2024 due to urgent repair works on the building. The walk in service will re-open on Tuesday, 27 August 2024. The Research Rooms continues to offer a full email service.

You can also see historic church and civil records online. Birth, marriage, adoption, civil partnership and death certificates are public records, meaning anybody can access or apply for them.

How do I get a copy of a birth certificate?
You can get a copy of a birth certificate when you are registering the birth. If you want to get a copy of a birth certificate at a later stage, you can go directly to any Registrar's office or make an application by email or apply online.

You can also apply for a copy of a birth certificate by post by sending a letter with your request to your local Civil Registration Service stating both parents' full names, the child's full names, date and place of birth, a return address, a contact phone number and enclosing payment. Payment of the relevant fees can be made by cheque or postal order.

Adopted children's birth certificates are only available from the General Register Office.

Fees for birth certificates
You can register a birth for free. However, you must pay a fee for birth certificates.

The fees for a certificate are:

- €20 for a full standard certificate
- €5 for an uncertified copy of an entry in the Register
- €10 to have a certificate authenticated (only available from the General Register Office)
- No fee for a Multilingual Standard Form. Since 2019, you can request a Multilingual Standard Form (MSF) for birth, death, marriage and civil partnership certificates. The purpose of an MSF is to provide a translation of the public document when presenting certificates to authorities in another EU member state. You must choose which EU language you require for the MSF, and it must be requested at the same time as when you apply for the certificate.

You no longer need to provide copies of birth certificates for social welfare purposes if you were born in Ireland and your birth is in the Register of Births.

The Department of Social Protection can access this information directly. If you want a copy of your birth certificate for any other reason, see the fees set out above.

There is no charge for a birth certificate for a deceased child at the time of registration if the deceased child was less than 12 months of age on the date of death, and the birth and death are registered at the same time.

Further information
You can get more information about registering a birth from your local HSE Civil Registration Office or the General Register Office.

General Register Office
Government Offices
Convent Road
Roscommon
F42 VX53
Ireland

Tel: +353 90 663 2900

Fax: +353 90 663 2999

Homepage: http://www.gov.ie/gro

Email: gro@welfare.ie

Ireland's biggest scale model show & Competition returns to Lucan in October.

Ireland's biggest annual scale model show and competition is returning to Lucan again this year featuring hundreds of hand-built scale models from across Ireland. The 2024 IPMS Ireland National Model Show and Competition is an annual show of scale models with competition entries being displayed across 34 different categories. The show takes place on Saturday 5th and Sunday 6th October 2024 at the Lucan Spa Hotel, Dublin.

The biggest scale modelling show in Ireland, last year's event attracted more than 350 scale model entries in the competition across all the categories. These included scale models of aircraft and vehicles, as well as ships, submarines, historical figures. dioramas, science fiction and fantasy subjects. This year, the show is being supported by Dublin Outdoors, an initiative of South Dublin County Council.

Chairman of IPMS Ireland Dermot Moriarty commented: "We're really looking forward to welcoming our friends in the hobby and the public to our show this year for what should be a great weekend. Many of us probably built an Airfix model in our childhood and we've welcomed back lots of people to the hobby in recent years. They've rediscovered a vibrant and passionate community of enthusiasts in Ireland and the hobby has seen a huge resurgence both during and since the pandemic."

"Whatever your age, building a scale model is both a productive and creative way to spend your time and has proven to be good for your mental health. For children, it can help with developing creative thinking skills as well as spark an interest in history, art and engineering. We're especially looking forward to seeing the plastic scale models built by our junior modellers this year. We have two categories dedicated to modellers aged 16 and under and they don't have to be a member to take part. Not only will Juniors get free entry to the show and competition, they will also receive a free model kit courtesy of Airfix to help fuel their creativity."

The IPMS Ireland show will also feature table displays of scale models as well as numerous scale model retailers, a 'kit-swap' and a raffle with plenty of model-themed prizes. The show includes the national competition which is open to both members and non-members of IPMS Ireland with the public also getting to vote for the 'People's Choice' award.

Entry to the show is just 5 Euro and is valid for the entire weekend while entry for children under 14 is free, accompanied by an adult. IPMS members get free entry to the show.

For more information about this year's show, visit www.ipmsireland.com or follow us on Facebook, X and Instagram by searching 'IPMS Ireland'. You can also email us at ipmsireland@gmail.com









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County Kildare
LEADER PARTNERSHIP

An Nuadha Players Community Theatre

Celebrating 25 years



THE CAST OF THE LADY IN THE VAN, SUMMER PRODUCTION 2024

Following our sell-out production of Alan Bennett's ***The Lady in the Van*** in July and our spectacular 25th anniversary Masquerade Ball, An Nuadha Players are delighted to announce that the Christmas Pantomime for our 25th anniversary year is ***A Christmas Carol.*** This is a new production, written by our own very talented Martin Higgins, who has written all of our pantomimes since An Nuadha Players was formed in 1999.

The show, which will be directed by Caitríona Carr, choreographed by Méadhbh Fitzgibbon Moore, with Colin Sloan as Musical Director, runs from Thursday 28th November to Sunday 1st December in the Aula Maxima in St. Patrick's College. It is based on the original story by Charles Dickens about the miserly Ebenezer Scrooge, who is visited by three spirits on Christmas Eve. Expect some surprises, some scary moments and many familiar songs along the way!

Tickets, which are now on sale in Maynooth Bookshop, Main Street Maynooth and from our website are: Adult €18, Concession €15 *(Child/Student/OAP) and* Family €55 *(Admission for 2 Adults & 2 Children or 1 Adult & 3 Children).* A group rate for groups of 10 or more, is available.

The show is cast and rehearsals are in full swing. If you would like to become involved back stage or front of house, please contact us. For more information and to purchase tickets, visit our website at **annuadhaplayers.ie.** You can also visit our social media pages or sign up to our mailing list, WhatsApp group or WhatsApp channel.

Win a Family Ticket to A Christmas Carol.

You can win a family ticket to the show by entering our colouring competition. Colouring sheets are available in News-4-U in the Glenroyal Shopping Centre, Maynooth or you can download and print your own from our website. There are three colouring sheets to choose from featuring some of the memorable characters from the show - Mrs. Cratchit, Bob Cratchit & Tiny Tim, Marley & Scrooge. You can submit one, or all three and the competition is open to all ages.

Every picture coloured and submitted will be entered into the draw to win a Family ticket. Be sure to attach the second sheet with your information to the picture when you submit. Submissions can be given in to News-4-U by **21st October 2024.** All pictures will be displayed in the Aula Maxima for the run of the show.





Members of An Nuadha Players at the 25th Anniversary Masquerade Ball at the Glenroyal Hotel in September.

Join us for a fun night of Music Bingo in Brady's on Friday October 11th. See below for details.





Junior Halloween Fun

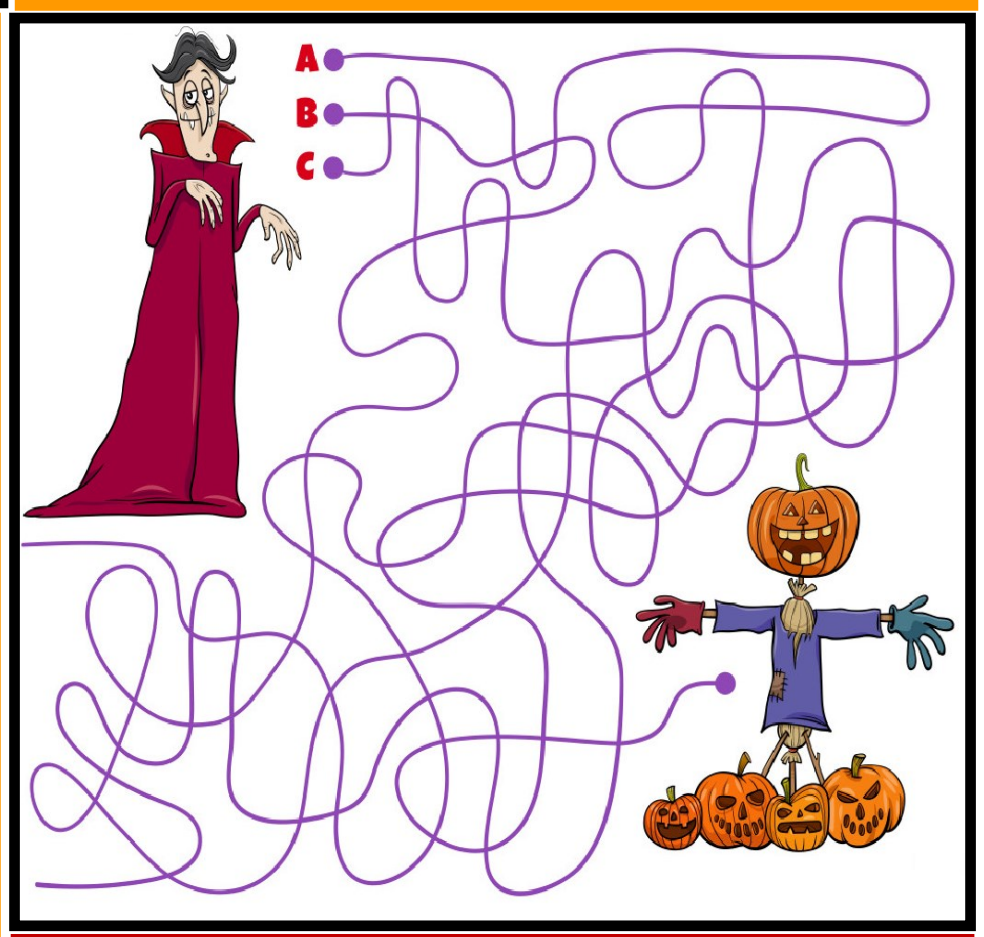




HALLOWEEN WORD SEARCH

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

BAT
BOO
CANDY
COSTUME
MASK
MONSTER
MUMMY
PUMPKIN
SCARECROW
SKELTON
SPIDER
SPOOKY
TREATS
TRICK
VAMPIRE
WEREWOLF
WITCH
ZOMBIE



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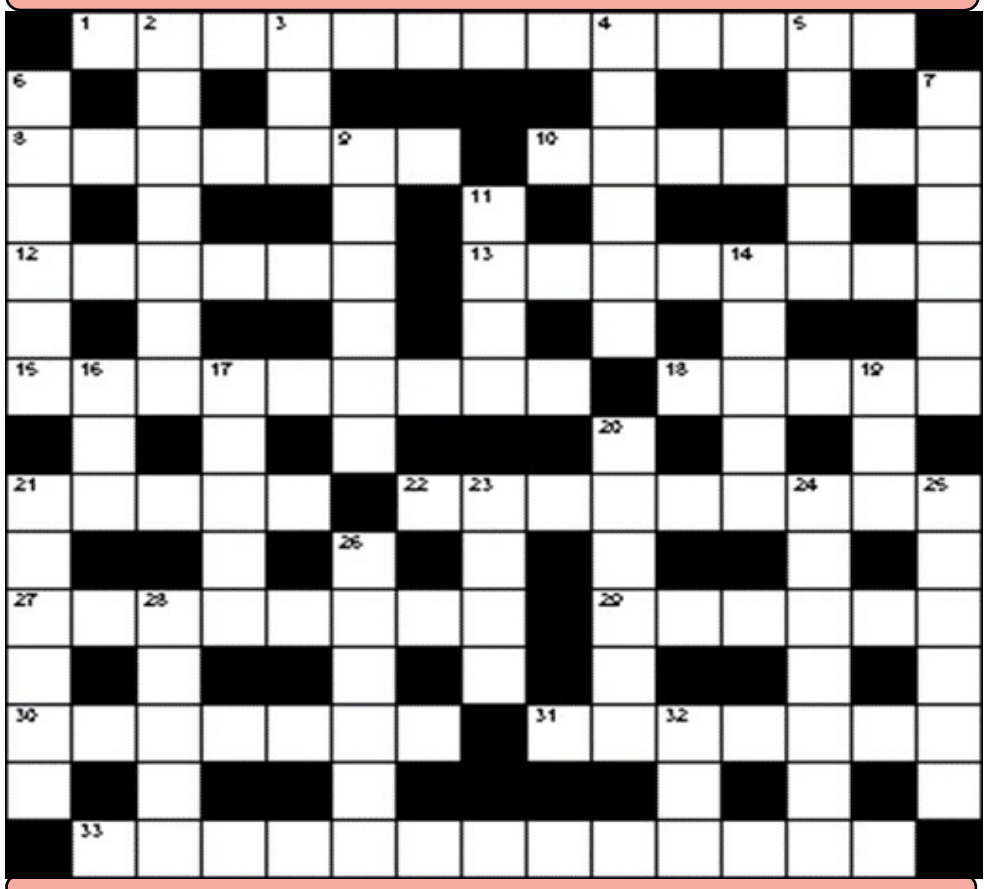
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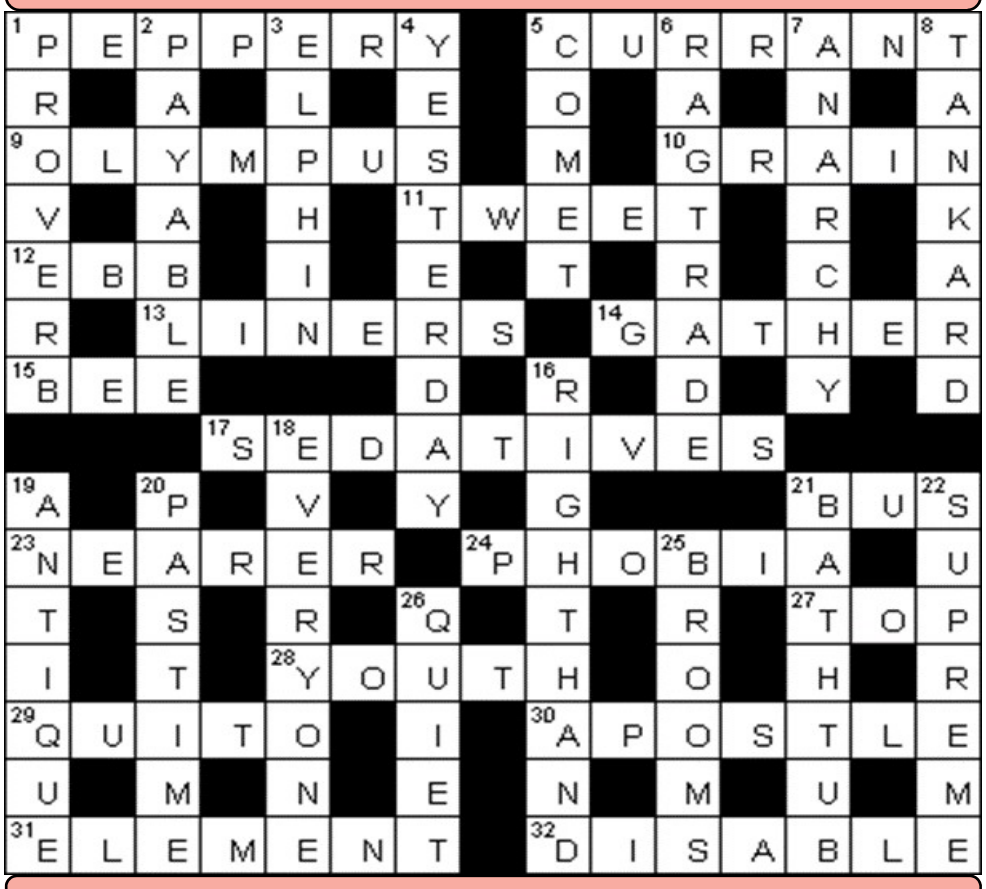
Happy Halloween



October 2024 Crossword - No. 539



Solutions to Crossword No. 538



Clues Across

1. Style of painting (13)
8. Member of a senate (7)
10. Medley (7)
12. Continent (6)
13. In good spirits (8)
15. Something that pollutes (9)
18. Bring about (5)
21. Refined iron (5)
22. Luxurious car (9)
27. Away from the shore (8)
29. Cosmetics (4-2)
30. Drape (7)
31. Companion of Aeneas (7)
33. Inhabitant of Pennsylvania (13)



Clues Down

2. Dog of mixed breed (7)
3. Long-tailed rodent (3)
4. Speaks publicly (6)
5. Employees (5)
6. Dormant state (6)
7. Goalkeeper (6)
9. Salt of oleic acid (6)
11. Scrutinize (4)
14. Harvests (5)
16. Not in (3)
17. City in West Yorkshire (5)
19. Transgression (3)
20. Vast (6)
21. Caress (6)
23. Notion (4)
24. Sluggishness (7)
25. Uncover (6)
26. Mimics (6)
28. Physical power (5)
32. Female fowl (3)

Sudoku Challenge

Difficult

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

Super Difficult

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

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.

Happy Halloween

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

All puzzles sourced free from Google



No-Churn Brandied Pumpkin Ice Cream

INGREDIENTS

Makes: approx., 1 litre/quart



125 grams pumpkin puree (from a can)

150 millilitres condensed milk

300 millilitres double cream

1 teaspoon freshly grated nutmeg

3 x 15ml tablespoons brandy

Method

You will need: 2 x 500ml/2 cup empty ice-cream tubs or airtight containers (or 1 x 1 litre/quart tub or airtight container).

1. Combine the pumpkin purée and condensed milk in a bowl, and stir to mix.

2. Add the cream and whisk until it begins to thicken. (If using American heavy-cream or whipping cream in other countries, whisk your cream in a bowl first, until it reaches soft peaks, then whisk in the condensed milk mixture and continue whisking until thick again.)

3. Grate the nutmeg over the ice cream and whisk in the brandy as you pour it in a slow trickle.

4. Decant into your airtight container or containers and freeze overnight. Take it out of the freezer for 10 minutes to soften before serving.

5. Best eaten within 1 month

Source:
nigella.com/recipes/no-churn-brandied-pumpkin-ice-cream

Pumpkin spice latte

Get cosy with a pumpkin spice latte, perfect for cold autumn and winter nights. With ginger, cinnamon, nutmeg and pumpkin flavours, it's a real treat

Ingredients

2 tsp pumpkin purée
pinch of ground cinnamon, plus extra to serve
(or use pumpkin spice)
pinch of ground ginger
pinch of ground nutmeg
30ml espresso or strong coffee
250ml milk (any will work)



Method

STEP 1

Put the pumpkin purée in a large heatproof glass or mug. Stir in the spices and espresso or strong coffee.

STEP 2

Heat the milk in a saucepan over a low heat until steaming and frothy. Pour into the glass or mug, and spoon over any froth. Stir to combine, then dust with more cinnamon or some pumpkin spice before serving.

Source: Good Food (bbcgoodfood.com)

Pumpkin soup

Whip up this easy pumpkin soup as a starter for a dinner party or a light supper when you need a bit of comfort – it has a lovely silky texture

Prep:20 min Cook:25 min Serves 6



Ingredients

2 tbsp. olive oil
2 onions, finely chopped
1kg pumpkin or squash (try kabocha), peeled, deseeded and chopped into chunks
700ml vegetable stock or chicken stock
150ml double cream



For the croutons

2 tbsp. olive oil
4 slices wholemeal seeded bread, crusts removed
handful pumpkin seeds

Method

STEP 1

Heat 2 tbsp. olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 min, until soft but not coloured.

STEP 2

Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 min, stirring occasionally until it starts to soften and turn golden.

STEP 3

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 min, until the squash is very soft.

STEP 4

Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve. The soup can now be frozen for up to 2 months.

STEP 5

To make the croutons: cut 4 slices wholemeal seeded bread into small squares.

STEP 6

Heat 2 tbsp. olive oil in a frying pan, then fry the bread until it starts to become crisp.

STEP 7

Add a handful of pumpkin seeds to the pan, then cook for a few min, more until they are toasted. These can be made a day ahead and stored in an airtight container.

STEP 8

Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Source: bbcgoodfood.com



Irish Ghost Stories

The Ghost of a Gentleman in a Long Grey Coat

The ghost of a gentleman in a long grey coat was seen walking down a staircase, ten years before a staircase was ever built. This ghost is a strange visitor that first came to Castletown, Celbridge, Co. Kildare, in 1767. Thomas Connolly, the owner of the mansion, was the nephew of the Speaker of the House of Commons.



He had spent the day hunting with the local pack and he was returning home alone at dusk when he was joined by another rider. He did not know this man but assumed that this man was part of the hunt that day. Thomas was a hospitable host and invited the man back to Castletown where the rest of the hunting party would be, to round off their day of sport. The stranger accepted and they went back to the mansion.

After all the hospitality, the stranger fell asleep on a chair. Wanting his guest to be comfortable, Thomas instructed his servant to take off the stranger's boots. On removing the stranger's boot a cloven foot was revealed. The stranger then jumped up, looked at everyone in the room and laughed at them. A priest that was there, threw a book at him. This book passed through him and smashed against the mirror over the fireplace smashing it into a hundred pieces. Still screaming, the stranger was suddenly surrounded by a burst of vivid yellow flame. Then, the stranger and flame vanished. Thomas and his guests discovered a crack in the floor where the stranger had stood. That crack is still there today.

The second time the stranger in the long grey coat was seen by Connolly's widow who survived him by many years. She saw him on the top gallery laughing mockingly. The man then moved following the decent of the grand staircase, which had not yet been built at the time. It was built ten years later and its position correspond to the apparitions movements.

It might be just a coincidence, that this legend of demoniac being is attached to a house built by a man who was also the owner of the Hell Fire Club.

Sourced: www.ouririshheritage.org/content/archive/topics/the-ghosts-of-ireland

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The Abhartach (The Irish Vampire)

There are many Irish legends about the Abhartach, but each follows a very similar tale that all begin with a historian named Patrick Weston Joyce. Joyce published a book in 1869 titled 'The Origin and History of Irish Names of Places'. It was in this book that the world was first introduced to the Abhartach. The book tells of a wicked dwarf that possessed powerful magic and who was said to terrorise villagers near where he lived. Then, after reaching their wit's end, the villages convinced a local chieftain to get rid of the dwarf.



It was one of the fiercest of the many Irish mythological creatures, and it's said that it could be found in the parish of Errigal in Derry called Slaghtaverty. He explains the dwarf was a cruel creature and that it possessed a powerful type of magic. Those who were terrorised by the Abhartach soon had their prayers answered. A local chieftain (some believe that this was the legendary Fionn A local chieftain (some believe that this was the legendary Fionn Mac Cumhail) killed the Abhartach and buried him upwards nearby.

The locals thought their luck had changed. However, the very next day, the dwarf was back, and he was twice as evil than he had been. The chieftain returned and killed the Abhartach for a second time and proceeded to bury him the same as before. Surely this was the end?!

Alas, the dwarf escaped his grave and spread his terror across the whole of Ireland. The chieftain was baffled. He had slain the Abhartach twice now and it managed to return to Ireland again and again. Deciding that he couldn't risk the dwarf returning three times, he consulted a local Druid. The Druid advised that he slay the Abhartach again but this time when it came to burying it, he must bury the creature upside down. The Druid believed that this should quench the dwarf's magic. The Abhartach never returned.

Sourced: www.theirishroadtrip.com

The Púca

The Púca, known for its shape-shifting abilities and mischievous nature, the Púca is one of the most elusive and intriguing characters in the vast landscape of Irish folklore. The term 'Púca' is derived from the Old Irish 'púcán', meaning 'goblin', but it has been interpreted in various ways, including 'ghost', 'sprite', or 'fairy'. It is part of the broader group of supernatural entities known as the Aos Sí or 'People of the Mounds', who were believed to inhabit the Irish landscape.

The Púca has parallels in other cultures as well. For example, the English 'Puck', a mischievous hobgoblin immortalized in Shakespeare's 'A Midsummer Night's Dream', shares similar attributes. These cross-cultural connections underscore the universal human fascination with trickster figures and shape-shifting entities. The Púca is primarily known for its shape-shifting abilities. It can take on a variety of forms, often appearing as different animals such as horses, goats, cats, dogs, and even hares. The Púca is typically portrayed as dark or black, reflecting its association with the night and the unknown.

The Púca is not seen as inherently evil. It is rather a trickster, delighting in creating confusion and fear. It is also known to give advice and guidance, albeit in a cryptic and riddle-like manner. The Púca's dual nature — its capacity for both mischief and assistance — makes it a particularly complex and intriguing figure in Irish folklore. One of the most common themes involves the Púca transforming into a horse and enticing an unsuspecting traveller to ride on its back. Once the individual is aboard, the Púca would embark on a wild, terrifying ride through the night, only to return the rider to their starting point by dawn, unharmed but thoroughly shaken.



The Púca is also associated with Samhain (Halloween), the ancient Celtic festival marking the end of the harvest season and the onset of winter. It was believed that on Samhain, the veil between the human and the supernatural world was at its thinnest, allowing entities like the Púca to interact more freely with humans. The Púca, a legendary creature deeply ingrained in Irish folklore, has left an indelible mark on various literary and cinematic works, manifesting in different forms and guises. This is why Púcas are associated with Halloween. As children transform themselves by wearing scary costumes and call house to house saying 'Trick or Treat', also why the children are then called 'Púcas'. Shakespeare's "A Midsummer Night's Dream" introduced audiences to the mischievous character of Robin Goodfellow, also known as "sweet Puck," resembling the Púca. Disney's "Darby O'Gill and the Little People" showcases a Púca in the form of a deceptive horse.

In Ireland, the Púca is not only a mythic figure but also a part of local culture and celebration. The Púca Festival, held annually in County Meath, Ireland, celebrates the spirit of the Púca. The festival, which includes music, arts, and a spectacular light show, is an homage to the Púca and a celebration of Ireland's rich heritage of folklore and mythology. The Púca is deeply connected to the agricultural calendar, particularly the harvest. It was traditionally believed that the Púca would spoil any fruit or crops left in the field after November 1, which marked the end of the harvest season and the beginning of winter. This myth served as a practical way to ensure that all crops were gathered promptly. The Púca was also associated with abundance. There's an old Irish saying, "Púca pléascach, nó galar gabhar" ("An exploding Púca, or a goat disease"), which was used to describe an abundance of anything, indicating the Púca's connection to the bounty of the harvest.

Sourced: www.irishhistory.com



OCTOBER GARDENING

Fruit and veg

Take cuttings of shrubby herbs**,** Fruit and veg



Take cuttings of shrubby herbs, such as rosemary, lemon verbena and thyme

Remove large fruits on fig trees that have failed to ripen, leaving pea-sized fruits to develop for harvesting next year

Sow green manure, such as winter rye, rather than leaving soil bare over winter

Cover salad plants with cloches to prolong cropping



Keep sowing batches of hardy broad beans and peas outdoors for early crops next year

Plant garlic cloves in a sunny well-drained spot, 15cm apart, with their tip 5cm below the surface

Finish picking runner beans and French beans, but leave a few pods to ripen fully, so you can save the seeds

Cut down the ferny shoots of asparagus to soil level once they've turned yellow, then add to the compost bin



Divide large clumps of herbs, such as chives, lemon balm and marjoram, then replant or share with friends

Wrap grease bands around the trunks of apple, pear,cherry and plum trees to trap the crawling female winter moth

Clear away old crops, so they can't harbour pests and diseases on the veg plot through the winter

Cut fruited stems of blackberries and autumn raspberries down to the ground

Raise pumpkins and squash onto bricks to keep them dry and expose them to more sun, to ripen the skins

Order bare-root fruit trees and bushes for planting from late autumn to early spring



Source Gardening World .com

Chilli con carne recipe

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



Ingredients

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

Method

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Source: www.bbcgoodfood.com

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Kildare Planning Applications for Maynooth Area
Planning Applications received from 21/08/2024 to 26/09/2024
Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460931	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	20/09/2024
24295	Kildare County Council	Niamh Gilmartin and Frank Mangan	43 Castlebridge, Maynooth, Co. Kildare	17/09/2024
2460904	Kildare County Council	Maynooth University	The Pheonix Sports and Restaurant Building, Maynooth University, Maynooth, Co. Kildare	13/09/2024
2460896	Kildare County Council	Tom and Pauline Holmes	Donaghstown, Maynooth, Co. Kildare	12/09/2024
2460899	Kildare County Council	Mary Pat. Steinmetz and Patrick Moran	Laragh Demesne, Maynooth, Co. Kildare	12/09/2024
2460891	Kildare County Council	Tom and Pauline Holmes	Donaghstown, Maynooth, Co. Kildare	10/09/2024
2460883	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	06/09/2024
2460882	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	06/09/2024
2460875	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	05/09/2024
24274	Kildare County Council	Helen & Leo Crawford	8 Lyreen Drive, Mariavilla, Maynooth, Co. Kildare	02/09/2024

Maynooth Community Contacts Listing

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Catherine Murphy T.D. 01-6183099 catherine.murphy@oireachtas.ie facebook.com/catherinemurphytd/	Cemetery Committee (Laraghbryan) 01-6293018	Church of Ireland 01-6292163 secretary@meath.anglican.org	Citizen Information Centre 0818078100 maynooth@citinfo.ie
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If you wish to have your Community contact added, updated or removed from the above listing please e-mail: office@maynoothcep.com with "Community Contact" in the subject line.

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

Local News - November 2024 - Issue No. 540 - Online Version

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

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

Maynooth Local Market

maynoothlocalmarket@gmail.com TheMaynoothLocalMarket

Taoiseach Simon Haris visits Maynooth Local Market

October was a fantastic month for Maynooth Local Market filled with spooky fun, delicious treats, and amazing community spirit. It was rounded off with a special visit from An Taoiseach Simon Harris who enjoyed browsing our stalls and supporting local vendors.

Six Months on the Square

October also marked our half-birthday – it's been brilliant to see Court House Square buzzing every Saturday with the return of casual trading, and we are glad the market has been so well received. The committee behind the market are all volunteers who are passionate about ensuring the town square is a social, cultural and commercial hub for our community. A huge thank you to everyone who continues to support us and make it all possible.

Kildare Wildlife Rescue

Earlier in the month we welcomed Kildare Wildlife Rescue (KWR) onto our Community Stall. The KWR team do vital work rescuing, rehabilitating and returning native Irish wildlife. In 2023 alone they responded to over 5,000 reports, cared for 2,800 animals in their Rehabilitation Centre and released 1,200 animals back to the wild. Joanna and Gina from KWR brought a wealth of information to the market along with a selection of handmade products – the proceeds of which all go back into funding the organisation. We look forward to having them back again in the new year.

New Vendor Shafafa Micro Bakery

Our newest vendor Shafafa Micro Bakery has already proved very popular with locals, specialising in brown bread, sourdough, scones, tea brack and more. You can even pre-order your bread for collection at the market each week.

Maynooth Christmas Market

Just a little reminder that Maynooth Local Market will transform into a winter wonderland for two weekends in December. From 10am to 5pm on Saturday, 7th December and Saturday, 14th December we invite everyone to join us on Court House Square for some festive fun and shopping. It will be the perfect opportunity to pick up some Christmas gifts. See you there!

Follow us on social media
@TheMaynoothLocalMarket





REQUEST FOR PHOTOS

The Editorial Board of Maynooth Newsletter are requesting photos of Maynooth scenery and community to feature in our online publication. Any photos used will be credited appropriately. Please submit images for consideration to office@maynoothcep.com

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Phone - 01-6285922 - email - office@maynoothcep.com Website: www.maynoothcep.com
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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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Website: www.maynoothcep.com

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

Mission Statement
The Maynooth Newsletter is a community focused publication available free to the people of Maynooth. It plays an important role in gathering together, recording and distributing community based news.
We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events.
The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities.
The Editorial Board endeavours to ensure independence and balance in the Newsletter content and reserves the right to omit/edit or abridge material which in its opinion might render the Newsletter as a promoter of sectional interests.
In addition we undertake the following:

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

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.
Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

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

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

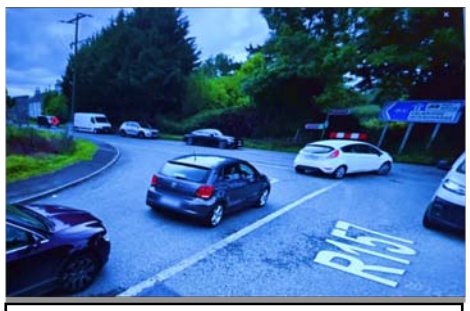
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All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

I previously mentioned my concerns about the junction on the Maynooth-Leixlip Road at Blacklion, where traffic joins the R148 from the R157. After witnessing another two near misses of accidents since last month, I felt that I should raise my concerns again. It is well known that traffic in the centre of Maynooth is an issue, so with options to avoid the main street to access places such as Maynooth University, the volumes of traffic now using this junction has significantly increased. Although this junction will be changed when the Maynooth Eastern Relief Road crosses the Royal Canal and the rail line, that maybe too late for someone. A roundabout or traffic lights is needed there as a matter of urgency. Meanwhile, my advice is to avoid it if possible as I will be.



(IMAGE : Google September 2024)



Science Week is a week-long event in Ireland each November, celebrating science in our everyday lives. Science Week includes a wide variety of events involving industry, colleges, schools, libraries, teachers, researchers and students throughout Ireland. Science Week has a number of regional festivals offering a range of opportunities for the public to engage with STEM in across Ireland. As usual Maynooth University is marking Science Week 2024, they have an exciting line-up of events scheduled throughout the week, with a special Science Night on November 15th.

With the Maynooth Development Plan 2025-2031 now finalised, residents in the Moyglare area were pleased that the majority of our Councillors voting on the proposals took on board their concerns on permeability. While the development plan has many good proposals, the proposals on permeability were not well received. The entire Moyglare area is quite compact, where walking between estates takes less than the time needed to meet the ten minute town ambitions for Maynooth. Also, the Moyglare Road is well served with excellent safe cycling facilities that stretches from Maynooth Education Campus to the Main Street and will link with the plans to extend the cycling route across Maynooth to support active travel.

A large number of individual submissions to Kildare County Council on permeability showed that the proposals were not required in the area. In particular, Moyglare Village is already impacted by casual daily parking which has made the estate dangerous for residents. It has become difficult for residents to ensure parking will be available for family visitors, carers or indeed deliveries and services, not to even mention the safety of children either playing on the green areas or walking to school. Permeability with Maynooth University would have inevitability increased casual parking in this estate and the through road to Moyglare Abbey would have resulted in a traffic rat run because of traffic volumes at peak times on the Moyglare Road.



Paul Croghan - Editor

Copy date for the December edition will be 5pm on Tuesday 26th November 2024



I was born and reared in Maynooth. I was educated in Maynooth and reared my family with my husband Barry in Maynooth. I love this town and am proud to live in such a beautiful part of our country.

Since being elected as a public representative in 2019, I have worked tirelessly on all the issues affecting our community. I have a proven track record of working for decades in education helping improve the lives of young people.

I am a firm believer in the empowerment of education to society, I have devoted my life to promoting education in all its forms having previously worked as Head of the School of Languages, Law and Social Science in Technological University of Dublin.

I want to improve the lives of the people of Maynooth and Kildare North and with your support, when the Election is called, I can play my part.

My priorities for Maynooth

- Primary Care Centre
- 24 Hour Garda Station for Maynooth
- Swimming Pool
- DART+
- Harbourfield Development
- Community Hub at vacated fire brigade site
- Preservation of historic heritage of Maynooth

If elected, I will be a stronger voice for Maynooth

Tá mé lán sásta caint libh as Gaeilge.



Cllr. Angela Feeney Maynooth Labour News

E mail: afeeney@kildarecoco.ie - Phone: 0872381962

Lights needed the Celbridge Road
At the recent Council meeting, Cllr. Feeney called for the installation of public lights at the top of Barrogstown Lane on the Celbridge Road. In speaking to the motion, Cllr. Feeney stated that this section of the Celbridge Road is near an extremely bad bend and with Barrogstown Lane/Obelisk lane feeding on to it. Many residents who use the nearby bus stop have been in touch with Cllr. Feeney calling for public lighting to be installed in the vicinity of the bus stop. At the moment, residents have to cross at a very bad bend; there is no footpath and no light. Cllr. Feeney welcomed the fact that the Council agreed for the need for lighting there and for the public lighting section to get a quotation from the Public Lighting Maintenance Contractor. She welcomes the response from the Council because it is a priority area in need of lighting for safer travel.

Automated External Defibrillators (AED) in housing estates
Cllr. Feeney was recently out visiting one particular large estate in the town when there was an incident at a house that required the emergency services being called to attend the scene. While neighbours waited for the emergency services to arrive, it prompted the question about the installation of AEDs in housing estates. Cllr. Feeney acknowledges the great work done by First Responders and the many lives they help save. While the Council has no direct role to play in the provision of or installation of AEDs in public places Cllr. Feeney believes that new housing developments should include AEDs because they can potentially save lives. Cllr Feeney is pursuing the matter with the relevant stakeholders including the HSE and ESB networks.

Cul-de-sac road at Clonagh
Cllr. Feeney visited the road in Clonagh and met the residents who live there. The residents are worried about the quality and safety of the road. In speaking to the motion, Cllr. Feeney said that small rural roads change over time due to demographics, increased volume of cars and traffic. On the particular road in question, there are more residents now and there is a local business there too, all of which have an impact on the road quality. Cllr. Feeney welcomed the fact that the area engineer agreed to meet on site and assess what measures can be taken to improve road safety.

Draft Local Area Plan for Maynooth
At the October 21st meeting to consider the draft Local Area Plan for Maynooth, Cllr. Feeney is happy that her following motions were approved:

●Sport pitches at the Maynooth Educate Together
●Redevelop the existing Maynooth Health Centre to a State of the Art Primary Care Centre
●Primary school provision
●Expansion of current community unit for the elderly
●The provision of a swimming pool for Maynooth.
●Community centre/hub at vacated fire brigade/council site at harbour area
●An arts and culture centre
●Active travel trials
●Improve and review the current drop-off facility at Maynooth Education Campus
●Proposed Post Primary site on the Celbridge Road has access to the MERR.
●A Supplementary Development Contribution Scheme is developed to assist with the delivery of the Municipal Sports Facility at C (5) Crewhill"
●Crewhill KDA includes the provision of a sports amenity.
●No development should occur at SR1/2 until transport infrastructure is in place.

W6 bus update
Cllr. Feeney was informed by the National Transport Authority (NTA) that the W6 bus route will be operational by the end of November. The W6 will connect Tallaght, Newcastle, Celbridge and Maynooth, which will be great for students travelling to TU Dublin Tallaght Campus or Maynooth University but also going to Tallaght University Hospital. Cllr. Feeney said that this connectivity is needed between our growing towns. The service was delayed due to works to widen the Hazelhatch Bridge and the route has temporarily operated by Go Ahead Ireland as the W61 and W62 since summer 2023. Cllr. Feeney will continue to push for better public transport, as it is much needed.

Nominated to Local Community Safety Partnership
Cllr. Feeney is honoured to be nominated, by her fellow councillors, to serve on County Kildare's Local Community Safety Partnership representing the Maynooth Local Electoral Area. Local Community Safety Partnerships are being established in each Local Authority area in line with the Policing, Security and Community Safety Act 2024. These new Partnerships will build on and replace the existing Joint Policing Committees (JPCs) and will provide a forum for State agencies and local community representatives to work together at local level to act on community concerns. This will facilitate a more holistic forum for discussion, decisions and action on community priorities

- It will give the community a stronger voice in identifying and tackling the issues that individuals, families, young people, business owners and all members of the community face.
- Representatives of the community will make up 51% of the members of the Local Community Safety Partnership, meaning community voices will be the majority.
- The Local Community Safety Partnership will work with the community to identify local priorities and use these to develop a local community safety plan that will be delivered in a collaborative fashion by all stakeholders.

Meeting with National Transport Authority
At a recent meeting in the Council with the NTA, Cllr. Feeney raised the following issues:

- The need for a cycle/footpath between Maynooth and Celbridge to create safer and more sustainable mobility links across North Kildare.
- That the 139 bus service be added to Real Time Passenger Information tracking system, so that users who are at a stop and are expecting a bus can check to see where it is in real time.
- That the remaining 139 bus stops be put in place.
- To increase the 139 bus service at peak times.
- With regard to DART+ Cllr. Feeney asked for information about the railway order to be issued for the extension of DART+ from Maynooth to Kilcock.
- Cllr. Feeney also asked about the status of the proposed depot that was not approved by Bord Pleanála in its recent decision.

My upcoming motions and questions at Council
Motions-

1. That the Council installs some form of lane segregation such as planters or bollards to prevent cars parking in the cycling lane at the boys national school Maynooth
2. That the Council reviews the yellow box at the entrance/exit of Parklands estate Maynooth.

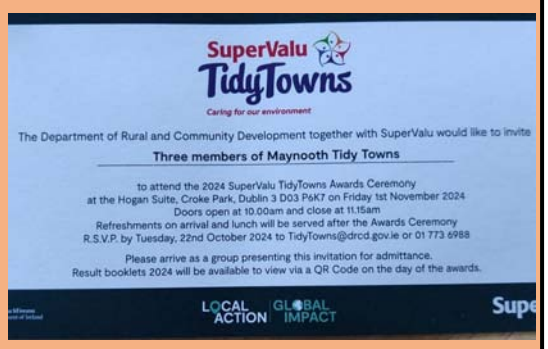
Questions-

1. Has the Council any plans to provide a playground for Rathcoffey?
2. Can the Council clarify what steps can be taken to install double yellow-lies in Silken Vale and Moyglare Village Maynooth where there has been a significant increase in hazardous car parking by non-residents?

MAYNOOTH TidyTowns
CARING FOR OUR ENVIRONMENT



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



Three members of the Tidy Towns Committee will be attending The 2024 Supervalu Tidy Towns Awards Ceremony in Croke Park on Friday the 1st November. Fingers crossed for a good result in other words another Gold Medal for Maynooth.

We had a very busy October planting spring bulbs around the town. Thanks to the 2010 boys, Dermot Haugh and coaches from Maynooth GAA Club who joined us one Saturday to plant bulbs in the Council Car Park. Thanks also to the staff at The Credit Union who joined us one morning to do some litter picking. We were also joined by the RCCG Life Sanctuary Church, Maynooth Business Park, one Saturday morning. 12 Volunteers did some fabulous work on the Main Street clearing up leaves, litter picking and scuffling the weeds. A couple of our volunteers spent time with the LCA students litter picking on the Moyglare Road.

We planted bulbs outside the Community Church, Limetree Hall estate green spaces , Dublin Road, Maynooth Educate Together School, the entrance to Parklands, outside the Boys' National School, Moyglare Road. They should make a wonderful display around the town come Spring.

We presented Ely Cafe, Main Street with the September environmental award and The Roost with the October award. We will present another award in November to another business.

We would like to thank The Glenroyal Hotel for their continuous support to our group. Thanks also to Mark Nolan for continuing his support with free tea/coffee on Saturday morning after clean up at Lily's Cafe.



Follow us on Facebook for more up to date information.
If you wish to volunteer please contact us on email at maynoothtidytowns@outlook.ie.

For the winter months we meet every Saturday morning at 9am.

Mary Molloy
Maynooth Tidy Towns Association PRO.

MU Celebrates Space Week
Maynooth University recently celebrated Space Week 2024 with an exciting event that brought the wonders of the universe to life. The free public talk titled "From New Worlds to the Infinite Universe" featured spectacular images and insightful presentations on the latest advancements
in space exploration.



Dr Andrew Hogan (Senior Lecturer and Principle Investigator with the Obesity Immunology Research Group at Maynooth University)

A highlight of the evening was a talk by NASA astronaut Steven Swanson, who shared his experiences from over 195 days in space, including five spacewalks, and provided his perspective on the future of space missions.

Younger members of the audience had the unique opportunity to meet Swanson, and to hear from renowned Maynooth University experts in astrophysics, including Dr Colm Bracken, who explored the search for alien life and planets, and Prof Peter Coles, who presented early findings from the European Space Agency's Euclid mission. Hosted by the Department of Physics, the event also featured PhD scholar Aoibhinn Gallagher who discussed mysterious dark matter which dominates the gravity of our Universe and is something we know little about, and PhD scholar Matthew Birney on a range of topics from the discovery of exoplanets and the mechanics of planet formation.



Astronaut Steve Swanson, Rian Moneley, Age 5 from Straffan & Conor Corbett, Age 6 from Maynooth.



Lucia Carberry, Age 7 from Straffan

Maynooth University Science Week hosts expert panel on Ozempic - fact and fiction
Maynooth University will host a panel discussion on one of the most talked-about drugs, Ozempic, on Thursday, November 14th 2024 from 7pm to 9pm at the Phoenix Restaurant, North Campus.
The discussion which is open to the public is titled, ‘Ozempic – unravelling fact from fiction’, and forms part of Science Week 2024 at Maynooth University. The event will explore the science behind the drug that has prompted questions, misunderstandings and myths.

Two leading experts in obesity research will lead the discussion: Dr Andrew Hogan, Senior Lecturer at the Department of Biology at MU and Principal Investigator with the Obesity Immunology Research Group, and Prof Donal O'Shea, Consultant Endocrinologist with the Obesity Immunology Research Group at St Vincent’s University Hospital. Together, they will explore the science behind Ozempic, including how it works and its impact on health.
Using the latest research, they will discuss how these medications have changed the way obesity is treated. They will also address questions such as:
· Does Ozempic cause muscle loss?
· Does Ozempic increase fertility?
· Is “Ozempic face” real?

Hosted by the Development and Alumni Relations Office, in collaboration with the Faculty of Science and Engineering, this public event also on livestream, offers an opportunity to gain expert insights and separate fact from fiction on one of today's most talked-about medications.
Tickets are free, but limited. Register on Eventbrite here to secure your place: *https://www.eventbrite.ie/e/ozempic-unravelling-fact-from-fiction-tickets-1038777921727?aff=oddtdtcreator*



Back left to right: Maynooth University PhD scholars Matthew Birney & Aoibhinn Gallagher, Astronaut Steve Swanson, Maynooth University's Prof Peter Coles, Dr Colm Bracken & Dr John Regan and MTU Blackrock Castle Observatory's Danielle Wilcox & Rob O'Sullivan with Finian Regan and Theo Regan

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Community Employment Scheme

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All Positions are 19.5hrs per week

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Applicants Must be eligible under the
Department of Social Protection Guidelines
Eligibility can be checked at your local Intreo Office

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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 here). 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.
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St. Mary's Brass & Reed Band

The Band members are now fully recovered from our trip to the International Music Festival in Bad Orb in Germany which was our third visit and indeed was the most successful so far.

The highlight of last month was our Concert in St. Mary's Church of Ireland on the Saturday 19th which was really enjoyed by a very appreciative audience who gave the Band a standing ovation at the end of the evening with many asking that it be repeated next year.

The guest artists for the evening were a male quartet 4 inabar who were a complete contrast to the Band's music and were really enjoyed by the audience. They will be returning to the Church with their own Concert on 13th December at 7.30pm with all proceeds going to The Friends of St. Lukes.

November marks the Band's annual Mass for our deceased members which will be on Sunday 10th at 1pm. We invite families and friends of band members who have passed on to join us on this very special occasion. They Band was reformed in 1931 and we will be remembering those who have played an important part in keeping the Band going since then.



The Band will be returning to St. Mary's Church on Sunday 15th December for our annual Christmas Concert so hopefully you will make a note of the date for this great evening of seasonal music.

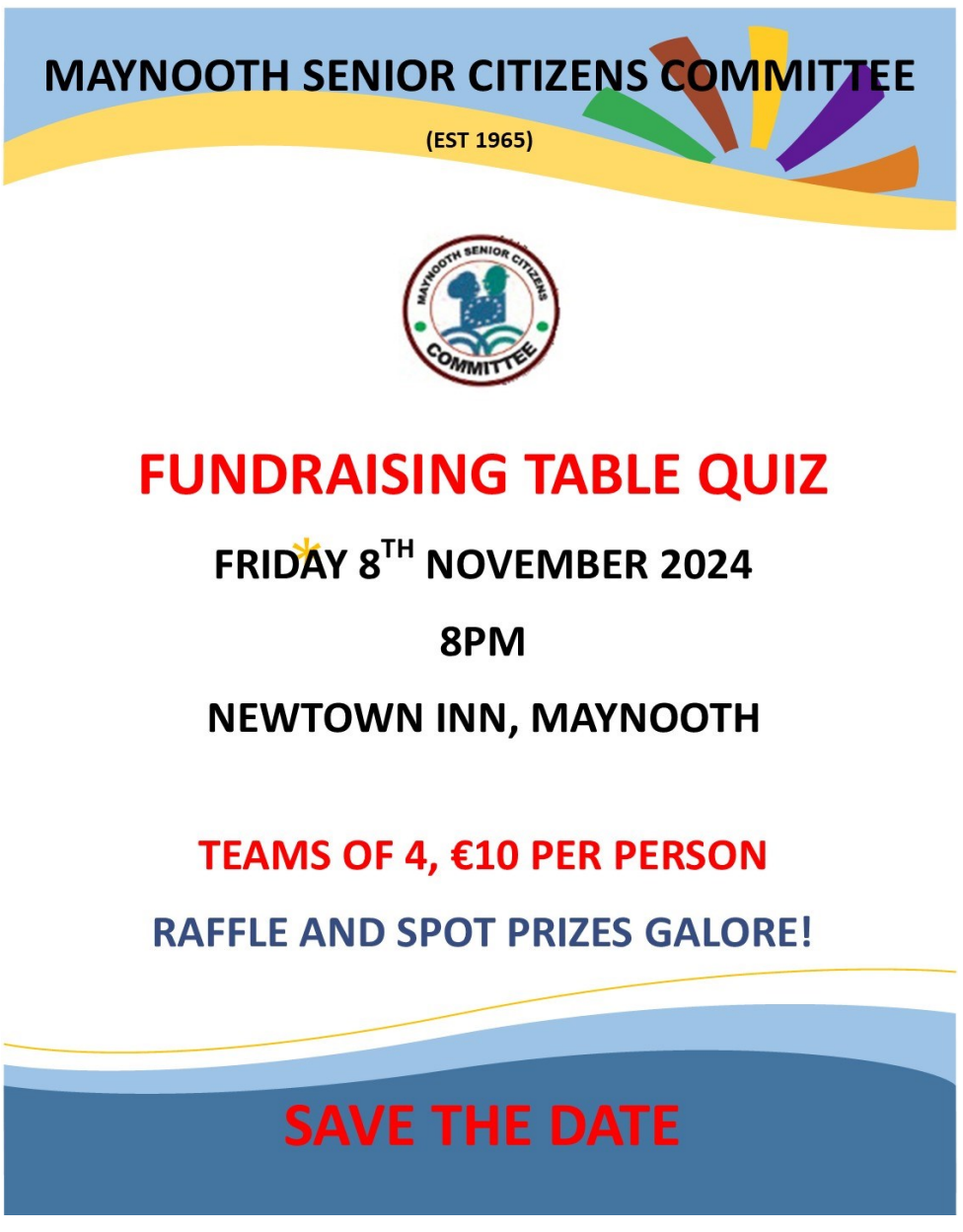
Maynooth Senior Citizens Committee

We are delighted to announce some news in this month's Newsletter. We have resumed our Tuesday Club the first time since Covid. We are currently running an information class on getting to know and getting the best from your mobile phone. This is a 3-week course and we are all taking away very useful information. The class is run under the auspices of the Kildare Wicklow Education Training Board. We hope to follow that up with crafts and after Christmas we will run a chair yoga and wellbeing course. Our usual art and bingo continues on Thursday mornings. We are delighted to welcome some new members to our group. If anyone is interested in coming to our Club activities please let us know. Contact details maynoothseniorcitizens@gmail.com; 0877974582 ; 0863450578

Our other news is our upcoming annual fundraising pub quiz (see poster below) which will take place in the Newtown Inn on 8th November. We have had great support from the Maynooth business community who have been so generous in providing the prizes for the night. and spot prizes for the quiz. All businesses will be acknowledged.

After our quiz night, we will be holding our Annual Christmas Raffle. Raffle tickets will be on sale on 15-16 and 22-23 November in Manor Mills and SuperValu. The raffle will be drawn at the Maynooth Senior Citizens Christmas Lunch which will take place in the Springfield Hotel on 1st December. The prizes are a Christmas hamper, and cash prizes of €250 and €150. If you are not in you can't win! Susan Durack, PRO Maynooth Senior Citizens.



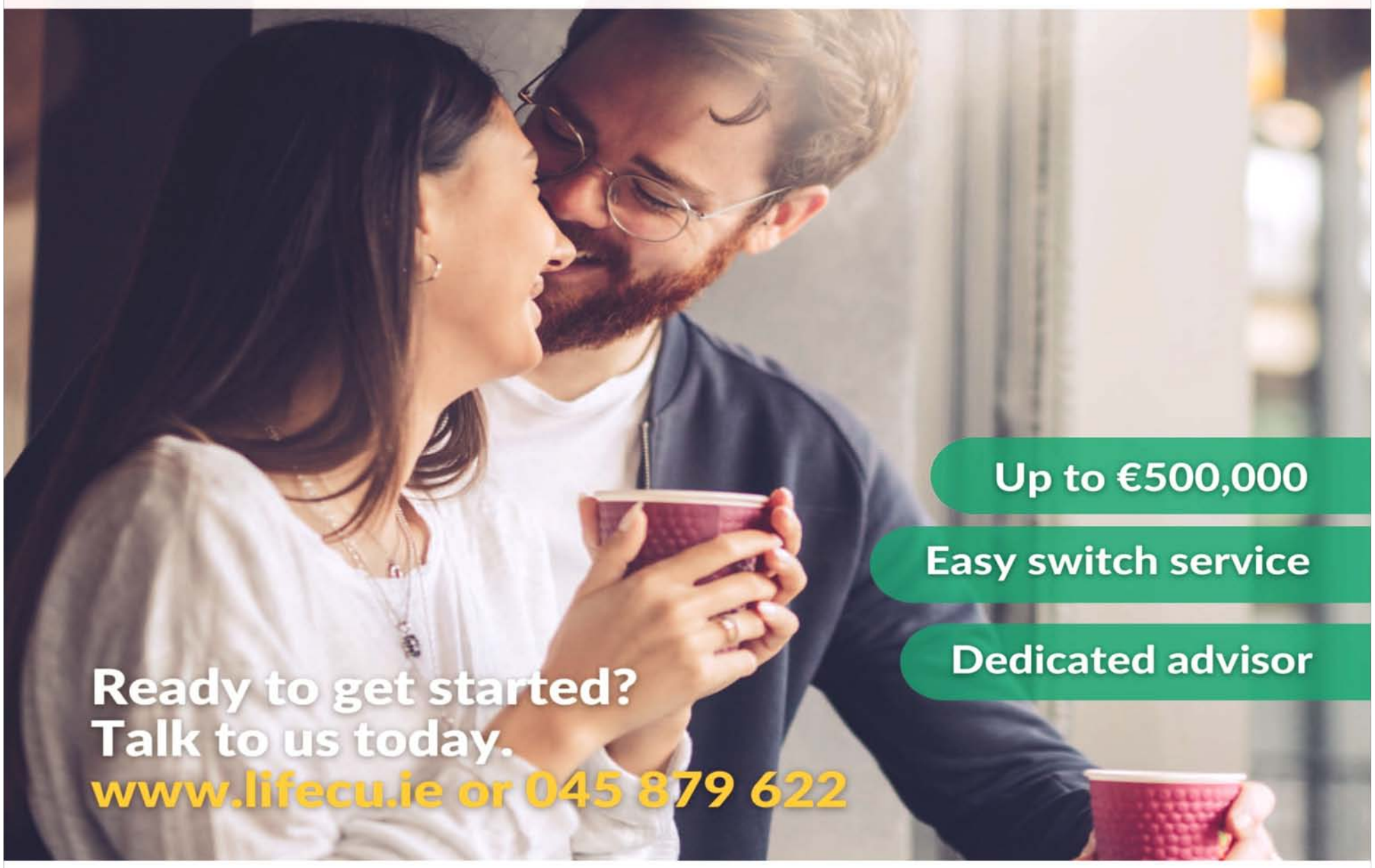


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WARNING: The cost of your monthly payments may increase.

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

MAYNOOTH CYCLING CAMPAIGN

Maynooth Cycling Campaign - Public Meeting 14th November

Maynooth Cycling Campaign will be holding a **PUBLIC MEETING** on Thursday 14th November at 8:00pm in the ICA Hall. The Agenda will include Cycling without Age, the latest on the Maynooth Local Area Plan, and Campaign priorities for 2025. EVERYONE WELCOME!!!

Representative on KCC Transport Strategic Policy Committee

The Public Participation Network (PPN) has invited volunteers to represent the PPN on various Strategic Policy Committees of Kildare County Council. After the council elections in 2019, our Chair was elected to the Transport SPC but was forced to resign as the Council introduced a requirement to prevent a member of the Transport SPC from also sitting on the Sustainability Transport Forum which had replaced/ incorporated the Kildare Cycle Forum. As the Maynooth Cycling representative was the only person who was forced to resign, we are seeking removal of this requirement. Maynooth Cycling Campaign will be seeking election to the new Transport SPC and will be looking for the support of PPN groups.

Accidents KSIs

The Road Safety Authority has recently been criticised by politicians and the general public about the rise in road fatalities over the past two years. This comes after a long period of time when the number of road fatalities annually were decreasing. Elsewhere, other authorities do not assess the safety of roads on the basis of the number of fatalities but of a combination of road fatalities and the seriously injured. A recent report by Ciarán Ferrie on IrishCycle.com website looked at the record of fatalities and seriously injured (KSI).

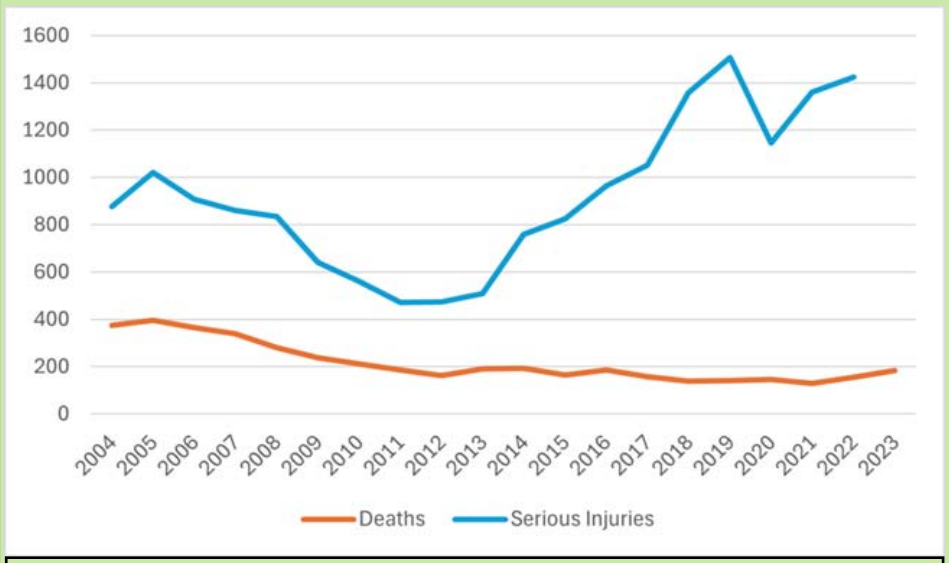


IMAGE: Deaths and Serious Injuries 2004 to 2023 (Source: RSA Annual Collision Reports)

The report revealed that although the number of deaths fell after 2013, the number of serious injuries have risen significantly.

Local Area Plan - Deletion of Proposed Permeability Measures

Councillors have given their response to the September Report by the KCC Chief Executive on the LAP submissions. The main outcome was that a representative from each of the four political parties proposed to delete several of the permeability proposals.

The councillors and the number of deletions that they proposed are given below.

Councillor	No. of Proposed Permeability Links Deleted	Party	No. of Party Members in MD
Naoise Ó Cearúil	46	Fianna Fáil	3
Tim Durkan	15	Fine Gael	3
Angela Feeney	19	Labour	1
Peter Melrose/ Aidan Farrelly	15	Soc Dems	2
Other Councillors		Independent	1
Total			10

Maynooth Cycling Campaign is disappointed that an overwhelming majority of councillors supported the deletion of more than ⅓ of the over 140 measures proposed to encourage walking and cycling. The action of councillors is hard to reconcile with their vote to recognise a climate (and biodiversity) emergency in June 2019 with the agreement of all members and with fifty one people currently missing in Spain after severe flooding.

Irish Rail and Access for All

Anyone travelling regularly by train would notice that Irish Rail regularly gives updates on the location of “Out of Order” lifts at stations. In mid-October, four stations were listed - Bayside, Tara, Grand Canal and Park West. Out of order lifts are not a huge problem for able bodied people but can be a critical issue for some people with disabilities. We will be keeping an eye on what progress Irish Rail makes in repairing them

Maynooth Cycling Campaign welcomes Irish Rail’s proposal to provide lifts at Maynooth railway station. Lifts will enable people with disabilities to purchase a ticket and then access both platforms rather than just the platform adjacent to the ticket office.

Maynooth Cycling Campaign is a non-party independent local lobby group advocating for better cycling infrastructure in Kildare.

The Hot Water Bottle

The hot water bottle is a great way of keeping warm this winter

The following are uses for your hot water bottle

1. **Keeps you warm in bed**
2. **Watching a movie**
3. **Working from home**
4. **Feeling stressed or anxious**
5. **Joint, back and stomach pain**
6. **Shock**
7. **Cold and flu**
8. **Saves on your energy bills**

Important information

Always cover your hot water bottle when using it as it can cause burns to the skin.
Also remember to check the hot water bottle regularly for cracks or leaks to avoid injuries.

Sourced by: Jackie Newsletter Staff



Cozy Winter Home Ideas

If you are wondering “How do I make my house cozy?” this winter season, here are some ways to create a cozy winter house!

Throw Blankets & Pillows
Throw blankets and pillows are one of the easiest and most low-cost ways to make your house cozy for winter. Switch out your thin, linen or cotton fabric pillows with heavy sweater-like material throw pillows. Change up your lightweight throw blanket with a heavy faux fur throw. You’ll immediately feel ten times more cozy when lounging on the couch!

Fleece Slippers
Cold feet is never fun in the winter. Keep your feet cozy and warm by slipping them into a pair of fleece slippers as you walk around the house.



Flannel Sheets
Sheets made of cotton tend to hold the cold air. Flannel sheets are the perfect option for winter because they don’t hold cold air, so you feel happy getting into bed every night! They also keep you super warm during the night, so you don’t need to keep your heat as high.

Velvet Curtains
Thick, velvet curtains are great for keeping the cold air out. They will insulate the windows in your home and ensure that heat stays in!

Hot Beverage
There’s nothing like hot chocolate or hot tea to warm you up on a cold winter day. Why not make it easy for yourself and guests to make a hot beverage by setting up a little station for hot water and drinks?

Source: curatedinterior.com/cozy-winter-home/

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Writers' Corner - Short Stories/Articles from our Readers

Poppy Day
By Cheryl Devaney

Armistice Day, later known as Remembrance Day, is commemorated every year on November 11th to mark the armistice, an agreed suspension of fighting by opposing sides. This was signed between the Allies of World War I and Germany at Compiègne, northern France. It specified that hostilities on the Western Front would cease at 11 a.m. on the eleventh month of 1918.

Poppies were a frequent sight on what became known as the Western Front, when Germany invaded Luxembourg, Belgium and later France. The common poppy seed can remain dormant in soil for as long as a hundred years but needs light to grow, so only germinates in disturbed soil. These beautiful and resilient flowers flourished therefore in the soil churned up by the fighting and shelling. Many soldiers would send pressed poppies home in letters. In 1915, Lieutenant Colonel John McCrae, a Canadian military surgeon, wrote a poem while serving in Ypres, Belgium. It begins:

In Flanders Fields, the poppies blow
Between the crosses, row on row…

In January 1918, McCrae died of pneumonia in a British army hospital in Wimereux, France. His poem has endured as a symbol of the sacrifice made by those who fought during World War I and inspired an American academic, Moina Michael, to adopt the poppy as an official emblem of remembrance across America and Canada.

Francis Ledwidge from Slane, County Meath was another poet who was killed in action in 1917. Many of his poems were lost whilst fighting in Serbia and it is likely that some of these dealt with the Western Front, as shown in the final lines from 'The Dead Kings':
'A bomb burst near me where I lay.
I woke, 'twas day in Picardy'.

Dublin barrister, Thomas Kettle, while fighting on The Western Front, wrote a poem entitled 'To My Daughter Betty' that includes the lines:

'So here, while the mad guns curse overhead
And tired men sigh with mud for couch and floor

He was killed in 1916 at the age of thirty-six during the Battle of the Somme.

Artificial poppies were first sold in Britain in 1921 to raise money for the Earl Haig Fund, which supported ex-servicemen and the families of those who had died in the conflict. Anna Guérin, who was born in 1878 in Vallon, Ardèche, France, supplied the million ordered flowers. Initially, her poppies had benefited widows and orphans of the war, which had devastated regions of France. With petals of silk, wire for the stem and bitumen for the centre and assembled by French war widows, Anna was known as 'The Poppy Lady from France'.

The artificial poppies became extremely popular and, when demand exceeded supply, in 1922 the British Legion founded a factory in Richmond-Upon-Thames, London. It was staffed by disabled servicemen to produce their own poppies and still continues today, any money earned during the Poppy Appeal helping army veterans. Poppy wreaths are also made in this factory and there is another poppy factory in Edinburgh but those poppies have no green leaves.

Over the years, different poppy versions have been produced. In the 1930s, poppies were made from an under layer of lawn cloth with an upper layer of silk and a green fabric leaf. Materials being in short supply during the Second World War, they were now made entirely from card. Wire stems returned in the 1950s, the poppy petals being made from red felt. In 1967, plastic stems replaced wire ones with a one-piece petal. 1987 saw the poppy regain its green leaf as the public preferred this feature and, in 2023, the British Legion produced a plastic-free poppy made entirely from recyclable paper. Other charities sell poppies in different colours: white poppies symbolizing peace without violence and purple ones honouring animals killed in conflict.

In 2014, the Tower of London marked the centenary of the outbreak of World War I with an art installation by Paul Cummins and Tom Piper entitled, 'Blood Swept Lands and Seas of Red'. For this display 888,246 ceramic poppies, each representing a British World War I military fatality, flowed out of the Tower itself, filling the entire moat.

While the red poppy represents peace, eternal sleep, resurrection and the often heroic activities of the armed forces, many feel it has become too political, using the powerful feelings it creates to justify war. Many Irish people do not wear the poppy as it has become a divisive symbol, a signifier of support for the presence of the British army in Northern Ireland.

Red Deer and Rhododendrons

Our neighbour, Mrs. Beirne, told us children
about the lovely 'rosiedandrums'
growing in a corner of the bog.
We didn't rest until we found
a clump of dark green bushes
topped by massive purple blooms
that, with blazing, show-off brightness,
outdid every flower we'd ever known.

We also heard of park-raised deer
the gentry used to hunt on horseback
but never saw these antlered monarchs.
Later in school we read about
Fionn and his warriors with wolfhounds
chasing enchanted hinds on foot
and learned a poem in which our last red deer
are going down to cross the Shannon.

Since then rhododendrons have spread,
killing off surrounding plant life;
red deer, rescued from near extinction,
eat the bark of broadleaf saplings,
so that in Killarney's National Park
both are seen as needing cutback.
Perhaps it's true that beauty always
depends on rarity for impact?

By Colin Scott

An Fón Póca!r

Is iontach an gléas é an fón,
I lámh gach aon duine mo bhrón;
Leis an scéal mar atá,
Is mór an mí-ádh,
Níl fáil ag an sprid ar a lón!

GM.

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

My Chequered Life Chapter 10

So I was back to the life I knew, well, sort of knew. There had been changes in my absence! Now there were three major categories of prisoners and I was put in the basic one. I had a minimum amount of money to spend in the tuck shop. I had to wear prison clothes, was allowed one letter a week, could make three phone calls a week, at my own expense and could have one visit per month. Bristol was a category B prison and I met several fellows there that I had met in various other prisons. Most of these had been either in open prisons or cat. C prisons but had offended in some way, drugs or stealing and so forth and had got their six-month punishment back to cat. B.

There was a big stress on course work, anger management, social skills and attitude changing approaches. There were changes also in review procedures which were much more transparent than formerly. Lifers, with a solicitor of their choice, were reviewed by a parole board consisting of a trial judge, a member of the prison authorities and a lay person who would have been some notable in secular society. Here there were strict criteria applied. A prisoner on basic in a cat. B prison could not be recommended for transfer to a category C prison. After a few months I was upgraded from basic to standard and applied to go to The Verne, which I had heard was a decent enough spot.

So in April 2001 I got my wish and arrived in The Verne. The Verne was much like Lay Hill with rooms instead of cells and no bars on the windows. The main difference was that it was situated on an island about a half mile off the Dorset coast, so escape was almost impossible. I settled in quickly and had access to much of my parole reports over the years so I decided I would make a serious effort to follow the courses in anger management, enhanced thinking, alcohol awareness etc. With those courses behind me I thought I'd have a good chance of being released when my next parole review was due.

Again I met several fellows I knew from other prisons, among them was Malcolm. He was working in the wood store and I got him to put in a good word for me to get a job there. I was a bit suspicious of Malcolm but wasn't slow in using him to get what I wanted. My plan worked and he and I brought wood from the wood store to the workshop and brought back the finished items and got them ready for transport to wherever they were bound. At one time there were picture frames of various sizes on the move and I thought that maybe I will hop in amongst them myself some day if things aren't going too well for me!

I mentioned this to a friend of mine, Kevin, and thought no more about it until a few evenings later he threw himself on his knees and implored me to help him to escape as he said he had to get out. I advised strongly against it, mentioning all the negatives, but he persisted and a week or two later I left a side door open so that he could come into the loading bay without being seen by Malcolm or any of the officers. I duly hid him in a stack of picture frames, put some cardboard on top and wrapped the plastic all around it.

The security guys were a bit lackadaisical, they had managed hundreds of these loads, so I gave the word that all was ready for the forklift and one of them did the honours, loaded up the pallets, closed up the side of the lorry and Kevin was on his way. I could see the lorry making its way to the gate, the driver completing whatever formalities there were and then driving down the causeway and Kevin was gone! An hour later I went back to the wing for lunch and shared my story with nobody.

After lunch I was back in my room and this lady prison officer put her head in my door and asked if Kevin was with me. Kevin Jones, said I, no, I haven't seen him all morning. He wasn't there for roll call, she said, do you know where he is. I had no idea, I told her. Very soon other officers came round and went into each room, checked the toilets, bathrooms, associations rooms. They were in Kevin's room but got no clues – I had warned him to leave everything as normal. They searched outside, the flat roofs and walked the perimeter. The local police helped out with their tracker dogs.

Mid afternoon I was called down and walked into the office to be "greeted' by the prison governor, the head of security and maybe four prison officers from my wing. They asked me straight out "where is Kevin Jones?" I said I hardly knew Kevin but they said you spend a lot of time together. Well, yes said, I but we're not married. So there are lots of things I don't know about him. "Did he escape? Did you help him to escape?"

By this time they knew he had escaped and how but couldn't for definite connect me to it. So I was allowed back to my room. A little later the doors on the wings were opened and normal routine was restored. I was watching TV and three prison officers arrived and brought me to the segregation unit. I wasn't too pleased but I went and spent two days there. The governor of another prison was brought in and he asked the same questions and I gave the same answers. I was sacked from my job in the wood store and allowed back among the general population. I found it hard to get another job. I was blacklisted for getting the officers in the wood store into trouble!

GM

EVENT: AWARENESS EVENT

FOCUSED ON:
HEALTH CHALLENGES TO OUR YOUNGER GENERATION IN TODAY'S WORLD.

DATE: 16TH, NOVEMBER 2024

VENUE: THE GLEN ROYAL HOTEL, MAYNOOTH.

TIME: 2.30PM TO 6.00PM

ALL ARE WELCOME

NO BOOKING REQUIRED

ADMISSION FREE

GROW MENTAL HEALTH:

Grow Mental Health peer support meetings take place every Tuesday in Leixlip Library - Captians Hill - Confey from 11 am to 1pm.

For more information please contact Amanda on 086 1367423

amandadempsey@grow.ie

Homemade Christmas Pudding

Get motivated in November to make your Christmas pudding to have it mature in time. This really is a figgy pudding as it includes dried figs, as well as all the usual dried fruit. The fig seeds bring a hint of a crunch to the finished pudding, which makes for a first-rate texture. Make and steam it at least a month in advance, so that it has time to mature.

Ingredients
The dry ingredients
. 275g/10oz soft brown or white breadcrumbs
. 100g/4oz dried apricots, chopped (to about the same size as the raisins)
. 100g/4oz dried figs, chopped (to about the same size as the raisins)
. 225g/8oz currants
. 225g/8oz seedless raisins
. 225g/8oz sultanas
. 75g/3oz high quality candied peel, finely chopped
. 50g/2oz almonds, finely chopped
. 225g/8oz light or dark muscovado sugar
. 225g/8oz shredded suet
. ½ tsp salt
. 1 tsp ground mixed spice
. 1 tsp ground cinnamon
. ½ tsp freshly grated nutmeg



The wet ingredients
. 1 orange, zest and juice
. 1 lemon, zest and juice
. 1 eating apple, cored and grated
. 3 free-range eggs, lightly beaten
. 150ml/5fl oz stout or similar dark beer
. 150ml/5fl oz milk
. 4 tbsp brandy
. butter, for greasing pudding bowls

Method
Place all the dry ingredients into a large bowl and mix together thoroughly.



Add the wet ingredients and mix together well with your hands (a spoon doesn't do the job half as well).
Divide the mixture between two greased 1½ litre/2½ pint heatproof pudding bowls, filling almost to the rim, then smooth down the surface.

Cover each bowl with a large square of greaseproof paper, then cover that with a large square of aluminium foil. Tie the two sheets tightly into place under the rim with string, leaving long ends of excess string to make a handle. Loop one of the excess string lengths over the pudding basin and slide underneath the taut string holding the sheets in place on the other side. Bring up the string and firmly knot with the other piece of excess string, to form a secure handle to lift the pudding in and out of the water.

Leave the puddings somewhere cool overnight before cooking.

To cook, stand both puddings on a trivet in a large, deep, heavy-based pan (or each pudding in a separate pan). Pour boiling water into the pan(s), enough to come about halfway up the sides of the bowls.

Cover the pan(s) with a lid or a dome of foil and boil for seven hours. Check the water level regularly, topping it up with more boiling water as necessary to keep the bowls half submerged.

After seven hours, remove the bowls from the pan and leave to cool. Untie and remove the foil and greaseproof sheets and replace with clean, dry sheets of both greaseproof paper and foil.



Store in a cool, dry place (or freeze if you prefer, though they will keep perfectly well for a year or more unfrozen). To reheat at Christmas-time, return to a pan containing a few inches of boiling water, cover and steam for two hours, checking the water levels now and then, until completely heated through.

Source: www.bbc.co.uk/food/recipes/christmaspudding

Preparing for Christmas

Overwhelmed by the thought of everything you need to do for Christmas? This is a guide to the lists you'll want to make to prepare for Christmas more easily.

Christmas Card List
Knowing who you're sending a card to will help you to make sure that no-one is missed over the Christmas period.

Christmas Gift List



Having a list not only of who you are buying for, but also the budget for each person, and ideas of what to get. will keep things much more organized. It can also help you work out where and when to shop – as some items would be better bought in sales like the January Sales, or Black Friday / Cyber Monday.

Christmas Meals List
Listing what meals you're going to have to cater for, how many people, what food is required etc… will be crucial to writing your food shopping list when the time comes around… And don't forget – it's not just the important meals like Christmas Dinner, Christmas Morning, Christmas Eve and Boxing Day – but also all the other meals that need catering for.



Plan your baked goods
If you like to make a lot of holiday goodies, part of getting ready for Christmas early means planning what you're going to make.
Organize your baked-good recipes together, and create a master list of all the ingredients. That way you can stock up when they start going on sale in early November If you're really organized, you can even bake your cakes and keep them in your freezer.

Home Cleaning Checklist
For Christmas, your cleaning may be more detailed (a little like Spring cleaning) – as you may want to be more thorough before the decorations go up (it can be harder to clean when they're in the way), or if you're having lots of guests etc…
NOTE: An extra list you might also want to add is a decluttering list – because decluttering things before Christmas makes sense when you create a little time for it. It's especially good for kids toys, so they make room for new ones and give older ones to charity – for example.
Source: organisemyhouse.com/prepare-Christmas-lists/

MAFT
MAYNOOTH AUTISM FRIENDLY TOWN

Maynooth Autism Friendly Town Update

Upcoming MAFT Events and Awards

November is a very busy month for us here in MAFT.

First of all our submissions to the Maynooth Local Area plan have been taken onboard by Kildare County Council



On the 6th of November we are facilitating the MEC's first **Career Night Quiet Space** allowing students to talk to Higher Education Institutions in a more sensory friendly enviroment, and to explain alternative routes to 3rd Level Education.



On the 9th of November we will be attending AsIAms first **Employment Seminar** in Maynooth University. This is a free event, if you wish to attend follow this link **AsIAm Employment Seminar**

Then on the 23rd we will be attending the **Kildare Sports Ability Day** in Maynooth University, whihc is always a fantastic event to see some of the inclusive clubs in the wider area.

We are also being recognised for our work in the community so far, we are finalists in the **IPB Pride of Place** awards on the 2nd of November in the category of "Inclusive Town" and then on the 16th we are putting on our glad rags for the Sparkle for Autism Ball in Dunboyne Castle.

There is a fantastic oppertunity to win a brand new sensory room worth €20K for your home or school you don't need to attend the ball to enter please follow this link **Win a Sensory Cabin**



Social Clubs October

Our Teen and Tween social clubs went bowling for Halloween on the 30th and attended a sensory soft play in Playzone, these were fantastic sell out events and it is great to be able to facilitate the craic for these kids

If you are interested in future events make sure to keep an eye on our socials for booking links as spaces are limited

Notes for your December Diary

MAFT in conjunction with the Glenroyal Hotel are proud to bring Sensory Santa back to Maynooth for the 3rd year. This year it will be on the 14th of December, watch our socials for tickets to this special event



AsIAm
IRELAND'S AUTISM CHARITY

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







HEADSUP KILDARE

supporting U and your mental health

6-week Evidence-based Programme coming to St. Coca's Scout Hall, Bridge Street, Kilcock

13th & 14th November to 18th & 19th December 2024

Get support from others in a safe non judgmental space

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Book early as places are limited



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If you would like to know more, contact;
Deirdre 085 1068305
Deirdre@countykildarelp.ie
or
Lorna 085 8421347
Lorna@countykildarelp.ie

www.heads-up.ie

County Kildare
LEADER PARTNERSHIP

KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth
Know Your Rights has been compiled by Citizens Information Service which provides a freeand 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**

Vaccinations for children and young people

Introduction
Immunisation is a safe and effective way to help your body prevent or fight off certain diseases. You can get immunisation through vaccinations.
You can get your child vaccinated under the:

- Childhood Immunisation Programme
- School Immunisation Programme
- HSE catch-up programme

Check the table below to see what age to get your child vaccinated.

How much do these vaccinations cost?
These vaccinations are free of charge.

Parental consent for vaccines
If you are under 16, you must get your parent or guardian's consent for vaccinations.
Vaccination is not compulsory but is strongly advised by the Department of Health. You should discuss any concerns you may have with your GP (family doctor) before making a decision about your child's immunisation.

Budget 2025: Chickenpox vaccination for children
A free Varicella (chickenpox) vaccination programme for children was announced in Budget 2025. If your child was born on or after 1 October 2024, the vaccine will be part of their childhood vaccinations (see below table).
If your child was born before this date, you can ask your GP for the vaccine, but you will have to pay for it.
Read more about the chickenpox vaccine on the HSE website.

Where to get your child vaccinated in Ireland
You are usually offered your child's vaccinations by:

- The hospital where your baby was born
- The HSE
- Your GP
- The School Immunisation Programme or
- The HSE catch-up programme

You can also contact your Local Health Office or your GP directly.

Vaccines for babies
You will usually be offered vaccines for your baby from your GP (family doctor) until they are 13 months, as part of the Primary Childhood Immunisation Schedule. You can also get your baby vaccinated in hospitals and health clinics.
You should make sure your baby gets their vaccinations on time, or as soon as possible after they are due. If your baby is due to have a routine vaccination, you should phone your GP to arrange it.

RSV vaccine for newborns 2024-2025
If your baby is born between September 2024 and February 2025, the HSE will offer your baby the vaccine to protect against RSV (respiratory syncytial virus).
This is a temporary programme run by the HSE. You can find more information on the RSV vaccine on the HSE website.
Read more information about vaccines available for your baby (pdf). https://www.hse.ie/eng/health/immunisation/pubinfo/pcischedule/engyourchildsimm.pdf

Vaccines at school
When your child starts school, they can get more vaccinations under the School Immunisation Programme.

During winter, you can usually get the flu vaccine for your child if they are aged from 2 to 17. The flu vaccine for children is given by nasal spray rather than injection.

Vaccine catch-up programmes
If you or your child missed certain vaccines when they were offered, the HSE can sometimes provide these vaccines later in life. Catch-up programmes are often only available to certain age groups and during a specific time period.

MMR catch-up programme
Your child will usually be offered the MMR (measles, mumps and rubella) vaccine when they are 12 months old, followed by a second dose when they are aged 4-5 years old in junior infants.
Usually, children can get the MMR until they are aged under 10 years, but currently you can book an appointment for an MMR vaccine at any age if you or your child has missed the MMR vaccine. This is known as the MMR catch-up programme.
Adults born in Ireland before 1978 are likely to have had measles infection and so would not need to get the MMR vaccination.

HPV catch-up programme
The HPV catch-up programme ended on 31 December 2023.
Read more about the HPV vaccine on the HSE website

More information
You can get information about all immunisations from your GP, public health nurse or Local Health Office.
The HSE's National Immunisation Office website and the Health Protection Surveillance Centre (HPSC) have produced useful factsheets on immunisations for parents. These factsheets are available in several languages.

Your child's vaccines and when to get them

Childhood immunisation schedule

Age	Where	Vaccine
2 days old	Hospital	Respiratory syncytial virus (RSV) vaccine (From September 2024 to February 2025)
2 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae Type B) and Hepatitis B provided in one single injection) 2. PCV vaccines against pneumococcal disease 3. Meningococcal B vaccine 4. Oral vaccine to prevent rotavirus disease
4 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae TypeB) and HepatitisB provided in one single injection) 2. Meningococcal B vaccine 3. Oral vaccine to prevent rotavirus disease
6 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae Type B) and Hepatitis B provided in one single injection) 2. PCV vaccines against pneumococcal disease, 3. Meningococcal C vaccine
12 months	GP	1. MMR (measles, mumps and rubella) vaccine 2. Vaccine against Meningococcal B 3. Vaccine against chickenpox (varicella) if your child was born on or after 1 October 2024
13 months	GP	1. Vaccines against Meningococcal C, Hib (Haemophilus Influenzae Type B) 2. PCV vaccine (protects against Pneumococcal Disease)
2-17 years	GP or pharmacy	Nasal flu vaccine
4–5 years	GP or school	1. 4 in 1 (diphtheria, tetanus, whooping cough (pertussis) and polio) 2. MMR (measles, mumps and rubella) vaccine (second dose) 3. Vaccine against chickenpox (second dose of varicella) if your child was born on or after 1 October 2024
11–14 years 1st year in second-level schools	School	1. Tdap (tetanus and low-dose diphtheria) booster 2. Meningococcal ACWY booster 3. HPV (Human Papillomavirus Virus) vaccine (3 doses)

ZERO WASTE MAYNOOTH

PARTY KIT RENTAL



LADIES CLOTHES SWAP



CHILDREN'S TOY SWAP



CLOTH NAPPY LIBRARY



CLOTHES MENDING



ZERO WASTE MAYNOOTH EVENTS TAKE PLACE ONCE A MONTH, ON THE 2ND SATURDAY OF EVERY MONTH IN MAYNOOTH COMMUNITY LIBRARY FROM 2PM - 4PM

Check event details in advance on Zero Waste Maynooth Facebook page.

MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
SECRETARIAL SERVICES

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(Beside Coyne's Butchers)

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A3/A4 Poster Design & Printing - A3/A4 Photocopying
Typing - CVs - Theses - Letters - Essays
Other Office Services available on request

Tel: 01 6285922
Email: office@maynoothcep.com

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



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An Nuadha Players Community Theatre

Celebrating 25 years

Apparitions in clanking chains, shivering clerks, slobbering thieves, the many ghosts of Christmas and a grasping, scraping, clutching old sinner by the name of Ebenezer Scrooge. These are just some of the many characters who are making their way to Maynooth for An Nuadha Players' Christmas Pantomime – A Christmas Carol. Charles Dickens is on his way there too to present what he thinks is a 'serious' production of his 'Christmas masterpiece'. Megotty Squidgebottom has had a sneak preview of the show however and she knows that writer Martin Higgins has written in a few surprises for 'Charlie'. Martin has written all of the group's pantomime scripts since An Nuadha Players was formed 25 years ago. He has also written pantos for professional theatres for many years.



The Ghost of Christmas Present (John O'Toole, right) tries to bring some joy into the life of Ebenezer Scrooge (John Fitzgibbon-Moore, left).

A Christmas Carol has long been one of Martin's favourite books and he had hoped to adapt it for the stage someday. When his daughter Caitriona, who is our production's director, suggested a panto version, Martin was delighted to take up the challenge. He is greatly looking forward to seeing his script come to life in the hands of our talented creative team.

Choreographer Méadhbh Fitzgibbon-Moore is very excited to be working with such a dynamic, dedicated and super-talented cast – the biggest ever for an An Nuadha Players' pantomime. "Audiences are in for a real treat with this show", says Méadhbh. "It's full of heart and the sparkle of Christmas".

A Christmas Carol runs from Thursday 28th November to Sunday 1st December in the Aula Maxima in St. Patrick's College, Maynooth. Show times are 7.30 pm Thursday to Saturday with matinées on Saturday and Sunday at 2.30 pm. For tickets, visit *Annuadhaplayers.ie* or call into Maynooth Bookshop.
The Pantomime is an expensive production and An Nuadha Players are grateful for the support of our main sponsors, Kildare County Council. If you have a business in the town and would like to sponsor any of our productions or provide raffle prizes, please get in touch via email or our website.
If you would like to be part of our front of house or stage crews for the pantomime, please get in touch by email annuadhaplayers@gmail.com or via our website.



Colouring Competition Prizewinner
Congratulations to Cillian Gaffney aged 8 who won a family ticket to the show for his colourful entry. Entries will be on display in the Aula Maxima.

2025 Summer and Christmas Productions
We are inviting submissions for our 2025 summer and Christmas Productions. If you have written a pantomime, or have a pantomime script that you would like to put forward for consideration for our Christmas Pantomime in 2025, please email your submission to annuadhaplayers@gmail.com by **31st October 2024**.

Please ***do not*** submit a script that doesn't belong to you without permission. If you are submitting a script that you have not written, let us know in your email that you have received the author's permission.

If you have written a full length or one act play, or have a play script that you would like to put forward for consideration for our summer production in 2025, please email your submission to annuadhaplayers@gmail.com by **8th December 2024**.

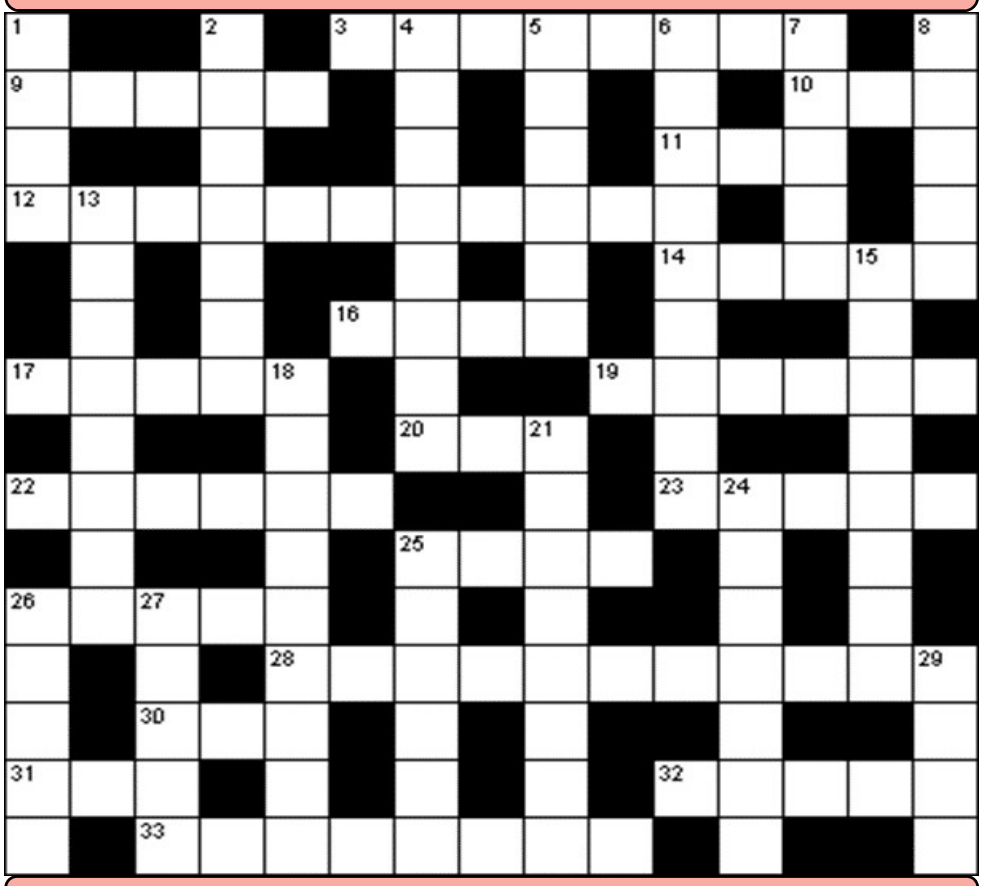
If you are interested in directing, please confirm this in your email along with providing us with a brief background of your experience.

A huge thanks to everyone who joined us for our Music Bingo fundraiser in Bradys on October 11th. Our quiz MC, Laura Brennan once again treated us to a wonderful night of music and entertainment.

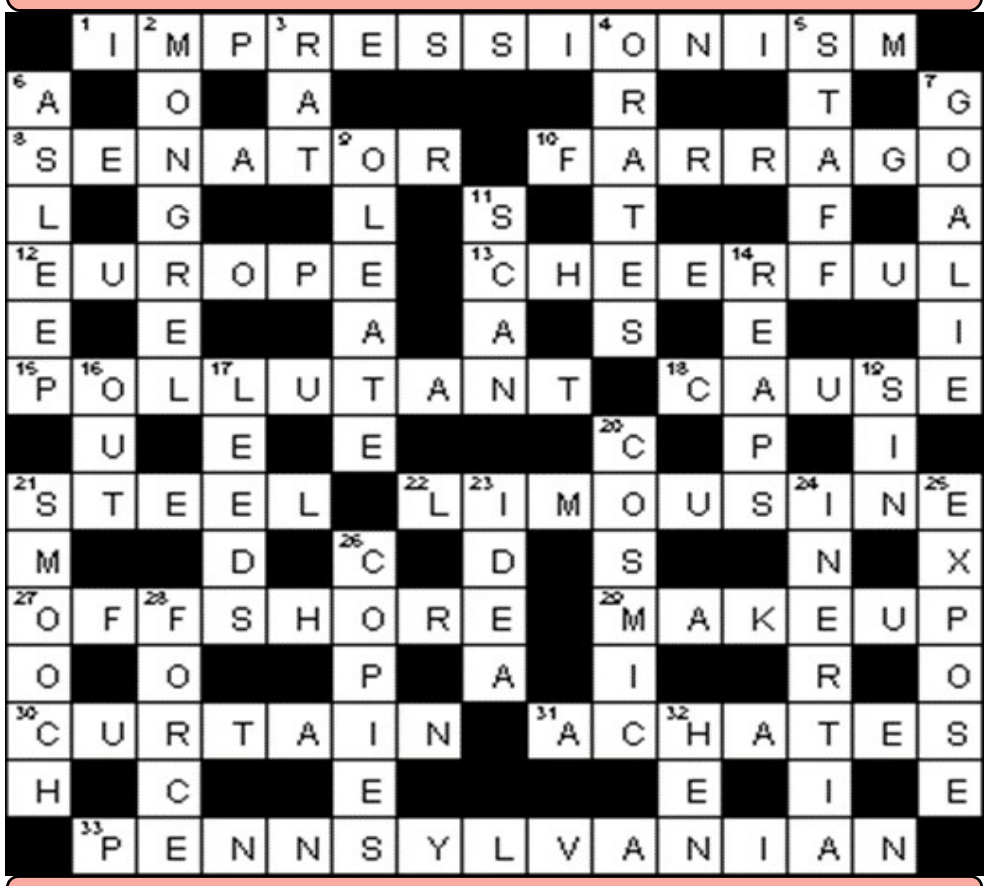


Finally, don't forget to join An Nuadha Players for our 21st Christmas Pantomime where the ghost of Christmas Past will take your hand and fly you over the snowy rooftops of Victorian London into the past of Ebenezer Scrooge. It promises to be a memorable production.

November 2024 Crossword - No. 540



Solutions to Crossword No. 539



Clues Across

3. Statue support (8)
9. Snake (5)
10. Even (poet.) (3)
11. Admiration (3)
12. Republic in central Europe (11)
14. Coyly (5)
16. Drill a hole (4)
17. Flat paving stones (5)
19. Halogen element (6)
20. Total (3)
22. Thing that attracts (6)
23. Misplaces (5)
25. Small children (4)
26. Suit (5)
28. Large self-service retail store (11)
30. Powdery residue (3)
31. Colourful form of the common carp(3)
32. Covered with scales (5)
33. Made known (8)

Clues Down

1. Cushions (4)
2. Necking (7)
4. Immense (8)
5. Breathe out (6)
6. Poisonous mushroom (9)
7. Wary (5)
8. Unite (5)
13. Skilfully built (4-4)
15. Underwear (8)
18. Sweetmeat store (5,4)
21. Furnish with a motor (8)
24. Flightless bird (7)
25. Top hat (6)
26. Penniless (5)
27. Natural talent (5)
29. Playthings (4)



Sudoku Challenge

Difficult

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

Super Difficult

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

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

Winter First Aid Essentials

Always Check Expiry Dates

First Aid	Cold & Flu
Plasters and Bandages	Decongestants
Antiseptic Cream/Spray	Cough Syrup
Thermometer	Throat Lozenges/Sprays
Tweezers	Vapour Rub
Paracetamol	Tissues
Ibuprofen	Moisturiser
Digestive Aids	Lip Balm
Antacids	Hand Sanitiser
Antidiarrhoeal Medication	Saline Nasal Spray
Oral Rehydration Salts	
Stomach Bug	
Plain Crackers	Disinfecting Wipes
Gatorade (Adult)	Disposable Gloves
Pedialyte (Child)	Masks
Ginger Ale	Hand Soap



Smart Shopping for Christmas

1. Do as much as you can in advance as this will take a lot of pressure off when Christmas does come round. Preparation is key to a stress free Christmas
2. Make a budget for food, drink and presents. Stick to that budget
3. Write a list of everything you will need including essentials like decorations, napkins, wrapping paper etc.
4. Keep track of your shopping and mark off list as you get each item
5. Start looking on-line and in stores for early bargains/sales
6. Start shopping as early as you can. Buy one item a week if you can
7. Visit charity shops/discount stores for stocking fillers
8. Try to get as many items as you can in the one area at the one time. This will save time
9. Food Shop: Buy items in advance - such as canned goods, long-life foods, dried food. Check sales for these items. This will make it so much easier than doing a big expensive shop nearer Christmas.
10. Start looking for sales in soft drinks/ alcohol. Stock up well ahead of the rush.

November Pet Care

November is Senior Pet Care Awareness Month - a reminder to give your senior pets a little extra special care and attention. First off, how old is senior? Well, it depends on the breed and size of the pet, but a pet from the age of seven would be considered a senior dog. With our pets living longer, it is a good idea to bring them to the vets more often for wellness exams to keep them healthy, active and happy. Make sure that all their vaccines are up to date.

Signs your pet is aging: cloudy eyes or worsening vision, bad breath, decreased mobility, any bumps under the skin (should be checked by vet straight away), any weight loss or weight gain and having accidents/difficulty in going to the toilet.

Its not only physical signs that can be noticeable in senior pets but it can be mental and behavioural too. These can also be a sign of underlying problems, nice dogs may become grumpy simply because they are in pain which could be caused by arthritis or they may sleep more. They may develop such as cognitive dysfunction syndrome, which is a dementia that is similar to Alzheimer's in us humans. This causes confusion, anxiety, fear and forgetfulness.

Tips: Try to keep their food and water in an easily accessible location and always have fresh water available at all times. Check with your vet to see if their food will have to be adjusted to suit them. Monitor their weight. Raise their bowls if they can't bend down or their movement is restricted. Consider getting ramps, low steps so that they can get to higher places as they may not be able to climb or jump up to the couch or bed. Don't forget to keep an eye on their nails as they may not be getting worn down as much.

Senior Dogs are like your favourite old slippers:
Comfy, Familiar and Irreplaceable



Sourced: petcare.com



Puzzle Time



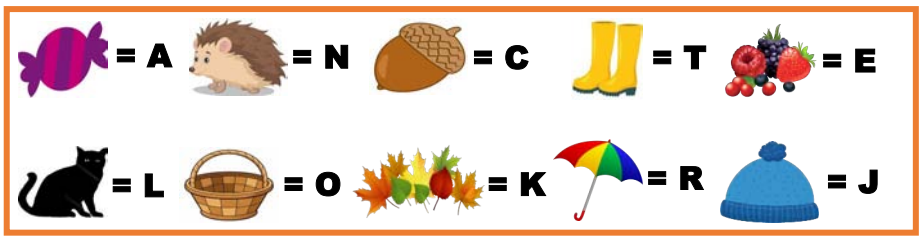
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K V Q L F C A M N D K R O Q A
E B V N J F W O I A Y N E L V
T G Q R U J L S G B R C A K E
W I N D P S D R B P U O R Y S
R U W T U B Q T M Z F A W H I
P I O N M U T U A I K T J S B
W M A L P R I P P O W D F N V
U P H N K M I L P R C I K R B
Q L T S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

HARVEST
BASKET
CHESTNUTS

AUTUMN
APPLES
TREE

WIND
LEAVES
PUMPKIN

ACORNS
ORANGE
AUTUMN



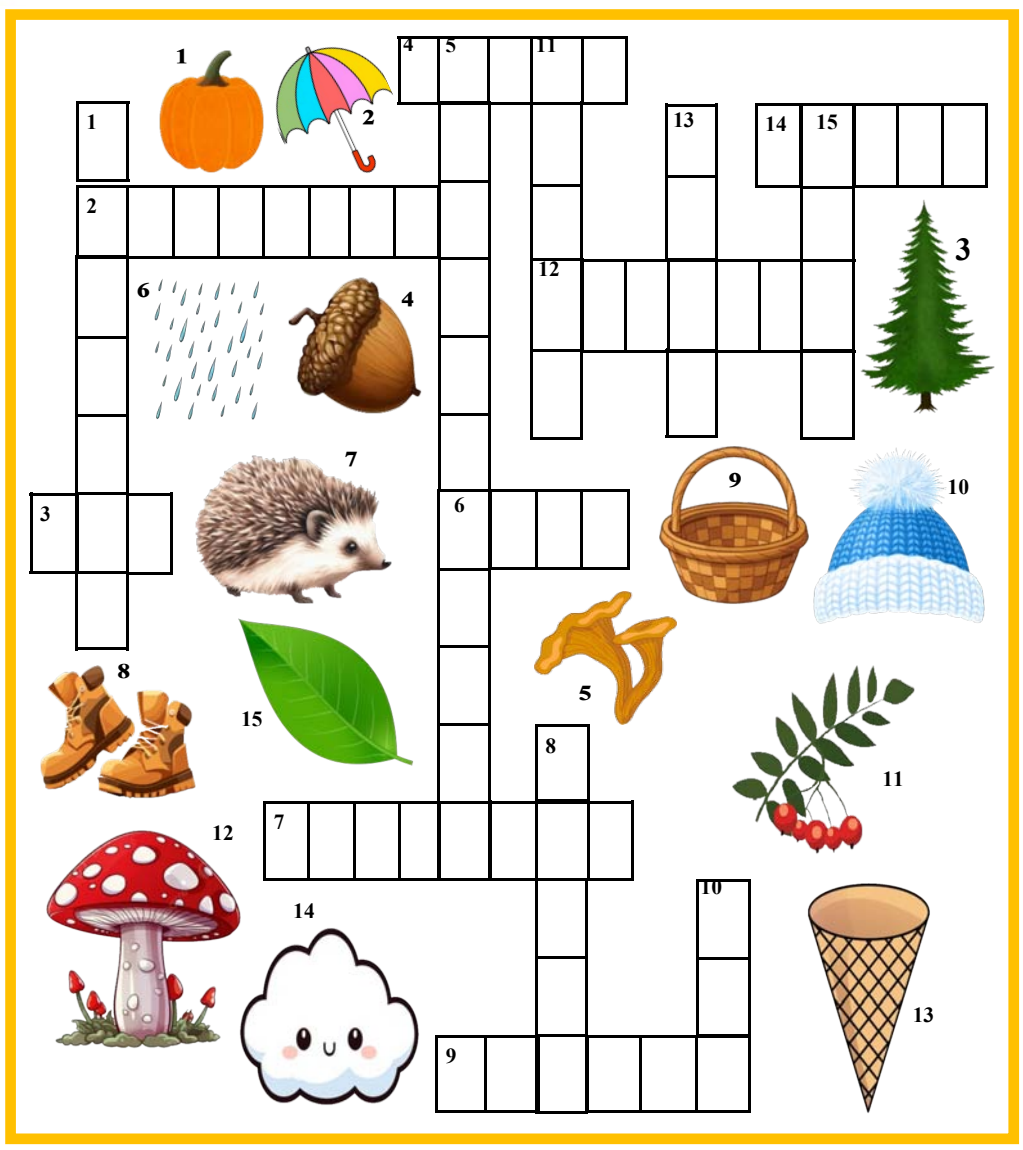
CODE BREAKER

What gets wetter the more it dries?

A Towel

WORD SCRAMBLE

SAEVEL	
TAUNMU	
KUPMIPN	
ERTE	
VRAHTSE	
DWNI	
GNAORE	
RNOCA	
KSBTAE	
PNOE EFRI	
PLSEAP	
HTO AHTEOCCOL	



Produced by Martina, Newsletter Writer

COLOURING FOR FUN

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

All puzzles sourced free from Google



JACKIE'S CHICKEN, CHICKPEA AND VEGETABLE CURRY

INGREDIENTS

Chicken pieces
Mix vegetables fresh or frozen
1 whole onion
1 tin of chickpeas
1 tin of light/whole coconut milk
Garlic paste or fresh garlic
Tomato paste
Curry powder
1 vegetable stock cube
Salt & pepper



METHOD

1. **Fry chicken pieces in a lightly oiled pan and remove from pan**
2. **Add sliced onions and lightly fry al dente and remove from pan**
3. **Add 1 tin of coconut milk to pan**
4. **Add mixed vegetables**
5. **1 tin of chickpeas**
6. **A generous amount of garlic paste/fresh**
7. **A generous amount of tomato puree**
8. **1 vegetable stock cube**
9. **1 to 4 tbsp. of curry powder**
10. **Salt and pepper**
11. **Add chicken and onions back to pan and simmer for 20 minutes or until all the vegetable are al dente and enjoy with or without rice.**





Additional Information

Remember when making a curry all ingredients can be adjusted to ones taste depending on how hot and spicy you like your curry.



Monthly gardening checklist

Fruit and veg



Take hardwood cuttings from healthy fruit bushes, including currants, blueberries and gooseberries.

Use cloches to protect winter peas, beans and salads, but leave the ends open as good ventilation is vital.



Prune autumn-fruiting raspberries to the ground after harvesting.

Plant garlic, shallots and onions in free-draining soil or raised beds, then cover with fleece.

Prune fruit bushes once dormant, including blackcurrants, redcurrants, white currants and gooseberries.

Support top-heavy Brussels sprouts with sturdy canes, and pile earth up around the stems for extra stability.

Cut down Jerusalem artichokes, then dig up and store the tubers in a bucket of dry compost.

Put netting over cabbages, kale and other hardy brassicas to protect them from pigeons.

Plant bare-root fruit trees, bushes and canes, as long as the ground isn't too wet.



Check stored crops for signs of rot or deterioration.

Lift and pot up chicory roots to force in the dark.

Tidy up strawberry beds, cutting back old foliage and congested runners and removing any weeds.

Source: Gardenersworld.com



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Great Food Served 7 Days

Kildare Planning Applications for Maynooth Area
Planning Applications received from 21/9/2024 to 29/10/2024
Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2461101	Kildare County Council	Demid Tishin and Rufina Tishina	50 Kingsbry, Maynooth, Co. Kildare	23/10/2024
2461100	Kildare County Council	Lauren & Daniel Ghamgosar	Clonfert Stud, Laragh Demesne, Maynooth , Co. Kildare	22/10/2024
2461091	Kildare County Council	Padraic O Flaherta	Sruthan, Barrogstown, Maynooth, Co. Kildare	21/10/2024
2461076	Kildare County Council	Padraic O'Flaherta	Sruthan, Barrogstown, Maynooth, Co. Kildare	18/10/2024
2461068	Kildare County Council	Thomas Breen and Susan Diffney	78 Kingsbry , Maynooth , Co Kildare	17/10/2024
2461051	Kildare County Council	Thomas Breen	78 Kingsbry, Maynooth, Co Kildare	15/10/2024
2461038	Kildare County Council	Lauren & David Ghamgosar	Clonfert Stud, Laragh Demesne, Maynooth , Co. Kildare	10/10/2024
2461020	Kildare County Council	Brian and Niamh Cronly	13 Parklands Grove, Maynooth, Co. Kildare	08/10/2024
2461026	Kildare County Council	Alan Donnelley	Maynooth Lodge Nursing Home, Crinnstown, Maynooth, Co. Kildare	08/10/2024
2461022	Kildare County Council	Laura Jayne Halton	Laragh Demesne, Maynooth, Co. Kildare , A00000D	08/10/2024
2461011	Kildare County Council	Brian and Niamh Cronly	13 Parklands Grove, Maynooth, Co. Kildare	07/10/2024
2461009	Kildare County Council	Martin Mc Mahon	Main Street, Maynooth, Co. Kildare	07/10/2024
2460991	Kildare County Council	Farrell O Boy	3 Pound Lane, Maynooth, Co. Kildare	03/10/2024
2460999	Kildare County Council	Alan Donnelley	Maynooth Lodge Nursing Home, Crinnstown, Maynooth, Co. Kildare	03/10/2024
2460983	Kildare County Council	Circle K Ireland Retail Limited	Circle K Carton Hall Service Station, Straffan Road, Maynooth, Co. Kildare	01/10/2024
2460964	Kildare County Council	Farrell O Boy	3 Pound Lane, Maynooth, Co Kildare	28/09/2024

Maynooth Community Contacts Listing

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Catherine Murphy T.D. 01-6183099 catherine.murphy@oireachtas.ie facebook.com/catherinemurphytd/	Cemetery Committee (Laraghbryan) 01-6293018	Church of Ireland 01-6292163 secretary@meath.anglican.org	Citizen Information Centre 0818078100 maynooth@citinfo.ie
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Cllr. Tim Durkan 086-8632784 tim.durkan321@gmail.com	Cloth Nappy Library Ireland 087-9949183 zerowastemaynooth@gmail.com facebook.com/NappyLibraryIreland	Community Welfare Services 0818607080 Kildarecws@welfare.ie	Employment Office 01-6106000 bo.maynooth@welfare.ie
Maynooth Employment Services Office Kelly's Lane, Maynooth 01-6016360 EstMaynooth@welfare.ie	James Lawless T.D. 01-6183587 james.lawless@oireachtas.ie 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 0818072600 kildare@mabs.ie	Maynooth Autism Friendly Town 0863329050 autismfriendlytownmaynooth@gmail.com facebook.com/maynoothaft	Maynooth Community Care Unit 01-6106351
Maynooth Community Church 01-5054990 office@maynoothcc.org facebook.com/maynoothcommunitychurch/	Maynooth Community Library 01-6285530 maynoothlib@kildarecoco.ie. facebook.com/KildareCountyLibraryService	Maynooth Cycling Campaign 086-8252934 Maynoothcycling@gmail.com www.maynoothcyclingcampaign.com	Maynooth Fishing Club 01-6293202 info@maynoothfisheries.com
Maynooth GAA Club secretary.maynooth.kildare@gaa.ie facebook.com/maynoothgaa/	Maynooth Health Centre 01-6106130	Maynooth Kilcock Lions clubcontact@maynoothkilcocklionsclub.org facebook.com/MaynoothKilcockLionsClub/	Maynooth Library 01-6285530 Maynoothlib@kildarecoco.ie
Maynooth Newsletter 01-6285922 office@maynoothcep.com facebook.com/MCEPnewsletter	Maynooth Senior Citizens maynoothseniorcitizens@gmail.com	Maynooth Students Union 01-7083669 frontdesk@msu.ie facebook.com/MaynoothSU	Maynooth Tidy Towns 083 304 6130 maynoothtidytowns@outlook.ie facebook.com/MaynoothTidyTowns
Maynooth Town Football Club 086-1060654 info@maynoothtownfc.ie 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
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If you wish to have your Community contact added, updated or removed from the above listing please e-mail: office@maynoothcep.com with "Community Contact" in the subject line.

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

LOCAL NEWS - DECEMBER/JANUARY 2024 - ISSUE NO. 541.

Merry Christmas and a Happy & Prosperous 2025 from All at the Maynooth Newsletter

IN THIS ISSUE

- COMMUNITY EMPLOYMENT SUPERVISOR REQUIRED
- NEWS FROM MAYNOOTH TIDY TOWNS
- NORTH KILDARE RUGBY PHOTO GALLERY
- ST MARY'S BRASS & REED BAND NOTES
- NEWS FROM MAYNOOTH SENIOR CITIZENS
- MAYNOOTH COMMUNITY LIBRARY'S DECEMBER EVENTS
- STORIES FROM OUR READERS

Shop Local, Eat Local, Spend Local & Enjoy Local in Maynooth this Christmas 2024 Keep your Business in Maynooth to Keep Maynooth in Business

Christmas, the season of giving and receiving is upon us once again. This is the perfect opportunity to support our local shops and businesses in Maynooth. Small in size but huge in character, Maynooth comes alive with Festive atmosphere for Christmas. This beautiful town is packed full of specialised shops, pretty boutiques and a variety of restaurants and cosy cafés where you can drop in for a hot chocolate to warm chilly fingers. You will find exceptional value for money is to be had in the smaller local shops where you get a more personalised service and friendly atmosphere. Lets buy our Christmas presents from our local businesses and self-employed people. If the goal is for money to flow back into the local economy, we must commit to choosing wisely. Driving an hour out of our town or shopping online does not contribute to the community we live in.

Maynooth is a lively town with plenty of heart – many would say it has more going for it than other places on the commuter belt. It's also a pretty place with family-friendly housing, canal side walks, and a main street that hasn't been hollowed out by retail parks. There is ample car parking in Maynooth, customers can park (check parking fees and time allocated) while shopping in Carton Retail Park, Manor Mills, Glenroyal, Greenfield and Beaufield Shopping Centres. There is also ample customer car parking in the Aldi and Lidl stores. Pay Parking is also available within the town enabling customers to enjoy the many retail shops, pubs and restaurants in and around the Town.

Maynooth is the **"Gastronomic Capital of Kildare"**. There are vast amounts of establishments in town that offer the most sophisticated cuisine and the most appealing food and beverages. Maynooth is also a **"Purple Flag"** "destination" "for a good night out, vibrant and well managed".
Stay local this year and take the stress out of shopping, avoid the cost of travel and expensive parking fees. When all the shopping is done there is a multitude of restaurants, bars and coffee shops to visit and enjoy the gastronomic delights and Festive atmosphere of Maynooth. Christmas Shopping is important to small-town retailers. It's a great opportunity to focus on your own business and give your customers a pleasant experience. Retailers need to say, "**Stay in Maynooth**", we have lots to offer. Support our community, our businesses, our schools, our organisations. Everyone working together will continue to make Maynooth a great place to live in.









Spend where you live, support what you love, choose local!!

THIS PUBLICATION IS PRODUCED BY MAYNOOTH COMMUNITY EMPLOYMENT PROJECT, SUPPORTED BY THE DEPARTMENT OF SOCIAL PROTECTION, WHICH IS FUNDED BY THE IRISH GOVERNMENT.

THE VIEWS & OPINIONS EXPRESSED IN THIS PUBLICATION ARE THOSE OF THE CONTRIBUTORS.

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s

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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

" Community is much more than belonging to something; it's about doing something together that makes belonging matter" (Brian Solis). As we end 2024 and begin 2025, we thank all of those who participate in the range of community, sport and social inclusion activities in Maynooth. I know that in the past year, I have met new people in groups that I am involved in, so I believe that the solid sense of community will continue to be strong in Maynooth. Yes, there is much agreement on what we still need in Maynooth, such a community hub which will support many community activities. It is important that the community works together to achieve this facility, which needs to be open appropriate hours and staffed to provide full support particularly smaller and newly forming groups.



Of course, some community groups have a single focus to achieve and one such group is responsible for the Christmas Lights every year. Well done again to Mark Nolan and his team for delivering again for 2024 with even more spectacular lights. While fund-raising is a key issue for the Christmas lights, they then have to arrange to put them up. This is no easy feat in a town centre as busy as Maynooth.

It was also another good year for Maynooth Tidy Towns winning another Gold Medal in the National Tidy Towns Competition 2024. I reckon that having achieved gold medals every year since 2016 (excluding 2020 because of Covid) that there are now enough gold medals to form a chain. The Maynooth Tidy Towns crib and spectacular Christmas Tree in the Square also adds to the Christmas atmosphere in the town – dare I ask for snow to complete the scene.

At the time of writing this editorial, we were all thinking about who we should cast our vote for in the 2024 General Election. The opinion polls are telling us that there will be yet another coalition Government deal to be done. The North Kildare Constituency increases from four Dail deputies to five because of population growth and a minor revision of the District Electoral Divisions included in the constituency. There was general agreement between the candidates on the specific needs of the people in the constituency. Parties and Independents on the political spectrum differ on how they would manage the economy and the resources that will be available to deliver services. We are lucky that we had so many good candidates to choose from in this constituency.

Looking forward to 2025, no doubt many readers will have personal plans and aspirations. Mine is to try to finish my dissertation for my course on Genealogy. My research has meant looking back to times when most of our ancestors had very little to live on and were just surviving, meaning that many took the opportunity to emigrate and make a living elsewhere. In 2025, Ireland may well have net migration despite the challenges of trying to buy homes and afford to live here. Conflicts around the world can have impacts well beyond where they occur. I am sure that I am not alone in wishing that 2025 will bring an end to existing conflicts in Ukraine and the Middle East. There are no winners in war.

Finally, Good Wishes to all who support Maynooth Newsletter each month. Our staff team and management board are grateful to all our contributors and advertisers. We will celebrate our continued relationship in 2025. Remember to take care of yourselves, your families and those around you who may be alone and welcome a friendly word or visit. As Brian Solis said - it's about doing something together that makes belonging matter.

Paul Croghan - Editor

Copy date for the February edition will be 5pm on Monday 27th January 2025

Online Office

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* Environmental Concerns
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"Wishing you all a Merry Christmas & a Happy New Year"

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Cllr **Angela Feeney**

If I can help:

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afeeney@kildarecoco.ie

Or call on 087 2381962

LABOUR



Gold Medal Winners
2016 - 2017 - 2018
2019 - 2021 - 2022
2023 - 2024

We received our Gold Medal 2024 at an event in Croke Park on the 2nd November. We increased our points by 13 and we came 4th highest in the County. Congratulations to all the Towns in Kildare especially Naas who came 1st. We received some lovely comments from the judges and some criticism which we will take on board at our next Committee meeting.

"Maynooth is a remarkable place to visit and now it's story can be told with the new heritage trail. Being a volunteer is a demanding task but you are super organised as a group and you have put a tremendous amount of work in. We hope our sincerest appreciation can be a reward for all your achievements. Wishing you well for the years ahead "

We celebrated our win with the help of Mark Nolan and Lily's Cafe. We had tea/coffee sandwiches cakes etc complimentary of Mark and cakes from Casey and Nally Supervalu Maynooth Supermarket.

We would like to thank Supermac's and their manager Ali, on Main Street for the Complimentary litter pickers. Tidy Towns can never have enough litter pickers.

John Kavanagh sourced and paid for our Christmas Tree from Moyglare Garden Centre. Colin Hyland delivered it complimentary to the square on Saturday the 16th November and the lights were turned on the 23rd November. Lights look exceptionally well this year with all the new editions.

We finished planting the rest of the Spring bulbs, removed all the excess leaves and we worked with Church of Ireland making the a Leaf cage. Our environmental award will be presented to The Glenroyal Hotel and Leisure Centre for November.















Mary Molloy - Maynooth Tidy Towns Association - PRO

'Chaser' star Darragh Ennis celebrates book launch at MU

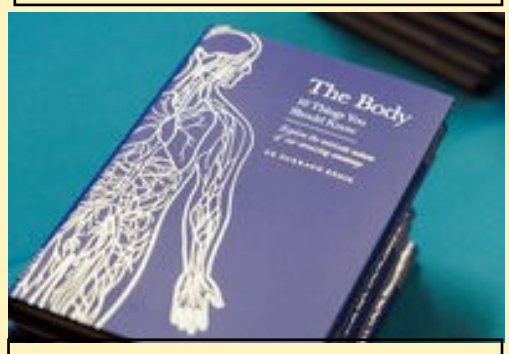
Maynooth University welcomed the return of a special ‘star’ alumnus, Dr Darragh Ennis, for the official Irish book launch of *The Body: 10 Things You Should Know*, on Thursday, 21 November. Revealing everything about the human body in ten informative bite-sized essays, his book answers a raft of questions about our body, from why blood is red and how our body defends itself to why we sleep and how hormones control everything we do. "It is with great pride and excitement that we welcome well-known Maynooth University alumnus, Dr Darragh Ennis, back for the Irish launch of his new book,” said Prof Paul Moynagh, Interim Executive Dean, Faculty of Science and Engineering at Maynooth University.



Dr Darragh Ennis, Professional Quizzer & Scientist

“Known to many as a ‘Chaser’ on the ITV gameshow *The Chase*, Dr Ennis not only showcased his highly impressive knowledge and intellect to a global audience but continues to inspire through his deep passion for scientific subjects. ”Open to the public and hosted in MU Library by The Development and Alumni Relations Office, in partnership with the Graduate Research Academy and the Faculty of Science and Engineering at Maynooth University, the event featured a discussion with Dr Ennis, a live Q&A session and book signing, offering a unique opportunity to meet the author, scientist and ‘Chaser’ star.

“This book is a testament to his commitment to advancing knowledge and making complex ideas accessible to the public. This event is not only a celebration of Dr Ennis's outstanding work but also a reflection of the vibrant community of scholars, creators, and leaders fostered at Maynooth University. It is a great pleasure to celebrate this milestone, and sharing it with the broader community," Prof Moynagh said.



Book by Dr Darragh Ennis - The Body: 10 Things You Should Know



Dr Andy Hogan, Senior Lecturer at MU Dept of Biology and Dr Darragh Ennis, Professional Quizzer & Scientist



Dr Darragh Ennis, Professional Quizzer & Scientist signing a copy of his book



Left to right: Dr Darragh Ennis, Professional Quizzer & Scientist, Dr Andy Hogan, Senior Lecturer at MU Dept of Biology and Rebecca Doolin, MU Vice President of External Affairs

MU receives 2024 Green Flag award

Maynooth University campus has received the Green Flag award from An Taisce for a public green space, retaining its award for the sixth consecutive year.The University campus has also retained its Green Heritage Flag for the fourth consecutive year, and additionally, was “highly commended” for its biodiversity on campus. In total, 120 public green spaces received awards in the programme managed by An Taisce Environment Education, which celebrates the recognition of Ireland’s best parks and green spaces. The Maynooth University campus, shared by Saint Patrick's Pontifical University, is part of a global community of well managed parks and green spaces. The award acknowledges excellence in the management of those green spaces, including parks, gardens, greenways and wildlife sanctuaries around the country, which are freely open to the public. Ireland leads the way for other EU countries, with the largest quota out of a total of 174 EU Green Flag Award sites being located here in 2024. Ireland is also among the leaders in parks and public gardens, with more Green Flag Awards received than by any country, other than the UK where the scheme originated in 1996.
The Green Flag Award is the international quality benchmark for the public green space sector, now operating in 19 countries around the world. Running for over 25 years, the Green Flag programme uses eight key criteria, with an emphasis on environmental management, for its assessment. All sites implement a management framework and then undergo an annual inspection conducted by qualified judges. President of Maynooth University, Professor Eeva Leinonen, thanked all of those who those who helped and supported the Grounds Team in retaining these awards for another year. “We are honoured to retain the Green Flag Award and the Green Heritage Flag at Maynooth University, highlighting our ongoing commitment to sustainability and care for our campus environment. Our green spaces are a real source of pride for our community and reflect the hard work and dedication of our Grounds Team and the Maynooth Green Campus initiative," she said. "This recognition encourages us to keep building on our efforts to support biodiversity and sustainable practices across our campus, as we look towards a greener future that benefits both our community and the wider environment.”



MU was highly commended for biodiversity

MU welcomes young scientists to celebrate Science Night



Interim Executive Dean, MU's Faculty of Science and Engineering at Maynooth University, Prof Paul Moynagh; MU President Prof Eeva Leinonen and Prof Ronan Farrell, MU's VP of Academic and Registrar with Stella Reale (6), Rachel Murray (9) and Andrew Murray (11) from Enfield, Alessandro Reale (7) and Arianna (10) Reale from Celbridge

Maynooth University welcomed young scientists to its annual Science Night on Friday, 15 November, opening its doors to hundreds of families from across the region. The fun evening of free events for children of all ages included robot soccer, chemistry experiments, star gazing and crime scene investigation (CSI). Young visitors also had the opportunity to ask questions of MU scientists, engineers and students about the exhibits and the world of science.

Science Night was part of national Science Week 2024, an annual celebration of the role of science in our daily lives. This year, it took place from November 10-17 with the theme of Regeneration. Throughout the week, the Faculty of Science and Engineering hosted a range of events attended by alumni and members of the public including tours of the Science Museum on South Campus and an online astrophysics and cosmology masterclass. One of the week's highlights was an interactive panel discussion -- *Ozempic – Unravelling fact from fiction* -- with Consultant Endocrinologist and HSE National Clinical Lead for Obesity Prof Donal O'Shea and Dr Andrew Hogan of MU's Biology Department. Hosted in The Phoenix building on North Campus and attended by a capacity audience, the panel explored the science behind Ozempic, including how it works and its impact on health. Discussing the latest research, they detailed how these medications have changed the treatment of obesity, and also answered controversial issues such as whether Ozempic causes muscle loss, increases fertility, and whether 'Ozempic face' is real.



Amelia Armstrong, 9 from Maynooth



Rosie McCormack, 5 and Finn Doyle, 5 from Maynooth



Sadhbh Hogan, 5 from Lucan



Una Brett, 7 and Sadhbh Robinson, 6 from Maynooth



Bobby Carberry, 8 and Carlos Johnson, 8 from Maynooth with Eva Miklasova, 8 from Dunboyne



Andrew Murray, 11 and Rachel Murray, 9 from Enfield

taxy

> we're going places <

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GROW MENTAL HEALTH:

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Amanda on 086 1367423

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Seasons Greetings to all our Customers



St. Mary's Brass & Reed Band

Last month we were delighted to welcome nearly 200 children over a number of days to our Band room who wanted to know all about it's history. They were surprised to learn that it was the original Church for Maynooth before the present one was built in 1840 and it was then used as the Boys' National School until 1942 when a new two classroom school was built opposite the Priest's House on the Moyglare Road. They were even more surprised that there was no heating, running water and the toilets were located in the open air at the back of the school. They were also very interested in the Band from when we took it over in 1943 with one boy asking if we played any rock music.

The highlight of November was out Annual Band Mass which was celebrated for the first time by Fr. Gerhard who showed particular interest in the Band and it's history for which we are indeed grateful. Highlight of this month is our Annual Christmas Concert which is being held in St, Mary's Church on Sunday 15th December at 7.30pm. Admission is just €10 and tickets are available online at www.gr8events.ie/stmarysbrassandreedband, Maynooth Bookshop or you can pay at the door on the night.

Our Annual Christmas Collection takes place on Saturday 21st December so watch out for our uniformed collectors in Manor Mills and Supervalu during the day. We also hope to be inside upstairs near the checkouts in Tesco at some point providing some seasonal music to brighten up your shopping. These collections are the main source of our funding going towards the high running costs of the Band and your contributions are really appreciated.

Finally can we thank everyone for supporting the Band through the year and we would like to take this opportunity to wish everyone a very happy and peaceful Christmas.



Maynooth Senior Citizens Committee

Our Committee has been very busy in the last few weeks. We have had our club mornings on Tuesdays and Thursdays as usual. We had a very informative 3 week session on "using your mobile phone" which was very well attended. It was organised under a community education. This was followed by papercraft recycling books that otherwise might be discarded. This was headed up by our own Toni Reid and proved to be so enjoyable and engaging for everyone as they produced Christmas Angels, Christmas Candle holders and a Hedgehog. (See pictures below) In the meantime Art and Bingo continue.

We are looking forward to the annual Christmas lunch for our people, which will take place in the Springfield Hotel on 1st December. Other activities are taking place. In the New Year we hope to have a series of Chair Yoga sessions on the Tuesdays.

Fundraising has been on the cards as well. Thanks to all who supported us in our annual quiz, coffee morning and buying raffle tickets. Our Christmas draw will be on 1st December at the Christmas lunch.

We wish everyone a very happy Christmas and New Year. Follow us on Facebook.








Congratulations to Lisa Thompson from Old Greenfield, Maynooth who received her Bachelor of Science degree in Early Childcare and Education from Trinity College, Dublin on 28th November.

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Maynooth Local Market

'Tis the Season to Support Local and Buy Local



November has been a busy month of festive preparations for all involved in Maynooth Local Market. It's fantastic to see the tree on Court House Square all lit up, and all the other decorations that add to the overall atmosphere and ambience of the town.

This Christmas, we're asking you to show your continued support for local businesses and vendors. We are so grateful for the loyal customers who come along each week. By choosing to shop local, you're not only getting unique and high-quality products, but you're also contributing to the vitality of our community. Maynooth Local Market is the perfect place to find unique gifts for your loved ones.

The Maynooth Christmas Markets will be on Saturday 7th and 14th December from 10am to 5pm. We'll have hot chocolate, music and lots of activities in our dedicated Kids' Zone.

Limited Edition Gifts

Keep an eye out for limited-edition Christmas cards and calendars by local artist Maura McDonnell, and paw-some sparkly bows and bandanas for your furry friends from Collie Flower Designs.



As always you can pick up eco-friendly, homemade products from So Obsessed, GD Melts and Handicrafts. Dunnes Farm Eggs and Donadea Organic Veg will both have a selection of delicious local produce to use in all your Christmas cooking! Once Upon a Whisk and Shafafa Micro Bakery will have mouth's watering with their delicious bakes, and you'll be able to pick up pizza and other treats from the team at Fun Foods. And who could forget the Orient Mini Asia Market stall - the ideal place to pick up some special stocking fillers.

We can't wait to see you there!

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Writers' Corner - Short Stories/Articles from our Readers

Of Cars and Teachers

Attending Woodbrook School during the war years will in my mind always be associated with the various modes of travel involved. For children such as my brother and I it meant walking two miles by road and across fields, barefooted by choice in summer and wearing sturdy boots in winter. The teachers were in a somewhat comparable situation, Mrs Kelleher who taught the junior classes cycling out three miles from Carrick and 'Master Callaghan' cycling down nine miles from Elphin. Eventually both teachers acquired cars, which brings me to the subject of my story.

In those far-off days punishments for misbehaviour in school mirrored what went on in homes, the mother dealing with minor infractions, the father with more serious ones. As best I can recollect, Mrs Kelleher was fairly easygoing but Master Callaghan used the cane to enforce discipline and learning. Not that I blame him. He had to bring his pupils, many of them no ardent scholars, up to a level where they would pass the Primary Certificate, as well as satisfy the school inspector on his unannounced visits. We got a good grounding in the required subjects, including Maths, Religion, English and Irish, and if that involved an occasional slap across the palms it probably did no great harm – Not that some tearaways thought so at the time.

In due course our two teachers graduated from the bicycle to the automobile, probably because the wartime restrictions on driving, including petrol rationing, had come to an end. What a change it must have been for them to reach their classrooms most mornings in comfort rather than, as was frequently the case, wet and saddle sore.

I can't recall what make of car either teacher had but Master Callaghan's must have been a bit past its sell-by date because it frequently refused to start in the evening. That presented no problem, as there were always volunteers ready and willing to give him a push. It was now that those who were smarting under some recollected punishment saw their chance to get even. One or two of them would pull handfuls of grass, which the ringleader would then press against the exhaust pipe. The result gave rise to much suppressed merriment, the engine coughing and spluttering while a crowd of boys in short trousers propelled the car downhill, ostensibly trying to help. Of course discretion always took over and before the master got out to investigate, the culprit would throw away the grass. By this time the car would be chugging past McGreevys' house on the first leg of its journey home.

Mrs Kelleher's car usually started quite easily. Trouble in her case arose from shortcomings in the art of reversing. She always left her car parked just outside the school wall, then each evening would slowly steer it backwards into the road leading to Dorrary before turning left to face the road that ran past Leneghans' to the Croghan -Carrick road. As she carried out this fraught manoeuvre, she would call out, "Am I going right, boys?" to which the answer was invariably "Yes". Then one day our chief ringleader decided to play a trick on her. He had noticed that on getting into the car she always assumed her front wheels were pointing straight ahead just as she had left them in the morning, then by turning the steering wheel gradually to the right she would reverse the car safely back into the Dorrary road. What did this young horror do only turn the front wheels of the parked car fully to the left.

Now to understand what happened next it is necessary to point out that a fairly deep drain started just a little back from the school wall. Mrs Kellegher as usual began turning the steering wheel to the right but this only straightened out the front wheels, so that instead of reversing into the Dorrary road the car was now moving directly towards the drain. "Am I going right, boys?" she asked, to which a chorus of voices answered, "Yes!" Smiling happily, she continued on her way. Next moment the rear end of the car dropped into the drain, leaving the front end sticking up at a 45-degree angle. What I can still recall is Mrs Kelleher asking rather calmly as she sat in her seat gazing up at us, "Is she badly stuck, boys?" Suppressing an almost uncontrollable urge to split our sides laughing, we assured her that it wasn't. Oh, the unconscious cruelty of young people! Whether we were able to raise the car for her or had to get help from some grownup neighbour is something that now escapes my memory. To the best of my knowledge, however, I do not think that Mrs Kelleher ever realised what a dastardly trick had been played on her.

There's a sequel to this story. A few years ago I was in Sligo for our fiftieth Summerhill College class reunion and decided to visit the Nazareth Home, where Michael O'Callaghan was then staying – some time previously my wife and I had called to his Glasnevin apartment but by then he had left Dublin. On this occasion I found him reading a detective novel, his mind as alert as when he had been teaching in Woodbrook. I intended to thank him for the good primary education, the interest in Gaelic and the love of poetry that he had given to farmers' children such as me but he was more eager to talk about my mother, whom, since she was born in Culleen, near Elphin, he had known when growing up in that town.

Recently, I was saddened to learn of Michael's death. He and Mrs Kelleher were two pillars of primary education at a time when that was all the schooling most country children could expect. *Ar dheis Dé go raibh a n'anamacha,* May their souls be on God's right hand.

By P. G. Nerney

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 here). 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.

Nollaig 2024

Tá an Nollaig ar an bhfód linn arís,
An díomhaointeas, an saint is an bhaois;
Beidh ithe is ól,
Féiríní is ceol,
Beag beann ar an Naí lena ghaois!

GM.

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention here). 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

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

My Chequered Life Chapter 11

After a month or two I was moved to Shepton Mallet, a lifers' prison. I was told if I behaved myself and did some self-improving courses I would be well placed for release after two years. That information encouraged me to do what was required so over a few months I did a course on anger management and another on alcohol awareness and learned plenty and indeed those courses also helped to pass the time. Then after about six months I got a job in the tuck shop. It was run by Aromac, an independent company employed by the prison authorities. Prisoners could get toiletries, tobacco, sewing cards, minerals and sweets and more or less anything a regular news agency would stock. I was one of a half dozen inmates working there with four of the Aromac staff.

Audrey was one of these and very soon she and I became very friendly. We used to go out at the back of the shop for a smoke every now and then and she'd tell me about her life. She was a few years younger than me and had a partner and two teenage children from a former relationship. She was very good looking and some of the prison officers and several of the inmates were always trying to chat her up but I was the one that she used to ask to help her with new deliveries from the Cash and Carry and so on. Then one day we were having a smoke on our own when she told me how fed up she was and how she wouldn't be coming into the shop at all if it weren't for me. I didn't know what to make of that and I decided I needed counsel from someone more experienced in the ways of the world than I was!

I had a friend on the wing called Laz, a lifer, and I knew I could trust him to keep things to himself. So I ran it past him and while his advice was very definite and sound it wasn't to my liking. He told me to run a mile from her or I'd get into serious trouble. I couldn't do that. This was a new experience for me and I wasn't going to let it go without at least finding out what she meant. Well, be careful he said, or it will come back to bite you.
I headed back to the shop and it was very quiet, just myself and Audrey and two inmates. When I got a chance I asked her to come out the back with me for a minute. Once outside I asked straight out what she had meant by saying that she wouldn't be coming in each day if it weren't for me. Her answer was clear enough. She stepped forward, threw her two arms around me and kissed me passionately on the lips. I didn't say no! All that afternoon we were enjoying our guilty secret and later on when we were going back towards the wing we hung back to let the other lads go on ahead and had another session of kissing and cuddling. She asked me whether or not I was going to tell anyone. I assured her I was not and she said she wanted more!

I went back up to the wing and when I met Laz he burst out laughing and said I looked like the cat that had got the cream! Because of the promise I had made to Audrey I felt a bit of a fraud when I told him what had happened. But I always knew I was going to tell him because I knew he would never tell anyone. He did tell me, however, to be very careful and I always was. Several times a week we were intimate and had a fully-fledged affair right under their noses. She'd come for me a few mornings a week when the wing would be unlocked for breakfast and we had an adult physical relationship. It was such an experience for me. We also talked a lot and enjoyed each other's company and really it was a very special time.

I had someone who cared for me, Jay Gannon, for the first time in my life. Yea my parents cared for me, at least my father did. But surely that was their duty! So this went on for about five months and one day Shirley gave me a bag with a phone and a charger in it. I smuggled that back to my cell and nightly, we had an extra chat for often up to two hours.

I was interviewed by the lifers' manager and he says I see you a lot with that girl from the tuck shop, what's her name? You know well her name is Audrey, says I, and she's my boss and we get on well, that's all. Shortly after, the head of security called into the tuck shop when I was on lunch break and mentioned something the same to Audrey and she said yes he's a very good worker and trustworthy and we never have any problems with him. Audrey was alarmed and told me that the authorities knew and she'd have to leave as it was bound to come out. And she did leave and also left her partner and went back to Portsmouth.

After about a week or so, as promised, she came back as a casual visitor to see me. In the 'routine' security check the dog sat on her for drugs possession! She had no drugs but the visit became a 'glass panel between us visit'! She was very upset. I never saw her again. I made my feelings known to the authorities about the dirty drugs trick but had to be careful as I knew my parole review wasn't far away. Shortly after, the phone calls, too, stopped and that was the end of the affair!

GM

Maynooth College Revisited

From high-up in an evergreen
an unseen raven croaks
his intermittent, guttural warning,
as we return with grown-up children
to this august, walled-in campus.

Beyond cut-stone buildings,
autumn has transformed the trees
into a glowing canopy,
spread leaf carpets on tarmaced paths
to welcome our return,
but in the midst of such munificence
I can't forget those former walks,
our children racing eagerly ahead,
adult angst undreamt of still.
Now lively talk keeps cares at bay,
while I am grateful for this interlude,
the dying season's kindliness.

We come back by the cloistered garden,
my old retreat when cares beset;
today the place is bleak and drear –
its flowerbeds dormant promises.

By Colin Scott

Maynooth Toddler Group

After many wonderful sessions at the Maynooth GAA Clubhouse, our group will be moving to a new home at the Maynooth Community Centre starting next month. We've cherished our time at the GAA, but this move will allow us to grow and continue providing a fun and supportive space for parents and little ones alike.

Our first session in the new venue will take place on Thursday, December 5th, at 10 AM, and we're kicking it off with a special event: the **Balloon Christmas Boogie!**
This festive celebration will feature music, games, and creative fun with balloons, making it a memorable morning for kids and parents alike.

Here are the details for the first session at our new Venue:

Maynooth Community Centre

Thursday, December 5th - 10:00 AM - €5 per family

The Gold Wrapping Paper - An Inspirational Christmas Story

Once upon a time, there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper.

As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree. He also was concerned about where she had gotten money to buy what was in the shoebox.

Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!"

As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."



The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life.

Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God.

There is no more precious possession anyone could hold.

Source: www.daveswordsofwisdom.com/2017/12/the-gold-wrapping-paper-inspiration

Maynooth Community Employment Project Job Opportunity

Position: Community Employment Scheme Supervisor (Full-time)
Location: Maynooth, Co. Kildare

Maynooth Community Employment Project is seeking applicants for the role of CE Supervisor.

The key responsibilities of the role are to manage the recruitment, training, supervision, development and progression of the Community Employment participants.

Maynooth Community Employment Project produces the *Maynooth Newsletter* and provides grounds persons for the maintenance of Maynooth Town Football Club and the Maynooth Harbour area in the town. The project also supports a range of community activities including secretarial services to the public.

Candidates must have attained a Major 3rd level qualification (NFQ Level 6 or higher) in Business/Financial Administration, Training, Human Resources, Project Management or related disciplines and have 3 years supervisory experience or equivalent.

Competent in ICT skills are also essential (e.g. MS Office). Experience/ knowledge of Canva would be an advantage. Also good interpersonal skills, effective communication and report writing skills are required. Previous experience in Administration, Project Management and/or Training or other relevant positions would be an advantage.

The successful candidate will be appointed from early March 2025.

Expressions of interest or requests for more information in this position can be made by email to: paul.croghan@maynoothcep.com

Jackie's Sausage Meatloaf

A nice addition to the Christmas table



Ingredients

Sausage meat x 2 sticks
Bag of breadcrumbs
Eggs x 2
Onions x 1 large or 2 small
Peppers x 1/2 of one red and green
Mixed herbs
Fresh garlic cloves or garlic paste
Salt
Pepper

Method

1. Empty sausage meat into mixing bowl
2. Add two beaten eggs
3. Breadcrumbs
4. 1 large onion chopped or two small
5. Half of a red and green pepper chopped
6. Mixed herbs
7. Fresh garlic cloves chopped or garlic paste
8. Salt and pepper
9. Mix all the ingredients together in a mixing bowl before transferring the ingredients to a greased or lined loaf tin covering with tinfoil for half the cooking time
10. Put the meatloaf in a preheated oven at 180 degrees for 45/60 mins
11. Stick a knife into the centre of the meatloaf to make sure the meatloaf is cooked through. Let the meatloaf cool slightly before cutting and enjoy.

Additional Information

Remember you can always adjust the ingredients to suit ones pallet

Leinster "12 County Tour" Open Training Session in North Kildare Rugby Club

Photo Gallery courtesy of Kevin and Robert Griffin

Will Connors and the Leinster Rugby Squad visit North Kildare

Donadea native, Will Connors first played rugby at The Maws, between Maynooth and Kilcock -home of North Kildare Rugby Club. Will has wonderful memories of being coached by his father and other volunteer coaches, proudly wearing the red, white and blue of North Kildare, and dreaming of playing for Leinster. Now a stalwart of the Leinster team who has been capped for Ireland nine times, Will has not forgotten his roots. He is a regular visitor to the Club, in particular in his role as Ambassador to the North Kildare Skylarks – the Club's inclusive team for young players. When he visits his 'buddies' in the Skylarks, he isn't a bystander, he jumps in and takes a full part in the training, and leads their 'Skylark Cheer'.

When Leinster Rugby came up with the idea of visiting the province, Will was quickly on the job and invited Leo Cullen and the squad to visit his home club. The hard work of the club executive, collaborating with Leinster Rugby came to fruition on 12 November with a wonderful sunny afternoon of training, followed by the entire squad talking to the crowds of visiting fans. The thrill of watching their heroes was palpable in the attending fans of all ages and the club looked fantastic, thanks to the grounds staff and volunteers who had the pitch and facilities shining.

While some of the best-known Leinster players were absent from the squad, as they are in camp with the Irish national team, there was no shortage of household names in attendance. Max Deegan and Dan Sheehan were particularly popular as were Jack Conan and Ross Byrne. A number of the younger Academy players were happy to thrill the crowd and revelled in the enthusiasm of the young supporters who turned out in force. The events of the afternoon culminated in the presentation by Will Connors of his first Ireland Jersey to North Kildare Club president, Rob Landy – a wonderful testimony to the connection between local club, provincial and national team.



Will Connors presenting Rob Landy, President North Kildare RFC with his First International Jersey



Will Connors with Baby Patrick Moran (Maynooth)



Will Connors with Amy Charles (Enfield)



Jack Conan with Harry Casey (Kilcock)



Will Connors with members of North Kildare Skylarks and their siblings



Fintan Gunne with Aiace Achille Crosato (Maynooth)



Max Deegan with Daithi Garrad (Enfield)

Leinster "12 County Tour" Open Training Session in North Kildare Rugby Club (Cont.)

Photo Gallery courtesy of Kevin and Robert Griffin



Ben Brownlee with Dylan McDonagh (Maynooth)



Will Connors with James and Conor O'Keeffe (Maynooth)



Max Deegan with Alex Charles (Enfield)



Jack Conan with Darren Zareba (Kilcock)



Ross Byrne with members of the Lorenzo, Bradley and Fahy families



Will Connors with Sean Casey and James O'Keeffe (Maynooth)



Dan Sheehan with Anthonine, Shane and Killian Fahey (Maynooth)



Jack Conan signing jerseys



Will Connors with Darren, Harry, Luca and Zach MacNeaney (Enfield)



Max Deegan with Archie O'Sullivan (Mulhussey)

Leinster "12 County Tour" Open Training Session in North Kildare Rugby Club (Cont.)

Photo Gallery courtesy of Kevin and Robert Griffin



Jack Conan and Dan Sheehan with Kate Griffin, Rian McCullagh, Adam and Alex Charles, and Aaron McCullagh (all from Enfield)



North Kildare Committee members receiving a gift of Will Connor's first Ireland Jersey.



James Culhane with Ruben and AJ Lorenzo (Maynooth)



Will Connors with Seamus, Tom and Jamie Kennedy (Maynooth)

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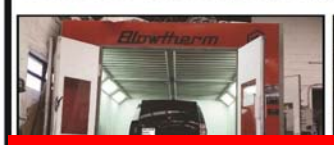
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Seasons Greetings to all our Clients

North Kildare Business Lunch 2024

Photo Gallery courtesy of Kevin and Robert Griffin

The 2024 North Kildare Rugby Club Annual "Pat Geraghty Business Lunch" took place in the Glenroyal Hotel on Friday 23 November 2024. Over the years, this event really has grown into one of the premier business and social events in the annual calendar for Maynooth and surrounding areas. Attendees were treated to the highest standard of hospitality by the Glenroyal Staff who provided top quality food and service.

Recipient of the 2024 Business Person of the Year Award was a delighted Eugene Sheehan, while the Lifetime Achievement Award went to an emotional Antonio Cascella. Both recipients were warmly congratulated with enthusiastic and energetic applause as they received their awards from North Kildare RFC President, Rob Landy.

After-dinner entertainment was first provided by Nigel Osborne, who imitated the likes of George Hook and Andy Farrell among others, but it was his Matt Williams which stole the show. Next, Bernard Jackman was on standby to interview Allan Shine - Chief Executive of Kildare Innovation Campus - about the exciting progress in what has been dubbed "Europe's most advanced business campus" at the old HP site. Eamonn O'Flaherty of Sherry Fitzgerald (Maynooth) had the challenging task of managing a rowdy crowd as he auctioned a number of attractive prizes including international rugby tickets with accommodation and food; but the most important sale of the night involved a bidding war for the turkeys of Michael Reilly & Roger Satchwell.
The final segment of the night's events involved an entertaining and insightful 'conversation' between international Irish rugby legends David Wallace, Stephen Ferris and Bernard Jackman. What a fantastic event, a credit to North Kildare Rugby Club, the event organising committee and the wonderful club sponsors, who all made this night possible.



Carol and Fergal O'Malley



Kerry Hartnett, Jerry Bradley and Seamus Kennedy



Calvin Coffey, Niall Moran and Daniel Waldron



NK Business Lunch Organising Committee with Stephen Ferris and Bernard Jackman



Steven Maguire & Patrick Nolan



David Wallace, Ted Robinson and Bob Casey



Stephen Ferris, Nigel Osborne, John Hurley and Bernard Jackman



Nigel Osborne and David Wallace



Katie Robinson, Lisa Coonan and Barbara Ennis

North Kildare Business Lunch 2024 (Cont.)

Photo Gallery courtesy of Kevin and Robert Griffin



Eugene Sheehan being presented with the North Kildare Business Person of the Year Award by Rob Landy (President North Kildare RFC).



Eugene Sheehan and family celebrating Eugene's Business Person of the Year award



Valerie & Antonio Cascella and their daughters, celebrating Antonio's 'Lifetime Achievement Award' presented by North Kildare RFC.



Antonio & Valerie Cascella celebrating Antonio's 'Lifetime Achievement Award' presented by North Kildare RFC



Gerry Bradley and Sean Waldron



Ronan Twohig and Tom Fitzpatrick



Bernard Jackman, James Lawless, Allan Shine and Stephen Ferris



Rob Landy (President North Kildare RFC) presenting Antonio Cascella with the North Kildare 'Lifetime Achievement Award'



Bernard Jackman interviewing Allan Shine Chief Executive of Kildare Innovation Campus about progress in "Europe's most advanced business campus"



Nigel Osborne, entertaining the audience with his hilarious impressions of various rugby stars



Elaine Fox and North Kildare RFC president Rob Landy



Darren Mooney and Jonathan Dean



Eamonn O'Flaherty (Sherry Fitzgerald Maynooth) auctioning international rugby tickets and some legendary Maynooth turkeys



David Wallace, Louis Fitzgerald, Stephen Ferris and Bernard Jackman

An Nuadha Players
Community Theatre
Celebrating 25 years

It's Pantomime Time in Maynooth!

Characters young and old, real an imaginary, alive and even dead have made their way to Maynooth and will take to the stage in the Aula Maxima in St. Patrick's College, Maynooth from Thursday 28th November to Sunday 1st December. An Nuadha Players is delighted to welcome a host of visitors who have travelled all the way from Victorian London for our 25th Anniversary pantomime 'A Christmas Carol' written by Martin Higgins (with a little help from Charles Dickens).

The production team has gone all out this year to bring a lavish and magical show to the stage and we are very grateful to our sponsors. Without their generosity, a show on this scale would not be possible.

Rehearsals have been in full swing since August and following a weekend of set building and fine tuning, everything is ready to go. If you would like to come and see the show, tickets are available online at *Annuadhaplayers.ie*. Show times are 7.30 pm Thursday to Saturday with matinées on Saturday and Sunday at 2.30 pm. We hope to see you there. Please be advised that the Sunday matinée is booked out and that the other shows are selling fast. To avoid disappointment, be sure to purchase tickets in advance.

2025 Summer Production

Following our sellout run of Alan Bennett's ***The Lady in the Van*** we are inviting submissions for our 2025 summer production. If you have written a full length or one act play, or have a play script that you would like to put forward for consideration for our summer production in 2025, please email your submission to annuadhaplayers@gmail.com by **18th December 2024**. If you are interested in directing, please confirm this in your email along with providing us with a brief background of your experience.

Meanwhile, all of us in An Nuadha Players wish you a Happy Christmas and a healthy and peaceful 2025.



The ghost of Christmas Past (Amelia Brogan) prepares to take Scrooge (John Fitzgibbon-Moore) on a magical trip to his past.



Young Scrooge (Sam O'Shea) is too busy learning the ways of commerce to accept the invitation of his teacher (Maria Fitzgibbon) to take Christmas Day off.



The cast and production team of *A Christmas Carol* in festive mood at rehearsals .

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Christmas Cocktails

Christmas cocktails come in a great variety of styles. From fruity martinis to comforting drinks with seasonal accents, there is a fantastic cocktail that's sure to put anyone in the festive spirit and impress all of your holiday guests. While some may require a specialty ingredient or two, you can prep those ahead of time, and many single cocktails are easy to size up for a holiday party you'll never forget.

This Christmas mimosa recipe makes a wonderful holiday drink with a pink hue that looks lovely when garnished with fresh rosemary sprigs and sugared cranberries.

Christmas Mimosa
Ingredients



2 fluid ounces cranberry juice
2 fluid ounces Champagne
1 splash orange liqueur
1 sprig fresh rosemary
2 sugared cranberries

Directions
Pour cranberry juice into a Champagne flute and top with Champagne. Add orange liqueur. Garnish with rosemary sprig and sugared cranberries.



Pomegranate gin cocktail

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Gin
Lemon juice
Simple syrup
Egg white*
Soda water (club soda) sparkling wine in place of Champagne.

How to make an egg white foam: the dry shake
Adding egg whites in cocktails might seem retro, and it is: it's a tradition that dates back to the 1860's! The foam adds a frothy texture to the top of the drink and a creamy rich flavor to each sip. Classic drinks like the Gin Fizz, Ramos Gin Fizz and Whiskey Sour are traditionally served with this frothy topping. The key to an egg white foam is a special technique called a dry shake. Here's how it works:
Shake the drink ingredients without ice first. This lets the protein in the egg begin to form the foam, instead of being diluted by the ice.
Then add ice and shake again. This cools the drink and strengthens the foam.
Strain it into the glass and you'll get a thick, white frothy layer. (As a note: citrus is required for the foam formation: so you'll need the lemon in combination with the pomegranate.)

Pomegranate Martini
Try a Pomegranate Martini! Crisp, sweet tart, fruity, and light: it's much closer to a Cosmo than the classic martini. But instead of cranberry juice like the Cosmopolitan, it's made with pomegranate juice instead.
Serve it up in a martini glass and you've got a sophisticated cocktail that's refreshing and easy to drink. Here's how to make it!



Ingredients
Vodka
Pomegranate juice (purchased or fresh squeezed)
Cointreau
Lemon juice
Simple syrup



Directions
Place all ingredients in a cocktail shaker. Shake for 15 seconds until cold.
Strain into a glass.
Garnish with a lemon peel: see below for what to do with it!

How to express citrus into a cocktail
For this pomegranate martini, you'll do something that's common in cocktails: expressing a citrus peel onto the drink. Why? This gives you a strong citrus perfume when you go to take a sip of the drink. Here's what you'll do:
Use a knife to remove a 1″ wide strip of the lemon peel.
Squeeze it over the drink first, which releases the oils and gives it a strong lemon perfume. To amp it up a notch, run the lemon peel around the rim of the glass. This gives an even more citrus-y first sip.
Source: www.acouplecooks.com/christmas-cocktails-drinks/

HEADSUP KILDARE

supporting U and your mental health

8-week Evidence-based Programme coming to Clane GAA, January 2025

Get support from others in a safe non judgmental space

Make Connections and set new goals

Book early as places are limited



Grow your Confidence and Resilence

Learn new skills to help cope with every day life

Know that you are not alone

If you are over 18, want to learn to build your mental fitness, boost your confidence and take action to get back on track, then HEADSUP Kildare is the programme for you!

If you would like to know more, contact;
Deirdre 085 1068305
Deirdre@countykildarelp.ie
or
Lorna 085 8421347
Lorna@countykildarelp.ie

www.heads-up.ie

County Kildare

December Events at Maynooth Community Library

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

facebook.com/KildareCountyLibraryService **twitter.com/kildarelibrary**

Events for Children
Song & Rhyme Time for 0-2 year olds
Fri 6th and 13th December, 10am- 10.30 am
A story and song session for ages 0-2. There'll be a few short stories, and some popular Action Songs to engage younger attendees. Places are limited and one free ticket is required per child. All children must be supervised during this session. Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1324163

Festive Storytime for ages 3-6
Fri 20 Dec 2024 15:00 - 15:30
Join Niamh for this festive story time!
Please note that it is only suitable for children 3+. Book places for children only. All children must be accompanied by a parent/ guardian.
Booking your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1478682

Christmas Movie Event
Friday 6th December
3-.00pm – 4.45 pm
Come along for a family friendly Christmas movie event in Maynooth Library. Be ready for a journey to the North Pole, so bring along a blanket and a snack to settle in. Suitable for all ages, children under 8 must be accompanied by an adult. Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1477143

Library Ireland Week 2024: Festive craft workshop for ages 6- 10
Saturday 7th December
3.30 – 4.30 pm
Join Emily for a fun-filled Christmas craft event in Maynooth Library. Suitable for children aged 6-10. Booking necessary. Children under 8 must be accompanied by an adult.
Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1477158

Family Time @ Your Library: Intergenerational CD Etching Art Workshop for children aged 10 +
Saturday 7th December
10 am – 11.30 am
Create cards, postcards or mini prints. In this intergenerational "Eco-Etching" workshop children and their grandparent / guardian or parent will be guided to make mini-prints on sustainable bamboo paper, by using a drypoint technique on recycled CDs and printing with an etching press.
You don't need to be good at drawing, Angelina will guide you in mark making, patterns and symbols.
- Participants' hair needs to be tied up to avoid getting caught in printing presses
- Etching ink stains clothes, children must wear old clothes or bring an apron.
- Children will need to be able to use a compass. We use the compass like a pencil to draw/etch on the surface.

Book your free ticket here https://www.tickettailor.com/events/maynoothlibrary/1476530

Intergenerational Festive Craft Event
Tuesday 10th December
3:30pm – 4:30pm
Join Emily and Mary for an inter-generational festive craft event in Maynooth Library. Aimed at children of any age and an older family member, come along to learn some new festive and seasonal crafts together.
Book your free ticket here:
https://www.tickettailor.com/events/maynoothlibrary/1477165

Family Time @ Your Library : Early Years Festive Craft Event
Saturday 14th December
11am – 12pm
For ages 2 - 5
Come to Maynooth Library on Saturday 14th December at 11am for a toddler-friendly Festive Craft Event. Suitable for children aged 2-5. Children attending this event must be accompanied by a parent/guardian.
Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1477170

Botley Coding Workshop for children for ages 7- 10
Thursday 19th December
3.30pm -4.30pm
Calling young coders! Join Federica and Emily to try out some Botley coding games and challenges. Suitable for children aged 7-10, and children must be accompanied by a parent/ guardian.
Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1478973

Family Time @ Your Library: Family-Friendly Festive Craft Event
Saturday 21st December
11am – 12pm
Join Emily for a final Craft event before Christmas! Suitable for all the family, and children under 8 must be accompanied by a parent/guardian .
Book your free ticket here: https://www.tickettailor.com/events/maynoothlibrary/1477178

Events for Young Adults

Library Ireland Week 2024: Where Ideas Matter. The Freedom to Think, to Discover and to Be Yourself'
Online Teen Writers Group for 12-15 year olds
Thursday 5th and Thursday 12th December
6pm- 7pm
Are you (or do you know) a teen writer who'd like to get a head start on new year resolutions and start writing their novel/short story? Would you like to join a friendly group of peers to get some writing done and share ideas on writers block? Then this group might be for you! Join on Teams from the comfort of your own writing space for an hour, twice every month.
For more information or to join, email us on maynoothlib@kildarecoco.ie or call into the branch

(Continued on page 24)

December 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 23)

Teen Book Club for 12-15 year olds
Friday 13th December
4pm – 5pm
Are you aged 12-15 and enjoy reading? Then turn your luck around this Friday the 13th and come along to Maynooth Library for our brand new bookclub! The group is drop-in so there's no pressure to commit and while there are recommended books provided, members can choose their own reading too. Just bring along a reading recommendation and try out our group.

Christmas LGBTQIA+ Teen Pride Club Ages 15-17
Friday 13th December
2.30pm – 3.30pm
Hosted by one of our library staff members, this is a safe space for LGBTQIA+ teens to hang out and chat with their peers in the cosy meeting room. There will be music and games (including some festive themed activities) to break the ice and tasty treats to enjoy. Members are welcome to bring along their ally friends also. This is a FREE tea/coffee afternoon with light refreshments provided.
Please book a free space via Ticket Tailor so we know how much treats to prepare!
https://www.tickettailor.com/events/maynoothlibrary/1441983

Events for Adults

Homelessness and Housing Supports Info Clinic
Tuesday 3rd December
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*

Luain Press Poetry Café
Tuesday 3rd December
6pm - 7pm
The last poetry club of 2024! Come by Maynooth Community Library on Tuesday the 3rd of December at 6 p.m. for chats, readings and creative writing activities!

Age Friendly @ Your Library Programme: Free Digital Skills Drop in with ALONE
Wednesday Dec 4th & Dec18th
1pm – 4pm
We are here to give you support with your phone or device and, for example, sending an email, using Whatsapp, filling in a form, booking tickets online, shopping online and much more! Tea and coffee will be provided.
For any queries, please phone Maynooth Community library on 045 980493

Seasonal Concert with the Maynooth Library Retired Ladies Guitar Group
Tuesday 17th December
1.30pm – 3.00pm
A concert of festive songs led by a group of retired women who meet every week to "sing for fun". From this group we have a subgroup of retired women who are learning to play the guitar. They have been learning for almost a year now.
Get into the festive spirit by coming along and joining in the singing. *Drop in*, no booking required .

Climate Action Events
Zero waste Maynooth
Saturday 14th December
2pm – 4pm
- Ladies Clothes Swap
- Craft Corner
- Cloth Nappy Ireland Station
- Kids Toy Swap

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

Craft Corner
Our last session with Vanessa from The Craft Corner to learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life. Bring an item of clothes that needs repair and Vanessa will show you how to repair. With funding from Kildare County Council.

Cloth Nappy Ireland
Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money. So simple to use, drop by and chat to a volunteer

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

Exhibitions
Doodle Box Art Exhibition
December 4th – December 31st
The Maynooth & Newbridge students from Doodlebox.ie (aged 5 to 12) are delighted to have an exhibition of their art on display for their families and friends to visit. They have been working very hard on their winter themed paintings and the Maynooth students are so proud to see them displayed in their local library.

Exhibition Space Booking
If you are a local artist or art group and would like to book our exhibition space, please contact us. Maynooth Community Library's Exhibition Space is available to host exhibitions from January 2026. To be placed on a waiting list to use the exhibition space in 2025, or for booking enquiries, please email maynoothlib@kildarecoco.ie.

MAYNOOTH COMMUNITY EMPLOYMENT PROJECT
SECRETARIAL SERVICES

Unit 10, Tesco S.C. Carton Retail Park
(Beside Coyne's Butchers)

Scanning to & Print from e-mail - A3/A4 Lamination
A3/A4 Poster Design & Printing - A3/A4 Photocopying
Typing - CVs - Theses - Letters - Essays
Other Office Services available on request

Tel: 01 6285922
Email: office@maynoothcep.com

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



Royal Canal Notes

December 2024

Education ~~ Heritage ~~ Recreation

SCULPTURE UNVEILING

On Friday 25th. October last a sculpture was unveiled to the memory of the late Dr Ian Bath founder of the Royal Canal Amenity Group back in 1974.

The sculpture which is located adjacent to the canal at Castleknock, was unveiled by Jackie Bath, daughter of Dr. Ian and Mr Éanna Rowe of the Waterways Ireland Executive.



Section of the crowd at the unveiling of the sculpture. Photo © J.L. Photography

Jackie attended with two of her daughters. Also in attendance were RCAG president Mr. Noel Spaine and RCAG chairman Mr. Matthew Kennedy.

The monument was designed and sculpted by the well-known artist and sculpturer Mr Simon Hayes.



Ms Jackie Bath cuts the ribbon assisted by Mr Éanna Rowe. Photo © J.L. Photography

ACCOLCADES

The Chairman, committee and board of directors would like to extend thanks to a number of people and groups for their help and support during the year.

First up is the ‘scheme’ staff and supervisor who: tidy the harbour, trim the grass, carry out minor maintenance and empty the bins.

We would also like to thank the tidy towns committee who also do some cleaning in the harbour area. They also provide additional bins and assistance when we run functions in the harbour.
We also appreciate the efforts, assistance and kindness shown by the MAYNOOTH NEWSLETTER staff and supervisor with regards to publishing matters.

Finally, a huge vote of thanks to you the communities along the canal and readers of this excellent publication, who have supported us from the start and continue to support all our endeavours.

CHRISTMAS JUMPER WALK

The Post-Christmas ‘Christmas Jumper’ walk will take place on Friday December 27th starting at 12.15 pm.
The weather, hopefully, will be conducive to this event making it an enjoyable day for all.

As always, we would like to thank, in advance, the management at Carton for kind permission to walk through Carton, and those members of the group who will help on the day
If you have one then please why not wear your Christmas Jumper for the occasion

Most readers will be aware that “Greenway” work is ongoing on the canal between Mullen bridge on the Straffan Road Maynooth and Pike bridge at Carton.

The walk is, therefore, subject to the canal being reopened on time, after these works if not the walk will be rerouted.

SEASONAL GREETINGS

The officers and committee would like to avail of this opportunity to wish you all a very peaceful Christmas and good health in the New Year.



Book your Parties online @ info@clockhouse.ie

"Live Band New Years Eve"

We look forward to seeing you soon.

Like us on Facebook
@BradysClockhouseMaynooth

e-mail: info@clockhouse.ie
Web: www.clockhouse.ie - Tel: 01-5054725

Wishing Everyone a Happy Christmas
& Best Wishes for the New Year.

Great Food Served 7 Days



COLOURING FUN



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

Pet Care for December

This Christmas while you are enjoying yourselves, don't forget some Christmas food can cause problems for your pets. First of all, keep all food cupboards closed at all times as pets are vary curious and might help themselves to some naughty foods. Also keep waste bins where they can't be got to easily. Don't leave dishes out with leftovers or food on counters.



Foods to Avoid Giving to your Pet

Pigs in Blankets and gravy are fatty and very salty. They can cause serious digestive problems.

Grapes, raisins and sultanas are highly toxic and can cause kidney problems. So don't give them any mince pies, Christmas pudding and fruit cake.

Never give them turkey bones. It is dangerous as they are brittle and can get stuck in their digestive system.

Macadamia and walnuts can cause lethargy, high temperature, tremors and stomach upsets.

Nutmeg is highly poisonous to pets. Can cause tremors and seizures.

Chocolate is toxic for dogs, so don't leave any chocolate lying around as they will eat it. Dark chocolate is more toxic.

Alcohol is also bad as it can lower their body temperature and blood sugar levels which can lead to seizures and comas.

If your Pet does eat any of the above, ring your Vet immediately, tell them what they have eaten/drunk if you know and they will advise you on what to do.

Also advise any visitors not to give your pets any of the above.



Pet Friendly Christmas Snacks

Plain, cooked white turkey meat, plain cooked and boneless salmon, raw carrots, plain brussel sprouts and plain boiled parsnips.



Keeping Pets Calm at Christmas

A change in routine can be stressful for your pet. Also all the activities, lights and decorations and people coming and going in the house. Be mindful of your pet, some pets may love al the attention but there are some that will find it highly stressful.

So create a safe, calm space for your pet in another room where there is little noise and little chance of it being disturbed. Put a nice comfy bed in there with food and water bowls and some toys. So them this so that they can retreat there when things get too much.

Also let kids, family and visitors know not to crowd the pet and when they are in the quiet space, to leave them alone. Ensure that children know not to go near them when pets are eating or sleeping.



If you have got- ten a pet for Christmas, just be aware that this is all new to them therefore they will be overwhelmed. It is important that you start a routine with them and keep to it as this will give your pet a sense of security amid all the chaos.

It is best to wait till all the celebrations are over so that you can give the pet all the attention and training that they need. Also this will give you extra time to consider whether you want a pet or not. It is very cruel to the pet, to give it a home and treat it as part of your family over the Christmas and then hand it back or even dump it somewhere afterwards. The cruelty of this is just heart-breaking, traumatic and soul destroying for the pet.



IF YOU CAN'T GUARANTEE YOU WILL KEEP IT - THEN DON'T GET A PET IN THE FIRST PLACE.

Christmas Safety for Your Pet

A real Christmas tree will pose a serious risk to your pet. The needles can become lodged in your pet's throat or injure their paws but the oils from the needles are toxic and can irritate mouths and stomachs. The water the tree sits in is also dangerous if the pet drinks it as it may contain chemicals such as fertilisers/pesticides that were used on the tree. The water will be stagnant and be a breeding ground for bacteria. So cover the tree bowl or block it off so the pet can't get to it. Do not to let your pet alone in the room with the tree, besides drinking the water, there is a possibility that they may play with the decorations, or even get stuck in them and pull the tree down completely and even chew the lights (which is not good at all). Secure the tree to something solid and it possible cordon off where the tree is so the pet can't get near it.



While candles can be very dangerous. Your pet may knock them down or even get irritated by the scent. Keep the candles up high out of the way and best to use candles with no scent if you are un-sure.

Snow globes can have antifreeze in them, which as we know is fatal to dogs and cats if swallowed. So keep them up high and use double-sided tape to keep them in place so they can't be knocked over.

Ornaments and baubles can be fragile so be careful where they are placed, if they fall or get knocked, the fragments can be very sharp and damage your pet's paws or even get stuck in their paws. So make sure your pet has plenty of toys and playtime to distract them from all the decorations and the tree.

As always if your pet is unwell - contact your vet immediately

Sourced: https://www.medivetgroup.com



Easy Upcycled Holiday Crafts



How to Make Clothespin Angels

What You Need

36 wooden clothespins, 2.9" long
1 flat back wooden bead
Hot glue gun with clear glue sticks



1. Separate the clothespin pieces from the springs.
2. Assemble 4 back-to-back pieces as shown.
3. Assemble 16 end-to-end pieces.
4. On 14 of the "blue"end to end" pieces, add a third piece to make the shapes.
5. Glue two "back to back" pieces together from "end-to-end" as shown to create the angel's body segment.
6. Now that the pieces are prepped, you can begin to assemble the angel. Start building the skirt by gluing end to end shapes on one side of body piece as shown.
7. Continue adding the prepared shapes to create an entire skirt.
8. Next, glue on the "back to back" arm pieces. And then glue on the wing pieces.
9. Last but not least, add wood bead to the top of the angel body for the head.
10. Now that the angel clothespin is fully assembled, you can use it as is, turn it into an ornament or wall hanging or a piece of art.















You can also paint it any colour you wish or varnish it.

****

Giant Cardboard Christmas Trees

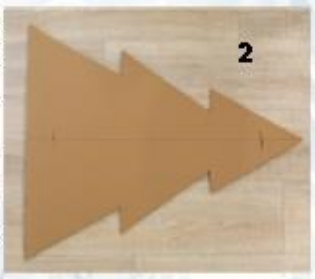
Materials

cardboard sheets or boxes
box cutter
scissors
yard stick
pencil
optional: saw



Instructions

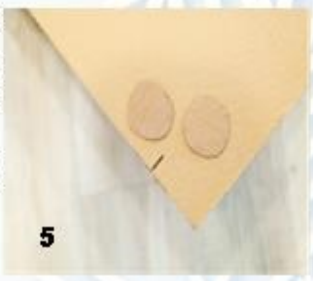
1. Gather your cardboard. If you have extra large boxes or sheets, you can make taller trees. You can cut open boxes and lay them flat to maximize your cardboard.
2. Trace a tree onto a sheet of cardboard with your pencil. Consider the size and shape you'd like, and ensure that your tree is symmetrical. Keep in mind that to create one standing tree, you'll need three flat cardboard trees of the exact same size.



3. If you're using a saw, it's really easy to layer 3 pieces of cardboard and cut them all out at the same time. If you're using scissors or a box cutter, just cut out three trees by hand.
4. Trace a pencil line down the centre of each tree. With your box cutter, carefully slice down the pencil line, being sure to only pierce one side of the cardboard (leave the side that's face-down intact). If you're using very thin cardboard, you can probably skip this step and just crease your trees down the middle so that they can fold in half.



5. Cut two small circles of cardboard (about 4" in diameter). Fold each tree in half. Create two slits in each tree on the fold, one high and one low on the tree. The slits should be less than half the depth of your circles.



6. Insert the circles into the slits of one of the folded trees and open the tree enough to stand. Add the other two trees onto the circles.





7. These trees can be painted bright, festive colours or they can left in this natural cardboard colour. So with your trees, dress them up any way you like! You can add fairy lights to them Christmas stickers etc.

Why not let kids decorate them, just give them a bunch of art supplies and leave them to it. Group them together to make a forest. These can be used year on year.



Sourced: https://www.pillarboxblue.com/recycled-christmas-decorations/



Christmas Fun

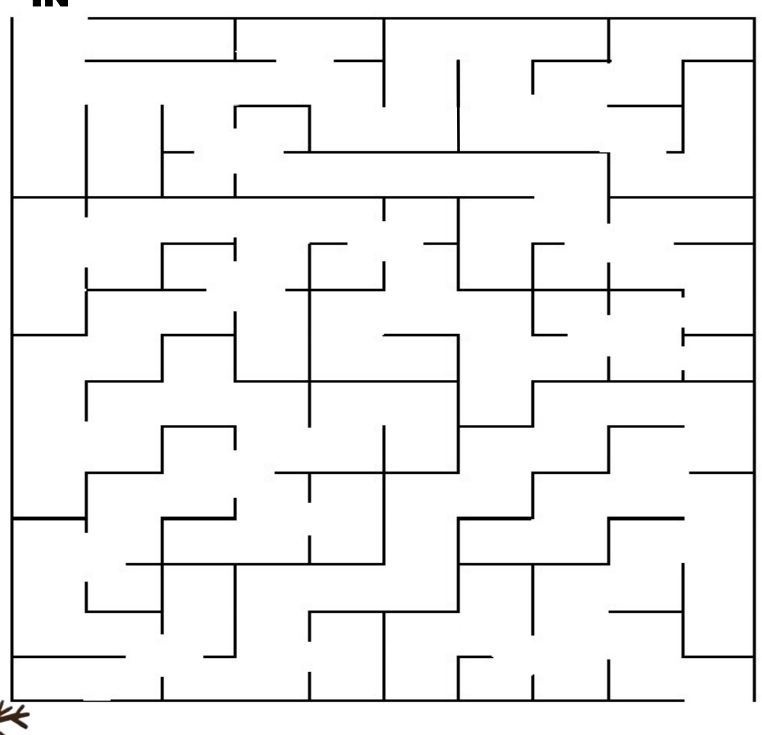




CHRSTIMAS MAZE



IN



OUT



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

Produced by Martina, Newsletter Writer

Match the Answer to the Clues



This jolly man works this time every year. _____

These power Santa's sleigh. _____

These guys work for Santa. _____

This green character tried to steal Christmas. _____

Where Santa lives and works. _____

These are hung on a mantle. _____

The name of the Snowman. _____

Who was kissing Santa under the tree? _____

What is in your stocking if you are bad? _____

What does Santa check twice? _____

I have a red nose. _____

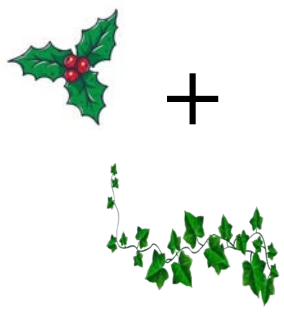




Answers:

Silent Night — Holly and the Ivy — Mistletoe & Wine
White Christmas — Jingle Bells — Snowman
Three Kings — First Noel — Little Donkey

Can you guess the Christmas songs?

No Talking		
Christmas		
	→ Noel Noel Noel Noel	↓

Solve the Crossword





1 _____

2 _____ 5

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____



4



1



2



6



7

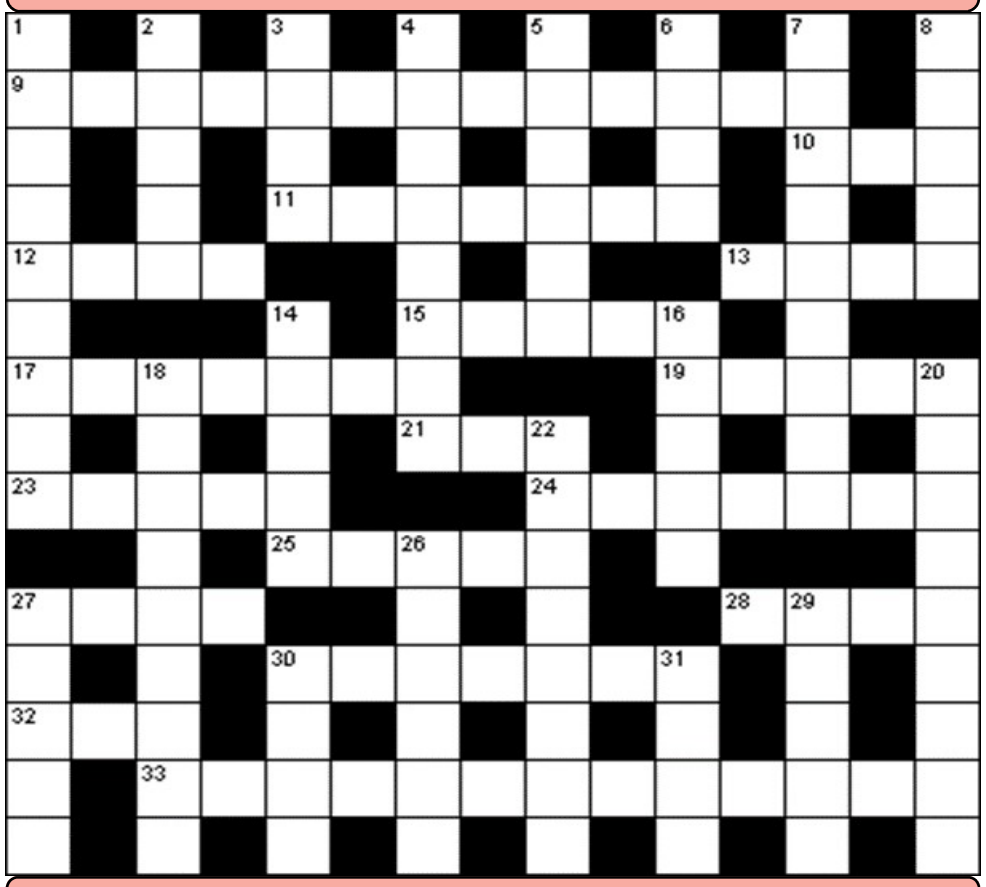


8



3

December 2024 Crossword - No. 541



Clues Across

9. Mobile telephone (8,5)
10. Floor covering (3)
11. Methods (7)
12. So be it (4)
13. Comply (4)
15. Marine growth (5)
17. Underwriter (7)
19. Follows orders (5)
21. And so on (3)
23. Pierces with horns (5)
24. Rolled oats (7)
25. The devil (5)
27. Drink greedily (4)
28. Skills (4)
30. Link (7)
32. Illustrative craft (3)
33. Amount a tablespoon can hold (13)



Clues Down

1. Uttering screams (9)
2. Blaze (5)
3. Insects (4)
4. Slaughter (8)
5. Become visible (6)
6. Seed containers (4)
7. Musical note (9)
8. Containing fat (5)
14. Apparel (5)
16. Bingo (5)
18. Table napkin (9)
20. Persuasive argument (5,4)
22. Scorn (8)
26. Underground passage (6)
27. Sealed with a loving kiss (5)
29. Summits of buildings (5)
30. Republic in the Caribbean (4)
31. Hoot (4)

Solutions to Crossword No. 540

1 P	■	■	2 P	■	3 P	4 E	D	5 E	S	6 T	A	7 L	■	8 U
9 A	D	D	E	R	■	N	■	X	■	O	■	10 E	E	N
D	■	■	T	■	■	O	■	H	■	11 A	W	E	■	I
12 S	13 W	I	T	Z	E	R	L	A	N	D	■	R	■	F
■	E	■	I	■	■	M	■	L	■	14 S	H	Y	15 L	Y
■	L	■	N	■	16 B	O	R	E	■	T	■	■	I	■
17 F	L	A	G	18 S	■	U	■	■	19 I	O	D	I	N	E
■	M	■	■	W	■	20 S	U	21 M	■	O	■	■	G	■
22 M	A	G	N	E	T	■	■	O	■	23 L	24 O	S	E	S
■	D	■	■	E	■	25 T	O	T	S	■	S	■	R	■
26 B	E	27 F	I	T	■	O	■	O	■	■	T	■	I	■
R	■	L	■	28 S	U	P	E	R	M	A	R	K	E	29 T
O	■	30 A	S	H	■	P	■	I	■	■	I	■	■	O
31 K	O	I	■	O	■	E	■	Z	■	32 S	C	A	L	Y
E	■	33 R	E	P	O	R	T	E	D	■	H	■	■	S

Sudoku Challenge

Difficult

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

Super Difficult

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

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.

How to cook a turkey



There are many ways to cook a turkey, but the most common method is roasting. Roasting involves cooking the turkey in an oven at a low temperature for a long time, until the meat is tender and juicy, and the skin is crispy and browned. Here are some basic steps for roasting a turkey:

- Thaw the turkey in the refrigerator for about 24 hours per 4 to 5 pounds of weight. Make sure the turkey is completely thawed before cooking.
- Remove the turkey from the packaging and take out the giblets and neck from the cavity. You can use them to make gravy or stock, or discard them. Rinse the turkey and pat it dry with paper towels.
- Season the turkey with salt, pepper, butter, herbs, or any other flavorings you like. You can also stuff the turkey with bread, vegetables, fruits, or nuts, but make sure the stuffing is cooked to 165°F before serving.
- Place the turkey breast-side up on a rack in a large roasting pan. Tuck the wings under the body and tie the legs together with kitchen twine. Insert a meat thermometer into the thickest part of the thigh, without touching the bone.
- Preheat the oven to 325°F and roast the turkey for about 20 minutes per pound, or until the thermometer reads 180°F for the thigh and 170°F for the breast. Baste the turkey with pan juices or melted butter every 30 minutes to keep it moist. If the skin starts to brown too much, cover it loosely with aluminum foil.
- When the turkey is done, transfer it to a cutting board and let it rest for 15 to 20 minutes before carving. This allows the juices to redistribute and makes the meat easier to slice. Enjoy your turkey with gravy, cranberry sauce, mashed potatoes, or any other side dishes you prefer.

Brussels sprouts are a versatile vegetable that can be cooked in many ways. Here are some popular methods:



- **Boiling**: Boiling is the most common method of cooking Brussels sprouts. To boil Brussels sprouts, trim the ends and remove any yellow or wilted leaves. Then, add them to a pot of boiling salted water and cook for 5-10 minutes, or until they are tender but still firm. Drain and serve with butter, salt, and pepper.
- **Roasting**: Roasting Brussels sprouts is a great way to bring out their natural sweetness and nuttiness. To roast Brussels sprouts, preheat the oven to 400°F. Trim the ends and cut them in half. Toss them with olive oil, salt, and pepper, and spread them out on a baking sheet. Roast for 20-25 minutes, or until they are crispy and browned.
- **Sautéing**: Sautéing Brussels sprouts is a quick and easy way to cook them. To sauté Brussels sprouts, trim the ends and cut them in half. Heat some oil or butter in a pan over medium-high heat. Add the Brussels sprouts and cook for 5-7 minutes, or until they are tender and lightly browned. Season with salt, pepper, and any other spices you like.
- **Steaming**: Steaming Brussels sprouts is a healthy and simple way to cook them. To steam Brussels sprouts, trim the ends and cut them in half. Place them in a steamer basket over a pot of boiling water and steam for 5-7 minutes, or until they are tender. Serve with lemon juice, butter, or any other sauce you like.
- **Grilling**: Grilling Brussels sprouts is a fun and flavorful way to cook them. To grill Brussels sprouts, trim the ends and skewer them on a metal or wooden stick. Brush them with oil and season with salt, pepper, and any other spices you like. Grill for 5-7 minutes, or until they are charred and tender.



Source: www.bbcgoodfood.com



Fruit and veg

- Place straw around the base of parsnips to prevent the soil freezing, which can make harvesting difficult.
- Plant thorn less blackberries, such as 'Loch Ness', for easy pickings of large, sweet, juicy fruits.
- Winter prune large fruit trees, such as apple and pear, to control their shape, size, and to increase their productivity.
- Plant fruit trees trained as cordons, fans or espaliers to make good use of limited space.
- Start to plan next year's crops and order seeds.
- Tidy up raspberry and blackberry beds – weed and mulch with compost, then tie new stems to support wires.
- Lift and divide large clumps of rhubarb, replanting the outer sections into soil enriched with well-rotted manure.
- Keep kale, winter cabbages and other brassicas covered with netting to protect them from hungry pigeons.
- Finish clearing old crops and debris from the veg plot, but only compost healthy material.
- Remove yellowed leaves on brassicas, so fungal diseases such as grey mould and downy mildew don't take hold.
- Make sure Brussels sprouts don't topple over in strong winds - tie to a cane for support and earth up the stems.
- Prune grapevines, cutting back side-branches to one or two buds from the main stem.

Garden Maintenance

- Bring all watering equipment indoors, including hoses and sprinklers, so they don't freeze and split.
- Scoop fallen leaves and debris from ponds, leave on the side so pond life can escape, then add to the compost bin.
- Stand your Christmas tree in a bucket of water in a sheltered spot outdoors until it's time to bring it indoors.
- Clear out your shed, organise and clean your tools.
- Check tree ties and stakes are firm enough to stand up to winter storms.
- Prune blackcurrants once dormant, removing about a quarter of the old stems.
- Order well-rotted manure or mushroom compost to dig in over winter or spread over bare soil for worms to take down.
- Order summer-flowering bulbs such as lilies and gladioli.

Flowers



- Protect terracotta pots from cracking in freezing weather by bringing them indoors or wrapping in bubble polythene.
- Rake up accumulated fallen leaves in borders that could be harbouring slugs and other pests.
- Plant bare-root roses and other deciduous shrubs, plus ornamental trees.
- Hang bird feeders near roses to attract hungry birds that will also pick off any overwintering pests.
- Cut stems of berried winter shrubs, seasonal flowers and evergreen leaves for festive decorations and wreaths.
- Move plants in pots to a sheltered spot if conditions turn very cold, as their roots are more exposed to the elements.
- Pile straw or bracken around the base of tender shrubs and climbers to protect them from falling temperatures.
- Plant fragrant winter shrubs in pots on the doorsteps.
- Prune climbing roses between now and February.
- Hard prune overgrown shrubs and hedges while they're dormant.
- Check stored bulbs and corms regularly for any signs of rot.

Source: GardenersWorld.com



MAYNOOTH CYCLING CAMPAIGN

General Election 2024
By the time that this appears in print, the results of the general election will be known. Three of the sitting TDs are running for election so there will be at least two new TDs in North Kildare. Maynooth Cycling Campaign would like to congratulate the winners and commiserate with the losers.

Maynooth Cycling Campaign - Public Meeting 14th November
Maynooth Cycling Campaign held a public meeting in the ICA Hall on 14th November. We would like to thank those who came along to the meeting. Among the issues discussed was Cycling Without Age (see next item below), Priorities for 2025, Amended Maynooth and Environs LAP, Priorities for 2025 and General Election 2024.

Cycling Without Age
One of the main items on the agenda was Cycling Without Age. We were happy to report that the distance travelled by the trishaw in 2024 had increased to more than 300 km. We would like to thank Hans and the rest of the St. John of God/Genil Training for working with us in offering cycle tours to people who would have difficulties in cycling on their own. We have had a great response from volunteers who would like to be trained as pilots. The big challenge for 2025 is how to attract clients from the general public. A number of ideas were put forward at the meeting. These will be developed over the winter months and, hopefully, implemented in the coming year.

Local Area Plan - Deletion of Proposed Permeability Measures
The Amended Maynooth and Environs Local Area Plan is currently open until the 6th December for consultation by the general public. The main issue for transport remains the deletion of the permeability measures. Maynooth Cycling Campaign opposes their deletion on the grounds that the deletion of such measures is contrary to government policy on climate, health and road safety.

Maynooth likes to see itself as a progressive town with two third level colleges, good rail links to Dublin but appears to be turning into just another anti-cycling town which is "addicted to fossil fuel" and which pays lip service to climate change. How else would you categorise a town where councillors

- Oppose the removal of a right turning lane into residential estates (on the Straffan Road)..
- Oppose officials' proposal to turn a footpath into a shared path (in Carton Avenue).
- Oppose the proposed trial when it was proposed to restrict motorised traffic to flow in one direction (on Parsons Street).

Maynooth Cycling Campaign suggests that Kildare County Council is responsible in part for the level of opposition to increased permeability as it failed to make the case for their inclusion in advance of the publication of the Local Area Plan.

Climate Change
In last month's Newsletter Notes, we included early reports of over fifty deaths from flooding in the Valencia region as a result of heavy rainfall. This loss of life turned out to be a gross underestimate. It turns out that the number of fatalities was 216. Almost half were over 70 years of age which suggests that elderly people are a group who are at high risk from climate change. It is ironic that many of them were trapped in their cars trying to flee the flood waters.

Ireland too has seen flooding but not on the same scale as Valencia. In Listowel 70 homes were evacuated in the worst flooding for a generation. In Killybegs 16 houses and nine businesses were flooded. In England and Wales both experienced severe flooding in the same storm.

Cop29 has just finished in Baku. It was reported that 1,773 fossil fuel lobbyists attended the conference - outnumbering the number of delegates from countries participating in the conference. Despite all the talks over years , global fossil fuel emissions continue to rise. The oil companies knew that their businesses had an impact on the climate, but chose to continue plying their trade. They are doing the same today.

Maynooth Cycling Campaign is a non-party independent local lobby group advocating for better cycling infrastructure in Kildare.

Kildare Planning Applications for Maynooth Area
Planning Applications received from 29/10/2024 to 27/11/2024
Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2461239	Kildare County Council	B.O.M Stepping Stones Stepping Stones Special School	Stepping Stones Special School, Moygale Road, Maynooth, Co. Kildare	22/11/2024
2461222	Kildare County Council	Circle K Ireland Retail Limited	Circle K Carton Hall Service Station, Straffan Road, Maynooth, Co. Kildare.	19/11/2024
2461164	Kildare County Council	Maynooth GAA Club	Maynooth GAA Sports Training grounds, Moyglare Road, Mariavilla, Maynooth, Co. Kildare	04/11/2024
2461153	Kildare County Council	Kevin O´Sullivan	Newtown, Maynooth, Co. Kildare	01/11/2024
2461151	Kildare County Council	Mark and Aoife Kennedy	Moneycooly, Celbridge Road, Maynooth, Co. Kildare	01/11/2024
2461146	Kildare County Council	Mark and Aoife Kennedy	Moneycooly, Celbridge Road, Maynooth, Co Kildare	31/10/2024
2461139	Kildare County Council	Randelswood Holdings Ltd	Lands at Doctor's Lane, Maynooth, Co. Kildare	30/10/2024

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