



Maynooth Newsletter



Recording the Social Footprint of Maynooth since the 1970s

LOCAL NEWS - MAY 2025 - ISSUE NO. 545

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KILDARE COUNTY FLEADH

MAYNOOTH 18th - 25th May 2025



We're thrilled to announce that the Maynooth Comhaltas branch has been nominated to host the Kildare County Fleadh, which will take place on the weekend of May 24th and 25th 2025.

This Fleadh is being held as a "Community Fleadh" integrating many of our fantastic community groups such as CFR group, Tidy Towns, Maynooth Library, Gaeilge Nuada, Maynooth Autism Friendly Town, our primary and secondary schools and many, many others.

A Month of Music and Fun

On April 26th at 6pm an official launch night took place in the lovely Scouts Den - Geraldine Hall - it was a family oriented event showcasing some of our branch teaching talent.

There are a number of cultural events taking place through the Community in May, including the 2025 Arts and Minds Festival at the university, as well as pop-up sessions and performances throughout the town.

Highlights include:

- **Sun 18th May:** Fleadh week Kick off in Leixlip with Dave Boyle Banjo Night
- **Tues 20th May:** Session Trail starts with several sessions each day through to Sunday and on to Monday
- **Wed 21st May:** Craft and Music in Maynooth Library
- **Thurs 22nd May:** John Spillane in Concert in St. Mary's Church of Ireland
- **Sat 24th May:** Gig Rig on the Square with Community Groups, Bearla Ó Flatharta Céilí Band and Jiggy
- **Sun 25th:** Competitions in BNS and Closing Sessions.

The full Fleadh timetable is on the branch website at <https://ccemhaighnuad.com/fleadh-25>

Join the Fun

We're calling on the people of Maynooth and surrounding areas to support this fantastic event by participating in the various activities, volunteering to help with the organisation, or simply coming along to enjoy the music. Everybody is welcome, and many of the events are free of charge. This Fleadh will be inclusive - just like other events such as St Patricks' Day parade, Fleadh Chill Dara can be enjoyed by all.

If you're interested in writing an article for the official souvenir programme, email eolas@ccemhaighnuad.com



Local businesses are also invited to show their support by sponsoring an advertisement in the programme or creating eye-catching shop window displays. Details on Fleadh website - <https://ccemhaighnuad.com/sponsor-fleadh-25>

Mary Ryan from Kilteel, Kildare County Chairperson said "We're delighted for Maynooth to be hosting the Kildare County Fleadh. It's going to be a fantastic event, with something for everyone. We can't wait to share it with the people of Maynooth and beyond! We're looking forward to having musicians and music lovers from all over Kildare to lovely Maynooth."

Let's make this Fleadh one to remember! Céad Mile Fáilte Go Mhaigh Nuad - Bígí linn!

Comhaltas Craobh Mhaigh Nuad runs lessons in traditional instruments, song and dance from 7-9 on Wednesday evenings in Maynooth Post Primary School. More information on <https://ccemhaighnuad.com/fleadh-25> and Facebook & Twitter (CCEMaighNuad).

Slán go foil!

(Continued on page 3)



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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 online 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

You have to commend Maynooth GAA Club for coming up with new fundraising ideas on a fairly regular basis and for 2025 they are holding a 24 hour Walkathon.



They have been fundraising for new dressing rooms at their pitches and will be putting these in place soon.

However, before they can be fitted out for use they need to raise €50,000.

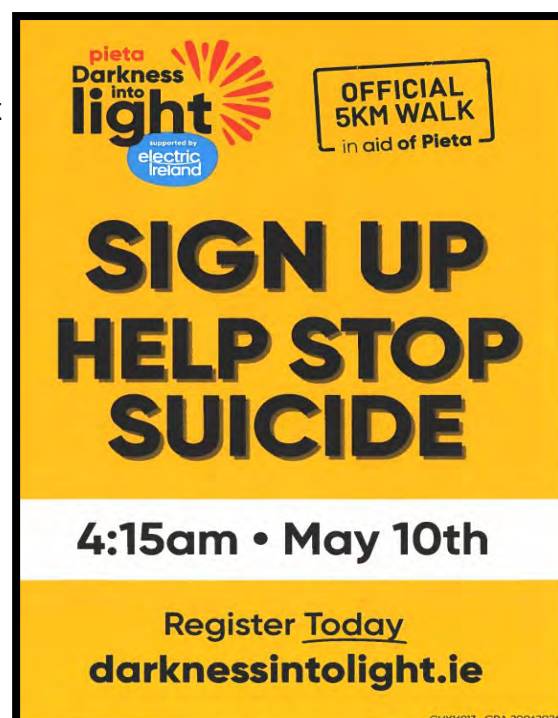
They are asking every team, coach and supporter to get involved to hit that target by taking part in a 24hr Walkathon

in Moyglare from Friday/Saturday 2nd/3rd May. Sounds like another fun event and is well worth supporting.

Good Luck to all involved.

The Pieta "Darkness into Light" annual fundraising event takes place on Saturday 10th May and there is an event taking place in Maynooth this year.

Pieta provide a range of services nationally to people are experiencing thoughts of suicide, those who engage in self-harm, and those bereaved by suicide. All of their services are provided free of charge, and no referral is needed.



Their 24 hour freephone crisis helpline is **1800247247**

Well worth supporting this important service.

As another academic year comes to an end at Maynooth University we offer all students good wishes for their exams and dissertations. When people ask me how best to describe Maynooth, I always include a comment that it is a town that never gets old, because of the large student population.

For those students finishing your studies here, we wish you well in your future endeavours. Checking my Eventbrite account and elsewhere, I see that a number of "social events" are planned to mark the end of the 2024-2025 college year. Please remember to look out and care for each other and do not forget your neighbours who will not want to share in the celebrations.

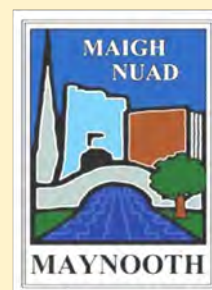
2025 Fleadh Chill Dara is taking place in Maynooth during the week of the 18th - 25th May. Hosted by Maynooth CCE, as well as the competitions, the organisers promise session trails, Gig Rig, concerts and workshops.



Enjoy the music and the craic

**Paul Croghan
Editor**

**Copy date for the June edition will be
5pm on Friday 16th May 2025**



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- * Community Issues
- * Environmental Concerns
- * Employment Concerns
- * Covid - 19 related queries



Cllr **Angela Feeney**

If I can help:
e-mail me at
afeeney@kildarecoco.ie
Or call on 087 2381962



Gold Medal Winners

2016 - 2017 - 2018

2019 - 2021 - 2022

2023 - 2024

Spring has sprung and Maynooth Tidy Towns, volunteers have been extremely busy this past month. No chance of us slowing down either, as preparations are ongoing for both the **Entente Florale Europe and National Tidy Towns Competitions**. The judges for **Entente Florale**, from Czechia, Germany and Hungary, will visit Maynooth on 12th July.

The main difference in terms of adjudication etc. is that specific locations are selected in advance and the judges' arrival is known to us. In cooperation with Kildare County Council, St. Patrick's College and Maynooth University, Carton House, we have made great progress in planning for this event. We also aim to involve the local schools and businesses in various initiatives, leading up to 12th July. Banners and signage, designed and printed by Inkjet, are now in place.

Our Annual General Meeting of Maynooth Tidy Towns Association is on the 1st May at 7.30pm in The Glenroyal Hotel.

Thanks to the Kayaking Club in Maynooth University, we were able to do a big clean-up of the canal at the harbour and the areas between Mullen and Bond bridges. We are very grateful to this group who contacted us with their offer of help. They navigated the water skilfully and avoided a very protective swan, whose mate is nesting on the island in the harbour. Our hope is that the swan's nest survives on the island this year.

We participated in National Spring Clean on Saturday, 5th April. A particular focus for us was the Moyglare Road, where there was evidence of dumping. We retrieved a variety of objects, big and small. All volunteers were treated to very welcome refreshments in the Glenroyal Hotel afterwards.

Tidy Town volunteers continue to assist Maynooth Community Church in preparing areas for planting. We are delighted to support the following events taking place in Maynooth:

Maynooth 10K/5K- May 11th

Fleadh Cheoil Cill Dara- May 18th-25th

If you wish to volunteer please contact us on our Facebook page or by email maynoothtidytowns@outlook.ie



Mary Molloy

Maynooth Tidy Towns Association



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Maynooth Cycling Campaign

Maynooth and Environs Local Area Plan 2025-31

Maynooth Cycling Campaign welcomes the decision of the Court of Appeal to overturn the High Court judgement against the planned Strand Road cycle path trial in Dublin. The judgement was against three parties which included a group of residents and a councillor, Mannix Flynn. The scheme proposed a change in Strand Road from two way to one way for private cars in order to upgrade facilities for walking and cycling.

The scheme had been through a lengthy consultation process and had been previously approved by a majority of councillors. The impact of applying to the courts was to delay the proposed active travel measures by several years.

We welcome the leadership shown by the majority Dublin councillors who rejected the opinion of residents opposing even the trialing of active travel measures.

Bike Week 2025

Bikeweek 2025 runs from 10th -18th May. Maynooth Cycling Campaign will be organising a number of events including a showing of the MOTHERLOAD film. We hope that you will join us. Look out for details on our website and the Bikeweek.ie website.

Government Waste?

The media and politicians were very vocal on the cost of €335,000 for a bike shelter in Leinster House. Admittedly, the cost was excessive but, at least there was something to show for the expenditure. The same groups haven't been so vocal at the revelation that over the last twenty five years €45 million has been spent on plans for a second

bypass road for Galway without anything to show on the ground.

Bike Bunkers

Dublin City Council plans to appoint a contractor by the end of June to roll out some 300 bike bunkers in their administrative area. In early 2024, Maynooth Cycling Campaign held discussions with Kildare County Council about trialing a single bike bunker in the town. More than one year later, Maynooth Cycling Campaign had no progress to report.

Upgrade Works on Mill Street

Maynooth Maynooth Cycling Campaign welcomes the continuing upgrade works on Mill Street. However, we are disappointed to see a road sign "CYCLISTS, PLEASE DISMOUNT" on the northbound side of the road. If KCC were prioritising bicycles over private cars as set out in the Design Manual for Roads and Streets (DMRS), the signs should prioritise cyclists with a sign such as "MOTORISTS GIVE WAY TO CYCLISTS".

Cycling Without Age

We are sorry to announce that the Maynooth trishaw is off the road at present. There is a problem with the braking system which must be repaired. Maynooth Cycling Campaign has been in contact with Kildare County Council regarding the funding for the repairs.



Maynooth Cycling Campaign is a non-party independent local lobby. ... in Kildare.

Maynooth Local Market Turns One!



A huge thank you to everyone who came along to celebrate our *first birthday* at Maynooth Local Market over the Easter weekend. The Square was filled with smiles, conversation, music, and that genuine sense of connection that makes our community so special. It was a lovely reminder of what the market is all about — people coming together, supporting local, and enjoying a simple Saturday morning in good company.

Over the past year, the market has become a regular part of life for many in Maynooth — a Saturday staple where people come to stock up on fresh vegetables, eggs, honey, fish, and more, all while supporting local producers. It's more than a market; it's a community hub where familiar faces meet, small businesses thrive, and creativity is shared through beautifully made, one-of-a-kind goods. We're so grateful to everyone who shows up week after week to make it all possible.

To our amazing vendors and generous funders: thank you for helping to make it all happen. And congratulations to the lucky winner of our birthday hamper — Catherine! She's already collected her prize and shared this lovely message:

"I'm thrilled to win the hamper full of the best locally created prizes. The photo print of Carton Estate by Skinny Pixels has an extra special meaning to me after spending so much time walking there during the COVID lockdowns. All the baked goods were delicious, and my dog Oisín absolutely loved the natural dog treats from Flo & Co."

We're delighted to welcome two new vendors to the market family this month.

Luain Press is a proudly independent publisher championing new and emerging writers — their stall is a treasure trove of poetry and prose, perfect for anyone who loves storytelling and creativity. And Sydney Harper joins us with a colourful mix of handmade jewellery, candles, and face painting — a lovely addition for all ages.

Looking ahead, we're delighted to welcome back the volunteer team from Maynooth Education Campus on Saturday 10th May. They'll be with us to hand out race numbers for their annual *Maynooth 5k/10k* fundraiser. If you're taking part in the run on Sunday, swing by the market to collect your race pack — and soak up the craic while you're at it.

Later in the month, we'll be proudly cheering on our friends in Comhaltas Maynooth as they host Fleadh Cheoil Chill Dara on Saturday 24th May. There'll be live traditional music on the Square from 2pm to 10pm, and while the market isn't officially part of the event, we're delighted to share the space and spirit of the day. Our vendors will shift slightly further back on the Square to make room for the stage — but you can still expect the same great mix of local produce, crafts, and friendly faces.

As we begin our second year, we're excited to continue growing with our



community. We're always on the lookout for new vendors to join our market family and volunteers who can help keep everything running smoothly. If you're passionate about supporting local food, creativity, and community, we'd love to hear from you.

Get in touch by email at maynoothlocalmarket@gmail.com or message us on social media.

Here's to another year of connection, creativity, and community!

Maynooth Castle Keep Art Group

Celebrates 25 Years!

The Maynooth Castle Keep Art Group celebrated 25 years on the weekend of 25th April with an outstanding art exhibition in the Maynooth Post Primary School. We had 103 artworks on display from the 21 members of the group, all of whom live in Maynooth and the surrounding areas of Celbridge and Kilcock.

There was a variety of subjects on display including landscapes, seascapes, streetscapes, floral and fauna, still lifes and abstracts. Local scenes were also represented such as the Avenue Restaurant, the Boathouse and Tirconnell Tower at Carton and Maynooth Castle to mention some. And of course all of the above were rendered in several media such as watercolour, acrylic, oils, pastels, pencil and graphite pen. A large crowd attended and the sales table people were kept very busy on the night and over the weekend which ended with just over fifty per cent of the paintings being sold.

This was an indication of community interest and support and that the exhibition is an important date in the Maynooth Calendar. The high standard of work produced by the members was one of the main comments received over the weekend.

The opening night on Friday 25th April was a huge success. Thanks to Tom Ashe, patron of the Group for a number of years and who officially opened the exhibition.

We would like to thank Tom Ashe for launching the exhibition, Johnny Nevin and KWETB for the use of the school for meetings and the exhibition and for all the support from Margaret in the MPPS office and Dominic Cotter for his help over the year and during the event itself. And lets not forget our friends Cairdeas who played beautifully for us on the night.

I would also like to thank the Maynooth Community Employment Scheme for their help with clerical assistance. Thanks to our community for supporting us every year. **Here's to next year.**





Cllr. Donna Phelan

Working with **Naoise Ó Cearúil TD**

If you have any issues or want to arrange an appointment feel free to get in touch.

Contact Donna:
Email: dphelan@kildarecoco.ie / Tel: 087 002 3636

Contact Naoise:
Email: naoise.ocearuil@oireachtas.ie / Tel: 01 618 4193

Donna & Naoise

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Bee Advice from a Beekeeper

Leaving out fruit for bees may seem like a kind gesture but fruit left out in the sun or shade quickly develops harmful bacteria, which can be dangerous for bees. If they collect contaminated food and bring it back to the hive, it can compromise their stored honey and could potentially harm their colony.

To truly support the bees, the best thing you can do is to set up a proper watering station. Place a shallow dish of fresh water with small rocks or sticks inside. This creates safe landing spots to prevent them from drowning.

For an even greater benefit, add a pinch of pink Himalayan sea salt to the water. This specific type of salt contains essential minerals that bees naturally seek out. These minerals help the bees regulate their hive's internal temperature, maintaining a steady 90°F, which is a critical factor for honey production and raising their young.

Please **DO NOT FEED** the bees directly - all beekeepers strongly discourage this. Bees thrive best when they have to collect their own food from natural resources. This strengthens their immune systems and supports their overall health.

By providing clean, mineral-rich water, you're offering bees exactly what they need to thrive. This benefits them and the environment.

Now sit back and see how many bees visit your water station.



Sourced: *Farmers' Way on Facebook*

Turn A Backyard Garden Into An Enchanting Sanctuary

Create a relaxing sanctuary in the garden so you can enjoy all the beauty around you. A couple of garden chairs and a coffee table can be the main ingredients in a recipe for success. Add to that a small fire pit and perhaps

a large umbrella or a pergola with a canopy and this whole idea evolves into something quite wonderful.



Garden sculptures don't have to be perfect and they don't always depict something specific but are rather centered around abstract forms and ideas.

The furniture you put out in the garden says a lot about the type of ambiance and decor you're trying to create. A lot of beautiful designs are

centered around natural materials and organic forms. For example, a coffee table with a base made of rocks or pieces of driftwood is an exceptionally exquisite idea for a garden lounge.

Although having a water feature in the backyard garden is not a must, it's surely nice to have. a small river or a pond, maybe even a waterfall or a small water fountain. You can create your own garden water feature artificially. Of course, lots of other options are available. Try to make it all look authentic and natural and use reclaimed materials, worn finishes and earthy colors. After all, that's what gardens are all about.

Outdoor planters open up a whole world of possibilities. You can decorate in tons of beautiful ways. You can have small trees planted in them or dense vegetation. Flowering plants allow you to play with fresh and bold colors to create interesting visual effects. Garden sculptures can also be added here and they can complement the vegetation, combining in interesting way.

Build your garden furniture out of leftover materials or repurpose fallen tree trunks and branches. A portion of a trunk can become a wonderful coffee

table or perhaps an interesting rock can serve that purpose. A bench can be built out of a pallet or leftover wood mixed with concrete and even some stones. Don't try to make it look perfect. It's the imperfections that make us love nature.



Make the most of everything in your backyard garden. Even the fence can be used in interesting ways. For example, hang some wine crates or boxes and use them as storage shelves for your small gardening tools and supplies or decorate them with flower vases.

Source: www.homedit.com/turn-backyard-garden-into-a-sanctuary/

At the end of the day, a garden can connect us to nature and provide spaces for reflection amidst our busy lives. Each garden tells a story, inviting us to uncover hidden layers of creativity and healing.



Enjoy a sense of tranquility and reflection.

Maynooth University celebrates Arts and Minds Festival 2025



The 2025 Arts and Minds Festival returns to Maynooth University from May 8 - 10, marking the fourth year of this annual celebration of Irish and international culture. This year's programme is the biggest to date and includes a range of performances, discussions and screenings for all interests and age groups, both on campus and in the town of Maynooth.

Highlights include a musical evening with Irish musician and composer, Sharon Shannon, supported by The Beartla Ó Flatharta Céilí Band, Where is My Mind?, a live podcast with mental health advocate Niall 'Bressie' Breslin and a new event, Sing Your Art Out at The Big Sing, where neighbouring choirs perform as one single choir with new pieces learned at a free choral workshop plus pieces from their own repertoires.



Sharon Shannon



Anna Devin and Gianluca Margheri

The festival opens on Thursday, May 8, with Italian Passions: An Evening of Bel Canto in Aula Maxima on MU's South Campus. Presented by the Irish National Opera, the concert features a selection of arias and duets by Bellini, Donizetti, and Rossini, performed by Anna Devin and Gianluca

Margheri Irish language and culture feature prominently in the main weekend festival programme, starting on Friday, May 9 in St Mary's Church of Ireland with The Say a Song Project, an exploration of Irish cultural heritage in a reimagining of the epic tales of sean nós songs. This will be followed by a traditional Irish evening of storytelling and song at the Oíche Scéalaíochta agus Amhránaíochta in Brady's Clockhouse, Maynooth town.

Literature is always a key part of the festival and The Literary Lounge keynote on Saturday, May 10 features Pulitzer Prize winner Nathan Thrall in conversation with Booker Prize winner and MU Distinguished Writing Fellow Paul Lynch in St Mary's Church of Ireland.

The 2025 festival will also include a screening of Stanley Kubrick's film, Barry Lyndon, to celebrate 50 years since its release in 1975. Hosted by Maynooth Film for All in the TSI Building on Saturday, May

10, many of the scenes were filmed at Carton House in Maynooth.

Throughout the festival, there will be family-friendly free events, like the lunchtime concert on Saturday, May 10 with St Mary's Brass & Reed Band, while a variety of street food will be available on north campus that day, from 11am – 4.30pm, provided by Irish Village Markets.

The full programme and Eventbrite tickets are available by scanning the QR code.



Nobel Laureate Prof Brian Schmidt lectures to full house at MU

Maynooth University (MU) was delighted to welcome Nobel Prize-winning astronomer Professor Brian Schmidt for the Faculty of Science and Engineering's Dean's Lecture, delivered to a full house at the MU's TSI Building.



L-R: MU VP Academic and Registrar Prof Ronan Farrell, MU President Eeva Leinonen & Nobel Prize astronomer Prof Brian Schmidt

In his talk, titled The Universe from Beginning to End, Prof Schmidt guided the audience through more than 13 billion years of cosmic history — from the Big Bang to the far future of the universe. He shared insights from his Nobel Prize-winning research on the accelerating expansion of the universe, shedding light on dark energy, black holes and the fundamental mysteries that continue to challenge physicists and astronomers today.

The lecture attracted a capacity crowd, with over 250 attendees including students, faculty, researchers and members of the wider public. Prof Schmidt's engaging delivery, humour, and ability to communicate complex scientific ideas with clarity and relatability were warmly received. A dynamic Q&A session followed, with thoughtful questions from an enthusiastic and curious audience.

Prof Schmidt is a Distinguished Professor of Astronomy at the Australian National University. Raised in Montana and Alaska, he received his PhD from Harvard University in 1993 and joined the staff of the Australian National University in 1995. He served as the 12th Vice-Chancellor and President of the Australia National University from 2016 to 2023.

Professor Paul Moynagh, Dean of the Faculty of Science and Engineering, remarked; "It was a privilege to welcome Professor Schmidt to the Faculty of Science and Engineering at Maynooth University. His lecture was inspiring to the full-house attendance.

Prof Schmidt gave a masterclass in public science engagement and enthralled both scientists and non-scientists alike. Above all, his lecture was a wonderful reminder of the power of science to address our curiosity and explore the wonder and enormity of our universe".

Prof Schmidt also shared his thoughts on the visit; "It was a pleasure to speak at Maynooth University and be able to tell the story of the

(Continued on page 10)

(Continued from page 9)

Universe with such a diverse and engaged audience. The fact that so many people from outside the university were in attendance shows that Maynooth has a great connection to its community, which is a hallmark of an outstanding University. I have really enjoyed my time here, and my chance to learn about all the great things that are happening in this beautiful place.”

Earlier in the day, Prof Schmidt also met with researchers and postgraduate students from across the faculty, offering perspectives on global research collaboration, science policy, and academic leadership.

The Dean's Lecture Series is a flagship event for the Faculty of Science and Engineering, highlighting its ongoing commitment to bringing world-leading research and thought leadership to the campus and wider community.

Minister Lawless officially opens refurbished MU Arts Building



L-R: MU President Prof Eeva Leinonen pictured with Minister James Lawless at the official opening

Maynooth University welcomed Minister for Further and Higher Education, Research Innovation and Science James Lawless to campus for the official opening of the Maynooth University Arts Building following a €5.7 million refurbishment to modernise the iconic building while preserving its unique character.

Minister Lawless, who met with staff and students on his visit to campus as well as viewing a new Research Ireland-funded mass spectrometer and other high-tech research equipment, cut the ribbon at the opening ceremony for the refurbished building, one of the main teaching centres on campus.

Speaking about the refurbishment, Minister Lawless said: “I am delighted to be here today for the opening of this facility. These developments will provide state-of-the-art facilities to enhance students' on-campus experience.

With Maynooth being my local University, I was familiar with the campus and the old arts block, so I was extremely impressed at the architecture and form in the reworked building. This new structure is greener, more sustainable and creates a more pleasant place for students to interact particularly the new all-purpose hall where I met many students congregating during my visit.”

Despite evolving over time in response to changes in teaching and learning needs, the Arts Building needed a significant upgrade to bring it into line with MU's energy efficiency and climate action goals. It was identified as having the poorest energy performance of MU's building stock as the façade had single glazed windows, walls with little or no insulation, and only natural ventilation by opening the windows.

The refurbishment, led by RKD Architects, was delayed by Covid-19 but went ahead over summer 2023 and 2024 to minimise disruption during term time.



The refurbished exterior of the Arts Building

The upgrade included:

Complete façade replacement while remaining faithful to the original design to improve energy performance

Installation of mechanical ventilation with heat recovery in classrooms and lecture spaces

Bathroom refurbishment and improvement to circulation areas

Upgrades to classrooms, staff offices and external courtyard

Structural steel frame repair and repainting to ensure longevity

Introduction of a new Student Common Room with 240 seats

Speaking at the ceremony, MU President Professor Eeva Leinonen said: “I want to sincerely thank Minister James Lawless for officially opening the building today, and to express our deep appreciation to him and his Department for their ongoing support of Maynooth University and of higher education across Ireland. This refurbished Arts Building is a testament to our commitment to sustainability, excellence in education, and respect for our architectural heritage.”

“It provides our students and staff with a modern, comfortable, and inspiring environment in which to learn, teach, and collaborate. The spaces in which we learn have a profound impact on the educational experience. In our Strategic Plan, we describe our vision as Campus Beo—a living campus that reimagines university life to reflect the evolving ways we learn, teach, and work. We would like to thank the Department for its support in making our vision a reality.”

Robin Walker, who designed the Arts Building, was a key figure in Irish architecture, along with his partners, Michael Scott and Ronald Tallon. After studying under the legendary Le Corbusier in Paris and later working alongside Mies van der Rohe in Chicago, he returned to Ireland to become part of Scott, Tallon Walker, a firm that became synonymous with Irish modernism during the boom period that followed a major shift in Irish economic policy in the early 1960s.



The new student common room





Cllr. Angela Feeney Maynooth Labour News

E mail: afeeney@kildarecoco.ie - Phone: 0872381962



Footpaths in older estates.

At the April meeting I asked that footpaths in older housing estates in Maynooth be prioritised in the upcoming works by the Council. Older estates have older demographics and people want to be safe from trips and falls when out for a walk around their estate or visiting neighbours.

Local Property Tax has been allocated for this purpose. The area engineer said he is happy to work with us as councillors as we know what particular older estates need particular attention.

Disabled car parking bay at The St John of God's LEAP service.

At the April Municipal District Council meeting, I called on the Council to provide a disabled car parking space at the St John of God's LEAP service on Fagan's Lane. The service is located in the heart of the town just off Main Street on Fagan's Lane and embedded in the community.

I have visited the centre a number of times and most of the service users use public transport but the need for a disabled car parking bay near the facility has come up in my discussions with them.

However, the Council said that a disabled bay cannot be provided until the parking bye-laws for the town are up for review.

Crèches need to be opened for use

I called for an update on the status of crèches in new developments, in particular in Mullen Park Maynooth and Lumann in Straffan. The Council, in its response, confirmed that the crèches in both estates have been delivered.

The Council has discharged its duty and the crèches are indeed delivered as per planning conditions. However, the buildings are lying there unopened for years while families are on long waiting lists for childcare. The Council advises getting in touch with the developers and I am pursuing the matter.

Update on vacated fire brigade site in Maynooth

In response to my request for an update on the vacated fire brigade site in Maynooth, I was delighted to hear that progress is being made by the Council on advancing the fire brigade site for community use. I welcome this news because back in 2021,

I submitted a motion suggesting this site be used for a much needed community centre for the town.

Upcoming Motions and Questions for May 2025

Motions:

1. That the Council reviews the uncontrolled traffic access onto the junction at Main Street from Fagan's Lane Maynooth
2. That the Council installs speed ramp/s on Boreen Road Straffan to improve safety in the area.

Questions:

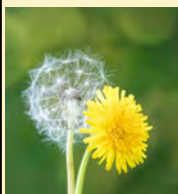
1. Can the Council provide an update on future library services for Maynooth to meet the growing demand?
2. Can the Council inform members as to parking bye law reviews will be taking place in the MD?

4 Easy Ways to Get Rid of Dandelions Without Chemicals

Dandelions are a deceptive plant—their yellow flowers are bright and cheery (and kind of pretty!) but the reality is that they're technically a weed. "Dandelions create more competition for your lawn to absorb the necessary nutrients and water it needs to thrive. Eliminating them will ensure that the right nutrients are going to the right places for a dense, green lawn to exist," says Roger May, PhD, horticulture expert and director of technical operations for TruGreen.

Fortunately, you can get rid of dandelions—Dr. May weighs in on four chemical-free ways to do just that.

Remove Them Manually



You can pull out dandelion weeds to get rid of them, though Dr. May notes this won't permanently rid your lawn of dandelions since dandelion seeds can always establish new weeds—they blow in the wind after all, making them highly prolific!

That being said, should you choose to remove them by hand, you need to do so properly. "Dandelions have a large tap root that stores food for the plant, similar to a carrot, and if the entire root isn't removed, the weed can grow back," Dr. May says.

He suggests purchasing a dandelion weeding tool, which has a long metal shaft with a forked end that allows you to dig deep into the soil and pull up the weed with the entire root.

Once you've pulled the weeds, spread mulch (like wood chips or bark) over the areas to stop light from reaching the leaves—this will prevent the weeds from growing back as they need light to grow.

Spray Horticultural Vinegar

If you'd prefer to skip chemical herbicides, you can turn to horticultural vinegar to control your weeds, which is 20% acetic acid compared to

traditional vinegar's 5%. According to Dr. May, it will "burn up" the dandelion leaves and force the weed to grow more. "After multiple applications, the dandelion will use up the food reserved in its taproot as it tries to grow back and eventually die," Dr. May says.



He cautions, though, that vinegar will also burn healthy grass, so make sure you're targeting just the weed when you spray. Wear protective gear as well.

Sprinkle Corn Gluten

Corn gluten meal is an option for tackling dandelions just as they're about to take root—it's far less effective on established weeds.

Aim to sprinkle corn gluten meal in late March (or when the soil temperature hits 50 degrees Fahrenheit) on a dry day. Make sure you pull out the established dandelions first. Dethatch your lawn next, then spread the corn gluten meal evenly. Lastly, water your grass lightly to activate the product.

Purchase corn gluten meal that's specifically marketed as an herbicide. "Corn meal" and "corn gluten feed" are not the same as "corn gluten meal."

Pour Boiling Water

This one's simple but only works on weeds that have shallow root systems (AKA plants that are pretty young). Use a kettle with a thin spout so your pour is very targeted—boiling water will kill surrounding plants if you're not careful, which is why this trick is best for dandelions growing in sidewalk or driveway cracks.

You may need to apply this multiple times—aim for once a day or every other day until the weeds brown. Then you can layer some mulch over the area.

Source: www.realsimple.com/how-to-get-rid-of-dandelions-8652817



THE SWORD IN THE STONE

PANTOMIME 2025

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THE SWORD IN THE STONE!!

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VISIT ANNUADHAPLAYERS.IE FOR ALL INFORMATION.

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MAYNOOTH COMMUNITY COLLEGE
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TICKETS ON SALE ON 1ST MAY 2025
ADULT €15 CONCESSION €12

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Amanda on 086 1367423

amandadempsey@grow.ie

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for a 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.

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for a 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. R.D.



Quiz Night

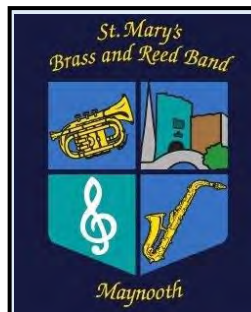
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St. Mary's Brass & Reed Band



St. Mary's Brass & Reed Band

We were very fortunate to have glorious sunshine for our first outdoor recital of the year in the Square on Sunday 6th April where we played to a large number of walkers taking advantage of the Summerlike weather as well as those enjoying their refreshments outside Brady's Pub. There's nothing to beat sunshine and music in the Square on a Sunday afternoon for lifting the spirits.

In our next notes we hope to have an update on our Academy Band's performance at the National Band Championships which took place in Ardee in 26th April. It's the first time for the Band to take part in any competition and they were really looking forward to the experience, win or lose.

On Saturday 10th May the Senior Band will be taking part in the Arts and Mind Festival organised by Maynooth University playing between 12.30 and 1.30. This year we will be playing near the Monument on the North Campus beside the traffic lights so hopefully we will again be blessed with sunshine.



We again remind musicians, both experienced and budding, that they are most welcome to join us in the Band Hall on Pound lane on Monday nights between 7.45. and 9.30. except Bank Holidays or on Saturday mornings between 10.00 and 11.30. again except Bank Holidays.

You can also contact us on sec@stmarysbandmaynooth.ie.



Ollscoil Mhá Nuad
Maynooth University

arts & Minds FESTIVAL Maynooth 8-10 May 2025

Irish National Opera in Concert 8th May | 8.00pm
Italian Passions: An Evening of Bel Canto

Where is My Mind? 10th May | 1.30pm
Live podcast with Niall "Bressie" Breslin including Special Guests Prof Katriona O'Sullivan & MU Chamber Choir

Sharon Shannon 10th May | 8.30pm
Supported by The Beartla Ó Flatharta Céilí Band

Kelly Michels & Mary O'Malley 12.30pm
Making Connections through Poetry

Catherine Prasifka & Naoise Dolan 3.30pm
Two Powerful New Voices in Irish Literature

Keynote - Nathan Thrall & Paul Lynch 5.30pm
Pulitzer Winner meets Booker Winner

mu.ie/artsandmindsfestival
Music | Literature | Opera | Film | Street Food
Irish-Language Arts Events

Tickets

Tickets

mu.ie/artsandminds

St. Mary's Church of Ireland, Maynooth



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darknessintolight.ie

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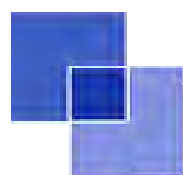
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Writers’ Corner - Short Stories/Articles from our Readers

Pharisees' Frustrations!
The Gospel 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 blessed, 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?
"He is risen?"

GM

The May Blossom

In May’s arms, blossoms awake,
Petals unfold, in the sun’s bake,
Colors burst, for nature’s sake,
A floral masterpiece, it does make.

Each bud blooms with a story to tell,
Under May’s enchanting spell,
In every color, beauty dwell,
Nature’s secrets, they do compel.

Blossoms of May, pure and bright,
Fill the days and the nights,
In their bloom, a heart’s delight,
May’s gift, a wondrous sight.

This poem celebrates the beauty of blossoming flowers in May,
symbolizing new beginnings.

Source: engdic.org/poems-about-may/

First Plums

When I was young we had a small orchard near the hayshed in which gooseberry and currant bushes, some cooking apple trees, moss-grown eating apple trees, as well as one Beauty-of-Bath grew, but no plum tree. Our nearest neighbour, Jimmy Lenehan, an affable, big-boned farmer, who also mowed and ploughed for hire, hadn’t an orchard. Nevertheless, his grown-up daughter, Helen, often treated my brother, sisters and me to home-baked apple pie. As a result, visiting Lenehans’ was always special.

I remember one summer when we were helping Jimmy gather in his hay with a tumbler, a horse-drawn contraption with long wooden teeth that slid under the windrows. Our ‘help’ consisted of sitting in the back of the tumbler while hay cascaded over us. I can still hear Jimmy pleading in alarm with our eldest sister, “Advise them, Margaret!” to which we chorused in delight, “Advise them, Jimmy!” Still, we must have raked up some missed clumps when, around mid-afternoon, who should appear but Helen, carrying a bulging trilby hat.

“I’ve just been over with Mrs Collins and she gave me something for you children,” she smiled, opening the hat to reveal a mound of purple plums. Now, although Mrs Collins lived a mile beyond the nearby bog, it never occurred to us to doubt Helen’s explanation – after all, plums were exotic fruit. We ate most of them there and then, licking the juice from our fingers. Never had I tasted anything so delicious, not even our own Beauty-of -Bath apples.

As we grew older my brother Joe and I ranged further and further afield, bird nesting, bathing in the turlough and gathering raspberries, bilberries, hazelnuts and mushrooms in season. During one foray we came upon an orchard hidden in bushes behind Lenehan’s Hill, which, to our amazement, contained, besides the usual fruit trees, two trees laden with delicious-looking, purple plums. So this was where Helen had filled her hat that summer’s day! As to how this particular orchard came to be there, our father explained that the Lenehans had once lived nearby in a thatched cottage but when Helen and her brothers were teenagers the family had built their two-storied, slated house out by the main road.

Before Joe and I became teenagers ourselves the Lenehans, much to our regret, sold their farm to Tom Holt, a cattle jobber who only visited the place occasionally. One day when I was aloft, inspecting plums for ripeness, who should suddenly appear marching down the hill but the same Tom, angrily waving his blackthorn above his head. Risking a broken leg, I jumped down from the tree and scampered.

That orchard disappeared long ago; its decaying fruit trees cut down and burned. Yet something survived: recently, Joe showed me two thriving plum trees in his orchard, which, he assured me, were grown from Lenehan cuttings.

Divergence

i.m. Cathal

Cultivating crops, raising livestock
you ploughed the furrow our people ploughed,
while some like me who left the land behind
could carp with urbanized fastidiousness
about tail docking, dehorning, neutering,
ingrained brutality of us human
omnivorous masters of this planet
when dealing with our fellow creatures.

But though you raised prime beef and mutton
you did not let such chores curtail
the deeper life, reading widely, even
classic poems if graced with rhyming words,
and, in your final years, planting roses,
bright hydrangeas, feeding songbirds.

Kildare Planning Applications for Maynooth Area
Planning Applications received from 28/03/2025 to 24/04/2025
Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2560399	Kildare County Council	Brendan Glass Denise MacCarthy	Ryebank House, Dublin Road, Maynooth.	15/04/2025
2576	Kildare County Council	Siobhan Tighe	rear of 5 Parklands Grove, Maynooth.	14/04/2025
2560391	Kildare County Council	David and Olivia Burns	4 Linden Garden, Linden Ave Demesne, Maynooth.	14/04/2025
2560389	Kildare County Council	Linda Graham	Old Railpark, Straffan Road, Parklands, Maynooth.	12/04/2025
2560373	Kildare County Council	Brendan Glass and Denise MacCarthy	Ryebank House, Dublin Road, Maynooth.	08/04/2025
2560359	Kildare County Council	Farrell O Boy	3 Pound Lane, Maynooth, Co. Kildare	05/04/2025
2560348	Kildare County Council	Vincent & Clodagh Dempsey & McDonnell Dempsey	Moss House, Laragh, Maynooth, Co. Kildare	04/04/2025
2560339	Kildare County Council	Vincent Dempsey & Clodagh McDonnell Dempsey	Moss House, Laragh, Maynooth, Co. Kildare	02/04/2025
2560338	Kildare County Council	Noreen & TJ Curran	61 Rockfield Lodge, Maynooth, Co. Kildare	02/04/2025



MAYNOOTH 10K & 5K
Annual MEC Fundraiser

Sincerest thanks to all our Platinum, Gold, Silver, Bronze and Prize Sponsors whose generosity ensures this event continues to benefit the community and local causes.

Join our volunteer steward team
maynooth10k.ie/volunteer-as-a-steward/

Sunday, May 11th 10am

Pop Up

Maynooth 10K

Road Notice & A Sincere Thank You to Our Community

The Maynooth 10k & 5k returns on Sunday, May 11th, and we're excited to welcome runners, walkers, families and supporters for what promises to be another fantastic day in the town. Both races will begin at 10:00am sharp, with the finish line located on the Moyglare Hall access road in front of the Maynooth Education Campus.

While this year's 10k route has a few slight changes, it remains very similar to previous years and continues to showcase some of the most scenic parts of the town and surrounding area.

Road Impact & Access on Race Day (10am–11am)

The 5k route follows Moyglare Road, through Mariavilla and turns around at Linden Demesne before returning the same way.

The 10k route continues to the Dunboyne Road roundabout, then follows the R157 along the Carton boundary, looping at the junction with the Dublin road.

From there, runners will return via the 'Boreen', pass the new Community Church, Limetree Hall and down the Dublin Road to the top of Main Street, before running the full length of Carton Avenue back to the R157 and returning to the finish line. These changes have been made to help minimise disruption to the road network.

The following temporary restrictions will apply between 10:00am and 11:00am:
Moyglare Hall Road,
Mariavilla, Dunboyne Road,
from Mariavilla to the R157/Dublin road junction

Additionally, Carton Avenue will have restricted entry to pedestrians from 10:00–10:45am for safety reasons.

Dunboyne Road at Ely to Mariavilla Bridge will remain open throughout, ensuring continued access where possible.

A Heartfelt Thank You

To all Maynooth residents: thank you for your patience, understanding and community spirit. We know that temporary road restrictions can cause inconvenience and we truly appreciate your support in helping this much-loved event run smoothly.

The Maynooth 10k continues to grow year on year and that wouldn't be possible without you, our neighbours and the support of our incredible sponsors. We're especially grateful to our Platinum, Gold, Silver, Bronze and Prize Sponsors whose generosity ensures this event continues to benefit the community and local causes.

Whether you're running, volunteering or cheering from your doorstep – thank you for being part of this special day in Maynooth. Want to Get Involved?

We're still looking for friendly faces to join our volunteer steward team on race day. It's a great way to support your community, meet new people and help keep the event safe and enjoyable for all. If you're available to lend a hand on the morning of Sunday, May 11th, www.maynooth10k.ie/volunteer-as-a-steward/

Summer is in full Bloom as final line-up announced for popular festival

Grow, taste and learn over five action-packed days at Bord Bia Bloom ***(May 29th – June 2nd, 2025)***

@bordbiabloom #BordBiaBloom

Bord Bia Bloom has announced its final line-up for this year's festival, with homegrown heroes Donal Skehan, Diarmuid Gavin, Neven Maguire, Darina Allen, rising star Aishling Moore, Holly White, award-winning designers Alan Rudden, Leonie Cornelius, Ailish Drake, garden expert Jimi Blake and BBC Gardeners' World presenter Adam Frost among the faces appearing over the 'Bloom' bank holiday weekend. Now in its 19th year, Bloom provides visitors with countless opportunities to grow, taste and learn with over 100 talks, demos and performances taking place on five stages across the five days. With just eight weeks to go until the festival of flowers, food and fun returns to its home in the Phoenix Park, Dublin, organisers are encouraging visitors to plan their visit and enjoy a great day out this summer.

Laura Douglas, Head of Bloom and Brand Partnerships, Bord Bia said, *"Bloom is a distinctive festival that combines gardening, culinary excellence, sustainable living, and family fun in picturesque natural settings. With so much on offer, we encourage our ticketholders to plan their visit carefully to ensure an unforgettable experience at Bloom this year. To facilitate this, we have added daily stage schedules, an interactive site map, and travel tips on our website. We appreciate the support of our partners, sponsors, and events team in realising our vision for this year's festival programme. We look forward to witnessing it come to fruition in a few weeks and welcoming new visitors to Bloom 2025"*

Bord Bia Bloom 2025

The festival expects to welcome over 100,000 visitors across its 70-acre site, which will play host to 20 spectacular new show gardens at the centre of the experience. These vibrant designs will tell stories on a range of important issues and themes including sustainable living, health and wellbeing, entertainment, food and drink, along with clever solutions for gardens of every size! Popular features across gardening, food, drink, sustainability, entertainment and even shopping, will return along with some exciting new demonstrations, panel discussions, talks and performances.

The Dunnes Stores Quality Kitchen Stage will welcome some of Ireland's top chefs and cooks, who will create tantalising recipes that showcase the best of Irish, seasonal produce in more than 30 live cookery demonstrations. Donal Skehan, Darina Allen, Neven Maguire, Rory O'Connell, Catherine Fulvio, Aishling Moore (Goldie Restaurant), Shane Smith, Aisling Larkin, Edward Hayden, and Brian McDermott are among the line-up. The full schedule can be viewed [here](#).

The Sustainable Living Stage, sponsored by Certa (official supplier of HVO to Bloom) will see journalists Jo Linehan, Caroline Hennessy, Aoife Carrigy and Suzanne Campbell host a series of talks and panel discussions. Topics to be explored include sustainable fashion and personal care, sustainable food choices and practical tips for sustainable living along with advice from some of Ireland's environmental and conservation groups exhibiting in the Conservation Area. Plant-based foodie Holly White is among the special guests confirmed, and the full schedule can be viewed [here](#).

The Garden Stage sponsored by Zarbee's will welcome a variety of horticultural experts for 40 talks delivering gardening tips, tricks and

advice throughout the event. Among those confirmed are Diarmuid Gavin, Adam Frost (BBC *Gardeners' World*), Stephanie Mahon (*Gardens Illustrated*), Jimi Blake (Hunting Brook Gardens), Niall McCauley, David Maxwell (BBC Ulster) and Fiann O'Nualláin. The full schedule can be viewed [here](#). Green-fingered visitors can also enjoy the stunning Show Gardens, perfectly formed petite Postcard Gardens supported by Tirlán CountryLife, breathtaking plants in the Nursery Village and The Plant Emporium, live demonstrations and interactive workshops including floral crown making in the Botanical Hub, and exhibitions of Botanical and Floral Art and AOIFA's (Association of Irish Floral Artists) Floral Art Competition.

The Best of Irish Food

Visitors to Bloom can meet 100+ of Ireland's top food and craft drink producers at the Food Village and Bloom Inn, enjoy delicious food from plenty of food trucks, the BBQ Bliss area or Bloom's four on-site restaurants: The Garden View Restaurant, Bistro Bloom, Country Crest Restaurant and The Seafood Terrace. New this year is 'A Taste of Bloom, curated by Neven' a three-course dining experience celebrating quality Irish produce designed exclusively for y by chef Neven Maguire for Bloom.

Budding Bloomers

For younger visitors, there is plenty to enjoy too, with returning planting experiences for children along with a range of fun, educational and interactive workshops at the Budding Bloomers Children's Area. This year's line-up includes Scientific Sue's Bubbling Botanicals, Paddy Courtney's Planting Patch, The Cool Food School, Westcountry Willows weaving, Story Time with Dublin City Library, Healthy Heroes and Agri Aware will also return with its popular farm feature, demonstrating how to milk cattle, shear sheep and much more!

Tickets

Tickets are on sale via the [BordBiaBloom.com](https://bordbiabloom.com) website. Two children (aged 16 and under) go free with each adult ticket purchased. This year, a range of additional visitor packages are available incorporating new dining experiences such as 'A Taste of Bloom, curated by Neven' and more. A full list of visitor experiences is available via the festival website.

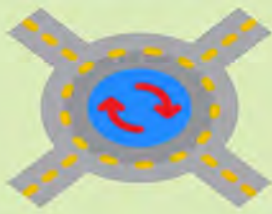
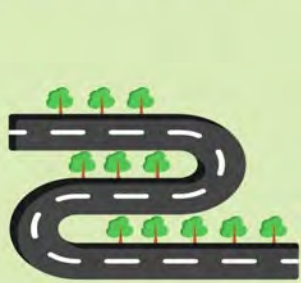


Dunnes Stores Brand Partner, Donal Skehan was on hand to help Laura Douglas, Head of Bord Bia Bloom and show garden designers Alan Rudden and Ailish Drake (on right) announce the final line up for Bord Bia Bloom which takes place in the Phoenix Park, Dublin from May 29th – June 2nd 2025. Now in its 19th year, Bloom provides visitors with countless opportunities to grow, taste and learn with over 100 talks, demos and performances taking place on five stages across its five days. For more information visit bordbiabloom.com.

Clane-Maynooth MD

April 2025

Motions and Questions



Cllr. Donna Phelan

MAYNOOTH LEA - KILDARE COUNTY COUNCIL

Fianna Fáil
THE REPUBLICAN PARTY



Motion - Councillor Donna Phelan

That the council carries out a speed analysis on motorists using the Kilcock Road, Maynooth and confirm what speed reduction measures it could introduce to slow down motorists using this road.

Response

The Municipal District Office have previously carried out speed analysis on the Kilcock Road, Maynooth. A driver feedback sign was installed advising drivers of the speed limit on the road and the speed at which they were travelling. The Municipal District Engineer has also engaged with the Gardaí to request that speed enforcement be carried out along this section of the road. The council has said that there is no plans or budget to upgrade the road or put any traffic calming measures in.

Thank you for the response this motion is on the back of a rep I have

in already from residents who live on this road. The R148 is frequently used by children commuting to Maynooth schools, however the current road conditions pose a significant risk to their safety. The lack of dedicated cycling lanes, narrow roads with dangerous bends, and high traffic volume to include a TFI commuter bus route 115 create a hazardous environment, which can deter children from to school or expose residents and road users to unnecessary danger. Whilst I know there is no funding in the road maintenance budget 2025 to provide upgrades at this location can someone advise me to how we get this road on the plan for next year as this road is the main connection between Kilcock and Maynooth

Motion - Councillor Donna Phelan

That the council reviews road markings in Maynooth with a view to updating all markings in need of repair, starting with the worst affected.

Response

The Municipal District Engineer will assess the road markings in Maynooth and arrange for any necessary road markings to be carried out.

Question - Councillor Donna Phelan

Can the council confirm who has responsibility for maintaining roundabout in Maynooth, specifically, the roundabout at Tesco Maynooth?

Response

Kildare County Council maintains all the roundabouts in Maynooth with the exception of the Tesco Roundabout. This has previously been maintained by Tesco and Maynooth Tidy Towns. We had not been informed these groups were no longer involved. We will look at tidying up the roundabout, but any work will be subject to the guidelines of the requirements of the bird nesting season.

JOB OPPORTUNITY

Personal Assistant / Carer

Primary Location: Maynooth, County Kildare

Employment Type: 36 hours a week, 9:00 AM - 1:00 PM and 7:00 PM - 9:00 PM Monday – Friday. Plus six flexible social hours subject to change based on activities.

Salary: The pay rate is €15.37- €17.12 per hour, depending on experience.

About the Role:

I'm seeking a vibrant and energetic Personal Assistant/Carer to help me live life to the fullest! As a young professional writer for the publishing and screen sectors, I need support in both my daily routine and in enjoying social activities. This is the perfect opportunity for a student or young person with a passion for helping others, who also wants to gain valuable experience in creative fields along the way.

Key Responsibilities:

- **Personal Care Assistance:** Help with non-medical personal care needs, including getting me up out of bed, showering, dressing, toileting and feeding
- **Social Engagement:** Accompany me to social outings, events, and activities, helping me to stay active and enjoy life to the fullest. Think of this as a role where you can share in my adventures!
- **Effective Communication:** Utilize strong communication and interpersonal skills to engage with others and assist with both verbal and written tasks.
- **Adaptability:** Be ready to take on new tasks and respond to changing circumstances with a positive and proactive attitude.

Requirements:

- **Garda Vetting (Essential):** Successful candidates must undergo Garda vetting to ensure the highest standards of safety and trust.
- **Flexible and Reliable:** The role requires availability during evenings and weekends. Flexibility is essential as hours may vary depending on social events and work commitments.
- **Friendly and Enthusiastic:** Someone who is outgoing, personable, and ready to help me make the most out of every day.
- **Student-Friendly:** This role is ideal for a student or young person looking to gain experience in a supportive and fun environment.
- **Driver's License (Preferable but not essential):** A full, clean driver's license is preferable to assist with travel to professional and social activities.

To apply for the position, please submit your CV to: AppPAForAlan@gmail.com

Contract of work with is Irish Wheelchair association, I am the line manager of my service

Garda clearance and 1 month trial applies

Irish May Day Traditions

In the Irish language, the month of May is known as Bealtaine. In pre-Christian times, the festival of Bealtaine heralded the arrival of summer and the end of the dark months of the year.



Bealtaine means 'bright fire' and 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. It was deemed unlucky in May for farmers to give away fire, salt or water. To part with such precious items was to give away all the luck of the land.

As the festival of Bealtaine also represented summer when the milk supply was coming into plenty, there was also the need 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.

The eve of May Day was thought to be extremely active for the fairies. It was forbidden to sleep outdoors and considered to be a very bad idea to walk too close to an old ringfort, in case you got captured by the fairies. Even today, many of us will not disturb the remains of a ringfort on their land, for fear they will incite the wrath of the little people!

Queen of the May



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.'

There is also a tradition in Ireland of choosing a pretty girl to crown with flowers as the 'May Queen', possibly originating as a tribute to the Roman Goddess 'Flora'.

May Dew

In ancient times, young women believed that washing their face in dew at dawn on the first day of May would enhance the complexion and make them more beautiful and attractive to the opposite sex.

Sourced: www.goodfoodireland

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 Adults

Luain Press Poetry Café – Poetry Ireland Day

Tuesday 1st May , 6.00 pm – 7.00 pm
Come join the Luain Press Poetry Club for Poetry Day Ireland on the 1st May at 6 p.m. - all welcome!

Housing and Homelessness Supports Information Clinic

Tuesday 6th May , 2.00 pm - 4.00 pm
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, no booking required *

Housing Support Clinic

Tuesday 12th May , 2.00 pm – 4.00 pm
Walk in Housing Clinic on 12th May at 2pm to 4pm, for any constituents that may have questions regarding housing applications, eligibility for housing, Housing Assistance Payment (HAP) and general questions on Housing in Kildare.

New ‘Knit + Chat ‘ Craft Club

Thursday 22nd May, 6.30 pm – 7.30pm
"Maynooth Knit + Chat is a club intended to create a space where the knitters and fibre artists of Maynooth can come together and bond over a shared love of knitting (or crochet, or anything that takes your fancy!). Whether you are a beginner or an advanced knitter, this is the club for you! People of all ages (from 18 and up) and skill levels will be in attendance. Even if you are the most skilled knitter in all of the greater Kildare area, we are sure that there will be something new for you to learn! Please contact the library [@maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

* Drop in , no booking required *

Children’s Events

‘Meet the Musical Instruments’ with Comhaltas Mhaigh Nuad
Saturday 24th May, 11am – 1.30pm
Would you like to find out more about learning to play Irish music? Musicians from Comhaltas Mhaigh nuad will be at Maynooth Community library to play a few tunes and answer any questions you have about the instruments, the music and getting started learning to play. Come along to our informal drop in Meet the Instruments session, listen to and try the instruments and learn about Irish music and how to get started on your musical journey.
* Drop in , no booking required *

Groups and Clubs

Maynooth Community Library Craft Club

The Library Craft Club meets every Monday , 11.30 - 13.00 (except on Bank Holidays).
Bring something you are working on, and exchange ideas and skills with this social craft group.**Ciorcal Comhrá** - Irish Conversation Group
Dé Máirt 11.00 r.n. – 12.00 i.n. – Tuesdays 11.00 am – 12.00pm
Fáilte roimh chách chun do Gaeilge a chleachtadh gach Dé Máirt ó 11:00am - 12:00pm.
All are welcome to practice their Irish every Tuesday from 11:00am - 12:00pm.

Baby and Toddler Group

Every Thursday , 10 am – 11 am
If you have a young baby or toddler and would like to meet other parents or minders in the area, come to our stay and play group every Thursday morning at 10am. *No need to book, just drop in!*

For further information on the library’s events , why not subscribe to the monthly library newsletter ?**Subscribe to library newsletter here:**
[Email Subscription Form - Kildare Library Service](#)



Maynooth Golf Society

Affiliated
to GUI

President: John Saults - Vice President: John Byrne - Captain: John Nolan - Vice Captain: Paul Farrelly
Secretary: Martin Maguire - Treasurer: Norman Kavanagh

Maynooth Golf Society have just completed their first 2 outings of 2025 to Grange Castle and Millicent.

Our 1st outing to Grange Castle for the Owen Byrne Shield was sponsored by John Byrne of Maynooth University Bookshop. The society would like to thank John for his continued sponsorship and support to the society.

The presentation in McMahons was well attended and the Shield was presented to the winner Norman Kavanagh by our sponsor John Byrne.
Our 2nd Outing was to Millicent on 5th April. The winner was Liam Farrelly. The full results were as follows:

GRANGE CASTLE SATURDAY 8th MARCH OWEN BYRNE SHIELD

1st - Norman Kavanagh 42pts
2nd - John Kelly 41pts.
3rd - Aaron Mahoney 40pts
4th - Simon Black 37pts
5th - Mick Fahey 36pts

Front 9 - Danny Finnan
Back 9 - Barry Farrell

Nearest Pin - John Nolan

2's Club - Marty Maguire, Simon Black, Dermot Myles.

MILLICENT SATURDAY 5th APRIL

1st - Liam Farrelly 35 pts
2nd - Aaron Mahoney 34 pts
3rd - Ryan King 33 pts
4th - Ronan Carr 31 pts
5th - Dave Mahony 29 pts (B6)

Front 9 - Dermot Myles
Back9 - Joe Edwards

Nearest Pin - Dave Mahoney

2's Club - Liam Farrelly, Danny Finnan

Our next outing is to Beech Park Golf Club on Friday 2nd May and will be for the Eddie Kavanagh Cup. This is one of the biggest events in our calendar and we are expecting an attendance of more than 30 golfers.

Martin Maguire
Maynooth Golf Society
Hon Secretary



Maynooth Autism Friendly Town Monthly News

Maynooth Celebrates Autism Awareness Month with Inclusive Community Initiatives

April was Autism Awareness Month, and in Maynooth, MAFT (Maynooth Autism Friendly Town) was leading the way with a wide range of initiatives aimed at increasing awareness, promoting inclusivity, and supporting the Autistic community and their families.

Throughout the month, MAFT worked closely with local businesses, schools, sports groups, and residents to ensure everyone in the town felt informed, supported, and included.

• School Support from MCC & MPP

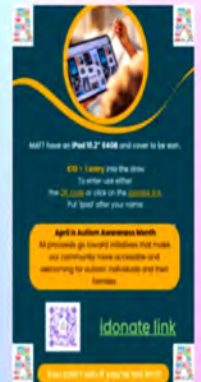
Maynooth Community College and Maynooth Post Primary both hosted a non-uniform days, with proceeds going toward MAFT's ongoing awareness and inclusion initiatives.

• iPad Raffle Fundraiser

As part of the month's activities, MAFT provided a chance to win an iPad. Entries cost €10, and all funds raised went directly toward purchasing additional sensory equipment for the community.

• Educational Talks at St. Mary's Boys' School

On Thursday, April 10th, MAFT delivered a special presentation to students from 3rd, 5th and 6th class during Diversity Week, encouraging greater understanding and empathy from a young age.



Here's what's happened in our community:

• Sensory Boxes for Businesses

To raise awareness and promote inclusivity, local businesses received introductory sensory boxes. These kits offer tools and information to help businesses better understand and support Autistic customers and employees.



• Mobile Sensory Pod on the Way

A major step forward in accessibility, MAFT is investing in a Mobile Sensory Pod. This resource will be available at events across Maynooth, ensuring more inclusive experiences for individuals with sensory sensitivities.



• Maynooth GAA All-Stars Expands

The All-Stars initiative, supported by MAFT and hosted at the MEC sports hall, continues to grow in popularity. This inclusive sporting opportunity allows children of all abilities to participate and thrive.



• Hangouts and Playball Groups Thriving

MAFT's social and recreational programs—including Hangouts and Playball—remain in high demand, with waiting lists across all age groups. As a special gesture, Easter Eggs were distributed to all attendees, just in time for Easter.



These efforts reflect the heart of Maynooth: a town that's actively working toward being inclusive, understanding, and welcoming to all.



For more updates or to get involved, follow MAFT on social media or contact us via our email autismfriendlytownmaynooth@gmail.com

May Gardening

Flowers

Prune spring shrubs, such as forsythia and chaenomeles, after flowering to keep them compact

Plant out dahlia tubers and cannas after all risk of frost has passed

Tie in the new shoots of climbing plants, including clematis, wisteria and honeysuckle, to their supports

Continue sowing annuals, such as California poppies, into gaps in borders for colour from August into autumn

Plant up hanging baskets, but keep in a greenhouse or porch for a few weeks to establish, before putting outside

Apply liquid feed to tulips, daffodils and other spring bulbs to encourage a good display next year

Plant out summer bedding and tender annuals, including sunflowers, cosmos and nasturtiums, after the last frost



Fruit and Veg

Earth up potatoes, covering the shoots with soil as they appear

Sow sweetcorn in deep pots, so the young plants are ready to transplant into the garden in June

Reduce snail populations by going on regular evening hunts, especially during damp weather

Start sowing dwarf and climbing French beans, as well as runner beans, directly outdoors in warm weather

Pick rhubarb stems as they develop, and water plants with liquid feed

Start hardening off tender young plants, such as tomatoes and courgettes, ready for planting out in mild areas

Sow batches of salad leaves and stir-fry crops every few weeks to provide continuous pickings



Garden Maintenance

Scoop out pondweed, blanketweed and algae from ponds and water features

Put soft tops on the tips of all canes, in borders, veg plots, pots and greenhouses, to prevent injury to eyes

Apply wood treatment to wooden garden furniture to condition it for summer

Set up an extra compost bin or a worm bin, so you can recycle more green waste from your kitchen and garden

Apply nitrogen-rich summer lawn feed to encourage leafy growth

Mow grass pathways through wildflower areas so you can walk in among the flowers

Hoe bare soil and hand-weed beds weekly, so weeds don't have time to establish and set seed

Source: bbcgardeningworld.com



The Hoopoe Bird

Bird watchers have been asked to be on the look out for sightings of the hoopoe, a small brown and black striped bird with a distinctive pointed head, which has made a rare appearance in Ireland in significant numbers in the past fortnight.



The hoopoe is a migratory bird frequently seen in Asia and Continental Europe, where it travels in summer to breed. It flies in an erratic, butterfly-like fashion, raising its spectacular head feathers at will. The Eurasian Hoopoe is a medium-sized bird at 25–32cm (9.8-12.6in), with a 44–48cm (17-19in) wingspan.

The nearest place the hoopoes normally settle at this time of year is in northern France but they have been spotted in plentiful numbers in Britain this year and, to a lesser extent, in Ireland in Co Cork, Co Waterford and as far north as Co Louth.

The mass arrival began in mid-March and is thought to involve the biggest numbers of the species on record for that month – certainly for the 21st century – with as many as 80 birds reported in Britain and Ireland between March 17th and 23rd.

The reasons behind the influx are unclear, though consistent high pressure, which is currently giving Ireland summer-like weather, is likely to be a factor.

Niall Hatch of Birdwatch Ireland said the birds appear to have “overshot” their traditional landing places and said it remains to be seen whether they turn back east again in coming days.

They may bring with them avian flu. Avian flu poses a threat to other species - including humans. We must be vigilant and take action if this happens. Efforts to control outbreaks often involve culling infected flocks and enforcing biosecurity measures.

A slight drop in temperatures may encourage the birds back towards Continental Europe.

Mr Hatch said climate change could not be ruled out as a reason for the sudden influx.

The hoopoe tends to nest in holes in trees and Mr Hatch urged anyone who sees the birds, particularly those birds which may be attempting to build a nest, to report the sighting to birdtrack.net.

(Source: www.irishtimes.com)

10 Facts You Did Not Know About the Hoopoe Bird

- The Hoopoe is the National Bird of Israel
- Hoopoes can be categorised into three types of living species.
- The Hoopoe has a trisyllabic song
- The Hoopoe is an omnivore
- The Hoopoe can emit unpleasant chemicals to ward off predators
- The Hoopoe's crest serves as a signalling role
- The Hoopoe population is considered robust
- The Hoopoe does not build its own nest using twigs
- The Hoopoe is monogamous and engages in courtship feeding
- The Hoopoe measures between 25-32 cm in length



(Source: judaicainthespotlight.com)

Creamy Coconut and Sriracha Meatballs

Fragrant chicken meatballs are served with a creamy coconut sauce spiked with sweet and spicy sriracha. Lean and healthy, it's the perfect midweek winner.



Prepare less than 30 mins

Cook :10 to 30 mins

Serves 4

Dietary

Dairy-free, Healthy, Nut-free, Pregnancy-friendly

Ingredients

For the meatballs:

600g/1lb 5oz chicken breast (or chicken mince)

4 spring onions, roughly chopped

2 garlic cloves

1 inch fresh root ginger, peeled and roughly chopped

Handful coriander, leaves and stalks

2 tbsp. sriracha

2 tbsp. fish sauce

1 medium free-range egg

40g/1½oz fresh or dried breadcrumbs

1 tbsp. neutral oil, such as rapeseed or sunflower oil, for frying

For the sauce:

400g tin coconut milk

1 tbsp. fish sauce

1 tbsp. sriracha

½ lime, juice only

Small handful finely chopped coriander leaves

Method

To make the meatballs, put all the ingredients, apart from the neutral oil, into a food processor and blitz for a few minutes until you have a smooth mixture. If you don't have a food processor, you can use chicken mince and mix all the ingredients together in a bowl.

Wet your hands and roll the chicken mixture into 16 evenly-sized meatballs.

Heat the oil in a large non-stick frying pan over a medium-high heat. Add the meatballs and cook for 3–4 minutes on two sides until golden

Add the coconut milk, fish sauce, sriracha and lime juice to the pan. Bring to the boil and cook for 4 minutes.

Turn the meatballs in the sauce and then cook for a further 4–5 minutes or until the chicken is cooked through and the sauce has thickened (it should coat the back of a spoon). Scatter over the coriander and serve immediately with rice or any side you like.

www.bbc.com



4-Ingredient Apricot Macaroons

Prep	Cook	Make
20m	20m	20

Ingredients (4)

- 100g dried apricots, finely chopped
- 4 cups shredded coconut
- 395g can sweetened condensed milk
- 100g dark chocolate, melted



Method

Step 1

Preheat oven to 180C/160C fan-forced. Line 2 large baking trays with baking paper.

Step 2

Combine apricot and coconut in a large bowl. Add sweetened condensed milk. Stir until combined. Using damp hands, shape 2 level tablespoons of mixture into balls. Place balls, 5cm apart, onto prepared trays.

Step 3

Bake for 15 to 18 minutes or until macaroons are lightly browned. Cool completely on trays.

Step 4

Place melted chocolate in a small bowl. Dip the base of 1 macaroon in melted chocolate, allowing excess chocolate to drain off. Return to tray. Stand for 30 minutes or until set. Serve

Source: www.taste.com.au

Coco Fizz

Prep: 5 minutes

Easy

Serves 1

Spruce up the classic coconut and rum combination with a dash of Prosecco and a squeeze of lime for a festive cocktail you can shake up in seconds

Gluten-free

Ingredients

- 25 ml coconut rum
- 50 ml coconut water
- Juice of 1/2 lime
- Ice
- 50ml prosecco



Method

Step 1

Put the coconut rum, coconut water and lime juice into a cocktail shaker,

Step 2

Add ice and shake until the outside of the shaker is icy-cold to the touch.

Step 3

Strain into a chilled coupe glass, top with the Prosecco and serve.

Source: www.bbcgoodfood.com



Memories From the Archives Celebrating 40 Years of Maynooth Community Employment Project Producing the Maynooth Newsletter May 1985

Link to the Archive: www.maynoothcep.com

MAYNOOTH NEWSLETTER

MAY 1985 NUMBER 96 PRICE 20p

MIDLAND MOTO RALLY

C.P.L. Limited, Maynooth & Navan, are to sponsor the VW Golf GTI of Ted Gaffney/Dan Foley in the forthcoming Midland Moto Stages Rally. This is the third round of the National Championship in which Ted is currently lying 2nd in Group N.

AMERICAN TEA PARTY 1985

The annual event in aid of the Post Primary School once again proved to be a very successful and enjoyable night. The Hostesses, generous and charming as usual, had everything prepared to perfection, and the Dance afterwards was very enjoyable.

Many thanks to all those who helped in any way to make this night such a success. A special word of thanks to Fr. Supple, P.P., for giving us the use of the Parish Hall for the occasion.

The P.T.A. hold their monthly meeting on the 2nd Tuesday of every month at 8pm. More parents, men or women, would be very welcome. P.T.A.

NEWTOWN FUELS

Newtown, Maynooth

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Briquettes
Turf
Anthracite

All deliveries free of charge also
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Tel: 281950

North Kildare Travel

MAIN STREET, MAYNOOTH

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Tel: (01) 285308/285425 Telex: 90358

MAYNOOTH OLD PEOPLES COMMITTEE

On behalf of the Committee, I would like to thank everybody who contributed so graciously and generously to our recent Church Gate Collection. The collection amounted to £32.82, which is a marvellous boost to our funds. We will keep you informed throughout the year how this money is spent.

We are planning our Easter Party at the moment. This is on Sunday 21st April in S.M.A. and we are looking forward to an elegant display of Easter Bonnets. Our final party for this season will be on Sunday May 19th in S.V.D. House at 3.30, and this will be followed by our Annual Outing in June. Further details will follow in June issue.

Carol Barton, Hon. Sec.

Organising Committee of Maynooth Post Primary School Debts Ball in Hotel-Keadeen. Front: Paul Reidy, Catherine Fitzpatrick, Niamh Brady, Siobhán Bennett, Alan Brady. Back: Dominic Nyland, Kathleen McAlamy, Mona Murphy, Colin Walsh, Liz Dunbar, De Lourde Scallan, Clare Martin, Sean Griffin

I.C.A. KNITTING COMPETITION

A special congratulations to Breda Cunningham, Maynooth Park, for her prizewinning entry in the Tivoli/ Brother/I.C.A. Knitting Competition, particularly as the standard for the competition was exceptionally high. The Rayon sleeved, two tone sweater and gloves as shown below speak for themselves.

J. BARRY

Newsagent - Confectionery
Tobacconist

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Pens - Parker Pens - Gift Ware
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COOKED MEATS A SPECIALITY

Open 6 a.m. - 9 p.m.
Phone: 286304

This hand-knit rayon-sleeved two-tone sweater and gloves was the prizewinning outfit by Breda Cunningham from Maynooth.

What can YOU do on World Bee Day to help save the Bees?

MAY

20

1 Check out the All-Ireland Pollinator Plan to see how you can help

See www.pollinators.ie to learn about all the different ways you can help bees.

Share our guidelines for Farmland, Businesses, Gardens, Schools, or Local Communities. Share our videos on your social media.

3 Plant bee-friendly flowers, fruits, herbs or trees

Try to include plants that will flower at different times of the year, so that you provide food sources for bees from spring right through to autumn. You will find pollinator-friendly plant lists at www.pollinators.ie

2 Look around your garden and pick some areas you will now leave for native plants and pollinating insects

Create a 'wildlife lawn' or a strip in your garden where the wildflowers will feed the bees.

4 Make nesting sites for Solitary Bees

62 of our Solitary bees are Mining Bees, and need bare soil to nest. Protect these spots in your garden or create this by removing vegetation with a spade on south/east facing banks where possible.

5 Do an Insect count

Choose a sunny time of day between May 20th and 27th.

- Watch a 50cm x 50cm bee-friendly patch in your garden, park, school or farm for 10 minutes and count the number of insects that visit the flowers during that time. Hawthorn, Clover, Dandelions or Lavender would be good plants to watch.
- Visit www.pollinators.ie for more details and to download the survey form.
- Submit your results to the National Biodiversity Data Centre.

See: <https://pollinators.ie/record-pollinators/fit-count/>

Did you know that we have just one Honeybee but 21 bumblebee species in Ireland?

15 of our Solitary bees are Cavity-nesting Bees, and use existing holes in wood or stone to nest. Create this by drilling holes in fencing, erecting small bee hotels or using bee bricks.

Or perhaps you could stop mowing your road verge. A roadside verge is often a refuge for our wild plants. If used by walkers, mow just a one-metre path along roadside.

www.pollinators.ie

National Biodiversity Data Centre
Documenting Ireland's Wildlife

May typically brings Basking Sharks, Whales and Dolphins to our Irish seas

May is peak Basking Shark season around the Irish coast, so look out for these gentle giants from headlands and other vantage points around the coast. Ideally you want a sustained bout of calm weather and plenty of sunshine to encourage phytoplankton near the water's surface. That in turn will bring these huge fish up in the water column to feed, and they can often be seen on the surface when conditions are right.

Typically you'll see the black dorsal fin and the top of the tail break the surface simultaneously — and occasionally the tip of the snout as the fish opens its mouth wide to Hoover up plankton. The distance between the dorsal fin and the tail helps you to gauge the size of the shark.



May also sees Minke Whale activity increasing in inshore waters, and with patience and perseverance it should be possible to spot Ireland's smallest Baleen Whale during suitable calm conditions this month. All Baleen Whales have baleen instead of teeth which they use to collect shrimp-like krill, plankton and small fish. They are most often seen from headlands around the south and south west coasts, but occur in all Irish waters. Look out for them surfacing, often beneath clouds of diving seabirds.

Other cetaceans to look out for in May include Common Dolphins, Bottlenose Dolphins and the occasional Risso's Dolphin.

Minke Whale



Baleen Whale



Risso's Dolphin



Common Dolphin



Bottlenose Dolphin



Sourced: irelandswildlife.com, www.gettyimages.ie, iwdg.ie, uk.whales.org

How to prepare for a stress free and safe travel home and away

For a stress-free and safe travels, plan ahead by organising your itinerary such as documents, and accommodation in advance. Pack light and smart, keeping essentials like medications, chargers, and important documents easily accessible. Stay updated on weather and travel warnings, and allow extra time for unexpected delays. Be aware of your surroundings at all times, stay alert, keep valuables secure, and avoid risky areas, especially when travelling alone. Most importantly enjoy the experience of new cultures whether you're heading home or away.

The following are some tips:

- Make a checklist
- Take out travel insurance (really important)
- Before travelling to Europe apply for a European Health Insurance card.
- Do some research on your destination for things to do and the best ways to travel when you arrive. This will save time.
- Print out copies of travel document/passport
- Make a list of important phone numbers
- Don't keep money and credit cards together in case you lose your wallet
- Bring snacks/sandwiches especially when traveling with small children as airports can be expensive
- Weigh luggage to make sure you don't go over, this can be costly
- Instead of folding clothes roll them to make more space when packing
- Pack plenty of sunscreen
- Antihistamines and mosquito repellents

Newsletter staff writer: Jackie

Maynooth Senior Citizens Committee



The Committee held its AGM on Monday 14th April. Garry Bermingham Chair outlined his wish to step down from the role.

After much discussion he agreed to stay on until August. Susan Durack was elected Secretary and Catherine Mulready was elected Treasurer. Concern was expressed about the difficulty is getting people to volunteer for these voluntary roles.

Seniors from our Club attended the annual Castle Keep Art Group on 25th of April. It was an enjoyable night for all.

We have been continuing with art classes, bingo, chat and a cuppa. We also had a paper craft morning making greeting cards. This was very enjoyable.

If anyone thinks they would be interested in joining our Committee, we would be delighted to hear from you.

maynoothseniorcitizens@gmail.com.

Susan Durack PRO

Why Walking is the Ultimate Exercise

Benefits & Safety Tips

Brighter days are coming and the blue skies are bringing a sense of new beginnings. After a long winter spring is a renewed opportunity to focus on healthy habits.

Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be performed by people of all ages.

Walking offers many physical and mental health benefits and can be done by people of all ages and fitness levels.

Regular walking can help boost mood and energy levels, prevent certain diseases and conditions, burn calories, and even prolong your life. Walking is easy to fit into your routine, can be done anywhere, and requires nothing more than a good pair of shoes.

Burns Calories

How many calories you burn from walking depends on how fast you walk, your body type, and even the surface you walk on.²

The average number of calories burned walking for 30 minutes at 3.5 mph (equivalent to 17 minutes to complete one mile) is:³

107 calories for a 125-pound person

133 calories for a 155-pound person

159 calories for a 185-pound person

Strengthens the Heart

Walking briskly helps strengthen the heart by increasing the heart rate and improving circulation, which can help lower blood pressure.⁴ Walking is an easy way to increase physical activity and is known to help prevent and manage heart disease for those with or at risk of heart disease.

Helps Lower High Cholesterol

Research shows that regular walking at moderate intensity can help lower high cholesterol. Walking reduces cholesterol just as much as running. The more distance walked, the greater the cholesterol-lowering benefits.

Helps Lower Blood Sugar

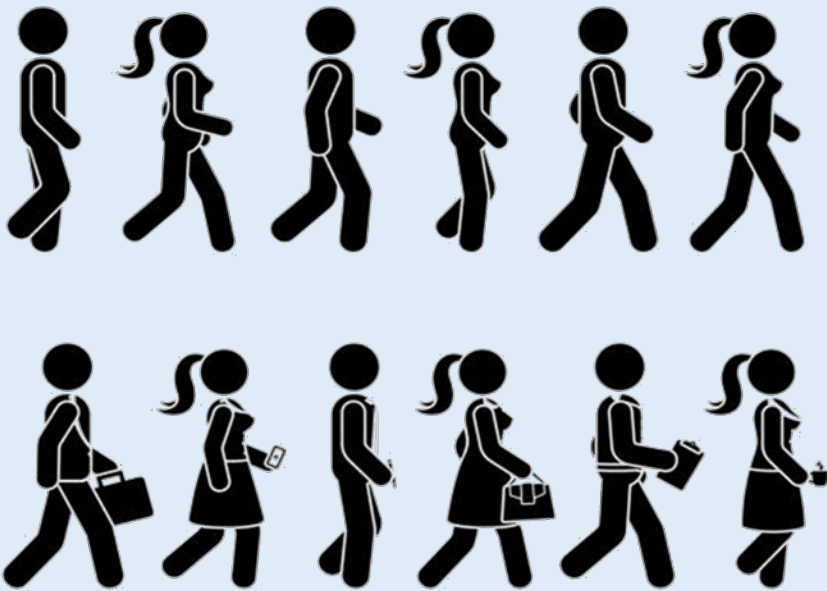
Light-intensity walking can improve blood sugar levels after eating a meal. Research has shown that taking a low-intensity walk, even for a few minutes, after eating can significantly improve blood sugar levels compared to standing or sitting after a meal.

Eases Joint Pain

Walking is one of the most important things you can do if you have joint pain or arthritis because it helps strengthen the bones and keeps joints flexible.⁹ Walking lubricates the joints, including knee and hip joints that are more prone to osteoarthritis, and strengthens the muscles that support them. Walking can also help you lose weight or maintain it, which places less stress on your joints and can improve arthritis symptoms.

Boosts Immune Function

Physical activity boosts the immune system response during and after exercise. People who exercise regularly are known to get fewer viral infections and fewer severe symptoms when they do get sick. One study found that people who walked five days a week for at least 20 minutes daily had 43% fewer sick days than those who exercised once a week or less. When regular walkers did get sick, their illnesses were shorter and their symptoms were milder than those who didn't walk regularly.



Boosts Energy Levels

When you walk, it releases oxygen throughout the body and increases levels of endorphins ("feel good" hormones), both of which help boost energy levels.

Improves Mood

Spending 10 to 20 minutes walking in nature improves mental health, including decreasing stress and negative emotions and increasing positive emotions.¹⁵ Even a single 10-minute brisk walk is enough to improve overall mood and reduce fatigue.

Helps Prevent Certain Diseases

Research has shown that in addition to lowering the risk of heart disease and osteoarthritis, regular walking reduces the risk of developing:²⁰²¹

- Alzheimer's disease
- Dementia (other than Alzheimer's disease)
- Type 2 diabetes
- Breast cancer

Extends Your Life

Brisk walking has a powerful association with extending life expectancy. Brisk walkers have been found to have up to 20 years greater life expectancy compared to slow walkers.²³ A lifetime of brisk walking has also been shown to lead to changes in DNA equivalent to a 16-years-younger biological age by midlife.

Tips for Staying Safe While Walking

To reduce your risk of accidents, injuries, or falls and stay safe when walking, you should:

- Walk during daylight or remain in well-lit areas, wearing reflective gear after dusk.
- Be aware of your surroundings and stay away from isolated areas.
- Walk with someone when possible.
- Keep your phone with you, but don't text when walking.
- Don't have your headphones turned up so high you can't hear what's around you.
- Stay hydrated and bring water with you on your walks.

Going for regular walks can offer your body and mind numerous benefits. Walking is an effective form of exercise that doesn't require a big investment or a lot of time but will pay off by improving your health and mental and emotional states. If you're beginning a walking program, start slowly and build up gradually over time to avoid injury and reap the benefits of walking.

Source: www.verywellhealth.com/benefits-of-walking-

**“In every walk with nature,
one receives more than he seeks.”**



COLOURING FOR FUN



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

Sourced free from Google





PUZZLE TIME



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

Puzzles sourced free from Google

Find 10 Differences

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS

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

GARDEN
GEMINI
GREEN
LADYBUG
LAWNMOWER
MAYPOLE
MEMORIAL DAY
MOM

MOTHER'S DAY
PIÑATA
PLANT
SEEDS
SPRING
SUNSHINE
TAURUS
TEACHER



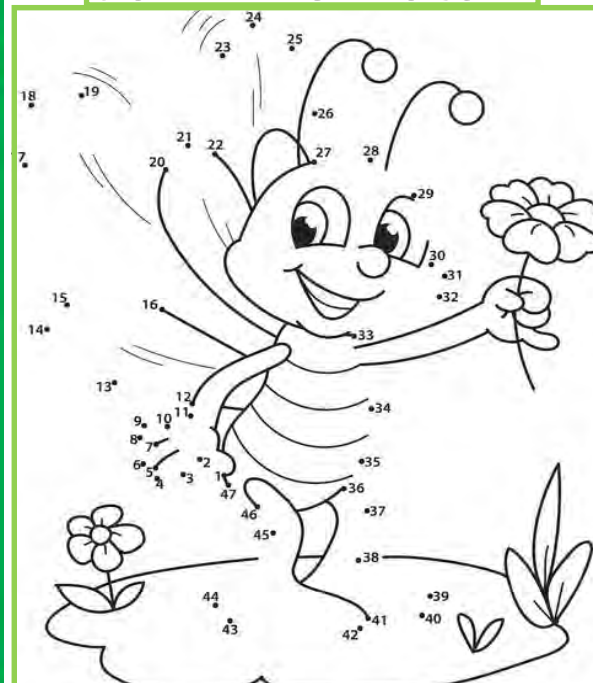
Crossword

Cute Insects

1. BEE 2. BUTTERFLY 3. COCKROACH 4. MOTH
5. ANT 6. FLY 7. LADYBUG 8. SPIDER
9. DRAGONFLY 10. GRASSHOPPER



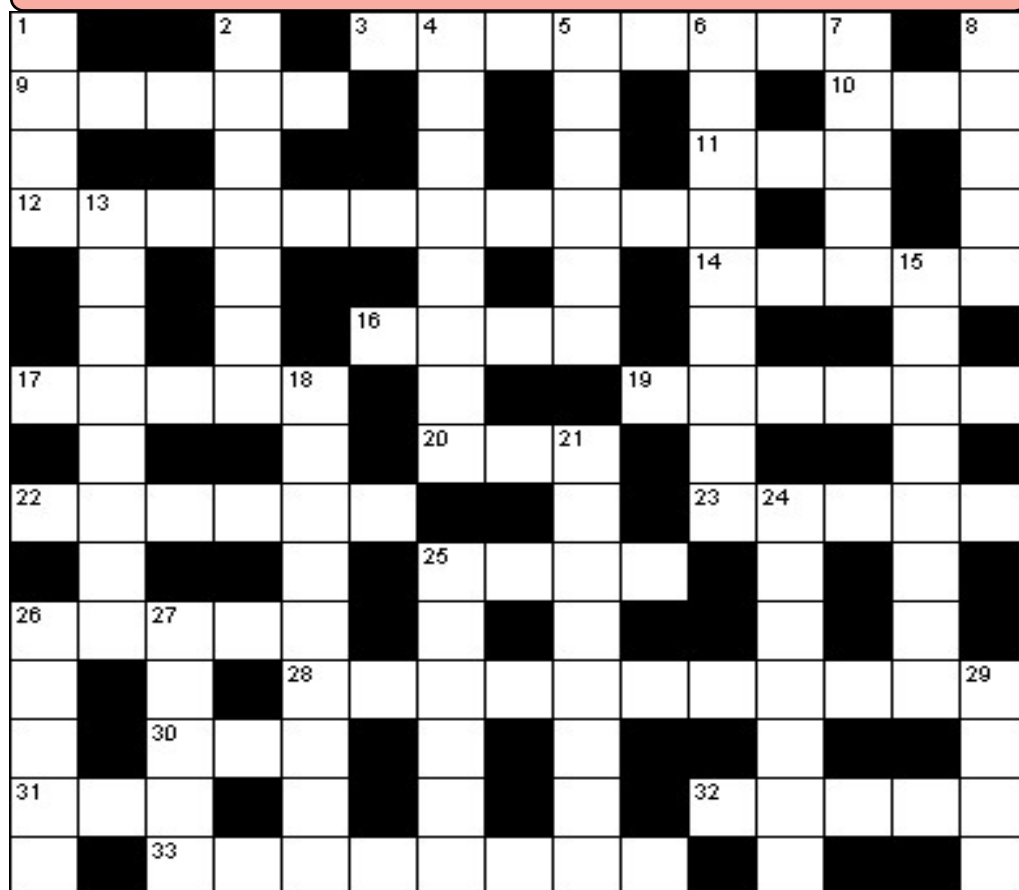
Join The Dots



Answer



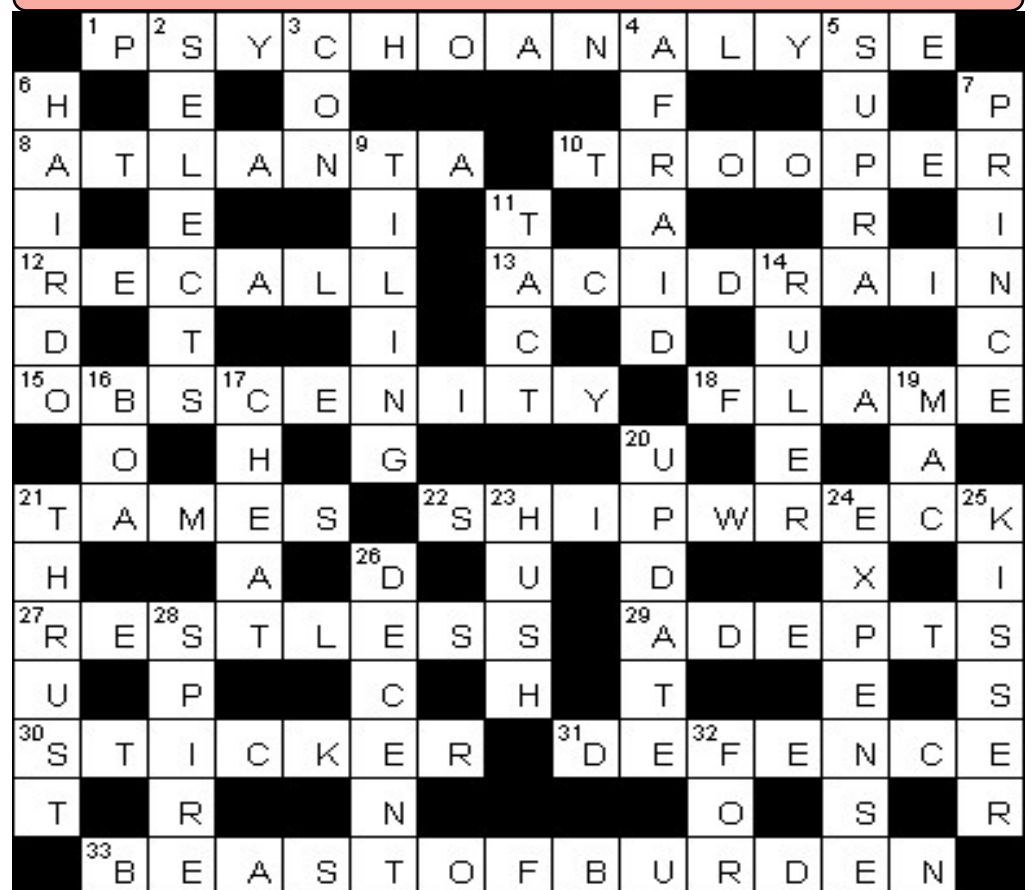
May 2025 Crossword - No. 545



Clues Across

- | | |
|-------------------------------------|-----------------------------|
| 3. Extremely hot (5,3) | 23. Sound (5) |
| 9. Participant (5) | 25. Speech defect (4) |
| 10. Large island in the Channel (3) | 26. Set apart as sacred (5) |
| 11. Pull laboriously (3) | 28. Not qualified (11) |
| 12. Basic (11) | 30. Impair (3) |
| 14. Paddled (5) | 31. Young bear (3) |
| 16. Back of the neck (4) | 32. Arranges in groups (5) |
| 17. Crawl (5) | 33. Superficial (4,4) |
| 19. Act properly (6) | |
| 20. A failure (3) | |
| 22. Hovers (6) | |

Solutions to Crossword No. 544



Clues Down

- | | |
|-------------------------------------|-----------------------------------|
| 1. One of two equal parts (4) | 21. Space between two objects (8) |
| 2. Farewell (4-3) | 24. Outward movement (7) |
| 4. One's native land (8) | 25. Neither gas nor solid (6) |
| 5. Grow teeth (6) | 26. Trail (5) |
| 6. Evening of Oct. 31 (9) | 27. Explosive weapons (5) |
| 7. Large cat (5) | 29. Partial darkness (4) |
| 8. Weapon (5) | |
| 13. Portable weather protection (8) | |
| 15. Visualise (8) | |
| 18. Medley (3-6) | |



Difficult

Sudoku Challenge

Super Difficult

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

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

May Pet Care

May is National Pet Month

Don't shop! Adopt!



The National Pet Month is a celebration of all the mutual benefits that pets and pet owners share with each another. The aim is to encourage people to adopt pets, especially homeless ones, and take care of them responsibly.

This is to promote responsible pet ownership and make people aware of the benefits of pets for people, and people for pets! It also raises awareness of the role, value, and contribution to society of working companion animals. Animal and pet care is something really important to consider all year round!

How to Get Involved

Adopt a Pet: Consider adopting from a local shelter or rescue organisation to provide a home for a pet in need.

Donate to Animal Charities: Support global and local animal welfare organisations through donations or by volunteering your time.

Attend Events: Join pet-related events in your community or online, such as pet shows, charity walks, or educational webinars.

Spread Awareness: Use social media to share information about the importance of responsible pet ownership and the benefits of pet adoption.

Educate Others: Teach people about the responsibilities involved in caring for pets and the importance of kindness towards animals.

Why do people have pets?

* Pets are good company, and stroking pets can help people feel calm and relaxed.

* Animals such as dogs need lots of walks, so having a pet can keep its owner fit and healthy.



Did you know that in Ireland.....

Dogs are the most popular pet, with 38% of Irish households owning at least one. Cats come in second place, with 24% of households having one, and fish come in third place with about 8% of households having an aquarium. Other pets, such as rabbits, hamsters, and reptiles, are also quite popular (figures as of March 2023)

From companionship and emotional support, to increased fitness levels and laughter in the home, having a pet is proving to be a vital part of life in Irish homes today. New research in Ireland from Petmania, the Irish owned pet retailer, shows that our pets are considered such a part of the family, that we can spend up to €2,000 annually on their care. From birthday parties and Christmas presents, to regular grooming and a want for more pet-friendly working environments.

From my own experience of currently owning two dogs, I can spend that and more on my pets from beds to food to treats and toys (more on treats and toys, I might add). It has gotten to the stage where I can't walk in the front door without them jumping up, barking and looking for nice things. (I know, I have them spoiled rotten.) If I don't have anything, well, they do not be impressed and let me know that. Saying that, as much as they cost, I wouldn't be without them as every pet owner would agree. What I get from them, you could never put a price on.

When it comes to choosing a pet, the most important factor Irish pet-owners consider before getting a pet is temperament. The second most important attribute considered by Irish pet-owners is the size of the pet as an adult, while breed and shedding potential.

Only 8% of those surveyed chose a pet based on the colour of their coat, while just 15% chose a pet based on their appearance, proving that Irish people are looking beyond the cover of the book and thinking about their needs as a family or potential pet owner.



You have to take into consideration the age of the dog. If it is a puppy, they go through a biting stage and if you have little ones, you have to be mindful of the fact the little ones will be pulling at the dog. Some dogs are not suitable for younger families. Also if you have

other pets, you will need to get a pet that mixes well with other pets such as another dog or cat etc. Also some dogs do not like being left on their own or on their own for long. This can cause the pet undue anxiety and stress. There is no point in getting a pet if you aren't going to be there for very long periods. Some pets don't mind being on their own once they have food, water and toys to keep them occupied. So it is vital that you find out this information before you bring a pet home. At the end of the day, the most important factor in this decision is the welfare of the pet. So do your research, to find the one that best suits your family and lifestyle. Taking the time to do your research and make a decision that suits your whole family will help to ensure that your new pet will be able to settle into your life well, and reduce the risk of unforeseen expense and avoidable distress and will result in a much happier pet/pet-owner relationship in the long run.



Why not consider joining pet training classes, aside from the training benefitting both owner and pet, it is also a social event to get to know other pet owners and get some knowledge too. It is also a good way of socialising your pet. It is so important to create a bond with your dog so make sure that you play with them and reward them and just enjoy spending time with each other. Having a really great bond makes training much easier.

Irish pets really are living the life, with almost 30% of dogs getting to cosy up and sleep on their owners' beds each night. (I'll admit my two sleep on my bed. As one of mine has major separation anxiety, sleeping on the bed keeps him calm and happy. Sometimes I have to hold his paw while he sleeps. Also I have to be mindful that his anxieties doesn't set off my other dog. While calming him down, I'm also doing the same for myself. Stress levels fall. Pets pick up on all our emotions, so its another thing to be mindful of.) While most people don't agree with pets on the bed sometimes there are genuine reasons. At the end of the day their comfort and wellbeing is paramount, despite them taking up 90% of the bed.



So if they're not on their owners bed, 33% have managed to convince their owners to allow them sleep indoors on a pet bed and 11% even made it on to the couch (that we know of!). Just 3% sleep outdoors in a kennel. So, a lot has to be considered when getting a pet and remember you have to adjust to their needs as well. Also consider, are you willing to make those adjustments and sacrifices. And have a long think about the reason why you want a pet? Don't forget, pets don't come cheap, besides food bills, you will have vet bills. Don't get one because it might be trendy, get one for the right reasons and you and your family's lives will be enriched beyond measure. The benefits out way everything else.

So here is a quick reminder -

Ask yourself before getting a pet

- 1 Do I have the time?
- 2 Am I happy to plan my time around them?
- 3 Do I have the patience for a pet?
- 4 Am I able to meet all their needs?
- 5 Can I commit long-term?
- 6 Can I afford a pet?
- 7 Do I want a pet for the right reason?
- 8 If my circumstances change, can I still keep the pet?
- 9 If I have other animals, will they get on with a new pet?
- 10 Should I foster a pet first to see how I cope before getting a pet?



Adopting a pet is a decision that should not be taken lightly!

If you're not able to say yes to the above questions, then don't worry. It doesn't mean you'll never welcome a furry friend into your family but perhaps now isn't the right time. Depending on your circumstances, why not look into volunteering or even sponsoring – both of which will enable you to still help a dog in need.

Sourced: www.petmania.ie, www.twinkl.ie & www.awarenessdays.com



Maynooth Community Contacts Listing

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<p>Cllr. Paul Ward 087 2294697 cllrpaulward@gmail.com</p>	<p>An Nuadha Players annuadhplayers@gmail.com facebook.com/annuadha</p>	<p>An Post Sorting Office Maynooth 01-6293390</p>	<p>Brass & Reed Band (St Mary's) sec@stmarysbandmaynooth.ie facebook.com/maynoothband/</p>
<p>Cemetery Committee (Laraghbryan) 01-6293018</p>	<p>Church of Ireland 01-6292163 secretary@meath.anglican.org</p>	<p>Citizen Information Centre 0818078100 maynooth@citinfo.ie</p>	<p>Cloth Nappy Library Ireland 087-9949183 zerowastemaynooth@gmail.com facebook.com/NappyLibraryIreland</p>
<p>Community Welfare Services 0818607080 Kildarecws@welfare.ie</p>	<p>Employment Office 01-6106000 bo.maynooth@welfare.ie</p>	<p>Kildare County Council 045 - 980200 customerservice@kildarecoco.ie</p>	<p>Kildare Civil Defence 045 980529 pmcneela@kildarecoco.ie</p>
<p>Kildare County Council (Local Office) 01 - 6286236</p>	<p>Kildare MABS 0818072600 kildare@mabs.ie</p>	<p>Maynooth Autism Friendly Town 0863329050 autismfriendlytownmaynooth@gmail.com facebook.com/maynoothaft</p>	<p>Maynooth Employment Services Office Kelly's Lane, Maynooth 01-6016360 EstMaynooth@welfare.ie</p>
<p>Maynooth Post Office 01-6286259</p>	<p>Maynooth Community Care Unit 01-6106351</p>	<p>Maynooth Community Church 01-5054990 office@maynoothcc.org facebook.com/maynoothcommunitychurch/</p>	<p>Maynooth Community Library 01-6285530 maynoothlib@kildarecoco.ie. facebook.com/ KildareCountyLibraryService</p>
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<p>North Kildare Tennis Club info@northkildaretennis.ie</p>	<p>Parish of St. Mary's Maynooth 01-6293018 maynoothparishoffice@gmail.com</p>	<p>SVP Vincent's Shop 01-6289643 geraldinebyrne.east@svp.ie facebook.com/profile.php?id=100064619179003</p>	<p>Zero Waste Maynooth 087-9949183 zerowastemaynooth@gmail.com facebook.com/zerowastemaynooth</p>

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.