

Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s



Local News - August 2024 - Issue No. 537 - Online Version

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



Eddie Tobin – An Appreciation



On June 25th last, Maynooth lost a person who had been involved in supporting the community in a quiet but effective way since he came to live here with his wife Geraldine. Eddie Tobin from Railpark estate gave of his time and expertise to make Maynooth a better place for us all to live. I first met Eddie in 1990 and we worked together in several organisations over the following thirty three years. He brought practical skills, technical and financial skills to every organisation he became involved with. He was active in the community for a number of years before I met him, so I have used the Maynooth Newsletter Archive to try to get a full picture of his work over the decades that he lived in Maynooth with Geraldine and his two daughters Elaine and Orlaith.

As far back as 1985, Eddie was Treasurer of Presentation Convent Primary School Parents' Association. Eddie's work was mainly in training and education and his interest in supporting education continued throughout the years. Thirty years later in 2015, when we needed a person with an interest in education and a broad range of skills. I recommended Eddie to join the Board of Management of Maynooth Educate Together NS. Eddie was appointed for two terms on the Board where he made significant contributions to the development of the school. He trained himself to develop the school website and then trained school staff to maintain it and to further develop the site. He was around at the time the permanent school building was being built contributing to the decisions on how the building should be designed. In his second term, he took responsibility for bringing in a new financial system into the school, working closely with the school accountant to ensure effective, efficient management and oversight of school finance as the school developed and enlarged.

He represented Railpark on a number of local organisations including Maynooth Community Council, the liaison committee on the development of the new Straffan Road and the Maynooth Ryder Cup committee when the event took place in the K Club in 2006. He also supported new community activities such as the new Community Space committee in 2010 and the Harvest Festival Committee in 2013. When we opened the first community space in Manor Mills in 2011, Kildare County Council told me to collect the keys from Coonans Auctioneers. When I asked Eddie for help, he didn't hesitate and we spent many hours working together to get the place ready to open for community groups with a focus on youth groups. The building was previously a betting office and there were cables everywhere to be removed. When asked by Kildare County Council to recommend someone to lead the Maynooth Twinning Committee there was a consensus from those of us involved that Eddie was the person to do so in 2011. He was keen to develop the twinning arrangement particularly so that post-primary school exchanges would be available to the Maynooth school students.

Eddie had great respect for other volunteers and was always willing to help whenever he could. He was a member of Maynooth Tidy Towns Committee for many years and he made sure that projects that he took on were delivered to the highest standard. In 2022, the St. Patrick's Day Parade committee needed a photographer to cover the St. Patrick's Day parade. I knew that Eddie had joined the Camera Club in Celbridge and owned a top of the range piece of equipment. We asked him if he would take photographs on the day and of course he offered immediately to take the pictures.

In 1987, Eddie joined the Railpark Estate Residents Association as a committee member. He stayed with this committee right through the following decades as did many other members of the committee. He had been Chairperson of the committee in more recent years and was a strong advocate for his neighbours and for the people living in Railpark. This residents' association is a model for how such associations should operate and sustain themselves. Railpark and all of the other groups and organisations that Eddie was involved in benefited from his skills and personality that made him such a pleasure to know and to work with over the years.

Paul Croghan



Heritage Events in Maynooth see page 5

For a full list of Heritage events in Kildare visit www.heritageweek.ie



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

The Editor, Maynooth Newsletter,
Unit 10, Tesco S.C. Carton Retail Park,
Maynooth, Co. Kildare. W23CT59
Tel: 01-6285922
E-mail: office@maynoothcep.com
Website: www.maynoothcep.com

Letters to the Editor

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

Mission Statement

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

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

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

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

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

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

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

Maynooth Newsletter Archives

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

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

Disclaimer

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

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

Like last month I am going to begin this month's editorial with another congratulations. It was announced at the end of June that Coimisiún na Meán, had granted another ten year contract to KFM Radio to broadcast local radio in Co. Kildare up to 2034. This is the third contract granted to KFM Radio for this area after the station first came on air in 2004, following the splitting of the licence area previously covered by Carlow Kildare Radio which ceased operating. Carlow was joined to Kilkenny and KCLR began broadcasting. County Kildare is a large and diverse area with a large growth in population since regulated local radio first came into being. I noted that KFM had some special public service broadcasts during the recent local elections and indeed the radio station makes every effort to serve the communities that it broadcasts to on an ongoing basis.



The more recent funding commitment by the Government to RTE puts their support for local radio in the shade. The closeness to Dublin means that many of the Dublin radio stations effectively broadcast into County Kildare. KFM Radio brings its own style of broadcasting to us but in places like Maynooth they are not as visible as they could be. Maybe it is something that they could consider, conscious of course that they have to manage their costs. KFM Radio deserves our support and likewise we deserve a local radio service that we can identify with, just like wearing our county GAA jersey.



Heritage Week 2024 takes place **17th – 25th August 2024**. Each year, Heritage Week kicks off on the third weekend of August and runs until the end of the following weekend. Many national and hundreds of local community organisations participate by organising events throughout the country. During National Heritage Week, volunteers, community groups and heritage enthusiasts share their experience, knowledge and practices with the wider community. There are a number of events in Maynooth Library, Maynooth University and around the town which are free to attend. For a full list of events, dates and times in Maynooth see the website link at or the venues directly. <https://www.heritageweek.ie/event-listings?q=maynooth>

By the time you are reading this piece the deadline for public submissions to the Kildare County Council consultation on the Maynooth – Local Area Plan will be closed as the deadline is August 1st. It is worth remembering that the key decisions in the plan must be approved by the Maynooth Municipal District members of Kildare County Council. Even if you have made a formal submission through the consultation process, it is always helpful to share your submission with your local councillors so that they will be more aware of your point of view. There are a number of proposals in the plan that residents have not welcomed and from my experience local councillors were keen to engage with residents on these proposals so that they can influence the final decisions that go into the plan which covers the years 2025-2031



Moyglare Village residents meet to discuss the draft Local Area Plan

Paul Croghan - Editor

Copy date for the September edition will be 5pm on Tuesday 27th August 2024



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

The focus was very much on cleaning and tidying for Maynooth Tidy Towns volunteers in July. The town centre, back lanes, and approach roads continue to get our attention on Saturday mornings and Wednesday evenings. Bad weather caused the cancellation of the final Saturday in June and again in mid-July. We have been extremely fortunate with the weather in general. It needs to be a proper deluge to deter our volunteers!

Maintenance and watering of planters in Courthouse Square and at the entrance to Carton Avenue is ongoing, ensuring a riot of colour around the town. Particular thanks to those in EVE Larine who take responsibility for watering in the Square. The plants gifted to local businesses add to this colourful display. We thank these shops and businesses for displaying and caring for the plants.

Maynooth Castle is now open for the summer months. Staff there requested Maynooth Heritage Trail leaflets which have proven very popular with visitors to the Medieval Quarter. National Heritage Week takes place in August. The Maynooth Heritage Trail guided walk occurs on Saturday 24th August, booking details are on the Heritage Week website.

July saw the publication of a joint Local Area Plan by Kildare and Meath County Councils. Maynooth has been identified as a Key town for development and expansion in the coming years. As a community group Maynooth Tidy Towns will make a submission to this plan.



Here's hoping the weather (and the Tidy Towns judges) look favourably on us for the coming weeks.

Mary Molloy - Maynooth Tidy Towns Association

Brigid's Worlds Conference and Public Lecture at Maynooth University September 2024

On the occasion of the 1500th anniversary of her recorded death, Maynooth University, in collaboration with Kildare County Council, will investigate the historical origins of St Brigid and her Church of Kildare with the Brigid's Worlds conference on Friday 13th and Saturday, 14th September.

St Brigid is arguably the most famous woman in Irish history. She, and her successor abbesses, founded and ran the Church of Kildare, one of the most powerful institutions in Ireland for many centuries. She is the object of the first surviving written literature in Ireland, the most famous of which is a 'Life of Brigid' composed by Kildare cleric, Cogitosus, whose account of Brigid's miracles became a medieval bestseller across Western Europe. This marked the beginning of an impressive Irish literary legacy which went on to include celebrated writers such as Mary Shelley, James Joyce, Séamus Heaney, and Sally Rooney.

The conference brings together leading academic experts on Brigid for the first time in nearly twenty years, representing a unique historical moment.

Brigid is currently enjoying somewhat of a resurgence. She was adopted by some as a symbol of feminine power during the repeal the 8th referendum in Ireland in 2018 and with the decision to make her feast day, at the beginning of February, a new public holiday in Ireland, from 2023 onwards, she has found a firm foothold as an Irish feminist icon.

As part of the conference, a free public lecture titled 'Brigid: The knowns and unknowns' will be presented by Professor Catherine McKenna, Harvard University, at **8pm on Friday 13th September in Iontas Building**. The lecture will explore the stories of St Brigid, where they come from, and how we evaluate them, and will be preceded by a reception. All welcome. To register and find out more, please visit www.brigid1500.ie

**BRIGID'S
WORLDS**

A conference exploring the life and times of St Brigid and her Church of Kildare from the 5th to the 15th centuries

Organised by
The Society of Friends of St Brigid

with the support of the Kildare County Council

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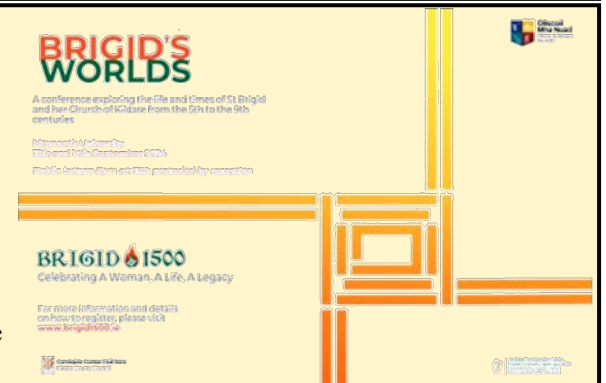
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- * Social Housing
- * Estate Issues
- * Community Issues
- * Environmental Concerns
- * Employment Concerns
- * Covid - 19 related queries



Phone



WhatsApp



zoom



E-mail



Cllr. Angela Feeney

Tel. 087 238 1962

Email. angelafeeney@gmail.com

Stay safe everyone.

LABOUR ★ ★ ★ ★ ★

Heritage Events in Maynooth

17 - 25 August, 10am - 4:30pm

Maynooth Castle, Main St., Maynooth, Co. Kildare, W23 F2D5, Co. Kildare.

Free guided tours and more at Maynooth Castle.

Limited access for visitors with disabilities - contact the site for details. No toilet facilities on site

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270. www.maynoothcastle@opw.ie

17 August, 12pm - 1pm

Stories from the Lost Library of Maynooth Castle, Maynooth Castle, Main Street, Maynooth, W23F2D5, Co. Kildare.

Please note, children must be accompanied by an adult.

There are no toilet facilities on site. Please contact the castle via the phone number below, regarding wheelchair access.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270. www.maynoothcastle@opw.ie

18, 24 August, 3pm - 4pm

The Silken Thomas Rebellion & The Siege of Maynooth.

Maynooth Castle, Main St., Maynooth, Co. Kildare, W23 F2D5, Co. Kildare

Please Note: There are no toilet facilities on site.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270. www.maynoothcastle@opw.ie

20 August, 11am - 12pm

20 August, 2pm - 3pm

22 August, 11am - 12pm

22 August, 2pm - 3pm

Tours of Russell Library & Exhibition

Russell Library

St. Patrick's College, South Campus Maynooth University, Co. Kildare.

Identifying with Books: an exhibition of Bookplates from Maynooth University Library's Special Collections. Entry is free on a drop-in basis during event times.

Wheelchair access is currently unavailable. For more details

www.maynoothuniversity.ie/library

Further Information: Maynooth University Library's Special Collections & Archives: Russell Library, St. Patrick's College, Maynooth. Tel: 017083890. www.library.russell@mu.ie

21 August, 3pm - 4pm

Traditional Irish Music Workshop with Irish Institute of Music and Song for children & families. Booking required.

Maynooth Community Library, Main Street Maynooth Co. Kildare. W23 ND79. Co. Kildare

Further Information: Maynooth Community Library. Tel: 045980493. www.maynoothlib@kildarecoco.ie

24 August, 12pm - 2pm

Maynooth Heritage Trail Guided Tour

Duke's Harbour, at Royal Canal, Maynooth, Co. Kildare

The walk takes approx. 1.5-2 hours. Information leaflets are available, 5 Storyboards have been installed/ updated, enabling a self guided tour. A group of Tidy Towns volunteers also do guided tours on request. The starting point is at Duke's Harbour, opposite the train station. Maximum 30 people. Book via email or phone to confirm your place. Include a mobile number please. This will be used to confirm details of event/ attendance in the week prior to 24th.

Further Information: Maynooth Tidy Towns. Tel: 0872861771 www.maynoothtidytowns@outlook.ie

25 August, 12pm - 1:30pm

The Fair Geraldine and the Tudor Court: Politics, Proximity, and Presents

Maynooth Castle, Maynooth Castle, Main Street, Maynooth, W23F2D5, Co. Kildare

No toilet facilities on site. Please contact the castle via the phone number above, regarding wheelchair access.

Further Information: Office of Public Works - Maynooth Castle. Tel: 0469422270. www.maynoothcastle@opw.ie

Sourced: www.heritageweek.ie



National
Heritage Week
A Heritage Council programme

17th - 25th
August 2024

MAYNOOTH CYCLING CAMPAIGN



Maynooth and Environs Local Area Plan

The Maynooth and Environs Local Area Plan went to public consultation in July. It has been subject of a number of meeting of various residents groups including those from Moyglare Village and Moyglare Abbey.

The plan highlights some of the challenges to Maynooth becoming a "10 minute" town, how planning and transportation are closely intertwined and how car dependency is a major challenge to developing a sustainable future.

It proposes that active travel should be a core part of any future movement strategy and that this would be enabled by the provision of a permeable network of active travel routes. The plan indicated the scale of the network and what Maynooth would look like with an active travel network. This is not about providing routes for the Tour de France riders. It is intended for people going to the work or shopping. It is for children going to school, visiting their friends or participating in sports.

A network is only as strong as its weakest link. If a network has one or more missing link, it will not function properly. Consequently, the network must cover existing as well as proposed areas. New links are proposed between adjoining estates where there were none previously. It is about road safety - where people using active travel means have a safe alternative to crowded shared paths or roads shared with traffic. As it is about road safety, it is not and will not be about providing additional road space to car traffic through residential areas.

People do not welcome change and links to adjoining residential areas are often controversial. A lot of scaremongering has been created by those who are opposed to change but this is not just a matter for those closest to the location of the proposed opening. It also benefits the wider community as well as those so their views must also be taken into account.

Cycling Without Age

Maynooth Cycling Campaign would like to congratulate Hans, Noreen, Damien and Dayo, all of whom over this past year have successfully completed Stage 1 training as trishaw pilots. They work with our partners in Cycling Without Age - Genil Training/St. John of God.

We have also trained a number of our volunteers as pilots for the weekend operation of the trishaw. However, Maynooth has only a small catchment area compared to the Dublin local authorities with the result that there has been very little demand for cycles despite attempts to publicise what we offer to groups who might be interested. So if you know of anyone who might enjoy a cycle in Maynooth but is unable to cycle on their own, please let them know about us.

Speed Limits

Westmeath County Council is taking action to reduce speed limits. In rural areas, they are reducing the default speed limit in over 1900kms of local roads from 80 kph to 60 kph and in urban areas the limit is being reduced from 50 kph to 30 kph. They can still opt for higher speed limits where conditions warrant it.

In Wales, where speed limits were reduced earlier in the year, there was a reduction in fatalities in built-up areas. Furthermore, insurers noted a reduction in collisions and reduced premiums accordingly. In Ireland, road fatalities nationally have seen a 16% increase so far in 2024 (113) compared to 2023 (97). While Kildare councillors have expressed support for lower traffic speeds in the face of opposition from officials, it is regrettable that the council breaks up for the month of August with no proposals for any speed reduction measures.

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



EUROPEAN CYCLISTS' FEDERATION



the Irish
Cycling Advocacy Network



Cllr. Angela Feeney Maynooth Labour News

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



Improved accessibility at Maynooth train station

I welcome the recent announcement that the planning application for a new footbridge with lifts at Maynooth train station has been approved by Kildare County Council. The detailed design is also completed with site works due to start in September. The works are due to be completed by August 2025. This will provide much needed improved accessibility for all.

Speed ramps needed on the Moyglare Road.

At the July Municipal District Council meeting I called for the installation of ramps on the Moyglare Road. Many residents and parents of students who attend the many schools on the road have contacted me about their concerns regarding speeding cars. In speaking to the motion, I said that the installation of such ramps on the other busy approach roads to Maynooth such as the Dunboyne Road and the Celbridge Road have been very effective in slowing down traffic.

The Council area engineer will arrange for a speed review and assessment to happen this month and again in September when traffic movements return to their busy levels. This review will help in progressing the issue of safety.

Removal of dangerous trees in Moyglare Village

On foot of calls from the residents of Moyglare Hall, I asked the Council to trim back and or remove dangerous trees in Moyglare Village along adjoining wall with Maynooth GAA. This area has been a point for anti-social behaviour and many residents have reported evidence of drug use. In addition, emergency services were called to a fire there in recent weeks. Two trees have fallen in the past year. The Council has agreed to carry out these works as a priority health and safety matter. Any damaged or dangerous trees that are removed will be replaced.

Masterplan for Carton.

I requested an update from the Council as to when the Masterplan for Carton would be published. The Council replied stating that the plan would be published in 2026. I expressed my disappointment that the publication is taking so long and that it is a missed opportunity not publishing it in tandem with the current draft Local Area Plan for Maynooth. However, the Council said that there are many consultative reports required for the Masterplan which require adequate time in order to be done properly.

ESB Networks need to activate the new pedestrian lights at MTFC

I welcome the news that representatives from ESB networks will meet with us councillors at Áras Chill Dara in advance of the full council meeting on July 29th.

This is an opportunity to raise the non-activation of the newly installed pedestrian crossing at Maynooth Town Football Club. I submitted a motion in March 2023 calling for the installation of a push button pedestrian crossing at Maynooth Town Football Club. The motion was approved and LPT funding was allocated to complete the works.

The pedestrian crossing was installed at the beginning of the Summer and all the relevant paperwork was sent to the ESB. Months later we are still awaiting connection, which is very frustrating. This is an important health and safety issue that will make it much safer for children to access the club on foot or by bike.

I look forward to getting a response to my query from the ESB and getting a timeline for the energising of the lights. We need to see quicker action by the ESB. Previously, I had to make numerous representations to get the lights that had been installed along the canal near the train station in Maynooth because they took three years to be activated. It should not take this long to get publicly funded infrastructure available for use.

Supplementary water supply needed for Maynooth

Given the increased number of water outages in towns in North Kildare, Maynooth, Leixlip, Celbridge, Straffan and others of late, I have asked Uisce Eireann to provide information as to the reason or causes of these more frequent occurrences. I have asked if they are connected to the age of certain pieces of infrastructure in towns across North Kildare or the increased demand with new developments. I have also called for a supplementary supply for Maynooth, which would mean that if there is a major break in supply, it can be kept localised, and the whole town will not be out.

Selected as candidate for General Election

I was delighted and honoured to be selected to stand as a candidate in the next General Election for the Labour Party in North Kildare. I am connected generations back to Kildare and want to be a strong voice for our County. I look forward to the campaign ahead. Thank you for all your good wishes and messages of support. Please join the team to help get me elected! afeeney@kildarecoco

Please email me for further information or to raise any issues on your behalf afeeney@kildarecoco

THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention favour). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen
Say this prayer for three days, promise publication and prayer & favour, will be granted, no matter how impossible.

Never known to fail.
Thanksgiving for favour received.

Prayer to the Sacred Heart

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

Prayer to the Sacred Heart

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



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Transitioning to Secondary School

The teenage years are full of many transitions and changes and in the coming months many young people will be making one of the most important transitions of their young life; that of moving from primary to secondary school. Traditionally, this important time, symbolised the transition from childhood to adulthood, as young people left behind the safety and security of primary school to embark on an adventure into the unfamiliar and unknown territory of secondary school.

Children will talk about experiencing a mix of emotions about starting secondary school. They say there are many things they are looking forward to, topping the list here is getting a locker, as well as having some concerns around starting a new school (for some, the worry of not getting a locker!!).

Concerns your child may have:

- The size of the school and getting lost; as well as now being the youngest in the school
- The different subjects and the amount of homework they will have in each of them as well as the dreaded Friday homework
- Understanding their timetable and the rules of the school
- Studying and exams



In addition to these practical concerns, the children also worry about social issues such as friendships, social groupings and bullying which are all very valid. As parents, how can you help make this transition as smooth as possible for your child?

In the coming weeks, reassurance that any concerns they have about rules, homework, journals and subjects will all be addressed by teachers in that first week. In

many secondary schools, first year students return to school a day earlier to give them the opportunity to orientate themselves to their new environment. On that first week back, remember they will be tired and possibly a little moody as they get to grips with a longer day and a greater workload, so giving them a little space when they get home can be helpful.

Making sure they understand their timetable and helping them organise their books and other materials that they need, the night before can also be beneficial in these first few days, as well as helping them to draw up a homework timetable as this can help avoid the last minute panic of realising that they had homework due that they haven't even started yet.

Finally, it is important to remember that young people tend to settle quite quickly into secondary school, with the majority of students having settled in nicely by the end of the first week. For some it takes a little longer, however by the end of September, they will have found their feet. However, the issues that most concern them and which they can often continue to struggle with in the early years of secondary school are the social ones. These include issues such as changes in their friendships, the social hierarchy and groupings that exist within the school and about being bullied



Changing friends!

Although many young people will transfer with their friends from a primary to a secondary school in their catchment area, others move to schools outside their area and have to come to terms with a new social environment. For these students they often experience feelings of sadness and fear around the possibility of losing the friends they had in primary school. Acknowledging these feelings and talking to them about friendships can be helpful at this time.

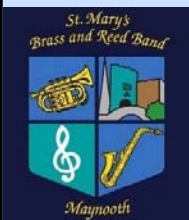
Letting them know that there are still ways of staying in touch with old friends, especially in this digital age of social networking, as well as talking about secondary school as a new and exciting place with lots of new people to make friends with, can be reassuring. Another common experience for many young people, in particular girls, is dealing with changing friendships. Many start secondary school and are relieved and delighted to learn that they are in the same classes as their BFF. They have been friends since junior infants and have shared so much with each other and now they begin the journey of secondary school together. However this excitement can often be short-lived and as the weeks go by, they notice that their friend is now spending a lot of time with other girls in the class, she is not calling her as much and she has developed a whole different style overnight. When she tries to talk to her friend, she is told that there is nothing wrong. This can be a very painful and confusing time for a young person as they feel betrayed, hurt and alone.

What can you do!

As a parent you can support your child by being there for them, giving them a hug as well as listening to and validating how they feel. Understanding their experience can help you help them come up with ways of dealing with this changing friendship. This first year is an important time for parents to check in with their children and the school about how they are doing. Never assume that because they say nothing about school, that everything is okay. **Stay connected and involved.**

Source: www.schooldays.ie

St. Mary's Brass & Reed Band



The highlight of July was our very first Summer Camp which was a great success. Organised by two of our younger Band member Francesca Sheridan and her Brother Nicholas the aim of the Camp was to introduce children between the ages of 8 and 12 to the instruments which are played by Band members as well as some music theory lessons.

They also gained some experience in ensemble playing and took part in educational music games. The children had a most enjoyable five days and hopefully they will join the Band at some stage in the future.

The Band's July recitals were usually held at the Sunday market behind Castletown House but as this area is unavailable at present this year's recital was held in the grounds of Christ Church, just inside the main gate of Castletown Estate.

Our music was really appreciated by those attending the market behind Christ Church with many asking if we will be there next year.

August promises to be an extremely busy month rehearsal wise as we face into a hectic September schedule of performances which includes visits to the National Stud in Kildare, the Bad Orb International Music Festival in Germany and Farmleigh Estate in the Phoenix Park as well as Culture Night in the Square in Maynooth on Friday 20th .

Maynooth Senior Citizens Committee

The Committee will be taking its usual break for the month of August. Our first Thursday morning Club will resume on September 5th.

Our monthly meeting will resume on Monday, September 9th.

The Committee will have a busy time from then until Christmas.

We will be running a fundraising raffle, organising what is now an annual pub quiz and the Christmas Lunch. There are some activities to be finalised... more about that in September.

Mass bus service will continue during August.

See you all in September.

Susan Durack, PRO

email: maynoothseniorcitizens@gmail.com



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August Events at **Maynooth Community Library**

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



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Children's Events

Rhyme & Song Time for Ages 0-2

Friday 2nd August, Friday 9th and Friday 16th August, 10.00 am - 10.30 am

A story and song session for ages 0-2. There'll be short stories, and some popular Action Songs. Places are limited and one free ticket is required per child. All children must be supervised during this session.

Book your Free Ticket here : [Book Free Ticket – Song & Rhyme Time for 0-2 year olds – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Funny Fluffy Friends: Storytime for ages 3-6

Friday 23rd August , 3.00pm - 3.30pm

Join Carlagh for a funny story time all about our fluffy animal friends! Please note that it is only suitable for children 3+. Book places for children only. All children must be accompanied by a parent/guardian.

Book your Free Ticket Here : [Book a Free Child Ticket – Funny Fluffy Friends: Storytime for ages 3-6 – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Who Doesn't Love Unicorns? Storytime for Ages 3-6

Friday 30th August, 3.00 pm- 3.30 pm

One of the most asked for topics for books in our library is unicorns, so Niamh has gathered all the magical horses she can find for a story-time! Expect other magical creatures also for this half hour story reading session for you and your 3+ year old!

Book your Free Ticket here : [Book a Free Child Ticket – Who Doesn't Love Unicorns: Storytime for Ages 3-6 – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Cearclann Greannáin - Comic Making Workshop in Irish and English with Aidan Courtney for Ages 7- 12/ Aois 7- 12

Saturday 10th August / Satharn 10ú Lúnasa , 11.00 am- 12.00pm / 11.00am – 12.00 i.n.

In this bilingual workshop for children aged 7 – 12 years, Aidan Courtney will be showing how to create comic strips and how to draw cartoons. Lots of creative fun!

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

Sa cheardlann dátheangach seo le haghaidh páistí 7 mbliana - 12 mbliana d'aois , taispeánfaidh Aidan Courtney conas stiallghreannáin a chruthú agus conas cartúin a tharraingt. Píosa spraoi cruthaitheach! Caithfear tuismitheoir / caomhnóir a bheith in éineacht le haon páiste a bhfuil ag freastal ar an gceardlann seo.

Cuir saor ticéad in áirithe anseo/Book your free ticket here :

[Book Free Ticket – Cearclann Greannáin - Comic Making Workshop in Irish and English with Aidan Courtney for ages 7- 12/ Aois 7- 12 – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Pokémon Trainer Arts and Crafts Workshop at Maynooth Library /Ages 7-10

Wednesday 21st August, 11am – 12pm

Come visit your local Library Pokéstop and hunt for our 3D printed Pokémon around the library. Once you have found a Pokémon you can then paint it and begin creating your Pokédex notebook. For ages 7+ with limited spaces available, book early to avoid disappointment.

Children under 8 must be accompanied by an adult for the duration of the event.

Book your Free Ticket here: [Free Ticket\(s\) – Pokémon Trainer Arts and Crafts Workshop at Maynooth Library – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Traditional Irish Music Workshop with Irish Institute of Music and Song for children aged 6+

Wednesday , 21st August , 2pm – 3pm

Join us as we celebrate heritage week 2024 with Dr. Sean McElwain, esteemed member of the renowned traditional Irish music band Téada, for a workshop on Irish music, song, and dance. Drawing on his extensive experience in education and global touring, Sean will guide participants through the various tunes, offering a comprehensive understanding of Irish music and its rich history.

All children attending this event must be accompanied by a parent /guardian. Please book one ticket for each person attending

Book your Free Ticket here : [Book Free Ticket – Traditional Irish Music Workshop with Irish Institute of Music and Song for children aged 6+ – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Young Adult Events

Cúpla focal Create a Story Workshop with Áine Gallagher for ages 12-14

Wednesday 14th August , 2pm - 4pm

In this bilingual workshop, participants will be able to turn their cúpla focal into a simple story. The workshop will be facilitated by Áine Gallagher, the "queen of offbeat". Her aim is to make Irish fun and accessible and to create spaces where people can practice without needing to be perfect. Áine will use games and other methods to encourage fun and simple chats as Gaeilge.

Book your free ticket here :

[Book Free Ticket – Cúpla focal Create a Story Workshop with Áine Gallagher for ages 12- 14 – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](#)

Online Intensive Summer Teen Writer Camp for ages 12- 15

August 20th to August 22nd, each afternoon , 2pm-3pm

Our Teen Writers Group is having a set of 3 afternoon writing meetings in August before the school rush begins again! This group is a social group for young writers aged 12 to 15, to chat, share work and bounce ideas while also getting some quiet writing time. Online via MS Teams.

Contact maynoothlib@kildarecoco.ie for more information and to join our group.

Adult Events

Age Friendly Coffee Morning

Wednesday 14th August , 10am - 11.30am

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

Drop In. No booking required

Exhibitions

“Woolly Wonders “ Exhibition by Antoon Knaap

Tuesday 6th August - Friday 30th August

Antoon Knaap's exhibition incorporates a selection of woollen art work, made over the last 12 months. The collection contains both abstract pieces with a mid-century theme and figurative pieces with an animal theme. They are tactile, colourful wall mounted rugs, hand made using a technique called “tufting”.

Maynooth Community Library's Exhibition Space Open for Bookings

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

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Writers' Corner - Short Stories/Articles from our Readers

Ireland of the Welcomes

Like many families in the parish where I grew up we kept a horse for heavy farm work and the Sunday journey to mass in the sidecar and a donkey for drawing turf from the bog. We children were all fond of Neddy the Donkey but we were also aware that he was associated with poverty. One local family, the Dalys, who lived in the bog, possessed only a cow, a donkey and some fowl. Their house was probably typical of what our better-off ancestors lived in during the Famine, a squat, thatched cabin with one windowless bedroom and a small kitchen lit only by a tiny window and the glow from the open-hearth fire. Nearby there were three small outhouses built with stones and sods, one for the donkey cart, one for the cow and the third for hens.

None of the family had married and their only source of income was from seasonal work on nearby farms and from saving turf, which Mick, the eldest brother, sold in town. The sight of Mick in his trilby hat, creased blue suit with a heavy watch chain looped from a waistcoat buttonhole into one pocket, guiding his crated cart piled high with black sods, was something the neighbours noted with amused grins. Even if Mick were out of sight his passage would be advertised by faraway mingled curses and pleadings as he led the donkey on his torturous journey over humps and keshes along the rutted bog road. On the other hand, after Mick had trudged the four and a half miles into our nearest town housewives welcomed his arrival, for the Dalys were noted for their high-quality "stone turf".

One day our father told my older brother Joe and me that we were to take a large bag of Kerr Pink potatoes that he was sending to our uncle in Dublin into the railway station – This was just after the end of World War 11 and I suppose that some foodstuffs were still in short supply in the capital. Since Joe was only eleven and I ten our father considered us too young to control the horse on the main road; we would, therefore, have to take Neddy. The thought of being seen in public driving a donkey and cart didn't appeal to us but since the station was located on our side of the town we wouldn't have to face too many condescending glances.

Well, the slow journey passed off uneventfully. We had tethered Neddy to a fence post, carried the sack of potatoes up the flight of stone steps and paid the shipment charges just before the massive Dublin train came thundering into the station in a cloud of steam. Now all we had to do was make a fast getaway. We had no sooner unhitched Neddy and faced him for home than a delighted screech, "Oh, look at the lovely donkey!" arrested us. A group of Americans, two middle-aged men in trench coats and their brightly-dressed wives, were coming down the steps from the station, accompanied by Terry Dunne, a local taxi driver.

With beaming smiles the tourists headed straight for Joe and me, enthusing over our short trousers, lovely freckles and, on our telling them that it was all right to pat Neddy, our brogues: "Gee, aren't they cute!" Now one of the women decided that she and the other matron would have to travel into town on the cart like Irish colleens. We demurred, saying that we had to hurry home as our father was expecting us. "Oh, come now!" Terry intervened. "You lads can't disappoint these nice ladies. All they want is to tell their friends back in the States that they travelled on a donkey and cart. And they'll make it worth your while," he added with a wink. "Isn't that right, ladies?" "You bet," one of the women confirmed.

When we still balked, a number of other men from the town waded in, expressing surprise that we wouldn't do this small favour for visitors. Jeepers, it wasn't much that they were asking, just a ride on a donkey cart. At that time we were too inarticulate to state the obvious, that we would be the ones making a show of ourselves. Maybe for the townspeople it would be the home place putting out the welcome mat, part of the shamrocks and céad míle fáilte

scene; for us it would be public humiliation, a reduction to the level of Mick Daly, except that instead of a load of turf we would be carrying two loquacious, gaudy tourists up Main Street.

Eventually, under the pressure of so many insistent voices, we caved in and the delighted visitors were carried towards the town sitting on the floor of the cart their legs dangling from the rear. To my shame, I allowed Joe to lead Neddy, while I blended into the swelling crowd who were enjoying this reminder of the old rural mode of transport. Well, in due course the inevitable happened. Before we had gone three hundred yards the women grew tired of their uncomfortable carriage and asked to be let down. Just when their husbands had gallantly lifted them off who should arrive from the town but Mick, standing like a charioteer in his empty cart. In the bustle as the visitors oohed and aahed over this fresh wonder Joe was able to turn Neddy around and without waiting for payment we hurried away.

"You left me on my own back there," Joe accused. "And that Terry Dunne... playing up to the Yanks... As Daddy often said, if there was a convent at one end of the town and a cat house at the other Terry would offer his services to both." "What's a cat house?" I asked. "Oh, it's a place where bad women live," Joe didn't seem too certain. "Anyway, you should have taken your turn leading Neddy." "Well, at least it's over now," I pointed out. "Not if the fellows in school find out," Joe had no intention of letting me off the hook. "Can you imagine the jeering of Gilligan and Mullooly? 'The stuck-up O'Connors have gone into business with the Dalys, only they're hauling Yanks into town instead of turf'." "Who cares what those eejits say?" I tried to sound indifferent, though I knew he was right: a good few of the fellows though us stuck-up because our mother's brother was a vet and, worst of all, our father wouldn't let us visit their homes on weekends. "Will we tell mammy and daddy what happened?" "No," Joe struck Neddy smartly with the reins, "but you can." I didn't answer, hoping that he would soon get over his resentment.

A week later I ran into Mick walking near his turf banks when I was looking for a grouse's nest. "You and Joe were in a bit of a hurry on Saturday," he remarked. "Oh, you mean getting back from town?" I said. "Mammy wanted us home in time for dinner. By the way, it must be nearly one o'clock now?" I added, knowing he loved to show off his ability to tell time. As expected, Mick took the watch from his waistcoat pocket, carefully opened the lid and squinted at the dial. "It's just a minute to half past one," he informed me, returning the watch to its nesting place with a grand flourish. "By the way, I've something here for yourself and your brother." He groped in the other waistcoat pocket and took out two half crowns. "The Yankee women said you're to have these."

"No, you keep them," I demurred, our father having told us that we should never accept money from people who needed it more than we did. "But the Yanks said you earned them," he reminded me. "Did they offer you anything?" I wanted to shift the conversation back to him. "Did they offer me anything?" he repeated. "Well begob now, they asked to have their photo taken with one of the men patting Jerry's nose; the other three were up on the cart with one of the women holding the reins. You never saw such carryon. They must never have seen the like of an ass and cart over in America." "Still, they must have paid you well for your trouble," I persisted. "Not any more than yourselves," he assured me. "Now, here; take this. You and Joe earned it." When I still said 'No', he came to a decision: "In that case I'll put them in Saint Anthony's box on Sunday – Did you ever notice how he always has his hand out looking for your spare coins?" He grinned at his own sly humour. "Have you seen a grouse around here lately?" I asked when he seemed about

to move off. "A grouse? Do you mean the heather hen with the brownie feathers?" He prodded the ground with his stick. "Yes, that's the one," I tried to conceal my eagerness. "Maybe I have and maybe I haven't." He eyed me suspiciously. "Why do you want to know?" "Oh, it's just that I'm collecting eggs," I told him. "I've one of almost every bird in the bog, except for the grouse." "Won't the hen forsake the nest if you take one of her eggs?" he asked. "Not if I don't breathe on the other ones," I repeated the schoolboy belief.

Mick rubbed his chin then looked me in the eye: "Your father and his friends does be shooting birds round here." He made it sound like an accusation. "Why do you mind?" I was genuinely puzzled. "They only do it in the open season, a few pheasants and wild ducks and maybe one or two grouse." "Why do I mind?" He rubbed his chin again before replying. "I suppose because it's nice to know the creathurs are here." And with that he turned on his heel and walked away, leaving me to resent his secretiveness.

I never found the grouse's nest and when I revisited the bog last year I hardly recognised it. The whole area had been drained and the road upgraded, though brambles and willows threatened to choke it. Gone was the old semi-wilderness of sphagnum moss, heather and occasional small birch trees and in its place was a plain of coarse moor grass. No snipe or grouse took to the wing as I walked along and the only bird I saw was a grey crow passing overhead. Joe told me that very few people cut turf there now, having switched to home-heating oil, though he himself keeps up the old tradition.

Eventually I came to the cutaway where the Dalys' cabin once stood only to find a pile of grass-grown rubble. Joe told me that the neighbours had to collect money to pay for the funeral of each member of the family. Was it, I secretly wondered, a guilt offering for the way they had been looked down on in life? Not that I'm blaming our neighbours; that would be a case of the pot calling the kettle black for I was as guilty as all the others, and maybe more so, as my encounter with the Americans revealed. Back then I hadn't read poets such as Kavanagh, who could fondly recall how, "We borrowed the loan of Kerr's big ass / To go to Dundalk with butter," or heard of the aristocratic Overend sisters who proudly drove their donkey and trap from their Airfield estate into Dundrum in Dublin. On that day at the train station I lacked the moral courage to be true to my roots. For us country people our heritage was something to play down, not, as in the case of the townspeople, a nostalgic, shamrock-entwined 'Ireland of the Welcomes' to exploit!

P. G. NERNEY

The Return

I didn't think a place could change so much, the straw-thatched farmhouse of my youth gone from slated bungalow to lock-up, its boxwood-bordered, flower-bright garden replaced by a gloomy slatted shed; even the stone-capped, gated well that slaked the thirst of generations abandoned for piped-in, treated water.

But who would think the very land could change, meadows, pastures, fields where corn ripened darkened by sitka spruce plantations? Only some butterflies our footsteps start - Ringlets, Meadow Browns, Small Whites - flitting past nettles lift the heart.

10-07- '18

Colin Scott



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

Dún Laoghaire; May 1971

I saw your cases packed and labelled;
I saw you as we drove through Dublin
On that final, rain-drenched journey
Scan the streets with tearful brooding;
Your hand was cold,
Your body weary.

I saw you leave a café table
To stand beside a harbour railing –
Oh, then your grief was sweet and wounding.
I saw you on a wooded hillside
Eat a sandwich mixed with teardrops –
The sudden sun did not beguile you.

We drove back to the hungry harbour;
A kindly porter led us inward
Through a railway terminal
Stark as death
And long as waiting.
The gangplank was a gallows ladder
That, chosen without heart's approval,
Could no longer be evaded.
I kissed you when the time was ready;
Alone I walked back to the car park

To watch the long ship that entombed you.
The cover of the hold was lowered,
The mooring rope cast off and gathered,
The waters foamed behind the stern
And, like a knife, the blue 'Hibernia'
Slid quickly from the concrete pier,
Leaving an empty ugliness
Shaken by descending gulls.

I watched the silent ship reverse
Beyond the harbour's outstretched arm,
Turn beneath night-blue *Beann Eadair**
And set out for the eastern sea.
The clouds above the distant city
Were tinted rose-pink by the sunset,
But all the world besides was blue
And, on a plain of azure water,
A blue ship carried off my dream
Into the unborn summers.
Far-out beyond the misty headland
A lighthouse blinked as it was passing
And then I saw your soft, bright eyes
Awash with tears.

The Hill of Howth

John Travers

The Mind

The moon, we're told, it makes the tides,
And does the earth great good besides;
The sun grows plants with water's aid,
With leaves and flowers and fruits displayed.

These are marvellous things to see,
But they see nothing rare in me!

Now what connection can there be
Between the eye and 'I can see'?
Between the world of sounds and smells,
And two kilos of wet grey cells?

Between the choice to go or stay,
And endless chains of DNA?

The mind is seed, fruit, branch and tree,
It spans the earth, the galaxy;
The universe too small for thought,
Cosmologists some others sought.

How can its scope, embracing all,
Be housed within a dome so small?

GM

My Chequered Life Chapter 7

Soon after I was given the job of prison butcher in the kitchen and I did well there for a year or so, doing a lot of gym work in my spare time. My mother was greatly interested in Henry VIII's wives and she came to see me in Lewes as Anne of Cleves was from there. In the visiting hall she saw a prisoner, whom I had met some time before, actually abusing a six or seven year old boy who had been brought along by his visitor! She was shocked and wanted to report it to the prison authorities but I persuaded her to hold off as I had to live there! The wrong thing to do but that's what I did.

After a little more than a year in Lewes the authorities decided to give me a chance and sent me to a category C prison in Channings Wood, Devon, the English Riviera, maybe about April '90. Channings Wood was built in the 70's and had a huge footprint. For me it was a breath of fresh air with lots of lovely grass areas and gardens and all very well kept. It was like a show prison and lots of foreign prison service dignitaries used to come to observe us and see how it should be done! On the inside it was an open prison and we could, during the day, wander from one wing to another to meet friends and have a chat. It was still a prison, of course, and there was trouble now and again.

That trouble often started in Living block 1 (known locally as the "Bronx") where I was housed. There was no shortage of cannabis and I smoked cannabis nearly every day. That was the cause of most of the trouble, as the dealers would often be left short on payment and then there'd be infighting. I kept clear of all that and was there for two years when my first major review came up. That consisted of various notables, including a priest, whatever he knew about me, giving their opinions on a prisoner, after which all would be collated and sent to the bosses and the Home Secretary and they would make a final decision. (All this behind closed doors, of course with no input from the prisoner!). It was at this time that I first heard from my psychologist that my trial judge had recommended that I would serve a minimum of ten years in custody and she also told me that rarely are prisoners released on their tariff dates!

Channings Wood was very difficult for my mother to visit so I arranged to be transferred to London. They sent me to the Scrubbs! The Scrubbs, being a category A prison, was like a war zone compared to Channings Wood, with all the rough lifers vying for mastery. So one day when my mother was visiting I got talking to a lifer who happened to mention that Donal Nelson

was on his wing. Now, Donal Nelson I had met well before my prison life began. I was having a pint in a tavern on Hollaway Road when this bespeckled man sat up beside me and asked if I'd like "another of those". Alarm bells screamed in my head and I said I would but I had to go to the toilet first. I didn't return but went out a back door and crossed five lanes of Hollaway Road traffic and took shelter behind a crowd outside the Odeon cinema. I wasn't long there when my "friend" came out and looked up and down the road to see where I was. It was a good while after this incident that I read in the paper of his killing and butchering of young men. I thanked my good stars for my escape.

So now in the Scrubbs we were to meet again, I thought. I said to my lifer friend that I would sneak over onto the lifers' wing and maybe get a chance of giving him a few good digs for his offer of that pint! My mother was in to see me every day for the week so I waited until Saturday to try my luck so that I wouldn't mess up her schedule. When the visit was finished we were all brought out to the searching area, frisked and then into the holding room. About five minutes later an officer came in and called for all from D Wing (lifers) to follow him. Three lads stood up and started walking towards the door. I followed them but just as I was leaving the room the officer who had been sent to bring me back to A Wing spotted me and that was that. I got into trouble and was reported to the Governor. They did their best to find out what I was up to but I sang dumb.

However, my lifer informant spilled the beans and I was told I would not be coming back to the Scrubbs any more. I did, however, get back to London three more times for cumulative visits but each time it was to Wandsworth I was brought. I spent five years altogether in Channings Wood and made some very good friends there, some of whom were a great help to me later. One of them was Mark. Mark asked me one day to give him a hand. He wanted to rough up another inmate. I gave him a pillowcase and he made a balaclava out of it and we went down to the TV room where his victim was. I kept guard at the door and he put on the balaclava and stole up behind your man and fairly let him have it. He then ran to where he thought the door was but the pillowcase blinded him and ran straight into the wall. He fell flat on his back. I dragged him out and brought him to my cell and it was then we saw the huge pump on his forehead. He ended up being a great friend of mine and when he got out he used to send fellows in to visit me and they never came without some welcome cannabis. It was about this time that I discovered yoga!

GM

MU golfers tee up for Arnold Palmer Cup in Lahinch

Maynooth University golfers Ryan Griffin and Kate Lanigan were in action on the International Team against the USA in the [Arnold Palmer Cup](#) collegiate golf competition which took place in Lahinch, Co Clare in early July.

Maynooth University had a very strong presence in this year's Arnold Palmer Cup. The MU students joined two other Irish players on the 24-strong International team led by MU's [Golf Development Officer](#) Barry Finely.

Maynooth University has been represented at nine of the last 11 Arnold Palmer Cup matches, a feat not matched by any institution outside of the US.

Ryan, an [MU Psychology](#) student from Ballybofey in Co Donegal, made his second appearance in the competition while Kate, a Maynooth native studying for a [Masters of Finance](#), made her debut in the competition, the pinnacle of collegiate golf. They were joined by two other Irish players on the International team - University of Louisville's Max Kennedy and the University of Miami's Sara Byrne.



Kate Lanigan gets into the swing of things: Brian Arthur Photography

"It's a real honour to be involved and to have four Irish players on the team is just a brilliant testament to the quality of amateur golf in the country," says MU's [Barry Fennelly](#), who is co-head coach of the team alongside Aaron O'Callaghan. "To bring the best of the best in college golf to Lahinch in this format, it's just a dream come true to be involved."

Fennelly, who is programme coordinator for the [Paddy Harrington Golf Scholarship](#) in MU, has been involved in the competition since 2016.

[Lahinch Golf Club](#) was due to host the Arnold Palmer Cup in 2020 but the club's hosting was postponed until this year because of the coronavirus pandemic. The competition, which took place from July 5-7, is a Ryder Cup-style tournament featuring the top 24 men's and women's university/college golfers in the US against a team made up of their international counterparts.

Ryan and Kate earned their place on the International team by finishing top of the [R&A Student Tour Series](#) Order of Merit. "It's an incredible honour to be on the team," says Kate, who also made the cut in last year's [KPMG Women's Irish Open](#) and recently tied for second in the [Helen Holm Scottish Women's Open](#).

MU and The Aga Khan University sign strategic partnership

Maynooth University (MU) has announced that it has signed a Memorandum of Understanding (MOU) with The Aga Khan University. The strategic partnership, the first of its kind between an Irish university and The Aga Khan University, will foster collaboration in the coming years across several areas including research collaboration, student and staff mobility, and knowledge exchange in areas of mutual expertise and development.



MU President Professor Eeva Leinonen welcomes Princess Zahra Aga Khan to Maynooth University

The agreement was signed at an event held at Maynooth University, where Princess Zahra Aga Khan and The Aga Khan University President Sulaiman Shahabuddin joined Maynooth University President Professor Eeva Leinonen.

It is envisaged that the strategic partnership will focus initially on the following areas of mutual interest:

- Health – healthy ageing, nursing, medicine more broadly, community health and data science
- Climate – climate change impacts and mitigation, adaptation, societal resilience and data science
- Teacher education, including early childhood education

Additional areas of interest will be explored, such as community and societal development and inclusion, arts and sciences, and library and archive services.

The partnership will facilitate the pursuit of joint research funding proposals in key areas of mutual interest from European and international funding bodies.

It will give structure to explore opportunities for networking, research exchange, field study, sharing of facilities and equipment and joint research and teaching programmes.



It will also support student and staff mobility, both short-term and postgraduate, and boost research capacity by partnering on joint funding proposals.

The agreement will facilitate knowledge exchange, information sharing and institutional development that reflect both universities' strategic objectives, and will also open doors to affiliate organisations, including Maynooth University partners.

The relationship first began in 2008, when MU conferred an honorary degree on His Highness the Aga Khan, for "his outstanding contributions to the elimination of global poverty, the advancement of women, the promotion of Islamic culture, and the furthering of pluralistic values for society." The Aga Khan has longstanding ties to County Kildare through his equestrian activities.

Commenting on the partnership, Professor Eeva Leinonen, President of Maynooth University, stated: "We are delighted to formalise this partnership with The Aga Khan University, which builds on our shared values and long-standing relationship. This collaboration is driven by our shared belief in the transformative power of education, and our commitment to global cooperation and sustainable development. By working together, we can enhance our international impact, addressing critical global challenges in health, climate, and education, as well as exploring new areas of mutual interest."

"The world has never been more interconnected than it is today," Princess Zahra Aga Khan said. "That means problems are more complex, but also that there are unprecedented opportunities for collaboration across borders. I look forward to seeing AKU and Maynooth University help one another to address the health, education, climate and other challenges facing the people they serve in creative new ways."

"Today, two universities that are committed to achieving excellence, changing the lives of their students, and positively impacting society are coming together to pursue mutually beneficial opportunities for cooperation," AKU President Sulaiman Shahabuddin said. "We are thrilled to have Maynooth University as a partner, and we can't wait to begin working with it to open new horizons for inquiry and learning for faculty, staff, and students from both universities."

DkIT and Maynooth University sign strategic Letter of Intent

Dundalk Institute of Technology (DkIT) and Maynooth University (MU) have signed a Letter of Intent (LoI) confirming joint strategic engagement on future collaborations over the coming years. MU President [Professor Eeva Leinonen](#) today welcomed Dr Diarmuid O'Callaghan, President of DkIT, to Maynooth University for the signing event.



MU President Professor Eeva Leinonen and Dr Diarmuid O'Callaghan, President of DkIT, sign a Letter of Intent

In August 2023, [Dundalk Institute of Technology](#) (DkIT) and Maynooth University (MU) entered informal discussions regarding future collaborations. At the time, both Presidents stated their vision of future collaborations to enhance and expand higher education opportunities for students, staff and communities. A potential partnership would have shared objectives to ensure any collaboration respects the roots of both institutions whilst bringing innovation and best practices to meet future needs.

Welcoming the signing of this letter of intent, [Minister for Further and Higher Education, Research, Innovation and Science](#) Patrick O'Donovan TD said:

(Continued on page 14)

(Continued from page 13)

“The signing of today’s letter of intent by Maynooth University and Dundalk Institute of Technology is a positive move, signifying the intention of these two fine higher education institutions to build on their individual strengths and explore together how they can strategically develop to better serve the regions in which they are based. It is this kind of commitment to regional partnership and collaboration that will lead to sustainable and resilient development and better opportunities for all.

Support from my Department, allocated by the HEA to DkIT through the Technological Sector Advancement Fund, has enabled today’s signal of intent.”

Remarking on the importance of the partnership, Professor Leinonen added:

“I am delighted to advance this strategic engagement with Dundalk Institute of Technology. This partnership builds on our longstanding relationship and is a milestone in our ongoing efforts to enhance higher education in the region. By working together, we will explore new ways to collaborate, focusing on innovative research and academic initiatives that benefit our students, our staff and the wider community.”

Dr O’Callaghan added: “Over the last twelve months we have identified our shared values and aspirations for both our institutions, and today is the next logical step in forging a strategic engagement founded on the principles of mutual respect, benefit and collaboration. By joining our interests, we seek to create an environment whereby we can exchange knowledge covering such areas as teaching and learning, research and innovation, engagement and organisational development, in a way that is of mutual benefit to the wider region served by our two institutions.”

In the coming months, DkIT and MU will actively explore and develop the nature, scope

and scale of a strategic engagement between the two institutions. The activities supported by this LoI will include, but are not limited to:

- Developing detail of a possible agreement between MU and DkIT on strategic engagement for consideration within a defined time window by the institutions
- Establishing a Regional Research Graduate Academy for the joint registering and training of postgraduate research students within our shared region, including developing an agreed and aligned sustainable model of delivery
- Scoping of potential provision of MU awards for NFQ level 8 and 9 students in DkIT in the context of quality assurance, market and financial implications
- Enhancing research collaborations including successful application for at least two joint research and innovation funded projects
- Investigating opportunities for development of new joint academic programmes
- Supporting strategic development in both MU and DkIT in areas of mutual benefit aligned to the strategic direction of both institutions
- Implementing a joint communications plan relating to the strategic engagements between MU and DkIT

The work listed as part of this LoI is financially supported through the [Technological Sector Advancement Fund](#) (TSAF; January 2024 to June 2026). This is a HEA-managed fund which provides targeted support for initiatives that are critical to the strategic development of the technological higher education sector.

This LoI is initially effective from signing until June 2026, and will be reviewed annually, unless replaced in the interim.



How to Store Bananas So They Last Longer

Here are some of the most effective ways to keep bananas from browning too quickly.

(If you catch them too late, switch to Plan B: make more banana bread!)

Wrap banana stems in plastic wrap

Bananas start ripening as soon as they’re picked from trees because ethylene gas releases from the stems. Wrapping those stems with plastic wrap or aluminum foil slows down the ripening process. Some grocery stores sell bunches of bananas with plastic wrap already on the stems. For best results, take your bananas apart when you get home and wrap the stems individually.

Hang bananas

Turns out there’s a scientific reason you should be hanging your bananas from a hook. When you hang bananas, the ethylene gas works more slowly. Hanging bananas also prevents them from bruising on the counter, which they’re more prone to do as they continue ripening. You can pick up a fruit basket with a built-in hook or a small under-cabinet hook made specifically for bananas. Either way, keep your bananas at room temperature while they ripen on the hook.



Tip: A Banana Keeper can also hold one banana at a time and acts as a great solution for keeping individual fruits ripe and ready for lunch (or for your afternoon snack). You may want more than one if you’re looking to protect a bunch, but if you have one over ripe banana, this is a great solution.

Buy Green Bananas

The easiest way to prolong your bananas’ shelf life is to buy the greenest bananas you can find. They’re picked while still green, then slowly ripen over time to reach that bright yellow we love. Instead of grabbing perfectly ripened bananas you’re eyeing for banana muffins, grab a green bunch you can hang from your hook and watch ripen.

How to Store Bananas in the Fridge

One of the cardinal rules of banana storage is to never store them in the fridge. But rules are meant to be broken, especially when it comes to bananas. You should keep green bananas far away from the fridge, but once your bananas have completely ripened, you can move them to the fridge where the cool temperatures will keep them from ripening further (for a few days at least). That’s a couple more days of fresh banana parfaits for you!

How to Store Sliced Bananas

Once bananas are sliced, it’s not long before they start to turn brown. This is because, as is with most produce, once a banana interacts with oxygen it oxidizes. In other words, brown mushy fruit quickly ensues.

To help prevent bananas from browning, try this trick. Add drops of lemon or lime juice to banana slices to slow down oxidation. Then store them in an airtight container. This hack works to keep guacamole from browning, too! The slices can last up to four days and are wonderful additions to some of our favorite smoothie recipes and healthy cereals.

How to Freeze Bananas

Freezing bananas is one of the easiest ways to keep them preserved for future use. But how you freeze bananas could have a big impact on how well they thaw. Freezing the entire bunch will darken the peels, and they’ll thaw poorly. Instead, freeze peeled bananas or banana slices in resealable airtight bags

Source: www.tasteofhome.com/article/how-to-keep-bananas-fresh/

Chocolate Chip Banana Bread

Banana bread makes every meal better, whether you’re swapping it for toast at brunch, topping it with vanilla ice cream for dessert, or simply snacking on a slice as is. Banana bread is one of our favorite loaf pan recipes. Customize your creation by adding canned pumpkin, cinnamon sugar apples, dried cranberries or baker-approved chocolate chips. Revisit tried-and-true classics or test out delicious new favorites you’ll want to bake on repeat.

Top the bread with dried banana chips for extra texture and crunch. To keep the bread from sticking to the cast-iron pan, make sure it’s properly seasoned and grease the pan generously before adding the batter.

Ingredients

- ¼ cup butter, softened
- 1 cup sugar
- 1 large egg, room temperature
- 1-1/4 cups mashed ripe bananas (about 3 medium)
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup semisweet chocolate chips, divided
- Dried banana chips, optional

Directions

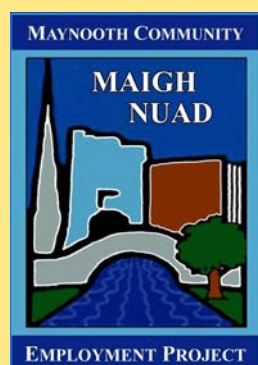
- Preheat oven to 350°. In a large bowl, beat butter and sugar until crumbly. Beat in egg, bananas and vanilla. In another bowl, whisk flour, baking soda and salt; gradually beat into banana mixture. Stir in 1/2 cup chocolate chips.
- Transfer to a greased 10-in. cast-iron or other ovenproof skillet; sprinkle with remaining 1/2 cup chocolate chips. If desired, top with dried banana chips. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool in pan on a wire rack.



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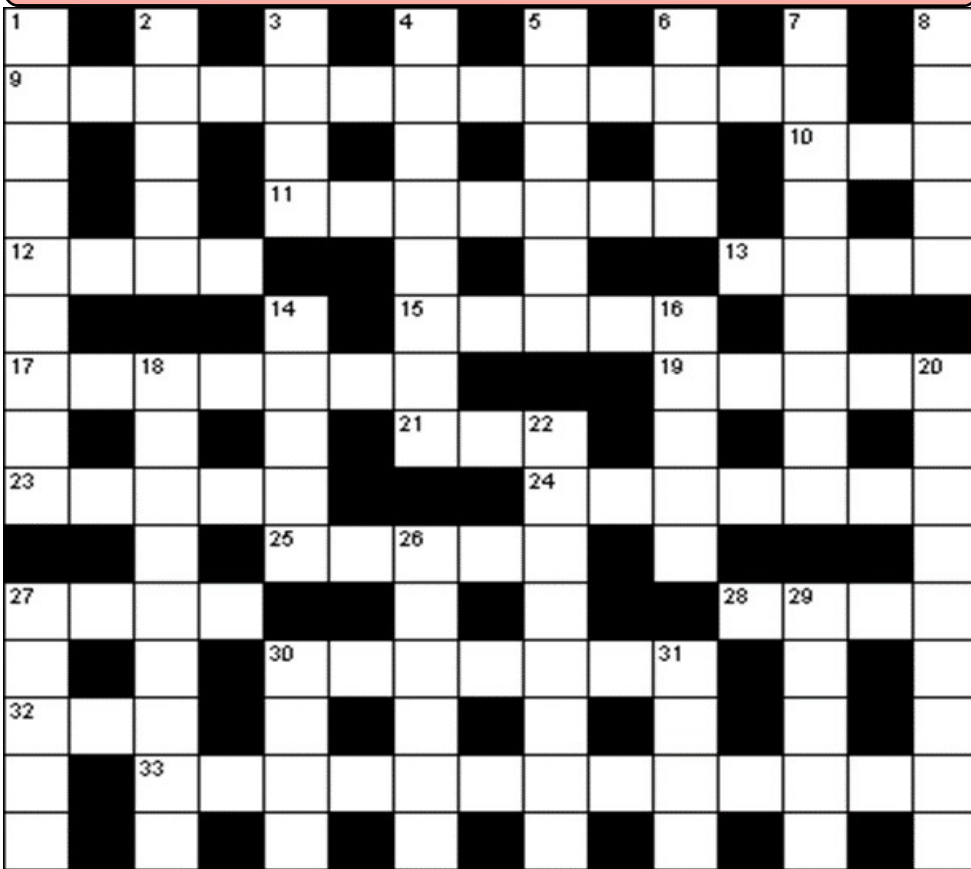
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August 2024 Crossword - No. 537

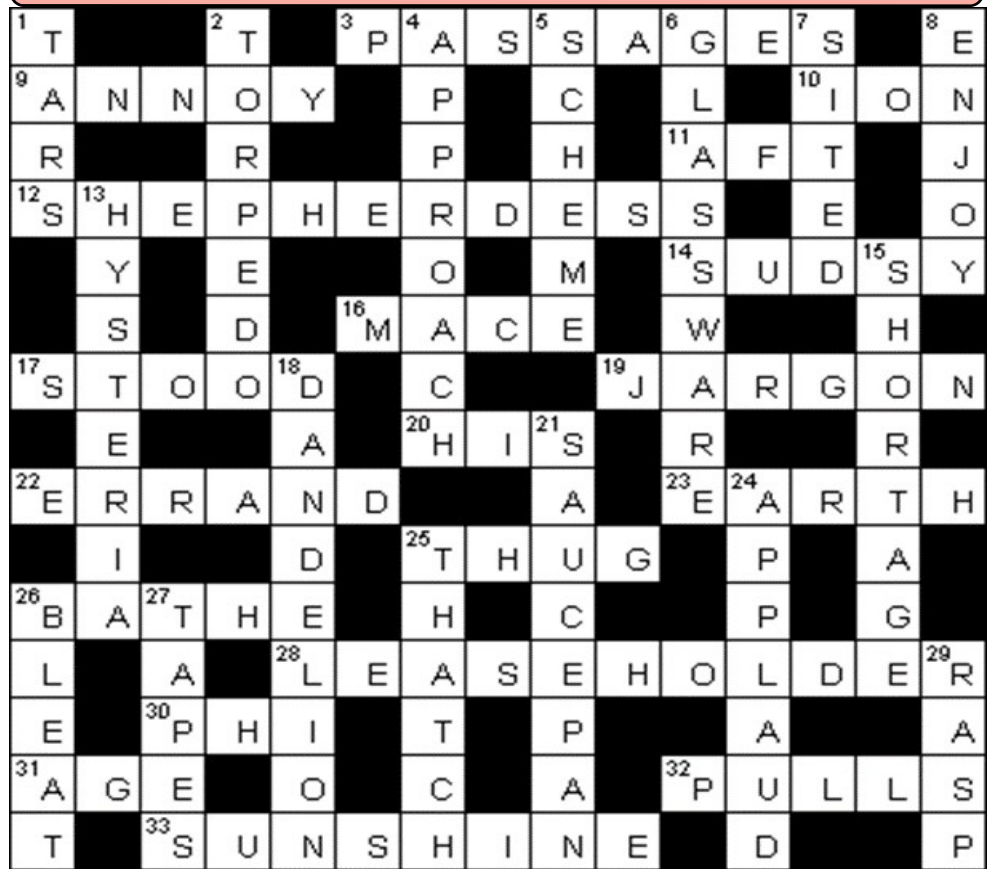


Clues Across

- 9. Something improvised (13)
- 10. Owing (3)
- 11. Access hole (7)
- 12. A person that uses (4)
- 13. Weapons (4)
- 15. Register (5)
- 17. Free from sin (7)
- 19. Intense hatred (5)
- 21. Become firm (3)
- 23. Toe or finger (5)
- 24. Illness (7)
- 25. Rascal (5)
- 27. Hand (4)
- 28. The wise men (4)
- 30. Articles (7)
- 32. The Lion (3)
- 33. Meteorologist (13)



Solutions to Crossword No. 536



Clues Down

- 1. Masked (9)
- 2. Edible fruit (5)
- 3. Froth (4)
- 4. Very large woman (8)
- 5. Toil (6)
- 6. Location (4)
- 7. Dig beneath (9)
- 8. Back portions of feet (5)
- 14. Thaws (5)
- 16. Humble (5)
- 18. Nightdress (9)
- 20. Marriage (9)
- 22. Hand woven pictorial design (8)
- 26. Absence of passion (6)
- 27. Mediterranean island (5)
- 29. Misuse (5)
- 30. Stuff (4)
- 31. Sledge (4)

Difficult

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

Sudoku Challenge

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

Super Difficult

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

Hand Care for Healthy Soft Hands

Whether it's with a handshake or a friendly wave, your hands can make a very strong first impression. That's why you want them to be soft, smooth, and as healthy as possible. Taking care of them may seem easy, but you want to be sure that you're using the right products to wash and moisturize them so the skin doesn't get dry and cracked. It's also important to protect your hands from things that can irritate them, such as the sun, water, and household chores.



When washing, use warm (not hot) water and moisturizing antibacterial soap to lather your hands. Scrub for 20 seconds then rinse and pat dry.

Moisturize your hands daily and apply a hand mask once a week to keep them soft and healthy. Target dry cracks with petroleum jelly.

Clean under your nails with a nail brush from time to time when washing your hands and keep your nails trimmed and filed to protect them.

Apply hand cream regularly. To ensure that your hands stay soft, you should use a hand cream several times a day. Look for a formula that contains emollient ingredients, such as glycerin, shea butter, and natural oils. Massage the cream in after you wash your hands in the morning and before you go to bed at night. If your hands start to feel dry at any point during the day, reapply then as well. If you're worried about your hands being greasy, look for a hand cream that's designed to be fast-absorbing. It will sink into your skin quickly without leaving any residue behind that might make your hands feel slippery. Thick emollient creams can help you avoid dryness or roughness on your hands.

The skin on men's hands tends to be thicker, oilier, and hairier, so you may want to purchase a cream designed specifically for male skin. It usually has a richer texture, and doesn't contain any fragrance.

Use vitamin E oil to moisturize your nails. While you should rub your hand cream over your nails to keep them moisturized, it's also important to target them directly with more intensive treatments. To keep your cuticles healthy, apply a vitamin E oil to the skin around your nails each night before you go to bed. That will help prevent the skin from becoming cracked and painful. You can also purchase a cream specifically for the cuticles that can help moisturize and protect the area.

Both men and women should take the time to moisturize their nails and cuticles. Whether or not you get regular manicures, neglecting your cuticles can lead to painful hangnails.

Treat cracks on your hands with an ointment. When your hands become extremely dry, the skin may actually crack and split. To treat this painful type of dry skin, you need more intensive moisture than a regular hand cream can provide. Reach for a rich ointment instead -- it will deliver moisture and create a barrier over your skin that helps protect and heal. If you don't have a specific ointment for your hands, petroleum jelly works just as well.

Treat your hands with a mask weekly. Even if you moisturize your hands daily, they may not get all the moisture that they need. Use a hand mask once a week to deliver a super dose of hydration that keeps the skin on your hands soft and healthy. Apply it to clean, dry hands, and allow it to sit for the specified time on the packaging. Wash it off with warm water, and follow up with a hand cream to lock in the moisture. You can make a moisturizing hand mask at home with leftover avocado. Mix ½ an avocado with 1 egg white, and apply it to your hands. Allow it to sit on your skin for 20 minutes before rinsing it off.

Wash with a moisturizing hand soap. It's important to keep your hands clean, but using an antibacterial hand soap can dry out your skin so wash your hands with an antibacterial moisturizing soap that contains hydrating ingredients, such as shea butter, olive oil, or aloe vera, to avoid stripping the natural oils from your skin. When you wash your hands, avoid using hot water, which can also dry out your skin. Wash with lukewarm water instead. Fragrance-free soaps are gentler on your skin. It's important to wash your hands regularly to prevent the spread of contagious disease. You should at least wash your hands before you eat and after you use the bathroom. However, too much hand washing can irritate your skin.

Clean under your nails with a nail brush. Even if you wash your hands regularly, there may be dirt and grime under your fingernails that doesn't rinse away. While you're washing your hands, use a good quality nail brush to gently scrub beneath your nails and remove any dirt that may be stuck there.

Keep your nails trim and well-shaped. You'll have an easier time keeping your nails clean if you groom them properly. Use nail clippers to keep them at a length that you like, and file them with a crystal nail file or gentle emery board into a neat shape, such as a square or oval. It's also a good idea to use a cuticle remover and cuticle pusher to keep your cuticles neat. The cuticle is the thin

hand of skin around your nail. The remover softens the skin, so you can easily push it back with a metal cuticle pusher or a wooden orange stick. Never cut your cuticles -- the skin may get infected.

Exfoliate your hands weekly. Use a hand scrub once a week to buff away the dry, rough skin and keep your hands soft and healthy. Wet your hands with lukewarm water, and massage a small amount of the scrub over both of your hands, working in circular motions. Rinse it off with warm water, and apply a hand cream. Wash your hands with the moisturizing soap before exfoliating. You can mix up your own natural hand scrub with ingredients from your kitchen. Combine equal parts of sugar and Olive oil and use it to scrub the dead skin from your hands.

Use sunscreen on your hands. Just like the rest of your skin, your hands are vulnerable to damage from the sun, including dark spots that can make them look older. To protect your hands from the sun, apply a broad-spectrum sunscreen with a SPF of 30 or higher everyday. If you want to streamline your skin care routine, use a hand cream that has SPF of 30 or higher built into it.

Wear gloves when doing chores. Plenty of the tasks that you have to do around the house can do damage to your hands. Whether you're washing dishes, doing yard work, or working with tools, always put on a pair of protective gloves first. That will keep your hands from getting dry, cracked, and callused.

Apply a retinol treatment to dark spots. If your hands have developed dark spots or other discolorations, the best treatment is some type of retinol cream. Retinol helps stimulate the production of new skin cells, so it works well to fade dark spots. Apply a retinol-based cream to your hands before bed to keep your hands clear and smooth. Retinol products make your skin more vulnerable to irritation from the sun, so be sure to use sunscreen in conjunction with your retinol cream and apply the cream only at night.

Tips

Keep a tube of hand cream beside your hand soap in the bathroom. That way, you'll remember to reapply moisturizer every time you wash your hands. Carry a tube of hand cream with SPF in your bag. If your cuticles become overgrown, don't cut them that can lead to infections. Instead, use a metal cuticle pusher or a wooden orange stick to gently push them back.

Source: www.wikihow.com/Take-Care-of-Your-Hands



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Maynooth Local Market Flourishes Thanks to Community Support

Every Saturday, from 10am to 3pm, Court House Square transforms into a bustling marketplace, showcasing local produce, crafts, and talent. Since the launch of Maynooth Local Market in April of this year, thousands have visited to support local sellers and soak up the atmosphere.

Pride of Place Award

With further plans to expand, Maynooth Local Market is delighted to announce that we have been awarded one of the prestigious Intel Pride of Place awards. This recognition is a testament to the support of loyal customers and growing footfall coming from neighbouring areas who are choosing to buy from our local vendors. We are grateful to everyone for embracing the market and helping it to flourish.

The Intel Pride of Place initiative celebrates projects that enrich the lives of people in communities across Leixlip, Celbridge, and Maynooth. The 2024 winners were announced at an awards ceremony held at Cliff at Lyons in Celbridge on 5th June.

The award will be crucial for the market's long-term viability. The funding from Intel will be used to purchase essential equipment such as branded gazebos, tables, hi-vis vests, and signage. Additionally, the funding will allow for a flexible stall system, making it easier for vendors who cannot commit every week to participate.

Get Involved

We are always looking for new vendors to join our growing family. All sellers require a casual trading license issued by Kildare County Council. If you're a local business owner or just starting out as a local seller, reach out via email or social media and we will do our best to support you with your application. Whether you're a baker, farmer, crafter, or anything in between, the market offers a welcoming space to sell your products and connect with new customers.

We're also encouraging new applications to use our Community Stall which is offered free-of-charge to organisations working in the community. Some of the groups we have hosted to date include Maynooth Tidy Towns, Kildare Library Service, Maynooth Cycling Campaign, Foróige and the Acre Project.

The Best Local Products and Produce

Our aim has always been to create a sustainable weekly market that has something to interest everyone who visits. New and returning customers can purchase weekly essentials such as eggs, bread, honey and a selection of fruit and vegetable from various local sellers. Shoppers can also pick up baked treats or grab some pizza for lunch.

There is always an array of self-care products on sale, including soaps, balms, wax melts and candles, alongside the highest-quality dog accessories, all hand-crafted by our talented vendors who really appreciate the support so far.

While enjoying the market's offerings, younger visitors can also spend time in our dedicated Kids' Zone and Family Space. New additions coming soon include a multilingual book corner, sensory toys, and children's entertainment, thanks to funding from Kildare County Childcare Committee.

A Request to Local Businesses – Storage Space Needed

With the growth of the market comes the need for some extra storage space. We're looking for a secure, dry space within walking distance of Court House Square to store our market essentials like gazebos, banners, seating, and of course, all the fun stuff for our kid's area. If you have any unused storage space that we could use, we'd be very grateful for your assistance. If you can help, or have any suggestions, please reach out and do join us every weekend at Court House Square to support local businesses, savour tasty food, and enjoy the vibrant atmosphere.



Contact Maynooth Local Market via Email - MaynoothLocalMarket@gmail.com, or on Facebook and Instagram - [@TheMaynoothLocalMarket](#).

Easy Tips for Growing Herbs in Containers

Planting herbs in pots is popular and convenient because they are easy to maintain with fewer weeds and pests to bother your crops. You can grow almost any herb in a container but if you're mixing herbs in the same pot, group plants according to similar water, light, and soil requirements. As long as these conditions are right, the plants will thrive and you'll have fresh herbs at your fingertips for a long time.

Planning Your Herb Container

You can grow many herbs in one container if they share the same sun, water, and soil preferences. For example, rosemary likes hot and dry conditions while parsley needs steady moisture. Therefore, they would not work well together in the same pot. Herbs can serve as decorative elements in a container garden, adding texture and scent when mixed with annuals or perennials with similar needs. Check on herbs with vigorous growth habits so they won't choke out other plants in the same container.

Choosing a Container for Herbs

You can use almost anything for an herb container, as long as it has good drainage. Most herbs don't have large root systems and fit well in relatively small containers. This is especially true of the herbs that don't mind drying out between waterings. However, the smaller the container, the less soil there is. This means you have a smaller margin of error with too much or too little water. Some herbs thrive in self-watering containers because they like constant moisture. Chives, parsley, marjoram, and mint, are good candidates for growing in self-watering pots. Other herbs, including oregano, thyme, rosemary, and basil, prefer to dry out between watering so they wouldn't be good candidates for self-watering containers.

Planting and Caring for Herbs

Help your container herbs thrive with the right soil, sun exposure, and fertilizer. Use a high-quality potting mix that allows for good drainage. This soil, paired with the drainage holes in your container, will help prevent accidentally drowning your herbs. Moreover, most herbs need full sun for at least six to eight hours a day. Containers can bake under the sun on a hot day. If you live in a climate where temperatures soar, your container herbs might need to be shaded during the hottest part of the day.

Be careful not to over-fertilize your herbs. Most herbs don't need much fertilizer, and some plants will die if they are overfed. Plus, certain herbs such as thyme and oregano, thrive on neglect and often aren't as tasty if given too much food or water.



Harvesting Your Herbs

The rule of thumb for harvesting herbs is to snip and pinch back often. Consistent harvesting will encourage the plants to branch and fill out, which increases your overall harvest. **Here are more harvesting tips:**

Know your herbs: Tailor your harvesting to the plant's growth pattern and avoid cutting more than one-third of the plant during the growing season. For example, basil leaves should be harvested regularly, and the flower buds should be removed, but basil plants should not be cut back all the way.

Learn edible parts: The flowers and seeds of some herbs, such as chives and dill, are edible. The leaves of others including oregano and basil will lose flavor and become bitter if allowed to flower. Remember that once a plant flowers and goes to seed, the seasonal growth cycle for that plant will be complete and the plant will no longer put out new growth.

Overwinter: At the end of the growing season, bring in most herb containers only if you get lots of indoor sunlight. Some herb plants are easier than others to keep alive indoors during the winter, though it's worth a shot for all your container herbs.

Gift excess herbs: Give away your abundant harvest with themed herb container gardens, such as a "pizza" garden or a Herbs de Provence container garden. Combine herbs and other edible plants in a pretty basket, or pick a handful of herbs to put in a nice vase for an herbal bouquet.

Dry your herbs: Many herbs like oregano, sage, rosemary, and dill will dry well and can be kept in tightly lidded containers out of direct sunlight for use in cooking all year long.

Source: www.thespruce.com/growing-herbs-in-pots-getting-started

What two herbs grow best together in the same Pot

Two herbs traditionally grown together are basil and oregano. They both require full sun and well-draining soil. As long as plants are spaced appropriately and not too crowded, they will thrive together.

What herbs are the most difficult to grow?

Lavender can be especially difficult to grow from seed in many regions because they may not germinate. Mediterranean herbs such as rosemary and thyme can be hard to grow in the wrong soil, for example, dense clay soil.



Sand Foam



Ingredients: sand, shaving cream.

Instructions: Add 3 cups of sand to the tray. Gradually add the shaving cream. Mix using hands. Add more shaving cream until desired consistency is made. This will last for 12-24 hours before the shaving foam starts to dissolve. You are left with wet sand which is good for building sand castles.



Some Ideas:

Add dinosaurs, shells and toy cars to extend the play and encourage imaginative play stories. The shells would make a great beach theme activity, the dinosaurs to create a sandy dinosaur world and the toy cars creating roads or moving sand construction site.

Hide plastic alphabet letters, numbers or other items to create a hide and seek game. Draw and write in the sand foam tray.

Play Activities

Cloud Dough

Ingredients: 4 Cups of Plain Flour, ½ Cup Baby Oil, Large tub and wooden spoon for mixing.

(For 1-2 children. Increase the ingredients to suit the amount of children playing)

Instructions:

Measure and pour the flour into the large tub. Add baby oil. Mix with a wooden spoon. Using your fingers, squeeze and press the cloud dough to blend the oil throughout the flour. Store in an air tight container.



N.B: Please always supervise young children.

Sourced: www.learning4kids.net

Playing with Gloop

Ingredients: 2 cups of corn flour, 1 cup of water, two drops of food dye and a large container.

Place the cornflour into a large container and place a few drops of colouring into the centre. Have the water ready for your child to pour into the container.

Mix the water into the cornflour and colouring. It will take some time to mix together.

N.B: Cornflour is made of lots of long, stringy particles. When water is added they do not dissolve in water, but they do spread themselves out. This allows the gloop to act both like a solid and a liquid.



Tip: This activity can get messy so wear old clothing or an apron.



Sensory Play

Homemade Rubbery Goop Recipe



Ingredients:

- 2 cups bi-carbonate soda (baking soda)
- 1 ½ cups water
- 1 cup of cornflour
- Food colouring (optional)

Instructions:

1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring. Small lumps will begin to appear, continue to stir until thick.
5. Turn out onto a board. Be careful the Rubbery Goop will be very hot!
6. Knead together to form a smooth ball.
7. Store in a plastic zip-lock bag or air tight container.

There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks. This can be played with much like play dough. It is soft, stretchy and easy to mould and shape.

Old Mac Donald had a Farm Hide & Seek Sensory Tub

Old Mac Donald had a Farm Hide & Seek Sensory Tub involves hiding all the plastic farm animals and characters in the rice and split peas mixture. Then using the mini tongs, searching through the mixture to find and catch each of the farm animals. This is all done while singing Old Mac Donald had a farm.



You will need a large plastic tub, mini tongs, farm animals and characters, rice and yellow split peas.

Ice World

Ice World involves playing with ice, water and sea theme props. When the ice melts, fill the tub even further. This now becomes a whole other play opportunity where they can enjoy sitting in the tub or paddling, catching and scooping all the sea creatures out of the tub with a cup or a made up fishing rod.



You will need various sizes and shaped containers, sea theme plastic animals, some boats, a large tub/basin, various food colourings and water.

Fill the containers with water and use some food colouring in a portion of them to make them more interesting and put the containers into the freezer. Also fill ice cube trays. Leave overnight.

Set the containers out and leave them for about 5-10 minutes to allow the ice to melt a little which makes it much easier to remove from the containers.

In the meanwhile, fill the tub/basin with some water and add a little blue food colouring to make it look like the sea. Place some of the sea creatures into the water before adding the ice.

When the ice is loose enough, empty out into the tub/basin. Place some sea creatures on the ice. As they find the creatures, ask them to say what it is and describe it.



To make it more interesting, place some of the creatures and some extra surprises in the containers before placing them in the freezer. See if they can guess what is in the ice and who gets the most answers right is the winner and gets a prize.

Sourced: www.learning4kids.net

How to make a Walking Rainbow



- 6 wide-mouth glasses or jars
- Paper towels
- Food dye or liquid water colours (red, yellow, and blue)
- (Remember bigger glasses need more food colouring)*

Six sheets of paper towel and folded each sheet in thirds, lengthwise. Paper towels should be able to go from the bottom of one jar to the next without sticking up in the air too much.

Line up the glasses and fill the first one with a good squirt of red watercolour, the third with yellow, and the fifth glass with blue. Leave the other glasses empty.



Add water to the glasses with colour until the coloured water almost reached the top.

Add the paper towels. Starting with the red, add one end of the paper towel and then put the other end in the empty glass next to it. Continue around until the last paper towel is placed into the red glass.

You will see the colour go up the paper towel right away. After a few minutes, the coloured water will have almost travelled the whole length of each paper towel.

The yellow and red water dripped into the empty cup to make orange!



After another five minutes, the water level had dropped in the red, yellow, and blue glasses and rose in the once empty glasses as the water continued to travel from the more full glasses to the less full glasses.

Rainy Day Activities

Go on a Hunt

It's easy to rig up an indoor finding game. You could come up with scavenger hunt-style list of items your child has to find all over the house, or put together a series of clues that lead to one big prize at the end. You can make the clue cards that you fill in by hand or print them yourself.



Bring the Outdoors In

Make an indoor campsite with blankets and pillows or play tents and make a pretend campfire. Play games such as can you find (give them a list of items in the house to find), cards games and board games. When it gets dark, tell stories under torch light. Don't forget to make s'mores and campfire treats.

Write an Old-Fashioned Letter

The art of letter-writing is a dying one, but you can keep it going a little longer by encouraging your kids to send a message to a loved one. (Little ones can do postcards or draw in a greeting card.)



Word Games

You can also play some kind of "exquisite corpse" game: The first person writes an opening sentence to a story. The next player adds the second sentence. The third person adds the next line, but is only allowed to see the second player's sentence. And so it goes, with each player adding a line while only looking at one preceding sentence, until the final story — which usually makes no sense — is read out loud.

Sourced Free: www.goodfood.com & www.goodhousekeeping.com



JUNIOR FUN



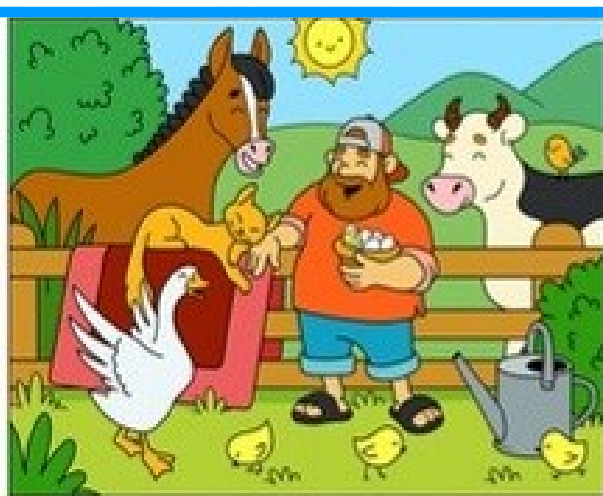
By: Martina

SUMMER crossword

1 → swimsuit, 1 → sun, 2. cocktail, 3. beach ball, 4. sunglasses, 5. fish, 6. cloud, 7. pineapple, 8. sunscreen, 9. jellyfish, 10. palm

Summer word Search

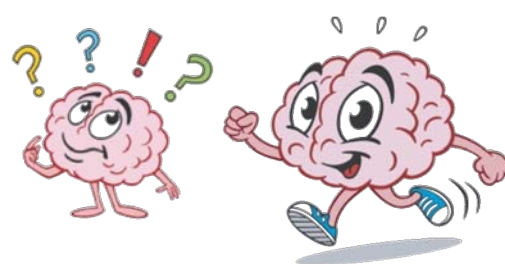
SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															



Find 12 Differences



All puzzles sourced free from Google



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



COLOURING FOR FUN



By: Martina

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

All puzzles sourced free from Google



Pesto lemon chicken salad

Preparation time
overnight
Cooking time
no cooking required
Serves 6



Ingredients

3 cooked chicken breasts, skinned, boned, halved horizontally and sliced into thin strips
2 large ripe avocados, peeled and sliced
½ lemon, juice only
½ cucumber
18 baby plum tomatoes, halved lengthways
For the dressing
4 tbsp fresh green basil pesto
6 tbsp light mayonnaise
½ lemon, juice only
salt and freshly ground black pepper

To serve

25g/1oz pine nuts, toasted
micro salad
basil leaves



Method

To make the dressing, put the pesto, mayonnaise and lemon juice in a large bowl, season with salt and pepper and mix to combine. Add the cooked chicken and stir again. If possible, leave it to marinate for several hours or overnight.
Place the avocado slices in a separate bowl, pour over the lemon juice and toss so the avocado is completely coated.
Cut the cucumber in half lengthways, use a teaspoon to remove and discard the seeds and then peel using a potato peeler. Cut into crescent shaped slices and arrange these in layers with the avocado slices, tomato halves and pesto chicken. Season with salt and pepper. (Add salt until just before serving.)
Scatter over the toasted pine nuts, micro salad and basil leaves to finish.

Source: www.bbc.com/food

Jackie's Summer Fruit Punch

There's nothing like a fresh summer fruit punch to get the whole family in the summer mood.

First you will need a large punch bowl, if you don't have a punch bowl any bowl will do. You will also need glasses and straws (optional)

Below you will find the fresh fruits and flavours you will need to make this summer punch, feel free to change ingredients to suit ones palate.

- Pineapple juice and chunks
- Orange juice and slices
- Grenadine for colour tartness and sweetness
- Sparkling lemon and lime water
- Ice cubes
- Cherries and mint leaves for garnish (optional)



Also feel free to add alcohol of ones choice to make it a party fruit punch for adults.

Source: *Newsletter Staff Writer*

AUGUST GARDENING

Even if the Summer is drawing to an end, now is not the time to let up on maintenance as weeds & pests continue to be a problem during the month. Also August can see long dry spells and when this occurs irrigation of vegetables is especially important as harvest nears.

Lawn care is back on the agenda in August and this too is a good month for preparing new lawns. It is however best to avoid applying any sort of Nitrogen based fertiliser to lawns at this time of year.

In the Fruit & Veg Garden

1. Cut away the old and yellowing foliage of courgettes, tomatoes, broccoli and all other vegetables to allow for better air circulation.
2. Twist onion stems in preparation for harvest.
3. Ensure root crops and tomatoes receive regular watering to avoid split roots & fruits.
4. Sow seeds for Christmas & Spring harvest. You can sow Spring Cabbage, Winter Cabbage, Kale, Salads, Carrots, Broccoli, Chard, Spinach, Lettuce and Beets.
5. Continue to feed your plants, focus on using a high potassium based feed on tomatoes, courgettes, fruits & cucumbers.
6. Keep harvesting all crops little and often. With regularly harvesting you can prevent vegetables from going to seed, crops from going off and you can also encourage a second yield.
7. If your vegetable plot is becoming bare, by the end of the month you can sow green manure.



In the Greenhouse

1. Maintain regular watering of crops.
2. Keep doors & window vents open during the day.
3. Continue to pinch out side shoots of tomatoes, if tomatoes are too slow to ripen you should sacrifice some fruits for the sake of others.
4. Slugs, snails and aphids can still be a problem this month.
5. Make softwood cuttings of Lavender, Geraniums & Fushias and place in compost & perlite.



General Maintenance

1. Rake up fallen leaves caused by periods of dry weather.
2. Stay on top of weeds.
3. Check trees and tree stakes ensuring they are not too tight around stems.
4. Clean bird baths, feeders & tables and increase feeding times for birds.



Source: gardenshop.ie





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Kildare Planning Applications for Maynooth Area
Planning Applications received from 26/06/2024 to 30/07/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460710	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	25/07/2024
2460702	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	24/07/2024
2460694	Kildare County Council	Eoghan McCartan	Smithstown, Maynooth, Co. Kildare	20/07/2024
2460687	Kildare County Council	Divcon Ltd	Units 4 & 4a Castle Village Shopping Centre, Maynooth Road, Celbridge, Co. Kildare, W23 A9X6 & W23 E2Y9	18/07/2024
24231	Kildare County Council	Kevin & Connie Larkin	8 Parklands Place, Railpark, Maynooth, Co. Kildare	15/07/2024
2460640	Kildare County Council	Damien Travers	Taghadoo, Maynooth, Co. Kildare	09/07/2024
2460624	Kildare County Council	Keltston Properties Ltd.	Lands adjacent to Lidl, Mullen Park Road, Maynooth	05/07/2024
2460609	Kildare County Council	Sharon & Yvonne Regan	Kinder Crescent Childcare Centre, 480-481 The Crescent, Straffan Road, Maynooth	03/07/2024
2460615	Kildare County Council	Golf Ireland	Golf Ireland, Carton Demesne, Maynooth, Co. Kildare	03/07/2024
2460593	Kildare County Council	Golf Ireland	Golf Ireland, Carton Demesne, Maynooth, Co. Kildare	28/06/2024

Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhplayers@gmail.com	https://www.facebook.com/annuadha
An Post Sorting Office Maynooth	01-6293390		
Bernard Durkan T.D.	01-6183732	bernard.durkan@oireachtas.ie	www.facebook.com/bernarddurkan
Brass & Reed Band (St Mary's)		sec@stmarysbandmaynooth.ie	https://www.facebook.com/maynoothband/
Catherine Murphy T.D.	01-6183099	catherine.murphy@oireachtas.ie	https://www.facebook.com/catherinemurphytd
Cemetery Committee (Laraghbryan)	01-6293018		
Church of Ireland	01-6292163	secretary@meath.anglican.org	
Citizen Information Centre	1890777121	maynooth@citinfo.ie	
Cllr. Angela Feeney	087-2381962	angelaemfeeney@gmail.com	
Cllr. Naoise Ó Cearúil	086 7280050	cllrnaoise@gmail.com	https://www.facebook.com/naoiseoceanuil/
Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com	
Cllr. Peter Melrose	089 263 7612	peter.melrose@socialdemocrats.ie	
Cllr. Tim Durkan	086-8632784	tim.durkan321@gmail.com	
Cloth Nappy Library Ireland	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/NappyLibraryIreland
Community Welfare Services	0818607080	Kildarecws@welfare.ie	
Employment Office	01-6106000	bo.maynooth@welfare.ie	
Intreo Employment Services Office	01-6016360	EstMaynooth@welfare.ie	
James Lawless T.D.	01-6183587	james.lawless@oireachtas.ie	https://www.facebook.com/JamesLawlessFF/
Kildare Civil Defence	045 980529	pmcneela@kildarecoco.ie	
Kildare County Council	045 - 980200	customerservice@kildarecoco.ie	
Kildare County Council (Local Office)	01 - 6286236		
Kildare MABS	0818 07 2600	kildare@mabs.ie	
Maynooth Autism Friendly Town	0863329050	autismfriendlytownmaynooth@gmail.com	https://www.facebook.com/maynoothaft/
Maynooth Community Care Unit	01-6106351		
Maynooth Community Church	01-5054990	office@maynoothcc.org	https://www.facebook.com/maynoothcommunitychurch/
Maynooth Community Library	01-6285530	maynoothlib@kildarecoco.ie.	facebook.com/KildareCountyLibraryService
Maynooth Cycling Campaign	086-8252934	Maynoothcycling@gmail.com	https://maynoothcyclingcampaign.com/
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	
Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	https://www.facebook.com/maynoothgaa/
Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		contact@maynoothkilcocklionsclub.org	https://www.facebook.com/MaynoothKilcockLionsClub/
Maynooth Library	01-6285530	Maynoothlib@kildarecoco.ie	www.facebook.com/KildareCountyLibraryService
Maynooth Newsletter	01-6285922	office@maynoothcep.com	https://www.facebook.com/MCEPNewsletter
Maynooth Senior Citizens		maynoothseniorcitizens@gmail.com	
Maynooth Students Union	01-7083669	frontdesk@msu.ie	https://www.facebook.com/MaynoothSU
Maynooth Tidy Towns	083 304 6130	maynoothtidytowns@outlook.ie	https://www.facebook.com/MaynoothTidyTowns
Maynooth Town Football Club	086-1060654	info@maynoothtownfc.ie	https://www.facebook.com/MTFC1969/
North Kildare Club	01-6103909	info@northkildareclub.ie	
North Kildare Tennis Club		info@northkildaretennis.ie	
Parish of St. Mary's Maynooth	01-6293018	maynoothparishoffice@gmail.com	
Post Office	01-6286259		
Réada Cronin T.D.	01-6183823	reada.cronin@oireachtas.ie	https://www.facebook.com/ReadaCroninSinnFein
SVP Vincent's Shop	01-6289643	geraldinebyrne.east@svp.ie	https://www.facebook.com/profile.php?id=100064619179003
Zero Waste Maynooth	087-9949183	zerowastemaynooth@gmail.com	https://www.facebook.com/zerowastemaynooth

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