

# Maynooth Newsletter

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Recording the Social Footprint of Maynooth since the 1970s



Local News - June 2024 - Issue No. 535 - Online Version

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



**MAYNOOTH COMMUNITY COUNCIL**  
**INVITES YOU TO A**  
**picnic**  
**In the Park**  
**Sunday,**  
**16th June**  
**Free Event**

at  
**The Harbour Field**  
**from 2pm - 5pm**

@maynoothcommunitycouncil

LOCAL GROUPS  
 ECO STANDS  
 SHOP LOCAL  
 FOOD STANDS  
 ICE CREAM

FACE PAINTING  
 SPORTS FOR KIDS  
 EMERGENCY CARS  
 ART & DRAMA  
 BUBBLES & GAMES



**Comhairle Contae Chill Dara**  
Kildare County Council

## Picnic in the Park returns for 2024

*Sunday 16<sup>th</sup> June 2024 2 - 5p.m.*

Kildare County Council's Climate Action Office and Maynooth Community Council are pleased to announce that following the success of last year's event, 'Picnic in the Park' will return for a second year, in Harbour Field, Maynooth on Sunday 16<sup>th</sup> June,, 2.00 -5.00p.m.

The theme of the family friendly event is climate change and sustainability and there will be various performers, workshops and information stalls as well as food vendors to make the event even bigger and better.

The younger attendees will enjoy activities such as a willow kite making workshop, seed planting, eco-printing, constructing an insect hotel, face painting while the adults can enjoy comedy, poetry, song, a circus performance or even have a caricature drawn of themselves if brave enough!

Information stalls will offer advice on topics such as energy usage, composting, active travel, biodiversity and new projects/initiatives in the area.

We are excited to welcome the 'Circus of Climate Horrors' to this event. Built and run by researchers at the Irish Climate Analysis and Research Units (ICARUS) Institute at Maynooth University, this interactive experience aims to educate the audience in a fun filled way.

In line with sustainable festivals guidelines there will be a water refill station on site, so people are encouraged to bring reusable bottles. There will be an accessloo on site for those with access need. We would encourage everyone attending to leave the car at home if possible and use public transport or walk/cycle. 'Picnic in the Park' which is funded through the Local Property Tax, is a free event and promises to be a fun filled day for all ages.

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



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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](mailto:office@maynoothcep.com)  
Website: [www.maynoothcep.com](http://www.maynoothcep.com)

#### Letters to the Editor

Letters to the Editor, for publication, should be sent by e-mail to: [editor@maynoothcep.com](mailto: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](http://www.maynoothcep.com).

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

#### Disclaimer

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

**All information should be verified from an independent source.**

**Editorial Board - Maynooth Newsletter**

#### Editorial

To quote Andy Warhol "They always say time changes things, but you actually have to change them yourself", is an appropriate reflection on the topics that we are mentioning this month.

In April, after forty-five years, we said goodbye to the Folk Group who had prepared and performed the music for the mass in St. Mary's Catholic Church. Some of the members were part of the folk group from close to the beginning and we thank all of the people who were part of the Folk Group mass. The music added so much to the mass and it will be missed.

In May, the Elite Bakery on Main Street announced that they were closing after forty-two years serving the people of Maynooth and the wider area. The Elite was a great place for people to meet and catch up over tea/coffee and a treat. The Dalton and Bright families were the people involved in the Elite Bakery and we wish them well in retirement or their new venture.



*Elite Confectionery on Main Street, Maynooth  
(photo courtesy of the Elite)*

Stage 5 of the 2024 RAS Tailteann was started in

Maynooth on Sunday May 26<sup>th</sup> and it brought out a large crowd of well wishers for the final stage of the race to Bective in Co. Meath. Cycling races are all about timing in terms of the cyclists taking the opportunities to make time on the course. The Minister for Sport, Thomas Byrne TD was on hand in Maynooth to raise the starters flag.

*(photo courtesy of Thomas Byrne TD)*

It is also exam time of the year again so we wish all students taking exams, the very best of luck. I have more than a passing interest this year with my own son taking his leaving



certificate. To all Maynooth University students who are finishing your studies here, we wish you the best in the next chapter in your careers. No matter what you are all studying, success in life is not down to exams alone as time will tell you in the future.

At MCEP we mark forty years of continuous community employment schemes next year and it is certainly time to reflect on our work. During that time in addition to publishing the monthly Maynooth Newsletter, hundreds of local people had the opportunity to come into the project to gain training and employment experience to enhance their skills. The range of activities has changed over the years as originally operations such as Citizens Information, Summer Projects, publications of local history books were part of the schemes. The scheme today continues to provide a public office providing services to the community and community groups as well as maintaining the environs of Maynooth Harbour and Maynooth Town Football Club grounds. Maybe best to end on a quote as well from Kahlil Gibran "Yesterday is but today's memory and tomorrow is today's dream."

Local and European Elections will take place on Friday 7th June 2024. We have included a sample of both Ballot Papers on pages 20 & 21. Best Wishes to ALL Candidates in both Elections

**Paul Croghan - Editor**

**Copy date for the July edition will be  
5pm on Tuesday 25th June 2024**



## Gold Medal Winners

2016 - 2017 - 2018  
2019 - 2021 - 2022  
2023

Judging has started in the Tidy Towns Competition 2024. At the time of writing we still haven't received our 2023 Gold Medal, fingers crossed this will be rectified in the not too distant future.

May was a very busy month for our Volunteers, our big project was working with the Church of Ireland and Intel Volunteers painting the railings outside the Church and creating flower beds inside the grounds. Special thanks to Justin Dunne for providing the machinery necessary to dig out the beds and Conor Dempsey for driving. We also thank Barretts Hardware Maynooth for providing the sleepers and all the other equipment necessary to complete. We will be planting flowers in the beds next week. This work should really enhance this area that we call Maynooths Heritage Quarter.

Thanks to all the businesses on Main Street who have painted their Shop Fronts in recent times, our Chairperson Breedge Conway and Vincent Mulready presented them with Certificates of appreciation from TT. We also presented some of the businesses with pots filled with flowers to further enhance Main Street and their shop fronts.

We were busy trimming the Lime trees on Main Street and at the Harbour, the Tidy Towns Judges criticised us in last year's report for not completing this task. I'm sure you will agree they look so much better.

June will be another busy month, we need to tidy up the beds at Maxol and O'Neill Park. We have ordered another bench for the Pound which will be installed this month.

We would like to thank Mary McNamara and our local ICA ladies who hosted our tea/coffee and refreshments and promised to invite us back once a month in to the future. We would also like to thank the Elite for their hospitality to the team over many years. We wish them well in their retirement but like all locals we will miss them especially for the yummy cakes and tasty bracks.



Please follow us on Facebook for weekly updates.

We meet every Saturday morning at our Shed in The Council Car Park at 9am and Wednesday evenings at 7pm.  
We also have a rota for the Sunday morning clean up.  
Please contact us at [maynoothtidytowns@outlook.ie](mailto:maynoothtidytowns@outlook.ie)

*Mary Molloy*  
*Maynooth Tidy Towns Association*

# Cllr. Angela Feeney



## WHO I AM

- I am a County Councillor, the Deputy Mayor of the Clane-Maynooth Municipal District, Vice-Chair of Kildare County Council Finance Committee and Peace Commissioner.
- From Maynooth, generations back, and I was educated locally.
- Member of the Board of Management of Gaelcholáiste Mhá Nuad
- Worked as a lecturer in French in TU Dublin
- Awarded Chevalier des Palmes Académiques by the French Government for my work in creating links between Ireland and France.
- Served previously as Head of the School of Languages, Law and Social Science in Technological University of Dublin.
- Is Gaeilgóir mé, bhain mé céim sa Ghaeilge agus is mór an onór dom tacaíocht a thabhairt do Ghaelcholáiste Má Nuad.
- Member of Maynooth Playground Committee which helped successfully secure the much needed playground amenity for our children

## SINCE I WAS ELECTED IN 2019 I HAVE...

- Submitted a formal motion calling on Kildare County Council to use the vacated fire brigade site at the Harbour for a new Community Hub
- Called on Maynooth University to reopen and upgrade the college pool for community use
- Campaigned on Childcare Shortage and submitted formal motion to have crèches delivered in first phase of new housing developments
- Lobbied for increased GP services and Primary Care Centre for Maynooth
- Submitted motions for safety measures at Maynooth Town Soccer club
- Helped numerous individuals with issues such as housing applications and grant applications
- Worked with residents associations and community groups to support their efforts

## WHY GIVE ME YOUR #1 VOTE

- I have a proven track record of hard work as a public representative
- I have lived in this town all my life and know the issues facing families
- My extensive experience in public service shows how I have always tried to help people in both my professional and my private life.

## VOTE FEENEY #1

**Labour** 

## Maynooth Local Market Thrives, Bringing New Life to Court House Square

Maynooth Local Market is newly established community-led hand/homemade traders' market running every Saturday from 10am to 3pm on Court House Square. A volunteer-led community initiative, the market is dedicated to ensuring the square is a social, cultural, and commercial hub for our locality.

Since its launch in mid-April, Maynooth Local Market has attracted overwhelming support from the community, showcasing a diverse range of local produce, handcrafted goods, and community projects.

The market offers a platform for local businesses like Dunnes Farm, known for their pasture-raised eggs and seasonal strawberries. Visitors can also purchase fresh fish from the KM Fish Market stall, while FunFoods.ie serves up delicious pizza, crepes, doughnuts and homemade lemonade.

For those who want to purchase unique, hand-made goods, local sellers including GD Melts, So Obsessed and Handicrafts have a wonderful selection of organic and eco-friendly products.

### Community at the Heart of the Market:

Beyond supporting local businesses, community is at the heart of the market. Each week, a community organisation has access to a stall free-of-charge to showcase their work, promote upcoming events, or recruit new members or volunteers.

To date the market has hosted groups such as Maynooth Tidy Towns, Kildare Library Service, Maynooth Cycling Campaign, Foróige and the Acre Project.

The market also offers a dedicated kid's zone and family space that has already proved hugely popular, with a variety games, books and bubbles to enjoy. The market's younger visitors have been showing off their creativity each week by decorating Court House Square with some chalk-drawing masterpieces.

### Live Music on the Square:

Local musicians have also found a welcome home at Maynooth Local Market. Visitors have been treated to fantastic performances by talented local performers such as Matthew Lennon, Eleanor Quaine, and members of Comhaltas Maynooth who had everyone tapping along to their rousing tunes.

### An Invitation to Local Businesses:

Maynooth Local Market welcomes new vendors to join its growing family. All sellers require a casual trading licence issued by Kildare County Council. If you're a local business owner or just starting out as a local seller, reach out via email ([maynoothlocalmarket@gmail.com](mailto:maynoothlocalmarket@gmail.com)) or social media and the team of volunteers behind the market will support you with your application. Whether you're a baker, farmer, artisan, or anything in between, the market offers a welcoming space to sell your products and connect with new customers.

**So, come experience Maynooth Local Market.  
Discover local treasures, enjoy live music, and be part of the vibrant  
community spirit that's redefining Court House Square.**



# MAYNOOTH DRESSES

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Phone: 01 6293585



## MAYNOOTH CYCLING CAMPAIGN Bike Week 2024

Bikeweek started off on a perfect day for cycling with a small group visiting a number of our most historic graveyards. Maynooth Men's Shed headed off on Thursday along the Royal Canal Greenway and enjoyed a tea and a bun in Kilcock. The Chair gave a talk to some 130 transition year pupils in Maynooth Post Primary School and to some 60 transition year pupils in Maynooth Community College. The Campaign wishes to thank teachers Nicola Nelson and Jakki Byrnes in the two schools for facilitating the talks. A raffle was also organised in each of the schools for pupils who cycled to school. Bikeweek finished off with the always popular Family Cycle to Kilcock. With another beautiful day, ice creams were warmly welcomed when we reached Kilcock.

We are sorry that we were unable to proceed with the film Motherload. The makers recommend a two month lead-in in order to gain the maximum benefits so we have decided to postpone the screening until later in the year.

### Maynooth Cycling Campaign

With Bikeweek over for another year, Maynooth Cycling Campaign will be focusing on reorganisation. A new Management Committee has been established and it has been decided that we will be moving to a fee paying membership. We are drawing up a list of people who would be interested in joining a fee based membership model. If you wish to join us, email your details to [maynoothcycling@gmail.com](mailto:maynoothcycling@gmail.com).

You may have noticed that we no longer include the Cyclist.ie and the ECF logos in our header. Cyclist.ie no longer exists as cycle campaigning nationally has been renewed as the Irish Cycling Campaign. Maynooth Cycling Campaign has decided to remain as a local organisation.

### LG24 - Local Government Elections 2024

The Local Government elections 2024 take place on 7<sup>th</sup> June. Our asks of those running for elections are as follows:

- **Celbridge Road** - our top priority is for the delivery of improved cycling and walking provision at Celbridge Road - the location of two primary schools.
- **"Leprechaun" Climate Targets** - for Kildare County Council to get rid of "Leprechaun" Climate Targets - targets which are unachievable as they add up to 150%

rather than 100% of journeys.

- **WHO's H.E.A.T. tool** - for Kildare County Council to introduce WHO's H.E.A.T. tool to calculate the benefits of active travel schemes and to estimate reductions in carbon emissions as carried out in multiple countries.
- **Reporting of Committee Minutes** - for Kildare County Council to publish draft minutes of SPC and Sustainable Transport Forum meetings within 2 weeks as opposed to the current practice of circulating them nearly three months after the meeting.
- **Kiss the Gates Goodbye** - for Kildare County Council (1) to identify substandard accesses to greenways and other active travel routes which are barriers to entry by cyclists and mobility impaired people; and (2) to seek funding for their removal.
- **Safety Concerns at Moyglare Educational Campus** - we support the concerns of the three school principals as detailed in their letter dated 21st April to Kildare County Council re taking in charge, pedestrian crossing, shared paths and Moyglare Road traffic calming.



### Road Safety

Traffic fatalities continue to increase. By the 21st May 2024, there had been 79 road fatalities including 14 pedestrians and 5 cyclists. In 2023, there were a total of 8 cyclist fatalities.

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





## Cllr. Angela Feeney Maynooth Labour News

E mail: [angelaemfeeney@gmail.com](mailto:angelaemfeeney@gmail.com) - Phone: 0872381962

Labour

Councillor Angela Feeney this week welcomes the commencement of works to install a push button pedestrian crossing on Newtown/Rathcoffey Road at Maynooth Town Football Club. Cllr Feeney met with the area engineers on site in February last year with club members to show how dangerous it is to access the club on foot or by bike. There is a footpath on one side of the road, opposite the club which means that children currently have to try and cross a very busy road. So, on foot of that meeting, Cllr Feeney submitted a motion in March 2023 which received the full support of all councillors.

In order to fund the project, local property tax funding was agreed and allocated. Cllr. Feeney said that the installation of a push button pedestrian crossing will make it much safer to get to and from the club on foot or by bike but it will have the added benefit of slowing down traffic on this very busy stretch of road. Many local residents are often in touch about speeding and the increased volume of traffic on this approach road to the town that has a lot of housing estates with young families out walking and cycling.

Councillor Feeney thanks Kildare County Council and the area engineers and staff for the delivery of this important safety measure. She also thanks her fellow councillors for their support.  
Ní neart le cur le chéile.



## St. Mary's Brass & Reed Band

Our concert in aid of Trocaire in St. Patrick's College Chapel last month was a very special evening for the Band where we joined by Maynooth Parish Choir and by our own Academy Band. Despite the heavy rain there was a good turnout and those who attended were very generous with their donations all of which went to Trocaire towards the very valuable work they are doing throughout the world.



The Band was delighted to make a small musical contribution to the special Mass on Friday 24th May to celebrate the 50th anniversary of the Salesian Order who have been ever present in Maynooth College over that time.

Our summer programme continues with our visit to the Picnic in the Park in the Harbour on Sunday 16th June and we are hoping for better weather this year. This promises to be a very community based event and we welcome budding musicians as well as those who can play an instrument to talk to us about joining our Senior or Academy Band where you will be made most welcome.

We are looking forward to paying a return visit to the Bad Orb International Music Festival in Germany next September where we will again be joining 35 other bands from all over Europe and we will be the sole Irish Band taking part. As there is a considerable transport cost connected with the trip the Band are holding a collection on Saturday 22nd June in the shopping Centre's in the town, so hopefully we will receive your generous support to cover some of these costs. The Band members will be looking after their flight, accommodation and meals for the trip.



St. Patrick's College Chapel



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

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## Maynooth Senior Citizens Committee



Maynooth Senior Citizens Committee continues with the usual Thursday morning Club activities, bingo and art.

Club members have been working towards an exhibition of their art work which will take place for the month of June in the Maynooth Community Library. Please come along to see the wonderful array of acrylic paintings by our senior citizens. The exhibition titled "A Brush with Colour" will be on display during library opening hours.

Thank to the hard work and persistence of our Chairperson Garry Bermingham we are not up and running on Facebook and Instagram. Please check us out and follow us.

Thanks to all who supported us on our church gate collection on the 18th and 19th May.

Speaking of funding we would appreciate if people could nominate our Charity in order to be in with a chance to avail of the AIB Community fund 2024. Our registered charity number is 20017521.

*Susan Durack, PRO*

*Maynooth Senior Citizens Committee*

*E-mail: maynoothseniorcitizens@gmail.com*

## ART EXHIBITION

by Maynooth Senior Citizens Thursday morning Art Club



"A Brush with Colour" will feature selected works in acrylic from a body of works completed during the last two years.

The exhibition will run for the month of June in Maynooth Community Library during library opening hours.

All welcome.



May all you wonderful

*Dads* enjoy a  
*Happy Father's Day*

**Father's  
Day  
Sunday  
16th June**

## Maynooth Newsletter

Maynooth Newsletter Management,  
Editorial Board & Team

Wish all those that are doing exams the best of luck. You can only do your best and try not to stress out too much.

Remember that exams are just one part of your journey. May your hard work bring you closer to your dreams.

P.S. you get a mark for spelling your name right!



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**Please Note: Cúrsa A starts on Bank Holiday Monday.**

Maynooth Post Primary

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(Primary Students only)

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There are many risks for a dog to swim in water, fetch toys or even just paddling – water ingestion, toxic blue-green algae, underwater hazards such as broken glass, fishing hooks that can cause nasty injuries and be difficult to remove etc.

When walking by water it's important to have a well-practised recall, and food-manners/leave it, to be able to call your dog away from tempting distractions like birds and fisherman's lunches or kids feeding birds with bread etc.

It therefore might also help to take a harness and longline lead with you so you can ensure control over your dog while still permitting them some freedom to roam a little.

Some dogs will naturally want to enter water, some might even leap in so you do need to be vigilant and pop your dog on lead if they might jump into water they can't necessarily easily get out of.

Never force your dog to enter the water. If you'd like to encourage your dog to paddle and they're a little unsure, choose a sloping flat 'beach' so they can walk in without having to take any 'leap of faith' and ideally where the bottom can be seen. Let them go at their own pace and if they don't want to paddle that's fine – if you let them decide for themselves, they'll feel safer and of course they need to trust you to be there to help them out and not ever make them feel uncomfortable.

Another risk with waterside walking is that sometimes you get reeds or water grasses very close to the edge and dogs don't realise this is water and run onto it then suddenly plunge in. Some dogs will enjoy playing with toys in water, and will swim out to fetch these so you need to make

sure it's safe to play like this, and that you have a toy that will float and be visible once floating, plus easy for your dog to hold with their mouth and don't throw any toys too far.



It's important to consider the size and swimming ability of your dog when you are allowing them to get into the water. For example, a fast-moving river might be ok for a larger dog like a Labrador, who is comfortable swimming to enter. However, this might not be suitable for a small dog like a Chihuahua, an older dog, or a dog that is new to swimming.

### Pet Care for Summer Dips

Some dogs who suffer with ear infections need to be careful about getting their ears wet, as it can exasperate their issues. All dogs should be fully vaccinated when around canals/rivers/lakes as some waterways can be a source of infectious disease. Keep your dog on a lead around water which

is known or suspected to have blue-green algal blooms, and do not let your dog drink from them, or swim in them.

If your dog has been swimming anywhere outside, it is sensible to rinse them thoroughly with clean water afterwards, as dogs can indirectly ingest the toxins from their coats when they lick themselves afterwards.

If you suspect your dog has been poisoned, seek veterinary attention immediately. There is no antidote for the toxin, but prompt intervention can improve the chances of survival.

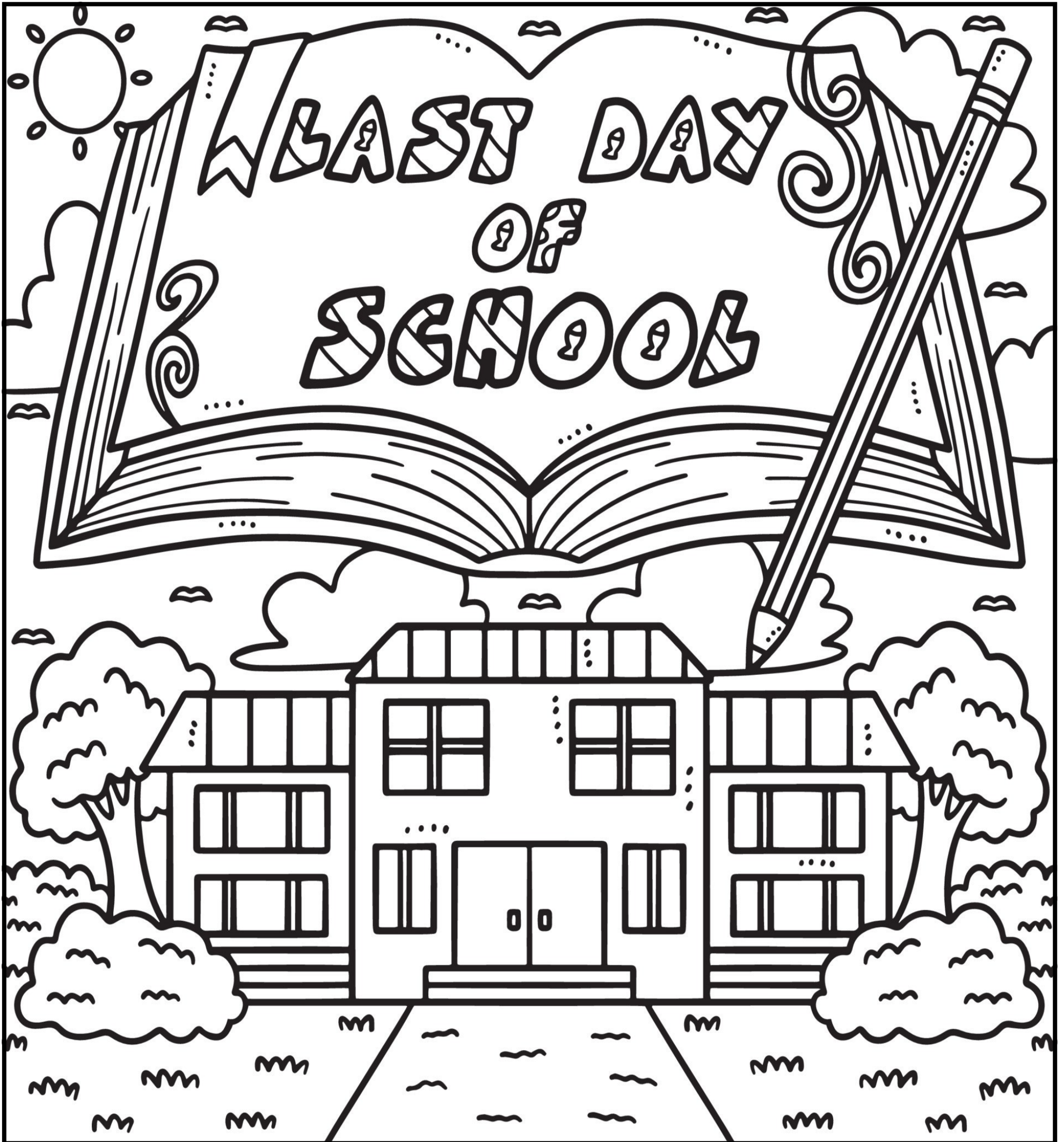


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# JUNIOR FUN

## Spot the 5 Differences



## 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	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															

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

## Can you solve this rebus puzzle?

B + 1

□ □ □ □

F + L=R

□ □ □ □

A +

□ □ □ □ □

## SUMMER crossword

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



All puzzles sourced free from Google



## How to keep children entertained during the holidays

Knowing how to keep children amused through the school holidays can sometimes be daunting for parents, especially when things cost so much. Family Lives have come up with some top tips to help take some of the stress out of it, and keep everyone happy without needing to spend a fortune.

### Going out and about

During the school holidays, there may be lots going on in your local area that your family can enjoy, often for free. Check the websites of your local council and tourist information centres for local days out, or scan the local papers and community centres to see what's going on in your area. Visit your local library and look for adverts of events. Many libraries hold events such as story time, and arts and crafts days. Libraries are also a great source of activity in themselves, with plenty of books and computers to keep children busy, plus they often have story time for toddlers and parents.

- Check to see if your local council swimming pool offers free or reduced-fee entrance in the school holidays.
- Museums and galleries often have new exhibitions and events running in the summer. Many art galleries put on special events for children and families - this could be just the thing to stimulate your child's artistic streak.
- Check out your local leisure centre - there are plenty of indoor sports and activities they can participate in.

### Staying at home

Of course, on some days, you will find yourselves stuck at home, but that doesn't mean anyone has to be bored. You could take the opportunity to spend some time sharing a favourite game or story with your children or, if you want some more inspiration, try some of these activities.

- Arrange a movie day - choose a couple of favourite films, get some popcorn and put your feet up with the kids.
- Get cooking - pick a recipe with the kids, go shopping for ingredients and cook something together that you can enjoy eating afterwards. Depending on your child's age and interest, this could be anything from a simple sponge cake to a mushroom stroganoff! Dig out the puzzles, games and books and give them a go. Some good old-fashioned entertainment can be really fun.
- Have a look in your cupboards and play dress up with your old clothes. Sort through your clothes together and recycle the ones that you never wear and the stuff your little one's grown out of.
- Encourage the kids to put on a play or a magic show. They could even use the dress up clothes and props from around the house. If you have a camera, you can even film it, for



great memories.

- Build a den with the kids - if the weather is ok, you could even risk doing this outside! All you need is some boxes or sofa cushions, a few blankets, and a bit of imagination.
- Create a scrapbook together using photos from your family album, or torn from magazines.

### The great outdoors (and the garden!)

Sunny days are great for simple activities like picnics and ball games. This can be done as close to home as in the back garden!

- Organise a treasure hunt around your home and garden with clues and treats for the children to find
- Hold your own mini Olympics with games that require little equipment... a sack race with pillowcases, a tug of war with a dressing gown belt! Use your imagination.
- If outside is dry, wrap up and go to the park or a nice walk somewhere quiet with the children with a flask of hot chocolate - sure to go down a treat!
- If you have a tent, you could arrange a camping trip in your garden with the children for one night!
- Kites are great if it is a windy day and they can be bought from bargain shops very cheaply



### Making your own fun

Be creative - make things together like greeting cards or use beads to make some jewellery.

- Have an arts and craft day and get some canvas and paints, they can be bought in bargain shops for as little as a pound and use paints or crayons and the kids can hang up their creations in their rooms.
- Make a list of your favourite childhood games - old favourites such as hopscotch, putting on a show or marbles won't cost the earth and your children will enjoy you reminiscing!
- In the evenings get the kids to design a game that you can make the next day - give them ideas to keep it simple such as a paper boat race in the paddling pool or homemade skittles using a tennis ball and empty toilet rolls.
- Have you ever thought about Origami? All you need is paper and instructions which can be found online, will keeps kids amused and they will learn a new skill



Don't try and fill every minute of every day. Encourage your children's imagination and independence - let them play in their rooms or the garden.

[www.familylives.org.uk/advice/your-family/holidays/how-to-entertain-your-children-in-the-holidays](http://www.familylives.org.uk/advice/your-family/holidays/how-to-entertain-your-children-in-the-holidays)



## THE ORIGIN OF FATHER'S DAY

The first Father's Day was celebrated in America on June 19 1910 in Washington state. It was not till 1972, 58 years later President Woodrow Wilson made Mother's Day official, that the day honouring fathers became a nationwide holiday in America.

The campaign to celebrate fathers did not meet with the same enthusiasm as the campaign for mothers. A Sunday sermon on 5th July 1908 in a West Virginia church in memory of the 362 men. These men had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah. This was a one-time commemoration and was not an annual holiday.

The following year a woman named Sonora Smart Dodd tried to establish an official equivalent to Mother's Day for male parents. She went to government officials and everyone of influence to drum up support for her idea. She was successful and Washington State celebrated the first American Father's Day on 19th June 1910.

Slowly it spread, in 1924 President Calvin Coolidge urged all the state governments to observe Father's Day. But it was never made official and the enthusiasm didn't last long. When World War II started, Father's day started being used as a way to pay respect to all American Troops.

It was still not an official holiday until President Richard Nixon signed Proclamation 4127. This declared Father's Day as a national holiday. The first official Father's Day was celebrated on 18th June 1972 and has spread to more countries. It is celebrated in Ireland on the third Sunday of June every year.



**Happy Father's Day**

Sourced: [www.history.com](http://www.history.com)

## Father's Day Treat - Easy Caramel Cake



Prep: 30 mins  
Cook: 30 mins  
Plus cooling  
Serves 12-14

### Ingredients

225g softened salted butter, extra for tins  
125g golden caster sugar  
100g light brown soft sugar  
1 tsp vanilla extract  
4 large eggs  
225g self raising flour  
2 tbsp milk  
toffee, chocolate or caramel pieces, to decorate

### For the Icing

200g softened salted butter  
400g icing sugar  
(golden icing sugar if you can, it adds a golden colour & caramel flavour)  
70g caramel sauce, dulce de leche or caramel spread, plus 3 tbsp to serve

### Method

#### STEP 1

Heat the oven to 180C/160C fan/gas 4.  
Butter two 20cm round tins and line the bases with baking parchment.

#### STEP 2

Beat the butter and both sugars in a bowl for a few mins until lighter in colour and fluffy. Add the vanilla and the eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk. Divide between the cake tins and bake for 25-30 mins until they're golden. Cool in the tins for a few mins, then tip out and leave to cool completely on a wire rack.

#### STEP 3

For the icing, put the butter and icing sugar in a bowl and whisk for a few mins until light and airy. Whisk in the caramel briefly, adding 1 tbsp of boiling water to loosen, if needed. Set aside until the sponges are completely cool before assembling, or the icing will melt.

#### STEP 4

Use half the icing to sandwich the cakes together, then spread the remainder over the top, smoothing it out with a knife or the back of a spoon. Leave in a cool place until ready to serve. Drizzle with the 3 tbsp extra sauce (warm briefly in the microwave if it's a little stiff), allowing some to drip down the sides if you like, and scatter over the toffee, chocolate or caramel pieces to serve.

Edible glitter, birthday candles or sparklers, optional.



Sourced: [www.goodfood.com](http://www.goodfood.com)

# Memories from the Archive

Link to the Archive: [www.maynoothcep.com](http://www.maynoothcep.com)

## Maynooth Swimming Club Awards

### Newly elected TD Catherine Murphy attended Maynooth Swimming Club Awards June 2005

Maynooth Swimming club had another successful year. The swimming club is at it's full capacity and we are still taking names for our waiting lists. This year our junior gala was on the 16th April. The starters and the improvers had organised races across the pool. All the children received medals, to everyone's delight.

We were proud to have Catherine Murphy TD, our newly elected deputy to North Kildare attending our senior gala. She watched the seniors competing in their races. Later she spoke in the foyer in Stewarts Hospital swimming pool, about how she used to bring her own children to this pool on a Friday evening for lessons. Then she gave out the certificates of distance award to the children.

The Maynooth swimming club would like to take this opportunity in thanking Catherine for giving up her Saturday afternoon for us.

Back to business, the term ends the 18th June. There will be an annual AGM in the GAA Moyglare on Monday June 13th at 8:30 pm. All parents are

welcome to attend.

Contacts: Siobhan Byrne 6012974  
Mary Murray  
Bronwyn Mooney 6289405 P.R.



Catherine Murphy T.D. and children



Catherine Murphy T.D. and children



Ruth Doherty



Gillian Behan, Dean Leavy, Daniel French



Patricia Moynihan, Catherine Murphy  
Catherine Carton

## Maynooth Swimming Club Awards



Daniel French, Jordan, Jack Connolly



Ursula McGinn



The Instructors



Seamus O'Shea



Darragh Byrne



Catherine Murphy T.D. with the  
instructors and children from the 2nd Bus



Ciaraín Gallagher



Ciaraín's sister

## GIRLS INDOOR SOCCER

Anto Mooney (Trainer), Eimer Flynn, Elaine McAuliffe (Captain), Eiblin Carr, Lisa Shiel (Goalkeeper), Claire Barry, Maeve Foley and Simone Gilbert (Trainer)  
Back: Eighlin Carr, Elaine McAuliffe (Captain) Claire Barry  
Front: Eimear Flynn, Lisa Shiel (Goalkeeper), Maeve Foley  
Played 4 matches:

Maynooth v Castledermot (1-0) Scored by McAuliffe.  
Maynooth v Sallins (2-0) Flynn(1) McAuliffe (1).  
Maynooth v Kildare (4-0) McAuliffe (4).  
Maynooth v Sallins (2-0) McAuliffe (2).

All players played very well as a team. The next match is against winners of Dublin v Wicklow. Congratulations to Goalkeeper, Lisa Shiel who kept a clean sheet throughout the Tournament.

## SET DANCING RESULTS

Rita Doyle Set Dancing Group travelled to Mosney on Saturday 20th May. The Group performed very well but failed to gain any medals. Well done Girls!

## MAYNOOTH COMMUNITY GAMES (ATHLETICS)

Sunday 21st May G.A.A. Grounds at one o'clock.

## June 2000



## Maynooth Post Primary-First Year Student trip to County Clare and Galway

There's always a first time for everything and this was the case for the First Year students of Maynooth Post Primary on their first trip away. As the three luxury coaches filled, the excitable order was priceless. The majority of these students had never left the nest without their family. Accompanied by an entourage of teachers the students ventured on a journey that they will never forget. County Clare and Galway was the itinerary for the three days with overnight stays in rather exclusive hotels. There was a well rounded itinerary to include educational attractions of the area.



Inismore



The Art of Weaving



Ciara, Katie, Xavi, Jenny, Rachel, Emma, Eoin, & Colm at Bunratty Folk Park.

## June 2008



Inismore



Craggaunowen Pre-historic Park,  
Co. Clare



## Gaelscoil Ruairí

Maigh Nuad

**Táimid ag earcú rúnaí scoile faoi láthair (We are currently recruiting a school secretary)**

**Uaireanta Oibre : Luan go Déardaoin (8.30r.n. - 1i.n.) Bliain Scoile**

\* Táimid ag súil go n-ordódh an Roinn Oideachais na huaireanta ó Luan go hAoine ó Mheán Fómhair 2024

Ní mór don té a cheapfar a bheith líofa sa Ghaeilge. Eolas ar fáil i gCiorclán na Roinne 36/2022

## Rúnaí Scoile - Dualgais:

- Dualgais riaracháin ghinearálta
- Cáipéisí, cuntais, bancáil ar líne, foirmeacha, éilimh srl. a sheiceáil agus iad a imscrúdú i leith cruinnis agus i leith comhsheasmhachta
- Comhfhreagras, foirmeacha, miontuairiscí, litreacha, nuachtlitir, meamraim srl a chlósscríobh
- Cáipéisíocht a chomhdú
- Bheith mar chéad phointe teagmhála
- An fón/ ríomhphost a fhreagairt agus fiosrúcháin a láimhseáil
- Cruinnithe a eagrú
- Dialann an phríomhoide a riaradh
- Orduithe scoile a dhéanamh
- Áirimh uimhríochtúla / stocáireamh a dhéanamh
- Admhálacha a eisiúint, airgead agus cuntais na scoile a riaradh
- Staitisticí a thiomsú, eolas a achoimriú de réir nósanna díreacha agus seanbhunaithe, meastacháin ar chostas agus ar bhrabús a ullmhú
- Post/ríomhphost / seachadtaí srl. a oscailt agus a dháileadh
- Ríomhaire na scoile a úsáid
- Innealra oifige a oibriú.
- Fardal sealúchas scoile a choinneáil
- Fótachóipeáil / lannú
- Teachtaireachtaí a ghlacadh agus iad a sheoladh
- Logáil isteach agus sonraí a chur isteach ar chórais na Roinne (POD) agus (OLCS) ar-líne
- Cumarsáid a dhéanamh le tuismitheoirí (Text-a-parent, suíomh gréasáin, cláir fógraí srl)
- Córas riaracháin na scoile (Aladdin) a úsáid
- Revenue, párolla
- Garchabhair
- Freastal ar chursaí oiliúna / laethanta oiliúna

**Sprioc Dáta:** 10 Meitheamh ar a 5i.n.

**Iarratais chuig:** [iarratais2024@guelscoilruairi.ie](mailto:iarratais2024@guelscoilruairi.ie)

Ceapachán ag brath ar ghrinnfhiosruchán na nGardaí





## Writers' Corner - Short Stories/Articles from our Readers

### *Mountain Climb in Norway*

I had reached Norway by travelling on a ship from Copenhagen through the Kattegat and finishing the journey on a coastal patrol vessel. The year was 1965 and I was on my 'Grand Tour' of Europe. How I ended up on the patrol vessel happened as follows. I had managed to survive the Kattegat without getting seasick by occasionally holding onto the deck railing while spray drenched my face. Finally, lulled by a crowd of exuberant Norwegian teenagers singing pop songs ('We meet every night at eight / And don't go home till late / Baby, a long, long time') I fell asleep on a deck chair. When I awoke in the greyness of early morning people were disembarking and, my head groggy, I followed. Just as the ship pulled away I realised that I wasn't in Norway but on some island. Knowing that mistakes often bring unexpected benefits, I didn't panic.

A friendly Norwegian girl accompanied by her mother came to my rescue. She told me that a patrol boat was about to leave for Oslo and in no time I was on board. What an exciting experience that last leg of the journey was. The skipper pointed out various features of our surroundings and on entering Oslofjord showed me on the radar a German ship that had been sunk during World War 11. Eventually we arrived in Oslo just as my former shipmates were disembarking. What I particularly remember from that occasion is a crowd of nubile blond girls at the ship's railing 'oohing and aahing' like pop fans at a delighted black youth down below on the quay. Later, sailing north on board Kong Olav V, a hurtigruten, or coastal steamer, I was to observe similar behaviour when male passengers practically ignored the blond girls in favour of one dark-haired Nordic beauty – obviously, the appeal of the unfamiliar.

But I'm getting ahead of my story. The voyage up along the coast was fascinating. Most of those on board were probably heading home after a visit to the south, travelling by boat instead of by bus or train. The fellows were much like the Irish, fond of a drink and looking you straight in the eye as if ready for a laugh or a fight. We kept to a stretch of water between the mainland and various islands, occasionally sailing up fiords to remote picturesque villages, many of whose inhabitants trooped down to the piers at our arrival.

After passing Bronnøysund the sea got bleaker, the scenery wilder, with scarves of fog stretched across isolated rock islands resembling the Skelligs. Gulls hovered above our wake, an occasional trawler sailed past and a weather-beaten man in a sailor's cap leaned on the railing, eyes fixed on the horizon like a Viking lookout. Soon we had travelled above the Arctic Circle into the Land of the Midnight Sun. In time we reached the Lofoten Islands, where houses, some made of wood, were built in the shelter of snow-veined, rugged mountains. Rough wooden wharves, occasionally with fishing boats tied up to them, flanked little harbours. An unusual feature was the presence of large open-air racks resembling high pitched roof rafters on which rows of gutted fish, probably cod, were drying.

I got accommodation in a hostel, which, like most of those in Scandinavia, provided clean rooms and wholesome food at reasonable prices. There were very few guests and my only complaint was that someone, perhaps a maid, took a pair of hushpuppies, which I had left under my bed.

Next morning while walking through the village I encountered two German fellows with whom I struck up an acquaintance. They were a contrasting pair, one of them, Hans, an ebullient outdoor type, the other, Gunther, more pale-faced and reserved. Since they didn't speak English we mainly used sign language to communicate. They had decided to climb the middle-sized mountain that loomed above the main street and though, apart from climbing Kirkogue, in Connemara, I had no experience of this activity, I decided to tag along. My shoes contrasted with my companions' sturdy boots but I wasn't going to let a small matter like that deter me.

The first part of the climb was fairly easy, the only serious obstacle being a stretch of snow about thirty feet wide. What if by venturing onto it we caused an avalanche? Hans and Gunter didn't hesitate and, encouraged by their example, I kept my nerve and followed. Once across, I took a moment to enjoy the panoramic view of the village then hurried after my companions.

The gradient was steeper now but still not too arduous. Soon, however, we had

to clamber up heather slopes through which rocks jutted to reach the next level. Here we came upon a deep, wintry valley with snow-filled crevasses. Sitting on heather beside a sheer drop I gave Hans my Minolta and got him to take my photo before we headed off again. I remember at one point that Hans pointed to a small vessel out on the sea while imitating its put-put-put sound. He was excitedly trying to convey that it was a two-stroke engine, or something technical like that. Surprisingly, he also tried to tell me about some ship that had been sunk there during the war, but whether by the British or Germans I'm not certain.

Before we attempted the final peak of naked rock Gunter, despite wearing proper boots, indicated that he was going no further. Hans pressed on, however, and determined not to be outdone, even if it meant risking a broken neck, I followed. So it was that I eventually reached the mountaintop and stood up to my full height on its rocky summit. Hans, nimble as a goat, had meanwhile made his way across to an adjacent peak, a feat of daring I had no wish to emulate. He signalled to me that he wished to take my photo with his camera and, raising one arm in triumph, I posed. Months later I received a set of prints from West Germany in my New York apartment and on the back of this particular shot Hans had written *Konig de Berg* (King of the Mountain). Well, it may not have been a very difficult mountain to climb but it had won me the respect of my German comrades.

That evening we went to a Midsummer bonfire at which my two companions and I were the only outsiders among a crowd of local youths and children. A rough chipboard floor had been laid down for the dancers and musicians – one of whom had a saxophone, another a bass fiddle. There was no drinking, so the fun and merriment never became boisterous. At first the girls, probably because he was German, were slightly hostile to Hans, but soon he had captivated a fresh-faced beauty. I can't say if Gunter was equally successful. I enjoyed the conviviality and took photos of the children, especially those with impish grins, but since I was feeling a bit tired from the morning's exertions I walked back to the hostel not long after midnight.

Next day, travelling back south on the steamer to Trondheim, from where I planned to take a train to Stockholm, I stopped off at Bronnøysund. On my first night there I got a lift with a group of young people, mostly students, to an island where there was a singsong around a bonfire. Since the songs were in Norwegian I can't say that they meant as much to me as to the singers but the fact that there was still pale sunlight at about 1 or 2 am is indelibly etched on my mind, as is the friendliness and charm of my companions.

*By: P.G. Nerney*

### **Poet Versus Gardener**

Gardener. You call yourself an artist,  
A writer of superior verse,  
Which you and others of your ilk  
Pore over and eviscerate.  
Why can't you call a spade a spade?

Poet. I'll grant your roses and  
hydrangeas  
Are pretty and quite cheerful  
But they were purchased in a garden  
centre.  
My verse, which you disparage,  
Is solely my unique creation.

Gardener. Or so you choose to think.  
But you wrote poems with rhyming  
lines  
Until your fellow highbrow addicts  
Decided rhyme was just too passé –  
So much for vaunted self-expression.

Poet. Are there not trends in gardening

too?  
Lupins, hollyhocks, tiger lilies were  
once the Choice of most up-market  
gardeners –  
But, in any case, you're only setting  
What another person cultivated.

Gardener. My flowers give joy to  
everyone,  
Not just to snooty, highbrow  
wordsmiths.  
I choose varieties and colours,  
And when I'm gone my roses still will  
bloom –  
How many fools will read your verses?

Poet. Touché! Let's grant you have me  
there.  
Instead of praise I choose to dream  
That maybe a prescient soul will come  
Who'll find one verbal rose or petal  
In something I have toiled to pen.

*By: Colin Scott*

## My Chequered Life Chapter 5

Having spent so much time in Long Lartin I was to be transferred to a category B prison but because I was a lifer the Home Secretary had to give permission and that was slow in coming. My standing at that time in the prison was good and they decided to move me to a category C prison. I was sent to Featherstone in April '88. This was a real backward move for Featherstone was awful. I lost all the privileges I had had in Long Lartin. There was no exercise yard and nothing to be done except work. It was also a dirty prison as all the inmates were serving short terms and had no respect for anything. I was again in prison clothes! Awful place.

Maybe a year earlier I had asked for a transfer to a Northern Ireland prison where I could avail of accumulated visits but because Northern Ireland was in a different jurisdiction there was even a greater delay. But I wanted a transfer. I went to the Governor's office and asked if there was anything stirring. He said he would look into it. I went to him again after a month and got the same story. So I waited a month or two and went again. This time the Governor wasn't there but a junior officer who told me to get lost and I'd be transferred sometime. I declared war! I went back to my cell and managed to get an iron bar, and off with me straight to your man's office, went directly in, threw a big filing cabinet on the floor across the door so I mightn't be disturbed. I made a beeline for the officer and was struggling trying to get him in a headlock, not knowing that he had already pressed an alarm button. I was on top of him on the floor when four or five enormous screws burst in the door throwing the filing cabinet out of the way as if it was an empty bucket and overpowered me in a jiff. They then dragged me down this 100 metre corridor to the segregation unit into which they threw me and locked the door.

Shortly afterwards there was a mill of prison officers outside my door and in came the Duty Governor with three or four of the officers. He wanted to know what the hell I thought I was doing? I knew I was in serious trouble, of course, and explained that I had been kept waiting 18 months for a transfer to NI and had asked politely for information and was treated like dirt. The Duty Gov said I would be kept in isolation until they decided what to do with me. I whipped off my top and sweat shirt and drew the G's attention to the fact that there were no injury marks on my body and he would be a witness to that fact. I knew it was going to be rough!

After an hour or so I was handcuffed and chained and without a word I was transferred to another prison, Winston Green. There I was frog marched into the reception where a three-bar chief was looking at my file and glancing from time to

time at the officers who were at this time taking off my handcuffs. After a minute or two of silence he just said to the officers "Discipline him". I was immediately grabbed by the officers and punched in the face by one of them. I was dragged down a long corridor towards the segregation unit. They were big fellows and they punched and kicked me and when they reached the stairs they just threw me down in front of them. I don't know what might have happened if another officer on the way up hadn't broken my fall. I then tumbled down the rest of the way to the ground floor where three or four savages, staff of the segregation unit, took over.

They began to tear the clothes off me and dragged me by the arms and hair to a cell, a sterile cell, with not a thing in it but a pair of handcuffs chained to the wall. These were attached to my wrists and I then, naked, was punched and kicked in the head, the face and the back for maybe five minutes and left lying on the floor half dazed and blood all over the place. I spat out a tooth with a mouthful of blood and one of my eyes was almost completely closed. The real pain from this beating began a few hours later. After a few more hours the door opened and these two officers came in with a piss pot of stale urine and just threw it at me, spat at me and left the cell laughing aloud. Again after a few hours a Sikh screw came in, took a look at me and got the officers in reception to take off my handcuffs. He then said to me that he knew I had got it hard but I probably deserved it. He told them to let me have a shower and I was in agony with my wounds and my bruises. They then threw some clothes at me, clothes that were about six sizes too big, no shoes, and put me in a cell with nothing but a mattress on the floor and a blanket. That was my introduction to Winston Green prison.

Several hours later that evening two prison officers came into my cell with a doctor. He checked me visually and told me I wasn't going to die and the following morning the ruffians were back and furious that I wasn't in the handcuffs cell. So they dragged me out, tore the clothes off me, gave me a few more thumps, and put me back in the cell I had been in the previous evening. They then threw the clothes at me again and when I put them on they brought me to a Governor who told me I was in serious trouble. I got four month's cell confinement with a loss of all privileges. I got a half hour a few times a week in the exercise yard on my own, as all other prisoners were locked up when I wasn't. On the way out and in, I was punched and goaded, by the officers, to their great amusement, but I always tried to defend myself and was chuffed whenever I got a good punch at one of them. After four months of this treatment I was transferred to Wandsworth under a "good order and discipline" warrant.

GM

### Prayer to the Sacred Heart

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

### Prayer to the Sacred Heart

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

### THE MIRACLE PRAYER

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

Never known to fail.  
Thanksgiving for favour received.



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**Candidate Listing for Maynooth Local Electoral Area Election**  
**Poll Opening Times: 7.00 am to 10.00pm on Friday 7th June 2024**

**Local Authority:** Kildare County Council \_\_\_\_\_







































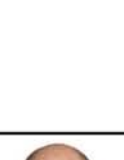






**Local Electoral Area: Maynooth**

1. A poll for the election of members for this local electoral area will be taken on Friday, 7<sup>th</sup> of June 2024 between the hours of 7.00 a.m. and 10.00 p.m..
2. The following are particulars of the candidates, whose names will appear on the ballot papers in the order shown:

Surname	Other name(s)	Address	Description		Name and address of proposer, if any
			Occupation	Name of Political Party, if any	
DURKAN	Tim	Timard Maynooth	Parliamentary Assistant/Public Representative	Fine Gael	
FEENEY	Angela	Straffan Road Maynooth	Public Representative	The Labour Party	
GAYNOR	Evelyn	8 Rochford Avenue Bakers Walk Kilcock	Head of Retail Operations	Sinn Féin	
HAMILTON	Peter	18 Parsons Hall Maynooth	Company Director/Public Representative	Green Party	
LANE	Tara	Bridestream House Kilcock	Business Owner/Online Sales	Fine Gael	
MEADE	Liam	Newtown Road Maynooth	Accountant	Independent Ireland	
MELROSE	Peter	26 The Court Moyglare Hall Maynooth	Primary School Teacher	Social Democrats	
Ó'CEARÚIL	Naoise	31 Lyreen Drive Mariavilla Maynooth	Public Representative/ Project Manager	Fianna Fáil	
WARD	Paul	65 Royal Meadows Kilcock	Public Representative	Fianna Fáil	

## Midlands-North-West-Ballot-Paper-Sample for European Parliament Election

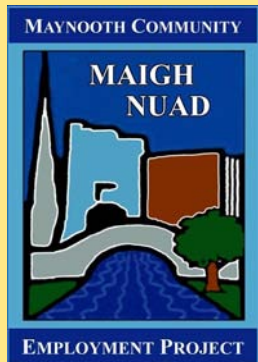
### Poll Opening Times: 7.00 am to 10.00pm on Friday 7th June 2024

TOGHCHÁN DO PHARLAIMINT NA hEORPA EUROPEAN PARLIAMENT ELECTION	
<p><b>TREORACHA</b></p> <p>1. Scríobh an figiúr 1 sa bhosca le hais an chéad iarrthóra is rogha leat, scríobh an figiúr 2 sa bhosca le hais an dara hiarrthóir is rogha leat, agus mar sin de.</p> <p>2. Fill an páipéar ionas nach bhfeicfead do vóta. Taispeáin cúl an pháipéir don oifigeach ceannais, agus cuir sa bhosca ballóide é.</p> <p><b>INSTRUCTIONS</b></p> <p>1. Write 1 in the box beside the candidate of your first choice, write 2 in the box beside the candidate of your second choice, and so on.</p> <p>2. Fold the paper to conceal your vote. Show the back of the paper to the presiding officer and put it in the ballot box.</p>	
<p><b>BARRETT - THE NATIONAL PARTY - AN PÁIRTÍ NAISIÚNTA</b> JUSTIN BARRETT, of Springtown, Granard, Co. Longford, Accountant.</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>BLANEY - FIANNA Fáil</b> Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE) NIALL BLANEY, of Croaghross, Portsalon, Fanad, Co. Donegal, Public Representative. Liosta Ionad FF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>CAHILL - THE IRISH PEOPLE</b> ANTHONY CAHILL, of Rockbarton North, Salthill, Galway, Engineer. Liosta Ionad IP Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>CARBERRY - FINE GAEL</b> Group of the European People's Party (Christian Democrats) NINA CARBERRY, of Mooretown, Ratoath, Co. Meath, Businesswoman. Liosta Ionad FG Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>CASEY - NON PARTY</b> PETER CASEY, of Greencastle, Co. Donegal, Businessman. Liosta Ionad PC Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>CHAMBERS - FIANNA Fáil</b> Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE) LISA CHAMBERS, of Castlebar, Co. Mayo, Public Representative. Liosta Ionad FF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>COWEN - FIANNA Fáil</b> Renew Europe, Alliance of Liberals and Democrats for Europe (ALDE) BARRY COWEN, of Lehinch, Clara, Co. Offaly, Public Representative. Liosta Ionad FF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>FLANAGAN - NON PARTY</b> LUKE 'MING' FLANAGAN, of Castlerea, Co. Roscommon, Member European Parliament. Liosta Ionad LF Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>GARLAND - NON PARTY</b> STEPHEN GARLAND, of Granard, Co. Longford, Event Management.</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>GILDERNEW - SINN Féin</b> European United Left/Nordic Green Left Group (GUE/NGL) MICHELLE GILDERNEW, of 1/2 Crowe Street, Dundalk, Co. Louth, M.P. Liosta Ionad SF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>HEARNE - SOCIAL DEMOCRATS</b> RORY HEARNE, of 4 The Post House, The Shopping Mall, Main Street, Leixlip Co. Kildare, Lecturer &amp; Housing Expert. Liosta Ionad SD Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>KEENAN</b> CHARLOTTE KEENAN, of Ballybought, Durrow, Tullamore, Co. Offaly, Eire, Sports Psychologist, Songwriter, Artist. Liosta Ionad CK Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>KELLY - IRISH FREEDOM PARTY (I.F.P.)</b> HERMANN KELLY, of 13 Baggott Street Upper, Dublin 4, Director Of Communications. Liosta Ionad IFP Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>LANDY - THE LABOUR PARTY</b> Socialists and Democrats Group FERGAL LANDY, of An Londubh, An Trianláir, Galway, Chief Executive Officer. Liosta Ionad LAB Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>MACMANUS - SINN Féin</b> European United Left/Nordic Green Left Group (GUE/NGL) CHRIS MACMANUS, of 3 Mountain View, Maugheraboy, Sligo, MEP. Liosta Ionad SF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>MAGUIRE - IRELAND FIRST</b> MARGARET ALACOQUE MAGUIRE, of Irishtown, Tullaghan, Mullingar, Co. Westmeath, Property Developer. Liosta Ionad IF Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>MCHUGH - NON PARTY</b> SAOIRSE McHUGH, of Achill, Co. Mayo, Digital Campaigner. Liosta Ionad SMCH Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>MULLOOLY - INDEPENDENT IRELAND</b> CIARAN MULLOOLY, of Shannoncove, Ballyleague, Co. Roscommon, Community Tourism Officer. Liosta Ionad II Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>O'BOYLE - PEOPLE BEFORE PROFIT - SOLIDARITY</b> BRIAN O'BOYLE, of Cairns Hill, Sligo, Lecturer. Liosta Ionad PBP Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>O'REILLY - GREEN PARTY/COMHAONTAS GLAS</b> The Greens-European Free Alliance/ European Green Party PAULINE O'REILLY, of Highfield Park, Galway, Senator. Liosta Ionad GP Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>POCOCK - NON PARTY</b> DANIEL POCOCK, of 121 Terenure Rd West, Dublin, 6W, Software &amp; Artificial Intelligence Engineer.</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>REYNOLDS - THE NATIONAL PARTY - AN PÁIRTÍ NAISIÚNTA</b> JAMES REYNOLDS, of Laughill, Coolarty, Edgeworthstown, Co. Longford, Farmer. Liosta Ionad NP Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>SMITH - NON PARTY</b> MICHELLE SMITH, of Lough Na Ganky, The Neale, Ballinrobe, Co. Mayo, Accountant.</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>TÓIBÍN - AONTÚ</b> PEADAR TÓIBÍN, of 8 Market Square, Navan, Co. Meath, Teachta Dála. Liosta Ionad Aú Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>WALSH - FINE GAEL</b> Group of the European People's Party (Christian Democrats) MARIA WALSH, of Largan, Shrule, Co. Galway, Member European Parliament. Liosta Ionad FG Replacement List</p>	  <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>WATERS - NON PARTY</b> DR. GERRY WATERS, of Avoca, Maynooth Road, Celbridge, Co. Kildare, Medical Doctor, GP. Liosta Ionad GW Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>
<p><b>WATERS - NON PARTY</b> JOHN WATERS, of Lislary, Ballinfull, Co. Sligo, Writer. Liosta Ionad JW Replacement List</p>	 <input style="width: 40px; height: 40px; margin-left: 10px;" type="text"/>

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## Gardening, Goodies and Giggles – Bord Bia Bloom announces full festival line-up for much loved summer event

Ireland's favourite festival of flowers, food and fun returns

May 30<sup>th</sup> – June 3<sup>rd</sup> 2024

@BordBiaBloom | #BordBiaBloom

Embracing the outdoors for health and wellbeing, planet-conscious living and quality Irish food are some of the many themes that will be explored at Bord Bia Bloom 2024. Ireland's favourite festival of flowers, food and fun, returns to the Phoenix Park, Dublin, this June bank holiday weekend (May 30<sup>th</sup> – June 3<sup>rd</sup>) and promises attendees a great day out with its colourful collection of show gardens, tantalising displays of Irish food and drink, inspiring talks and demos, and live interactive entertainment for visitors of all ages.

Now in its 18<sup>th</sup> year, the festival expects to welcome more than 100,000 visitors over five action-packed days for another experience that is rooted in sustainable living. Speaking at the launch of this year's event, **Jim O'Toole, CEO, Bord Bia** said, "We are immensely proud of how *Bord Bia Bloom* has developed as a unique festival experience. *Bloom* was originally founded to provide a premier platform for showcasing Irish horticulture, food, and drink and we have succeeded in delivering on this vision.

He continued, "As we look forward to the eighteenth year, the festival is more relevant than ever. *Bloom* offers visitors the opportunity to sample quality products and innovations, while also providing an interactive, national platform to address important societal issues and hear stories from communities around Ireland."

### Gardens Galore

At the centre of Bord Bia Bloom, a total of \*22 small, medium and large show gardens and feature gardens will reflect colourful examples of the most recent trends and advancements in garden design. Environmentally conscious gardens, designed with nature to enhance biodiversity, is a returning theme this year, including *Rewild!* by Nóra Tombor, Cultivating Talent co-winner, sponsored by Westland Horticulture: In Perspective by Oliver and Liat Schurmann, sponsored by the European Commission: Coming Home to Nature by Nicola Haines, sponsored by Fingal County Council: Above & Beyond by Gavin Saunders and Stephen Mackle, sponsored by Natural World Products and New Leaf Compost; and Love that Keelings Feeling Garden by James Purdy, sponsored by Keelings. Many of this year's spectacular gardens will be relocated after the festival as permanent gardens elsewhere.

Crafting clever garden designs in small spaces is highlighted with the Sun Harness Garden by Hendrik Lepel, sponsored by Peppermint Farm Glasshouses, which demonstrates how to create a microclimate by harnessing the sun's energy; A Space for Possibilities: The Modular Container Garden by Louise Checa, which showcases a garden that can adapt and move in tandem with different life stages; and two balcony gardens which show how to maximise smaller spaces, including *Óir – The Zarbee's Garden* by Leonie Cornelius.

Along with a dazzling display of show gardens, gardening enthusiasts will find plenty of inspiration in the ever-popular Postcard Gardens, which include 13 small but perfectly formed pop-up gardens that are designed and built by community groups, schools, and training groups from across Ireland. A lively **Nursery Village** featuring some of Ireland's leading nurseries, floral displays from the Ireland's finest floral artists and a botanical art exhibition.

### A unique festival experience

According to Laura Douglas, Head of Bord Bia Bloom and Brand Partnership "A ticket to *Bloom* promises a great day out whether coming with friends, a partner or family. With our beautiful show gardens, live entertainment, fantastic selection of food and drink and five stages jam packed with talks and demos, there is simply no other festival like *Bloom* in Ireland!"

### Food and Entertainment

Across five stages in the 70-acre site, visitors can discover tips and tricks on gardening, gastronomy and sustainable living in a series of talks and demos. The bustling Food Village will feature almost 100 of Ireland's leading Irish food and drink companies along with a host of foodie features. Attendees can also enjoy live cookery demonstrations from some of Ireland's leading chefs including Darina Allen, Neven Maguire, Catherine Fulvio, Rory O'Connell, Fiona Uyema, Edward Hayden, Trisha Lewis, Adrian Martin, Erica Drum, Shane Smith and Brian McDermott. The Quality Kitchen stage will also host interviews with more than 40 Irish food producers.

On the **Sustainable Living Stage**, 40 insightful talks will take place throughout Bloom which will tackle issues such as food waste, plastic pollution, the importance of pollinators, while sharing sustainable food solutions, tips for home energy saving, natural skincare hacks and much more! A series of expert panel discussions will be MC'd by broadcaster Suzanne Campbell.

Meanwhile, the **Garden Stage** will welcome Bloom show garden designers past and present, garden experts such as Fiann Ó'Nualláin (Holistic Gardener), Monica Alvaréz (Super Garden Judge) Jimi Blake (Huntingbrook Gardens), Paul Smyth (RHSI Bellefield House), Niall McAuley (Gardening influencer); along with specialist plant nurseries, floral art groups, conservation groups and more for a mix of inspirational, helpful talks about gardening and garden design.

There is also plenty to do for all the family with live entertainment on the Main Stage, while the 'Budding Bloomers' area promises to keep children engaged and entertained with a food school, workshops on bugs, books, birds and bubbles; games, toddler play area and much more! RTÉjr will offer a selection of science and magic shows. For shopping enthusiasts, the **Design & Crafts Council Ireland** area, the indoor **Retail Pavilion** and outdoor retail area and the **Plant Emporium** will feature an array of quality products for home and garden.

Finally, RTÉ Radio 1's Roadcaster will be onsite over the weekend with a mix of live broadcasts from RTE 1's Countrywide, and Lyric FM's Niall Carroll, Lorcan Murray and Evelyn Grant. The Main Stage will host Lyric FM's Marty in the Morning and Simon Delaney, along with special guests and performances from musicians.

### Tickets

Bord Bia Bloom takes place Thursday May 30<sup>th</sup> – Monday June 3<sup>rd</sup> 2024 at the Phoenix Park, Dublin, with the show open from 9am – 6pm daily. Tickets are on sale and priced at €30. Up to two children aged 12 and under go free with every adult ticket. For more information see bordbiabloom.com

### Bord Bia Bloom 2024 Show Gardens

#### Large Show Gardens

**Coming Home to Nature**, designed by Nicola Haines and sponsored by Fingal County Council

**Love that Keelings Feeling Garden**, designed by James Purdy and sponsored by Keelings

**Tusla Fostering Garden – 'Together We Grow'**, designed by Robert Moore and sponsored by Tusla – Child and Family Agency

#### Medium Show Gardens

**Brigid 1500 Commemorative Garden**, designed by the Heritage Design team

**Children's Health Foundation Garden of Music and Play**, designed by Declan McKenna and sponsored by Children's Health Foundation

**Citroën Floating Lounge Garden**, designed by Joe Eustace and sponsored by Citroën Ireland

**Early Cancer Detection is Key**, designed by David Gallagher and sponsored by the Marie Keating Foundation and AstraZeneca

**St James's Hospital (BRAVE) 'Highlighting Hereditary Cancer' Garden**, designed by Linda McKeown and sponsored by Exact Sciences & Gilead

**RTE 1 Super Garden Winner** – To be announced

#### Small Show Gardens

**Above & Beyond**, designed by Gavin Saunders and Stephen Mackle and sponsored by Natural World Products and New Leaf Compost

**A Space for Possibilities: The Modular Container Garden**, designed by Louise Checa

**Óir – The Zarbee's Garden**, designed by Leonie Cornelius and sponsored by Zarbee's

**Rathcroghan Ogham Alphabet Garden**, designed by the Farming Rathcroghan team and sponsored by Farming Rathcroghan CLG/Rathcroghan Visitor Centre

**Rewild!** Designed by Nóra Tombor, Bord Bia Bloom Cultivating Talent Winner 2024, and sponsored by Westland Horticulture

**The Mind Yourself Garden**, designed by Sarah Buckley, Bord Bia Bloom Cultivating Talent Winner 2024, and sponsored by Westland Horticulture

**Sun Harness Garden**, designed by Hendrik Lepel and sponsored by Peppermint Farm Glasshouses

#### Concept Show Gardens

**In Perspective**, designed by Oliver and Liat Schurmann and sponsored by the European Commission

**Love Letter to Abbeyleix**, designed by Patrik Weisser and sponsored by Abbeyleix House and Farm

**Nourishing Dairy – From the Ground Up**, designed by Tünde Perry and sponsored by the National Dairy Council

**The Despicable Me 4 Garden**, designed by Benny Magennis and sponsored by Universal Pictures Ireland

#### Feature Gardens

**Sculpture in the Park**, designed by Ruth Liddle and Ken Folan and sponsored by The Kildare Gallery

**The Family Friendly Garden – Easy Steps to Dream Gardens**, designed by Maeve O'Neill and sponsored by Bord Bia



Photo: Brooke Stewart (6) from Swords, Co. Dublin admires a sculpture from the Kildare Gallery at the official launch of Bord Bia Bloom (May 30<sup>th</sup> – June 3<sup>rd</sup>). Ireland's favourite festival of flowers, food and fun, returns to the Phoenix Park, Dublin, this June bank holiday weekend promising attendees a great day out with its colourful show gardens, quality Irish food and drink, inspiring talks and demos, and live entertainment for all ages.

## KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

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



### Home Energy Upgrade Loan Scheme

#### What is the Home Energy Upgrade Loan?

The Home Energy Upgrade Loan is a new loan scheme with low interest rates for homeowners who want to make their property more energy efficient. The loans can be used to undertake a deep retrofit involving several energy upgrades at the same time, or to carry out one or two upgrades that will significantly improve the energy performance of the home, for example, insulating your home or installing a heat pump or solar power.

You can get the loan for the home you live in, or a property you rent out.

You must use the loan for home energy upgrades that are also funded by a home energy upgrade grant from the Sustainable Energy Authority of Ireland (SEAI).

The loan can be drawn down before you start the work. This removes some of the upfront financial barriers to getting the upgrade works done.

The scheme is offered by the Strategic Banking Corporation of Ireland (SBCI) and the loans are available until 31 December 2026 or until the funding runs out.

People most at risk of energy poverty can continue to avail of fully-funded energy upgrades under the SEAI Warmer Homes Scheme.

#### Where can I get a Home Energy Upgrade Loan?

The loan is currently only available from Permanent TSB.

However, some other banks and credit unions are in the process of signing up to the scheme and are expected to begin offering the loan in the next few weeks. These include:

- . AIB
- . Bank of Ireland
- . Avant Money
- . Clonmel Credit Union
- . Connect Credit Union
- . First South Credit Union
- . Listowel Credit Union
- . Naomh Breandan Credit Union
- . North Midlands Credit Union
- . Progressive Credit Union

#### How much can I borrow?

You can borrow between €5,000 and €75,000 per property.

You can get loans for up to 3 properties or €225,000 per applicant.

Loan terms range from a minimum of one year up to a maximum of 10 years.

The loans are unsecured loans. This means that no security or personal guarantee is required.

#### What are the interest rates?

The interest rates are different depending on who you get your loan from. But they will be lower than rates for regular personal loans. This is because the interest rates are subsidised by the Government and the loans are backed by the European Investment Bank.

Permanent TSB is the first participating bank and it is offering rates from 3.55%.

#### Do I qualify for the loan?

To qualify for the loan:

You must be living in Ireland

The property must be in the Republic of Ireland

You must own the property. It can be the home you live in, or a property you rent out.

You must use the loan for home energy upgrade work. At least 75% of the loan must be used for energy efficiency measures and 25% can be used for non-energy related works, like redecorating your home.

You must qualify for an SEAI home energy upgrade grant for the work. The work must be done by an SEAI registered One Stop Shop, Energy Partner or Community Project Coordinator

The upgrade work must aim for at least a 20% improvement in the home's current Building Energy Rating

You cannot get a loan to fund work that has already been completed.

The SBCI has more information about the loan's terms and conditions.

#### How do I apply for the Home Energy Upgrade Loan?

##### 1. Get an energy assessment for your property

You must get one of these SEAI registered service providers to do an energy assessment (also called a Home Energy Summary Report) of your property:

- . SEAI Registered One Stop Shop
- . Energy Partner
- . Community Project Coordinator

When they have done the assessment, they will give you a Home Energy Summary Report.

If the upgrades recommended in the report could lead to at least a 20% improvement in your home's current Building Energy Rating you will be able to apply for the loan.

##### 2. Get an SEAI home energy upgrade grant

To avail of the low-cost loan, your upgrade project will have to be supported by a SEAI grant. Your SEAI registered service provider will apply for one of these SEAI home energy upgrade grants for you:

- . Better Energy Homes Grant
- . National Home Energy Upgrade Scheme
- . Community Grant Scheme

You must qualify for one these grants to get the loan.

##### 3. Apply for a Home Energy Upgrade Loan

Contact one of the financial institutions that offers the Home Energy Upgrade Home Loan. The SBCI has a list of the financial institutions that currently offer the loan.

You will need to show the financial institution your Home Energy Summary Report

Each participating financial institution uses its own credit criteria, policies and procedures to decide if they will approve your loan application.

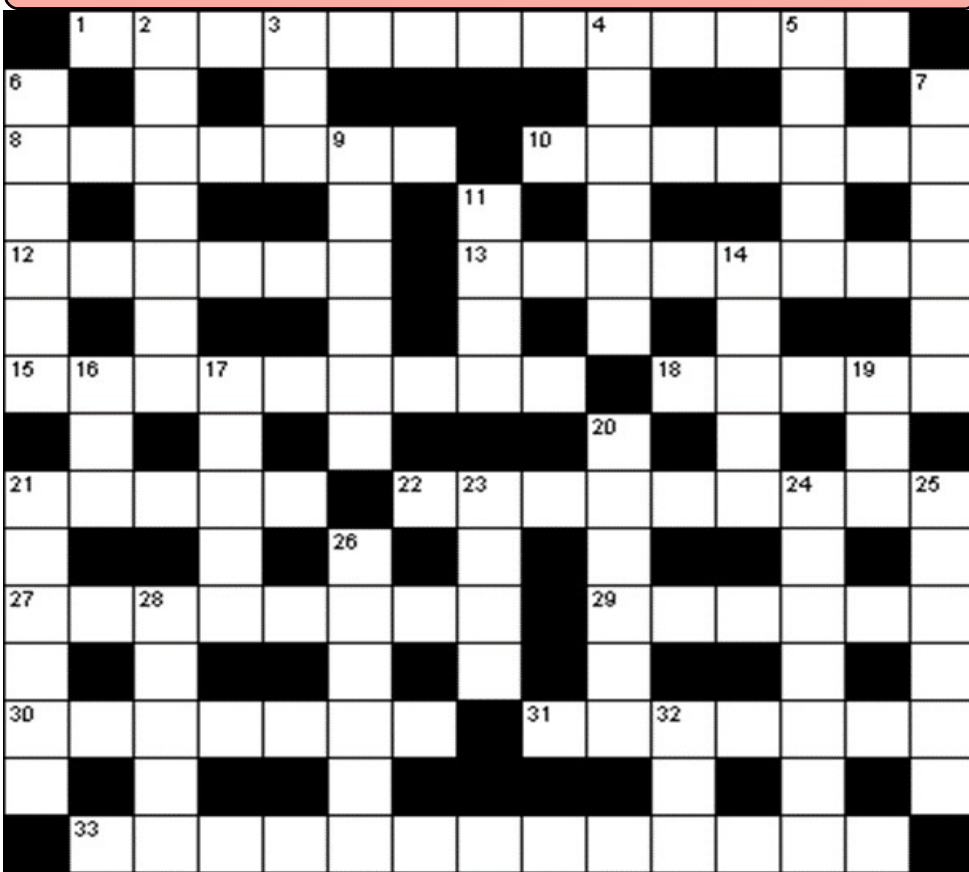
##### 4. Begin the work on your property

Once your loan has been approved, you can begin your home energy upgrade work.

You can find more information about the Home Energy Upgrade Loan Scheme on the SEAI's website and the SBCI's website.

**[Home Energy Upgrade Loan Scheme \(www.seai.ie\)](http://www.seai.ie)**

**June 2024 Crossword - No. 535**



**Clues Across**

- 1. One who studies the climate (13)
- 8. Pertaining to an orbit (7)
- 10. Inflatable rubber bag (7)
- 12. Glossy (6)
- 13. Altercation (8)
- 15. Rectory (9)
- 18. Capital of France (5)
- 21. Church singers (5)
- 22. Expert in science (9)
- 27. Forebear (8)
- 29. Child who has lost both parents (6)
- 30. Office head (7)
- 31. Chief (4,3)
- 33. Mayonnaise (5,8)



**Solutions to Crossword No. 534**



**Clues Down**

- 2. Marine crustacean (7)
- 3. Encountered (3)
- 4. Citrus Fruit (6)
- 5. Rock (5)
- 6. Idle talk (6)
- 7. Combines (6)
- 9. Anybody (6)
- 11. Sharp pain (4)
- 14. Intended (5)
- 16. Exclamation of surprise (3)
- 17. Connected series of rooms (5)
- 19. It is (3)
- 20. Far distant (6)
- 21. Cold and damp (6)
- 23. Maize (4)
- 24. Brutal (7)
- 25. Occupant (6)
- 26. Be present at (6)
- 28. Cuban ballroom dance (5)
- 32. Donkey (3)

**Difficult**

**Sudoku Challenge**

**Super Difficult**

			<b>8</b>					
	<b>7</b>				<b>9</b>		<b>1</b>	
<b>6</b>		<b>9</b>		<b>4</b>	<b>7</b>	<b>3</b>		
		<b>8</b>				<b>4</b>		<b>1</b>
<b>4</b>			<b>1</b>		<b>8</b>			<b>5</b>
<b>1</b>		<b>3</b>				<b>2</b>		
		<b>4</b>	<b>7</b>	<b>2</b>		<b>1</b>		<b>3</b>
	<b>3</b>		<b>4</b>				<b>9</b>	
					<b>5</b>			

	<b>3</b>							
							<b>1</b>	
						<b>3</b>		<b>2</b>
								<b>5</b>
								<b>8</b>
<b>6</b>	<b>8</b>						<b>9</b>	<b>2</b>
<b>5</b>		<b>3</b>					<b>8</b>	
		<b>2</b>	<b>7</b>					<b>9</b>
								<b>5</b>
<b>1</b>	<b>7</b>					<b>8</b>		<b>6</b>
<b>9</b>							<b>2</b>	
								<b>6</b>

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



## Maynooth University celebrates first ever GAA history module

GAA module is officially launched by GAA President Jarlath Burns  
Maynooth University (MU) is marking the launch of a new module for undergraduate history students examining the foundations of the Gaelic Athletic Association (GAA) and its role in wider Irish society. The module, which is one of the first of its kind to be offered by any university in Ireland, was officially launched by GAA President Jarlath Burns.

The second-year module from the Department of History at MU is designed to provide students with a broad introduction to the development of the GAA towards the end of the nineteenth century and the role the organisation played in Irish life, culture, politics, and society.

Examining the Irish sporting landscape prior to the formation of the GAA in 1884, students consider how the GAA swept the country “like a prairie fire”, according to its founder Michael Cusack.

GAA President Jarlath Burns said: “As a keen follower of all things historical I was delighted to learn of the inclusion of this new module focusing on the GAA in the undergraduate history course at Maynooth University.

“Given the central role of the Association in Irish life – both sporting and civic - over the course of its 140-year existence, we might well ask how this has never happened before anywhere? In that context I laud the University authorities, not least Dr Ciarán Reilly who will deliver the module.

“I also wish the students well in their endeavours and I am sure the academic lens being brought to bear on our activities will be of real interest to many of them who are familiar with our games through their direct involvement in them.”

Dr Ciarán Reilly of the Department of History at Maynooth University, who delivers the module said: “Historically the GAA has played an integral role in the shaping of modern Ireland, perhaps more so than any other sporting or cultural organisation. This module offers students the opportunity to understand the context in which the GAA was founded and developed.”

Further information on Maynooth University’s Department of History is available [here](#).



GAA President Jarlath Burns and President of Maynooth University, Professor Eeva Leinonen, with MU GAA scholarship students Aoife Dwyer (Tipperary senior camogie player), and Ryan Burke (Kildare senior r football player), at the official launch of the GAA History module at Maynooth University. Photography by Maxwell.

## MU welcomes expert in diagnosing Parkinson’s by scent

Prof Perdita Barran was part of the NoseToDiagnose research team that found it was possible to identify Parkinson’s disease by scent

Maynooth University’s [Faculty of Science and Engineering](#) was delighted to welcome Prof Perdita Barran, a member of the award-winning [NoseToDiagnose](#) research team that found that Parkinson’s disease (PD) could be identified from compounds on the surface of the skin.

Prof Barran discussed these findings at the 2024 Dean’s Lecture, which was a free public event held in Maynooth University’s TSI Building on Wednesday, 15 May.

[Prof Barran](#), who is Chair of Mass Spectrometry in the Department of Chemistry at the University of Manchester, spoke about how the research team used the observations of Joy Milne, a retired nurse whose husband was diagnosed with PD at the age of 45, to develop a novel approach to early PD diagnosis.

Milne, from Perth in Scotland, has hereditary hyperosmia or a heightened sensitivity to smells and noticed that her late husband developed a different, more “musky” odour over a decade before he was diagnosed with PD.

She collaborated with the team in Manchester, which used mass spectrometry to investigate the biomarkers of PD and found that the smell is strong on patients’ upper backs, where sebum, an oily substance produced by the skin, tends to amass.

“I was absolutely thrilled to give the Dean’s Lecture at Maynooth University 2024,” Prof Barran said. “I outlined how we have taken Joy Milne’s observation that people with Parkinson’s Disease have a distinctive odour and launched a research programme called NoseToDiagnose.”

[The resulting study](#), published in 2022 in the Journal of the American Chemical Society, found that specific lipids are substantially more active in people suffering from the disease. With high-resolution mass spectrometry, the team profiled the complex chemical signature in the sebum of people with Parkinson’s and showed subtle but fundamental changes as the condition progresses.

The research team went on to design a novel test to identify people with PD, a degenerative condition where parts of the brain become progressively damaged over many years, resulting in a range of physical and psychological symptoms.

The test is simple and painless, involving a cotton skin swab run along the back of the neck, and can classify PD from sebum samples with more than 95% accuracy.



Prof Perdita Barran

In her lecture, Prof Barran discussed the methodological approach, recent findings, and the use of sebum for non-invasive sampling. She also referred to “other adventures with mass spectrometry” in their labs in Manchester.

Prof Barran, who served as Chief Advisor to the UK Government on Mass Spectrometry during their COVID-19 pandemic response, founded a spinout company, [SebOMIX](#), to commercialise the new tests, which can detect biomarkers for numerous other diseases besides PD.

## 10 Healthy Herbal Teas You Should Try

Unlike true teas, which are brewed from the leaves of the *Camellia sinensis* plant, herbal teas are made from dried fruits, flowers, spices, or herbs. In addition to being delicious, some herbal teas have health-promoting properties. In fact, herbal teas have been used as natural remedies for a variety of ailments for hundreds of years.

### Here is a list of 10 healthy herbal teas to try

**Chamomile tea** is most commonly known for its calming effects and is frequently used as a sleep aid.

In fact, studies show that it could improve sleep quality in older adults and postpartum women.

What's more, chamomile is also believed to have antibacterial, anti-inflammatory, and liver-protecting effects.

Other research also shows that chamomile could improve blood sugar control and ease symptoms of premenstrual syndrome (PMS)

#### Summary

Chamomile may help enhance sleep quality, improve digestive health, stabilize blood sugar levels, and ease symptoms of PMS.

### Peppermint Tea

Though peppermint tea is most popularly used to support digestive health, it also has antioxidant, anticancer, antibacterial, and antiviral properties.

Several studies have shown that preparations of peppermint oil can help relieve indigestion, nausea, stomach pain, and other symptoms of irritable bowel syndrome. However, keep in mind that it's unclear whether the amount of peppermint oil found in peppermint tea has the same effect as the concentrated supplements used in these studies. Therefore, more research is needed.

#### Summary

Studies have found that peppermint oil may help relieve nausea, cramping, and stomach pain.

**Ginger tea** packs a punch of disease-fighting antioxidants and is a well-known remedy for nausea.

Studies consistently find that ginger is effective at relieving nausea, especially in early pregnancy, although it may also relieve nausea caused by cancer treatments and surgery.

Evidence also suggests that ginger may help prevent stomach ulcers, relieve indigestion, and reduce pain associated with menstruation.

What's more, some studies show that ginger supplements could improve blood sugar control and lipid levels in people with diabetes.

#### Summary

Ginger tea may help reduce nausea, relieve period pain, and improve blood sugar and lipid levels in people with diabetes.

### Hibiscus Tea

In addition to its bold color and unique flavor, hibiscus tea offers healthful properties. In fact, though research is mixed, some studies show that hibiscus could significantly reduce total and LDL (bad) cholesterol, along with blood pressure.

What's more, another study found that taking hibiscus tea extract for 6 weeks significantly decreased oxidative stress in male soccer players.

However, be sure to talk with a doctor before drinking hibiscus tea if you're taking diuretics, as it may interact with your medications.

#### Summary

Hibiscus tea may help reduce blood pressure, improve cholesterol levels, and decrease oxidative stress.

**Echinacea tea** is a popular remedy that's said to prevent and treat the common cold. Evidence has shown that echinacea may help boost the immune system, which could help the body defend against infections.

Though more research is needed, some studies have also found that echinacea can shorten the duration of the common cold or lessen the severity of symptoms.

#### Summary

Echinacea tea is commonly used to shorten the duration of the common cold. However, more research is needed.

**Rooibos** is an herbal tea that was historically used for medicinal purposes.

Though more research on humans is needed, one study found that rooibos may have anti-allergy effects.

Research has found that rooibos may inhibit the formation of osteoclasts. These are cells that break down old bones, which is essential for preserving, repairing, and reshaping your skeleton. Inhibiting their formation may help people living with diseases that cause the production of too many osteoclasts, such as osteoporosis.

Moreover, some older studies suggest that rooibos tea could also lower blood pressure and cholesterol level

#### Summary

Preliminary evidence suggests that rooibos tea may help improve bone health and reduce heart disease risk, but more studies are needed.



**Sage tea** is well-known for its medicinal properties and potential benefits for brain health.

Various studies on sage have found improvements in the cognitive function of those with Alzheimer's disease, although the studies had limitations.

A number of studies also found improvements in mental function and memory in healthy adults after they took one of several different types of sage extract.

While more research is needed, some studies suggest that sage may also help lower levels of total and LDL (bad) cholesterol levels.

#### Summary

Several studies have found that sage improves cognitive function, memory, and heart health.

**Lemon balm tea** has a light, lemony flavor and seems to have health-promoting properties.

In one small study, drinking lemon balm tea for 6 weeks improved arterial stiffness, which is a risk factor for heart disease, stroke, and mental decline.

Research has also found that drinking lemon balm may increase the body's natural antioxidant enzymes, which help protect the body from oxidative damage.

Additionally, one review found that lemon balm could even improve symptoms of depression and anxiety, without serious side effects.

#### Summary

Preliminary studies have found that lemon balm tea may help increase antioxidant levels, improve heart health, and reduce symptoms of depression and anxiety.

**Rose hip tea** is high in vitamin C and beneficial plant compounds with anti-inflammatory properties.

Several older studies have found that rose hip powder may help reduce inflammation and improve symptoms related to rheumatoid arthritis and osteoarthritis, including pain.

Studies have also found that rose hips may also be beneficial for weight management, helping decrease body mass index (BMI) and belly fat.

Still, more recent human studies are needed to confirm the potential benefits of rose hip tea.

#### Summary

Rose hip tea may reduce inflammation and pain associated with arthritis. It may also support weight management.

**Passionflower tea** is traditionally used to relieve anxiety and improve sleep.

One study found that taking passionflower extract for 2 weeks improved certain markers of sleep quality in people with insomnia, though there was no significant difference compared with a placebo.

Some other research suggests that passionflower may help relieve symptoms of anxiety, especially during dental procedures.

#### Summary

Studies have found that passionflower tea may improve sleep and anxiety.

### The Bottom Line

Herbal teas come in a variety of delicious flavors and are naturally free of sugar and calories.

Many herbal teas also offer health-promoting effects, and modern science has begun to validate some of their traditional uses.

However, keep in mind that more research is needed to understand the effects of drinking herbal tea rather than taking extracts or other supplements.

Source: [www.healthline.com/nutrition/10-herbal-teas](http://www.healthline.com/nutrition/10-herbal-teas)

### General Guidelines for Herbal Tea Consumption:

While the optimal daily intake of herbal tea is highly individualized, general guidelines can provide a starting point:

1. **Moderate Consumption:** Generally, it is advisable to limit herbal tea consumption to 2-3 cups per day. This moderate intake allows for potential health benefits without increasing the risk of adverse effects.
2. **Variety is Key:** Incorporating a variety of herbal teas into your daily routine can help ensure a balanced intake of different compounds and reduce the risk of overconsumption of any single herb.
3. **Listen to Your Body:** Pay attention to how your body responds to herbal tea consumption. If you experience any adverse effects, such as stomach upset, headaches, or anxiety, reduce your intake or discontinue consumption altogether.
4. **Consult a Healthcare Professional:** If you have any underlying health conditions or concerns, consult with a **healthcare professional** before incorporating herbal tea into your daily routine.

### Recommendations:

Navigating the world of herbal tea consumption requires a balanced approach, considering individual factors, desired effects, and potential risks.

By adhering to moderate consumption guidelines, incorporating variety, and listening to your body's response, you can safely enjoy the many benefits of herbal tea without compromising your health.

Remember, the optimal daily intake of herbal tea is highly personalized, and consulting with a healthcare professional is always advisable if you have any underlying health conditions or concerns.

Source: [liquidinsider.com/how-much-herbal-tea-per-day/](http://liquidinsider.com/how-much-herbal-tea-per-day/)



### Chicken and Rice Tray Bake

Preparation time: less than 30 mins  
Cooking time: 30 mins to 1 hour  
Serves 4



#### Ingredients

**For the rice** oil, for greasing  
1 large onion, finely chopped  
3 garlic cloves, finely chopped  
50g/1¾oz ghee, melted (or butter)  
270g/9¾oz basmati rice  
2 cardamom pods, seeds only  
650ml/21fl oz. hot chicken stock (or boiling water)  
200g/7oz frozen peas  
large handful fresh coriander, roughly chopped

#### For the chicken

8 chicken legs, skin on  
1 tsp salt  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp cayenne pepper  
2 tbsp. oil

#### Method

Preheat the oven to 200C/180C Fan/Gas 6. Lightly grease a large roasting tray and put in the onion and garlic. Drizzle over the melted butter and give the onions a stir. Bake for 10–15 minutes, making sure they don't begin to burn. Keep an eye on them – if the edges are catching too quickly, take the tray out and stir the onions again before returning to the oven.

Meanwhile, for the chicken, mix the salt, garlic, onion and cayenne in a bowl. Rub the drumsticks with the oil and cover with the spicy rub.

Take the onions out of the oven and add the rice and cardamom seeds. Stir well, then put the drumsticks on top. Pour in the stock (or boiling water). Cover with foil and bake for 30 minutes.

Remove from the oven, lift the chicken drumsticks on to a side plate, then add the peas to the rice and lightly stir them through. Replace the chicken pieces and bake without the foil for another 15 minutes

Stir in the chopped coriander and serve.

### Toffee apple crumble

Preparation time: less than 30 mins  
Cooking time: 10 to 30 mins  
Serves 4-6



#### Ingredients

**For the toffee apples**  
100ml/¾fl oz water  
225g/8oz granulated sugar  
30ml/1fl oz golden syrup  
30g/1oz unsalted butter  
450g/1lb cooking apples, peeled, cored and sliced into wedges  
450g/1lb eating apples, peeled, cored and sliced into wedges

#### For the crumble

150g/5oz plain flour  
100g/¾oz unsalted butter  
100g/¾oz demerara sugar

#### For the custard

6 free-range egg yolks  
75g/2½oz caster sugar  
600ml/1 pint 1½fl oz whole milk  
1 vanilla pod, seeds

#### Method

Preheat the oven to 180C/350F/Gas 4.

For the toffee apples, place the water and sugar into a saucepan and slowly bring up to the boil. Reduce the heat once the sugar has melted, add the syrup and butter and then bring up to the boil again, stirring constantly.

Turn down the heat, add the apples and cook, stirring gently, until just soft. Place into an ovenproof dish.

For the crumble, rub the flour, butter and sugar together in a bowl with your fingertips until the mixture resembles breadcrumbs. Spoon the crumble evenly over the toffee apple mixture and place in the oven to bake for 15 minutes, or until crisp and golden-brown.

For the custard, place the egg yolks and sugar into a bowl. Place the milk and vanilla seeds into a saucepan and bring to the boil, then pour into the egg and sugar mixture.

Whisk until well-combined. Return the custard mixture to the saucepan and warm over a low heat until it thickens enough to coat the back of a spoon.

To serve, divide the crumble between 4-6 serving plates and place a dollop of custard on each.

Source: [www.bbc.ie](http://www.bbc.ie)

## JUNE GARDENING

### Now it's Summer!



#### Gardening tasks and projects that you can do to help keep your garden looking great.

Spray roses against blackspot disease on regular basis, especially in the damper parts of the garden, and after wet weather. Also continue to tie in the new shoots of climbing roses so that they will be in the correct position for training later and are safely out of the way.

Even if it rains, young trees and shrubs planted in the last twelve months can be suffering from moisture shortage due to inability of the roots to take water. Water if the leaves are small and sparse. Begin to take cuttings of soft wood of current season's growth of fuchsia, clematis and other shrubs.

Bedding plants can be planted out in flower beds and containers and baskets planted up.

There is still plenty of time for them to flower well, especially if large plants in individual pots or cell trays are used. Make certain to control the first flush of weeds among bedding plants. If there is wet weather, a flush of seedlings will appear and these will give a lot of trouble if they are allowed to make growth. If bedding plants are a little set back by cold weather, just after planting out as sometimes happens, a liquid feed will bring them on.



Continue to watch for slugs and snails in the first few weeks after planting and on perennial flowers. Stake perennial flowers that need it, especially in an exposed garden, such as alstroemeria and delphiniums.

Grass really responds to rain showers and if there is some lightning as well it helps to green up the grass by 'knocking' nitrogen out of the air. If the grass is not growing well despite rain, apply some fertilizer to improve growth. The ideal weather for applying lawn weed killer is fine and settled, warm but with some moisture in the soil. Lawn weed killers are very effective in the right conditions. Do not apply weed killer if you want to grow a wildflower lawn.

Pinch out any side shoots from your tomato plants and feed once the first truss is setting fruit. You can pot up the side-shoots to create new tomato plants.

Continue to earth up potato plants as they grow. If you're growing potatoes in bags simply add more compost to half way up the plant stem. Harvest salad crops and resow every 2 weeks for a constant supply of tasty leaves. Harvest early potatoes -



these are normally ready from 10 weeks after planting. Look out for onion and garlic leaves yellowing and dying back - this means they are ready to harvest! Plant out tender vegetables such as corvettes, squash, tomatoes and sweet corn now the risk of frost has passed. When planting out cabbages, use cabbage collars to prevent cabbage root fly attack. There is still time to plant runner beans - sow them directly in the ground now. By all means, take some time to simply enjoy your garden and all the hard work you've put into it.

**Enjoy!**

Source: [www.gardenersworld.com](http://www.gardenersworld.com)

## SUMMER



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**Kildare Planning Applications for Maynooth Area  
Planning Applications received from 29/04/2024 to 28/05/2024 Information from Kildare County Council Website**

App #	Authority	Applicant Name	Development Address	App Date
<a href="#">24176</a>	Kildare County Council	Thomas and Linda Hannigan	16 Parklands Square, Maynooth, Co. Kildare	28/05/2024
<a href="#">2460471</a>	Kildare County Council	Leanne and Edward O'Toole	10 The Lawn, Moyglare Hall, Maynooth, Co. Kildare	27/05/2024
<a href="#">2460436</a>	Kildare County Council	David Casey & Débora Cordeiro	344 Old Greenfield, Maynooth, Co Kildare	20/05/2024
<a href="#">24160</a>	Kildare County Council	Ann Lynch	22 The Lawns, Moyglare Abbey, Maynooth, Co. Kildare	17/05/2024
<a href="#">2460425</a>	Kildare County Council	Arlene & Dan Gallagher	25 Leinster Wood, Carton Demesne, Maynooth , Co. Kildare	15/05/2024
<a href="#">24147</a>	Kildare County Council	Ní Chearnaigh Aoife	13 Limetree Hall, Maynooth, Co. Kildare	10/05/2024
<a href="#">24143</a>	Kildare County Council	Thomas & Linda Hannigan	16 Parklands Square, Maynooth, Co. Kildare	08/05/2024
<a href="#">2460400</a>	Kildare County Council	EirGrid Plc.	Maynooth 220kV Substation, Taghadoo, Co. Kildare	02/05/2024
<a href="#">2460394</a>	Kildare County Council	The Trustees of St. Patrick's College Maynooth	In the townland of Collegeland, St. Patrick's College, Maynooth, County Kildare	02/05/2024
<a href="#">2460389</a>	Kildare County Council	Ciaran & Cynthia Gallagher and Jack	Railpark, Maynooth, Co. Kildare	01/05/2024

### Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		annuadhplayers@gmail.com	<a href="https://www.facebook.com/annuadha">https://www.facebook.com/annuadha</a>
An Post Sorting Office Maynooth	01-6293390		
Bernard Durkan T.D	01-6183732	bernard.durkan@oireachtas.ie	<a href="http://www.facebook.com/bernarddurkan">www.facebook.com/bernarddurkan</a>
Brass & Reed Band (St Mary's)		sec@stmarysbandmaynooth.ie	<a href="https://www.facebook.com/maynoothband/">https://www.facebook.com/maynoothband/</a>
Catherine Murphy T.D.	01-6183099	catherine.murphy@oireachtas.ie	<a href="https://www.facebook.com/catherinemurphytd">https://www.facebook.com/catherinemurphytd</a>
Cemetery Committee (Laraghbryan)	01-6293018		
Church of Ireland	01-6292163	secretary@meath.anglican.org	
Citizen Information Centre	1890777121	maynooth@citinfo.ie	
Cllr Brendan Wyse	087 2328867	brendan.wyse@gmail.com	<a href="https://www.facebook.com/brendanwysefg">https://www.facebook.com/brendanwysefg</a>
Cllr. Aidan Farrelly	087-9614540	aidan.farrelly@socialdemocrats.ie	<a href="https://www.facebook.com/AidanFarrellySD/">https://www.facebook.com/AidanFarrellySD/</a>
Cllr. Angela Feeney	087-2381962	angelaemfeeney@gmail.com	
Cllr. Brendan Weld	087 7828649	bweldmcc@gmail.com	
Cllr. Daragh Fitzpatrick	087 2538184	daraghfitz2007@gmail.com	
Cllr. Naoise Ó Cearúil	086 7280050	cllrnaoise@gmail.com	<a href="https://www.facebook.com/naoiseoceanuil/">https://www.facebook.com/naoiseoceanuil/</a>
Cllr. Pádraig McEvoy	086-8658262	padraigmcevoy@gmail.com	<a href="https://www.facebook.com/CllrPadraigMcEvoy/">https://www.facebook.com/CllrPadraigMcEvoy/</a>
Cllr. Paul Ward	087 2294697	cllrpaulward@gmail.com	
Cllr. Peter Hamilton	087-2316308		
Cllr. Tim Durkan	086-8632784	tim.durkan321@gmail.com	
Cloth Nappy Library Ireland	087-9949183	zerowastemaynooth@gmail.com	<a href="https://www.facebook.com/NappyLibraryIreland">https://www.facebook.com/NappyLibraryIreland</a>
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	<a href="https://www.facebook.com/JamesLawlessFF/">https://www.facebook.com/JamesLawlessFF/</a>
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	<a href="https://www.facebook.com/maynoothaft/">https://www.facebook.com/maynoothaft/</a>
Maynooth Community Care Unit	01-6106351		
Maynooth Community Church	01-5054990	office@maynoothcc.org	<a href="https://www.facebook.com/maynoothcommunitychurch/">https://www.facebook.com/maynoothcommunitychurch/</a>
Maynooth Community Library	01-6285530	maynoothlib@kildarecoco.ie.	<a href="http://facebook.com/KildareCountyLibraryService">facebook.com/KildareCountyLibraryService</a>
Maynooth Cycling Campaign	086-8252934	Maynoothcycling@gmail.com	<a href="https://maynoothcyclingcampaign.com/">https://maynoothcyclingcampaign.com/</a>
Maynooth Fishing Club	01-6293202	info@maynoothfisheries.com	
Maynooth GAA Club		secretary.maynooth.kildare@gaa.ie	<a href="https://www.facebook.com/maynoothgaa/">https://www.facebook.com/maynoothgaa/</a>
Maynooth Health Centre	01-6106130		
Maynooth Kilcock Lions club		contact@maynoothkilcocklionsclub.org	<a href="https://www.facebook.com/MaynoothKilcockLionsClub/">https://www.facebook.com/MaynoothKilcockLionsClub/</a>
Maynooth Library	01-6285530	Maynoothlib@kildarecoco.ie	<a href="http://www.facebook.com/KildareCountyLibraryService">www.facebook.com/KildareCountyLibraryService</a>
Maynooth Newsletter	01-6285922	office@maynoothcep.com	<a href="https://www.facebook.com/MCEPNewsletter">https://www.facebook.com/MCEPNewsletter</a>
Maynooth Senior Citizens		maynoothseniorcitizens@gmail.com	
Maynooth Students Union	01-7083669	frontdesk@msu.ie	<a href="https://www.facebook.com/MaynoothSU">https://www.facebook.com/MaynoothSU</a>
Maynooth Tidy Towns	083 304 6130	maynoothtidytowns@outlook.ie	<a href="https://www.facebook.com/MaynoothTidyTowns">https://www.facebook.com/MaynoothTidyTowns</a>
Maynooth Town Football Club	086-1060654	info@maynoothtownfc.ie	<a href="https://www.facebook.com/MTFC1969/">https://www.facebook.com/MTFC1969/</a>
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	<a href="https://www.facebook.com/ReadaCroninSinnFein">https://www.facebook.com/ReadaCroninSinnFein</a>
SVP Vincent's Shop	01-6289643	geraldinebyrne.east@svp.ie	<a href="https://www.facebook.com/profile.php?id=100064619179003">https://www.facebook.com/profile.php?id=100064619179003</a>
Zero Waste Maynooth	087-9949183	zerowastemaynooth@gmail.com	<a href="https://www.facebook.com/zerowastemaynooth">https://www.facebook.com/zerowastemaynooth</a>

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