

# Maynooth Newsletter



## Recording the Social Footprint of Maynooth since the 1970s



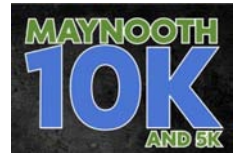
### Local News - May 2024 - Issue No. 534 - Online Version

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 10k & 5k 2024

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



### Record-Breaking Turnout at Maynooth 10k 1000 Runners Take to the Streets

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

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

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



The health and safety of our participants and volunteers is paramount and the race would not be possible without the support of Kildare County Council, An Garda Síochána and Highway Markings. We would like to thank the race doctor, first aiders, first responders, the Irish Red Cross Ambulance, cyclists from Maynooth Cycling Club who led the runners around the route and the 50+ volunteers who marshalled the course, manned the

car parks and helped out at the water station, with much-welcomed water provided by Supervalu Maynooth.

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

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

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

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

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

For more information about the Maynooth 10k and future events, please visit [www.maynooth10k.ie](http://www.maynooth10k.ie)



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

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#### 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

This month's Newsletter contains a wealth of community activities that have taken place and those to come. Perhaps it is the coming of the summer months and hopefully the promise of at least some good weather that gets groups going again.

Some groups, such as Maynooth Tidy Towns keep going for most of the year and they have clocked up some major achievements for Maynooth over the last few years.

St. Mary's Brass and Reed Band keeps us up to date with their yearly programme and activities including their upcoming visit to Germany to take part in the Bad-Orb International Music Festival .

Another international and historic first took place with the First International School Exchange. Students from Integrierte Gesamtschule Bonn-Beuel arrived in Gaelcholáiste Mhaigh Nuad as part of the first cultural exchange to take place in the school and we are delighted to see their report in both Irish and English.

Those events that have taken place include the annual Maynooth 10K which had a wonderful turn out in support of our secondary schools and the images in the photo gallery shows the fun and joy that people experienced. Well done to all involved.

Up coming is Darkness into Light on Saturday 11th May and we see their striking yellow posters about the town. A worthy cause. We also have the Arts and Minds Festival in Maynooth University featuring music, songs , stories and film. Book your tickets.

The Galway Cycle made a colourful image in the Court House Square as 100 cyclists finished the cycle. Little Blue Heroes was the charity of their choice this year.

Maynooth Cycling Campaign has a programme schedule for the 11th to the 19th May. Cycling in the town is a growing area of interest.

Maynooth Autism Friendly Town has give an very impressive report on their activities and achievements since 2022.

Various groups had their AGMs such as the ICA and Maynooth Senior Citizens Committee, regular contributors to the Newsletter.

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

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

**Susan Durack**  
**Editorial Board**

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



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



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

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



## Gold Medal Winners

2016 - 2017 - 2018  
2019 - 2021 - 2022  
2023

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

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

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

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

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

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

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

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

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



Join us on Facebook for more up to date information.  
Contact us by email at [maynoothtidytowns@outlook.ie](mailto:maynoothtidytowns@outlook.ie)

**Mary Molloy**  
**Maynooth Tidy Towns Association PRO**

# Online Office

## Here to help with

- \* Medical Cards
- \* Health Issues
- \* Social Welfare
- \* Education
- \* Services for Senior Citizens
- \* Housing Support and Grants (Windows/ Doors, Insulation, Roofing, Electrical)
- \* Housing Adaptations and Planning (Level Access Showers, Extensions, Rebuilding Ireland Housing Loan)
- \* Social Housing
- \* Estate Issues
- \* Community Issues
- \* Environmental Concerns
- \* Employment Concerns
- \* Covid - 19 related queries



Phone



WhatsApp



zoom



E-mail



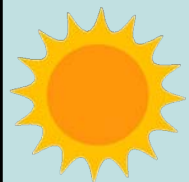
**Cllr. Angela Feeney**

**Tel. 087 238 1962**

**Email. [angelafeeney@gmail.com](mailto:angelafeeney@gmail.com)**

**Stay safe everyone.**

**LABOUR** ★ ★ ★ ★ ★



## Stay Protected with Sunscreen

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

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

**UVA** - A sunscreen which claims UVA protection must provide a certain level of UVA protection in line with EU guidelines. A product that contains the EU recommended minimum level of UVA protection is labeled with a UVA logo as follows: The label of the sunscreen should be examined to ensure the product contains the appropriate amount of sun protection needed for your skin type. It is also important to read all of the instructions and warnings on the sunscreen label and to apply the correct amount of sunscreen to ensure the level of protection is consistent with that claimed on the label.

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



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

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

### When buying:

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

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

### Tips for sensible sun exposure:

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

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



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

*\*These recommendations are guidance only. Adults and children should apply at least the guidance amount of sunscreen. Amounts are calculated based on the surface area of an average adult’s skin of 1.8m<sup>2</sup> and the average weight and height of children at these ages (UK figures).*

[www.hpra.ie/cosmetics/sunscreen](http://www.hpra.ie/cosmetics/sunscreen)

## Maynooth I.C.A

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



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

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

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

## DARKNESS INTO LIGHT 2024 Saturday 11th May



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

# MAYNOOTH DRESSES

Find us at Unit 3 San Feliu, Fagan's Lane, Maynooth  
(Behind EBS Main Street)

Transition Year Ball & New Stock of Debs Dresses for 2024 Debs Balls



Cute Boys and Girls Christening Gowns

New! Ladies Headpieces in Stock in All Colours



For All Our Opening Hours

Visit our Website on:

[www.maynoothdresses.ie](http://www.maynoothdresses.ie)

Phone: 01 6293585



## Birth Month Flowers: What Is My Birth Flower?

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

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

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

January ~ Carnation & Snowdrop

January's primary birth flower is the carnation, and the secondary flower is the snowdrop.

February ~ Violet & Primrose

The February primary birth flower is the violet, and the secondary flower is the primrose.

March ~ Daffodil & Jonquil

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

April ~ Daisy & Sweet Pea

The primary April birth flower is the daisy, and the secondary flower is the sweet pea.

May ~ Lily of the Valley & Hawthorn

The May birth flowers are the lily of the valley and hawthorn.



June ~ Rose & Honeysuckle

The primary June birth flower is the rose, and the secondary flower is honeysuckle.

July ~ Larkspur & Water Lily

The primary July birth flower is the larkspur, and the secondary flower is the water lily.

August ~ Gladiolus & Poppy

The primary August birth flower is the gladiolus, and the secondary flower is the poppy.

September ~ Aster & Morning Glory

The primary September birth flower is the aster, and the secondary flower is the morning glory.

October ~ Marigold & Cosmos

The primary October birth flower is the marigold, and the secondary flower is the cosmos.

November ~ Chrysanthemum

The November birth flower is the chrysanthemum.

December ~ Narcissus & Holly

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

Source: [www.almanac.com/content/birth-month-flowers-and-their-meanings](http://www.almanac.com/content/birth-month-flowers-and-their-meanings)

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





## Cllr. Angela Feeney Maynooth Labour News

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



### Repairs needed at Maynooth Harbour towpaths

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

### College Pool Update

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

### Data on delivery of crèches

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

### Traffic Calming needed

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

### My upcoming questions and motions at the May Council meetings:

#### Motion to Full Council:

That the Council carry out a review of the Residents Association Grants Policy.

Municipal District Council meeting Motions and Questions:

#### Motion:

That the Council completes the footpath repairs on the Old Dublin Road, Maynooth in the vicinity of the retail units.

#### Motion:

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

#### Question:

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

#### Question:

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

### Meetings attended by me since my last newsletter:

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

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

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

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

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

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



## Maynooth Cycling Campaign

### Bike Week 2024

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

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

14th May Maynooth Men's Sheds Royal Canal Greenway

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

16th May Film Night MOTHERLOAD – film

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

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

### Maynooth Cycling Campaign

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

### Road Safety

The Garda Commissioner, Drew Harris, has reacted to public alarm about increasing road fatalities by directing An Garda Síochána to allocate a minimum of 30 minutes per shift to

traffic duties. We think that this is an inadequate response to death on the roads. It is not credible that currently gardaí on duty have nothing to do for some 30 minutes. The question is if they are going to allocate 30 minutes to traffic duties, what will they be diverted from and should they prioritise minor traffic offences over more serious crimes?

### Road Safety Authority

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

### EU Targets on EVs

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

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

**Maynooth Cycling Campaign is a non-party political cycling advocacy group. If you wish to join us, email us at**

[maynoothcycling@gmail.com](mailto:maynoothcycling@gmail.com).

**Further information on the campaign is available on our website.**





# Royal Canal Notes

May 2024

*Education ~ Heritage ~ Recreation*

## CANAL CLOSURE

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

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



Royal Canal near Pike Bridge Photo @ Flickr

## CHARITY WALK

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

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



## FAMINE WALK

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

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

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

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



Famine walkers with RCAG chairman Matt Kennedy @ FitsFoto Maynooth



More Famine walkers @ FitsFoto Maynooth



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**WARNING:** The cost of your monthly payments may increase.

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### Support the UCDVO MOEI Education Project Raffle Fundraiser!

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

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

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

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

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

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

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## May Day Traditions in Ireland

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



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

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

### The May Bush

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



### Butter

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

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

### Maynooth Senior Citizens Committee



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

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

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

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

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

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

In the meantime wishing everyone a wonderful month of May.

Susan Durack, PRO Maynooth Senior Citizens Committee [maynoothseniorcitizens@gmail.com](mailto:maynoothseniorcitizens@gmail.com)

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Quotes from HEADSUP Participants

[www.heads-up.ie](http://www.heads-up.ie)



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For more information, please contact:  
Deirdre @countykildare.ie 085 1068305  
lorra @countykildare.ie 085 84 21 347

[www.heads-up.ie](http://www.heads-up.ie)



## Make your own Cleaning Products

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

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

### Scented All-Purpose Cleaner

One part white vinegar  
One part water  
Lemon rind  
Rosemary sprigs



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

### Kitchen Cleaner and Deodorizer

4 tablespoons baking soda  
1 quart warm water

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

### DIY Glass Cleaner

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

### Are homemade cleaners effective?

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

### Cleaning With Lemons

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

Garbage disposal drain odors: Put a whole lemon peel or orange peel through the garbage disposal; it freshens the drain and the kitchen.

### Cleaning With Baking Soda

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

### Using Vinegar to Clean

Vinegar cleans and deodorizes almost as well as most all-purpose cleaners. The recipe calls for mixing equal parts of water and vinegar in a spray bottle. Use this solution to clean most areas of your home. Don't worry about your home smelling like vinegar. The smell disappears when it dries.

### WARNING

Vinegar can discolor or damage some surfaces, so test it on a hidden area first to ensure no color change or damage occurs. Improperly diluted vinegar is acidic and can also eat away at tile grout. Vinegar isn't a good idea to use on marble surfaces, either. Source: [www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/](http://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/)  
Source: [www.thespruce.com/homemade-and-natural-cleaning-products](http://www.thespruce.com/homemade-and-natural-cleaning-products)



# HEADSUP

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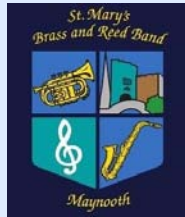


[www.heads-up.ie](http://www.heads-up.ie)



## St. Mary's Brass & Reed Band

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



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

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

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

St Mary's Brass and Reed Band Maynooth  
Directed by Jon Clifford

Present

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The College Chapel,  
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Sunday 26th May  
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## Galway Cycle 2024 Photo Gallery



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

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

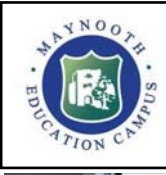
The cyclists were joined by Garda Commissioner Drew Harris on the cycle on Friday and welcomed into Galway by Minister Helen McEntee and some of the children supported by the charity.

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

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

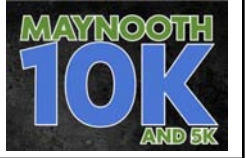
**If you would like to donate you can do so at <https://www.idonate.ie/event/galwaycycle2024>**

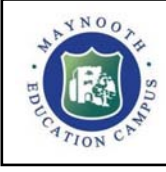




# Maynooth 10k 2024 Photo Gallery

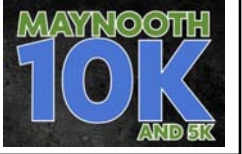
Photos courtesy of MEC PTA





# Maynooth 10k 2024 Photo Gallery

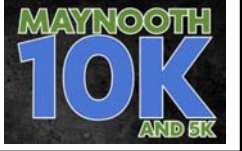
Photos courtesy of MEC PTA





# Maynooth 10k 2024 Photo Gallery

Photos courtesy of MEC PTA



## Historical Week at Gaelcholáiste Mhaigh Nuad The First International School Exchange

On the 8th of March, 18 students from Integrierte Gesamtschule Bonn-Beuel arrived in Gaelcholáiste Maigh Nuad as part of the first cultural exchange to take place in the school.

This was a historical event for our school as not only was it our first ever exchange but it is also very unusual for a group of German students to come to an all-Irish speaking environment. Despite the language barrier, both groups made the best of the experience, with bowling and crazy golf in Airtastic on the Friday, a trip on the train into Dublin on Saturday, a lovely walk in Glendalough on Sunday, and a céilí and a Heritage Tour of Maynooth by Maynooth Tidy Towns during the week.

The German students learned about our Irish culture by taking part in activities such as learning how to say some basic Irish phrases, the rules of GAA and participating in a school céilí during Seachtain Na Gaeilge 2024. This was beneficial to both groups, as we all got to learn about our cultural differences and enjoy making friends from a different country!

The students of Gaelcholáiste Mhaigh Nuad cannot wait to visit Bonn next month and catch up with their new friends, that they have made through this brilliant experience.

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

## Seachtain Stairiúil i nGaelcholáiste Mhaigh Nuad An Chéad Mhalartú Scoile Idirnáisiúnta

Ar an 8ú Márta, tháinig 18 scoláirí ón Integrierte Gesamtschule Bonn-Beuel chuig Gaelcholáiste Maigh Nuad chun páirt a ghlacadh sa chéad malartú scoile sa scoil.

Imeacht stairiúil don scoil a bhí ann mar bhí sé an chéad mhalartú scoile riamh sa scoil. Is annamh a bhíonn malartú scoile i nGaelchoileanna agus mar sin bhí sé an-spéisiúil don ghrúpa scoláirí ón nGearmáin ag teacht go timpeallacht a labhraíonn Gaeilge amháin. Cé go raibh difríochtaí idir an dá theanga, bhí am iontach ag na scoláirí, le babhláil agus mionghalf in Airtastic ar an Aoine, turas ar an traein go Baile Átha Cliath ar an Satharn, agus siúlóid álainn i nGleann dá Loch ar an nDomhnach. Rinneamar turas oidhreachta de Mhaigh Nuad le Bailte Slachtmhara Maigh Nuad agus bhí céilí mór scoile againn chomh maith.

D'fhoghlaim na Gearmánaigh faoinár gcultúr tríd pháirt a ghlacadh i ngníomhaíochtaí ar nós conas roinnt phrásaí Gaeilge bhunúsacha a rá agus rialacha an CLG.

Bhí seo an-tairbheach don dá ghrúpa mar gur d'fhoghlaimíomar ar fad faoin ár ndifríochtaí cultúrtha agus bhaineamar taitneamh as cairde a dhéanamh ó thír difriúil!

Tá scoláirí Gaelcholáiste Mhaigh Nuad ag tnúth go mór le cuairt a thabhairt ar Bhonn an mhí seo chugainn, agus a gcairde nua a fheiceáil arís!

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





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

### *Encounters with Aggression*

One of my earliest memories is a fight I had with my brother. I was probably just three or four at the time and he was a year older. The fight took place in our front garden and I must have come fairly well out of it because I seem to remember our father's smile of approval. Afterwards, my brother and I were the best of friends and I cannot recall even the slightest disagreement. For the rest of my life I was invariably on the receiving end of aggression rather than the perpetrator.

We walked two miles across fields and down roads to the national school, usually barefooted in summer. One morning a young Traveller accosted me. "Are you fit to fight?" he challenged. Now, at that time a number of Traveller families would be camped temporarily by the side of the road, but this fellow was some distance from the encampment. I indicated that I didn't want to fight and he accepted my refusal without comment. Neither of us had lost face.

Some years later I'm attending the Marist Brothers Primary School in Carrick-on-Shannon and another boy challenges me to a fight. Maybe it was because I was a newcomer to the school he felt I should prove my mettle. I decline and, to my surprise, there are no repercussions.

Next step on the education ladder is Sligo's Summerhill College. Here Gerry, a County Sligo boarder, and myself engage in a fight with boxing gloves. Neither of us inflicts much damage on the other, but afterwards we become really close buddies. It reminds me of Pip in Great Expectation. Herbert Pocket challenges him to a boxing match, as a result of which they respect each other and later become best friends.

After Summerhill I attended University College Galway, where I shared digs with two brothers, one of whom took a dislike to me. The upshot was that one morning he challenged me to a fistfight out on the street. I told him that I had no intention of behaving like a corner boy but, if he liked, we could have a boxing match in the college gym. For some unknown reason he declined. Maybe he thought I was an expert pugilist?

After Galway, I emigrated to the U.S., where I worked as a draughtsman with a firm of electrical contractors. During summer vacations many of the Irish and Irish-Americans headed for the Catskill Mountains. One evening during the late 60s, I'm driving after sunset near East Durham, a popular Irish holiday resort. Suddenly another car overtakes me and forces me onto the grass margin. Two young guys jump out of their car and challenge me to a fight. From their accents I figure they're locals who, in all probability, resent the intrusion of city slickers.

'Why do you want to fight?' I ask and this question must have disarmed them because, instead of replying, they get back in their car and speed away.

Fast forward a few years and in late evening I'm walking on my own down a deserted road in Holland when two Dutch-speaking toughs overtake me. From their jeering remarks it's obvious they intend to flatten me. With as much sang-froid as I can muster I ask for directions. After a few moments' hesitation, they let me pass. Why? Is it because they don't understand English and didn't reckon I was a tourist? Frankly, I'll never know. Incidents like those mentioned remind me of Swift's Gulliver's Travels, where the intelligent horses, the Houyhnhnms, are far superior to the apelike human Yahoos. But I'm digressing.

One night in New York, after attending a dance in Paprin's ballroom, I was having a cup of coffee in a nearby diner. Suddenly an altercation outside prompted me to investigate. When I emerged I saw a man in a snazzy, parked convertible being attacked by a man on the sidewalk. Instantly, I began to pull the attacker away. Next moment someone who had caught me from behind began to hit me in the face with his fist. From the pain of the blows I reckoned he was wearing one of those big college rings. I staggered back, with the intention of crushing him against the diner wall, but was unable to shake him off. Luckily, a patrol car arrived, but, instead of making arrests, the cops, after a cursory inspection, just drove away. Meanwhile, I had a throbbing nose and blood all over my shirt. Instead of thanking me, the driver of the convertible also drove off. An ambulance took me to hospital, where I was found to have a broken septum. Despite this diagnosis, I was discharged at daybreak.

On arriving back at my apartment, still in pain, I began to mull over what had happened and it gradually became clear that the whole incident was a set-up, with the convertible driver a key player. What a gullible idiot I'd been. Those fellows probably had some grudge against the Irish and they had taken it out on yours truly. From now on, come hell or high water, I would mind my own business.

This subject of almost exclusively male aggression reminds me of the notion of 'toxic masculinity'. We celebrate Cuchulain's youthful violence long before he began to defend Ulster from the invading Connaught army. In wars we glorify soldiers who fight the current enemy, while jailing conscientious objectors. We forget the pacifism of Jesus of Nazareth, who said, 'whomsoever shall smite thee on thy right cheek, turn to him the other also.' Maybe such advice seems unrealistic, but if we ignore it are we not, in an age of proliferating nuclear weapons, likely to wipe out the entire human race? Oh yes, a number may escape to the moon or some nearby planet from this unique one - now being degraded by land and ocean pollution - but if these survivors are from different countries, won't the old, vicious rivalries continue?

By: P.G.Nerney

### MY CHEQUERED LIFE

#### Chapter 4

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

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

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

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

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

GM

### *Black and White Snapshot In memory of my mother*

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

By: Colin Scott

## Events at **Maynooth Community Library**

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



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



[twitter.com/kildarelibrary](https://twitter.com/kildarelibrary)

### Adult Events

#### One Dublin One Book: Library Talk with Snowflake author Louise Nealon

Thu 2nd May, 7-8pm

“Join us in Maynooth Community Library for a special talk with Kildare authors Louise Nealon and Declan Toohey, who will chat about Louise's debut novel Snowflake which was selected as 2024's One Dublin One Book. Tickets for this event are limited so booking is essential.”

Book your free ticket here:

[Get tickets – One Dublin One Book: Library talk with Snowflake author Louise Nealon – Maynooth Community Library, Main Street, Maynooth Co. Kildare, Thu 2 May 2024 19:00 - 20:00 \(tickettailor.com\)](#)

#### Breast Feeding Support Group with Public Health Nurse

Tuesday 7th May & Tue 21st May, 9.45 - 10.45am

The group will be facilitated by the Public Health Nurse (PHN). All breast-feeding Mums and Mums-to-be welcome. Women who are pregnant are welcome as this will give the opportunity to ask any breastfeeding questions.

No booking needed, just drop in. \*\*\*Please ring the library doorbell between 9.45 am & 10am as the library doors will be closed, and you will be let in\*\*\*

#### Homelessness and Housing Support Information Clinic

Tuesday 7th May, 2.00pm – 4.00pm

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

#### Luain Press Book Club

Tuesday 7th May, 6pm – 7pm

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

#### Age Friendly Coffee Morning

Wednesday 8th May, 10am - 11.30am

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

\*Drop In. No booking required\*

#### MU English in the Community: Spaces and Places in recent Irish Fiction with Dr. Michael Cronin

Thursday 30th May, 7pm – 8pm

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

### Climate Action Events

#### Seed Saving: An Introductory Workshop with Lucy Bell

For ages 14+ Thursday 9th May, 6pm -7.30pm

Ever wondered if you could save the seeds from the vegetables and plants you grow at home? Participants on this course will learn an introduction to the world of seed-saving, including a little bit of plant botany and an introduction to the main vegetable families.

This workshop is part of the launch of the new county-wide Kildare Seed Library project.

Library users can borrow up to 3 packets of seeds to grow their own vegetables, herbs and edible flowers: saving seeds to share with friends or return to the library.

Booking required: [Book Free Ticket – Seed Saving: An Introductory Workshop with Lucy Bell . For ages 14+ – Maynooth Community Library Main Street Maynooth Co. Kildare, Thu 9 May 2024 18:00 - 19:30 \(tickettailor.com\)](#)

#### Zerowaste Maynooth: Ladies Clothes Swap, Clothes Repair Station, Kids Toy Swap & Cloth Nappy Ireland Station - Saturday 11th May, 2pm – 4pm

Join a free community event with Zero Waste Maynooth as it hosts its ladies clothes swap shop. Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money! Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life.

Kids toy swap - bring one, take one! Let's get the kids used to the idea of swapping before buying!

Cloth Nappy Library Ireland - volunteers on hand to chat to you about modern cloth nappies. Such a great step to save waste and money.

Kildare Libraries aspires to contribute to the following UN Sustainable Development Goals; 10 (Reduce Inequalities), 11 (Sustainable Cities and Communities), 12 (Responsible Consumption and Production), 13 (Climate Action)

#### Dive into Biodiversity Week with the Rediscovery Centre!

Saturday 25th of May from 2.30 to 4pm - Suitable for 6-12 year olds

Join Rediscovery Centre to explore the wonders of Irish biodiversity through fun, interactive, hands-on activities. Participants will delve into Irish biodiversity, ecosystems, food chains, food

webs, and animal adaptations. By exploring the importance of biodiversity and the impact we can have, students are guaranteed to leave interested, engaged, and with practical ways they can make a positive impact.

Booking Required: <https://buytickets.at/maynoothlibrary/1242818>

### Children's Events

#### Pstryk! Interactive Musical Experience

Tuesday 7th May at 2pm - 2.40pm - Ages 3-6 Years

"Pstryk! is an interactive musical experience designed for children aged 3-6 years. Featuring live music, this vibrant workshop will explore Polish and Irish folklore tunes, creative movement, spontaneous music creation, and a lot of fun! Led by Kasia Eliaz with Rafal Szydowski on violin and Maciej Blizinski on double bass you will get to explore a cacophony of music and movement!

Children must be accompanied by an adult for the duration of the workshop.

Booking Required: <https://buytickets.at/maynoothlibrary/1238641>

#### Pstryk! Interactive Musical Experience

Tuesday 7th May at 3pm -3.40pm - Ages 7-10 Years

"Pstryk! is an interactive musical experience designed for children aged 7-10 years. Featuring live music, this vibrant workshop will explore Polish and Irish folklore tunes, creative movement, spontaneous music creation, and a lot of fun! Led by Kasia Eliaz with Rafal Szydowski on violin and Maciej Blizinski on double bass you will get to explore a cacophony of music and movement!

Children must be accompanied by an adult for the duration of the workshop.

Booking Required: <https://buytickets.at/maynoothlibrary/1238654>

#### Stories, Songs and Games in Italian for 2 to 5 year olds - Sat 18th May, 10 - 11 am

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

Booking required: [Book your free ticket – Stories, Songs and Games In Italian for 2 to 5 year olds – Maynooth Library, Multiple dates and times \(tickettailor.com\)](#)

#### Stories, games and fun activities in Italian for 6 to 9 year olds - Sat 18th May, 3 - 4pm

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

Booking required: [Book your free ticket – Stories, games and fun activities in Italian for 6 to 9 year olds – Maynooth Library, Multiple dates and times \(tickettailor.com\)](#)

#### Cluichí Chláir do Teaghlaigh trí Ghaeilge / Family Board Games through Irish

Satharn 18ú Bealtaine / Saturday 18th May

12 i.n. / 1.30 i.n. / 12pm – 1.30pm - Aois 6- 12 / Ages 6- 12

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

### Young Adult Events

#### Cruinniú na nÓg: Teen Writing Workshop with Author Dave Rudden

Saturday 15th June, 12pm – 1pm - Ages 12-15

Join author Dave Rudden for a workshop in writing for ages 12+. The workshop will suit absolute beginners and writing enthusiasts alike and will focus on how to build a coherent plot, a captivating character and a believable setting. Dave Rudden is the writer of the award-winning 'Knights of the Borrowed Dark' series and various exciting 'Doctor Who' novels.

Booking required: [Free Ticket\(s\) – Cruinniú na nÓg: Teen Writing Workshop with Author Dave Rudden – Maynooth Community Library Main Street Maynooth Co. Kildare, Sat 15 Jun 2024 12:00 - 13:00 \(tickettailor.com\)](#)

#### Online Teen Writers Group

Thursdays 2nd & 9th May, 6pm – 7pm - Ages 12-15

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

#### Teen Book Club

Friday 10th May, 4pm – 5pm - Ages 12-15

This book club meets once a month in Maynooth Community Library. A book club with a difference; while there are always book club books to avail of teens can bring along their own recommendation to discuss during the meeting.

Limited copies of books for May meeting available in the library now: 'Impossible Creatures' (12+), 'I am Thunder' (13+)

#### Exhibitions

##### Exhibition in Acrylic by Christina Kearney - 14th May - 31st May

Christina Kearney is a Celbridge based artist who paints mainly in Acrylic and Watercolour. She is a member of The Abbey Art Group in Celbridge and has recently set up The Leixlip Art Group. This exhibition is Christina's first solo exhibition.

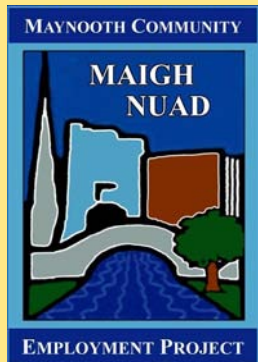
#### Maynooth Community Library's Exhibition Space Open for Bookings

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

## MAYNOOTH COMMUNITY EMPLOYMENT PROJECT SECRETARIAL SERVICES

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Email: [office@maynoothcep.com](mailto:office@maynoothcep.com)

Opening Hours

Mon-Fri - 9.00 am - 4.30 pm  
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Sunday – Bank Holidays: 12:00 noon – 4:00pm

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## KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

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



### Wage Subsidy Scheme for people with disabilities

#### What is the Wage Subsidy Scheme (WSS)

The Wage Subsidy Scheme gives financial support to employers who employ people with disabilities. The scheme is a workplace support for employers from the Department of Social Protection (DSP).

#### How the WSS works

Sometimes, a disability can restrict an employee's productivity compared to other staff, regardless of their ability to do a job. In this case, the Wage Subsidy Scheme (WSS) makes up the shortfall in productivity directly to the employer (who pays the employee as usual).

While it is generally illegal to discriminate against an employee based on disability, discrimination on the grounds of disability is allowed if there is clear evidence the employer would face significantly increased costs if the discrimination were not permitted.

For this reason, employers who employ staff with disabilities, with proven productivity rates of 50-80%, will not lose out as the subsidy makes up for any shortfall in productivity.

Under the scheme:

- The DSP completes an annual review based on the performance of the employee in the previous 12 months.
- The employer must complete a productivity assessment form that certifies the employee's productivity deficit.
- The DSP can conduct additional monitoring visits, without notice, to the place of work.

#### What companies can use the WSS?

The Scheme is available to **private sector** employers who can employ workers with a disability between 15 and 39 hours per week.

The minimum weekly hours threshold for eligibility was reduced from 21 to 15 hours from 1 April 2024.

An employer can offer more than 39 hours each week, but they can only claim a subsidy for up to 39 hours.

The contract of employment offered must be for a minimum of 6 months.

You can get more information in the Operational Guidelines for the Wage Subsidy Scheme.

#### WSS and third parties

WSS is only available to the company or organisation that directly employs the person to do a job. It cannot be used by any other third parties, such as recruitment agencies or other agents that help the company find and manage employees (for example, payroll services).

#### If your business gets other financial support from the State

If your business is already getting payment under the Wage Subsidy Scheme, you cannot get additional financial help from the government for the same employee's employment costs.

#### Which employees can take part in the WSS?

You must be at least 18 years of age to participate in the WSS.

The scheme is not available to:

- Self-employed people
- People on Community Employment schemes
- Employers who avail of the JobsPlus Scheme

#### If you get a disability payment

You can qualify for the WSS without a medical assessment if you are getting one of the following disability payments:

- Disability Allowance
- Blind Pension
- Disablement Pension awarded at 20% or more for life

You can also qualify for the WSS if you are getting an Illness Benefit, Invalidity Pension or Partial Capacity Benefit. However, you must come off these payments to take part in the WSS.

Currently, if you are getting Disability Allowance or Blind Pension, you can stay on your payment alongside the WSS, but it will be reduced. You must contact the Disability Allowance or Blind Pension section in DSP to tell them you are starting work. Read more about how your payment will be reduced on Citizens Information Disability payments and work section.

#### If you get the Disablement Pension at less than 20% for life

If you get a Disablement Pension or Gratuity assessed at less than 20% for life, or if you have been awarded a Disablement Benefit based on a provisional assessment, you need:

- A recent specialist's report or doctor's letter confirming your disability
- A confidential medical report form, filled out by your doctor, confirming that you have a disability which could cause a shortfall in productivity

#### If you are not getting a disability payment

If you are not getting a disability payment, you can still apply for the WSS.

To apply, you need a recent specialist's report or doctor's letter confirming your disability.

Your doctor must also fill out a confidential medical report form confirming that you have a disability which could cause a shortfall in productivity.

#### Other support for people on the WSS

People on the Wage Subsidy Scheme (WSS) may also qualify for other work-related income supports, including:

- Back to Work Family Dividend
- Working Family Payment (WFP)
- Part-Time Job Incentive

You should contact your local Intreo Centre or Social Welfare Branch Office for more information. Or, for information on the Working Family Payment (WFP), contact the Department's WFP section directly.

#### Keeping your medical card and other benefits

You may be able to keep your medical card and certain extra benefits for a number of years after you start work on the WSS scheme.

If you were unemployed for 12 months or more before starting work on the WSS, you can keep your medical card for 3 years from the date you started work.

You may also be able to keep any extra benefits you were getting before you started the WSS employment scheme, such as:

- Free Travel
- Household Benefits package
- Living Alone Increase
- Fuel Allowance

You should tell the DSP that you have started work on the WSS scheme and ask how your individual payments will be affected.

You can continue to get the WSS until you become eligible to apply for a State Pension.

#### Payment rates

The Department of Social Protection (DSP), the employer and the employee must agree on the productivity shortfall, if any.

The employer pays the employee the going rate for the job. The employer is then paid a subsidy of €6.30 an hour for the hours worked. The maximum annual subsidy to the employer is €12,776, based on a 39-hour week.

The employer may get additional funding, depending on which strand of the WSS they fall into – read 'the different strands of WSS' below.

Employers are paid the grant by electronic fund transfer.

Employers may get the WSS for employees who are entitled to keep their Disability Allowance (DA) or Blind Pension (BP). Although, generally, the employee must give up their primary social welfare payment when they start work under the Wage Subsidy Scheme (WSS). For example, if you are on Jobseeker's Allowance, you must stop claiming this payment.

#### Frequency of payments to the employer

The Department of Social Protection (DSP) will generate a 'wage subsidy request' on Welfare Partners for the workplace every 4 weeks. This will:

- List all WSS participants who are employed at the workplace
  - Specify the calendar dates for which the WSS payment is due for the employee(s)
- Each week, the employer should fill in the hours worked by each employee and the total gross wage paid to them for the 4-weeks.

You should complete this online 'wage subsidy request' within 12 weeks of the date of issue, or the wage subsidy may not be paid to you.

You can include periods of paid leave as hours worked, but the WSS payment may be affected if the employee was getting a social welfare payment. Periods of unpaid leave are not counted towards the WSS.

When no salary at all is being paid by the employer, no wage subsidy payment will be made to the employer.

(Continued on page 25)



## KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth

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



(Continued from page 24)

### The different strands of WSS

The WSS is divided into 3 strands.

#### Strand 1

Strand 1 is a wage subsidy payment paid to the employer if an employee with a disability has a productivity level of between 80% or less (compared to other staff).

The employee must work at least 15 hours a week. There is some flexibility in how your weekly work hours are calculated. For example, you can work a minimum of 10 hours in one week, once you work 84 hours over 4 weeks.

The subsidy is €6.30 an hour for the hours worked. The maximum annual subsidy is €12,776 based on a 39-hour week.

#### Strand 2

Strand 2 is a 'top-up' payment to companies that employ more than 2 people with disabilities. Depending on the number of employees with disabilities, the employer can get between 10% -50% extra WSS for supervisory, management and other work-based costs.

Number of employees with a disability:	Grant 'top-up' paid to the employer:
3 to 6 employees with a disability	10% of wage subsidy paid
7 to 11 employees with a disability	20% of wage subsidy paid
12 to 16 employees with a disability	30% of wage subsidy paid
17 to 22 employees with a disability	40% of wage subsidy paid
23 + employees with a disability	50% of wage subsidy paid

#### Strand 3

Strand 3 is a grant to companies employing 25 or more people with disabilities. The grant

is €30,000 per year.

The grant is used to employ an 'Employment Assistance Officer' (EAO) at the company. The EAO supports and assists employees with their employment needs. A company can only have up to 5 EAO positions subsidised under the WSS.

#### How to apply

##### What the employee needs to do

The employee must complete the employee application form (pdf) and meet the DSP Case Officer to register on the WSS system as someone with a disability.

##### What the employer needs to do

The employer must complete the employer application form (pdf) and productivity level report form (pdf), as agreed with the employee.

The employer should send completed forms to their local DSP Intreo Office, or to the DSP Case Officer dealing with the case if they know who this is. Forms can be sent by email to the relevant Case Officer, if known.

Employers must also provide a current tax clearance certificate and a signed contract of employment detailing the terms and conditions of employment.

If you are an employer applying for Strand 3 WSS funding, you should complete the application for Strand III Grant form, which you can get from a DSP Case Officer. You must also provide supporting documentation – read the Operational Guidelines for the Wage Subsidy Scheme for more information.

#### More information

Read more about working with a disability. [Home \(citizensinformation.ie\)](http://Home(citizensinformation.ie))

You can also get more information on the Wage Subsidy Scheme from the Department of Social Protection. You may want to contact your local Intreo Centre or Social Welfare Branch Office for information on the Wage Subsidy Scheme and the impact it might have on your other payments. If you are applying for the Wage Subsidy Scheme, you can download the relevant WSS application forms from gov.ie.

### Prayer to the Sacred Heart

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

### Prayer to the Sacred Heart

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

Bring flowers of the rarest  
bring blossoms the fairest,  
from garden and woodland and hillside and dale;  
our full hearts are swelling,  
our glad voices telling  
the praise of the loveliest flower of the vale!

O Mary we crown thee with blossoms today!  
Queen of the Angels and Queen of the May.  
O Mary we crown thee with blossoms today,  
Queen of the Angels and Queen of the May.

May Hymn to Our Lady



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[www.topdogsgroom.com](http://www.topdogsgroom.com)

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[www.marycowhey.com](http://www.marycowhey.com)**

## Achievements of MAFT since it was established in October 2022

October 2022, the Maynooth Autism Friendly Towns Committee was established, marking a significant step towards enhancing the support for the autistic community in Maynooth. The committee officially launched its initiatives in January 2023, extending invitations to key stakeholders from various sectors including business, education, sports, and community groups. Aligned with the overarching mission of AsIAM and the Maynooth Community, the primary goal of the Maynooth Autism Friendly Town Committee is to empower autistic individuals and their families. They aim to achieve this by fostering an inclusive environment that enables active and meaningful participation within the local community of Maynooth.

Since January 2023, the Maynooth Autism Friendly Towns Committee has been actively supporting families in Maynooth. They have organised various events and offered training to local businesses and organisations to make their premises more welcoming for autistic people. Below are some examples of the work MAFT has accomplished:

Christmas is a magical time of year, but for some autistic individuals, it can be overwhelming. The constant flashing lights and non-stop music throughout December can lead to sensory overload for many autistic people. Members of the MAFT committee have personally experienced this challenge, which motivated them to take action. Their first initiative in 2022 was to create a new Christmas experience for families in Maynooth. In collaboration with the Glenroyal Hotel, they organised a Sensory Santa event specifically tailored for twenty families who would typically avoid standard Santa events due to sensory sensitivities. Families who had never attended Santa before attended. In December 2023, MAFT and the Glenroyal hotel extended the invitation to thirty families. In 2024, we hope to increase the numbers further for more autistic children to feel the magic of Christmas in an environment that suits them.

In March 2023, MAFT accomplished a significant milestone by securing a permanent space during the Maynooth St. Patrick's Day Parade known as the "Quiet Zone." Within this designated area, the volume of all music played by parade participants is lowered, ensuring a sensory-friendly environment for autistic individuals. In 2024, MAFT introduced sensory fidget toys and ear plugs as further accommodations for those with auditory and other sensory differences.

During April of 2023 and 2024, MAFT, working closely with local schools, has consistently arranged non-uniform/colourful clothes days. These events serve a dual purpose: to increase autism acceptance among students and to generate funds for both the Maynooth Autism Friendly Towns Committee and their charitable collaborator, AsIAM. In May 2023, MAFT achieved a significant milestone by winning the Intel Pride of Place Awards, securing €5000 in funding. This financial support enabled them to establish Maynooth's First Autism Hangout Clubs for autistic tweens and teens, providing a safe and inclusive space for these individuals to socialise and engage in meaningful activities. June 2023 was an incredible busy month as MAFT commenced their initial parent social meetups which have since become regular coffee mornings. Additionally, during the same month, MAFT organised and sponsored a Lámh training session for the Maynooth community, providing individuals with the opportunity to learn and apply this AAC sign system, thus fostering greater inclusivity and communication within the local area. MAFT actively participated in the Picnic in the Park event held in the Harbour Field Maynooth in June 2023, where they distributed numerous pamphlets and leaflets containing information from AsIAM. They also engaged with the community, answering questions, and soliciting feedback about the programs they were implementing.

Over the summer months, the MAFT committee dedicated their efforts to crafting a website, laying the groundwork for a digital platform that would serve as a hub for information and resources related to autism support and inclusivity initiatives in Maynooth.

In September 2023, MAFT collaborated with the Tidy Towns committee to discuss their shared vision of establishing a sensory garden accessible to all members of the community. This ongoing project involves multiple partners, including The Lions Club, The Tidy Towns, The Maynooth Community Church, and SAP Landscaping. The aim is to create a serene and inclusive environment that meets the needs of autistic individuals while providing relaxation and enjoyment for the entire community. This project is due to be completed by the end of 2024.

In October 2023, the Presentation Girls School organised its inaugural sensory Halloween disco, enabling autistic students to fully participate in the festivities alongside their peers. Notably, the Presentation Girls School is home to the Busy Bees autism preschool in Maynooth, exemplifying a commitment to inclusivity and providing opportunities for all students to engage in school activities. This event showcased inclusion at its finest, fostering a sense of belonging and community among all students.

November 2023 marked a pivotal moment for MAFT with the launch of MAFT/AsIAM Hangout Groups for autistic children and teenagers at Maynooth Community College. Extensive planning and training preceded this milestone. Following the inaugural session, MAFT requested AsIAM to transition to bi-monthly meetings due to the overwhelming success. AsIAM graciously provided additional funding to support these facilitated groups, and Maynooth Community College generously granted the use of their facilities for the additional sessions. Since December, these hangout groups have provided support



to an impressive forty-eight autistic students each month. Demand for these groups is incredibly high, with spots filling up within hours of opening on the online booking system. Maynooth's hangout groups stand out as one of the most successful facilitated groups run by AsIAM in Ireland, demonstrating the community's dedication to providing valuable support and resources for individuals on the autism spectrum. MAFT provide a parent room during autism hangout clubs which is crucial as it offers a comfortable space for parents to gather, chat, and discuss their children without any stigmas attached, allowing for the exchange of valuable information and support over a cup of tea or coffee. On the 28th of November 2023, MAFT organised its inaugural Adult Hangout at O'Neill's Bar in Maynooth. The event proved to be an overwhelming success underscoring the need to establish a similar facilitated adult hangout group in a comparable setting to the existing tween and teen groups. 2024 has proven to be a momentous year for the Maynooth Autism Friendly Town initiative.

In February, MAFT achieved accreditation from AsIAM as Ireland's second Autism Friendly Town in Ireland. April saw the launch of the first Adult Hangout Group at Maynooth Community College, marking a significant step toward catering to the needs of autistic adults in the community. This initiative seeks to provide a welcoming and adaptable environment where individuals can gather with friends, empowering them to advocate for their needs and fostering self-advocacy. Thanks to the generous support of Maynooth Community College, the initiative has secured a venue for the social club. Additionally, AsIAM's assistance in recruiting a Garda Vetted Autistic Adult to oversee the club ensures that it is led by autistic individuals, further promoting empowerment and self-advocacy within the Autism Community.

These initiatives exemplify the committee's dedication to fostering inclusivity and creating memorable experiences for all members of the community within.

## MAFT Celebration

**MAFT Accreditation Celebration**

What a wonderful day. We are totally overwhelmed by the support we received. So many individuals and families came along to celebrate Maynooth's Autism Friendly Town accreditation. Thanks to Adam, William, Niamh & Jenny from [AsIAM.ie](http://AsIAM.ie) for coming along and for your help and support. Huge thanks to everyone who volunteered; you were awesome!

Delighted to have achieved AFT accreditation. We're only starting on this journey and have so many future plans.

**ASIAM.IE**

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

Contact us on our social media or email [autismfriendlytownmaynooth@gmail.com](mailto:autismfriendlytownmaynooth@gmail.com)



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## CROSSWORD

### Africa animals

1.(→) anaconda 1.(↓) ara 2.zebra 3.crocodile 4.lion 5.cheetan 6.giraffe 7.camel 8.elephant 9.hippo 10.gorilla  
11.rhino 12.monkey

### Find 15 differences

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

## Farm Animals Word Scramble

1. woc
2. seeph
3. oerhs
4. enh
5. gpi
6. torsero
7. gtoa
8. udck
9. sgeoo
10. cckhi
11. eoynkd
12. rabitb
13. oaaffbul
14. esmou
15. niepog
16. tekuyr

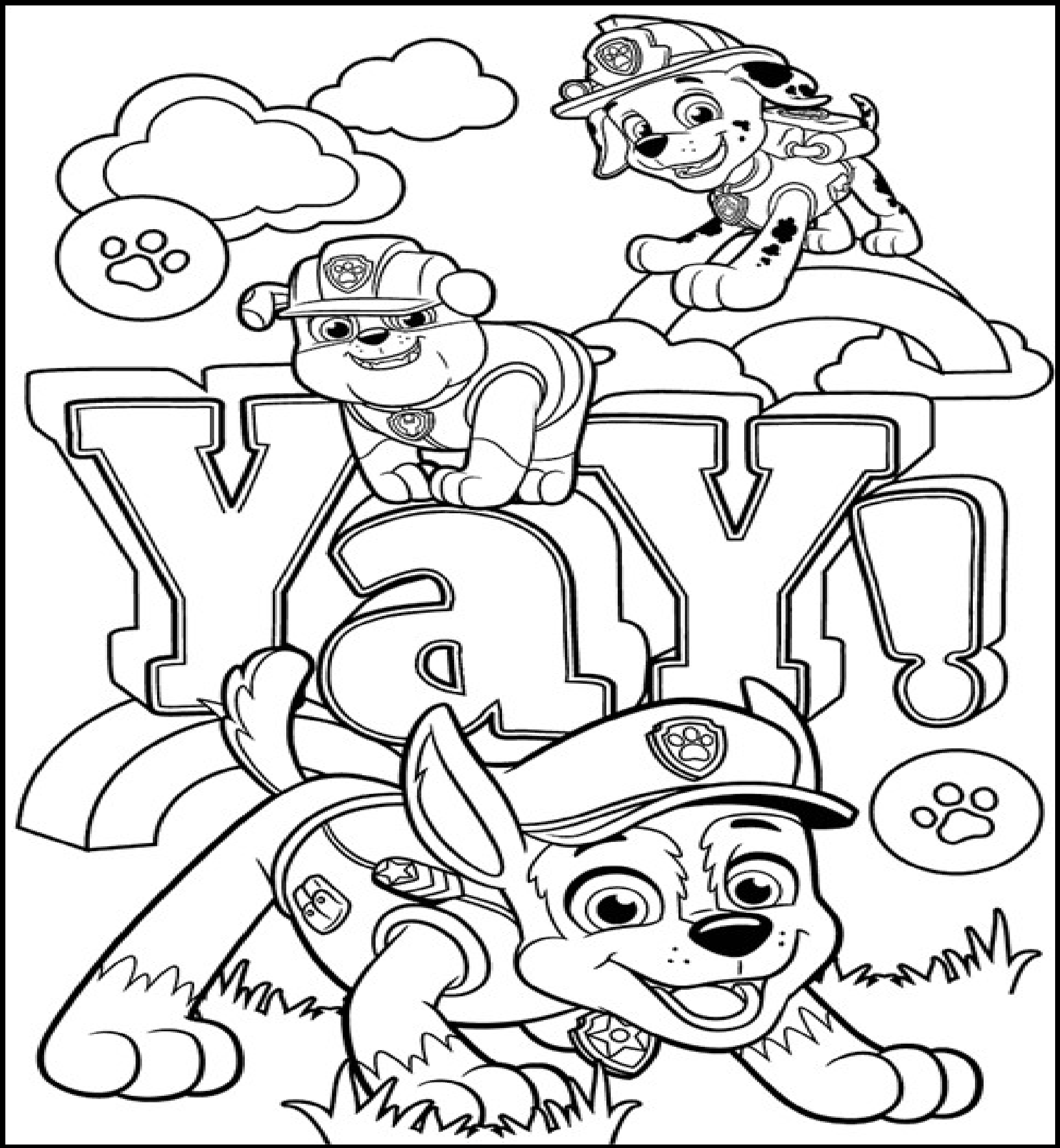
All puzzles sourced free from Google



# KIDDIES COLOURING PAGE

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### Lighter Chili con Carne with Cauliflower 'Rice'

#### Ingredients

For the cauliflower 'rice'  
 150g/5½oz cauliflower  
 1 tsp olive oil  
 salt and freshly ground black pepper  
 For the chili con carne  
 1 tsp rapeseed oil  
 ½ medium onion (60g/2¼oz peeled weight), finely chopped  
 1 garlic clove, crushed  
 75g/2½oz 5% fat beef mince  
 200g/7oz tinned chopped tomatoes  
 1 level tbsp. tomato purée  
 pinch chili powder



#### Method

Preheat the oven to 200C/180C Fan/Gas 6.

To make the 'rice', put the cauliflower in a food processor and pulse for 30 seconds, or until it has the texture of rice. Stir in the olive oil and season. Spread the 'rice' onto a baking tray and bake for 15 minutes. Meanwhile, to make the chili con carne, heat the rapeseed oil in small saucepan over a medium heat. Add the onion and cook for 3 minutes. Stir in the garlic and mince and cook for 4 minutes. Mix in the tomatoes, tomato purée and chili powder. Season and simmer for 15 minutes. Add the kidney beans and cook for 2 minutes more.



Serve the chili with the cauliflower 'rice'.

Source: [www.bbc.co.uk/food](http://www.bbc.co.uk/food)

### Coffee banana bread

#### Preparation time

30 Minutes

#### Cooking time

30 mins to 1 hour

Serves 6



#### Ingredients

3 very ripe bananas, peeled and roughly chopped  
 110g/3¾oz caster sugar (or soft light or dark brown sugar)  
 2 free-range eggs, beaten  
 1 tbsp. instant coffee, dissolved in small amount boiling water, or 1 espresso shot  
 pinch nutmeg (or cinnamon or 1 tbsp. finely chopped stem ginger)  
 pinch salt  
 85g/3oz unsalted butter, melted, plus extra for greasing  
 225g/8oz self-raising flour (or use 225g/8oz plain flour and 1 tbsp. baking powder)  
 100g/3½oz chocolate, broken into small pieces (optional)

#### Method

Preheat the oven to 190C/170C Fan/Gas 5 and grease a 1 litre 1¾ pint loaf tin (or similar-sized round or square cake tin). Mash the bananas in a bowl with the sugar, eggs, coffee, nutmeg and salt until everything is thoroughly combined. Stir in the butter, flour and chocolate, if using. Pour into the tin and bake for 50 minutes. Remove from the oven and leave to cool slightly in the tin. Turn out onto a wire rack to cool completely and then serve in slices.

Source: [www.bbc.co.uk/food](http://www.bbc.co.uk/food)



#### May Gardening Advice

May is the month where the cooler, wetter days of spring have ended, the temperature is rising, and the warmth of summer is just around the corner. All that sunshine and rain means that plant growth is speeding up and flowers are beginning to bloom, bringing bursts of vibrant colour to the garden. Of course, this means lots of gardening jobs in May to keep your outdoor spaces looking tidy, but with the longer, warmer days it's the perfect time to be outside enjoying the fresh air.

May is here and spring is starting to come to an end whilst summer is getting closer. This month is where plant growth seems to speed up and everything comes into bloom. There is lots to do in May to keep your garden looking tidy, to get it ready for the summer months. You should start to see a difference in the weather with more sunshine and the temperatures slowly rising, which means there are lots of opportunities for you to be out in the garden.



#### Hardening off plants – summer bedding

Plants which are raised indoors are delicate and need to be gently acclimatised to cooler outside temperatures before you can plant them outside; this process is called 'hardening off'. With warmer summer days, May is the perfect month to do this.

Start hardening off by bringing your plants out of the greenhouse during the day and returning them inside during the cooler evenings; this should be done for seven days. After a week, you can start to leave them outside during the night, but make sure you cover them with fleece, so they don't get too cold; this should be continued for seven days. You can now plant them outside as they will be hardy enough to withstand the cooler nights; just keep an eye on the forecast and avoid planting out until the risk of frost has passed.

#### Plant hanging baskets and patio containers

To make sure you have lots of beautiful displays of colour throughout the summer now's the time to decide on your hanging basket plants and those for container gardening and plant them using a specific container compost such as Westland Container & Basket Planting Mix. Add pieces of broken plant pot to the bottom of any containers and hanging baskets you are using to help improve the drainage. Keep an eye on the forecast and protect your pots or hanging baskets if frost is likely.

#### Tidy up Perennials

Spring-flowering perennials, such as Pulmonarias and Doronicums, will need cutting back in May before they flower, as this will help them to grow better and produce more flowers. If you have any tall, floppy plants, add supports around them to prevent them from becoming too tall and bushy – there are a wide range of ready-made supports available do this.



#### Tidy up the foliage of spring bulbs

Now that your spring bulbs have died down and turned brown, it's time to clear the foliage away; snap off the dead flower heads before they make seed to help them concentrate all their energy in producing next year's blooms. It's good practice to place a marker by any bulbs in the ground so that you won't risk chopping through them later; you can mark where they are in the ground with short canes or sticks.



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**Kildare Planning Applications for Maynooth Area**  
**Planning Applications received from 25/03/2024 to 29/04/2024 Information from Kildare County Council Website**

App #	Authority	Applicant Name	Development Address	App Date
24137	Kildare County Council	Elizabeth Noone	45 Maynooth Park, Maynooth, Co. Kildare	29/04/2024
2460364	Kildare County Council	EirGrid Plc.	Maynooth 220kV Substation, Taghadoe, Co. Kildare	25/04/2024
2460361	Kildare County Council	David Dunne	Clonfert South, Maynooth, Co. Kildare	24/04/2024
2460344	Kildare County Council	Ciaran & Cynthia Gallagher, Jack Gallagher & Ciara Gallagher	Railpark, Maynooth, Co. Kildare	22/04/2024
2460345	Kildare County Council	David Dunne	Clonfert South, Maynooth, Co. Kildare	22/04/2024
24129	Kildare County Council	Aine & Mark Cooney	Hillview, 85 Newtown Road, Maynooth, Co Kildare	22/04/2024
2460298	Kildare County Council	Dermot & Anne Carroll	Hawthorn, Maynooth Road, Celbridge, Co. Kildare	09/04/2024
2460287	Kildare County Council	Ronan Farrell	60 Maynooth Park, Maynooth, Co. Kildare	05/04/2024
24107	Kildare County Council	Maynooth University	Arts Building, North Campus, Maynooth University, Maynooth, Co. Kildare	28/03/2024

### Maynooth Community Contacts Listing

Group Name	Contact Number	E-Mail Address	Facebook Page/ Website
An Nuadha Players		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	
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Cllr. Pádraig McEvoy	086-8658262	padraigmcevoy@gmail.com	<a href="https://www.facebook.com/CllrPadraigMcEvoy/">https://www.facebook.com/CllrPadraigMcEvoy/</a>
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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		
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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.**