



# Maynooth Newsletter



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



**Local News - September 2024 - Issue No. 538 - Online Version**

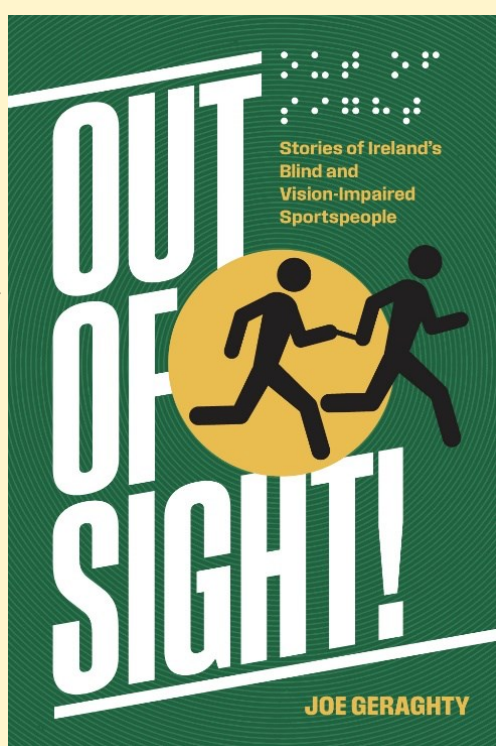
This publication is produced by Maynooth Community Employment Project, supported by the Department of Social Protection, which is funded by the Irish Government.

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



## Maynooth local & Vision Sports Ireland co-founder, Joe Geraghty, launches historic book “Out of Sight”

August 15<sup>th</sup> 2024 was a historic day as Vision Sports Ireland co-founder and former Paralympian, Joe Geraghty, launched his book *Out of Sight*. The book explores, for the first time ever, the rich history of sport and leisure as experienced by Ireland’s blind and vision impaired athletes, their families, friends, and coaches recounted in interviews.



Six-time Paralympic Gold medallist and world record holder Jason Smyth was special guest at the official launch and said “Any challenge, there is a way to get over it, under it or through it. Dare I say it, Joe Geraghty had the vision to overcome challenges, push boundaries and has committed his life to promoting sport for people with sight loss across Ireland. Thank you to Joe for writing this book to highlight the stories of people who are blind and vision impaired, showcasing their talents and successes and ensuring that the memories are shared across the country.”

CEO of Vision Sports Ireland Aaron Mullaniff added “Huge kudos must go to Vision Sports co-founder Joe Geraghty. For the first time ever, through the publication of *Out of Sight* we have a one stop shop that documents the evolution of visually impaired sport in Ireland and the men and women who have made it all possible whether that be through participating in sporting endeavours or the hundreds of people who have generously given freely of their time to support”.

Joe himself reflected on the launch and the writing of the book “I loved writing this book. In 60 interviews I got chatting with old and new friends and we had a ball. In between the stories of legends there are lots of fun anecdotes. I hope these stories encourage many more people, vision impaired or not, to get out and live life with no limits”.

The book is available for purchase at the Maynooth Bookshop and through the Vision Sports Ireland website and bookstores nationwide, can be

accessed on Bookshare or Braille copies can be ordered through the Out of Sight website.

*OUT OF SIGHT!* explores, for the first time ever, the rich history of sport and leisure as experienced by Ireland’s blind and vision impaired athletes, their families, friends, and coaches, recounted in interviews with athlete and Vision Sports co-founder Joe Geraghty. Dance along with Paralympics gold star Jason Smyth; swim with teenage sensation Róisín Ní Riain; spin in tandem with Katie-George Dunlevy, cycling’s most successful Paralympian ever; swing with ex-NYPD captain Paul McCormack who lost his sight after the 9/11 attacks before turning to blind golf; and jump into the world of multi-sport with seven-times Paralympian Catherine Walsh. You’ll meet these sportspeople and many more who were struck down with sight loss but kicked on in sports including blind football, adapted rugby, tennis, or picked up the pieces with braille chess. In a “can’t see, can do” world, anything goes. “Invites readers on a remarkable journey into the world of blind and vision impaired sportspeople in Ireland—a world too often overlooked. Through meticulous research and heartfelt interviews, Joe unveils hidden stories of dedication, resilience, and triumph that define this community” – JASON SMYTH

“A fascinating read about the journey vision impaired sportspeople endure to succeed in sport, and in life in general. It’s a book not about disability, but more importantly, the ability of visually impaired individuals who journey on with vigour, determination and the will to succeed in their pursuit of excellence” – EAMONN COGHLAN

JOE GERAGHTY is a founding member of Vision Sports Ireland. As an athlete he won his first race at the inaugural May Games, now known as MayFest, in 1981. Two years later he took silver at 5000m at the IBSA European Games in Bulgaria and represented Ireland at the 1984 Paralympic Games in the USA. Off track Joe has dedicated his life to supporting the work of Vision Sports Ireland serving in numerous roles over five decades, becoming President in 2024.

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**Paralympic Superstar Jason Smyth with Maynooth resident of 36 years Joe Geraghty at the Book launch**

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



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

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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

It is great to see the progress on the upgrade of the Royal Canal Towpath between Maynooth and Leixlip. I have to claim some credit as the original surfaced towpath was delivered many years ago by the community employment project based in Maynooth Harbour. The original surface was dug out with little machinery by the staff working on the project and the surface was a gravel and plant waste mix which was suitable for walking, running and cycling. Maynooth Community Employment Project still maintains the harbour area and the canal towpath. As no grant aid is provided other than a small amount from the Department of Social Protection, the work is supported by the Maynooth Newsletter. When the new surface is finished as part of the greenway, it will be superior to what was there and it will be an addition to the recreational infrastructure around Maynooth as well as a safe travel route.

Irish Rail timetable changes are effective from the 25th August and regrettably it is not all good news. Passengers never know the real reasons why some changes are made, but while some Maynooth rail commuters might benefit from the changes, many will be left to make transfers to reach their destination which was previously served by a direct train. One major change is the morning service that served between Maynooth and Bray. Any passengers transferring to the LUAS at Broombridge can now get any train, including intercity trains from Sligo as all trains serving Maynooth will now also serve Broombridge.



As a Maynooth rail commuter for over thirty years, I have to acknowledge that the train service has significantly improved. Maynooth station is effectively a hub station for Irish Rail with passengers travelling from many other places to connect with the Maynooth service. With the plans to bring the DART to Maynooth, this wider demand will only increase. Irish Rail and Kildare County Council need to plan for this demand. Otherwise Maynooth's residential areas will become carparks for DART users.

While many of the people travelling to Maynooth will be doing so to continue their studies at Maynooth University, the growth in the mode of transport used has been in the use of public transport. Train and bus services demand benefits from the fact that there are significant inward journeys to Maynooth. However, there are still a large number of car journeys associated with Maynooth University.

No matter how you get to Maynooth, good wishes to everyone either starting or continuing your university education here for the next academic year. Still on the topic of travelling, there is an issue that I think needs to be addressed. When I travel from Moyglare to the other side of Maynooth, the best route to use is the new road through Maria Villa estate which links the Moyglare Road with the Dunboyne Road. The journey then takes me along the Blacklion Road to the junction on the old Dublin Road between Maynooth and Leixlip. Over the months, the traffic volumes at this junction have increased significantly with tail backs towards Leixlip turning right and turning right from the Blacklion Road onto the old Dublin Road. In my opinion road safety would be greatly improved if a full set of traffic lights are placed at this junction. Yes, the Maynooth Eastern Relief Road may result in reduced traffic at this junction, but this is still years away.

It was great to see a group of young Italian students on a summer visit to Maynooth taking the time to write an article on their trip for the Newsletter. Check out their story "A little piece of Italy in Maynooth" on page 16.

**Paul Croghan**  
Editor

**Copy date for the October edition will be 5pm on Wednesday 25th September 2024**



## Gold Medal Winners

2016 - 2017 - 2018  
2019 - 2021 - 2022  
2023

August was a very busy month for our Volunteers, we replaced the bench on the Dublin Road which we had installed in 1996, with a brand new bench made from recycled materials, which we purchased from Murrays in Castlebar.

We trimmed all the Lime Trees on Main Street for the second time this year. We cleared the green space in the Council Car Park, thanks to Paul Mooney, Taghadoe for accepting all the green waste free of charge. Please Support our sponsors.

Lots of scuffling in all areas around the town especially Bond Bridge, we are so lucky to have the Weedex machine. Weeds are in plentiful supply this year due our very wet summer. We don't use Weed Killers as it's not environmentally friendly. Our next big task in September/October will be the planting of spring bulbs in different areas around the town.

Heritage week was a great success in Maynooth, our Heritage team did a guided tour of the town starting at Dukes Harbour and finishing up in Courthouse Square. We have leaflets available for self guided tours in Maynooth Castle, the library and the Glenroyal Hotel.

Judging in the Tidy Towns Competition 2024 finished on the 31st August, fingers crossed for a good result. We have not received our Gold Medal for the 2023 competition yet.

Our monthly meetings are held free of charge in The Glenroyal Hotel with complimentary refreshments. O'Neill's bar and restaurant, Main Street, won our environmental award for August.



Please follow us on Facebook at Maynooth Tidy Towns Association, for more up to date information about our group.

Please contact us on email at [maynoothtidytowns@outlook.ie](mailto:maynoothtidytowns@outlook.ie)

Mary Molloy PRO  
Maynooth Tidy Towns Association

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**Stay safe everyone.**

**LABOUR** ★ ★ ★ ★ ★

## *It's Back-to-School season It's time to pack those lunch boxes again!*

Packing lunch for school can be a daily challenge, especially when you want to make sure your kids are eating healthy and enjoying their meals.

Say goodbye to boring sandwiches and embrace a variety of flavors, textures, and colors to keep your little ones excited about lunchtime. Whether your child is a picky eater or an adventurous one, there's something here for everyone.

- Mix up kids' lunches with creative options like cheese quesadillas, DIY Lunchables, and peanut butter and jelly rollups to keep mealtime exciting and customizable.
- Choose lunches that are fun, even if they're simple, such as DIY mini pizzas.
- Balance convenience with nutrition by including homemade versions of popular lunch items like egg bites, chicken nuggets, and pasta salad.
- Remember dinner leftovers—if your kids liked it for dinner, then waste not, want not!

Forget about the store-bought versions; you can create healthier DIY Lunches using tasty and healthier ingredients. These homemade lunch kits can include a variety of proteins, carbs, fruits, and veggies, allowing your kids to customize their lunch experience.

### **Some ideas for homemade Lunchables include:**

- Deli meats with cheese and crackers
- Build-your-own pizzas
- Mini sandwiches with different fillings
- Veggie sticks with hummus or dip
- Fruit skewers with yogurt for dipping

You can even use cookie cutters to press designs into the cheese or lunchmeats!

### **Peanut Butter & Jelly Rollups**

Give a fun twist to the classic PB&J sandwich with Peanut Butter & Jelly Rollups. They're perfect for little hands to hold and equally delicious.

Spread peanut butter and jelly on flattened bread slices, roll them up, and slice them into rounds.

You can serve these rollups with Greek yogurt with cinnamon for dipping to get additional protein and some fruit and veggies for a balanced meal.



### **Mini Sub Sandwiches**

To make them more appealing to kids, consider using a variety of breads like:

- Mini bagels

- English muffins
- Tortillas
- Pancakes or waffles for sweet sandwiches

Toppings can include canned tomatoes, lettuce, and their favorite meats and cheeses.

### **Egg Bites**

Egg bites are mini egg muffins filled with veggies and cheese, making them a protein-packed lunch option.

They can be customized with a variety of veggies, meats, and cheeses to cater to different tastes, including:

- Spinach and feta cheese
- Broccoli and shredded cheese
- Bacon and Swiss cheese
- Mushroom and goat cheese



Plus, egg bites can be an easy meal prep idea, stored in the freezer, and quickly reheated, making them a convenient option for busy mornings and lunches.

### **Mini Snack Kabobs**

Another fun idea is to make Mini Snack Kabobs. Skewer small bites of fruit, cheese, and deli meat on a stick for a fun and portable lunch option. This is a great way to incorporate different food groups into your child's lunch in a fun and engaging way. Plus, kids love anything that's mini-sized!



### **DIY Tacos**

Let your kids have some fun by allowing them to assemble their own tacos. Provide a variety of fillings and toppings like:

- Ground beef
- Shredded lettuce
- Cheddar cheese
- Fresh tomatoes
- Sour cream
- Salsa



And let them assemble their own tacos. This not only ensures picky eaters eat what they like but also adds a fun element to their lunch.

Don't forget that last night's dinner can always become today's lunch. Repurposing dinner leftovers is an economical and time-saving option.

Whether it's spaghetti and meatballs or juicy chicken thighs and rice, I'm sure you've made some lovely dinners that your kids could eat for lunch, too.

Source: [thesavvymama.com/lunch-ideas-for-kids/](http://thesavvymama.com/lunch-ideas-for-kids/)

### **THE MIRACLE PRAYER**

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

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

Never known to fail.  
Thanksgiving for favour received.

### **Prayer to the Sacred Heart**

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for a special favour, take it Dear Jesus and place it in your Sacred Heart where the Father sees it and so it will become your favour not mine.

*Promise publication, never fails!*

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*Promise publication, never fails!*



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## Cllr. Angela Feeney Maynooth Labour News

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### **Pedestrian Lights activated at Football Club**

Cllr. Feeney is delighted to see that the push-button pedestrian lights she called for at Maynooth Town Football Club have been activated. This much needed pedestrian crossing will make it much safer for pedestrians and cyclists to access the club. The reason Cllr. Feeney called for the push-button pedestrian light is that there is no footpath on the same side as the club, making it very dangerous to cross a very busy road. Back in February 2023, Cllr. Feeney met with club members and the area engineers on site. She then brought the request forward as a motion to the Council. It was agreed to proceed with the installation of the lights in the interest of public safety.

### **Lights Out on Main Street**

Back in June, Cllr. Feeney reported the faulty lights on Main Street, from the Ely Restaurant as far as the EBS building. In its most recent update to Cllr. Feeney, the Council said that there was a delay in repairing the lights due to the contract ending with Enerveo in July. The Council also confirmed that a new contract had been signed with a new company and that this process had caused a backlog. Cllr. Feeney has emphasised that these lights need to be repaired as a matter of public safety especially as the evenings are getting darker. The Council has said that the lights will be repaired by mid September. Cllr. Feeney will continue to monitor the situation.

### **Swimming strategy**

News that the government is introducing a new swimming strategy to capitalise on Ireland's Olympic success is of scant comfort to those waiting for a swimming pool in North Kildare. The proposed commitment includes additional funding to help schools with transport and pool hire costs.

Cllr. Angela Feeney has greeted the news with scepticism. She says one of the defining factors of Olympic winners is access to sports facilities from an early age. Cllr. Feeney added that this report is extremely vague on the details and pushes the idea of short-term, pop-up facilities, we need multiple child-friendly, free or affordable swimming facilities around North Kildare.

Cllr. Feeney has been highlighting the need for a pool for many years now. Back in February when Maynooth University's President attended the Council meeting, Cllr. Feeney suggested upgrading the college pool and reopening it for community use while we await a new build. This suggestion, was positively received by both Maynooth University and Kildare County Council.

However, work is still to begin refurbishing the Maynooth University pool, while the new swimming pool earmarked for North Kildare is still years away. Cllr. Feeney said that we need a serious commitment to funding a proper swimming pool for North Kildare.

### **DART+ depot issue**

It was very welcome news last month that An Bord Pleanála has approved the railway orders to allow the DART+ West to progress to construction stage. However, the decision to refuse permission for the Maynooth depot, which is essential to the delivery not just of DART+ West to Leixlip and Maynooth but also DART+ South West to Hazelhatch and Celbridge, is very disappointing.

In the interest of rapid delivery of these essential projects for North Kildare, Irish Rail must both tender for the elements of the project, which have been granted permission immediately; and must also commit to applying for a new Railway Order for the Maynooth depot at the first instance. It would be unacceptable if a multi-year delay to this project were caused by what should be an easily amendable element of the planning process.

Following this announcement, Cllr. Feeney has contacted the National Transport Authority (NTA) for clarification on the following related matters:

1. Given the announcement by the Deputy CEO, Mr. Creegan in May to the Public Accounts Committee, that DART+ to Kilcock was to go ahead, Cllr. Feeney has asked the NTA to confirm when the railway order will be issued for the extension of DART+ from Maynooth to Kilcock.

2. Cllr. Feeney also asked about the status of the proposed depot that was not approved by the Bord in its recent decision.

### **Retrofitting Motion**

At the July full Council meeting, Cllr. Angela Feeney asked the Council to provide a report on the rollout of its retrofitting programme with numbers of completed, current and planned schemes, locations, house type and the works involved as well as the funding status of the programme.

Cllr. Feeney said that retrofitting the Council's older stock of houses is a key component in meeting the challenges of the current climate crisis. It is also, she said, important that the Council helps those who need help the most, to make these changes to their homes and help to make them more energy-efficient and more comfortable in the longer term.

In the response to Cllr. Feeney's request, the Council explained that the Energy

Efficiency Retrofit Programme (EERP) is administered by the Department of Housing, Local Government and Heritage. An EERP was originally launched in 2013 with the aim of funding the retrofit of Local Authority owned homes requiring insulation and energy upgrade works. Housing for All; a New Housing Plan for Ireland, includes an objective to retrofit 500,000 homes to a B2 Building Energy Rating (BER) or Cost Optimal equivalent by 2030, of which approximately 36,500 are expected to be Local Authority owned homes.

To aid the achievement of the goals outlined in the Programme for Government, a revised EERP was introduced in 2021. Works eligible under the revised Programme include attic/cavity wall insulation or external wall insulation where required, windows and doors replacement, heat pump installation and ancillary and associated works.

The combined total number of units completed in the period 2021 to 2023 is 186. Tenders are progressing for the balance of the 2023 units (24) and the first phase of 2024 units. The Council said that challenges have been identified by the housing sector in managing the EERP on the basis of an annual funding stream. A preference for a multi-annual energy efficiency programme has been indicated, however, DHLGH advises that such an approach is not currently feasible as funding continues to be allocated by DPER on an annual basis.

In addition to the EERP, 120 homes were upgraded to a BER of B2 or higher standard in the period 2021/2022 under the Midlands Energy Efficiency Retrofit Programme (a separate Programme applicable to eight midland counties). Under this programme work was carried out at the Beechgrove, Rathanga, Ashbrook, Derrinturn, Bishopsland, Kildare Town, St Evin's Park, Monasterevin and Clonmullion, Athy

In tandem with the roll out of the EERP, and in an effort to encourage participation in the programme, work has been on-going to collect data from consumption meters, which measure the electricity used solely from the air to water system, in a property. Consumption meters are now installed in all properties retrofitted under the programme. The data collected informs the Council about the daily cost of the air to water system in a dwelling and we can relay this to the tenant in properties where electricity costs are running high and help them to identify sources of other high running cost items in their household.

Cllr. Feeney welcomed the report and that the 2024 Programme has increased the maximum grant available per property ranging from €42,350 for mid-terrace and apartment-type properties (1 to 4 storeys) to €48,850 for end-of-terrace, bungalow, detached, and semi-detached properties.

Kildare County Council applicable stock primarily consists of 2 and 3-bedroom detached and semi-detached houses. The average cost of property upgrades cannot exceed the total average funding available per property of €34,000, which has been increased from €27,000 at the outset of the programme.

At the meeting, Cllr. Feeney agreed that the monitoring, renewal, refurbishment and maintenance of housing stock, including the implementation of the energy efficiency programme and asset management, will form part of the Council's the Housing and Regeneration Strategic Policy Committee's work programme. Updates on the EERP will continue to be provided in the Chief Executive's report.

### **Upcoming Motions and Questions**

#### **Motions:**

1. That the Council provides a safe walking and cycling route to connect Maynooth and Celbridge.
2. That the Council installs a pedestrian crossing at the end of Carton Avenue to allow safe crossing on the R157.

#### **Questions:**

1. What is the current status of discussions with the Maynooth College regarding the reopening of the swimming pool for community use?
2. When will the faulty public lights on the Main Street Maynooth be repaired?

### **Childcare Public Meeting**

For many years, Cllr. Feeney has been campaigning and supporting parents regarding the lack of childcare facilities. It is a huge cause of stress for many families and for providers wishing to expand their services.

**Cllr. Feeney will be having a public meeting on the issue on September 11th at 7pm in the Kate Walsh Room at The Mill Celbridge. Please email if interested [afeeney@kildarecoco.ie](mailto:afeeney@kildarecoco.ie) or call on 087 2381962**

**Social  
Democrats**

# Cllr. Peter Melrose



Maynooth LEA



089 263 7612



peter.melrose@socialdemocrats.ie

## **“Unthinkable” Oversight must Focus Minds to Deliver DART+ West Proposals for train depot at Kilcock as part of DART + West have been refused “in the interest of flood prevention” by An Bord Pleanála**

Cllr. Peter Melrose, Social Democrats Councillor for the Maynooth LEA, has expressed his frustration and disappointment at the circumstances that have led to An Bord Pleanála’s refusal of a proposed train depot between Maynooth and Kilcock as part of the DART + West railway expansion.

Kevin Moore, Inspector at Bord Pleanála, outlined the following in his report to the board regarding the application.: “From the outset, when there was a clear understanding that the lands west of Jackson’s Bridge to be developed for the main access to the depot and for the depot itself, were subject to regular and extensive flooding, this site should have been avoided. This site should never have progressed to being the preferred site for the depot and to have proceeded to being part of the application to the Board for Dart + West. This is not proper planning and sustainable development”.

Cllr. Melrose has called on both Irish Rail and the National Transport Authority to “divert any and all resources necessary to expedite the steps necessary to satisfy the planning requirements. They must submit a further railway order to rectify this substantial oversight and deliver the DART + West as intended. Nothing less will suffice”.

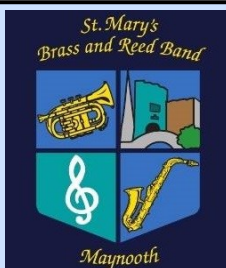
Commenting on the railway order issue, which has approved the DART + West upgrade of the Maynooth line but withheld permission on the depot, Cllr. Melrose has questioned how the application was allowed to progress internally at Irish Rail when it was clear that there was a dearth of critical information around flooding at the proposed depot site.

“It is almost unthinkable that an application would proceed in this manner, given the well-known delays that it could create. It has potentially set the project back years while the people of Maynooth, Kilcock and North Kildare continue to suffer from chronic lack of vital transport infrastructure which has not kept pace with population growth.

Cllr. Melrose was involved in a campaign to extend the DART + West project to service the town of Kilcock by developing the depot in question. In a session of the Public Account Committee in May 2023, Hugh Creegan, Deputy CEO of the NTA told Catherine Murphy that the DART + West would indeed be extended to include Kilcock as part of its service, given its proximity to the station.

## **St. Mary’s Brass & Reed Band**

The highlight of last month was our recital in the Square on Sunday 18<sup>th</sup> and the weather gods blessed us with brilliant sunshine all afternoon. Our two new gazebos are now a feature of all our recitals and give the players shelter in both sunshine and rain and we are indeed grateful to intel for providing with the funds for them as they are such an expensive item.



September promises to be an exceptionally busy time for the Band with a visit to the National Stud in Kildare on Sunday 1<sup>st</sup>, our return visit to the Bad Orb International Music Festival in Germany between 6<sup>th</sup> and the 9<sup>th</sup>, our Culture Night Recital in the Square on Friday 20<sup>th</sup> at 8pm and winding up the month with a visit to Farmleigh House in the Phoenix Park on Sunday 29<sup>th</sup>.

The Bad Orb Festival in particular offers us the opportunity to meet with Bands from all over Europe and the highlight of the weekend is the massed band parade on the Sunday afternoon culminating in the playing of a number of pieces by over 1,000 musicians, a fantastic experience for all band members.



Photo from a recital on a previous visit to Bad Orb

## **Maynooth Senior Citizens Committee**



Welcome back to our members after the August break. We will be resuming the Thursday Morning Club on 5<sup>th</sup> September . We will kick off with our art session. Our monthly committee meeting will take place on Monday 9<sup>th</sup> September. We hope to resume our Tuesday morning Club meetings and we are finalising the activities that will happen on that day. We will be in contact with our senior citizens about this over the next few weeks to let them know what is happening. We are always looking for new people to join the Club and indeed the Committee.

People are welcome to come along to the Club before they commit to see if it is a fit for them, similarly we would ask anyone who would like to join the Committee to come to a monthly meeting to get an idea of what we do.

Maynooth Senior Citizens is a registered charity and it is one of the oldest community groups in Maynooth, established in 1965. We have recently set up a Facebook and Instagram page. Please follow us to find out what we are doing. While we encourage exercise for our members , we provide transport to and from the Club from the environs of the town. The Club runs art and bingo sessions on a Thursday morning, there is also time for a chat and a cuppa. If you have never taken up a brush to paint a picture it is all the more reason to come and enjoy our session. It is great fun and you will surprise yourself.

Susan Durack, PRO Maynooth Senior Citizens.

# ROME WASN'T BUILT IN A DAY.

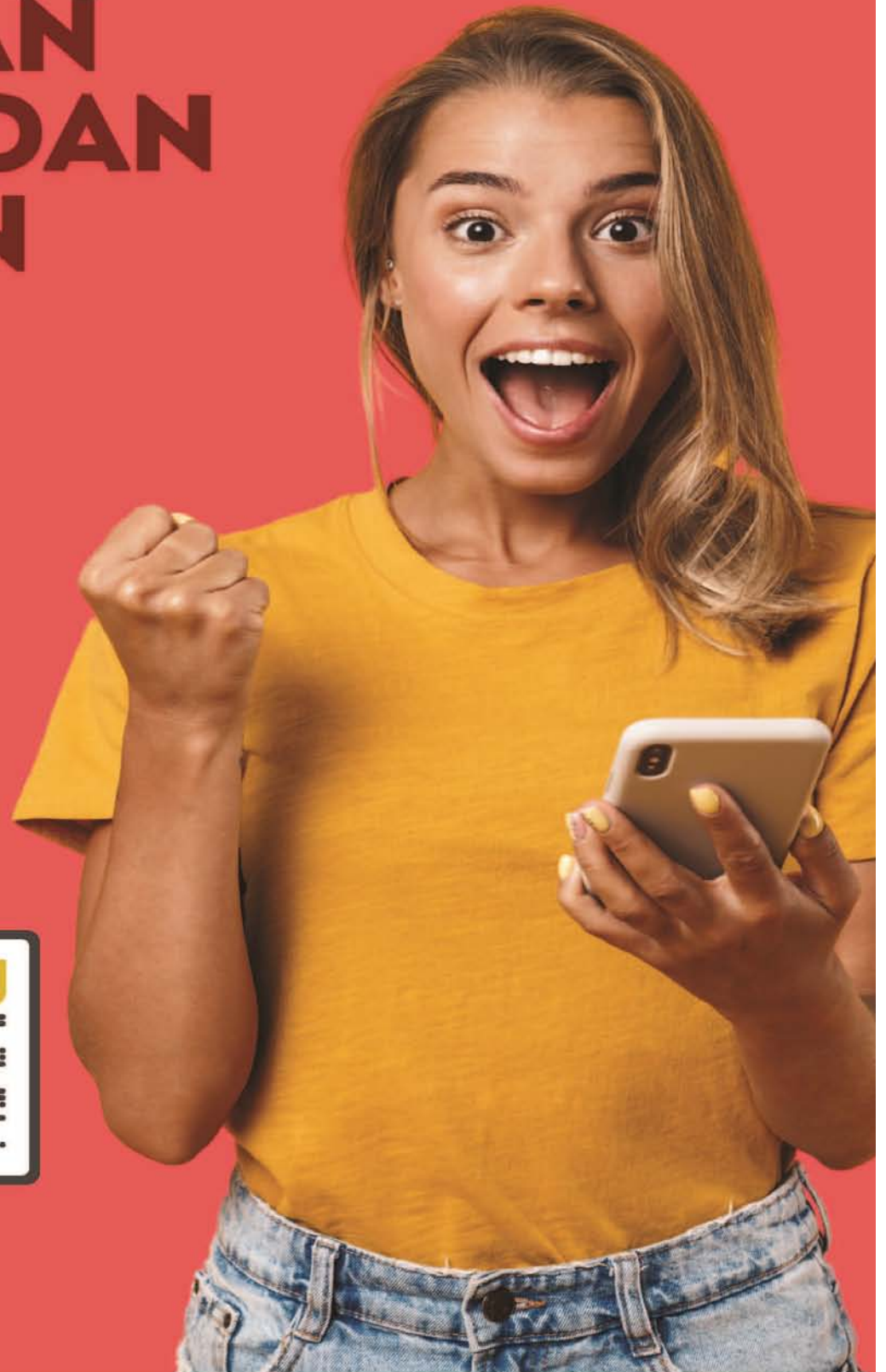
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**Culture Night 2024**

**Maynooth**

**20 September**

**A Tour of the 19th century College Chapel**

4pm - 5pm Bookings for the 4pm-5pm tour can be made on the following link: <https://bit.ly/ChapelTour1600>

5.30pm - 6.30pm Bookings for the 17:30-18:30 tour can be made on the following: <https://bit.ly/ChapelTour1730>

**Community & Culture**

6pm - 9.45pm St. Mary's Church of Ireland. No booking necessary. There will be various performances of songs, poetry etc.

**Culture Night with Maynooth Gospel Choir**

7.30pm - 8.30pm Venue not confirmed at time of press. No booking necessary.

**Damai Sound Reggae**

4pm - 7.30pm The Square. Free event.

**Mór Laughs presents: Kildare Comedy (over 18s)**

8pm - 10.30pm O'Neill's Bar & Steakhouse, Main Street. Free event.

**St. Mary's Brass and Reed Band**

8pm - 9pm The Square. Free Event.

**National Science & Ecclesiology Museum**

4pm - 8pm St. Patrick's College. No booking necessary. Free event.

**A Tour of the Russell Library**

5pm - 7pm Maynooth College. Booking is required.  
Booking Email Address: [library.russell@mu.ie](mailto:library.russell@mu.ie)



**2024 Taste of Kildare Festival**

**Fri 20th – Sun 22nd September 2024 at Naas Racecourse, Co Kildare**

This September, enjoy a truly immersive and exciting foodie experience with the 2024 Taste of Kildare Festival. Showcasing the best of Kildare, the festival is a round the county tour of food and drink, with that all-star hospitality the county is renowned for.

**Tickets on Sale Now! - <https://tasteofkildare.ie>**

**MAYNOOTH CYCLING CAMPAIGN**

**Climate Community Funding**

Maynooth Cycling Campaign recently were informed that it was unsuccessful in its application for funding from the Climate Community Fund. We will be following up on a review with the aim of addressing our shortcomings and lodging a successful application in the future.

**Submission on Maynooth & Environs LAP 2025-31**

Kildare County Council received a large number of submissions on the Maynooth LAP. In its submission, Maynooth Cycling Campaign supported the permeability measures which are designed to enable increased walking and cycling in the town and to mitigate bad planning decisions in the past. However, the Campaign has concerns about the emphasis on high density in the outer suburbs of Maynooth. The full submission is available here or at the link below:

<https://drive.google.com/file/d/1gSAXUEBpPOx2M4kGlgCazAHVcQiFY5QP/view?usp=sharing> .

**Road Safety Authority**

The Road Safety Authority has come under sustained criticism over its latest campaign which equates people who don't have a driving licence with being a burden on society.

The Irish Cycling Campaign and disability groups as well as politicians have accused the RSA of being not fit for purpose and have called for the Authority to be reformed due to its emphasis on a 'windscreen' view of transport.

**Red Surfacing of Straffan Road Cycle Track Maynooth**

Maynooth Cycling Campaign welcomes the recent resurfacing of a section of the Straffan Road which includes the provision of a 'red section' of cycle track. However, red surfacing should be bright red initially as it

darkens with time. If it starts off dark, it will be even darker after a few years and the contrast with 'black' surfacing will be reduced. We are concerned that as the resulting surfacing in Maynooth appears much darker compared to the red surfacing provided in Meath, the safety aspects of using a coloured surface for cycle tracks will be reduced.

**Royal Canal Greenway**

As reported last month, a contractor has started work on the remaining section of the Royal Canal Greenway between Louisa Bridge Leixlip and Maynooth. It is disappointing to have been informed that the proposed surfacing of much of the route will be dust.

If the intention is to maximise cycling, it fails to follow best international practice. At a time when concern has been expressed about inflation causing the construction costs to increase, it would be cheaper to provide a sealed surface now rather than to have to retrofit a sealed surface in the future.

**Dunboyne Road Signage**

The Kildare County Council Planning Department has responded to our complaint about the unauthorised signage about cycling on footpaths on the Dunboyne Road which purports to put the blame on cyclists if they are in collision with drivers exiting their premises on the Dunboyne Road.

We made the case that the location is in an area with no dedicated space for cycling and is close to the Presentation Girls Primary School. We are disappointed that the Council has decided to take no action.

***Maynooth Cycling Campaign is a non-party political independent local cycling advocacy group.***



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

### Things I Half-Remember

Let me start with the *Ceard Teastas Gaeilge*. The year is 1969 and I'm back from New York after working there for eleven years as an electrical draughtsman. Now I've decided to try my hand at teaching, but to do that I must show a proficiency in our native language. To satisfy this requirement I've elected to study spoken Irish in *An Cheathrú Rua*, Carraroe. Our teacher, a man who believes in making learning enjoyable, introduces us to Gaelic songs, among which is the following example – and here my defective memory intrudes, but never mind:

*Chuas isteach i dteach aréir/ Is d'iarr me deoch ó bean an leanna.  
'Se duairt si liom, 'Ni bhfaighidh tú braon;/ Buail an bóthar is téigh abhaile.'*

I went into a house last night /And I asked the beer woman for a drink.  
What she said to me was, 'you won't get a drop;/ Hit the road and go home.'

To which the thirsty narrator replies:

*Ní'l ina lá, a mhíle grá,/Ní'l ina lá, na fós ar maidin,/Ní'l ina lá, is ní bheidh go fóil, / Solas árd atá san ghealach.*

It's not day, my thousand loves, / It's not day, nor morning yet, / It's not day  
and it won't be for a while, / It's high light in the moon.

There are a few more verses dealing with the exchange between the narrator and the no-nonsense *bean a' ti* (woman of the house), but I want to give a verse in my bad Irish that I added to this song:

*Chuas siar go dtí mo theach, / Tine fuar os comhair mo leaba, /Mé I'm aonar gan aon deoch, / Fíon nó leann ní bheidh sé agam.*

I went back to my house, /A cold fire before my bed, / I alone without a drink, /  
Wine or beer I won't have.

Well, that's enough about my attempts to become a *Gaeilgeoir*, a speaker of Irish, though I occasionally have conversations in that language with a Galway friend who tolerates my ineptitude.

Now to some New York memories; while most of them are pleasant, there are a few that aren't. While attending evening lectures in City College, now City University, I began to lose contact with Irish friends due to a lack of free time. In the house where I had a furnished room there were two Bostonians who were attending nearby Columbia University and I occasionally visited them. The more dominant of this pair used to quiz me about my family's finances, in particular he wanted to know how many acres of land we had, how many cattle, sheep etc. He made no attempt to hide his amusement at our meagre family resources compared to Americans and, because I was desperate for companionship, I never pointed out that by Irish standards we were financially comfortable. Anyway, our landlady advised me not to visit this pair, no doubt because she wanted to prevent group solidarity among her tenants.

After this time I got a furnished room with a German lady (Let's call her Mrs. Fischer) who used to say of the Hitler era, 'We were so small,' and I could understand that many ordinary Germans felt equally helpless to resist the Nazis. This *frau* was a stickler for order and if I placed my chair in the wrong position at the breakfast table, it was immediately pointed out

Another tenant was John, who had a room next to mine. John was a mild-mannered New Jersey-born attorney employed by a Manhattan law firm. I remember quoting The *Magnificat* prayer to him and John asking why did the Lord need to be magnified. My inept explanation hardly convinced him.

One Saturday evening I took John to City Center Ballroom, a venue thronged with Irish and Irish-Americans. Probably because of his lack of dancing skills and his unwillingness to reveal his employment credentials, he spent most of the time as a spectator. There was one occasion, however, when his mildness deserted him. A female operatic singer lived upstairs and her nightly rehearsals almost drove him demented. Opening a window, he shouted, 'for

the love of God, stop that infernal racket. I can't get a minute's sleep.' Apart from occasional lapses, the 'nightingale' was effectively silenced.

As for our landlady, when I hung an oil painting I had purchased in Greenwich Village in my room, she was quite pleased, no doubt concluding that, after all, I wasn't a Neanderthal. That painting of an autumn wood with a small pool in the foreground now hangs in our Irish dining room, though John didn't like it as he said the pool reminded him of mosquitoes!

Now to another half-forgotten memory, a piece of verse I wrote about an oak tree while teaching in Maynooth Post-Primary. To the best of my recollection it went something like this:

Great towering giant  
Shouldering the March sky  
Arms bared to fight the cold  
Masking your fragility  
The ravaged heart  
That spring's wild winds  
May rip apart

To my surprise, the head of our English department, a physical and intellectual giant of a man, considered it a really good poem. It was only a few years later, when he himself died in hospital, that I realized the reason for his approval.

Since I started with my Irish, I may as well finish with an Irish-American professor who is determined to master the ancient language of the Gaels. This multi-skilled intellectual makes up in enthusiasm for what he lacks in acquiring the *cúpla focail*, the few words. If he had all the opportunities I had, from classes in primary and secondary school to *Comhrádh* or Conversation sessions in University College Galway, he would now be a fluent *Gaeilgeoir*. And it's a language worth mastering. As the 18<sup>th</sup> century school teacher and poet, Peadar Ó Doirmin wrote:

*Ni fhuil aon teanga sa mbeatha mbreas  
Chomh líonmhar áluinn ná chomh caomh deis,*

Which, in my rough translation reads:  
'There is no language in the greater life  
As complete, beautiful or as pleasant, proper

*P. G. Nerney*

### House Martins

On white pebble-dash under the eaves  
it was once a masterpiece,  
patiently constructed  
with beakfuls of moist, brown clay;  
now in winter's chilly blast  
it's just an eyesore,  
a reminder of summer days,  
the five chicks it sheltered  
flown south, dispersed or dead,  
only the jagged base intact.

In a few more months  
reconstruction will commence,  
that quickening cycle of rebirth  
which nature, blind to former pains,  
annually perpetuates.  
I know it all too well:  
we too had a nest-place built  
to shelter five bright lives;  
now they and that high house are gone  
and we are here alone.

*Colin Scott*



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

### My Chequered Life Chapter 8

I had become muscle bound with all my gym work and when an opportunity to join a yoga class came up, I decided to give it a try. A lady came in twice a week and taught us the basics of yoga and I began to enjoy it. After a few months she came in a third time each week and I thought this might suit me well. As it happened, I was the only one attending the third session and she told me a great lot about the philosophy behind yoga and introduced me to books on yoga and Buddhism. I kept this up for about two years and became much more balanced and less aggressive and less inclined to get into silly conflicts. I owe an awful lot to that yoga teacher and am forever grateful to her. Around this time I was expecting an answer from the parole board but it didn't come for a very long time. They didn't know what to do with me and when the answer eventually came I was told I'd get a knock back of two years. I was also told that at the end of my sentence I was to be deported from England. That didn't trouble me too much and after four and a half years in Channings Wood I was transferred to an open prison called Lay Hill.

#### Lay Hill

I arrived in Lay Hill in August '95. As I said, it was an open prison with no high walls around it, just a four feet wooden fence, which we were warned never to cross. The prison was laid out something like I imagined a university to be, with trees and big grassy areas. Inside, it had big wide corridors with rooms rather than cells, with ordinary doors, no bars. We each had our own latchkey and locked ourselves in when we liked. Rules were few but very strict and violation could see you sent back to cat A prison for a long time. There were five roll calls each day and all had to stand at their doors to be counted. While the regime had a lot going for it I knew I would not be able to stick it, so after three or four weeks I decided to go.

A friend of mine had unregistered visitors from time to time, visitors who brought him drugs and alcohol. They'd don prison shirts and hop over the fence and lie in the grass with him without anyone noticing. I decided I'd take a lift from these visitors. I put a few essentials in a black plastic bag and got the bin man, prisoner, to take them to the field for me. I joined the outsiders and skipped over the fence with them, heading for their car, parked nearby. As we approached we saw a screw sitting in another car close by so I hid and let the two lads go ahead. I saw the screw talking to them and then they drove off, one of them putting his hand through the sunroof and pointing ahead. So when the screw

drove off in the other direction I hopped out on the road and started walking after the lads' car. I never saw it again. But I walked and walked and seeing a railway line I decided I'd walk along that, as I knew I'd have been missed by then.

Eventually the railway line passed near a little village and I dropped in for a drink of cider. I had a ten-pound note on me and that was all. I drank one pint and bought two cans for the journey, which I hoped would bring me to Bristol. I got back on my railway line and sat down, having a smoke and drinking one of the cans. It was by then a clear night, with the stars shining brilliantly above me and I felt elated. Freedom, for the first time in 16 years!

But I still had to get to Bristol, some sixteen miles away. Nearing Bristol I was afraid of cameras covering the various tracks so I took to the road and got a free lift from a taxi, a few lies thrown in, that left me at the railway station. I had to go to Plymouth to Mark, of the pillowcase balaclava fame. I knew the ticket was about £29 but, as I said, I had no money? I sat and got talking to a woman who soon fell asleep. I knew she had money. I wondered if I'd help myself to her handbag but I thought that would be mean. When the time for the Bristol train arrived I snuck on board, having said good morning to a policeman on the way, and rehearsed my story. The ticket man was impressed that I knew the price of the ticket I had left in the station waiting room, with my keys and a few more items. He said he'd call the station and see if they had been found. I put on a great distress show when he came back and told me they hadn't! He didn't bother me again!

Arrived in Plymouth, wondering somewhat who I was, I straight away continued my web of lies. I knew two fellows in Plymouth but let neither know that I knew the other. The first, Rob, couldn't put me up as his wife was a "straight goer" but Mark, whom you remember, got me a place with this poet and his son. They didn't ask me too many questions, just talked non stop about their arty world, making no great fuss of me. After the week I met Rob, as appointed, he thinking I was just back from Penzance. He had managed to put nearly a £1000 together to help me on my way. I gave £90 to the poet for his hospitality. Rob gave me a passport, belonging to John Deer from Hong Kong! While I was very thankful I was at wit's end wondering how I'd get my photograph to look like his? I didn't bother trying, however, and neither at Holyhead, on my way back to Ireland, nor at Dún Laoghaire, did anyone bother to check!

By: GM

## Maynooth Local Market - adding extra colour to Court House Square every weekend

August has seen exciting new additions to Maynooth Local Market, running every Saturday from 10am to 3pm on Court House Square.

Local artist Maura McDonnell has delighted market-goers with art that makes the heart sing. Her creations, inspired by nature, showcase a variety of techniques and mediums. Maura's collection of art depicting Maynooth scenes has proven particularly popular so far!

Another exciting addition to the market is Orient Maynooth, bringing a taste of the Far East to Court House Square through the mini-Asia market. A stone's throw from the restaurant itself, we're delighted to have the Orient team join us each week selling a range of products such as noodles, sauces, teas, mooncakes and more!

Adding even more colour to the market, are the stunning sunflowers from Knocknatulla Farm available on the Donadea Organic Veg stall. The vibrant blooms bring sunshine to the Square, even when the actual weather is being a bit temperamental.

Maynooth Local Market continues to thrive thanks to the generous support of many local businesses and funders. We'd like to extend a special thanks to the Glenroyal Hotel for coming aboard as sponsors this month and providing us with invaluable storage space.

This will now allow us to invest in more stalls and gazebos, as the market continues to grow.

Community has always been at the heart of the market, and we are committed to providing a welcoming and inclusive space for everyone. Over the next month, we will be expanding our Kids' Zone and Family Space to include more toys for children of all abilities.

We will also be further developing our multilingual book corner, ensuring that all members of our community feel included and welcome.

If anyone has any suggestions or specific requests of what to include, please do get in touch.

Stay tuned for more exciting updates and surprises as Maynooth Local Market continues to evolve and flourish!

**You can reach us via email - [MaynoothLocalMarket@gmail.com](mailto:MaynoothLocalMarket@gmail.com),  
or on Facebook and Instagram - [@TheMaynoothLocalMarket](https://www.facebook.com/TheMaynoothLocalMarket).**



## KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

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



### Parent's leave

#### Introduction

Parent's leave entitles each parent to 9 weeks' leave during the first 2 years of a child's life, or in the case of adoption, within 2 years of the placement of the child with the family.

The leave period remains the same in the case of multiple births, for example if you have twins or if you adopt 2 or more children at the same time.

Parent's leave is available to both employees and people who are self-employed.

You may also qualify for a payment called Parent's Benefit during parent's leave. [Parent's Benefit](#) is paid while you are on parent's leave from work if you have enough social insurance (PRSI) contributions.

Please note that your employer does not have to pay you while you are on parent's leave, although some employers may 'top-up' your parent's leave. If you qualify for [Parent's Benefit](#), you will get €274 each week.

#### Changes to parents' leave from 1 August 2024

From 1 August 2024:

Parent's leave increased from 7 weeks to 9 weeks for children born or adopted after 1 August 2024

- You can claim the additional 2 weeks' parent's leave if your child was **under the age of 2 on 1 August 2024** or your adopted child **had been placed with your family less than 2 years on 1 August 2024**. You must complete the extra leave on or before your child's second birthday or within 2 years of the adoption placement

Parents's Benefit also increased from 7 weeks to 9 weeks for each parent (if you qualify)

#### The differences between the types of leave for parents

This table explains the differences between the types of leave for parents.

Leave	Who gets it?	How long?	Is it paid?
Maternity leave	Pregnant employees	26 weeks and up to 16 unpaid weeks	Yes, Maternity Benefit is paid for 26 weeks
Adoptive leave	One parent of the adoptive couple, or a parent adopting alone	24 weeks and up to 16 unpaid weeks	Yes, Adoptive Benefit is paid for 24 weeks
Paternity leave	New parents of children under 6 months of age (usually the father or the partner of the mother, or in the case of adoption, the parent who is not taking adoptive leave)	2 weeks	Yes, Paternity Benefit is paid for 2 weeks
Parental leave	Parents and guardians of children under 12	26 weeks	No, it's unpaid
Parent's leave	Parents of children under 2 years of age Parents of adopted children in the first 2 years of the placement of the child	9 weeks	Yes, Parent's Benefit is paid for 9 weeks
Leave for medical care	Parents who need time off work to deal with serious medical care for the child.	5 days in any 12 consecutive months	No, it's unpaid

#### Rules about parent's leave

The legislation governing parent's leave is the [Parent's Leave and Benefit Act 2019](#), as amended.

You must meet certain criteria to be eligible to take parent's leave. You must:

- Be a *relevant parent* – see 'Who can take parent's leave?' below:
- Take the leave within 104 weeks (2 years) of the birth of the child or in the case of

adoption, from the date the child is placed with you (the placement date)

- Give at least **6 weeks' notice** to your employer

The legislation only provides for the minimum entitlement to parents' leave. Your contract of employment may give you more rights.

#### Who can take parent's leave?

*Relevant parents* can take parent's leave for eligible children. A relevant parent is one of the following:

- A parent of the child
- A spouse, civil partner or cohabitant of the parent of the child
- A parent of a donor-conceived child as provided for under section 5 of the Children and Family Relationships Act 2015
- The adopting parent or parents of a child
- The civil partner or spouse of the child's adopting parent (if the parents have not adopted jointly)

#### How can I take parent's leave?

You can take this leave as:

- One continuous period of 7 weeks leave or
- Separate periods of not less than one week

#### How much will I get paid during parent's leave?

If you have enough PRSI contributions, you will get a weekly [Parent's Benefit](#) of €274 per week. This is paid by the Department of Social Protection (DSP). Your employer does not have to pay you while you are on parent's leave. However, some employers do pay or *top up* your pay during the leave period – this is set out in your contract of employment.

#### Other rules for parent's leave

- You are treated as being in employment while you are on parent's leave (and all other types of statutory leave for parents). You are entitled to return to your job after parent's leave.
- Annual leave – you can build up annual leave while you are on parent's leave.
- Public holidays – you are entitled to any public holidays that occur during your parent's leave.
- PRSI contributions – you can get credited PRSI contributions while you are on parent's leave.

#### Can I share my parent's leave with my partner?

Both parents have an equal separate entitlement to parent's leave. You cannot transfer your entitlement to your partner.

Where one parent dies, the surviving parent is entitled to leave for the amount of leave the deceased parent did not take from their 9 week entitlement (this is known as *transferred parent's leave*).

#### How to apply for parent's leave

You must give notice to your employer before you can take parent's leave.

You must:

- Give your notice in writing
- Tell your employer at least **6 weeks** before the leave is due to start
- Include the start date, the way the leave will be taken and how long the leave will last
- Include appropriate certification confirming your eligibility such as a birth certificate, or in the case of adoption, the certificate of placement.

You can contact the Workplace Relations Commission's Information and Customer Service for more information on your employment rights - see 'Where to apply' below.

#### Can my employer refuse my application for parent's leave?

Your employer can only refuse parent's leave if you are not entitled to it.

Your employer can postpone your parent's leave once for up to 12 weeks. Your employer could postpone your leave for the following reasons:

- Seasonal variations in the volume of work
- No replacement to carry out your work
- The nature of your duties
- The number of other employees also taking parent's leave
- Any other relevant matters that mean your parent's leave would have a 'substantial adverse effect on the operation of their business, profession or occupation'

(Continued on page 14)

## KNOW YOUR RIGHTS (Cont.)

Citizens Information Centre, Dublin Road, Maynooth

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(Continued from page 13)

Your employer must give you written notice that your parent's leave will be postponed. They must do this at least 4 weeks before the leave was due to start. The notice must explain the reasons why they are postponing your parent's leave. The new start date for your parent's leave must be agreed by both you and your employer.

### If a postponement of my parent's leave takes me past the 2 year eligibility period

The eligibility period for parent's leave (up to a child's 2nd birthday) can only be extended for up to a maximum of 12 weeks in circumstances where an employer has rejected the original dates within the 2 year period for business reasons.

When making an application for parent's leave and Parent's Benefit for dates outside of the 2 year eligibility period, you must submit supporting documentation to include confirmation from your employer detailing the reason for the rejection of the original dates, and confirming your employer has agreed the revised dates with you.

### How to make a complaint?

You are protected against [penalisation](#) and [unfair dismissal](#) for claiming your rights under parent's leave legislation.

Disputes about parental leave can be referred by the employee or the employer to the Workplace Relations Commission within 6 months of the dispute or complaint occurring.

You must use the [online complaint form](#) available on [workplacelrelations.ie](http://workplacelrelations.ie). The time limit may be extended for up to a further 6 months, but only if there is a reasonable cause which prevented the complaint from being brought within the normal time limit.

### Where to apply:

**Parent's Benefit Section**  
**Department of Social Protection**  
**McCarter's Road**  
**Buncrana**  
**Donegal**  
**Ireland**  
**F93 CH79**

Tel: (01) 471 5898 or 0818 690 690

Homepage: <https://www.gov.ie/en/service/b321b1-parents-benefit/>

**Workplace Relations Commission - Information and Customer Service**  
**O'Brien Road**  
**Carlow**  
**R93 E920**

Opening Hours: Mon. to Fri. 9.30am to 1pm, 2pm to 5pm

Tel: (059) 917 8990

Local: 0818 80 80 90

Homepage: <https://www.workplacelrelations.ie/en/>

## Maynooth Community Church completes new facility in Maynooth

The new Maynooth Community Church facility off the Dublin Road is now nearing its completion. Designed by award-winning Architects, Knox and Markwell, and built by Rathcorbally Construction Ltd, the 2,065 sqm2 building development has taken just over 14 months to build. Rev Dr Keith McCrory, minister of the Church, said that "It has been amazing to watch the various stages of the process over the past year and we are delighted with how our new facility has turned out. Our hope is that it will come to be a wonderful new resource both for us as a congregation, and for our wider Maynooth community."

The NZEB (near zero emission building) is one of the first projects in Kildare to be constructed under the new eco guidelines and, once its solar panel installation is completed, hopes to receive an A2 BER rating. Following its Open Day for the local community on Aug 31<sup>st</sup>, the new building will be formally opened by the Moderator of the Presbyterian Church at a Service on Sept 14<sup>th</sup>. It will be some months before the building is fully ready for community use, but anyone interested in using the space is invited to contact MCC at [office@maynoothcc.org](mailto:office@maynoothcc.org). Updates on booking opportunities and procedures will also be placed on the church website [www.maynoothcc.org](http://www.maynoothcc.org)



## MU and Kildare County Council to host 'Brigid's Worlds' conference

Maynooth University and Kildare County Council are coming together to host the **Brigid's Worlds** conference on September 13-14.

The conference takes place in MU and will bring together leading academic experts on St Brigid for the first time in nearly two decades, offering a unique opportunity to investigate the historical origins of St Brigid and her Church of Kildare.

This event marks the 1500th anniversary of St Brigid's passing by bringing together scholars and enthusiasts to delve into the rich heritage of one of Ireland's most popular patron saints.

Maynooth University President, Professor Eeva Leinonen, said: "We are proud to host this conference in September, welcoming guests from near and far to explore St Brigid's remarkable legacy. This important event illustrates how our strategic research focus on Heritage, Culture, and Language benefits both our university and the wider community and highlights our strong reputation in the arts and humanities. We look forward to the valuable exchange of ideas it will bring."

**Brigid's Worlds** will explore the life and times of St Brigid and her Church of Kildare from the 5th to the 9th centuries, and features a lineup of distinguished speakers from across the globe curated by Maynooth University's [Dr Niamh Wycherley](#) of the [Department of Early Irish](#).

Speakers include academics and experts such as Prof Catherine McKenna from Harvard University, [Prof David Stifter](#) from Maynooth University, Prof Thomas Owen Clancy from the University of Glasgow and many more.

Each speaker brings distinct insights and expertise to explore the profound legacy of St Brigid and her Church of Kildare.

Sonya Kavanagh, Chief Executive, Kildare County Council, commented: "We are delighted to collaborate with Maynooth University on this significant event, which not only celebrates the life of St Brigid but also highlights the importance of preserving our cultural heritage through academic discussion and community engagement."

MU Professor David Stifter also stated: "This conference brings together several major strands of research carried out at Maynooth's Department of Early Irish on topics that exert a fascination wide outside of academia: the religious and intellectual history of early medieval Ireland and the earliest written tradition in Irish in the form of the ogham script."

Brigid 1500 is a comprehensive programme organised by Kildare County Council to celebrate and commemorate the life and legacy of St Brigid.

**Brigid's Worlds** takes place in Maynooth University on Friday and Saturday, September 13-14. For more information and registration details for the conference, please visit [www.brigid1500.ie](http://www.brigid1500.ie).

## Young geographers from around the world attend Olympiad in MU

Young geographers from across the globe gathered at Maynooth University in late August for the 20th [International Geography Olympiad](#) (IGEO), the first time this event has been held in Ireland and has featured an Irish team.

Secondary school students Riddhiba Rana and Jennifer Grimes from Manor House School in Raheny, Dublin and Cadhla Tuner and Ava Mulhall from

Wicklow Town Educate Together Secondary School are the first to represent Ireland at iGeo, which brings together 16-19-year-olds from across the world to take part in geographical fieldwork, examinations and cultural exchanges.



Welcoming the 200 young geographers to MU, [Dr Stephen McCarron](#), Head of MU's [Department of Geography](#) said: "It is a pleasure and honour to welcome some of the brightest geographers from across the world to Ireland for this Olympiad competition. Following the inspirational example of our sports Olympians the standards set by these scholarly Olympians also inspires great hope and we are delighted to be able to encourage their love for the subject and our Earth in any way possible."

A total of 50 teams are taking part in the Olympiad, with each team consisting of four students aged 16 – 19 who were selected following a national competition, and two team leaders.

All continents are represented in the competition with teams coming from as far afield as Australia, Brazil, Canada, Japan, Mongolia and the US.

Over the course of the week, the students engage in a series of individual exams including a written exam, a multi-media exam and fieldwork. Before they arrive, the teams also design a poster for the team poster competition. Cultural events are also organised for participants including Irish dancing, an introduction to Gaelic games and a visit to Dublin.

Dr Susan Pike, Chair of the IGEO local organising committee and Assistant Professor in Geography Education at Trinity College Dublin (TCD) said: "Maynooth University's campuses have been an ideal base for the geography community for the events of IGEO. The students were delighted with the welcome they've received, which has ensured they feel at home for their examinations and the other events of the week."

The event precedes the 35th [International Geographical Conference](#) (IGC) 2024, which takes place in Dublin from August 24-30 and is the largest gathering of international geographers.

The Olympiad began with an opening ceremony on Monday, August 19, attended by the Department of Education's Chief Inspector, Yvonne Keating, and the mayors of County Kildare and Clane/Maynooth, Joe Neville and Naoise Ó'Cearúil.

The winners of the competition are awarded their gold, silver or bronze Olympiad medals and certs at the closing ceremony on Friday, August 23.

Along with MU and TCD, the local organising committee for the Olympiad included members from Dublin City University (DCU), University College Dublin (UCD) and Marino Institute of Education (MIE) as well as [Esri Ireland](#).



The Slovenian Team at IGEO

## *A little piece of Italy in Maynooth*

Ireland was an unexplored territory for us young Italians, so we decided to take on the chance and spend two weeks in July 2024 in Maynooth. Our group, made up of 30 teenagers and 5 leaders, had the opportunity to take part in this experience thanks to TGS. It stands for Turismo Giovanile Sociale and it's a Salesian association specialising in study trips. We were kindly hosted in St. Patrick's College campus, which never stopped amazing us with its vast range of historical facilities such as the Russell Library and the gothic Chapel.



We soon realised that living here was quite different compared to our normal lifestyle back at home: starting with the food and the gigantic amount of potato rations, to the weather and the daily schedule.

Our typical day throughout the week began right after breakfast with the morning English lessons until lunchtime, then, during the afternoon we either participated together in various activities or in cultural visits. Luckily, we weren't left on our own during the day, in fact, the Salesian volunteers of the St. Catherine's oratory always made their presence and support felt. They were always there for us when we needed; every time we went to the oratory to have fun, to ask for favours or for anything else they responded kindly, and for all of this we thank them warmly.



### **Irish Sports**

The opportunity given to us to steal a glance at the traditional Irish sports wasn't certainly lost. We were brought twice to a Salesian school near Maynooth to learn about hurling and Gaelic football. Fortunately, a bunch of actual practitioners of these sports came to our aid in order to teach us properly so the whole experience felt a little like we were really training to compete for real. Back in Italy we learnt how to handle bats because of baseball, but to our surprise being able to correctly manage the hurley was a completely different matter altogether. So difficult! If we had to compare the two disciplines, Gaelic football would probably take the first place in terms of easiness. Nothing against it, it is just more similar to our football, therefore we were better at it. That said, we still could have never hoped to hold our own against the real practitioners. The difference was clear, they were super good!



Overall this was a pretty unique experience, in fact it's not an everyday thing to have the opportunity to practise the traditional sports of another country while having as instructors people who actually play them.

### **Maynooth Castle and Carton House**

One of our first cultural half day trips had Maynooth Castle and Carton House as destinations. What impressed us most in regard to the castle was its impenetrability due to its well organised walls and ability to survive sieges thanks to the covered well. Another curiosity that left us amazed was the correlation between the Norman Fitzgerald's family and the Italian Gherardini family which is linked to the Mona Lisa's dynasty.

Carton House was a beauty, with its long avenue covered by nature and its wonderful golf fields. We happened to imagine how big the garden was when the Fitzgerald's owned it; there were once 7000 acres but that plummeted to 1100. We had one hour of free time during our visit in which the fresh air and the sensation of freedom in such a gigantic place didn't go unappreciated.

### **Glendalough and Kilkenny**

Sunday was a very full day. We departed early in the morning with a private bus that brought us to our first destination: Glendalough. We were amazed by the nature in that place. We had a lovely walk around the ruins of some ancient monasteries and churches and were surprised by the quantity of Celtic crosses in that area. Thanks to an introductory video and a guide, we found out that Glendalough means "the valley of the two lakes" and so we headed to two lakes and stared at the stunning landscape. We learned the story of St. Kevin and passed next to some of the places where he preferred to spend his time, such as the deer stone, then we listened to the legend connected to that stone. While we were going back to our bus, we came across some deer and approached them. We took some photos and then headed to our next destination.

It was a long journey to arrive to Kilkenny and we were glad we could get off the bus when we reached the city. Our main visit there was Kilkenny Castle. Lots of us appreciated the great conservation of the castle and the original furniture kept in the rooms. It seemed like a jump into the past. We had some free time in the large garden and green grass in front of the castle, before going back to our college for dinner and evening activities.

### **Dublin**

Throughout the whole experience we went to Dublin several times. Our first time there was marked by the visit to the National Gallery and Trinity College at the weekend. Some of us had never even been in an art gallery, therefore the sight of so many beautiful portraits made us want to view all of them, unfortunately we weren't given that much time.

Furthermore, in regard to the college, we were fascinated by its history and the Book of Kells. In addition, the immense library and its gigantic globe pending from the roof were really breathtaking. After roughly a week, on a Friday night we had the opportunity to attend a very rare theatrical dance composition:

Riverdance. Our expectations were honestly pretty low, but after we exited the theatre we had to change our mind; the actors, the dances, the music and the stage all put together managed to create a magical vibe we never thought was possible. The following day, while three of us went a separate way in order to take an English test for the English certification, we made our way through the most intricate Dublin streets. Our destinations were: the Botanical Garden, which had more than 17000 different species of plants, flowers and trees, St. Patrick's Park and its respective gothic Church and last but not least, the traditional Guinness Factory. Unfortunately, we weren't able to actually visit the inside of these places because of our rather strict schedule for the day.



### **Last thought**

It would be impossible to summarise all of the emotions, tears and laughs that characterised this amazing experience, but that is precisely the reason why this trip of ours will be remembered as something unique and precious, one that we will never be able to forget.

From this moment onwards Ireland won't just be some country with poor weather, it will symbolise the relationships and friendships that bloomed during these two beautiful weeks.

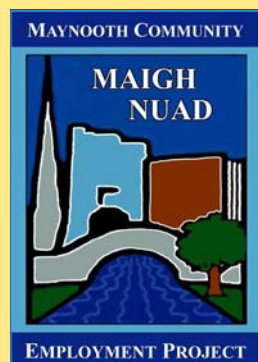
**(With thanks to Pietro R, Giovanni B, Nicola C who put this report together)**



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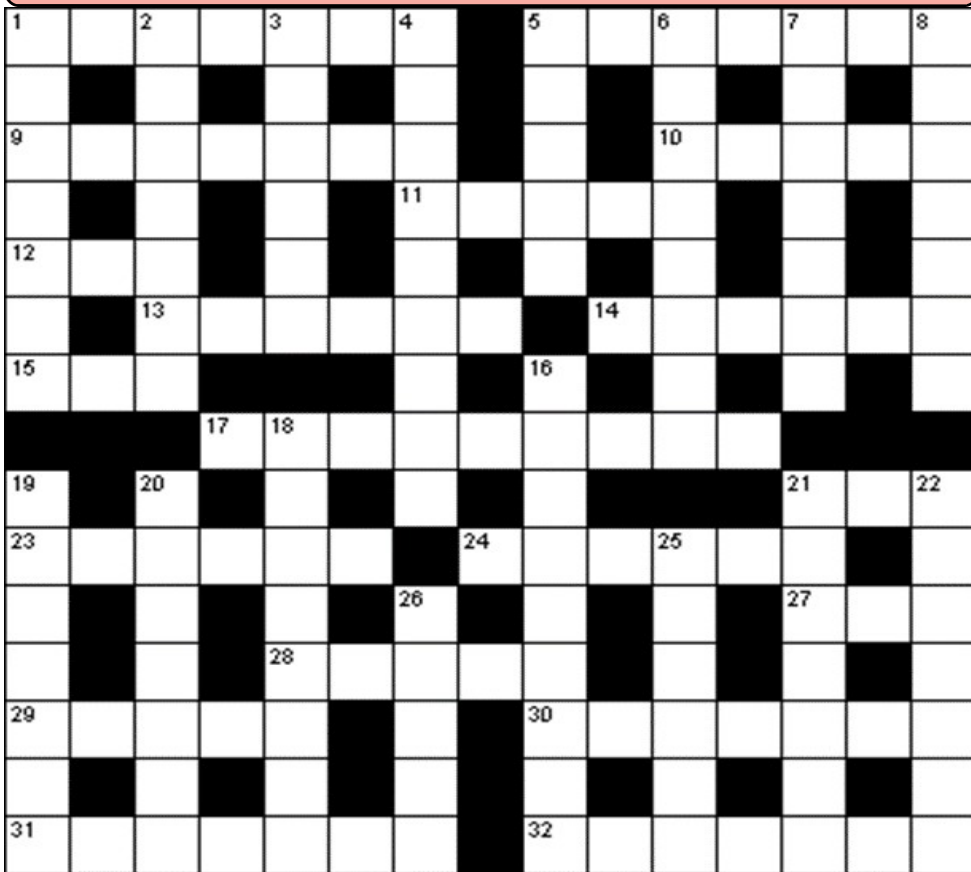
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### September 2024 Crossword - No. 538



#### Clues Across

- |                              |                               |
|------------------------------|-------------------------------|
| 1. Full of pepper (7)        | 21. Passenger vehicle (3)     |
| 5. Small seedless raisin (7) | 23. Closer (6)                |
| 9. Mountain in NE Greece (7) | 24. Irrational fear (6)       |
| 10. Small hard particle (5)  | 27. Summit (3)                |
| 11. Chirp (5)                | 28. Early life (5)            |
| 12. Flow back (3)            | 29. Capital of Ecuador (5)    |
| 13. Passenger ships (6)      | 30. Follower of Christ (7)    |
| 14. Collect (6)              | 31. Rudimentary component (7) |
| 15. Honey insect (3)         | 32. Cripple (7)               |
| 17. Calming medicines (9)    |                               |

### Solutions to Crossword No. 537



#### Clues Down

- |                                |                             |
|--------------------------------|-----------------------------|
| 1. Adage (7)                   | 19. Not modern (7)          |
| 2. Due (7)                     | 20. Hobby (7)               |
| 3. Small Scottish town (6)     | 21. Tub to bathe in (7)     |
| 4. The day before this day (9) | 22. Paramount (7)           |
| 5. Celestial body (5)          | 25. Sweeping implements (6) |
| 6. Fashion industry (3,5)      | 26. Silent (5)              |
| 7. Disorder (7)                |                             |
| 8. Large drinking cup (7)      |                             |
| 16. Located on the right (5,4) |                             |
| 18. Everybody (8)              |                             |



#### Difficult

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

#### Sudoku Challenge

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

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

## Support good homework & study habits.



Homework reinforces what's learned at school and can help raise red flags in subjects where children need extra help. It is crucial to establish good homework habits for kids early when the homework assignments are short and simple.

Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

Create an environment that is homework-friendly starting at a young age. Children need a consistent workspace in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

Schedule ample time for homework. Build this time into choices about participating in after school activities.

Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use.

Take steps to help ease eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch and take a break periodically when it will not be too disruptive.

Assist Your Child (But Not Too Much!) One of the trickiest parts of establishing good homework habits for kids is deciding how much help they need.

Some parents may be tempted to rush over the moment they see their child is getting frustrated. However, it is important for students young and old to challenge themselves and work through frustration. There will certainly be times when your child will need help, but homework is designed to reinforce skills and subjects taught in class. Doing your child's homework or helping her too much will only hurt her learning in the long run.

If your child is struggling with a particular subject, speak with their teacher for recommendations on how to help your child at home or at school.

If you have concerns about the assignments your child is receiving, talk with their teacher.

If you believe your child would benefit from special education services, submit a request to your school for an Individualized Education Program evaluation. Your pediatrician can help draft a letter of this request.

Give Your Child A Say. With all of the tips above kept in mind - be flexible. School days are long, and some children may need a break before digging into homework after school. Talk with your child about when, where, and how he does his homework best.

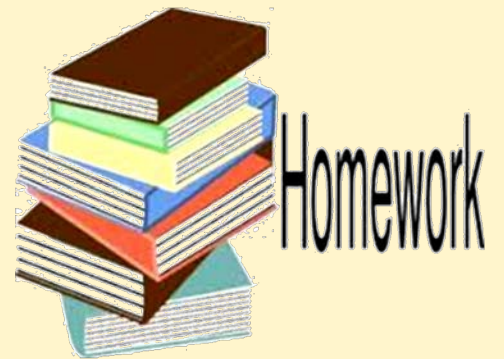
Some may like to be left alone and ask questions at the end, while others may like to go back and forth with a parent as they need. Children may prefer to do one subject at a time or bounce between them to stay interested.

Giving your child a voice will help her develop her personal best homework habits. In turn, she will have the skills she needs to grow her homework and study habits for the rest of her educational years.

### Stay Positive and Confident

Keeping your cool will help homework become a positive opportunity for students to practice the skills they learn in the classroom. It's also your chance to see what your child is learning and make sure he has the tools he needs to succeed. Praise your child not only when she gets the answer right away, but when she struggles and perseveres. Remaining confident in her abilities throughout the process is key to her own self-belief.

Source; [www.healthychildren.org](http://www.healthychildren.org)  
[www.continentalpress.com/blog/good-homework-habits-for-kids/](http://www.continentalpress.com/blog/good-homework-habits-for-kids/)



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## September Events at Maynooth Community Library

For further information contact: [www.kildare.ie/library](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)

### Children's Events

#### Summer Stars Magic Show with Billy Bubbles

**Sat 7th September , 11 am to 11:40 am**

A Huge Well Done to all the children who took part in the Summer Stars Reading Programme this year!

Over 500 children took part in the Reading Programme this Summer in Maynooth Community Library, a huge Congratulations to all the children who took part. To celebrate, join us for a magic show with the amazing Billy Bubbles. Billy Bubbles has presented his show all over the country. He mixes amazing, jaw dropping Magic, hilarious comedy and audience participation together with his high energy Punch & Judy Show. Children will also be able to receive their Certificate of Achievement for taking part in the Summer Stars Reading Programme at Maynooth Community Library!

All children attending must be accompanied by a parent/guardian :  
Booking required, book your free ticket here : **PLEASE BOOK UNDER YOUR CHILD'S NAME** [Book Free Ticket – Summer Stars 2024 Magic Show with Billy Bubbles – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](https://www.tickettailor.com)

#### \*COLLECT YOUR SUMMER STARS 2024 CERTIFICATE OF ACHIEVEMENT \*

Children will be able to collect their Summer Stars 2024 Certificate of Achievement at the Summer Stars Magic Show or in the library any time until the end of September. Please ask at the library desk to collect your certificate!

#### Let's Explore Music Workshop in Irish and English for ages 5- 10 with ' Mobile Music School '

**Saturday 14th the September , 11.00 am – 12.00pm**

Le linn ár gCeardlanna "Let's Explore Music", tumtar páistí i domhan an cheoil. Is ceardlanna bríomhar iad "Let's Explore Music". Le linn na ceardlainne, beidh imeacháí éagsúla cósuil le rithim, amhránaíocht, cluichí ceoil, cnaguirlisí agus a leithéid!

Our Let's Explore workshops immerse children into the world of music. These workshops include musical games, listening activities, rhythm, percussion instruments, action songs, composition and song singing.

Cláraigh anseo / Book here [Book Free Ticket – Let's Explore Music Workshop in Irish and English for ages 5- 10 with the Mobile Music School – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](https://www.tickettailor.com)

### Young Adult Events

Teen Writers Group Online, for ages 12-15.

Thursday 5th and 12th September, 6.00 pm – 7.00 pm

A new term begins and it is a perfect time for your Teen to join a new group and start putting quality time into their interest in writing stories. This group is a social group for young writers aged 12 to 15, to chat, share work and bounce ideas while also getting some quiet writing time. Online via MS Teams.

Contact [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie) for more information and to join our group.

#### New Teen Book Club

**Friday October 18th , 4pm – 5pm**

Register your interest now for a new Teen Book Club. Our former members have grown up and we're starting over. This is a book club with a difference; there are always recommended books to pick up at the library but readers can bring along whatever book to talk about that they like! Remember to mention what your favourite genres are at the link below!

Join on TicketTailor: <https://app.tickettailor.com/events/maynoothlibrary/1330530>

### Adult Events

#### Homelessness and Housing Support Information Clinic

**Tuesday 5th September , 2.00pm – 4.00pm**

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

#### Luain Press Poetry Club

**Tuesday 10th September , 6.00 pm – 7.00 pm**

After a two month hiatus, the Luain Press Poetry Club for adults is back! Bring your favourite poetry as we meet monthly to discuss and create. No booking needed, all welcome!

#### Age Friendly Coffee Morning

**Wednesday 11th September , 10am - 11.30am**

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

\*Drop In. No booking required\*

#### Climate Action Events

**Zerowaste Maynooth : Ladies Clothes Swap, Clothes Repair Station , Kids Toy Swap & Cloth Nappy Ireland Station**

**Saturday 14th September, 2pm – 4pm**

Join a free community event with Zero Waste Maynooth.

**Ladies clothes swap shop.** Bring up to three pieces of clean clothes in good repair and swap for something new to you! All sizes and brands welcome. Enjoy swapping clothes as a way to tackle textile waste and save some money!

**Clothes repair station** Vanessa from The Craft Corner is back to help us learn some tips on repairing clothes. Vanessa is a fantastic teacher who can help tackle those repairs with your clothes and bring them back to life. Bring an item of clothes that needs repair and Vanessa will show you how to repair. With funding from Kildare County Council.

**Cloth nappy Ireland** Chat to volunteers from Cloth Nappy Library Ireland. A massive way to save waste and save money. So simple to use, drop by and chat to a volunteer

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

#### Culture Night

**Introduction to Hand Drumming Workshop with Jabba Jabba Jembe for children 8+ and families**

**Friday 20th September, 4.00 pm – 5.00 pm**

Enjoy the power and energy of playing Drums and Percussion in a friendly group environment.

These workshops will help people gain an insight into the sounds, techniques and rhythms used on a variety of hand drums and percussion instruments.

These workshops are suitable for people with or without previous experience. All Instruments are supplied.

All children must be accompanied by a parent/guardian

Book your free ticket here : [Book Free Ticket – Introduction to Hand Drumming Workshop with Jabba Jabba Jembe for children 8+ and families – Maynooth Community Library Main Street Maynooth Co. Kildare \(tickettailor.com\)](https://www.tickettailor.com)

### Exhibitions

#### 'Fragments' by Kildare Creative Sphere

**September 3rd - September 24th**

Mixed Medium Exhibition.

Kildare Creative Sphere is a network of Professional and semi /non-professional artists working independently and collaboratively to help develop their practice. The meetings allow them to meet, form friendships and share our art to the wider community.

#### 'Fragments' Exhibition Opening

**Thursday 5th September**

**6.00 pm – 8.00 pm**

All welcome to come along to the official opening of 'Fragments' exhibition by Kildare Creative Sphere. Light refreshments provided. \*Drop in. no booking required\*

#### Exhibition Space Booking

Maynooth Community Library's Exhibition Space Open for Bookings

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

# First Days of School from the Archives

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



Sept 1988



Sept 1989



Cathan McDermott (Senior Infants) and Ciaran McDermott (1st Day in Junior Infants) - Mulhussey School.



Sept 1990



St. Mary's Boys National School Junior Infants 1993.  
Pierce O'Connell, Principal.  
Back Row: Conor Canning, Shane Fleming, Jonathan Galvin, Brian Twomey, David Corbett.  
Middle Row: Karle O'Sullivan, James Molloy, Padraig Geraghty, Michael Cummins, Eoin O'Melia.  
Front Row: Paul O'Connor, James Nolan, Patrick Comerford, Brendan Killeen, Oisín O'Donnell.



Back Row: Sarah Hawkins, Emer Kilduff, Vanessa Waldron, Cora Redmond, Laura Fitzgerald, Shirley Laurence.  
Front Row: Suzanne Tyndall, Grace Holmes, Carli Gavin, Alyson Bagnall, Aisling O'Connor, Lisa Laurence.

Sept 1993



St. Mary's Boys National School. Edel Brennan, Class Teacher.  
Back Row: Gavin Kelly, William Healy, Ronan O'Malley, Matthew Kavanagh, Mark O'Connell, Damien Quinn.  
Middle Row: David Duignan, Patrick O'Connor, Stephen Thomson, Dwayne Troy, Eoghan Minds.  
Front Row: Aidan Kerin, Stephen Cassells, Glen Weafer, Adrian Harpur, Philip McCarron.



Presentation Convent Junior Infants  
Back Row: Nikita Burke, Aoife Kearney, Elaine McDonald, Jessica McGrath, Anna McKeever, Sharon Lyons.  
Front Row: Aoife Kelly, Carmel Cushen, Grace Lavelle, Anna McNevin, Kirsty Heslin, Jessica Whelan.

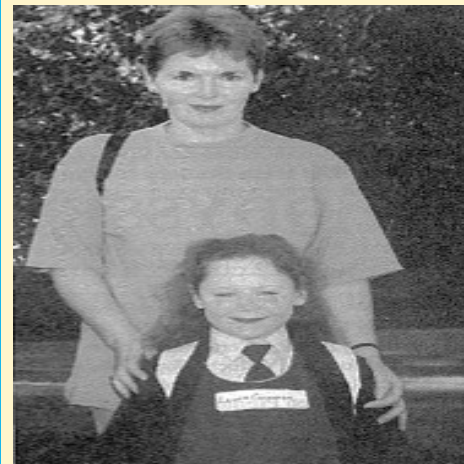


Jamie Donnelly with his brother Mark and their mum on his first day



All smiles from Darragh Boylan with his mum on his first day of school.

Sept 1994



Laura Corcoran with mum on her first day



Deirdre Lawless on her first day with mum



## Back to School Tips

The more prepared in advance you are for the start of the school year the easier it will be for all the family especially if they are starting school for the first time.

A week or two before school starts, adjust the child's bedtime to help ease them into the new routine when school starts.

Have all lunches made the previous night. Have fun with the child/children checking the school bags to ensure they have everything they need.

Make first day of school easier by bringing the child down to the school and showing them where they will be going and show them the playground etc.

Also show them where you will be picking them up after school. Let them see their school books and show them how much fun it is to learn.

Sourced: [www.healthychildren.org](http://www.healthychildren.org)

If they have friends in the neighbourhood that are starting as well, why not go with them so they have a friend to walk in with and sit beside. This should make it less stressful for all.

Why not organise a 'walking school bus', this is where designated adults accompanies a group of neighbourhood kids walking to school. The children should also of wear hi-vis vests when walking. Not only would it make it easier to keep track of the children but would also make them more visible.

Parents could take turns walking the children to and from school. Teach them the 'Green Cross Code'. This could be fun for the kids and also they would make some friends.

If your child has allergies make sure they have a label sown onto their school jumper with all the information on it, and emergency phone numbers and make sure the school, teacher and bus driver (if applies) are fully aware too.



Manage school anxiety by firmly but gently telling them why going to school is so important.

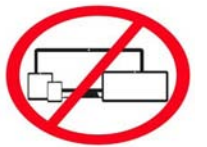


Talk to your child and find out exactly why they are anxious about school and see what can be done. Take it one step at a time. Tell them you know that they are doing a good job and that you are proud of them.

Set little goals - one at a time. Give them praise when they reach each goal. At the end of the week, give them a reward. Do some fun activities at the weekend to elevate some of the anxiety. Have some one on one fun with them.

Help children organise their homework. Make checklists, do the most difficult subjects first as they might take up more time.

Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use. Take a break periodically when it will not be too disruptive.



If your child is struggling with a particular subject, speak with their teacher on how to help your child at home or at school. If you believe your child would benefit from special education services, submit a request to your school.

Don't forget to take some time for yourself too. If you need help, don't be afraid to ask for support from your family or close friends.



To prevent a smoky air fryer put a few tablespoons of water in in the air fryer while it is cooking.

Use silicone cups to make individual portions.

Make desserts by baking them in the air fryer, such as a lava cake.

Salvage stale pastries by adding a small amount of water into the drip pan and turn up the heat. You will then have fresh pastries again.

Defrost frozen foods in the air fryer in minutes. It is so handy for doing it with vegetables as this makes sure they all defrost at the same level.

Always pre-heat your air fryer like you would with a normal oven. This is so important to do especially when going to cook meat. This ensures that everything is cooked evenly.

You can hard boil eggs in the air fryer. You don't even need water. Just pop the eggs in as they are and cook them on low heat for 15 minutes.

Avoid non-stick cooking sprays. They can cause more harm than good. They can clog the air fryer. Use olive oil instead. Shake the basket every so often to ensure cooking is even and food doesn't stick, cooks evenly and gets crispy.



When using parchment paper in the air fryer, make sure you punch holes in the paper so that air can escape and that ensures that the paper won't burn.

Why not dehydrate your fruit in the air fryer. If you have fruit that is nearly off, put it in the air fryer and

dehydrate. This saves throwing the fruit out and also you are making a healthy snack.

Don't use your air fryer while it is in a corner or in a confined space as the air fryer needs the air to be able to circulate properly so that the food can cook properly.

Parboil potatoes for 5 mins before putting them in to the air fryer. This will make them cook faster and be crisper.

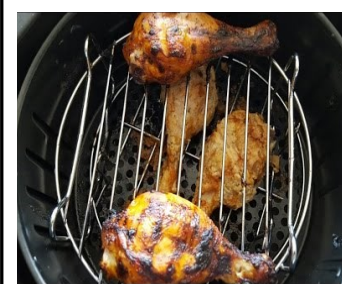


Use dishwashing tablets in the air fryer and some boiling water when you are cleaning it. This helps remove any stubborn food. Make sure the basket is completely covered in the boiling water. Leave for 15 mins and then rinse.

Stop using the microwave to reheat your leftovers. As the microwaved food comes out soggy and not very flavoursome. The air fryer heats the leftovers without getting soggy and retains the flavours better.

Soybean and safflower oil are best for getting the perfect smoking point. These oils can also be cheaper to buy.

When cooking meat, make sure to space out the pieces so that each piece cooks evenly and properly.



Stack food evenly but do not overcrowd. You can use a metal divider in the air fryer. This ensures that you can cook more and that the food gets evenly crispy.

Sourced: [www.news.soyummy.com](http://www.news.soyummy.com)

# JUNIOR FUN

## CLASSROOM OBJECTS CROSSWORD PUZZLE

Look at the numbers on the pictures and write the classroom objects vocabulary in the crossword puzzle.

Can you help these students find their way back to school?

Can you spot the 5 differences between these two pictures?

## Back to School Word Search

ELEMENTARY	S	P	O	R	T	S	Y	S	M	B	R	E	L	U	R
MIDDLE	N	A	A	R	D	A	H	G	H	T	E	R	W	O	U
JUNIOR HIGH	U	C	T	P	C	I	E	A	S	M	P	E	N	S	
HIGH SCHOOL	L	M	L	H	E	O	G	T	A	C	O	V	R	P	D
BACKPACK	J	U	N	I	O	R	H	I	G	H	R	E	C	I	E
PENCIL	U	I	P	E	C	R	S	P	I	O	I	L	A	C	L
PAPER	P	T	N	S	R	E	C	E	S	S	E	T	L	E	E
SCISSORS	R	T	R	O	N	G	H	A	T	G	S	A	C	X	M
RULER	O	S	C	I	S	S	O	R	S	O	S	Y	U	T	E
MARKERS	T	L	R	U	L	R	O	A	T	S	E	N	L	T	N
BOOKS	R	E	A	G	L	E	L	A	T	L	I	R	A	A	T
PENS	A	A	Y	Y	P	K	R	E	D	T	R	E	T	Y	A
PROTRACTOR	C	J	O	N	E	R	O	D	H	L	E	H	O	B	R
COMPASS	T	Y	N	E	M	A	I	E	M	O	I	D	R	A	Y
CALCULATOR	O	H	S	T	A	S	S	A	P	M	O	C	R	B	S
RECESS	R	S	K	O	O	B	A	C	V	J	B	R	N	N	B
CLASS	F	O	S	E	M	A	T	E	A	C	H	E	R	E	L
SPORTS	B	A	C	K	P	A	C	K	E	R	W	A	P	O	P
TEACHER															

NB To Print: Go to File, select Print and put in this page number. Then Print.

All puzzles sourced free from Google



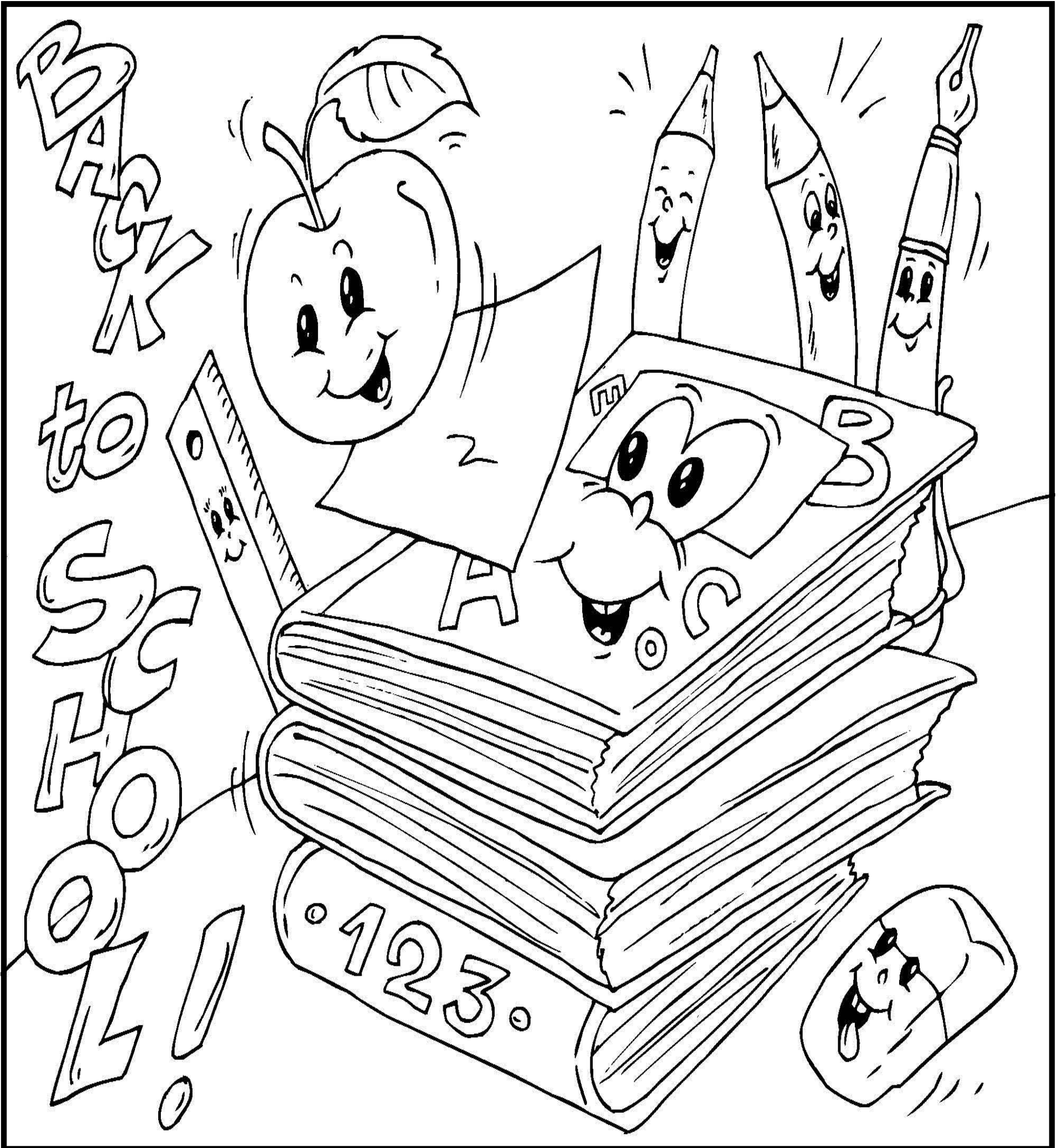
# COLOURING FOR FUN



By: Martina

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

All puzzles sourced free from Google





## JACKIE'S STRAWBERRY CREAM SLICES

### A quick and easy healthy high protein recipe

First you will need a baking tray, parchment paper, bowl, blender, and sieve.

You will also need the ingredients below:

- Shop bought reduced fat puff pastry (for convenience or make your own)
- Light Cottage cheese x 1 tub
- Vanilla protein powder x 2 scoops
- Strawberries
- The white of one egg for egg wash
- Icing sugar for a light dusting



#### Pastry

Place the pastry onto a lined baking tray. Roll out your pastry and cut into even squares and brush with egg white. Then place in the oven. Preheat oven at 250 degrees F and bake the pastry at 220 degrees F for 10 to 15 minutes. When removing the puff pastry from the oven make sure to allow the pastry to cool and rest on a rack before adding the strawberries and cream to the slices.



#### Filling

Blend one tub of cottage cheese in a mixing bowl with two scoops of vanilla protein powder until you have a smooth consistency. This will be your high protein healthy filling for your cream slices. Don't forget to drain any liquid from the cottage cheese as this will make the filling too soft.



#### Assemble

Assemble your strawberry cream slices by making a pocket with a knife in the puff pastry. Then layer the cream and sliced strawberries inside the puff pastry squares and enjoy.



*Source: Newsletter Staff Writer*

### Mug cake

#### Ingredients:

- 2 tbsp soft unsalted butter
- 1 tbsp light brown sugar
- 2 tbsp caster sugar
- 4 tbsp self-raising flour
- 1 tbsp cocoa powder
- 1 egg yolk
- ½ tsp vanilla extract
- handful chocolate chips



#### Method

Put the butter into a large, microwave-safe mug. Microwave for 10–20 seconds, or until the butter has melted. Once the butter is melted, use a fork to stir in the brown sugar, caster sugar, self-raising flour and cocoa powder. Mix until well combined without any lumps. Add the egg yolk and the vanilla extract and stir again. Microwave for 30 seconds. After 30 seconds, remove from the microwave, taking care to protect your hands as it could be hot. Put the chocolate chips on top of the cake mixture and use a teaspoon handle to push them down slightly into the mixture. Microwave for a further 30–40 seconds. Carefully remove from the microwave and leave the cake to cool for 15 minutes. Eat on its own or add a topping such as a scoop of ice cream, sprinkles, a chocolate flake or strawberries. Enjoy!

**Source** [www.bbc.com/food](http://www.bbc.com/food)

## SEPTEMBER GARDENING

### Flowers



Sow hardy annuals, such as cerinthes, ammi, scabiosa and cornflowers, for flowers early next summer. Lift gladioli corms, dry them off, then store in a frost-free shed or garage over winter. Plant wallflowers, pansies, forget-me-nots and other spring bedding in pots and borders. Collect ripe seeds from your favourite flowers and store in labelled envelopes, ready to sow in spring. Plant up containers for autumn interest, using cyclamen, heathers, heucheras and other colourful bedding plants. Lift, divide and replant congested clumps of perennials, such as achilleas, once they finish flowering.

### Fruit and veg

Sow hardy greens, such as kale, land cress, pak choi, mizuna, lamb's lettuce and mustard, for winter pickings. Prune out all the fruited canes of summer raspberries, cutting down to the base, and tie in new canes to supports. Pot up herbs, such as chives and parsley, and place on a sunny windowsill to use during winter. Start sowing hardy varieties of broad beans and peas for early crops next year. Plant shallot and onion sets in a sunny spot, 10cm apart, with the tip just showing above the soil. Cut away any leaves covering the fruits of pumpkins, squash and marrows to help the skins ripen in the sun. Plant saffron crocus bulbs (*Crocus sativus*), so you can harvest your own saffron this autumn.



### House plants



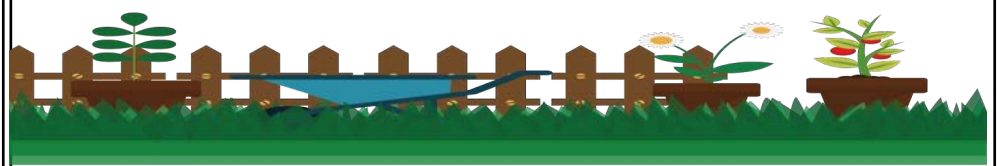
Feed house plants once a week with liquid fertiliser, continuing through to autumn. Repot moth orchids after flowering if they look like they're about to burst out of their pot. Water house plants less frequently and move them off particularly cold windowsills at night. Find out how to water your house plants. Plant hippeastrum (amaryllis) bulbs in pots for spectacular flowers over the festive season. Bring any house plants that you moved outside over summer back indoors, before temperatures start to drop. Repot any house plants that have become top heavy or pot bound into larger containers. Maximise the amount of light your house plants receive by moving to brighter spots, or choose indoor plants for low light. Some house plants, like snake plants, are particularly prone to collecting dust on their leaves. So be sure to give these a wipe regularly.

### Garden maintenance

Rake thatch from lawns, scarify well-trodden areas by spiking with a garden fork, and re-seed bare patches. Put netting across ponds to stop autumn leaves falling in and rotting, and keep on top of autumn pond maintenance. Water autumn-flowering asters regularly to deter mildew. Clean out water butts and check downpipe fittings in preparation for autumn rains. Remove duckweed, pondweed and algae from water features and ponds. Check that tree ties and plant supports are firmly in place, ahead of any autumn gales. Wash and disinfect bird feeders and tables to maintain hygiene. Collect fallen leaves to store in a leaf mould bin made of chicken-wire or bin bags to make leaf mould. Hunt for rosemary beetles on lavender and rosemary, picking off the striped metallic beetles and their grey larvae. Collect up and bin apples, plums and pears infected with brown rot, to reduce the spread of this fungal disease. Order bare-root fruit trees to plant later in autumn or winter. Check roses for signs of fungal diseases, such as blackspot, and pick off and bin all affected leaves.



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





# BRADY'S CLOCKHOUSE

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**Kildare Planning Applications for Maynooth Area**  
**Planning Applications received from 26/07/2024 to 28/08/2024 Information from Kildare County Council Website**

App #	Authority	Applicant Name	Development Address	App Date
2460805	Kildare County Council	Kilbarron ICAV on behalf of Kilbarron Fund 1	Site at Crowncourt, Dublin Road (R148), Maynooth, Co. Kildare	20/08/2024
24262	Kildare County Council	Kevin & Connie Larkin	8 Parklands Place, Railpark, Maynooth, Co.Kildare	19/08/2024
2460803	Kildare County Council	Cathal Morgan	9 The Padock, Moyglare Abbey, Maynooth, Co. Kildare	19/08/2024
2460801	Kildare County Council	Cathal Morgan	9 The Padock, Moyglare Abbey, Maynooth, Co Kildare	19/08/2024
2460789	Kildare County Council	Ronan Coyne	Kllmacredock, Maynooth, Co. Kildare	14/08/2024
2460785	Kildare County Council	Ronan Coyne	Kllmacredock, Maynooth, Co. Kildare	13/08/2024
2460774	Kildare County Council	Ladas Property Company Limited	Lands adjoining and to the rear of St Mary's Church at Mill Street, Maynooth, Co. Kildare	08/08/2024

### Maynooth Community Contacts Listing

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

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