

For Lucan

**HTEAMOTOOLE** 

INDEPENDENT

Tel: 087 279 5274 www.lionaotoole.com Email: LoToole@cllrs.sdublincoco.ie

### Stairs & Landing Carpet Deals



**CARPETS BEDS FLOORS & MORE** 



Westend | Walkinstown | Sandyford | Tallaght | Coolock | Glasnevin | Swords | Navan | Sallins | DK Outlet Coolmine www.deskelly.ie



#### KILDARE'S COMPREHENSIVE NEWS HUB FOR ALL LOCAL & BUSINESS MATTERS

### SERVING: LUCAN, LEIXLIP, ADAMSTOWN & HILLCREST

#### Delivered free door to door in the following areas of Lucan:

Hermitage – Ballyowen – Balgaddy – Foxborough – Willsbrook – Griffeen – Moy Glas – Hayden - Finnstown – Hansted – Saint Finians – Tullyhall – Johnsbridge – Canonbrook – Adamstown – Shackleton Park – Paddocks – Hillcrest – Doddsborough – Weston – Lucan Village – Beech Park – Lucan heights – Esker – Laraghcon – Rokeby – Fonthill

### **EDITORIAL**

elcome to our October/November edition of Little Village. It's that time of year where the kids love planning their Halloween outfits. We have an interesting article on Derry Halloween, which is the biggest Halloween festival in Europe. For the cooks amongst us we have a seasonal receipt to help use up all those pumpkins.

We are always happy to include local news items. If you are an organisation in the local coverage area of Little Village and have some interesting news you would like to share with us we would love to hear from you.

Have a great Halloween. Until next time.

On behalf of the Little Village Team.



Ronan Bright Director / Head of Sales brightronan83@gmail.com 085 199 8321



Patrick Browne Graphic Design hello@patrickbrownedesign.com 086 831 9322

#### LITTLE VILLAGE MAGAZINE

All correspondence should be addressed to: Little Village Magazine, 11 Cherryhill Avenue, Kells, Co. Meath. Creative Top Publishing Ltd. publishes Little Village Magazine.

#### Company registration No. 534480

No part of Little Village Magazine may be reproduced without the prior consent of the publisher.

Disclaimer

Views expressed by contributors are not necessarily those of the publisher.

#### GOT A STORY? GET IN TOUCH WITH JOYCE EMAIL: littlevillagenewsdesk@gmail.com

Grow your business with Little Village Magazine. REACH 25,000 HOMES IN THE KILDARE AREA DVERTSE WITH USIN CALL RONAN TODAY ON 085 199 8321 email: brightronan83@gmail.com

#### AVAILABLE FROM

#### • Lucan

- Tesco adamstown
- Aldi adamstown
- Eurospar
- penny HillLidl penny Hill
- Chadwicks
- lucan
- Supervalu lucan
- Mcdonalds lucan shopping centre
- Tesco Hill crest
- Centra lucan village
- Centra Fonthill
- Aldi leixlip
- Supervalu leixlip
- Lidl leixlip
- Aldi leixlip
- Salmon leap leixlip
- The courtyard leixlip
- Spar leixlip
- Tesco
- celbridge • Supervalu
- celbridge
- Aldi celbridge
- Lidl celbridge .

# Subaru Solterra AWD is an EV Shining Star - Declan Glynn



Subaru began life as the Nakajima Aircraft Company in 1917 and, over its lifespan, the worldfamous Japanese conglomerate has constructed a prestigious reputation of being a catalyst of engineering excellence. The brand has made it's stamp worldwide in motorsport, aircraft manufacturing and most importantly – automotive.

#### Technologically Advanced.

Subaru launched itself into the new age of electrification with the introduction of the all-new Forester e-BOXER Hybrid and XV e-BOXER Hybrid – which arrived in Ireland in 2019. Now, Subaru has gone one step further with the launch of the all-new, fully-electric Solterra, which is the most technologically advanced Subaru ever made. Built on Subaru's first ever all-electric architecture – the Subaru e-Global Platform – the Solterra got its name by combining the Latin words for 'sun' and 'earth'. With Subaru's core technology, dual motors and its trusted Permanent All-Wheel Drive (AWD) System, it promises an outstanding driving performance, with the same 5-star safety, goanywhere capability and rugged reliability that Subaru SUVs are renowned for.

#### Proper Off-Road Ability.

The Solterra is Subaru's version of the Toyota bZ4X, with the main difference being that the Solterra comes with four-wheel drive as standard. Subaru and Toyota have developed cars together before, with the Toyota GR 86 and the Subaru BRZ being just one joint development from the recent past. Toyota now owns 20% of Fuji Heavy Industries, which is the parent company of Subaru, and both companies believe this increased stake (up from 16% prior to 2020) will help them build better vehicles for their customers. Subaru stayed true to its roots as a maker of

capable off-road vehicles by giving its first electric SUV proper off-road ability, with an X Mode setting for extra traction when driving on tough terrain. The X Mode controls the motors and brakes to maximise traction on deep mud, snow or even steep, slippery slopes. With an impressive 210mm of ground clearance, a wade depth of 500mm, and approach and departure angles of 17.7 and 21.0 degrees respectively, the Solterra can be taken off the beaten track with confidence. Permanent AWD comes as standard and provides maximum confidence and control at all times by continuously shifting power to the wheels that have the most traction, ensuring excellent road-holding, irrespective of the weather or terrain.

#### Limited & Touring Trim Variants.

The new Solterra AWD SUV is available in Limited and Touring trim variants, both of which are powered by dual electric motors that produce 218PS (215bhp) and 336Nm of instant torque. This strong combination of power and torque provides the car with the ability to sprint from 0-100km/h in just 6.9-seconds. In terms of advanced safety features, the Solterra comes as standard with Subaru's Safety Sense Package in addition to an E-Call function and a Driver Monitoring System for total peace of mind on every journey. Drive modes consist of Eco, Normal and Power settings, along with X-Mode and Hill Descent Control functions. In terms of standard equipment, both variants come with a 12.3-inch infotainment system with sat-nav, along with heated front & rear seats, a 360-degree camera system, an electric tailgate, rear privacy glass, keyless entry, powerfolding door mirrors, dual-zone air-conditioning, wireless Apple CarPlay, wired Android Auto, and hugely-practical LED headlights with Adaptive Driving Beam (allowing full beam in all conditions). Upgrading to Touring trim brings with it larger alloy wheels (20-inch, as opposed to 18-inch in Limited trim), fixed panoramic roof, electric driver's seat with memory function, electric front passenger seat, followme-home lighting, wireless phone charging, and a Harmon Kardon audio system with 8 speakers.

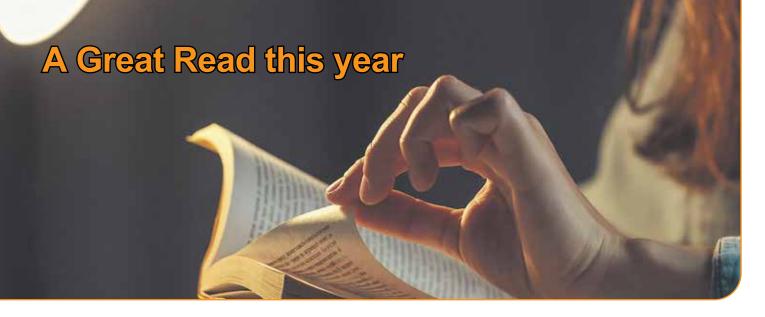
#### Car on Review.

My review car was a Solterra Touring AWD in everpopular grey metallic paint, and it looked spectacular and ultra-modern from every angle. The Solterra has more than enough power on tap to dive into gaps in traffic, or join a motorway with confidence, while the extra traction that the four-wheel drive system provides is a terrific bonus when accelerating in slippery conditions too. The level of regenerative braking can be selected via the paddles behind the multi-function, leather-wrapped steering wheel, so it is very easy to select a level that suits an individual's driving style. With accurate steering, minimal amounts of body lean through fast bends, impressive grip, and a reassuringly-strong brake pedal feel, the Solterra is a joy to drive on any terrain. A well-judged suspension set-up provides the car with a compliant ride quality over rutted road surfaces and speed ramps, and the elevated driving position provides a commanding forward view. Overall fit and finish throughout the spacious cabin is commendable, and the comfortable and supportive seats come with fabric covering in Limited trim and with synthetic leather in Touring trim. The Solterra's practical boot has a capacity of up to 452 litres behind the rear seats (with a reclining function), but the 60/40 split folding seatbacks can be folded when the need arises, while the storage area under the boot floor is the ideal place to keep the charging cables. When the 71.4kWh battery is fully charged, the Solterra can achieve a range of up to 465km on a WLTP combined driving cycle. The charging socket is conveniently located on the passenger-side front wing, and it offers a variety of charging options, both at home and on the go. When connected to a public DC fast charging station, the lithiumion battery can complete a 20-80% charge in as little as 30 minutes.

#### **Conclusion & Pricing.**

Subaru's first all-electric car is highly commendable, and is true to the brand's all-weather roots. The Solterra is a handsome and very worthwhile addition to Subaru's current model range, and it comes with a 3-year/100,000km vehicle warranty, along with an 8-year/160,000km electric battery warranty. The Solterra Limited AWD is priced at €44,995 and the Touring AWD is priced at €49,995 (inclusive of current Irish Government/SEAI incentives for private buyers).





Here are some great Irish novels from 2024 that are generating buzz among readers and critics:

**1."The Wren, The Wren"** by Anne Enright – This novel delves into themes of generational trauma, love, betrayal, and hope, exploring the complexities of family relationships and their lasting impact across generations. Enright is a Booker Prize-winning author, and her latest work is being praised for its emotional depth and intricate storytelling.

2."Snowflake" by Louise Nealon – Selected as the "One Dublin, One Book" choice for 2024, this novel tells the story of Debbie White, a young woman transitioning from life on a dairy farm to student life at Trinity College Dublin. The novel explores themes of belonging, identity, and the ties of family in a unique and relatable way.

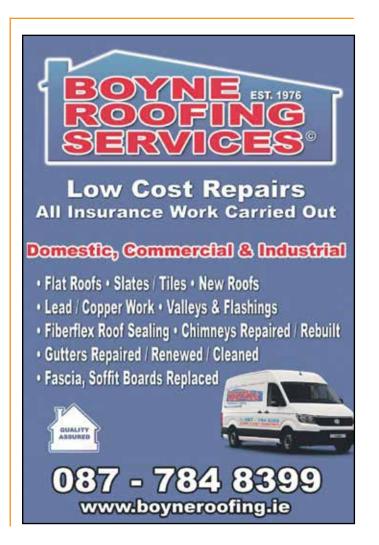
**3."Hagstone" by Sinéad Gleeson** – Gleeson's debut work of fiction is a dark and atmospheric novel set on a remote island. It explores themes of faith, nature, and the mysteries of human behaviour, making it a great choice for readers who enjoy a touch of the supernatural in their stories.

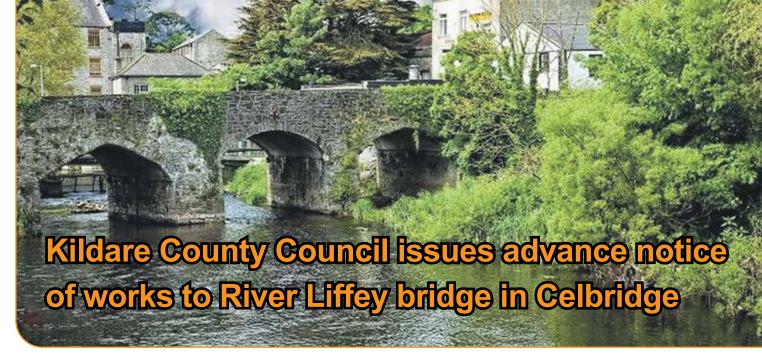
**4."Whispers of the Celtic Mist"** by Aisling Ó Ríordáin – This novel combines mythology with fiction, weaving a tale set in ancient Ireland where gods and mortals interact in a rich narrative that captures the magic and mysticism of Celtic folklore.

**5."Long Island" by Colm Tóibín** – As the anticipated sequel to his beloved novel

"Brooklyn," Tóibín's new release revisits the character Eilis Fiorello and explores the consequences of her past decisions when a stranger arrives with a life-changing revelation.

These novels highlight a variety of genres and styles, from historical fiction and mystical tales to contemporary and psychological narratives, showcasing the versatility and talent of modern Irish writers.





Kildare County Council wish to give advance notice that traffic on the R403 over the River Liffey bridge in Celbridge will be reduced to a single lane from 9:30am on Tuesday 29th October until 5:00pm on Friday 1st November 2024 inclusive.

his is to facilitate emergency repair works, to ensure the safety and structural integrity of the bridge. The works will be carried out by Triur Construction Limited on behalf of Kildare County Council.

Traffic management will include local diversions for the following roads near the bridge: L1016 (Newtown Road) and R405 (Hazelhatch Road).

• Traffic travelling on the L1016 (Newtown Road) towards the bridge will be diverted through the L6057 (Simmonstown Manor) on to the Hazelhatch Road.

• Traffic traveling on the R405 (Hazelhatch Road) towards the bridge will be diverted through the L1027 (Shinkeen Road) onto the R403 Dublin Road.

• Vehicles exiting Saint Patrick's Park will only be able to exit via church road/Tea lane (L5065).

Alternative routes will be signposted. Kildare County Council would encourage motorists to use these route diversions, allow extra time for travel and minimise journeys over the bridge where possible.

All efforts will be made to ensure the smooth flow of traffic. Single lane traffic will be maintained over the bridge at all times, with

traffic lights operating on both sides, however long queuing and delays are unavoidable.





# **Exploring Ireland's Food Scene:** The Rise of Artisan Producers and **Farmers' Markets**

Ireland's food scene is undergoing a remarkable transformation.

ith a renewed focus on local, : artisanal, and organic produce, the country is embracing a food renaissance that celebrates its rich heritage, innovative spirit, and the natural bounty of its landscapes. From bustling farmers' markets to independent food producers crafting unique products, Ireland's culinary landscape is flourishing like never before. In this article, we delve into the vibrant world of artisan food in Ireland, highlighting some of the best farmers' markets, local producers, and hidden culinary gems that are redefining Irish food culture.

The Artisan Revival: A Taste of Ireland's Heritage

Ireland's artisan food movement is more than just a trend; it's a return to traditional methods of farming, cooking, and producing food with an emphasis on quality, sustainability, and community. Artisans across the country are crafting everything from award-winning cheeses and charcuterie to organic vegetables, handmade chocolates, and craft beers. This movement champions small-scale, independent

committed to using the finest local ingredients.

#### 1. Meet the Makers:

Profiles of Local Artisan Food Producers

Sheridan's Cheesemongers, Co. Meath: A staple in Ireland's artisan cheese scene, Sheridan's is renowned for sourcing and maturing the best farmhouse cheeses from across Ireland and Europe. Their commitment to quality and tradition has made them a favourite among cheese enthusiasts and top chefs alike.

Ballymakenny Farm, Co. Louth: Run by Maria and David Flynn, Ballymakenny Farm is known for its specialty potatoes, including the striking pink Violetta variety. Their passion for unique and heirloom varieties has helped them carve out a niche in the Irish food scene, supplying some of the country's top restaurants.

Gubbeen Farmhouse Products, Co. Cork: Gubbeen is a family-run farm that produces awardwinning cheeses, cured meats, and smoked fish using traditional methods. The family's commitment producers who are passionate about their craft and to sustainable farming and animal welfare is evident in the quality of their products, which have become a hallmark of Irish artisanal excellence.

#### 2. Farmers' Markets:

#### The Heartbeat of Local Food Culture

Farmers' markets are at the core of Ireland's food renaissance, offering a vibrant space where producers and consumers can connect directly. These markets are not just places to buy fresh, local produce; they are hubs of community, where food lovers can discover new flavours, meet the makers, and support local economies. Here are some of the best farmers' markets to explore:

**English Market, Cork City:** One of Ireland's oldest and most famous markets, the English Market is a treasure trove of local produce, artisanal foods, and specialty ingredients. From fresh seafood and traditional Irish meats to gourmet pastries and exotic spices, this bustling market has something for every palate.

**St. George's Market, Belfast:** St. George's Market is a vibrant blend of history, culture, and gastronomy. Operating since the 1600s, it offers a wide array of local and international foods, arts, and crafts. Highlights include freshly baked breads, locally sourced meats, and artisanal cheeses.

**Temple Bar Food Market, Dublin:** Nestled in the heart of Dublin's cultural quarter, the Temple Bar Food Market is a weekend hotspot for foodies. Featuring a diverse range of stalls selling everything from organic vegetables and fresh fish to handcrafted chocolates and artisan coffee, it's the perfect place to experience the best of Irish food.

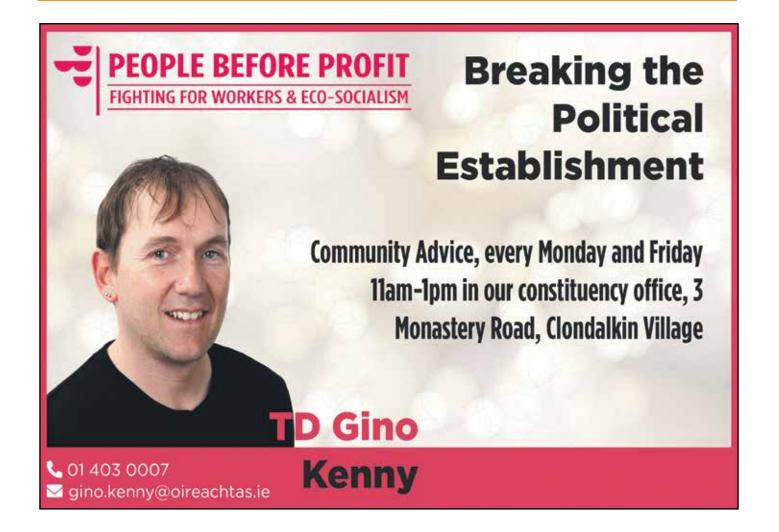
**Milk Market, Limerick:** Open every Saturday, the Milk Market is one of the oldest markets in Ireland, offering a mix of traditional and contemporary food stalls. Local farmers, bakers, and cheesemakers showcase their wares, making it a must-visit for those seeking fresh, quality produce.

#### **3.Seasonal Recipes:**

#### Cooking with Local Ingredients

Embracing Ireland's artisan food scene means making the most of fresh, seasonal ingredients. Here are some simple, delicious recipes that celebrate the flavours of Irish produce:

Heirloom Tomato and Burrata Salad: Using juicy heirloom tomatoes from local growers and creamy burrata from Irish cheesemakers, this salad is a perfect summer dish that highlights the freshness of Ireland's produce. Drizzle with olive oil, sea salt, and fresh basil for a simple yet elegant meal.



Irish Lamb Stew with Root Vegetables: This traditional dish is elevated with locally sourced lamb and seasonal root vegetables like carrots, parsnips, and potatoes. Slow cooked with herbs and a splash of Guinness, it's the ultimate comfort food for colder months.

Rhubarb and Apple Crumble: For a sweet treat, this crumble combines tart rhubarb and sweet apples, both abundant in Ireland's autumn harvest. Top with oats and brown sugar for a classic dessert that's best served warm with a scoop of vanilla ice cream.

#### 4.Food Festivals:

Celebrating Ireland's Culinary Heritage

Ireland's food festivals are the perfect places to experience the country's culinary creativity. These events celebrate everything from seafood and whiskey to chocolate and street food, showcasing the best local producers and chefs.

Galway International Oyster & Seafood Festival: One of the world's oldest oyster festivals, this event celebrates Galway's rich seafood heritage with oyster shucking competitions, seafood trails, and gourmet tastings.

Taste of Dublin: Held in the beautiful Iveagh adventure today

Gardens, Taste of Dublin brings together the city's top chefs, restaurants, and food producers for a four-day celebration of Irish cuisine. Expect cooking demos, interactive workshops, and plenty of opportunities to sample delicious dishes.

Burren Slow Food Festival, Co. Clare: This festival highlights the unique food culture of the Burren region, with a focus on sustainable, slow food principles. It's a fantastic opportunity to learn from local producers, enjoy food tastings, and participate in farm tours.

#### **Final Thoughts**

Ireland's food scene is in the midst of an exciting evolution, driven by a passion for local, sustainable, and high-quality produce. From the hands of skilled artisans to the stalls of vibrant farmers' markets, there's never been a better time to explore the country's rich culinary landscape. Whether you're a seasoned foodie or just beginning your journey into Irish cuisine, supporting local producers and embracing seasonal ingredients is a delicious way to connect with the heart of Ireland's food culture.

For more information on Ireland's farmers' markets, artisan producers, and upcoming food festivals, visit Discover Ireland and start planning your culinary adventure today



# Rest assured Have your own say

A LIMITED NUMBER OF BURIAL PLOTS AND ASH INTERMENT OPTIONS ARE AVAILABLE TO PRE-PURCHASE IN ADVANCE OF NEED

#### TRADITIONAL BURIAL PLOTS

(capacity 3 coffin burials and 4 urn burials)

NOW AVAILABLE FROM €5,000\*

### ASH BURIAL PLOTS

(capacity 4 urn burials) inclusive of headstone

NOW AVAILABLE FROM €5,500

### COLUMBARIUM MEMORIAL WALL

(2 urn capacity) includes urn, memorial plaque & first inscription

> NOW AVAILABLE FROM €3,950

### SELECTED PLOTS ARE AVAILABLE TO PRE-PURCHASE

\*at time of making imminent funeral arrangements











## Sausage, pumpkin and sage casserole

The cold nights are here. Warm yourself up on a Halloween night with this comforting dish. It's also a great way to use up any leftover pumpkin

#### Ingredients

- 50g/1¾oz butter
- 6 good-quality sausages, pricked several times with a fork
- 1 onion, peeled, thinly sliced
- 3 banana shallots, peeled, finely chopped
- 2 garlic cloves, peeled, finely chopped
- 1 tbsp chopped fresh sage
- 1 small pumpkin, peeled, seeds removed, cut into equal-sized pieces
- 1 tbsp white wine vinegar
- 1 tsp caster sugar
- 200g/7oz canned chopped tomatoes
- 400g/14oz canned cannellini beans, drained, rinsed
- 500ml/18fl oz chicken stock
- · salt and freshly ground black pepper
- 2 tbsp chopped fresh flatleaf parsley, to serve

#### Method

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

2. Heat half the butter in a large casserole over a medium heat and fry the sausages for 4-5 minutes, or until golden-brown all over.

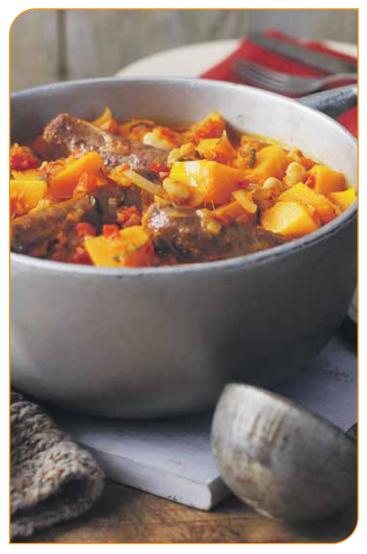
3.Add the remaining butter, onion and shallots and fry for three minutes, or until softened. Add the garlic and sage leaves and cook for a further three minutes, stirring well.

4. Add the pumpkin and stir the mixture until well combined. Increase the heat to high and add the white wine vinegar. Continue to cook until most of the liquid has evaporated.

5. Add the sugar, tomatoes, cannellini beans and stock and season, to taste, with salt and freshly ground black pepper.

6. Bring the mixture to the boil, then transfer the casserole to the oven for one hour, or until the sausages are cooked through and the pumpkin is tender.

7. To serve, ladle the casserole into two large bowl and sprinkle with the flatleaf parsley.





Email: h1kinteriors@eircom.net

## Kildare County Council signs contract for delivery of new Fire Station in Maynooth



Kildare County Council has appointed M. L. Quinn Ltd as main contractor for the delivery of a new fire station at Maynooth in Co. Kildare, with the signing of contracts having taken place on Friday 6th Sept 2024.

he site for the new fire station is located at Mullin Park, Maynooth and has been designed by a multi-disciplined team led by Vincent Hannon and Associates Architects.

The €4.4m project is being funded by the Department of Housing, Local Government & Heritage, through the National Directorate for Fire & Emergency Management. A key component of the construction of the new 3-bay appliance facility will be the introduction of environmentally friendly features, including the installation of PV panels, air-to water heating systems, as well as insulation of doors, windows, roof, floor and walls to improve conservation of energy to current building regulations standards. The new design will also incorporate a training yard with drill tower, lecture room, canteen and staff facilities. The facilities will also include individual changing areas for each crew member.

Maynooth fire station was mobilised to 378 incidents in 2023, making it third busiest of the 6 fire stations in County Kildare.

Sonya Kavanagh, Chief Executive, Kildare County Council said; "We are delighted to reach this



stage in the development of a new Fire Station in Maynooth. This new station will allow Maynooth fire station to serve the community of Maynooth and its environs from a modern fit for purpose facility for many years to come. We look forward to working with the team from M. L Quinn Ltd to bring the project to completion."

Cathaoirleach of the County of Kildare, Cllr Joe Neville said; "I welcome this significant investment in the Fire Service, which will further support the team to deliver a vital service to the people of Maynooth and beyond. It is a key focus of mine that fast growing towns in Kildare with its massive population growth get the services and community infrastructure it requires.

Caolan Quinn, Contracts Manager, M.L Quinn Ltd said; "M.L. Quinn Construction are delighted to be involved in this project which will provide such an important service to the people of Maynooth and surrounding areas. We wish to thank both Kildare County Council and the project team who have entrusted us to deliver the project and we will endeavour to construct in a timely manner and to the highest quality."









### **ABOUT US**

At Klass Solar, we are committed to transforming the way you power your life. We specialise in personalised solar solutions for both residential and commercial properties, ensuring a seamless transition to renewable energy.

### WHY CHOOSE US ?

We provide expert guidance from consultation to installation and maintenance, helping you access zero VAT-free grants of up to €2100. Our dedication ensures maximum savings and contributes to a sustainable future for generations to come.







### Safe Deposit Box Rental

🔇 (01) 254 7900

MerrionVaults.ie





### **Invest in Gold & Silver Bullion**

谈 (01) 254 7901 🛛 🌐 MerrionGold.ie

# **Shopping with Artificial Intelligence**



We all fear that Artificial Intelligence will take our jobs but how about making it work for us.

Try it out with grocery shopping.

I can make your grocery shopping experience smarter, more efficient, and even personalized! Here are some clever ways to use AI for managing your groceries:

#### 1. Automatic Grocery List Generation

• How it works: AI can analyse your past shopping habits and pantry inventory to predict when you'll run out of items. It can then automatically generate a grocery list based on your regular needs.

• How to use it: You can use apps like AnyList or Out of Milk, which can be integrated with virtual assistants like Amazon Alexa or Google Assistant. By linking your smart fridge or just manually entering your regular purchases, these apps can track what you have and suggest when you need to buy more.

#### 2. Voice-Activated Shopping

• How it works: With AI-powered voice assistants like Amazon Alexa or Google Assistant, you can easily add items to your grocery list using voice commands. You can also ask them to place orders directly from your favourite online grocery stores.

• How to use it: Say, "Hey Google, add milk to my grocery list," or "Alexa, order my usual coffee."

The assistant will add the item to your list or place the order for you if you've set up online shopping accounts with services like Amazon Fresh or Walmart.

#### 3. Smart Fridges with AI

• How it works: Modern smart fridges come with built-in AI technology that can track the contents inside, suggest recipes based on what you have, and even reorder items when they run low.

• How to use it: Brands like Samsung have smart refrigerators with internal cameras and Al recognition. They can monitor what's inside, send updates to your phone about items running low, and even help you plan meals based on what's available. You can connect the fridge to your grocery delivery service to automatically reorder essentials.

### 4. Personalized Recipe Suggestions and Meal Planning

• How it works: AI can recommend recipes and create meal plans based on your dietary preferences, health goals, and the ingredients you have on hand. It can help you make the most of what you already have, reducing food waste.

• How to use it: Apps like Yummly or Whisk use AI to suggest recipes tailored to your taste and available ingredients. They can generate a shopping list for missing ingredients with just a click, which you can send directly to an online grocery store.

#### 5. AI-Powered Shopping Apps

• How it works: There are AI-driven grocery apps that automatically compare prices across different stores, recommend healthier options, and alert you to discounts on items you frequently buy.

• How to use it: Apps like Basket or Instacart can help you find the best deals on groceries in your area. These apps can track your favourite products and notify you when they go on sale, making it easy to save money while still getting what you need.

#### 6. Automated Online Grocery Ordering

• How it works: AI can automate your grocery orders through online stores based on your buying patterns. It can predict when you're running low on specific items and place an order for delivery before you even realize you need it.

• How to use it: Services like Amazon Dash Replenishment can automatically reorder items like cleaning supplies, pet food, or pantry staples when

you're about to run out. You can set up recurring orders for essentials or let the AI decide based on your usage.

#### 7. Dietary and Nutritional Recommendations

• How it works: AI can track your eating habits and suggest grocery items that align with your health goals, such as weight loss, heart health, or specific dietary needs like vegan or gluten-free diets.

• How to use it: Apps like Fooducate or MyFitnessPal integrate with your shopping habits to recommend healthier alternatives based on your nutritional goals. They can analyse food labels, track your intake, and suggest better choices for your grocery list.

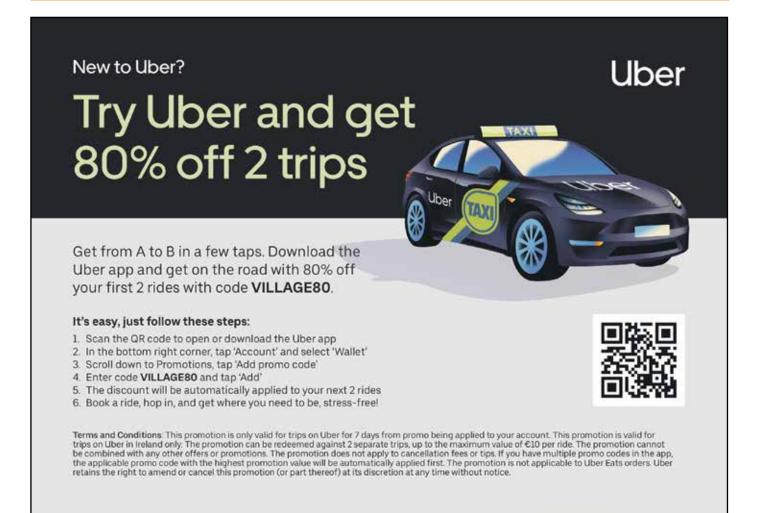
#### Tools and Apps to Get Started:

• Amazon Alexa and Google Assistant for voiceactivated list creation and ordering.

• Samsung Family Hub or LG InstaView smart fridges for inventory tracking and recipe suggestions.

• Grocery apps like Instacart, Yummly, Out of Milk, or Basket for price comparisons, meal planning, and online ordering.

These AI tools not only save you time and effort but also help you stay organized and make healthier choices when it comes to your groceries.



## **CHOOSING THE RIGHT WINE GLASS**

Choosing the right wine glass can enhance your wine-drinking experience, as the shape and size of the glass can significantly impact the aroma, taste, and overall enjoyment of the wine.

ere's a guide to help you select the perfect wine glass for every occasion:

#### 1. Understanding Wine Glass Anatomy

Before diving into specific glasses, it's helpful to understand the basic parts of a wine glass:

•Bowl: The main part of the glass that holds the wine. Its shape affects the wine's aroma and how it hits your palate.

•Rim: The edge of the bowl where your lips touch. A thinner rim enhances the wine-drinking experience by allowing the wine to flow smoothly.

•Stem: The thin part you hold to avoid warming the wine with your hands.

•Foot/Base: The flat part that supports the glass, providing stability.

#### 2. Choosing the Right Wine Glasses by Type of Wine

Each type of wine has an ideal glass shape that enhances its characteristics:

#### **Red Wine Glasses**

Red wines are best served in glasses with a larger bowl. This allows for more oxygen exposure, which helps to soften tannins and enhance the wine's bouquet.

• Bordeaux Glass: Tall with a wide bowl, perfect for full-bodied reds like Cabernet Sauvignon, Merlot, and Bordeaux blends. The larger bowl allows for more aeration, emphasizing bold flavours and tannins.

• Burgundy Glass (or Pinot Noir Glass): A larger, rounder bowl that tapers slightly at the top, designed for lighter, more delicate reds like Pinot Noir. The wider bowl directs the wine to the tip of your tongue, highlighting its fruity and nuanced flavours.

#### White Wine Glasses

White wines benefit from smaller bowls, which help maintain a cooler temperature and concentrate the wine's delicate aromas.

• Sauvignon Blanc Glass: A slimmer, slightly tapered bowl that preserves the crisp, aromatic notes of wines like Sauvignon Blanc, Pinot Grigio, and other light, fresh whites.

• Chardonnay Glass: A slightly larger bowl than the typical white wine glass, designed to enhance the fuller body and richer flavours of oaked wines like Chardonnay and Viognier.

#### **Sparkling Wine Glasses**

Sparkling wines like Champagne, Prosecco, and Cava require glasses that preserve their bubbles and delicate aromas.

• Flute: A tall, narrow glass that retains carbonation, allowing the bubbles to travel slowly to the top. This style enhances the visual appeal of the bubbles and concentrates the wine's subtle aromas.

· Tulip Glass: A slightly wider bowl with a narrowed

rim, allowing more room for the bubbles to develop while enhancing the wine's bouquet. It's a more modern choice for those who enjoy the aromas as much as the effervescence.

#### **Rosé Wine Glasses**

Rosé glasses are typically shaped with a shorter bowl and a slightly flared rim, enhancing the wine's fresh, fruity notes while directing it to the tip of the tongue.

#### **Dessert Wine Glasses**

Dessert wines are best served in smaller glasses that focus the rich, sweet aromas while controlling the pour size.

• Port Glass: A smaller glass with a narrower bowl that accentuates the wine's concentrated flavours and aromas.

#### 3. Universal Wine Glasses: A One-Glass Solution

If you prefer a minimalist approach or lack storage space, a universal wine glass is a great all-rounder. These glasses are designed to work reasonably well with both reds and whites, featuring a medium-sized bowl and a slightly tapered rim.



SPRAYING SPECIALIST HIGH QUALITY FINISH KITCHEN RESTORATION JOINERY AND SURFACE RESTORATION CONTACT COLM FOR A QUOTE : 085 105 1486



#### 4. Key Tips for Choosing Wine Glasses

• Thin, Clear Glass: Always choose thin, clear glass over coloured or etched options. Thin glass enhances the drinking experience, while clarity allows you to appreciate the wine's colour.

• Size Matters: Larger glasses are best for reds, while smaller ones are ideal for whites. Sparkling wines do best in tall, narrow glasses to preserve bubbles.

• Stem vs. Stemless: Stemmed glasses are preferred as they prevent your hand from warming the wine. However, stemless glasses are more casual and convenient, particularly for outdoor or informal settings.

• Ease of Cleaning: Wine glasses with narrower rims can be difficult to clean. Ensure the glass can comfortably fit your hand or a cleaning brush to avoid breakage.

#### 5. Investment vs. Everyday Use

• Investment Glasses: High-end brands like Riedel, Zalto, and Gabriel-Glas offer wine glasses designed specifically for enhancing the drinking experience. These are great for wine enthusiasts or special occasions.

• Everyday Glasses: Affordable yet well-designed options from brands like IKEA or Crate & Barrel are perfect for casual drinking and are more robust for daily use.

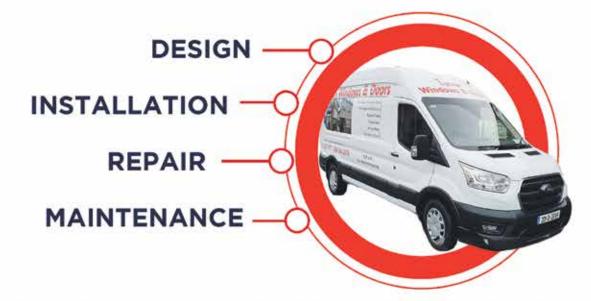
#### **Final Thoughts**

Choosing the right wine glass can elevate your wine experience, allowing you to fully appreciate the nuances of each pour. Whether you're hosting a formal dinner, enjoying a casual evening, or savouring a special bottle, the right glass makes all the difference.



rmexterior@dublin.com www.rmroofandexteriorpowerwashing.ie





Lucan: 01 621 3597 | Tallaght: 01 451 6447 | Mobile: 086 266 2676





Supplier and Fitters of Weatherglaze and Palladio Doors. Fantastic Range of Windows and Doors to choose from. All Custom Made.

### www.LucanWindowsAndDoors.ie



CORK THIS AUTUMN WITH THE TALBOT COLLECTION SPOOKTASTIC OFFERS



Tel: 021 420 8400 Email: reservations@orielhousehotel.ie Oriel House Hotel, Ballincollig, Cork, Ireland, P31 DY93









orielhousehotel.ie

# **BEYOND THE** PALE SERIES **Derry Halloween**

- By Mike Power



Happy Christmas

#### SHARED CHRISTMAS PARTY NIGHTS

SteakHouse 1756 hosts a unique Christmas experience, offering an exceptional festive atmosphere and décor. Upon arrival, enjoy a seasonal Mulled Wine or Prosecco as you mingle with friends and colleagues, both old and new. As you make your way to your table, dressed in festive novelties and sparkle, prepare for a delightful evening. Our Shared Christmas Party Nights are designed to create memorable festive experiences, complete with live entertainment and our House DJ til'I late.

FRIDAYS - Music with Pacino Brothers - 29th November, 6th & 13th December

SATURDAYS - Music with Shane Butler - Saturday 30th November 7th & 14th December

€70 per person

MAKE A NIGHT OF IT Book an overnight stay in our beautifully appointed guest bedrooms for only €80 Bed & Full Irish Breakfast per person sharing (€40 Single Supplement applies) Terms & Conditions Apply

For reservations or more information, contact a member of our Dedicated Team T: (01) 629 5100 E: events@courtyard.ie

You might not normally consider a trip away from Dublin in October, but we thought you might be tempted by this.

iscover the Magic of Derry Halloween 2024: Europe's Biggest Halloween Festival Get ready to immerse yourself in one of the most spellbinding and electrifying celebrations in the world! Derry Halloween 2024 promises to be an unforgettable experience as the historic city of Derry-Londonderry in Northern Ireland transforms into a spectacular hub of spooktacular fun, eerie entertainment, and mystical traditions. Recognized as the biggest Halloween festival in Europe, Derry Halloween is the place to be for families, thrill-seekers, and anyone who loves the thrill of a good scare!

What Makes Derry Halloween So Special?

Derry Halloween has earned its reputation as one of the most enchanting festivals thanks to its incredible mix of ancient folklore, innovative performances, and interactive experiences that draw visitors from all corners of the globe. This year, the event will be bigger and better than ever, with new attractions, magical parades, and a schedule packed with exciting activities for all ages. Whether you're a local or visiting from afar, Derry Halloween 2024 will cast a spell on you!

#### Highlights of Derry Halloween 2024

Here's a glimpse of the hauntingly good fun you can

expect at this year's festival:

#### 1. The Awakening of the Walls

The historic Derry City Walls come alive with a spectacular light show, illuminated artworks, and spinetingling performances. This event blends the city's rich history with a supernatural twist, creating a stunning visual journey through the centuries.

Expect street performers, fire-breathers, and eerie music that sets the perfect tone for an evening of otherworldly wonder.

#### 2. The Legenderry Halloween Parade

Derry's streets will be filled with extravagant costumes, towering puppets, and mythical creatures as the famous Halloween parade takes to the city. This year's parade theme focuses on local folklore and mythological beings, bringing the legends of the past to life in a vibrant display.

o With community groups, artists, and performers from around the world participating, this event is a must-see spectacle of colour, creativity, and ghostly charm.

#### 3. The Samhain Sessions

Dive into the heart of Celtic tradition with live music sessions celebrating Samhain, the ancient festival



marking the end of harvest and the beginning of winter. Enjoy a mix of traditional Irish tunes, modern beats, and folk-inspired melodies that capture the spirit of Halloween like never before.

Local pubs and outdoor stages will be alive with music, giving visitors a chance to dance the night away in true Derry style.

#### 4. City of Bones Walking Tour

Discover Derry's dark secrets and haunted history on the City of Bones walking tour. Led by knowledgeable guides, this journey through the city's cobblestone streets will uncover tales of ghosts, ghouls, and legendary beings said to still roam the area.

oPerfect for history buffs and ghost story enthusiasts, this tour adds a layer of intrigue to the already atmospheric city.

#### 5. Foyle Fireworks Finale

The grand finale of Derry Halloween 2024 will be a breathtaking fireworks display over the River Foyle. Exploding in a burst of colours, shapes, and light, this dazzling spectacle marks the climax of the celebrations, leaving the crowd mesmerized.

It's a perfect opportunity to wrap up the festival with a bang, capturing the energy and excitement of Derry Halloween in one epic moment.

#### **Family-Friendly Frights**

Derry Halloween is not just about scares and thrills it's also a fantastic festival for families and children! The Little Horrors event zone offers a range of activities specifically designed for younger visitors, including spooky arts and crafts, face painting, costume contests, and family-friendly performances. Kids can join in the fun of trick-or-treat trails and meet whimsical characters that will have them smiling from ear to ear.

#### How to Prepare for Derry Halloween 2024

To make the most out of your Derry Halloween experience, here are a few tips to keep in mind:

• Book Your Accommodation Early: With thousands of visitors flocking to the city, it's wise to secure your place to stay as soon as possible. Derry offers a range of accommodations, from cozy bed and breakfasts to stylish hotels.

• Dress to Impress: Halloween is the one time of year when dressing up isn't just welcomed—it's practically required! So, bring your best costumes and join the throngs of witches, ghouls, and mystical creatures that roam the streets.

• Explore Beyond the Festival: While Derry Halloween is the main attraction, the city itself is a treasure trove of culture and history. Take some time to explore the local museums, scenic walks, and incredible food spots that will add to your Irish adventure.

#### Why You Can't Miss Derry Halloween 2024

Derry Halloween isn't just a festival; it's a full-blown cultural experience that captures the essence of Celtic heritage and the universal love for Halloween. It's a unique celebration that blends tradition with modern creativity, inviting people of all ages to participate in a magical world where the supernatural feels just a touch more real.

This year, the festival promises to be the most extravagant edition yet, with something for everyone whether you're there to be thrilled, chilled, or simply enchanted by the atmosphere. If you've never been to Derry Halloween before, 2024 is the perfect time to start a new tradition and see why this city is recognized as the true home of Halloween.

So, gather your friends and family, don your best costume, and get ready for an unforgettable experience in the hauntingly beautiful city of Derry-Londonderry. Derry Halloween 2024 is waiting to welcome you with open arms and a touch of magic!

#### See You There!

For more information on tickets, event schedules, and updates, visit the official Derry Halloween website. Don't miss out on what promises to be the most spooktacular celebration of the year!





# CALL NIALL: 087 342 9393



NORTHSIDE 01 898 9074

WWW.CABINTEELYROOFING.IE CABINTEELYROOFING@GMAIL.COM southside 01 268 8628

## TaxAssist Accountants Here to help you thrive

Switching accountants is simple. Get the support and advice you deserve.

Call: 01 906 0400 Email: siobhanstowe@taxassist.ie Visit: taxassist.ie/blanchardstown



Book a free, no obligation consultation today:





### The Impact of New Rental Legislation in Ireland: What Tenants and Landlords **Need to Know**

This Tenancy residential ad

document and sould not

of the law of Landmu and

within the pro

This Tenanc.

cither party de

strongly advis

This Agreen

tenancy within the n

the Landlor created by

Ireland's rental market has been a hot topic in recent years, marked by rising rents, housing shortages, and increasing pressure on both tenants and landlords.

o address these issues, the government has introduced several legislative changes aimed at providing greater protection for tenants while balancing the interests of landlords. This article dives into the latest updates in Ireland's rental market, exploring the new laws, their implications, and practical advice for navigating the evolving landscape.

Key Legislative Changes: What's New?

Several new laws and amendments have been introduced in recent years to address the challenges in the rental market. Here are some of the most significant changes:

1. Rent Caps and Rent Pressure Zones (RPZs)

The government has continued to enforce and expand Rent Pressure Zones (RPZs), areas where rent increases are capped to a maximum of 2% per annum or in line with inflation, whichever is lower. RPZs are designed to prevent sudden and excessive rent hikes in high-demand areas.

Pros: Tenants in RPZs are offered more stability and predictability in rent, helping to protect them from drastic increases that can make living unaffordable.

Cons: Landlords argue that the rent caps can discourage investment in rental properties, leading to fewer homes available for rent in the long term.

2. Extended Notice Periods for Tenants

isions of the

nt is a

hent is and shall )

aning of the

Recent changes have extended the notice periods that landlords must give tenants when ending a tenancy. For tenancies over six months, notice periods now range from 90 days to 224 days, depending on the length of the tenancy.

Tenancy Agreement

greement : for letting furnished or unfurn

iderstand it of anything in it he or she is

ek advice from a legally qualified person.

ide on the date specified below

Tenant. It is intended if

sured shorthold ten

As such, this is a la

adequate knowled

Pros: This provides tenants with more time to secure alternative accommodation, particularly in a tight rental market where finding a new home can be challenging.

Cons: Landlords feel that extended notice periods reduce their flexibility, particularly when dealing with non-paying tenants or those breaching lease terms.

3. Ban on "No-Fault" Evictions During Winter

A temporary ban on evictions during winter months was introduced as an emergency measure to prevent homelessness during the colder season. This policy was a response to rising eviction rates and the increasing number of families at risk of losing their homes.

Pros: Provides critical protection for vulnerable tenants during a period when finding new accommodation is most difficult.

Cons: Critics argue that it places undue pressure on landlords, who may face extended periods without rent while still being responsible for property maintenance.

4. Enhanced Tenant Protections for Rental Arrears

Legislation has strengthened tenant protections when it comes to rental arrears. Landlords are now required to engage with tenants who fall behind on rent payments, including offering payment plans before eviction proceedings can commence.

Pros: Provides tenants with a safety net and encourages dialogue between tenants and landlords to resolve issues before eviction.

Cons: Landlords express concerns that this process can be lengthy and financially burdensome, especially if the tenant fails to adhere to payment plans.

Expert Insights: Balancing the Interests of Tenants and Landlords

To provide a balanced view, we spoke with both tenants, landlords, and legal experts to understand the impact of these changes from both sides.

Q&A with Housing Expert Sarah Collins

Q: How do these new laws impact tenants positively?

Sarah Collins: "The extended notice periods and rent caps offer tenants much-needed stability. In a market where housing availability is scarce, these measures can prevent tenants from facing sudden homelessness or rent increases they cannot afford. The legislation also provides more security for tenants facing financial difficulties, allowing them to engage with landlords constructively."

Q: What are the main challenges for landlords under the new regulations?

Sarah Collins: "For landlords, the extended notice periods and rent caps can feel restrictive, particularly when dealing with problematic tenancies. The increased administrative burden and the fear of losing control over their properties have discouraged some landlords from staying in the market, exacerbating the housing shortage."

Q: What advice would you give to landlords navigating these changes?

Sarah Collins: "Landlords should stay informed about their rights and responsibilities. Engaging with tenants early to address any issues, maintaining open communication, and using mediation services can help resolve conflicts before they escalate to legal proceedings."

Real Stories: Voices from the Rental Market

Tenant Perspective: Liam's Experience in Dublin

Liam, a tenant in Dublin, shared his thoughts on the impact of rent caps: "Knowing my rent won't skyrocket suddenly gives me peace of mind. However, finding a place in the first place was a nightmare. The competition is fierce, and landlords seem hesitant to rent due to the regulations."

Landlord Perspective: Fiona's Challenges in Cork Fiona, a landlord in Cork, expressed her concerns: "I've always been a fair landlord, but these new rules make it difficult. The extended notice periods mean I'm stuck if a tenant stops paying. I understand the need for protection, but there should also be support for landlords who depend on rental income."

Navigating the Changes: Tips for Tenants and Landlords

For Tenants:

Know Your Rights: Familiarize yourself with the latest tenant protections and RPZ rules. The Residential Tenancies Board (RTB) website is an excellent resource for up-to-date information.

Communicate Early: If you're facing financial difficulties, engage with your landlord as early as possible to discuss payment plans or other arrangements.

Document Everything: Keep records of all communications with your landlord, including payment receipts and written agreements, to protect yourself in case of disputes.

For Landlords:

Stay Informed: Keep up with legislative changes by following updates from the RTB and attending landlord information sessions.

Engage with Tenants Proactively: Address issues early to avoid escalation. Consider mediation services if disputes arise.

Consider Professional Management: If the administrative burden becomes too much, hiring a property management company can help navigate complex regulations and tenant relations.

Looking Ahead: The Future of Ireland's Rental Market

While the new legislation aims to strike a balance between tenant protections and landlord rights, the effectiveness of these measures will depend on their implementation and ongoing review. Both tenants and landlords are encouraged to engage with the RTB and local housing bodies to stay informed and access support when needed. As the housing crisis continues, the government's approach may evolve, with further legislative adjustments likely to address emerging challenges.

Ultimately, the goal is to create a more stable and fair rental market for all parties involved. By understanding the latest changes and knowing how to navigate the evolving landscape, tenants and landlords can better protect their interests and contribute to a more balanced rental sector in Ireland.

# What's new or coming soon in tech products?

Here are some of the most exciting tech gadgets that have recently been announced or are set to launch soon in 2024:



**1. Sennheiser Momentum Sport:** These wireless earbuds are more than just audio devices—they come with built-in heart rate and body temperature sensors, ideal for fitness enthusiasts. They can sync with popular fitness apps like Apple Health, Garmin Connect, and Strava, making them a great choice for tracking your workouts alongside offering highquality sound and sweat resistance.

**2. Asus ROG Zephyrus G14 (2024):** This gaming laptop stands out with its combination of the new Ryzen 8000-series CPU and Nvidia RTX 4070 GPU, combined with a high-quality OLED display. It's designed to be powerful enough for gaming while also being portable and sleek enough to use as a regular laptop, making it one of the top contenders for both gamers and professionals.

**3. Panasonic Z95A OLED TV with Fire TV:** This TV integrates Amazon's Fire TV OS with a stunning OLED display, offering vibrant colours and smooth gameplay at up to 144Hz refresh rates. It also includes voice command support via Alexa, which makes navigating and controlling your smart home setup seamless.

**4. MSI Claw**: Competing in the portable gaming market, the MSI Claw utilizes Intel's latest Core Ultra processors and Intel Arc Graphics to deliver a powerful gaming experience in a handheld format. With a crisp 1080p display and a design that's optimized for portable play, it's set to rival other gaming devices like the Steam Deck and Asus ROG Ally.

5. Fiio R9 Music Streamer: This is a high-end

desktop music system built for audiophiles. It supports a variety of digital formats and features THX AAA amplification, promising superb audio quality. It also includes a touchscreen interface and its own app store for easy access to streaming services without the need for Google integration.

**6. Lenovo ThinkBook 13x Gen 4:** This innovative laptop features an E-Ink display on the lid, which allows for custom animations or branding designs. It's a creative leap in laptop design that offers personalization and energy efficiency, making it ideal for professionals who want to stand out at events or simply express their style.

**7. EcoFlow DELTA Pro Ultra:** This whole-home battery backup system is a powerhouse, offering up to 6kWh capacity and scalable options for up to 90kWh. It's designed to power a small house during blackouts and can integrate with solar panels to create a robust off-grid energy solution, ideal for those looking to enhance their home's sustainability.

**8. Razer Project Esther:** A new haptic gaming chair cushion designed to enhance your gaming or movie-watching experience by providing physical feedback based on in-game actions or audio cues. It's a simple but effective way to get more immersed in your digital experiences.

These gadgets reflect the latest trends in tech, emphasizing smart integration, gaming enhancements, fitness tracking, and sustainable energy solutions. You can expect these devices to be at the forefront of innovation, driving new experiences across various aspects of everyday life and leisure.





### Daniel Whelan TILING & BATHROOM SHOWROOM

## FULL BATHROOM RENOVATIONS • KITCHENS CONSERVATORIES • COMMERCIAL & DOMESTIC WORK



Grouting, Tile Adhesives, Tools and All you need for DIY





#### FULL BATHROOM SPECIAL NOW ON from €8,000

INCLUDES: Wall Tiles up to 20m2 & Floor Tiles up to 5m2 - 900mm x 900mm Shower Tray & Doors - foilet - Chrome Towel Rail - Vanity Unit & Mixer Tap (550 Moderne) - Triton T90 Shower - Supplied & Fritted including Plumbing and Tiling Labour

f

Slaney Road, Glasnevin Industrial Estate (across from Woodies). Tel: 086 150 7617 - 01 834 4955 Email: dannywhelantiling@gmail.com - Open Mon-Fri 11am - 4pm - Sat 10am-3pm - Closed Sundays

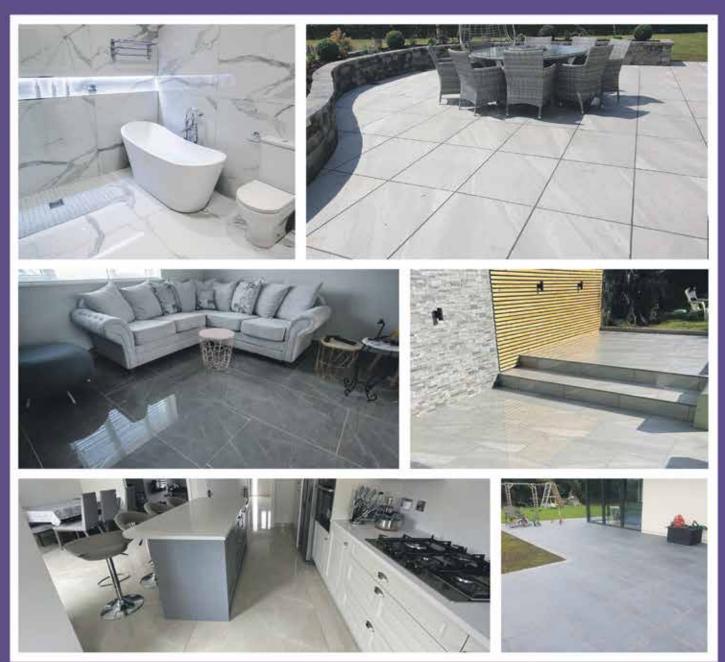
FREE QUOTES - COMPETITIVE PRICING - TOP CLASS WORK

November 2024 Little Village 31



Hynse Park Courtlough Mcowleys Yard, North County Dublin Balbriggan - K32YH29 www.hill16tiles.ie Phone: 01 8903408 info@hill16tiles.com

# BEST PRICES IN IRELAND TILES | BATROOMS | FLOORS | WALLS



## www.hill16tiles.ie | 01 890 3408

### Navigating Ireland's Cost of Living Crisis: Practical Tips to Save on Daily Expenses



Ireland's cost of living crisis has become a significant concern for many households, as rising prices for groceries, energy, rent, and other essentials put increasing pressure on family budgets.

ith inflation impacting almost every aspect of daily life, many people are looking for practical ways to cut costs and manage their finances more effectively. This article

provides expert tips, community resources, and reallife stories to help you navigate these challenging times.

1. Budgeting Basics: Taking Control of Your Finances

Creating a clear and realistic budget is the first step to managing your money more effectively. By tracking your income and expenses, you can identify areas where you might be overspending and make informed decisions on where to cut back.

• Set Up a Budget Tracker: Use apps like YNAB (You Need a Budget), PocketGuard, or even a simple Excel spreadsheet to monitor your spending. Break down your expenses into categories (e.g., groceries, utilities, transport) and set limits for each.

• Review Subscriptions and Memberships: Cancel any subscriptions you no longer use, like streaming

services or gym memberships. Consider switching to free alternatives or shared family plans where possible.

• Expert Tip: According to financial advisor David O'Connell, it's important to review your budget monthly. "Adjusting your budget frequently helps you stay on track, especially with fluctuating energy and grocery costs."

2. Grocery Savings: Smart Shopping Strategies

With food prices steadily climbing, grocery shopping has become a major expense for many households. However, with a few smart strategies, you can reduce your grocery bill without compromising on quality.

• Shop Own-Brand Products: Many supermarket own-brand products are just as good as their branded counterparts but come at a fraction of the cost. Stores like Aldi and Lidl often offer great value for money.

• Plan Your Meals: Planning your weekly meals in advance can help reduce impulse buys and food waste. Stick to a shopping list based on your meal plan to avoid unnecessary purchases.

• Use Loyalty Programs and Apps: Take advantage

of supermarket loyalty cards and apps, such as Tesco Clubcard, SuperValu Real Rewards, or the Dunnes Stores app, to earn points and access exclusive discounts.

• Community Insight: Mary, a mother of two from Cork, shares her approach: "I've started using foodsharing apps like OLIO, where locals can give away surplus food for free. It's a great way to save and reduce food waste."

3. Energy-Saving Tips: Cutting Down on Utility Bills With energy prices hitting record highs, managing household energy consumption is crucial. Making a few adjustments to your daily habits can lead to significant savings on your utility bills.

• Switch Energy Providers: Use comparison websites like Switcher.ie or Bonkers.ie to find better deals on electricity and gas. Switching providers can save you hundreds of euros a year.

•Use Energy-Efficient Appliances: Invest in energyefficient bulbs, appliances, and smart plugs that reduce electricity usage. Unplug devices when not in use to avoid phantom power consumption.

• Adjust Your Heating Habits: Lowering your thermostat by just 1°C can reduce your heating bill by

up to 10%. Use programmable thermostats to heat your home only when necessary.

• Expert Tip: Energy consultant Elaine Donnelly recommends draught-proofing doors and windows. "Simple measures like using draught excluders and sealing gaps can keep the warmth in and reduce your heating costs."

4. Housing and Rent: Exploring Cost-Effective Options

Rising rents have made finding affordable housing a challenge for many, particularly in urban areas. However, there are steps you can take to alleviate some of the pressure.

• Rent a Room Scheme: Homeowners can earn up to €14,000 per year tax-free by renting out a spare room under the Rent a Room Relief scheme. If you're renting, consider subletting a room to split costs (with your landlord's permission).

• Negotiate Your Rent: If your lease is up for renewal, don't hesitate to negotiate with your landlord, especially if you've been a reliable tenant. Highlighting your good track record could help you secure a better rate.

· Shared Housing: Co-living spaces or shared



housing can significantly reduce your rent expenses. Websites like Daft.ie and Rent.ie offer listings for shared accommodations.

5. Transport Savings: Getting Around for Less

Transport costs can add up, particularly if you rely on a car for commuting. Exploring alternative travel options and making small adjustments can help you save significantly.

• Public Transport Discounts: The Young Adult Leap Card (available for ages 19-23) offers up to 50% off public transport fares. The TaxSaver scheme allows commuters to save on bus, train, and Luas fares through their employers.

• Carpooling and Cycling: Consider carpooling with colleagues or neighbours to share fuel costs. Cycling is another cost-effective and environmentally friendly way to get around, especially with new cycling infrastructure being developed in many cities.

• Expert Tip: Transport expert Cian Mulligan suggests planning your travel routes using the TFI (Transport for Ireland) journey planner to find the most cost-effective and efficient options.

6. Community Resources: Tap into Local Support

Communities across Ireland offer resources to help residents cope with the cost-of-living crisis. From food banks to community gardens, these local supports can provide relief when budgets are tight.

• St. Vincent de Paul: This charity offers practical support, including food hampers, financial advice, and assistance with utility bills.

• Community Food Banks: Local food banks provide essential groceries for those struggling to make ends meet. Many towns have pop-up food markets offering discounted fresh produce.

•Government Supports: Check your eligibility for schemes such as the Fuel Allowance, Back to School Clothing and Footwear Allowance, and the Household Benefits Package.

Adapting to the New Normal

The cost-of-living crisis in Ireland has forced many to rethink their spending habits and adapt to new financial realities. By taking proactive steps like budgeting carefully, seeking out discounts, and tapping into community resources, you can alleviate some of the financial strain and make your money go further.

While the situation is undoubtedly challenging, these practical tips can help you regain control over your finances and navigate these tough times with a little more ease.

# COURTYARD

20 1 05

### The Witches by Roald Dahl HALLOWEEN OUTDOOR OUTDOOR MOVIE NIGHT

Join us for our Annual Community Movie Night with our NEW OUTDOOR SCREEN

### Wednesday, 30th October

#### **FREE** Admission

Seating on a First Come First Served Basis Entrance from 4pm Movie starts at 5pm

> Wrap up warm, this is an outdoor event!

Sweet Treats | Popcorn | Hot Chocolate Pizza | Nachos | and lots more

### COURTYARD

Main Street, Leixlip, Co. Kildare T: 01 629 5100 E: info@courtyard.ie

courtyard.ie

# CILIT. O'TOOLE INDEPENDENT

# **NON-PARTY**

# Kildare County Council awards contract for the M4/N4 westbound bus priority measures project

Kildare County Council in partnership with South Dublin County Council are delighted to announce the appointment of Arup as technical advisor on the M4/N4 westbound hard shoulder bus priority measures project.

he objective of this project is to deliver bus priority measures in the westbound direction of the M4/N4 between Maynooth and Leixlip/ Lucan. Arup have now been appointed to complete Phase 3, Design and Environmental Evaluation, and Phase 4, Statutory Process, on the project. This will take the project through the planning phase subject to planning approval.

The requirement for a westbound hard shoulder bus priority measure has been identified as part of the overall preferred option for the westbound carriageway in the Maynooth Leixlip Project. The M4/N4 westbound bus priority measures when combined with the M4 Eastbound Bus Priority Measures Pilot Project, represent the preferred option for the mainline portion, i.e. the M4 motorway portion of the Maynooth Leixlip Project. The M4 Eastbound bus priority measures are currently under construction with a temporary speed limit reduction order in place on the M4 eastbound carriageway from junction 5 to 6 until the 2nd of December 2024 in order to facilitate its delivery. Both bus priority measures are identified in the NTA Greater Dublin Area Transport Strategy 2022 to 2042.

At today's contract signing, Sonya Kavanagh, Chief Executive, Kildare County Council said; "We are delighted to reach this important milestone of the M4/ N4 westbound bus priority measures project. We look forward to continuing to work closely with South Dublin County Council and the team at Arup to deliver a new bus priority route project which will result in better services by reducing traffic congestion, enabling more reliable and efficient journey times, and connecting key destinations."

Michael McAdam, A/Senior Engineer, South Dublin County Council said; "South Dublin County Council welcomes the appointment of Arup as technical advisors for the M4N4 Westbound Bus Priority Measures scheme.

South Dublin County Council looks forward to working closely with Arup, Kildare County Council, the NTA and TII to advance this important project."

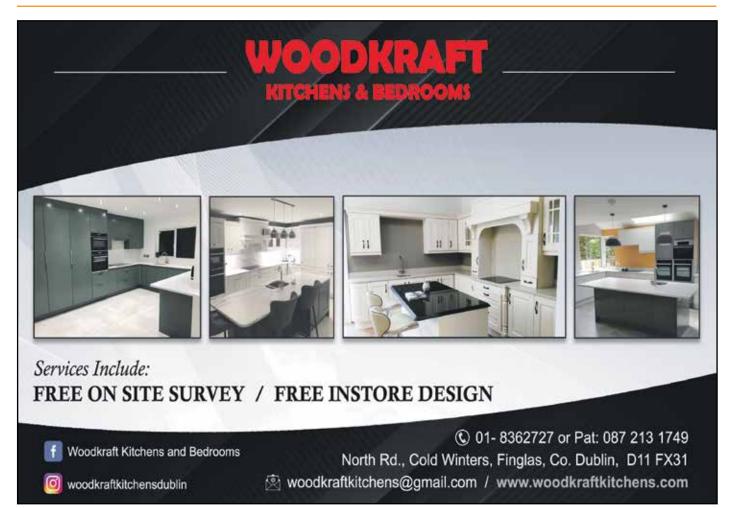
Gerard Hall, Senior Engineer, Arup said "At Arup, we are proud to be part of this project which will promote



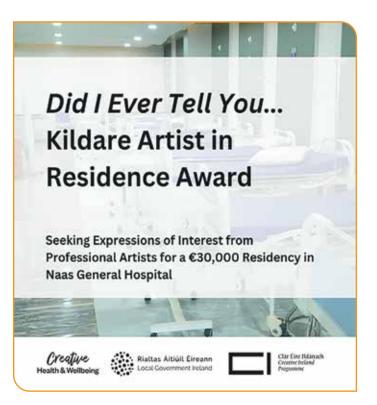
sustainable transport through bus priority measures. Building on the M4 Eastbound Bus Priority Measures Pilot Project and our collaboration with Kildare County Council, South Dublin County Council, Transport Infrastructure Ireland and the National Transport Authority on the Maynooth to Leixlip Project, this is an exciting opportunity to enhance accessibility and transform public transport in the area,"







**Kildare County Council Arts Service** with MERITS is delighted to announce the new pilot VECTOR **Digital Arts** Residency



This opportunity for a digital artist is led by Kildare Arts Service in collaboration with MERITS Innovation Thinkspace.

he pilot VECTOR Digital Arts Residency seeks to foster innovation and collaboration in the digital arts sector. Applications are welcome from professional artists from any background, who are engaging critically in the crossover between art and technology and who wish to push the boundaries of their own practice. The residency will support and resource a creative from, or based in, County Kildare to develop their professional practice and/or a new artistic project over a four-month period (January 2025 -April 2025), plus 10 days in Paris in Summer 2025.

The VECTOR Digital Arts Residency will provide a Bursary Award of €5,000; access to desk space at MERITS Innovation Thinkspace, Naas; practical support for development, experimentation and reflection; bespoke mentoring with Jo Mangan, Artistic Director of The Performance Corporation; and a place on the SPACE programme in Paris in summer 2025. Performance Corporation's SPACE Programme is Ireland's longest running International multi-disciplinary artists residency. Each year sees a unique residency that brings together Irish and International artists from diverse backgrounds, fostering a dynamic environment for creative growth and innovation.

Kildare Arts Service initiated the new Digital Arts Residency in response to its strategic priorities of Support for Artists and Reimagined Space for Art, and in response to The Arts Council's Digital Arts Policy 2023 - 2025 which promotes building on existing capacity and resources in Thursday 31st October 2024.

the Digital Arts sector.

Speaking about VECTOR, Elaine Donnelly, Arts Officer, Kildare County Council said "We are delighted to collaborate with MERITS Innovation Thinkspace on this innovative residency for a professional artist working in this space. Through this pilot we aim to create professional development opportunities and enhance networks for artists as well as digital and technology organisations based in Kildare".

The VECTOR Digital Arts Residency was announced at the ALERT Creative Tech Festival held in MERITS, Friday 20th September.

Having made the announcement, Sonya Kavanagh, Chief Executive, Kildare County Council said, "Through MERITS the County Council and Enterprise Ireland are supporting this unique residency programme. I am excited to see what comes out of this unique and innovative interagency partnership."

Speaking about the residency Lauren O Reilly, Programme Manager, MERITS commented "We have always loved supporting companies who work on the creative side of technology and have seen first-hand how impactful the work of these digital artists can be on the other startup companies working in MERITS"

The pilot VECTOR Digital Arts Residency is supported by MERITS and funded by Kildare County Council's Arts Service with grant aid from The Arts Council of Ireland.

The deadline for applications is 12.00pm (midday),







### **OUR SERVICES INCLUDE**

- New Roofs
- Flat Roofs
- Tile Roofs
- Slate Roofs
- Roof Repairs
- Waterproofing
- Roof Repointing
- Ridge Tile
- Re-Building
- Upvc Gutter
- Fascia
  Soffit
- Insulation & Repairs

- Choice of Colours
- Gutter Cleaning
- Leaf Guard Installed
- Leak Repairs
- Dry Verge System
- Storm Damage Repairs
- Gable Repairs
- Fascia
- Soffits
- Gutters and
  - Downpipes









AFTER

Call us for a FREE no obligations quote! South Dublin: 01 687 5099 | North Dublin: 01 908 1338 WWW.roofcare.ie

The second states and show the Little in the second second states and the second states and the second states and the second second states and the second second