

annual celtic 4 irish festival focus issue!



Summertime

∧ ugust is the heart of the summer, when school is on the horizon, but there is still much

to do in sports, music, events and celebrations Festivals (and the 16th **Annual Festival Focus** Series) continue, with festivals in Lakewood Dublin and Iowa this month. See the Fest Focus series within for

lineups and highlights. "A country without a language is a country without its soul," said Irish freedom leader, fighter and hero Patrick Pearse. Speak Irish classes restart on September 14th – registration is required for this 10-week session, so check out the ad within and submit your

levels are welcome.

Cleveland hosts the Midwest Championships in men's and women's Gaelic Football. Hurling and Camogie this year, from August 4-6. We are rallying around this opportunity to showcase our offerings to visitors and soon to be friends alike, plus there is always room for more.

Check out Cleveland GAA to see where help is needed, to learn more about Irish sports here in America, or to explore if you would like to play yourself. All levels are welcome, and the social benefits of involvement are extensive, outstanding and very fun. Two weeks later, the US National Championships take place, this year in Denver.

The Bluestone Hibernians are hosting a mass at Our Lady of Lourdes Shrine on August 20th. All are welcome and a grande social will be held after. No reservation necessary, just come pray with us, then play with us too.

See the What's the Craic?, Taking the Fields of Glory, and the Annual Festival Focus pages within for all craic, and the details too. There is so much more inside, with recipes,

registrations before it is sold out. All reviews and a few revelations too.

iIrish is made in America. We have always been green and are proudly Irish, all year long.

Nuair a stapann an ceol, an damhsa déanann an amhlaidh

(When the music stops, so does the dance) John

To Read More to the Story, ith more text, more pics and .RGER print, visit /Irish.us or: with more text, more pics and LARGER print, visit ilrish.us or:







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way the opinions of ilrish.

The Fearsome Foursome: the four-hand reel team

from the Murphy Irish Arts Center in Cleveland at

the North American Irish Dance Championships

in Nashville, TN. (L to r): Clara Hale, Katherine Bohlen, Nora Spellacy, and John Reed Congratulations to The Murphy Irish Arts Center,

celebrating its 45th Anniversary this year

skett Rd, Cleveland, OH 44111-3123

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About Our Cover:

Photo by Meghan Hale

unstoppable wave of change." the Freedom for All Ireland Welcome to Cleveland For the midwest gaa championships! MIDWEST

Hibernian National Convention Features Keynote Address from TD Rose Conway Walsh

By Greg O'Loughlin

Executive Director Friends of Sinn Féin

Rose Conway Walsh, Sinn Féin TD for Mayo, traveled to Cincinnati for the Ohio State AOH/ LAOH convention in June. She delivered the keynote address to the convention and told attendees, "The connection between Ireland and the Hibernians is one of family. Of shared history. A connection that has spanned an ocean and endured for generations. They heard the call and stood by the Irish Republic. Provided support and promoted the cause of unity.

"There would have been no Good Friday Agreement without the US. There would be no US involvement without the work of Irish America.

"That is the truth of it. You can make a difference. You have made a difference. Individual actions, meetings with elected officials, letters of support, and discussions with friends and family create an

Her address was met with a standing ovation by all in attendance.

In the days before the closing banquet, she met with committees of the AOH and LAOH for wide-ranging conversations that covered Legacy legislation, upcoming elections, the status of the Assembly, and the importance of continued Irish

Memorial

American engagement.

To Read More to the Story. with more text, more pics and LARGER print, visit ilrish.us or:





5871 Canterbury Rd. North Olmsted, OH

Two Person Scramble 9:00 A.M. SHOTGUN START 8:00 A.m. registration

Benefiting the Lisa Hagan Berry Memorial Scholarship St. Joseph Academy

GOLF, LUNCH & DINNER \$125.00/PER PERSON **DINNER ONLY** .\$50.00/PER PERSON **HOLE SPONSORSHIP** \$100.00/PER HOLE

REGISTER ON LINE:

https://www.eventregisterpro.com/event/lisahaganberrymemorial

This event will sell out! First to register will play!

We've always been green **AUGUST 2023 QUGUST 2023**



Festival Focus 2023 Festival Focus 2023





35th dublin IRISH Lest

αυς usτ 4 - 6, 2023

August 4 - 6, 2023 More than 100.000 guests enjoy seven music stages, 65 acts, and more than $53\overline{5}$ performers. There is truly something for everyone.

Featuring: Dervish, String Sisters, Old Blind Dogs, Gaelic Storm. Socks in the Frying Pan. Goitse, Talisk, Sliabh Notes, JigJam, Red Hot Chili Pipers, Young Dubliners, Scythian, Uncle Bard & The Dirty Bastards, Three Flew West, Drowsy Lads, The Fitzgeralds & Tempest.

More than 90 vendors with T-shirts, hats, and jewelry, along with kilts, photos and paintings of Ireland and a wide variety of glass and crystal items. Plus, more than 30 food vendors.

Discover the richness of Irish history and culture by tracing your roots in the Genealogy tent, meet authors, and hear literary and historical presentations. Enjoy hands-on fun at the Music and Workshop stages and visiting musical instrument crafters, learning to play the tin whistle, fiddle, flute, and harp.

Meet Irish breeds and their owners at the Celtic Canine area. Children have their own area at the festival featuring crafts and games. In addition, they can visit the Wee Folk Stage, which features entertainment including storytellers, music and dance for the younger crowd.

Save a little green: purchase tickets now. Save \$10 when you purchase a weekend pass online or purchase a one-day ticket online and save \$5. Children ages 10 & under are free. Seniors (60+), military and student guests can purchase a ticket online or at the festival for \$20 (I.D. required at the festival).

For more info: <u>DublinIrishFestival.org</u>, and follow the Festival on Facebook, Instagram, Twitter and YouTube. •



Iowa Irish Lest Qusust 4-6

Featuring seven Stages, Irish Cultural Area, ShamRock N' Run, High Nelly Bike Rally; Irish Dance, Music, Language & Culture Workshops; Whiskey Tasting; Celtic Vendors; Food & Drink; Family Fun & Learning Areas; Highland Games; Outdoor Catholic Mass on Sunday; Celtic Cruise Motorcycle Ride, and So Much More, in Downtown Waterloo. IowaIrishFest. com •



Lakewood arts restival αυζυςτ 6

Lakewood Arts Festival closes Detroit Avenue, between Belle to Arthur Avenues, to bring artists of all disciplines together, along with 15,000 collectors and art lovers. The juried festival hosts over 170 regional and national artists and makers displaying paintings, prints, photography, art glass, ceramics, jewelry, sculpture, fiber and more.

EAT ON THE STREET food court in front of the Lakewood Library on Detroit will offer a selection of the region's best food trucks.

Festival proceeds fund an annual scholarship for Lakewood seniors continuing to art school. After the Festival, the Board will present \$4,000 to the 2023 recipient. The event also funds grants for arts education and programming in the city. Recent awardees include H2O (Help to Others, middle-school students), The Barton Center (senior arts activities), The Beck Center for the Arts (Saturday programs) and Lakewood High School Art, Theater and Photography programs.

For more info: <u>lakewoodartsfest</u>. org. ●



16th annual lamestown Regional Celtic restival gathering or the Clans 4 highland Tames **αυτυςτ 25 - 26**

Friday's "Kick-off Party" features the "Tuatha Dea" from Gatlinburg, Tennessee, 6p.m. to 9:30p.m. Saturday is Festival Day: 9:00a.m. to 10:00p.m., w eight Pipe Bands, seven Celtic bands, 25 Clans, The Scottish Heavy Athlete competing in seven events, Kid's Area w mini-Kids Version Heavy Games, Scottish and Irish Dancers, retail vendors, great food at reasonable prices, and of course, a beer tent, w Guinness, Smethwick's & Bud Light on tap.

Saturday evening's Ceilidh is 6:00p.m. to 9:30p.m., featuring the Mudmen from Canada. Mayville Lakeside Park, Mayville, New York. Tickets: 96thhighlanders.com. •





21st kansas City IRISH Lest

September 1-3

Featuring: The Elders, Gaelic Storm. Red Hot Chilli Pipers. Screaming Orphans, Mundy, Shane Hennessy, Neil Byrne, Aoife Scott, Talisk, The Henry Girls, The Wee Heavies, the Nashville Celts, Carswell & Hope, Ashley Davis, Eddie Delahunt & Friends, Flannigan's Right Hook, St. Andrews Pipes & Drums, Mr. Stinky Feet aka Jim Cosgrove and many more

Plus: The All Irish Comedy Tour w Mick Thomas & Sean Finnerty (Friday & Saturday night). See kcirishfest.com for tickets and performers updates and follow us on Facebook and Instagram. See you at The Crown Center in downtown Kansas City! •



DICTSOURTH IRISh restival

September 8-10

Featuring: Gaelic Storm, The Screaming Orphans, RUNA, Enda Reilly, Eileen Ivers, The Brigideens, Ally the Piper, The Bow Tides, Bastard Bearded Irishman, Ryan Young, The Low Kings, Donnie Irish, and The Wild Geese, and more who will all be headlining acts on various evenings and stages. Coming back for the third time after being a smashing a success at the past two Festivals is The Real Irish Comedy Tour who will be performing on Friday and Saturday night of the Fest.

Returning this year, a fifth stage presented by Five Farms Irish Cream where visitors can watch both professional and amateur bakers and chefs demonstrate the process of cooking and baking some delightful treats, most of which will feature Five Farms!

Carrie Blast Furnaces National Historic Landmark, Tickets are now available now. The complete 2023 Festival line-up, band bios, photos, and ticketing links can be found at pghirishfest.org. •



♦ 8 - Pipe Bands

◆ Celtic Music

• 30 - Gathering of the Clans

• 30 - Scottish Heavy Athletes

→ 30 - Celtic & Craft Vendors

All Kinds of Great Food

Scottish & Irish Dancers

Old Fashion Fiddle Session

Kid's Area w/ Clan Hunt

Celtic & Craft Vendors

♦ Beer & Wine Garden

Ceilidh Friday evening Aug 25th



2 GINGERS IN

roudly Sponsors Both Celtic Bands 1118 E. 2nd Street, Jamestown, New York (716) 294-3192

Purchase Your Tickets online at: www.96thhighlanders.com/festival/Festival.html

> More information can be found at www.96thhighlanders.com

"SORRY NO PETS ALLOWED INSURANCE REASONS !!" Plenty of shade trees and tents to escape the Sun & Heat!!



"SATURDAY"

ALSO Performing Saturday: "TUATHA DEA" / "EMERALD ISLE" "CELTIC CREEK" / "STEP N TIME" "WATERHORSE" / "BALLINLOCH "THE FIDDLE SESSION"







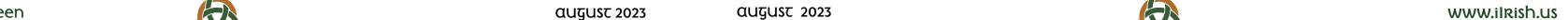












Festival Focus 2023



Michigan Irish music restival September 14-17

The Michigan Irish Music Festival, presented by Family Financial Credit Union, will return to Heritage Landing in Muskegon on Sept. 14 - 17th for four days of outstanding live music, culture,

Irish food, beverages, shopping, and entertainment.

Featuring: Seamus Kennedy, Socks in the Frying Pan, Doolin', Keenan. One for the Foxes. Tossers. Malinda, Moxie Strings, Tallymoore, Colm & Laura Keegan and more.

Look for exciting changes and new activities, continued improvements and a larger stage are on tap at the Grafton Street Area. Whiskey service on single-day tickets and four-day will be available at three main bars with craft cocktail options, and an expanded craft beer area.

MIMF will feature two cultural stages and the Irish Store and

Marketplace return for great "shopportunities." Wee Ones' activities will be available, as well as a variety of food and Irish fare Eileen Ivers, Sharon Shannon, Paddy in our Celtic Kitchen. On Sunday, Catholic mass will be held at 11 a.m.

> The festival will showcase over 25 musical acts on multiple covered stages, on the shores of Muskegon Lake in downtown Muskegon. MIMF is offering discounted pricing passes when purchased online. (Children 12 and under remain

Advance tickets and passes for the Michigan Irish Music Festival. Stay

tuned to the MIMF social media pages and website - michiganirish. org - for updates. •

Save the Date:

QTR. PAGE

VERTICAL

4.8125" WIDE

X 5" TALL

QTR. PAGE HORIZONTAL 9.75" WIDE X 2.5" TALL

Pipes 4 ales april 6, 2024

Fundraiser for the 96th Highlanders Pipe & Drums., with Step N Time, and Catch N Release. Chautaugua Suites Hotel & Expo Center. 96th Highlanders.com



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- 3 mo: \$825/ea ·1 mo: \$925/ea



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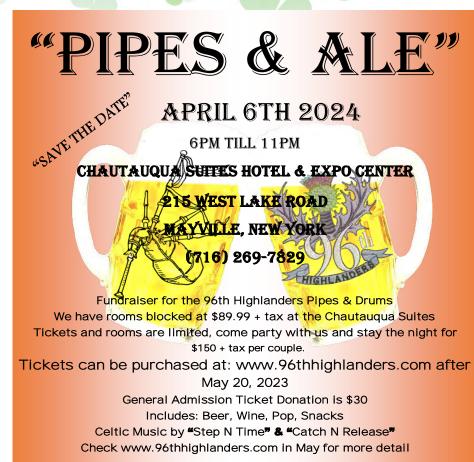
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august 2023





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QUGUST 2023

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A Trip Down Memory Lane

Tjust love how easy it is to dine Lout and try all kinds of foods and to be able to experiment with

so many unique and delicious ingredients in my recipes. Yet, if I had to pick one meal that I will always love; one that I never tire of eating and that I would not alter at

all from the way my mother made it when we were kids, it would be her Meatballs and Macaroni Salad.

My mom only made this meal in the summer and the ingredients and preparation are very simple and very tame compared to what is available today. She actually called the meatballs "porcupine balls," because she made them with cooked white rice instead of breadcrumbs.

This may make some of our readers cringe, but the macaroni salad is made with Miracle Whip. You have to be brave, trust me and give it a try.

Porcupine Meatballs

Ingredients Serves 6 2 lbs. 80/20 Ground Beef



2 cups White Rice cooked

- 2 tablespoons Coarse Kosher Salt 2 tablespoons Black Pepper 1 tablespoon Garlic Salt
- 2 eggs
- 2 tablespoons Worcestershire Sauce

Directions

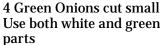
Mix all ingredients by hand in a large mixing bowl.

Form into football-shaped meatballs These are approximately 4 ounces each.

Place on a rimmed baking sheet and cook at 350* for approximately 30 minutes until cooked medium well.

Macaroni Salad

Ingredients Serves 6 1 box Macaroni Noodles 2 tablespoons Coarse Kosher Salt 1 ½ cups Miracle Whip Dressing 1 Cucumber peeled and diced



4 Celery Stalks diced small 1/3 cup White Granulated Sugar

2 tablespoons Salad Vinegar 2 tablespoons Garlic Salt l tablespoon Black Pepper

Directions

Prepare macaroni according to directions on box. Make sure to generously salt the water.

Drain pasta and run under cold water to stop the cooking process and to remove extra starch from the noodles.

Put pasta in large bowl and chill for 1 hour.

In a small bowl mix together Miracle Whip, vinegar. garlic salt, pepper, and sugar, stir until combined.

Add scallions, celery, and cucumbers to the macaroni. Toss with dressing and chill until ready

The porcupine balls can be served warm, room temperature, or even

Serve with the Macaroni Salad. Mom always garnished this with a few stalks of green onions and sliced tomatoes. Give it a try. •

Katie Gagne teaches English at Trinity High School in Garfield Heights. She is also the owner of her in-home bakery Sassy's Sweets and Oh So Much More. You can contact her at (440) 773-4459 or at mkbluebows@aol.com, or find her on Facebook at @sassyssweetsandmore.

To Read More to the Story, with more text, more pics and LARGER print, visit ilrish.us or:





"Bringing a bit of Ireland to the 5 points" 3600 west park rd, cleveland, ohio 5pointscafe.com







Sassy's Sweets

... and Oh So Much More Katie Gagne 440-773-4459





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Midwest Gaelic Athletic Association

I gCuimhne

Although I did not have the opportunity to play with him, Kevin McCluskey and many of the

St. Pat's players of the era had plenty of stories to share. Kevin was a great underage footballer for the club and always a supporter over the years.

Every encounter included laughs and smiles. Kevin will be missed, and we pass our condolences on to his family and friends. Ar dheas Dé go raibh a anam.

Midwest News

Picking up from last month, recorded scores start on June 17th. Roc City hosted their GAA day playing the Albany Rebels in football (falling by a point), smashing the Fenian hurlers, and the ladies tying the Buffalo. Also, in the north division of men's football on the weekend, the Fenians traveled into Syracuse to beat the Gaels.

The following weekend saw much travel, with simultaneous games in Akron, Cleveland, Detroit, and Buffalo. The Pucas took on the Saints first team and proved their rank as a reigning national champion, while the Saints second team held off the Celtic Guards; both games being in Akron.

The Buffalo Fenians hosted the Albany and Roc City. The Fenian men beat the Celtics while the Fenian ladies top the Flower City Gaels by three points. The Banshees strolled into Cleveland and won comfortably while the Pittsburgh men (Celtics) did the same to the hosting Na Fianna in Buffalo.

Rounding out the weekend was a match left unknown in Cincinnati versus Detroit in men's football referee match report not received. The Midwest clubs took a break in action for the celebration of British defeat at the hands of the colonists and allied nations of the Oneida, Tuscarora, Catawba, Stockbridge, Lenni Lenape, Chickasaw, Choctaw, Mohican, Mi'kmaq, Abenaki, Cheraw, Pedee, and Lumbee. Up the

On July 8th, it was Cleveland's turn for a GAA day. The Saints took the sweep, defeating Na Loachra, the Wolfe Tones, Roc City (LGF), and Akron. The Fenian men rounded out the weekend in Buffalo with a win over the Syracuse Gaels.

For July the 15th, Roc City Gaelic hosted their GAA day. The Roc's men beat the Syracuse Gaels in football and the Saints in hurling. Results of the Roc's ladies in unknown versus the Pittsburgh Banshees.

The Saints second siders also fell to the Albay Rebels in hurling, while the Rebels' footballer beat



the Fenians handedly. Results were not available for Na Fianna's trip to Detroit, but the hosting Pucas second side fell to the Celtic Guards of Akron.

Check out the table for fixture results to date. A few recent results are still awaiting official submission at the time of this writing.

Cleveland Hurling Wins

The Gentleman and Lady Saints headed out to Indianapolis for their annual hurling and camogie invitational. The camógs played hard but fell in the opener to the hosting Indy club by the score of 6-4 (22) to 7-10 (31). The ladies then went on to play Denver and notched their first win, decisively outscoring the Gaels 11-6 (39) to 2-6 (12).

On the men's side, Cleveland entered the junior bracket and faced St. Louis first. They downed Gateway City 2-12 (18) to 2-5 (11).

Next to fall was Indy, with the final tally of 7-18 (39) to 1-3 (6), setting up a final against Knoxville. Netting seven and knocking over twelve (total score 33) while Na Oglaigh (volunteers ... Tennessee

folk) could only put up 4-5 (17), Cleveland bought their ticket to the finals.

Meeting them there was the runner-up from pool play, St. Louis. A second crack was too much for the Gatewayers, and the Saints went on to claim their first major trophy in the revitalized era of Cleveland hurling. In the excitement of the win and the dousing of Coach Margida with ice, the final score was not recorded, but honestly, does it matter?

Comhghairdeas leis an uile dhuine. Author's note: the nicknames attributed to the opposing clubs are entirely fictional. although they carry historical and geographic significance in which the author's brother believes further consideration should be given. The opposing clubs can be referenced formally by the standard GAA or GAC without the confusing saints, martyrs, revolutionaries, or heroes.

Midwest Finals Cleveland

As you heard last month, the Cleveland GAA has been selected to host the Midwest GAA Finals over



the August 5th-6th weekend. We will be back to the Barton-Bradley Fields in North Olmsted, site of the 2013 **USGAA** Finals.

Joining the Midwest competition this year will be CLG Acla (Achill GAA) to take on the intermediate squad of the Pittsburgh Celtics – the showcase game on Saturday. The Achill lads will also be accompanied by several members of the pipe band, who will join forces with their counterparts of the WSIA to parade the teams and entertain fans.

The weekend will have a festivallike atmosphere, with food and beverage trucks, traditional music from the best players between the Atlantic and the Mississippi, sports, youth games (Saturday), the pipe bands, hurling, camogie, Gaelic football, and fine Irish culture. The weekend is fast approaching – if you are interested in volunteering, advertising, or sponsoring, please reach out (contact info below).

You will be among friends you haven't yet met. To see the full schedule visit ClevelandGAA. com and select the Midwest Fest tab. *Listen – the GAA is real Irish* culture (no plastics) here in North Olmsted Ohio. You won't want to miss it.

Go raibh míle maith agaibh

Thanks y'all, to our readers and supporters. We need your help and involvement but would most like to share the fun of Irish sport and Cleveland community with you. Consider getting involved at any level. Fáilte (welcome) to all.

The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home for the Irish abroad here in the US of

august 2023

A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2022 activities for Men, Women, and Youth, or visit ClevelandGAA.com. Email ClevelandGAA@gmail.com.

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and emigrant of Michigan. He joined the St. Pat's Gaelic Football Club in 1999 and. with much help, is the current caretaker of the Cleveland GAA.

v Roc City Gaelia imcinnati GAA otball South uffalo NaFiann cron Celtic Guar uffalo Na Fian thall North Roc City Gaelic lbany Rebels (D Cleveland SPSJ His Irish is a cross of dialects from Construction Management at

the University of Cincinnati and An Cheathrú Rua. With his wife, Michelle, he enjoys watching time absolutely fly by as their three children grow. His other hustles are coaching CYO basketball at St. Mary of Berea, coaching soccer in Olmsted TWP, teaching

CWRU, and laying down some engineering skills on local water/ wastewater projects.

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2003-2023

SATURDAY, OCTOBER 28, 2023 AT THE WEST SIDE IRISH AMERICAN CLUB

FOR FURTHER INFORMATION CONTACT:

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Machnamh na Bliana

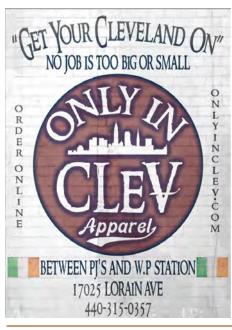
My Yearly Review

Comebody once told me that I was an incredibly lucky woman, and as I enter my 18th year as an Irish instructor at the University of Pittsburgh, I genuinely

believe it. I left Ireland for Pittsburgh in July 2001 for a quick holiday to visit my brother. I had secured an 18-month visa, just in case. 22 years later, I

am a wife, mother, a US citizen and a full-time faculty member at the University of Pittsburgh.

It is rare today nowadays to say you enjoy your job. But I do. Of course, we've those moments where a lounge chair on Clearwater Beach does sound amazing, but daily I am truly humbled by these students of mine - my small Irish language community. Daily i get to connect to Ireland, to my native language and have an opportunity to share mo





ghrá (my love) with others.

I work at the University of Pittsburgh in the Less Commonly Taught Language Center. We offer 14 languages for credit, allowing students access to a myriad of unique cultures, conventions and worldviews, languages from Amharic to Persian, from Swahili to Vietnamese.

Our semester runs from September until April, where I offer beginner classes of Irish at level 1 through to Level 7. These are 4-credit classes and predominantly small classes, where I can give them an opportunity to speak Irish with each other on a daily basis.

A student can take three years of the Irish language here with me and receive a Minor in Irish studies. For all of us here, this is really our only exposure to speaking the language.

Taylor Swift

For that, they grow close and share a lot about their lives. We had quite the moment supporting one student this semester as she diligently waited online during class for Taylor Swift tickets - it led to great vocabulary and chats about Taylor and her life as Gaeilge (in Irish)!!

In Irish there is a proverb that states, "Is beatha teanga í a labhairt," speaking a language gives it life, and this is very prominent in my classes. These students amaze me going from deer in headlights day one when I start my introduction, to suddenly being

awarded a 4-week scholarship to the Irish Gaeltacht after one year of learning.

At the end of every year, we submitted a portfolio of our year in teaching and every year I am astounded by all I need to submit regarding the development of my program and these students of mine, including:

A student who was awarded a scholarship to study archelogy in Ferns, Co. Wexford this summer.

A student in her first year at the University was awarded a yearlong FLAS (foreign language and area studies grant - full tuition break for the year.

A student searching out an Irish language 4-week summer program through FULBRIGHT was granted that funding to apply and attend.

A student who is studying to get her TCRG - Teagascóir Coimisiún le Rincí Gaelacha - to become a step dance Irish teacher in Ireland.

A student who took their spring break to return to Ireland after spending Summer 2022 there studying in the Gaeltacht; he brought with him two friends who'd never been there before.

An older student, part of the OSHER program here at the University, returned to my class for the third year together. This OSHER program allows anyone over the age of fifty to join classes throughout the University.

A past student who lives now in Ireland, met the Irish Taoiseach, and writes for GCN (Gay

Community News), completed their Masters in Irish Literature and Culture at UCD. Not to mention, he is also newly happily married to an Irish man he found at home!

We have Tommy Tiernan fans, Ardal O Hanlon Fans, Dermot Kennedy fans, Ed Sheeran fans (we will lay claim to him being part Irish) and many other influencers from Ireland that we discuss in our classes daily and wish longingly to

Their teacher, who decided to undertake a yearlong intensive Irish writing course in Irish through NUIM (National University of Maynooth in Ireland) and passed with excellence.

The number of people who indicated that they could speak Irish rose by 6% in the space of six years, the 2022 Census from Ireland has found. In all, 1.8 million people said they could speak the language, with over half a million saying they speak Irish daily within the education system.

This brings hope, encouragement, and enthusiasm to us learning from afar and I only hope that this number will continue to rise. Irish language is being introduced to everyday life through social media, restaurants displaying menus in Irish, and people reviewing games/ concerts/ fashion through Irish, proud to speak their official language at home.

These students encourage me just as much as I support them. What can't these students do? I think of all the places they will go. I look forward to next year. But for the summer, I will count my blessings, and hopefully get on that lounge chair on Clearwater Beach.

Marie Young is a native of Dublin, moving to Pittsburgh in 2001. She currently works as the Irish language instructor for The LCTL Department at the University of Pittsburgh and is married to fellow Irishman John. They have three children, Jack (23) Ronan (15) and Tiernan (9).

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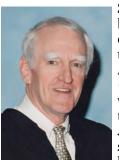
sare home



Gerald Francis Sweeney

August 28, 1931 – March 31, 2023

The Honorable Gerald Francis



Sweeney, age 93, beloved husband of 60 years to the late Bride Ann Sweeney (nee Gallagher), went home to Heaven on June 27, 2023, surrounded by his family.

Loving father of Kathleen, Patricia (Paul McGuire), Michael (Melissa), Maureen Sweeney-Loftus (Greg), Martin (Kate, deceased), Mary Frances Monroe (James) and Bride Seifert (Jason). Much loved grandfather of Conor (Isabel), Patrick (Victoria), Regan (Sabrina), Colin, Ryan, Maureen, Kathleen, Molly (Brennan Pehotsky), Bride, Samantha, Margaret, Megan (Colin), Riley (Joe), and Joseph. Great-grandfather of Miguel, Alejandro, Ana Maria, Santiago, Sophia, Sloane, Teagan, and Charlotte; beloved son of the late Flornell (nee Burke) and Michael Sweeney; beloved brother of the late Patricia McKinnon (Roy, deceased). Dear brother-in-law of Margaret Lang (Dr. Tom Lang), and the late Martin Gallagher (Inga), Sr. Mary Gallagher, CSJ, and John P. Gallagher. Loving uncle and friend of many. Judge Sweeney attended daily Mass and had a strong devotion to the Blessed Mother.

Gerald Francis Sweeney proudly served his country during the Korean conflict. He began his distinguished legal career as an attorney for the City of Cleveland, acting as the liaison to the business community. He was then appointed Commissioner of Redevelopment in the Urban Renewal Department and later served as an assistant to Mayor Ralph Locher. He then transitioned to a successful legal career in banking, first at Union

Commerce Bank and then spent 20 years at Cleveland Trust Ameritrust as a Public Funds Officer and as the Vice President for Governmental Affairs.

Gerald Francis Sweeney served with distinction as a judge of the **Cleveland Municipal Court from** 1995-1999 and then as a visiting judge in many local municipalities for 10 years. Judge Sweeney had a deep commitment to the citizens of Cleveland, serving on the Cleveland Civil Service Commission and as Vice President of the Cleveland Board of Education. He was a strong supporter of his beloved Alma Mater Saint Ignatius High School and a proud graduate of Baldwin-Wallace College and Cleveland-Marshall School of Law.

Kevin Joseph McCluskey

April 3, 1969 – July 11, 2023)

was the beloved son of Joe "Josie"

(dec.) and Mary (née Hastings)

Maureen McCluskey, and Katie

Philion, Sean, Cara and Meghan

O'Donnell; nephew of Tom, Frank,

and Norine Hastings, and the late

Frank and James McCluskey, and

Margaret Balsitis; grandson of the

Joseph and Elizabeth McCluskey; a

late Thomas and Nora Hastings,

Kevin graduated from Euclid

High School, served in the United

wonderful friend to many.

McCluskey (Michael Crawley):

uncle of Andrew and Patrick

A lifelong resident of Euclid, Kevin

Safe home Dad. Obituary courtesy of Chamber's Funeral Homes. •

McCluskey:

Philion

Tricia

O'Donnel

(Patrick),

brother of Mary

Leonard (Bud.

dec.), Christine

(Christopher),

Tom McCluskey,

Acadia and was employed by Cometic Gasket. He served in the Gulf War and was a former member high school and was a member of St. Christine's Church in Euclid prior to Diocese consolidation. A proud Irishman, he was a member of both the Irish American Club East Side and the West Side Irish

American Club. Former president of the IACES, and past president of The Ancient Order of Hibernians (Bluestone Division). Kevin was elected member of the year by the IACES in 2008 and was a highly dedicated volunteer at the Irish Clubs, Festivals, United Irish Societies of greater Cleveland's St. Patrick's Day Parade Committee, The Cleveland Feis, as well as a multitude of other organizations.

Kevin was a member of the St.

Pat's Gaelic Football club, played several sports in grade school and of the Masterson School of Irish Dance.

Kevin will be remembered by many as everyone's best friend. a man who could light up any room with his beautiful smile and infectious laugh. He was truly larger than life and did countless things for others. A generous soul who served his country. his community and loyal friends. •

Obituary courtesy of DeJohn-Flynn-Mylott Funeral Home

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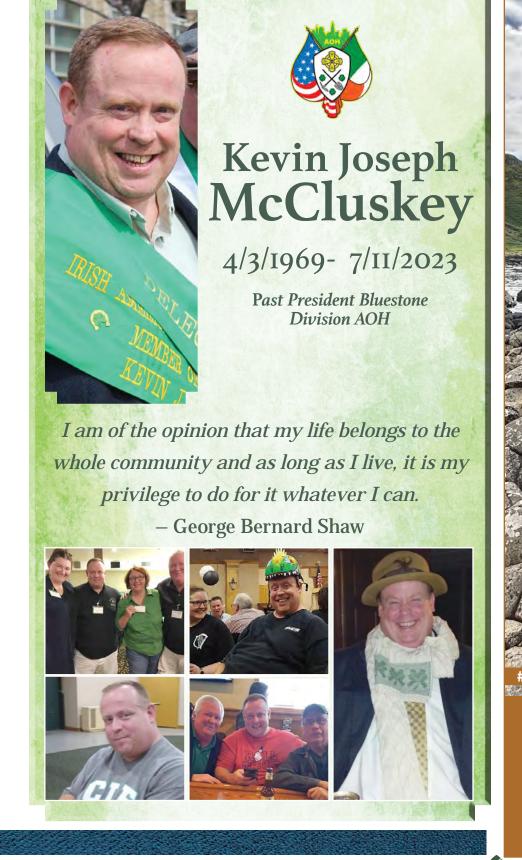
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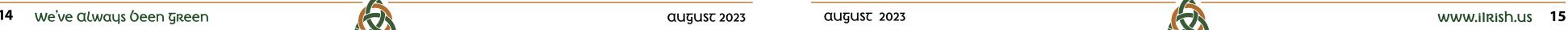


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Working for a Living

n a post pandemic road trip a few years ago, my husband and I found ourselves in a concrete sprawl desert. We plodded down

a four-lane road, past one shuttered chain restaurant after another, until we finally found a Denny's. Opening the door, we saw a

restaurant hero, a singular young man slinging menus, eggs, coffee pots and checks, a restaurant hero trying to be it all.

He could only handle a few tables

at a time. And this was Denny's, the always open American diner institution. We didn't end up staying, but that was a sign of things to come. People en mass were saying take this job and, well you know the rest ... and meaning it.

Work from Home

Work is not the same and probably never will be, it is always changing. Part of the pandemic fallout is the fundamental changes in the workplace. Closures due to lack of staff are still happening, maybe not as much, but they still are. The neighbors that we used to see pulling out of the driveway are now visible through the blue computer glow seeping from their windows.

More and more people are asking the existential question "Why am I doing this?" And if they don't have a good answer, they are gone. My day job, education, is not exempt.

Every day, there are classrooms staffed with substitutes who have been working there for months. Young teachers are walking out in numbers that I have not seen before. And teaching is more than

a job, it is a profession. It is, at its best, a vocation, caring about the next generation. If you can't find meaning in that, then what?

Is our work ethic different? I thought about the Irish work ethic. The Irish brand is all about hard work. Hard work is how they found their place in the world after the Famine cast them around the world.

Once, while driving down a road, my brother-in-law said, "Look over there, see them four fellows? One of them is working while the other ones are leaning on their shovels talkin'. You always see that." It is truer more often than not. Maybe the country changed too. Ireland is after all, part of the EU.

Yes, that European Union, the one that has the double-digit holiday time, long lunches, extended family leave etc. It is hard to decide whether to be pea-green with envy at it all or wonder how anything gets done there.

But the EU lifestyle is more of a big city phenomenon. The rural part of the country remains tied to the ups and downs of farming. You can't tell Daisy that she must calve between one and three so you can have your tea. OK. try. but she won't care at all.

While city workers get some of the EU perks, it is probably not fair to paint them with the EU brush regarding work ethic. The Irish

brand is alive and well there too.

That brand, along with some generous tax incentives, has compelled many international pharmaceutical and tech companies to move to Ireland. Irish employees have a reputation for intelligence, conscientiousness and commitment.

In the rural areas, farming places the same demands on the farmer as it does anywhere else in the world. You won't see the massive green John Deere tractors spraying hundreds of acres with pesticides in Ireland.

Organic Ireland

The Irish were organic and small before it was cool. The cleaner simpler processes result in now international brands like Kerrygold butter, which are increasingly sought after in a world that has become skeptical about agricultural science.

One other difference is the snobbishness in this country about work. The push toward college has resulted not only in a lot of student debt, but also in many of the skilled trades having workers with an average age of sixty. I hope that AI can hang a light.

The culture of Ireland is much less snobbish about professions. They realize that every job has value. Sitting with my sons, I heard their grandfather say to them, "Get your profession first and learn it

well. Don't worry about girls or getting married till then. Be as good as you can at what you do."

The key is not so much in what you do but how you do it. Sure, many students want to go to college, but if they choose a trade, they are well-trained at it. There are regional schools that have programs that provide years of training, depending on the trade. Class time and apprenticeships ensure that students know what they are doing once they enter the job market.

When a head of hair is cut, or sink is installed or a calf is delivered, it is neighbor helping neighbor. So, be good at what you do. Work hard, be dedicated, know your stuff and treat people fairly, that is the expectation. To defy that in a country as small and social as Ireland will cost you dearly.

Irish Cooking Shows

As much as we don't like work sometimes, it also defines a part of who we are. The TV show with all the buzz right now is the frenetic restaurant drama, "The Bear." Cooking has been very popular the last few years. It is something that only people can do well, it is simple, and who doesn't value a well-prepared meal?

As I went out on errands yesterday, I was struck by the kind simplicity of the human touch; the lady who adjusted my glasses, the other young lady who trimmed my bangs, the man in the bookstore who gave me a tote bag and the lady at Macy's who made sure that I got the best price possible. All without charge, just a display of skill and humanity. It is part of who they are. •

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. She is a student of everything Irish, primarily Gaeilge, and runs a Gaeilge study group through the AOH/Mark Heffernan Division. She can be contacted at olisa07@icloud.com.

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On this day in Irish history

BY TERRENCE J. KENNEALLY

1 August 1915 - Patrick Pearse gave he graveside oration at the funeral of prominent Irish Republican Brotherhood (IRB) member Jeremiah O'Donovan Rossa in Glasnevin Cemetery, Dublin.

9 August 1971 - Brian Faulkner, the last Prime Minister of Northern Ireland, announced that he would be exercising the powers of detention and internmentimprisonment without trial.

15 August 1998 - On August 15, 1998, a bomb planted by the Real IRA exploded in Omagh, County Tyrone, killing 29 people, one of whom was seven months pregnant

17 August 1882 - Five members of the Joyce family were murdered in Maamtrasna, on the Galway-Mayo border: a grandmother (aged 80), a father, mother, son, and daughter. Eight men were arrested for the killings, all from the Irish-speaking region of Connacht. Three were eventually hanged.

18 August 1994 - Martin Cahill, the career criminal known as the General, was shot dead in Ranelagh

21 August 1979 - An apparition, allegedly appeared in Knock, Co. Mayo, consisting of Mary, St. Joseph, St. John the Evangelist and a lamb standing on an altar before a cross.

22 August 1922 - Michael Collins was killed in an ambush at Beal n mBlath, County Cork.

23 August 1170 - Anglo-Norman knight Richard de Clare, known also as Strongbow, lands in Waterford.

25 August 1803 - Robert Emmet was arrested for his part in the rebellion that took place a month earlier. Emmet's status as a hero was the speech he gave from the dock on 19 September 1803, after he was found guilty of high treason.

27 August 1979 - Lord Louis Mountbatten was assassinated when a bomb planted by the Provisional IRA was detonated on his boat in Mullaghmore, Co. Sligo. He was 79.

MILESTONE & SWEET SNAPS



Congratulations to Dan and Marie Murray, who welcomed **Lily Ann Murray** on July 1st.

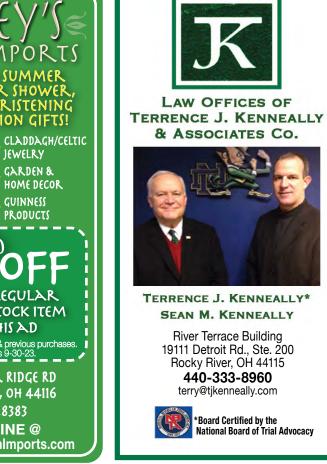


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We've always been green





Wolfhounds, Knees and Nurses

Part One: Wolfhounds

If you're a regular reader of this column, you're aware that Mary and I love animals. We share All that behavior changes somewhere around eighteen or nineteen months and they



our home with three cats, our little terrier Doolin, and our three Irish Wolfhounds.
Draoi is our youngest, eight months as I write this, but already

120lbs. or so (he was featured on the cover of the April issue of IIrish).

A large dog by most standards, but with the brain and behavior of any eight month old puppy. Exuberant is one word that jumps to mind, he goes from one thing to the next whenever he's awake. Aisling is a favorite target, he's

learned that if he antagonizes her long enough she usually responds and the "roughhousing" begins.

When that ends, he's off to chase a cat or steal something to chew on, even though our house is littered with "indestructible" chew toys that we replace every two weeks or so after he makes a mockery of the manufacturers' claims. I won't go into detail about the firewood incident!

None of this is behavior we haven't experienced before. Cian, who was an incredible wolfhound, chewed a hole in the middle of the living room floor carpeting. Morrighan destroyed the molding around the kitchen door from the floor to about five foot up.

All that behavior changes somewhere around eighteen or nineteen months and they become the "gentle giants" that most people are familiar with. Cian became one of the greatest ambassadors of his breed. He was always aware of his size and would become even more gentle around special needs children or anyone with a disability.

He loved the festivals and parades and thrived on all the attention he used to get even on our walks. We still miss him dearly.

Rían, my big 200 lb. male, is just over three years old and has many of those same traits. Aisling, was just turning the corner into



adulthood until Draoi entered the household and she did an about face and chose to be a wild child like her new little brother for a while longer.

Our evenings and weekends revolve around the dogs, two mile walks are the norm and happen daily, along with play time in the yard, followed by a popsicle; Rían and Draoi are partial to cherry. Any wolfhound owner can tell you a story about accidental injuries they've endured from our heart hounds. Having your foot stepped on or getting whacked by a paw from someone looking for attention are common.

Rían will get me with a powerful

head butt in a sensitive part of my anatomy when he wants his ears rubbed, and I've joked with Mary that if she ever has to go to the doctor's, I'll be arrested because of the bruises she usually has on her legs from Aisling's tail.

Which, by the way, has also broken a lamp and most of the control knobs on our stove. I'm not complaining though, it's a small price to pay and we always remember they soon out grow it.

Part Two: Boom!

The second part of my story took place the Wednesday before Memorial Day weekend. I was in the yard with all of the dogs, little Doolin was on chipmunk patrol.

Six years and he still hasn't caught one. The high pitched scream that comes out of him when he spots one across the yard gives his elusive adversary ample time to make it's escape.

Anyway, the hounds were at their favorite game of chase, a clockwise circuit of the yard, around the trees on the east side of the house and along the fence on the west side. Rían will usually run a lap or two, but then will wait in ambush behind a tree or table for the other two to come around again.

Rí was behind me, over my left shoulder as Aisling ran by my left side at top speed, with Draoi in hot pursuit. When she went by, I glanced over my shoulder to see if Rían was going to pounce on her, and the next thing I knew, I was on the ground.

Draoi had been focused on catching his big sister and slammed directly into my right knee. I got up cursing in some distant, long forgotten language. I thought I might have dislocated my ankle since that was where the pain seemed to be coming from.

Mary packed my ankle in ice and we watched television for a couple of hours before bed. The pain intensified during the night and by morning I couldn't put any weight at all on that leg.

A trip to the emergency room and an x-ray showed I had a compression fracture of the tibial plateau and was referred to an orthopedic surgeon. He sent me for a CAT scan and determined I had seven fractures and advised corrective surgery. Yea!

Part Three: Surgery and Recovery

The surgery was performed the following Friday at Southwest Hospital and all went well. I was out of recovery and in my room by 5PM, with some new hardware in my knee; I was looking forward to going home in the morning.

Now, after forty-six years, I never sleep well when Mary isn't by my side, and that night was no exception. I had decided against any pain medication aside from Tylenol, so I was very much aware of the work that was performed on my leg.

Around 7pm the shifts changed, and Jenna came into my room to introduce herself, take my vitals and to see if I needed anything. She told me my nurse Nikki would be in shortly to check on me.

Nikki came in soon after and we talked about large dogs as she changed my IV. Someone had written on my chart that my injury was the result of a collision with a large Irish dog.

Nikki has a Great Dane and a large labradoodle, we chatted awhile about our pet families and then she left to attend to other patients. Both young women checked on me throughout the night. On one visit I asked if their twelve hour shifts were the norm, Nikki replied they were but it allowed her to work a four day week and wasn't really that bad.

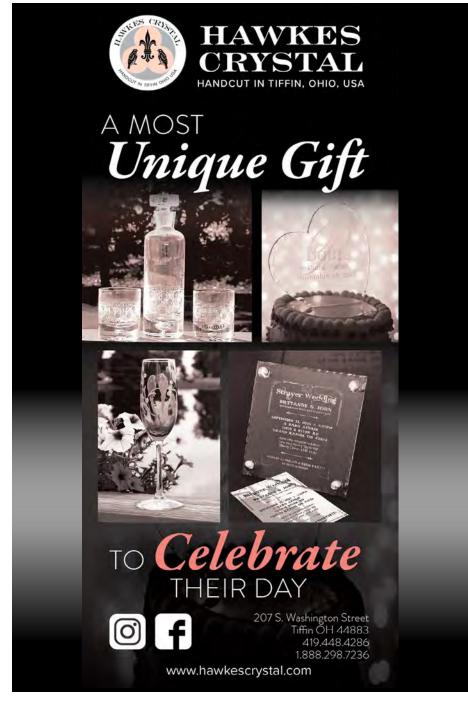
Thank You!

As I lay there reading throughout the night, I could hear a couple of other patients that were having a bit of a rough night, and I could not help but think of the job that Jenna and Nikki are tasked with everytime they come to work. I was reminded that night that medical training alone does not make a nurse. Compassion and empathy are just as important to someone who is frightened or in pain. So to Nikki and Jenna and everyone else that is there for us in times of need, I am grateful, and thank you all.

I would also like to thank our friend, Wizard (Loren Nauth) of www.LakehousePhoto.net for the photo! •

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland class held every Tuesday at PJ McItyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rían, Aisling and Draoi, and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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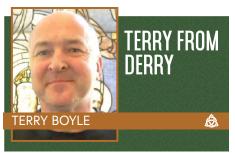
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We've Always been Green august 2023 august 2023



The Myth of Identity

• ↑ re you Irish?' I am asked Athis question all the time. It should not surprise me. My accent is a dead giveaway.

13 YEARS

I suppose that matters could be worse. People still think of me as Scottish, Australian, and

of mistaken identity, I see myself as

However, officially (since my hometown. Derry is still part of the United Kingdom), I am also British. If that is not confusing enough, I am an American citizen. So, it is no wonder that I am a little confused about who I am.

I have never known definitively who I am. This lack of definitiveness, especially when it comes to identity, has always been a feature of my life.

Growing up during the Northern Irish Troubles, you know how important identity is. From the advent of Civil Rights in 1968 to the present day, Northern Irish people have always defined themselves as either Protestant or Catholic. No other identity exists between these two polarized viewpoints.

To illustrate my point, there God forbid, English. Yet, is a funny story Northern Irish even with all these cases people enjoy telling. A Jewish man,

walking down a street in Belfast, is accosted by a group of young men.

The young men question him. asking him whether he is a Catholic or a Protestant. Confused, the man replies, 'Neither, I'm Jewish.' To

which they respond, 'Well, are you a Catholic Jew or a Protestant Jew?'

Being a Catholic during the Troubles meant you were the underdog, the victimized minority, for whom opportunities for improvement were limited. However, when the balance of power began to shift, during the latter part of the conflict, new openings emerged, and I became the first of my family to attend university.

Entering the academic world brought the question of identity again to the forefront of my mind. For one thing, academia changed me in ways I could not have predicted. My worldview began to expand beyond the city of Derry and its preoccupation with Northern Irish politics. My new understanding challenged me to question all my previous assumptions about life, and I soon began to shed some of the cherished preconceptions I had grown up with. Abandoning some of these formative beliefs was not easy, and inevitably my departure from these ideas made it harder for me to fit back into where I came from.

Irish Immigrant

After earning a PhD in Literature, I began to teach. Teaching at the University level was something that I loved, so when I was offered a teaching position at Loyola University, Chicago, I jumped at the chance to live abroad.

For sixteen years, until my retirement, I enjoyed my new identity as an Irish immigrant. I still remember being on a panel of creative writers in Chicago. There were writers from Ireland and those who were American Irish. It was quite eye-opening for me to hear their different voices and

different perspectives.

Angels &

Empty Pages

Terry Boyle

The Irish writers sounded almost world-weary about their experiences of the homeland, whereas the American Irish had a

> more positive attitude towards Ireland. It would be wrong to claim that one perspective was better than the other, when in fact, they were simply different.

If I were still living in Derry. I would have thought the American-Irish viewpoint naïve, even sentimental, but since coming to the United States, the

Irish community has taught me a lot about the need to belong. When you feel somewhat culturally disorientated, as I did when I first arrived in the U.S., it's easy to feel a strong sense of identity.

This country is so vast, and the population size is hundreds of times more than Ireland. While people may claim to be American, they also need something else to identify with, something smaller and more tangible than a melting pot of ethnicities.

And, whereas it's easy to be critical of the homeland if you're living there, it's not so easy when you're craving to bond with that country your ancestors have come from. We tend to idealize the place of origin, it can be seen as the devil or the angel, depending on our experience.

Again, the desire to be definitive tends to be more about nostalgia than accepting the contradictions of our human nature. We're never simply one thing.

It's fine to celebrate these different things that we are. We don't have to harmonize them into any singular thing. All of our experiences reveal a different side to who we are.

Irish Roots

We all want to belong. We want the world to know what tribe we are from and who we identify with. I'll

QUGUST 2023

say it again; the truth is we are never really one thing. There are many tribes we can belong to without excluding others.

As we live and grow, circumstances change us all the time. The person we were ten years ago is different to who we are now. By welcoming life, we welcome change.

Most of us at times wonder who we are and what we are becoming. And, by affirming those experiences that change who we are today, we are liable to find the question of identity even more perplexing.

When we try to force ourselves to be something concrete and definitive, we lose some of the more interesting things about who we are. The contradictions, or complications that come from wanting to fit in and our inability to feel completely at home is quite common.

Most people don't own up to it. They give the impression of apparent ease with being a part of the tribe, but scratch the surface, and you soon find it's not what it appears to be.

It's only when we accept that we're never going to be completely accepted into any group of people we realize that it's quite natural to feel that way. Life is never simple and it's this lack of simplicity that makes it much more interesting.

Believe it or not, expressing these diverse experiences makes you more desirable to the group you want to belong to. Your unique perspective will enrich the group's ethos. And, when you relax and accept the person that you are, others are drawn to your bravery and confidence. It allows others the space to express their own doubts and fears without feeling as though they have to compromise who they are to be a part of the group. •

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15th-17th Michigan Irish Music Fest

QUGUST 2023

#Shenanigans October Issue of ilrish

West Side Irish American Club (WSIA) Monthly Meeting

1st day of Autumn Clannad @KentStage

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Irish Radio

WEDNESDAY

1:30pm-3pm: Dianne Byrnes WEDO 810 AM and simulcast on Sundays 12:30 - 2:00 pm Pittsburgh

SATURDAY

2pm-4pm: Sweeney Astray WRUW-FM 91.1 Cleveland

4:00 - 6:00 Toss the Feathers **WCBE FM 90.5 Columbus**

SUNDAY

10am-12pm: Gerry Quinn's Irish Hours WHK-AM 1420 w/ Colleen Corrigan Day & Eddie Fitzpatrick Cleveland

7:00 - 8:00 Thistle & Shamrock WGT FM 91.3 Toledo

5:00 - 6:00 The Hooley Hour WHK AM 1420 Cleveland



Posted every second Friday @ iIRISH.us and archived forever!









A Beer in the Bush

"Down at the Pub, I suppose..."

↑ Tothing represents my Irish experience better than an evening at The Old Bag of Nails Pub in Westerville, northeast of Columbus (2 o'clock as you round the outer belt). For more than a score of years, a group Shamrock Club members met around 4:00 p.m. to take advantage of open seats, cheap beers, and a picture window facing the street.

The likes of Haggard (the Horrible), O'Connor (Squire), Bolton





(Master of the Irish Goodbye), and Brady (Himself), would sit in that window and tell stories, crack jokes, and discuss current events, seemingly unaware that they repeated the same stories and jokes they told last week. I called them my Irish Grandfathers.

They were aware of the repetition. I don't think they wanted to disappoint anyone who had not heard the stories before.

The craic started before I hit the door. From across the street, you could see them waving and motioning to a helpless motorist trying to parallel park in front of the pub. Like the hard to please Russian judges, they would hold up handmade paper signs to score the motorists on their parking skills.

Then, someone would spot me as crossed the street. My smile would broaden, and I would struggle to have something witty to say as I arrived. Too late.

As I walked through the door, O'Connor would have me by the arm directing me to the nearest bar stool. "Have a seat, that's what chairs are for!" And off he went to get me a cold Guinness.

When things settled, and the creamy pint reached my hand, I would doff my cap and announce loudly, "God bless all in this house. To which O'Connor would respond, wipe your muddy boots."

Ouiet Man

These lines may seem familiar. It is because they are all lines from "The Quiet Man." Selected verses became the outline for our banter

for the rest of the evenings. Threats of being put in someone's book with a line through one's name, offers of butter milk to those with empty glasses., and in between, pun after pun after pun.

Around the circle we would go with stories. Many we knew by heart. "Did you know Brady caddied for Ducky Medwick," we would ask newcomers? This prompted several stories, including how St. Louis baseball player Joe "Ducky" Medwick was the only man to be thrown out of a World Series game before it started.

Then Brady, Morey Joseph Brady to be precise, would tell us how the nuns at the Christian Brothers school would only use his full name because "Morey" was not a Christian name (it was his mother's family name). This led to more stories about how Brady joined the Hibernians in St. Louis because they sponsored his soccer team, and he has been a member ever since (close to 70 years).

At some point, once all the regulars arrived, O'Connor would stand and raise his glass. It was time for a toast. He began, "Down at the pub, I suppose..." And the group joined in, "...in front of all those big ears. With pints in their fists, and pipes in their mouths. You may have the land, Mr. Thornton, for six hundred pounds."

Again, not very original, but it was followed by a blessing upon those who had left the group for their heavenly home. "God bless, Dick Bolton, John Murphy, and Judge O'Connor."

As the years have rolled, the list has grown to include Squire O'Connor. One day hopefully there will be others telling the same stories and toasting the rest of us, down at the pub.

Around Columbus

Rich Finn, member of the Shamrock Club and Ancient Order of Hibernians, retired as Director of Diocesan Cemeteries after 42 years of service to many grateful families.

Bruce McPherson, President of the Patrick Pearse Division, was elected State Vice-President of the AOH, and Greg Brown the State Treasurer.

The Greater Columbus Irish **Cultural Foundation hosted the** first Midwest Irish Road Bowling



Championship. The event featured team events (4 bowlers) and singles competitions. The event was put on with the assistance of our friends from the West Virginia Irish Road Bowling Association. If you have not seen Irish Road Bowling, look it up on YouTube and join us for the October 28th event at Deer Creek State Park, south of Columbus.

The Shamrock Club hosted their annual golf outing on July 28 at Westchester Golf Course. Members belonging to the same clan competed for the most coveted award in all of golf, The Beer in the Bush Award. The trophy was created after doing beautification of the club grounds, when a bush had grown around a discarded beer bottle, which created a one-of-akind prize.

It has become the most coveted award in all of golf ever since. As of this writing, the winning family was yet to be crowned.

If you are in town for the Dublin Irish Festival, or just passing through Central Ohio, look up one of our organizations. There is always something going on, and there are no strangers. I hope to see you (down at the pub, I suppose!). •

Andrew is a transplant to Columbus after graduating from The Ohio State University with a Major in History and Minor in Political Science and Folklore. He is a past president of the Shamrock Club and a lover of a good story and a pint. You can contact him at drushu@aol.com.

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Ohio Hibernian State Convention

Tibernians from across Ohio met in Cincinnati on the last weekend of June. The business of our respected orders was conducted by AOH State President

6 YEARS

and LAOH Teresa Harris. This was a historic gathering, since both National Presidents were in attendance and

honored to call Ohio their home. In addition, for the first time in our history, a brother and sister were elected to lead our Orders for the next two years.

Congratulations to Bob and Teresa for all their dedication and commitment to the Ohio Hibernians. We look forward to working with AOH State President **Denny Parks and LAOH State** President Nicky Parks Norris.

Ohio was honored to also have Rose Conway Walsh TD from Mayo in attendance. She addressed the Freedom for All Ireland Committee Meeting of the LAOH. The LAOH shared with her our recently published book: Trasna na dTonnta - Across the Waves Women's Reflection on the Good Friday Agreement, featuring women on both sides of the Atlantic that were advocates for peace and social justice issues in the North of Ireland. This was a collaborative project with Relatives for Justice.

She also addressed the AOH at their meeting and was the featured speaker at the dinner. Friends of Sinn Fein also recorded a Conversation between Rose and **AOH National President Danny** O'Connell.

Rose Conway Walsh has visited



Cleveland, Ohio on many occasions; it was great to be able to speak with her. I shared with her the Statement on Legacy that the LAOH recently issued. She immediately requested that the statement be shared with the Oreachtas Committee on the Good Friday Agreement. The statement:

"The Ladies Ancient Order of Hibernians, Inc. joins with victim's groups, international human rights groups, and all parties on the island of Ireland in opposition to the Northern Ireland Legacy Justice Bill. This bill, which was pushed forward without regard for human rights or victims' rights, will close the door on inquests and other mechanisms of justice for victims and survivors and grant amnesty for those accused of killing or seriously injuring victims.

We stand firmly with victims and survivors who are patiently awaiting coroner inquests, ombudsman investigations and other legal avenues to uncover the truth. The **Good Friday Agreement asserts** their right to seek justice, and the **Stormont House Agreement set** forth those steps to get the truth.

This bill effectively removes all rights and access to justice for victims, further victimizing survivors while exonerating those responsible for the crimes. Micheál Martin, Ireland's Tánaiste and Minister for Foreign Affairs and Defense stated. "We have fundamental concerns about the legislation currently before parliament. We don't believe it is compliant with the European Convention on Human Rights.



"We applaud the position of the Irish Government as they stand beside these families in opposition, and we take solace in knowing that should the legislation pass; Ireland can bring a case to the European Court of Human Rights. We call on the British government to listen to those opposed to this bill, the human rights groups, civic leaders and most importantly, the victims and survivors who were affected from all sides of the conflict who have called for the legislation to be scrapped."

As I write this column during the week that we celebrate our country's retired from Nursing at University independence, I am hopeful that during my lifetime we will see a United Ireland. In conclusion, I would ask all our readers no matter what religion to join the LAOH in reciting this Prayer for Irish Unity, written by one of our members,

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Virginia Ellen Hess: "Heavenly Father, as we gather here today, Ireland's exiled children in America, we pray for Irish Unity. Though Ireland, the land of saints and scholars, has suffered 800 years of oppression, her people have endured because of their faith and the strength of their spirit. "We celebrate the natural beauty of our homeland, from the rolling hills of Connemara to the rugged

Cliffs of Moher, to the streets of Dublin, and we pray that this beauty will one day be a symbol of our unity.

"We ask that you bless the efforts of those who seek to unite Ireland. Strengthen the resolve of those who fight for justice and open the hearts and minds of those who would impede it. Through your grace and mercy, may Ireland be transformed into a land of peace, justice and equality, a nation once again. We ask this through our savior, Jesus Christ. Amen. •

Marilyn Madigan is the National President of the Ladies Ancient Order of Hibernians and a Deputy Director of the United Irish Societies of Cleveland. She received a Bachelor of Science in Nursing from St. John College and Hospitals of Cleveland.

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A Mick Visits Vik

"There isn't a tree to hang a man, water to drown a man, nor soil to bury a man," said one of Oliver Cromwell's generals.

And while I couldn't give a flying fig what any of those sociopaths thought, the quote did enter my mind as we drove through our first

early hours in Iceland, the sun melting the frost off the black, volcanic rock covering as far as the eye could see - rock, as it happens, that had been strewn by forces down deep

13th "25" Card Game

Richard Lardie

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and not all that long ago.

It was like Frodo and Samwise Gamgee setting sights on Mordor for the first time, pondering if they might ever see the shire again or partake in a drink that comes in pints. In fact, I recall wanting to film a little humorous video on our phones with me as the somewhat portly sidekick to the hero of the story, ready to ferry him on my shoulders into the dreaded mountain, but the other half was quite tired and not in the mood for antics of any sort.

lceland

What, in the name of all that's holy am I talking about? Well, as it turns out, we traveled to Iceland—the land of fire and ice—to see what it was all about. And we were not disappointed.

When we landed, there wasn't a wisp of light, it being the end of April. We landed somewhere in the region of 6 a.m. and it wouldn't be long before the sun began to show itself. Iceland, you'll find out, either sees a lot of dark or a lot of light. We were on the light side.

So, what was it like? What if I



told you that I had the best ramen noodles of my life, felt the heat of molten lava filling up the room and sat in freezing temperatures inside natural hot spring pools by the ocean, watching birds play on the stones, the stark mountains in the distance? In a word, it was magical.

The other half and I decided that it was high time we eschewed our usual travels of shopping, eating and drinking and branch out to something more earthy, a place where we could be at one with nature, so to speak. Our first stop, in the wee hours, was the "Bridge Between Continents," where North America meets Europe. You can stand with one foot on each continent and momentarily become king of the world (or something similar). This, I might add, was the height of Mordor, for all of you Hobbit fans.

The country was dealt a devastat-

ing blow after a volcano erupted in 2010. You might remember it. Airports around the world shut down due to ashen clouds and the economy of Iceland was in free fall.

Tourism

The country took on a new strategy. They tried to lure tourists with the promise of living the outdoor life and as you might have discerned, their gamble paid off. Iceland has become a huge tourist destination.

The citizens are openly appreciative, with one hotel employee in Reykjavik telling an apologetic tourist such as myself that we saved their country. What a lovely take on the situation, thought I.

For those of us of Irish descent, I need to make a caveat. Iceland, although it sounds an awful lot like Ireland, is most definitely not Ireland. Expect very few corner pubs. And if you're a drinker, plan accordingly.

We stayed in the picturesque town of Vik for several days and assumed that alcohol would flow as it does in most of Europe. It most certainly doesn't (Hint: Stock up at the airport).

We purchased a bottle of wine at the local grocery, and when we returned to our most decidedly beautiful hotel room afterwards, we were beguiled to discover how much it tasted like grape juice. The reason it tasted like grape juice is that it was grape juice.

Upon further examination, we realized that there were no alcohol sales in town until Tuesday (it was Saturday) unless we wanted to make a 60-mile jaunt to a "nearby" shop. But that's neither here nor there.

Vik lies beneath a glacier, which provides much splendor, but all that frozen water comes with a catch. When the volcano underneath said ice erupted in 1918, the majority of

My man, Leif Erikson

looking ever forward.

fatalities actually came from the rushing waters of the melted glacier and not the lava.

That gruesomeness aside, we enjoyed a lava show in Vik, which is highly recommended. The company name is a bit hard to remember ... what was it again? Oh yes, Lava Show.

They heat actual lava rock to 1,100 degrees Fahrenheit, then slowly ooze the lava into a darkened room of spectators, heating the vicinity up considerably. The affable representative noted that if the volcano were to erupt, all of our mobile phones would alert us to the quite unsettling fact that we had a half hour to get to higher ground. Ha ha, thought I. Wonderful stuff.

From Vik, we headed north to Geysir, where erupting waters awaited. Once again, you can imagine a Tolkien-like landscape with waters boiling on the ground and geysers erupting every few minutes. I could finish an entire column on this area,

Reykjavic has buildings painted by brilliant artists, with a feel that is pure Iceland.

but space is short and suffice it to say, Mother Nature is awesome.

On our way out of Geysir, we stopped at Hvammsvík Hot Springs, a set of naturally heated pools, lying on the beach, overlooking the Atlantic Ocean. What a gem.

After a freezing jaunt from the shower areas to the outside pools, visitors can submerge in one of eight open-air pools, the mountains and ocean offering a backdrop, and in our case, only four other people to contend with. Pure heaven (and quite a bit less touristed than the infamous Blue Lagoon).

From there, we made straight away for the capital city of Reykjavik, with its hot dog stands and Leif Erikson statues. It's quite a small city, but we tourists were more than happy to fill in the empty spaces.

Should you try the hot dog stands? Yes. Should you visit Ramen Momo? Most definitely. Are waterfalls as common as traffic jams in the States? They certainly are.

But once again, my space here

is limited. How is visiting Iceland even realistic, you ask, when Ireland awaits with all of its charm? As it happens, Icelandair allows travelers to stopover anywhere from one to seven days if they're continuing on to Europe—for free. So you can book a flight to Dublin on the airline and choose to stop for a few days in the land of fire and ice.

What's the downside? I don't have an answer for that one. ●

Conor Makem spent 22 years traveling and honing petty gripes as an Irish musician, and enjoyed a further 13 years of people not returning his calls as a journalist. He is fluent in English, American and old Kerry farmer. More of his photos are on Instagram under cb.makem. Visit cbmakem.com or email contact@cbmakem.com.

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Hidden Within the Trees

rairytales, myths, and legends have always captured the attention of both the young and old.

It is curious how these comfort. Campfires and blazing hearths evoke a need for mystery. In late August, both

children and adults cling to the waning light of late summer. We long for cricket serenades that continue into the dewy hours of early morning.

We hold out for the blaze of one last firefly. We cup the falling petals of the last rose of summer. Within the leaf-full silhouette of the distant trees, we look for twilight magic.

When my daughter was young, she had a book that instructed the reader on how to identify and communicate with various species of fairies. Garden, water, and tree fairies are apparently quite ubiquitous to those who truly



The book details the language of the fairy and how to spot one. Written in such earnest, when I first read this book, I had difficulty categorizing it as fiction or nonfiction. Of course, the practicalminded would write it off as fantasy, whereas the believers would mark it as truth. Perhaps that light in the distance is not just a trick of the

J.M. Barrie

Scottish author J.M. Barrie brought the fairy into popular fiction with his character Tinker Bell. Tinker Bell always announced her presence with her twinkling light. She is at once an envious she-devil and a steadfastly loyal tales spark both fear and companion. Jealous of Peter Pan's affection for Wendy Darling, she constantly tries to thwart their friendship to no avail, as Peter looks to Wendy as the mother he has lost.

While juvenile on the surface, Barrie presents the reader with believable human emotions of loss, distrust, jealousy, and belonging. Barrie wrote this story based upon the tragic death of his thirteenyear-old brother, his own selfdoubt and confusion, and finally. in tribute to his relationship with the Llewelyn Davies family. Barrie wished to ease the pain of memory and unfulfillment by constructing an alternate reality in which to escape, Neverland.

Barrie recognized the human desire to escape. He cautions us, however, that the world and all its challenges will always be with us.

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Madness Reigns Frozen in time.

Caught in the parchment of

grandmother's book. Lulled by tales of innocence and experience. The March Hare belongs to the heart of a child where time doesn't really matter. Fairy dust softens reality. Would we . . . Could we . . . be children forever hidden by trees that hum and grin . . . draped in the comfort of yellowing parchment where the innocent of heart always wins?

Perhaps by clinging to a tale, some of the pressures of reality might be explained and softened. As Yeats so eloquently evokes, "Come away human child with a faery, hand in hand, for the world is more full of weeping than you can understand."

-Susan Mangan

When the children were small. we visited Ireland one year in late summer. The days were still long and both sunshine and rain appeared in equal measure. The children devised a game called Chase the Rainbow. At that time, they still believed in magic.

Throughout their uncle's field, the children would run toward the lights of the ever-present prisms, hoping to trap the leprechaun and seize his pot of gold. Pirates

seeking treasure among the fields of furze.

Rainbows

As soon as one rainbow would start to fade, another would appear. Or perhaps, that is the trick of my memory. For now, my children are grown, and reality has replaced magic, but still I long to chase the rainbows with my children and creep up behind the fairy hidden behind the juniper

Yesterday, I saw a rainbow with my oldest son, my recent college graduate. Rain and sunshine once again fell in equal measure. I called out to no one in particular, "Come out on the porch, I know there will be a rainbow!"

My son listened and joined me. The rainbow was muted, but the prism still lit the storm grev of the sky. "Ma, remember that game we used to play? Why are the rainbows bigger in Ireland?"

As August moves to September, chase the rainbow, harvest the sunshine, seek comfort beneath a canopy of trees. Autumn will soon be upon us; leaves will blaze orange and red, coaxing us to firelight flickering in a clearing within the wood, inviting us to share in another chance at magic. •

Susan holds a Master's Degree in English from John Carroll University and a Master's Degree in Education from Baldwin-Wallace University. She may be contacted at suemangan@yahoo.com.

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Cases

kids craic

Ahoy,

August is International Pirate Month. An organization called the Rogues' Armada started ARRR-Gust **International Pirate Month several** years ago. It is a small group with over 1500 members from all over the world. The purpose of International Pirate Month is meant for pirate performers to raise money for charity.

Pirates have been around forever. and for the most part, have a bad reputation. Pirates mostly robbed other ships transporting goods on the water, but some attacked towns on the coast.

The earliest reports of piracy dates to ancient Greece, when Roman cargo ships were robbed of grain and olive oil. Pirates showed their terrifying reputation by flying the Jolly Roger flag, the one with skull and crossbones on it. It was well known that prisoners were often made to walk the plank to their doom in the sea below.

Who Were the Pirates?

The Golden Age of piracy is considered the time from 1650-1720. It was during these years that William "Captain" Kidd, "Calico" Jack Rackham, and the fearsome Blackbeard (Edward Teach) ruled the high seas.

Many of these young men became pirates due to the social disruption in England and other countries. **Small farmers** were forced off land by landowners and small business owners could not keep up with larger businesses.

Urban areas such as London became overcrowded and there were not enough funds to meet the

august 2023

needs of all the poor. Several young men took jobs at sea, but they did not pay much. The job was brutal and had strict rules.

Piracy was a way to get rich quickly and exert power over other people. This sounded very exciting and appealing!

Famous Pirates

dying pirate?

A. CPArrrrr!

breakfast?

A. Captain Crunch

There are many legends about pirates, but two of the most famous pirates were women, and were from **Ireland!** Grainne Mhaol: Pirate Queen of Mayo is a legendary Irish pirate that lived in Ireland in the 16th century.

Grainne (Gran vah) had wanted to go with her father on a trip to Spain, but was told she could not go because her long hair would catch in the ropes of the ship. This made her very angry, so she cut

off all her hair! Her Landie's Lauths father had no other excuses Q. How do you save a so he let her on the ship. This is how she got her Q. What does a pirate eat for nickname: in Irish, *maol* means

> When she was older, she sailed along the west coast, going from island to island, raiding as she went. She built up a hoard of wealth,

thus earning her the title of Pirate Queen. Grainne became a very strong woman and was feared along every coast in Ireland.

Grainne, along with her husband's family, held off King Henry XIII and his forces from entering Galway Bay as England was trying to increase its rule over Ireland. She was eventually arrested in 1584 and is believed to be buried on Clare Island, but this has never been proven.

Anne Bonny

Matey!

Anne Bonny is another famous Irish pirate. She operated in the Caribbean Sea in the early 1700s. She was born in Ireland and moved to London and then to the Province of Carolina (part of the United States now) when she was about 10. Her mother died when she was a teen and she had to care for her father and the household.

Bonny fell in love with a smalltime pirate, but her father was against the relationship, so he kicked her out of the house! Anne and her husband James then moved to the Bahamas, which was a hangout for pirates. Anne and James divorced a short time later.

Anne then met 'Calico Jack" Rackham and became his pirate partner and lover. Anne and Calico Jack were captured and sentenced to death in October 1720, but Anne was not executed because she was pregnant at the time. Her fate is still not known.

Interested in learning more about pirates? Head to your local library and ask the friendly librarian for a good recommendation. There is so much information available about so many pirates and their legends. •

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kıds ın the kıtchen

Chicken, Baguette, & Tomatoes with Pesto

Ingredients:

- 4-6 small chicken breasts or thighs
- 1 Tbsp Olive Oil
- 4-6 slices baguette 4 Tbsp Pesto plus extra to serve, if you like

Cherry tomatoes on the vine Handful of basil leaves (optional)

Directions:

Heat oven to 400 F. Cut a square piece of parchment paper for each chicken breast or thigh.

Brush the baking tray with oil and lay on the parchment squares. Top each piece of baguette with a piece of chicken, season and spoon tbsp pesto onto the chicken.

Arrange the tomatoes in the gaps. Bake for 40 mins until the chicken is cooked – if not done, return to the oven for 10 mins, then check again. Serve with basil scattered over, if using, and more pesto, if you like.

Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She holds a BA from Hiram College and a BA+ from Ashland University. She resides in Avon Lake with her husband, Joe, and their five children. She may be reached at meganlardie126@outlook.com.







The War of **1812** and the **Irish**

Moses Cleaveland never came back to Cleveland. We have discussed those who were here



the good Irish Catholic folk. If I am out of punch-in-teeth distance, a slightly precarious endeavor than when playing the 2-1

game with young Matthew, I would retort that our story is just part of the story.

The Cleveland Irish narrative has its roots in local history as the geographical and social setting the first Irish immigrants had to navigate. Our collective narrative can also be connected to national and global events.

The year before the Irish Rebellion of 1798, Lorenzo Carter was setting up shop in the Flats. Two decades later, the effects of those events intersected, if not

American Revolution and the Irish

The Anglo-French War (1778-1783) and the American Revolution kept the British busy, and the Irish too. Irish Volunteers were enlisted to defend their island from invasion. American or French, and over 40,000 Irishmen joined the ranks.

Meanwhile, British policy embargoed Irish exports to market, forcing Irish provisions to the military. Many in Ireland questioned this military and economic relationship.

In 1779, Dublin merchants boycotted English consumer

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products. The Dublin Volunteer Company of Artillery placed two cannons on the Trinity College Green, demanding free trade. England amended their trade policy, but that did not deter Irish revolutionary voices.

The Irish Rebellion of 1798 was brutal. Prisoners on both sides were executed and, despite early success, the rebellion was put down with a vengeance. Survivors of the United Irish Rebellion, those making up an Irish revolutionary diaspora, formed the nucleus of the anti-British riots in America during the War of 1812. They provided a significant proportion of volunteers who served in the American army and aboard navy and privateering ships.

John Barry

Those who joined the US Navy followed in the footsteps of Co. Wexford born John Barry. He was granted "Commission Number 1" by President George Washington on June 4th, 1794. Commodore Berry was the first commissioned naval officer and also its first flag officer. The Ancient Order of Hibernians venerate him annually on September 13th, the anniversary of his death.

In June of 1812, the American vessel, *Vermont*, prepared to disembark at the port of Dublin and commence its quotidian Atlantic adventure. Congress declared war on June 18th, unbeknownst to the crew and passengers aboard.

Captain Frederick Lee of the US Cutter Eagle boarded and searched the *Vermont* on July 17 off the coast of Connecticut. The passenger list was produced by the captain of the

It included 83 Irish men, women and children, as well as three Americans. The passengers identified these counties as their place of origin: 24 Co. Monaghan, 16 Co. Kildare, 11 Dublin City, 11 Co. Cavan, 7 Co. Meath, 7 Co. Wicklow, 3 Co. Longford, 1 Co. Kilkenny, 1 Co. Wexford, 1 Jamestown (CO.

Leitrim), and 1 not reported. My research indicates that guy was most probably from Mayo and ashamed to say so. Passengers included 18 females, including five youths and 68 males, including 12 youths. One child was "born at sea", another was "an infant" and no gender was listed for either.

Not all of the passengers listed an occupation. Those that did, did so as follows: 15 laborers, seven clerks, six weavers, three farmers, three gentlemen, two carpenters, two tailors, two millwrights, one painter, one saddler, one music master and passenger Matt Perang was listed as a "G." He was 27, so not quite an "OG."

Irish Immigration

That glimpse of 1812 Irish immigration provides interesting demographics, with a tacit contextual port variable, Dublin. Passengers shared relative port proximity and support historical narratives of the majority of Irish immigration at that time; up to 75% of all immigration was from Ulster.

The occupation data indicates a more raconteur chronicle iuxtaposed to the accepted unskilled laborer label the Irish immigrant has been reduced to historically. Although that is more commonly applied to the Famine Irish, this sample still supports a separate factual interpretation.

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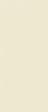


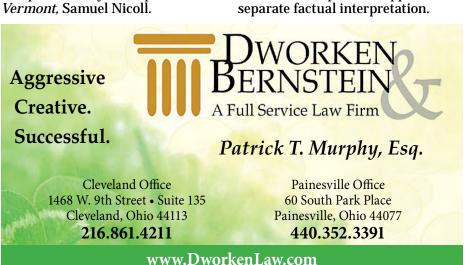
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This was the last vessel transporting Irish immigrants until the end of the war. Three years later, the proliferation of Irish immigration commenced and coincided with the building of canals. This is also a random sample made historically significant by the War of 1812, context.

In May of 1812, on the eve of war, the British offered America an "equal share" of their trade with other European nations. That was an offer to suspend the current Orders of Council and allow American merchants to conduct European trade under British licenses. The Americans did not entertain the offer of abstemious commercial freedom.

Even as the war was fought, American politicians debated trade restrictions. Thomas Jefferson believed it was vital "to keep open markets." Many farmers and merchants agreed with trading with the enemy in principle and in

Spanish Florida and Amelia Island, not Banc, were imported to the island and subsequentially smuggled into the US. This was not limited to the American south. Small vessels from Chesapeake Bay to Canada engaged in trade with British vessels off the American coast.

British troops in Canada, up to two thirds of them, were consuming American produced provisions.

Taking turns, connect a line from one shamrock to another.

Whoever makes a line that completes a square, writes their initials in that box

The one with the most squares at the end of the game wins!

ilRish's shamrock squares

That would have direct impact on farmers and merchants in Ohio and those adjacent to the Great Lakes.

Irish Prisoners of War

The British and the Americans treated prisoners of war comparatively in the same manner if they were captured on land. However, the British treated prisoners captured at sea considerably more harshly. Those practices were called into question because of the Irish.

In October of 1812, the Battle of Queenston resulted in a substantial number of American troops being taken prisoner. That included a large percentage of Irishmen, or at least by the standards of the Royal officials.

Those born in Ireland, naturalized

(A) ilkish

American citizens or not, were determined to be British subjects by the British of course. Those Irishmen were then re-transported to England to be tried for treason.

Puerile patriotism pummeled prudence. The United States ordered British POW's held in close confinement as hostages. The British retaliated in the same manner and then the US re-retailiated. In 1814, POW's in both armed forces were held in hostile conditions with the threat of execution.

This is the beginning of a discussion of the of the world the first Cleveland Irish were introduced to and the world they brought with them. Next month we shall continue and look at the local effects of the War of 1812 and post war Irish immigration. •

Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, Education and History and a Masters in Social Science from the University of Chicago. He is the Executive Director of Bluestone Hibernian Charities and proprietor of McGarry Consulting. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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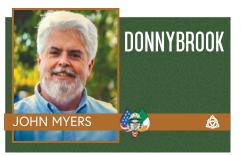


My great-grandfather arrived from County Mayo, Ireland, and my family has been here ever since. I am committed to our communities and protecting our families.

Help me this **November 7th** as I run for our community and for Rocky River Municipal Court Judge.

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RTÉ

Raidió Teilifís Éireann (RTÉ) is Ireland's national public radio. It is in the Irish language, dating back to 1926, at the time of the birth of the Free State. RTÉ has

been Ireland's equivalent 3 YEARS

to United States P.B.S.. but more like Canada's CBC and Britlands BBC. RTÉ is a publicly funded radio and T.V.

broadcasting service serving the Irish Nation, including radio and T.V. stations broadcasting solely in the Irish language. It looms larger in Ireland as there is not the same level of private sector competition on the small island of Ireland.

Currently RTÉ is on the front page of news coverage in Ireland due to coverups by RTÉ leadership as to the amount of funds paid to its talent or on air T.V. presenters/ newscasters. Under the direction of the laisse-faire Fine Gail and Fianna Fail government, elitism and arrogance was allowed to become the RTÉ corporate culture.

Today's news is about the steps RTÉ leadership went to hide the high level of compensation that air news presenters were being paid. Why the secrecy? This current



scandal may prove an opportunity to redefine RTÉ and return the public to public broadcasting.

Not My King

Not my King was the chant that greeted King Charles and Queen Camilla along the Royal Mile in Edinburgh, Scotland. Charles was doing a reprise of his Westminster Coronation as part of his desperate bid to hold onto his crumbling empire.

While some loyalists did cheer the Royals, most Scots ignored the pomp and circumstances. King and Queen were presented the royal jewels of Scotland and presided over the Stone of Destiny brought to St. Giles Cathedral for this celebration. Charles and Camilla were draped in ermine and the Queen wore a remarkably tall white plume.

Scotland and England have been united under one monarch since the Act of Union is 1707. Currently the SNP (Scottish National Party) controls the devolved Scottish Parliament. The fight for independence continues, albeit moving slowly at the moment while its charismatic former leader, Nicola Sturgeon, undergoes some ethics inquiries. Brexit continues to fuel the move towards a new referendum calling for Scottish independence.

Air Force One

The President's plane made a fuel stop in London on its way to shepherding President Biden to the important NATO summit in Lithuania. This was a critical foreign policy trip with America's NATO allies to keep focus on sustaining Western aid to Ukraine in its fight for freedom against Russian dictator Putin.

However, in an effort to placate those that incessantly whined that The leader of The Free World had missed the coronation in the U.K., and "oh my goodness," what does this mean to the "special relationship"?, the U.K. visit proved worthwhile. President Biden was able to enlist Charles assistance in efforts to impact climate change, hoping to avoid the Forty Shades of Green becoming the Forty shades of Brown in Eire. The video replays were special to see as President Biden arrived in his black Chevy Suburban on the parade grounds of Windsor Castle.

But even better was to hear the Star-Spangled Banner played at the home of the British Monarch. Biden left Windsor to have a cup of tea in the gardens at 10 Downing Street with P.M. Sunyak and recap the P.M.'s commitments to Ukraine and Good Friday Agreement.

Federal Bureau of Investigation

FBI does not stand for Full Blooded Irish, at least not in this case where FBI online files indicate reports of an attempt to assassinate Queen Elizabeth during a trip to San Francisco 40 years ago. Reportedly a victim of English state sponsored violence, now living in the Bay area, was motivated to drop an explosive from the Golden Gate Bridge as the monarch's royal yacht passed below.

This 'hot tip' was overheard by a patron of an Irish pub in San Francisco, imagine. The stiff shirts at the FBI may sometimes not look at context, as in if one had a nickel for every time a grandiose plan was hatched or a impressive boast proclaimed at an Irish pub, one would be very rich....

Pebble Beach

With much of the fizz off the top of the Men's LIV/PGA tour, the Women's PGA offered great play last month at the U.S. LPGA Open, held at Pebble Beach, California. Heading into the tournament, Leona McGuire, a native of County Cavan, was a heavy favorite. She played well, but Irish eyes ended up focusing on County Clare native Aine Donegan.

professional tournament, and she came out of now where to lead the competition at various points. The 21-year-old was three under par in the first round. While neither McGuire nor Donegan won, they did give Irisher's a lot to cheer for. Keep your eyes on these two for good sport entertainment.

Achill Twinning with Cleveland

Mark your calendars for celebrations of the 20th anniversary of the twinning of Cleveland, Cuyahoga County, USA with Achill, County Mayo, Ireland this September and October. A festive dinner will be held in Achill

the second weekend of September William of Orange, hence the 9/10 and in Cleveland at the West Side Irish American Club on Saturday, October 28th, 2023. All are welcome at both events.

An additional reminder to not miss the Midwest Gaelic Athletic Association (GAA) Championships will be held August 5-6 2023 at the Barton-Bradley Fields in North Olmsted, Ohio. Cleveland's own St This was the amateur golfer's first Pat's-St. Jarlath's will be hosting. Stop by and see Irish sport in action and stop by P.J. McIntyres in Cleveland's lovely Kamm's Corner neighborhood for the after parties.

Twelfth

Twelfth is the shorthand name for the celebrations which take place each July to commemorate the victory of Protestant King Billy (William & Mary) over Catholic King James in what is known as the Battle of the Boyne. A much longer description could be given to the exact dates, but the crux is the concept of Protestant King beating Catholic King. King William was a Dutchman.

nickname of "Orangemen" for Loyalist Protestants. The event is celebrated with hundreds of bonfires

and parades. One community claimed to have the world's largest bonfire. Being enlightened folk, this bonfire had the Irish Tricolor and a copy of the Good Friday Agreement situated at the top of the bonfire to destroy. Very nice

Rose

The Ohio Ancient Order of Hibernians and the Ladies Ancient Order of Hibernians gathered for the state convention in Cincinnati in late June, where they greeted Sinn Fein T.D. Rose Conway Walsh from County Mayo. Conway Walsh gave the keynote address to the convention and shared her observations and experiences from her work in the Irish Parliament and with Ireland's oldest political party, Sinn Fein.

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Féasta Foclóir

In spite of a rough start this summer, we managed to make it to quite a few of the festivals



already this year. We've enjoyed some great music, fantastic food and drink, caught up with some old friends. and made new ones. The dogs love going to the

Irish festivals and are becoming a hit at the Scottish Games (this was our second year there with our wolfhound group).

Our vocabulary and phrases this month were inspired by those outings. I hope you enjoy them.

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Music is a major part of the festivals. Festival, by the way is féasta (fay-esta) or feis (fesh).

Music is ceol (*ke-yole*). Styles of music would be stíleanna ceoil (steel-un-a ke-yole). Traditional music is ceol traidisiúnta (ke-yole trad-ih-shoon-ta), popcheol (popke-vole) is the word for pop music and ceol pobail (pub-ull) is folk

Many types of musical instruments are used in ceol traidisiúnta. The fiddle, fidil (fidill), guitar, giotár (guitar) and consertina, conasirtín (con-ser*teen*) are pronounced similarly to their English equivalent but with different spelling.

A bodhrán (boe-ron) is the traditional Irish drum, but drums would be drumaí (drum-ee). Bagpipes are píb uillean (peeb *ill-inn*), uilleann is the word for elbow, which is used to pump air into the bag and produces the

Bosca (bus-ka) is the word for box, so bosca ceoil (bus-ka keyole) music box is an accordian.

Feadóg stain (fa-dough-g ston) is a tin whistle. You might hear all of these instruments being played at a seisiún ceoil (*se-shoon ke-vole*) or a music session.

In the "Sean nós" (shan nos) style of singing the song, amhrán (ow-ron) is performed by the singer, without musical accompaniment.

Bia agus Deoch

Nothing sparks memories like the taste or aroma of certain foods, even if those foods are not always the best for us! I eat all kinds of food, in Irish you would say, Ithim gach cineál bia (ih-im gach kih-nol).

Tá tart orm (taw tart or-um) I'm hungry. Tá ocras orm (taw oh*kruss or-um*) I'm thirsty. These translate more like there is hunger on me, or there is thirst on me. To ask someone if they are hungry or thirsty you would say, An bhfuil tart ort? (ahn will tart ort) or An bhfuil ocras ort? (ahn willoh-kruss ort). To respond we use the positive or negative form of the verb that was used to pose the question, in this case, that would be the verb tá (taw) for yes, níl (neel) for no.

- Bia (bee-uh) food
- Arán (a-rawn) bread
- Iasc (ee-usk) fish
- Briosca (brish-ka) cookie or
- Feoil (fee-oil) meat Sicín (shikeen) chicken
- Im (im) butter Cabáiste (kabash-ta) cabbage
- Torthaí (tor-hee) fruits
- Práta (praw-ta) potato
- Úlla (oo-la) apples
- Peitseoga (*pet-soga*) peaches
- Oráistí (orash-ta) oranges
- Glasraí (gloss-ree) vegetables
- Trátaí (*traw-tee*) tomatoes Píseanna (*peesh-in-a*) peas
- Piobair (*pib-er*) peppers
- Deoch (jawhk) drink
- Uisce (ish-ka) water
- Beoir (byohr) beer
- Uisce beatha (ish-ka ba-ha)
- whiskey (water of life)



• Fíon (fee-on) wine

- Tae (tay) tea
- Bainne (bahn-yeh) milk
- Caife (kah-fay) coffee
- Caife Éireannach (kah-fay *ayrin-nach*) Irish coffee
- Sóide (sowdja) soda

Phrases

Cad ba mhaith leat? (kahd ba wah *lyat*) What would you like?

Ba mhaith liom... (bah wah lum) I would like..

Pionta Guinness le do thoil. (pyunta Guinness lay duh hull) A pint of Guinness please.

Go mo leithscéal (guh muh leshshkale) Excuse me.

B'fhearr liom... (bar lyum) I'd prefer...

Caife le do thoil. (kah-fay lay duh hull) Coffee please.

Caife le bainne, le do thoil. (kahfay lay bahn yeh lay duh hull) Coffee with milk please.

Céard é seo? (kyard ay shoh) What is this?

An bhfuil sé go deas? (un will shay guh jess) Is this good?

Dhá bheoir, le do thoil. (gaw vyore lay duh hull) Two beers please.

Tá sé seo ar fheabhas. (taw shay shoh ar uwwass) This is excellent. Go raibh míle maith agat! (gorra

meela mah ah-gut) Many thanks! Ar mhaith leat rud éigin a ithe? (ar wah lyat rud ay-gin ah ih-ha) Would you like something to eat?

Nior mhaith, go raibh maith agat. (neer wah guh rah mah ahgut) No, thank you.

Níos deanaí, le do thoil. (neesh dee-ah-nee lay duh hull) Later, please

Ach, ba mhaith liom rud éigin a ól. (ahk ba wah lum rud ay-gin ah ole) But I would like something to drink.

Ceart go leor. Cad ba mhaith leat? (kyart guh lore. Kahd ba wah layt) OK. What would you like?

Níl fhios agam. Fíon... ní hea, beoir. (fee-on nee ha byore) I don't know. Wine... no beer.

Míse leis, ba mhaith liom beoir. (meesha lesh ba wah lum byore) Me too. I would like beer.

Go mo leithscéal, ghá phiont, le do thoil. (guh muh lesh-shkale,

gaw fyunt lay duh hull) Excuse me, two pints please.

Cultúr (kuhl-toor) Culture

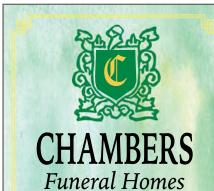
There is so much to experience at any ethnic festival, history, dance, language, food and music. All of these things play such a big part in who we are. By attending other festivals we see how much we are the same. There is still time this summer, get out there and enjoy!

Slán go Foill agus Sláinte Mhór! ●

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland class held every Tuesday at PJ McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rían, Aisling and Draoi, and terrier Doolin, keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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Benefits of Breastfeeding & Supporting Mom on Her Journey

By Amy Berry, R.N.



D ecoming a mom is a wonderful, and at times, daunting transition. The endless to-do list as you prep for baby and the deluge of information can be

overwhelming. There are so many decisions to make and things to learn – for new and seasoned moms

At the top of that list for many is deciding how they'll feed their baby. Breastfeeding, or nursing, is a personal choice that has numerous benefits for baby and mom. Breastfeeding your newborn can reduce their risk of obesity, type 1 diabetes, ear infections, severe lower respiratory disease, and even lower sudden infant death syndrome (SIDS) deaths. According to the WHO, establishing exclusive breastfeeding also helps young children grow, prevents undernutrition, and promotes brain development and improved dental health.

Breastfeeding is also a newborn's first vaccine, providing vital antibodies from mom that help boost baby's immunity. For mom, there has been a correlation

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between breastfeeding and reduced risks of high blood pressure, type 2 diabetes, rheumatoid arthritis, ovarian cancer, and breast cancer.

The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for the first six months of their lives before introducing nutritious solid foods. Still, while the experience of breastfeeding can be rewarding beyond measure, it is one that takes persistence and patience.

That is why support is key. There are many ways to support a breastfeeding mom to help her on her journey:

Help with nighttime **feedings:** If your partner is breastfeeding, you can still help late night by changing the baby's diaper and burping and rocking the baby at the end of the feeding. You can both still be part of the feeding process.

Offer encouragement: Give mom an extra boost with encouraging words. Cheering her on can give her the confidence she needs to keep going.

Limit Visitors: Rest is essential for new moms, as is time to bond with baby and establish their breastfeeding journey. Sometimes that's easier to do without an influx of visitors in the early days at home.

Take on other chores: Putting in some extra work to manage the

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laundry, cleaning, cooking, and other chores/errands can be a huge help by allowing mom to focus on her new little one's needs.

Make feeding accessible: Having a comfortable, accessible place for moms to feed their babies or pump is also a huge support on their journey.

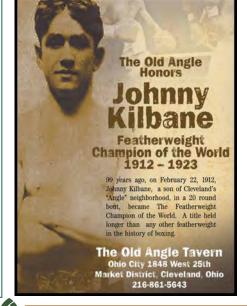
Seeking the help of certified lactation consultants can also be an incredible support along the breastfeeding journey. Whether it's in the first hours at the hospital or you're nearing your baby's first birthday, lactation consultants can help you feel supported throughout your journey.

Every August, we celebrate National Breastfeeding Month to promote the benefits of breastfeeding and provide support for babies, mothers, families, and local communities. This August, we encourage you to learn more about the benefits of nursing and how you can support new moms on their iournevs. •

Amy Berry is a nurse and lactation consultant for Mercy Health - Lorain.

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The Seventies

- 1. Who directed the movie Ryan's Daughter?
- 2. How many times in the 1970s did Dublin win the Sam Maguire Cup?
- 3. Which Irish folk band formed in 1970 in Gweedor, County Donegal?
- 4. Which Irish rock band sang, "The Boys are Back in Town"?
- 5. How many Olympic medals did Ireland win in the 1972 **Olympic Games?**
- 6. Who became president of Ireland in 1976?
- 7. Who became the leader of Fianna Fail in December 1979?
- 8. In what county was the TV show The Riordans set?
- 9. In 1972, during The Troubles, which UK prime minister brought an end to over 50 years of Stormount rule, replacing it with direct rule from Westminster?
- 10. What was the name of the album released by the Boomtown Rats in 1978?

the Troops	6. Patrick J. Hillery	
10. A Tonic for	5. None	
Heath	4. Thin Lizzy	
8. Kilkenny 9. Edward	3. Clannad	
жанданы Наивћеу	г. Тргее	
7. Charles Haughey	1. David Lean	





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2nd - Ray Flannigan; 9th -G.S. Harper: 16th - Custy & McNamara; 23rd - Ethan Timm; 30th - Rob Samay. 820 College Avenue, Cleveland, 44113 treehousecleveland.com

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2nd-7th: Cleveland welcomes Achill GAA team & Pipe bands from Achill, Co. Mayo-Ireland! 3rd: 8pm Jets @ Browns; 4th: Half Craic'd: 5th: Michael Lavelle. Brian Holleran & Friends; 11th: 7:30pm Commanders @ Browns; 12th: Matt Zukes; 17th: 7:30pm Browns @ Eagles; 26th: 1pm Browns @ Chiefs. PJ McIntyre's is a Local 10 Union establishment. Home of the Celtic Supporter's Club and the GAA. Book Parties & Events in our Bridgie Ned's Irish Parlor Party Room. 17119 Lorain Road, 44111. pjmcintyres.com 216-941-9311.

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Game, Richard Lardie 216-269-3005; 17th - General Meeting; 26th -Steak Shoot, Helen 216-251-4075; 27th -Afternoon Tea & Fashion Show, Jill Gallagher 440-427-9356. Great live music & food in The Pub every Friday. WSIA Club 8559 Jennings Rd. 44138 wsiaclub.org. 440-235-5868.

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Ladies Football, Men's Football, Men's Hurling, Women's Camogie: Midwest Championships: August **United States Championships:**

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Escape from Lincoln Jail

At the end of the Easter Rebellion in May 1916, hundreds of Irish were imprisoned by the British. In December 1916, due to pressure from Irish-America, most of the imprisoned Republicans were granted amnesty and sent back to Ireland.

Republican political structures in Ireland after the Rising were in disarray. The only viable political organization at the time was Sinn Féin, the political party, founded by Arthur Griffith.

The returning prisoners were dedicated to the concept of achieving an independent republic and they



began to join Sinn Féin. Meanwhile, Michael Collins reorganized the secret Irish Republican Brotherhood and reconstituted the armed Irish Volunteers, who now became known as the Irish Republican Army.

In 1917, Eamon de Valera was elected president of Sinn Féin (Shinn Fane), with Arthur Griffith serving as vice president. By early 1918, Sinn Féin became the visible moral force political division of republicanism, while the IRA became the physical force division.

The "German Plot" was a bogus conspiracy that the British administration claimed existed between Sinn Féin and the German Empire in May 1918. According to the government, the two were conspiring to start an armed insurrection in Ireland during World War I, which would have diverted the British war effort. The British used these claims to order the internment without trial of Sinn Féin leaders.

The British never produced any credible evidence of the made-up "German Plot." Irish nationalists generally view the "German Plot" as a black propaganda project to discredit the Sinn Féin movement.

Harry Boland to Michael Collins

One of Collins's spies gave the information about the pending arrests to Harry Boland. Boland passed the information along to Michael Collins, who told the cabinet. Éamon de Valera, the president of Sinn Féin, advised that the members should all remain at home that night.

The arrests that followed on May 17-18, 1918 included 73 Sinn Féin leaders, among them Éamon de Valera, Arthur Griffith, Maud Gonne MacBride, Countess de Markievicz, and Darrell Figgis. Those arrested were interned without trial in various jails in England. Many of those arrested ran for Parliamentary office in the election of 1918, despite

December 14, 1918. When the votes were counted, Sinn Féin had won 73 of the 105 seats in Parliament. As they had pledged, the Sinn Féin candidates all refused to take their seats in Parliament and instead established an all-Ireland government, recognized as the first Dáil Éireann (*Doil Erin*).

When the First Dáil convened on January 21, 1919, thirty-four of its members were in British prisons. Someone answered the roll as "present" for two members who were not there. Michael Collins and Harry Boland were on a boat headed to England to plan a prison break that would free Eamon de Valera from Lincoln Jail.

Lincoln Jail was an English Continued on facing page





in Lincoln, England. Up until 1919 was considered "escape proof." Collins and Boland were tasked with freeing three men from the imposing Lincoln Jail: Éamon de Valera, then president of Sinn Féin; Séan Milroy, a journalist and IRA member; and Séan McGarry, president of the Irish Republican Brotherhood. All three were important to the Irish cause, particularly De Valera, who Collins saw as the potential leader of the coming War of Independence.

prison, built in 1872 and located

De Valera

The plan of escape was sung to de Valera through a window in his cell by a fellow Irish inmate (it was sung in Irish to confuse the guards). The first song told him of the route of escape, and a second gave him instructions to obtain a copy of the master-key for the prison.

De Valera used his position as an altar server at Masses in the prison chapel to make a mold of the Chaplain's key using candle wax. The mold was smuggled out of the prison and brought to Collins, who had a duplicate key made and smuggled back into prison baked in a cake.

The first and second attempt failed to produce a workable key. Finally, a blank key and files were smuggled in baked in a fruit cake. An inmate, Peter de Loughry, had worked as a locksmith and was able to make exact copies of the prison master key.

At approximately 7:40 pm on February 3, 1919, De Valera, McGarry and Milroy freed themselves from their cells using the keys. The escapees then covertly made their way to the prison exercise yard, dodging the spotlights.

Oddly enough, there was an unused back gate to the prison. On the other side of the gate were Michael Collins and Harry Boland. They had arrived after cutting through barbed wire in a nearby

Michael Collins tried to open the lock on the gate with his own key but it snapped off in the lock. Luckily, De Valera was able to use his key to push out the broken key and unlock it. The rusted gate many a horrible noise, but, fortunately, the guards were not alerted. The prisoners closed the gate behind them and the five men hurried down the street.

After a short walk, they arrived at the Adam and Eve pub, where a taxi

was waiting to whisk the five men on to Worksop in Nottinghamshire. Collins and Boland left the group at Worksop and went on to London. Another friendly cab took the three former prisoners to Sheffield and then on to safe houses in Manchester.

The prison authorities were perplexed as to how the escape happened and despite issuing detailed descriptions of the escaped men, there were no clues as to their whereabouts. After the escape, De Valera was reportedly spotted in a number of false locations, including Scotland, Paris, London, and Ireland. He actually remained in Manchester until his return to Ireland.

De Valera was smuggled back to Dublin on February 20, 1919, and secretly hidden in the gate lodge of Archbishop William Walsh's house in Drumcondra with the cooperation of the archbishop's secretary, Monsignor Michael Curran.

De Valera suddenly left around March 3, 1919. His stay was not detected by the authorities (or the archbishop) and he managed to carry out his duties and business with relative ease. On March 10, 1919, all remaining Sinn Féin members interned in England since May 1918 were released by the British, having served 10 months without trial.

On April 1, 1919, De Valera was elected President of the First Dáil. He then made the controversial decision to visit the United States. His 19 month visit lasted from June 1919 until December 1920, where he set out the Irish War of Independence and managed to generate serious division within the Irish-American community. •

J. Michael Finn is the Ohio State Historian for the Ancient Order of Hibernians and Division Historian for the Patrick Pearse Division in Columbus, Ohio. He is past Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on Irish and Irish-American history: Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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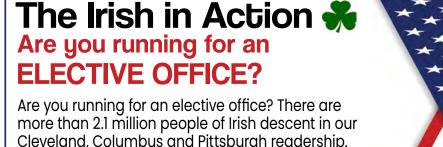
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lungs and bloodstream, resulting in serious health issues. The most severe impacts are on the lungs and heart. Exposure can result in coughing or difficulty breathing, aggravated asthma, and the development of chronic respiratory

Air pollution can harm anyone, but it can be dangerous for children, people with asthma and other lung diseases, anyone over 65, anyone who exercises or works outdoors, people with diabetes, and those with cardiovascular disease. Even healthy adults, who exercise or work outdoors, can be harmed. Changing what you do on these bad air days can reduce your risk of being harmed.

Equivalent to Smoking 15 Cigarettes

An Air Quality Index (AQI) of more than 300 is considered "dangerous." Cleveland recently experienced an AQI of more than 320. Twenty-four hours of exposure, at this level, is equivalent to smoking 15 cigarettes. Research suggests that wildfire smoke "may be more toxic" to the lungs than standard urban air pollution, since it contains a distinct mix of particulates that activate

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inflammatory cells "deep in the lungs" while hindering other cells that can dampen the inflammatory response later.

Tips for Protection from the Dangers of Air Pollution:

Check daily air pollution forecasts in your area. The color-coded forecasts can let you know when the air is unhealthy in your community. Sources include local radio and TV weather reports, newspapers and online at airnow.gov.

Avoid exercising outdoors when pollution levels are high. When the air is bad, walk indoors.

Limit the amount of time your child spends playing outdoors if the air quality is unhealthy.

Always avoid exercising near high-traffic areas. Even when air quality forecasts are green, the vehicles on busy highways can create high pollution levels up to one-third a mile away.

If you choose to go against warnings and engage in exercise outside, the American Lung Association suggests finding areas that may have lower pollution areas. such as nature trails, and avoid the busiest traffic times of the day, when cars add the most particulate matter to the air.

On days with poor air quality, exercise inside, with windows tightly closed.

In the car, place your air conditioner on "recirculation mode This will filter the air inside the vehicle.

Purchase an air purifier with a HEPA filter. These devices can help to substantially reduce exposure to particulate-matter air pollution.

If you have to go outside, wear an N95 mask. Respirator masks may provide some protection by filtering out fine particles, but the hazardous gases found in smoke (such as carbon monoxide) will not be filtered out.

Effects of Exercising in Bad Air Quality

A 2021 study published in the European Heart Journal found that while physical activity is generally an important part of reducing the risk of cardiovascular diseases, in highly polluted air, it can do the opposite. The study, which looked at young adults exposed to particulate matter, found that those

exposed to "high levels of PM2.5 or PM10, were at "an increased risk" of cardiovascular diseases. The study did note that higher-intensity exercises contributed to how much risk was posed.

Exercising in Bad Air Quality

When AQI levels reach "unhealthy" levels (AQI >150), it's recommended that people exercise indoors. Typically, it's safe to exercise indoors during high pollution conditions, but that also depends on the venue in which you would be exercising. If windows and doors are constantly open, for example, there is a higher likelihood of the particulate matter getting indoors.

Safe Air Quality for Running Outdoors

Orange signifies "unhealthy for sensitive groups" on the color-coded Air Quality Index devised by the **Environmental Protection Agency** and the highest alert at which it is advisable for most people to exercise outside.

The Centers for Disease Control and Prevention suggests making the planned physical activity less intense and shortening the duration of the workout as well. Those who have asthma are urged to always keep their inhalers on them during times of poor air quality.

Don't assume that you're safe just because you're healthy. Air pollution can threaten anyone's health. Be aware of how you feel on high pollution days and take steps to help protect yourself. •

Dr. Peters is the founder of "The Fitness Doctor" (www. thefitnessdoctors.com) and a professor of Health & Human Performance. He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. Dr. Peters is also a graduate of St. Ignatius High School and John Carroll University. If you found this article interesting, read more on his website. He can be reached at fred@thefitnessdoctors.com.

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Scooby Dooba

Even though O'Malley was a licensed scuba diver, he finally got an answer to a question that had annoyed him for decades. Harold, an American tourist, asked his friend Murphy, 'Why do scuba divers always fall backwards off their boats?

'To which Murphy replied, 'If they fell forwards they'd still be in the flippin' boat.'

Mick and Paddy Visit London

Mick and Paddy were walking in Covent Garden in London. It was their first week in the capital and they were a bit naïve.

'Lord above Paddy, this is a great city,' says Mick.

'Why's that Mick?' responds Paddy.

'Well, to be sure,' explains Mick, 'where else in the world would a complete stranger come up to you, make idle chat, invite you to dinner and then offer you to spend the night at their house?'

'Begorrah, 'splutters Paddy, 'did that happen to you?'

'No,' says Mick, 'but it happens to my beautiful sister all the time.' O'Connor and the Fierce Dog

O'Connor was sitting in Ward's Irish Bar, Piccadilly, London, with all?' a large Rottweiler at his feet.

'Does your dog bite?' asks Murphy.

'No,' replies O'Connor.

So Murphy pats the dog, who almost rips his arm off completely.

'Hey!' screams Murphy, 'you said your dog didn't bite, O'Connor.'

'That's not my dog Murphy,' concludes O'Connor.

Cutting the Grass



Michael O'Leary was waiting at the bus stop with his friend, Paddy Maguire, when a lorry went by loaded up with rolls of turf.

O'Leary opined, 'I'm gonna do that when I win de lottery, Maguire.'

'What's that, Michael?' responds his mate.

'Send me lawn away to be cut,' concludes O'Leary.

The Irish in Space

Donncha and MacArthur are preparing to be blasted into space and have just left the mission briefing when one turns to the other and says, 'Mac, where are we goin?'

MacArthur replies, 'Well Donncha, the man in charge said we are on a mission to the sun.'

'OK.' says Donncha, he thinks for a while and then asks, 'Won't it be a bit hot, it being the sun and

'Don't be stupid, Donncha,' says

MacArthur, 'the man said we'd be going at night."

Irish Mothers Chat

Two Irish mothers, Kate and Lorna, were talking about their sons. Kate says, 'My Patrick is such a saint. He works hard, doesn't smoke, and he hasn't so much as looked at a woman in over two years.'

Lorna responds, 'Well, my Francis is a saint himself. Not only has he not looked at a woman in over three years, but he hasn't touched a drop of liquor in all that time.'

'My word,' says Kate, 'You must be so proud.'

'I am,' announces Lorna, 'And when he's paroled next month. I'm going to throw him a big party.'

The Irishman and The Ventriloquist

A ventriloquist is telling Irish jokes in Davy Byrne's pub in Grafton Street, Dublin, when O'Leary, an irate Irishman, stands up shouting, 'You're making out we're all dumb and stupid. I oughtta punch you in the nose.'

'I'm sorry sir, I......

'Not you,' says O'Leary, 'I'm talking to that little fella on your knee.'

The Irish Millionaire

Mick, from Dublin, appears on 'Who Wants To Be A Millionaire,' and towards the end of the program, had already won 500,000 euros.

"You've done very well so far," said Chris Tarrant, the show's presenter, "but for a million euros, you've only got one life-line left, phone a friend. Everything is

riding on this question. Will you go for it?"

"Sure," said Mick. "I'll have a

"Which of the following birds

does NOT build its own nest? a) Sparrow

- b) Thrush
- c) Magpie
- d) Cuckoo?'

"I haven't got a clue." said Mick. "so I'll use my last lifeline and phone my friend Paddy back home in Dublin." Mick called up his mate, told him the circumstances and repeated the question to him.

"Hell, Mick!" cried Paddy. "Dat's simple. It's a cuckoo."

"Are you sure?"

"Of course, I'm sure."

Mick hung up the phone and told Chris, "I'll go with cuckoo as my answer."

"Is that your final answer?" asked Chris.

"it is."

There was a long, long pause and then the presenter screamed, "Cuckoo is

the correct answer! Mick. vou've won 1 million euros!"

The next night, Mick invited Paddy to their local pub to buy him a drink. "Tell me, Paddy? How in Heaven's name did vou know it was the Cuckoo that doesn't build its own nest?"

"Because everyone knows he lives in a clock!" •

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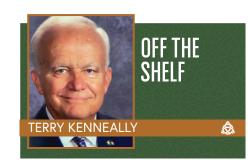


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The Lock-Up

By John Banville **Hanover Square Press** ISBN-13:978-1-44963-4 2023 315 pp.

uirke, the only name he ever goes by, is the brooding pathologist central

to "The Lock-Up" and eight earlier **16 YEARS** novels by John Banville, several of which were reviewed in this

column. The Quirke novels work best when Quirke is miserable, and the greater his misfortune, the better

In his previous installment, "April

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in Spain," Banville took a bit of a break from that formula in which Quirke was not only content, but sober and on holiday in the Spanish seaside town of San Sebastian. His happiness was due to his recent marriage to Evelyn, a psychiatrist.

Banville solved that problem by killing off Evelyn in the final chapter, resulting in Quirke being miserable once more in "The Lock-Up."

The setting for "The Lock-Up" is 1950s Dublin. Rosa Jacobs is a young, Jewish, Trinity college history scholar, who is also a progressive firebrand. She is found dead in her car in a lockup garage of an apparent suicide by carbon monoxide poisoning.

Evidence at the scene, however, leads Quirke to believe she was murdered. Quirke and detective inspector St. John Stratford begin to investigate the death as a murder. When one of Rosa's friends turns out to be the son of a wealthy German who'd moved to Ireland under shady circumstances just after

World War II, the scope of Quirke's inquiry widens. The victim's older sister, Molly, an

established journalist from London, comes on the scene and does some digging of her own. But as Quirke and Stratford close in their personal lives, it may put the case, and everyone involved, in jeopardy, including Quirke's own daughter, Phoebe.

The epilogue of the story is somewhat disappointing, but no spoilers here. Banville's fiction can be divided into two parts: his literary fiction, in which he can obsess for hours over a single sentence, and his Quirke books, which are more fluid, but can dazzle with finely wrought moments that make you want to slow down to savor them. As in the case with all of his Quirke books, Banville has not disappointed. This is a TOP SHELF read.

Terrence J. Kenneally is a lawyer and owner of the Kenneally Law Firm in Rocky River, Ohio. He received his Masters Degree in Irish Studies from John Carroll University and has taught Irish literature and

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- July 17-30: ____ __ Arts Festival
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- 13 August 18-22: Rose of International Festival
- ___ 29: Spring Bank Holiday, Northern
- 17 August 11-13: __ Races (horse)
- 19 November 12: Remembrance remember WWI dead, people wear poppies on lapels
- 22 August 3-13 (likely): Féile an Phobail, (Irish cultural festival)
- 24 June 16-18 and Soul Festival 2023 Westmeath
- 25 September 29-October 1 : Dingle Festival
- 26 May 31-June 4: Listowel _ Week, County Kerry (literary festival)
- 27 June 29-July 2: Patrún ,Aran Islands Festival, (currach boat races)

(parades, music, arts)

30 December 31: New Year's

Republic of Ireland

- 31 August 4-6 Festival Cork
- 35 August 12-13 Dingle races)
- 36 August 4-6 All Now Festival Waterford

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43 December 26: St. Republic of Ireland

DC	DWN
2	July 1-2Festival Dublin
3	September 14-24, Arts Festival
4	August 7: August Bank Republic of Ireland
5	September 11-12: Races (horse races)
7	June16-18Sessions 2023, Bundoran. County Donegal
8	August 5-7: Enniscorthy Rockin' Food &Festival, County Wexford
10	January 25-29: Bar Trad, Dublin (Irish music and culture festival)
11	May 27-June 5: Nua, Ennis (traditional music and dance festival)
12	August 10-12:Fair, Killorglin, County Kerry ("Ireland's Oldest Fair" and drink-fest)
14	Bank Holiday, Northern Ireland only
16	June 6: JuneHoliday, Republic of Ireland
18	May 1: May Day/ Day; Early May Bank Holiday in Northern Ireland
20	July 12: Orangemen's Day/Battle of the anniversary, Northern Ireland (Protestant marches, protests)
21	June 23: St. John's Eve Night, Kilronan, Aran Islands
23	August 6-14: Cheoil, Mullingar (traditional-music festival)
28	September 22-24: Galway and Seafood Festival
29	August 15: Fair
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37	October 26-30: Cork Guinness Festival
40	October 12-29 International Arts Festival
41	December 26Day, Northern Ireland

Festivals in Ireland

By Linda Fulton Burke

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