



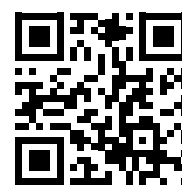
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newsmagazine

September 2023 | Volume 17 - Issue 9



**Sheila Murphy Crawford celebrates
the Murphy Irish Arts Center's
45th Anniversary, at the Cliffs of Moher**

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annual celtic & IRISH festival focus issue!



EDITORS CORNER
@Jobjr
JOHN O'BRIEN, JR.

In the Merry Month of ... September!

The GAA Midwest Championships were hosted in Cleveland this year, and Lordy, the Cleveland teams and community rose to the occasion, with style, heart and grace, on the field and off. The Achill GAA football team and the Achill Pipe Band joined us for the tournament, and they could not have sent better ambassadors. A myriad of events allowed us to get to know the team, many of whom were literally cousins

of team members present and past, or our Irish community. We will report on the GAA National Championships, held this year in Denver, next month, but check out the pics page from the Midwest Championship weekend on our www.iirish.us website our Facebook page. Please follow, especially our Facebook, Instagram and opted-in only eBulletin, so we can share the wealth with our community, near and far, and share with potential advertisers our following and reach. We never share the list.

Congrats to all who made the championships such a success, including organizing committee members Vince Beach, Jake Altman, Michael Martin McNulty, Brian Holleran, Cavan Dickson, Michelle Beach and Dan Murray.

New Columnist Joins iIrish
Delighted to welcome new *iIrish Lit* Columnist Dr. Jeanne Colleran, who begins writing for us each month on Irish Arts, Irish writers and more. Her debut column, *The Druids Are Coming*, is on page 16. See the *What's the Craic?*, *Taking the Fields of Glory*, and the last of the 2023 FANTastic Festival Focus issues within, for all craic, and the

details too. There is so much more inside. We wish to reiterate our congratulations to Sheila Murphy Crawford on her 45th Anniversary, not just teaching Irish dance, and her impact on those dancers, their families, and our community, but in the myriad of causes and other tangible events she has adopted and made exceptional. Cleveland and the Irish community far and wide, is better because of Sheila.

Under the Knife – Full recovery wishes to *Terry from Derry's* Terry Boyle, sporting a new knee, as well as full recovery to *Illuminations'* Mike Finn; *Cleveland Irish's* Francis McGarry; *iIrish Crossword's* Linda Burke, *Éasca Péasca's* Marie Young, *Speak Irish and Cleveland Comhrá's* Bob Carney and our Graphic Artist extraordinaire, Christine Hahn. I don't know what has been in the whiskey, but may we all be bionic and bodacious by Labor Day.

See you at the Pittsburgh Irish Festival September 8-10. Please stop by the iIrish booth and say hello – we'll share a pepsi or two, a cigar and our company as we toast how very blessed we are, to be Irish American, alive and in color.

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



"FOLLOW ME WHERE I GO, WHAT I DO AND WHO I KNOW."
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iIrish newsmagazine

September 2023 VOL. 17 • ISSUE 9

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Content Specialist Ethan Moser
Website Rich Croft
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CONTACT
216.647.1144 • jobrien@iirish.us
14615 Triskett Rd, Cleveland, OH 44111-3123
Subscription: jobrien@iirish.us

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About Our Cover:

Sheila Murphy Crawford celebrates the Murphy Irish Arts Center's 45th Anniversary, at the Cliffs of Moher

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Sessiúns: See What's the Craic for a new, updated list!

Sept. 27th - October Issue of iIrish hits the street #iIrish

1st - Shamrock Club of Columbus General Meeting

9th - Irish American Club East Side Monthly Meeting

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19th - West Side Irish American Club (WSIA) Monthly Meeting

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28th - 20th Anniversary of the Mayo Twinning

31st - Hallow's Eve

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development

is about to begin. Many thanks to Pat and Doug at PJ McIntyre's for their loyal support, without them this class would be impossible.

Maybe you've read this column in the past, and thought "I should give this a try". Now is your chance!

This is a new beginning, even if you don't know a single word of Irish. Our introductory class starts on that premise.

With a little effort and a lot of

fun, you'll leave after the first night with just enough Irish to impress or aggravate friends and family. Some of the other benefits of attending is a camaraderie that develops among all of us as we learn the language of our ancestors. Many of our fellow learners value the social aspect of the class as much as the study of the language.

This month's vocabulary is an example of what will be studied in the introductory class, along with a smattering of Irish history and language trivia. These are the basics of conversation, greetings and introductions.

You may have noticed that little line over some of the vowels, that is called a fada (*fah-duh*), the Irish word for long. It is there to help us with pronunciation. As we go a little further, you may see a word spelled differently or even in the parentheses, pronounced differently.

That is because of the grammar involved; no need to worry about that now. We learned to speak English with no knowledge of grammatical rules at first. Remember the sole purpose of

language is conversation with others. There are also regional dialects in Irish, so as you try out some of these phrases and someone corrects your pronunciation, it may be they learned the phrase from someone from a certain area of Ireland. We try to share all three dialects whenever possible, and it is best to have an understanding of all three. Years ago, I asked a friend who teaches a class in Philadelphia what dialect he taught. Here in Cleveland, many of our students have Mayo roots.

I learned the Munster dialect which is slightly different. He told me not to worry about it and try to share all three dialects. After all, we are Americans in America learning Irish, there is no wrong or right dialect to learn.

Greetings

Let's start with the phrase at the top. Tá súil agam, go bhfuil sibh go maith. (*taw shool ah-gum, guh will shiv guh mah*) "I hope you all are doing well."

We can easily change that phrase to "I hope you are doing well" by changing the pronoun sibh, which means y'all, to tú (*too*) you. Tá suil agam, go bhfuil tú go maith.

Dia duit (*dee-uh gwiit*) - God to you, is the usual form of greeting someone. In other parts of the country, this may be pronounced (*jee-uh ghitch*). Dia daoibh (*dee-uh yeev*) would be used when addressing more than one person, "God to all of you." Dia's Muire duit (*dee-us morra gwiit*), God and Mary to you, is the proper reply, and Dia's Muire daoibh (*dee-us morra yeev*), is used when responding to more than one.

Blessings

Irish is not without a sense of humor. When someone sneezes, we say Dia linn! (*dee-uh lynn*), God to us! One of my former teachers told me, you're already sick, we need the blessing!

For the second sneeze, Dia linn is Muire! (*dee-uh lynn iss morra*), God and Mary with us! And so on, adding Pádraig, Brid and Colm Cille, after which you would say Capall bán fút! (*kah-pahl bahnn fuut*), A white horse under you! Bail ó Dhia ar an obair! (*by-ll*

oh yee-uh ar ahn oh-ber), The blessing of God on the work! Which is a greeting used when addressing someone in the middle of work or a chore. An bhail chéanna ort! (*ahn wahl kenna ort*), The same blessing on you! an appropriate reply.

Go mbeannaí Dia duit, (*guh mah-nee dee-uh gwiit*) means God bless you. You might say, Go ngnóthaí Dia duit (*guh noo-ee dee-uh gwiit*), May God prosper you! It is usually used when parting from someone.

Bail ó Dhia oraibh! (*by-ll oh yee-uh or-iv*) is another version of God bless you, used when joining a group. When it comes to Irish, even though these are common phrases, you can see the underlying spiritual reference, everything comes from God. *Báisteach ó Dhia chugainn is gan é a bheith fliuch. (bash-tahk oh yee-uh kuh-gan iss gahn ay vay flyuhk)*, Rain from God to us and may it not be wet.

Cén t-anim atá ort? (*kayn tan-um ah-taw ort*) What is your name? Is mise... (*iss mee-sha*) I am...

How are you?

Cén chaoi bhfuil tú? (*kay hee will too*) How are you? Conas atá tú? (*kun-us ah-taw too*) How are you?

Cad é mar atá tú? (*kuh-jay mar ah-taw too*) How are you?

The above phrases all translate to the same meaning but are phrased differently, these are good examples of regional dialects. In Ohio we go grocery shopping, in New Orleans, you might be putting on the groceries.

Tá mé go maith. (*Taw may guh mah*) I'm good.

Agus tú fein? (*ah-gus too fayne*) And yourself?

Go raibh maith agat. (*gorra mah ah-gut*) May there be good at you. This phrase is used to say thank you.

Welcomes

Fáilte romhat. (*fahl-cha roe-it*) You're welcome.

Céad fáilte. (*kayd fahl-cha*) You are very welcome.

Céad míle fáilte. (*kayd mee-la fahl-cha*) One hundred thousand welcomes.

Fáilte romhat abhaile. (*fahl-cha roe-it ah-wall-ya*) Welcome home.

Tá fáilte roimh an chaife. (*taw fahl-cha riv ahn kah-fay*) The coffee is welcome.

Goodbyes

Slán (*slawn*) Derived from the word for health, but used for goodbye.

Slán agat. (*slawn ah-gut*) Use this phrase when saying goodbye to someone staying behind.

Slán agaibh. (*slawn ah-giv*) When saying goodbye to more than one staying behind.

Slán leat. (*slawn lyat*) When someone is leaving you behind.

Slán libh. (*slawn liv*) When more than one is leaving you behind.

Slán abhaile. (*slawn ah-wahl-ya*) Safe home. Use this when wishing someone a safe trip home.

Slán go fóill. (*slawn guh fahl*) Goodbye for now or goodbye for a while. I like this, it implies a temporary absence.

If you're in doubt as to which form of goodbye you should use, don't stress, slán works in any situation! **Slán go fóill!**

Bob Carney is a student of Irish language and history 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, Rian, Aisling, Draoi and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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On this day in Irish history SEPTEMBER

BY TERRENCE J. KENNEALLY

2 September 1939 - The day after Germany invaded Poland the Taoiseach, Eamon de Valera, declared that a national emergency existed affecting the State. The Second World War would be referred to as, "the Emergency," in Ireland.

6 September 1593 - Grace O'Malley, known as Grainne Ní Mhaille (The Pirate Queen) met Queen Elizabeth I at Greenwich Palace, asking for the release of numbers of her family who had been taken captive. It is said that she was the only woman to appear in a British Royal Court.

11 September 1649 - The Siege of Drogheda came to an end after eight days. In all more than 2,000 men died at the hand of Oliver Cromwell.

13 September 1961 - An Irish peacekeeping force at Jadotville, in the Democratic Republic of Congo, came under attack from mercenaries loyal to Katangese President Tshombe. The Irish force numbered 157 soldiers versus 3,000 mercenaries. The attack lasted five days, but eventually the Irish were forced to surrender. The incident was featured in the film, "The Siege of Jadotville."

21 September 1949 - The Ireland football team became the first foreign side to defeat England on its home soil, winning 2-0 in Liverpool. This came just

five months after Ireland had officially become a Republic.

22 September 1970 - The Arms Trial began in Dublin. Charles Haughey, the future Taoiseach who had been dismissed from government earlier that year, faced prosecution for conspiring to import arms illegally. Haughey denied doing so and was acquitted.

25 September 1917 - Thomas Ashe became the first Irish Republican prisoner to die on hunger strike. A veteran of the Easter Rising, Ashe's funeral cortege was met by 150,000 people in Dublin.

26 September 1791 - The first convict ship to sail directly from Ireland to Australia - The Queen - arrived at Sydney Cove carrying 133 male convicts, 23 female convicts and four children.

28 September 1912 - Almost half of a million people in the province of Ulster signed the Ulster Covenant, or to use its full name, Ulster's Solemn League and Covenant. The Covenant began by stating its signatories opposed Home Rule.

29 September 1979 - Pope John Paul II landed in Dublin airport for a three-day visit to Ireland. His first stop was Phoenix Park, where he celebrated a mass with one-and-a-quarter million people in attendance.

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Journey

Back in 1969, when I began my involvement with the West Side Irish American Club, I never anticipated that in November 2023 there would be an event recognizing my service as the National President of the largest Irish Women's Organization. On November 11, the two Divisions of the Ladies Ancient Order of Hibernians in Cleveland: Div. 5/10 Our Lady of the Rosary and Div. 11 Deirfiúr of Charity will be hosting a National Ladies Ancient Order of

Hibernians event at the West Side Irish American Club. There are many individuals that have helped me on this journey. The first to recognize are my parents Jack and Catherine Finn Madigan. They gave me so many opportunities in my life that centered around family, faith, heritage, education and service to others. I thank my maternal ancestors that left their homeland in Mayo and the West of Ireland during An Gorta Mor and my paternal grandparents from Tipperary and Clare who left Ireland in the early part of the 20th Century for giving me the gift of being born in the United States and the privilege to have my birth registered in the Foreign Birth Book and being an Irish Citizen. Let's get back to the beginning of my journey, being involved with Irish activities in 1969. My mother saw my disappointment when as an 8th grader at St. Patrick's West Park, I was not chosen for the Drill Team. The following Sunday, she had me at the West Side Irish American Club, along with my cousins, to join the I.A. Drill Team.

I need to thank Josephine Hunt for not picking me for the St. Patrick's Drill Team, because if that did not happen, none of this might have happened. At the I.A., I met many individuals that have played a role

in my life in the Irish community, from the leader of the Drill Team, Mary McClusky, to many of the Officers and Board Members of the W.S.I.A., including Terry Joyce, Steve Mulloy, Dan Chambers, Gerry Lavelle, Helen Malloy, John O'Brien and Celia Gallagher, to name a few. As a teenager, they were role models of service to the Irish Community for me.

Nursing

When I started my nursing education at St. John's College, one of the first nursing students I met was Marian O'Donnell, another IA Drill Team Member, and a close friend to this day. As a young nurse working in the Pediatric Intensive Care Unit at Rainbow Babies and Children's Hospital, I met Deneen O'Reilly, who also went to St. Pat's. She recruited me for an Irish organization, called the Hibernians.

I joined, but it was difficult to stay active while working a variety of shifts. I became active when my friend Marian married Kevin Reynolds. The Reynolds family was very active in the Hibernians and my active involvement took off. At this time, I was also playing Camogie for the Emerald Camogie Team, where more friendships developed. The team started to play soccer locally and the Emerald Camogie Team became the Emeralds Soccer Team. I am so happy that Camogie is again active in the Cleveland area, thanks to St. Pat's-St. Jarlath's GAA players, coaches and supporters.

During this period, I left the Emerald Soccer Team. My mother again saw how unhappy I was on Sundays not playing. She encouraged me to reach out to our neighbor, Mary Ann VandeVelde, to see if I could join her team.

Mary Ann is a great friend and together we have been soccer teammates on many teams, starting with Concordia. Being on the Concordia soccer team, I was impressed how the Germans embraced their heritage. One of my teammates, Audrey Lyzcek, is of Polish ancestry. In conversation she challenged me to again be more active in my Irish community, even though I was playing for the Germans. Because of her comments, I started to take on leadership roles in the Hibernians.

I have to share why I would never let my membership in the WSIA expire. In 1984, I lost my best friend, my mother. I received a sympathy card from the IA, thanks to Celia Gallagher, who recognized my name in the death notice. I was so moved by her actions that I vowed that I would always be a member of the Club.

I have also had the opportunity to serve as a board member and on various committees throughout the years. People that come into your life make life worth living. We do not always know how our actions touch others. I hope that my actions touch others like Celia Gallagher's touched me.

The Irish community in Cleveland is fantastic; demonstrated by the commitment and dedication of all that have served on the United Irish Societies. I have served as a Delegate and a Deputy Director. I was extremely touched when Deneen O'Reilly she served as Executive Director, and ask me to work with Rip Reilly, with Parade publicity.

Rip and Bill Chambers were great mentors to me on the United Irish Societies. I loved hearing the stories of the Parade from Bill Chambers when I drove him to the meetings. I would have loved to have recorded his memories. Although my professional career was nursing, I am a student of history, in particular, Irish and American history. I have to thank Kathie Linton, who strongly encouraged me to seek an office on the national board of the Ladies Ancient Order of Hibernians; I told her that I would seek the office of Irish Historian.

I was so privileged to be elected and serve in that office in a very historic time. My term included the 150th Anniversary of the American Civil War and the Centennial of the Easter Rising. During that period, I highlighted the Irish Role in the Civil War and the Women of 1916.

I was privileged to speak about these remarkable women at events in Ohio, New York, Missouri, Maryland and Michigan. During my term, I also started a project for the Centennial of the Nuns of the Battlefield Monument to include a Wayside Marker to share the important story of the monument.

Serving on the national board, I have met so many individuals from

coast to coast that make a difference in their communities. I have also had the privilege to travel with the Freedom for All Ireland of the Ancient Order of Hibernians and the Ladies Ancient Order of Hibernians.

We do make a difference in the lives of others. The Hibernians are my second family, with Sisters and Brothers across this country. All my Hibernian family is important to me.

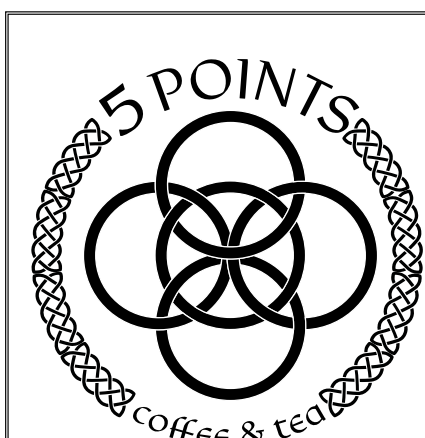
I do need to acknowledge some that always seem to have my back and support me always: Pat Lavelle, Maire Leffel, the Reynolds family, Ray McGann, my sisters and brothers in Cleveland, and those I have served with on the National Board. I am proud to be the 4th Ohioan to serve as National President and the 2nd Cleveland.

One hundred years ago, Adelia Christy served and was a dynamic early leader. I hope she is looking from heaven and is happy of how the second Cleveland is leading the order that she loved.●

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 retired from Nursing at University Hospitals of Cleveland.

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Midwest Gaelic Athletic Association

Midwest News

The last week of regular season games occurred July 29th, with Pittsburgh holding a GAA day against the visiting Saints. The Cleveland men fell to the Celtics 5-18 (33) to 1-12 (15). The Banshees took the ladies 2-24 (30) to 4-6 (18).

Saving the day from a full sweep were the Cleveland camógs, who edged out Na Laochra (warriors) without striking a single point. Final score was Cleveland 7-0 (21), Pittsburgh

2-7 (13). The New Yorkers also had one final game for the men's regular season, hosting the Syracuse Gaels

Cleveland Hurling Picks Up Hardware

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 the 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 Oglagh (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 Gateways, 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.

GAA Midwest Finals in Cleveland

As you heard last month, the Cleveland at the Barton-Bradley fields in North Olmsted, site of the 2013 USGAA Finals. Joining the Midwest competition this year was CLG Acla (Achill GAA) to take on the intermediate squad of the Pittsburgh Celtics – the showcase game on Saturday.

The Achill lads were also be accompanied by several members of the pipe band, join forces with their counterparts of the WSIA to parade the teams and entertain fans. The weekend had a festival-like 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.

Go raibh mile 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 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 ages.

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 Cleveland 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. His Irish is a cross of dialects

from 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 Construction Management at CWRU, and laying down some engineering skills on local water/wastewater projects.

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MEGAN LARDIE



kids craic

Life is a Highway! Part I

Have you ever heard of the Federal-Aid Highway Act of 1956? Would you be surprised to learn that it is responsible for the suburb you might live in, the trucking industry, gas stations, motels, and the fun, family road trip? The highway system that exists today only began being built in 1956 and was going to be about 40,000 miles.

Today, it is continuously being improved and more sections are always being added. As of 2021, there are 47,000 miles of interstate highways in the United States, and this includes Alaska, Hawaii, and Puerto Rico.

Whose Big Idea Was This?

When a young Dwight D. Eisenhower was in the Army, he took part in the Motor Transport Corps convoy that traveled 3,251 miles from Washington D.C. to Oakland, California. It took them 62 days to travel this distance. Today, using the interstate, it would take about 41 hours!

When he was in Germany during World War II, he was able to see the early beginnings of the German's Autobahn highway network and began to understand that a national highway system was needed for national defense. When Eisenhower



became President in 1953, he appointed General Lucius D. Clay to investigate a need for a highway system. Clay determined it was clear that the US needed better highways for the ability to accommodate more cars, to be able to mobilize defense units, if ever necessary, and for the economy and future growth of the country.

The Federal-Aid Highway Act passed in 1956. This law authorized the construction of a 41,000-mile network of highways that would cover the nation. It budgeted \$26 billion (\$300 billion in today's money) to pay for the work. The terms of the law stated that the federal government would pay 90 percent and this money came from an increased gasoline tax of 3 cents per gallon.

Fun with Numbers

Believe it or not, there is a method to how each interstate is numbered. First, primary roads have a one- or two-digit number. Shorter routes have a three-digit number, with the last two digits matching the parent route. For example, in Cleveland, I-480 breaks off of I-80 (Ohio Turnpike) in North Ridgeville, passes through several suburbs of Cleveland and then joins back up with I-80 in Streetsboro.

Major interstates that span long distances are given numbers that

are divisible by five, such as I-5, I-10, I-90, and I-95. East-West highways are given even numbers. North-South highways are given odd numbers. Even numbered roads increase going from south to north and odd-numbered routes increase going west to east. For example, I-5 runs north-south from Canada to Mexico along the coast of California and I-95 runs north-south from Canada to Miami, Florida.

When your GPS is telling you to exit at Exit 164 it gives you even more information. On one- or two-digit interstates, the exit number is distance based, so the exit number has the same number as the nearest mile marker. Those are the little blue signs you see along either the side of the road or along the middle of the interstate.

When there is more than one exit within the same mile, they are then given a letter in addition to the number. Mile marking begins at either the southern or western part of the state where the interstate begins.

Next time you jump on the interstate, think about all the forethought that was needed to make it possible. When you are in a slow down due to construction, take a look at how they are trying to improve the interstate so you can get where you are going even safer and faster! •

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.

Kids in the Kitchen

Meatloaf Muffins

Ingredients:

1 large egg, lightly beaten
1/2 cup dry breadcrumbs
1/2 cup finely chopped onion
1/2 cup finely chopped green pepper
1/4 cup barbecue sauce
1-1/2 pounds lean ground beef (90% lean)
3 tablespoons ketchup
Additional ketchup, optional

Directions:

Preheat oven to 375°. Mix the first 5 ingredients. Add beef; mix lightly but thoroughly. Press about 1/3 cupful into each of 12 ungreased muffin cups.

Bake for 15 minutes.

Brush tops of loaves with 3 tablespoons ketchup; bake until a thermometer reads 160°, 5-7 minutes. If desired, serve with additional ketchup.

Note: Make a double batch

and freeze them! Bake muffins without ketchup; cover and freeze on a waxed paper-lined baking sheet until firm. Transfer muffins to an airtight freezer container; return to freezer.

To use, partially thaw in refrigerator overnight. Place muffins on a greased shallow baking pan. Spread with ketchup. Bake in a preheated 350° oven until heated through.



MILESTONE & SWEET SNAPS

Shannon Enoch & Michael Pace engagement on the beach.



Congratulations to Murphy's Irish Arts founder, instructor, guardian and guide Sheila Murphy Crawford, pictured on this month's cover, celebrating the 45th anniversary preserving and promoting Irish dance, community and the arts.

check out archive issues
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Festival Focus 2023



21st Kansas City Irish Fest 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 keirishfest.com for tickets and performers updates and follow us on Facebook and Instagram. See you at The Crown Center in downtown Kansas City!

64th Ligonier Highland Games September 16th

Competitions will be held in highland athletics, highland dance, Scottish harp, Scottish fiddle, bagpipes, drums, pipe bands, women's haggis hurling, keg toss and shortbread baking.

Entertainment will be provided by Devlish Merry, Abbots Cross, Sean Patrick Regan, Melinda Crawford & Co, Red McWilliams w/ Jessica Willard, Dennis

Doyle, RichPatrick Celtic Music, Waterhorse, DruidSong, Willa Whamdiddler, Bara the Bard Storyteller, Southminster Ringers and the Pittsburgh Scottish Country Dancers.

Clan exhibits, vendors, genealogy workshops, demonstrations in Scottish tartan weaving and children's games and our living history display will include re-enactors representing over 250 years of history influence in the Pittsburgh region. Some of the units represented include 1745 Jacobites, Grahams Company, 42nd Regiment of Foot-Black Watch (French & Indian War Era), 42nd Black Watch Regiment (World War One Era), Gordon Highlanders (World War II Era) and 2nd Battalion Scots Guards (Cold War & Falklands War Era) Idlewild Park in Ligonier Pennsylvania

Info: www.ligonierhighlandgames.org



Pittsburgh Irish Festival 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 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.



Michigan Irish Music Festival 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', Eileen Ivers, Sharon Shannon, Paddy 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 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 "shopopportunities." Wee Ones' activities will be available, as well as a variety of food and Irish fare 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 on single-day tickets and four-day passes when purchased online. (Children 12 and under remain free.)

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: Pipes & Ales April 6, 2024

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

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Festival Focus 2023

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September 16, 2023

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HEALTH MATTERS

Keep Your Head in the Game: Concussions and Fall Sports

By Dr. Zenos A. Vangelos



School is back in session, which means it's time for fall sports. From cardio to strength training, playing sports offers numerous health benefits. However,

it's not without its risks.

Sports-related injuries typically pick up this time of year. Ankles, knees, wrists – orthopedic injuries are common, as are concussions. Between football and soccer, high impact sports can cause higher rates of concussions.

Given the risks associated with concussions and their impact on brain health, it's important to learn what causes them, how your child can best avoid them and when to seek medical attention.

Concussions occur when athletes experience a bump, violent jolt or blow to the head that disrupts normal brain function.

A concussion can also be caused by a hit to your body that causes your head to forcefully jerk backwards, forwards or to the side. While usually they are not life threatening, the effects of the concussion can be serious and last for days, weeks or longer.

Common symptoms of a concussion include a headache, confusion, balance issues and memory issues, sensitivity to light or sound, feeling tired, changes in sleep pattern, trouble concentrating and sometimes feeling irritable, anxious or even depressed. While some may lose consciousness after a major hit, some athletes may not experience symptoms for several hours. Symptoms can change days later, and others can develop when your brain becomes stressed from overuse.

The occurrence of concussions can be mitigated by teaching athletes' proper techniques and ways to avoid hits to the head.

In addition, limiting the amount of contact during practices, ensuring athletes avoid unsafe actions and enforcing the rules of the sport for fair play, safety, and sportsmanship can be help reduce concussions. For sports where helmets are necessary, it's equally important to make sure athletes are wearing a helmet that fits well. There should also always be an athletic trainer present at games and practices to care for injured athletes.

If you think your child or teen is experiencing concussion symptoms or took a hard hit to the head, you should have them evaluated by a medical professional. A health care provider will be able to evaluate symptoms, perform a neurological exam and diagnose a concussion. Your provider will check your child's neurological function and reflexes, vision and reaction to light, balance, coordination, and strength.

After a concussion, an athlete should only return to their sport under the supervision and with the approval of their health care provider. The player and parents should also work closely with the team's certified athletic trainer to make sure they can tolerate increasing performance over time without triggering symptoms.

Concussions can be scary for you and your athlete. But, with mental and physical rest, the negative effects of concussions will resolve in most athletes. Just be sure to follow your doctor's orders so that your athlete can safely get back out on the field healthy. •

Zenos A Vangelos, DO, is a board-certified sports medicine physician. He cares for patients at Mercy Health - Sheffield Orthopedics and Sports Medicine in Sheffield Village, OH, and Mercy Health - Avon Orthopedics and Sports Medicine in Avon, OH.

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The Druids Are Coming

Cairde a chara – Dear friends, I am delighted to join this august group of columnists to contribute to the conversation about our shared heritage and shared enthusiasm for Irish culture. My sláinte slant (pun intended here) is on Irish arts festivals and on Irish writers. I leave it to my friend, Terry Kenneally, and his voracious reading habits to keep us current on the latest and best Irish fiction and non-fiction.

When John O'Brien and I sat down together, he christened my effort as “*Irish Lit*,” another pun, of course,



Garry Hynes and Fintan O'Toole.

for “literature” and my paltry efforts to “enlighten.” I love his suggestion: what, indeed, are the Irish more than fantastically verbal? Like W.B. Yeats’ King Goll, who preferred to “sing and shake his locks,” we revere the storyteller, the art of the seanchaí. Thank you, John, for a great title to this column: Irish Lit.

Galway International Art Festival

Truth be told, another reason I undertake the happy labor of writing about Irish arts festivals is it provides

good reason for me to convince my husband that we need to jump the pond. This past summer, we travelled to the Galway International Arts Festival, held in my ancestral city, and now in its 45th year. Taking place every July for two weeks, (the dates vary but can be checked at giaf.ie), the festival events sprawl across the city, attracting some 400,000 visitors.

This year, a magnificent dragon inaugurated the festival, opening up theatrical performances in venues



that included a shed on a pier, public art installations, the huge Heineken concert tent, scholarly talks at NUIG, concerts in every pub, and even group “disco” power walks through the pedestrian-only city center.

When the arts festival ends, the Galway races begin, so your plans for a trip next year can straddle the two great Irish loves: art and horses. And the third (Guinness and Jameson) is available everywhere.

While it may have started as a small, local festival, today the Galway International Arts Festival is not only (per the Irish Independent) the finest festival in Ireland, but one that is on a par with other international festivals. The convenors describe themselves as “creative collision makers, sparking connections between the arts, between audiences and performers, between Galway and the world.”

The festivalgoer is spoiled for choice, but I suggest exploring the streets of Galway by taking in the free visual arts presentations that are scattered across the city. Along the way, you will encounter an extraordinary range of provocative new artwork.

The signature of this festival is its commitment to an extremely high standard of artistic expression that engages relevant global topics about climate, conflict, refugees, class, and consumerism—and of course Irish history and current society. And there



The Eyre Square Festival swan.

is lots of fun: street spectacles, circus, even a retelling of Ulysses for children (that I would gladly have brought into one of my Irish Lit courses). Illustrations and commentary on the festival events can be seen at www.giaf.ie where they also will announce next year's dates.

For example, this year the Festival commissioned a new piece from David Mach, a Scottish miner's son and Turner prize winner renown for large public installations made from materials as common as a coat hanger and as the elite as a Range Rover. In “The Oligarch's Nightmare,” the One Percenters' consumerist object of desire is destroyed: it depicts a burning, crashed Range Rover and its ambivalently dejected owner. It was powerful on its own, but what struck me was how Mach's installation was reached via the passageway to Saint Nicholas Collegiate Church, the 700-year-old Norman church that Cromwell's troops used as a stable during the Siege of Galway (1652) and who defaced the statues inside. Oligarchs, from 17th century to ours, come in different guises and in service to different gods.

Another artwork was installed in the Galway Arts Centre, formerly the

1840s residence of the Persse family, of whom Lady Augusta Gregory of Coole Park is a member. One can easily imagine elegant Victorian ladies perched on plump chairs drinking from porcelain teacups served by parlor maids in white caps.

If such a tableau still has a haunting presence in the high-ceiling rooms, all the better, for it is here that Galway artist Ruby Wallis has set her multimedia exhibition—visual and auditory – entitled “Whistling in the Dark” (<https://www.galwayartscentre.ie/whats-on/ruby-wallis-whistling-in-the-dark/>). Here, Wallis' eerily beautiful nighttime photos of plants and flowers and of the shadowy outlines of a woman walking lead into a dark room of the recorded sounds of some thirty women whistling in the dark.

The sound sculpture and the photos elicit a sense of danger, taboo, and of female threat, a further extension of Wallis' eco-feminist concerns. There is courage still confronting threat, subverting the usually placid tradition of botanical art.

Sean O'Casey

The highlight of the festival was the Druid Theater's trilogy of Sean O'Casey's plays. Here's the exciting

news: Druid O'Casey is on its way to the US, with performances in New York City, and in Ann Arbor. In just a short drive or day trip, we can see a world-class caliber production of one of Ireland's most important playwrights.

In the talk I heard between celebrated Druid director Garry Hynes and Fintan O'Toole, the redoubtable Irish critic, they made the case that O'Casey is the middle literary integer between Synge and Beckett. O'Casey's *Juno and the Paycock* famously caused a riot at the Abbey Theater in 1926 when the audience objected to the presence of a prostitute on stage. W.B. Yeats chastised them: “You have disgraced yourself again; is this to be the recurring celebration of the arrival of Irish genius?”

No, Mr. Yeats” the recurring celebration of the Irish genius is taking place when the Druid O'Casey/ Dublin Trilogy – *Shadow of a Gunman*, *Plough and the Stars*, and *Juno and the Paycock*—is performed on three consecutive nights and together on one day. The dates for single presentations are Wednesday, October 18; Thursday, October 19; and Friday, October 20.

The single immersion day is Saturday, October 21. More information and tickets are available at <https://ums.org/season/2023-24-season/druidocasey/>

Together these three plays span the Easter Rising, the War of Independence, and the Civil War, written and presented contemporaneously with the

Republic's founding from 1915 to 1926. Druid O'Casey is the first company to perform all the plays together, and to give viewers the opportunity to see both the unfolding of historical events as well as their last repercussions for Irish society.

As we deal with our own questions of democracy and constitution, of who is privileged and who excluded, the O'Casey plays speak to the long shadow of beginnings, crises, and change. I plan to write more about O'Casey and these plays in my next column, but for now, I would not miss this extraordinary event. •

Jeanne Colleran, Ph.D. is Professor Emeritus of English. At John Carroll University, she served as Dean of the College of Arts and Sciences and as the Provost and Academic Vice President. At Loyola University of Chicago, she worked with the Loyola Rule of Law Institute in the School of Law. A scholar of modern and contemporary literature, she has published a book, an edited collection, and some three dozen articles concerning literature and society and lectured in Ireland, South Africa, England, United States, France, Canada, Belgium, and The Netherlands. She has taught undergraduate and graduate courses in Irish Literature. She may be reached at jmcfernhill@gmail.com

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Bluestone Hibernians

A decade ago, when a fellow AOH, via the Ohio AOH website, he was directed to the Boland-Berry Division. It was the only AOH division in Cuyahoga Co. and they met at PJ McIntyre's.

Yet, there was a division that met at the IACES. It was the Western Reserve Division of Lake Co., and they met in the Pub. Joe Schindly, Hibernian of the Year in 2016, was division president at the time.

The division held a chili cook-off, offered a trip to the Notre Dame spring game and had a table at Irish Night at the Lake Co. Captains. Please forgive my recollection if it is incomplete.

We first met with Joe Casey, the AOH state president at the time, on 1/26/12 at PJ McIntyre's. Joe had started divisions before and his Hibernian spirit was apparent. After discussions it was determined to contact Roger Weist, former state president and Boland-Berry president. Roger was emailed on 1/30/2012 with our intent to start a new division.

After that, we continued to meet with Joe Casey and grow a new membership base. First, we did some demographic due diligence.

Irish Census

According to the general 2010 Census data, the Heights area had over 14,000 individuals who self-identified their first ethnicity as Irish. That would not include those who self-identified Irish as second, etc.

Cleveland Heights at the time was around 45,000 residents, 60% Catholic, 48% male and over

10% identifying as Irish. That data provided numbers that would support an AOH Division. There were also ten parishes in the general Heights area that had no AOH presence.

We shared that information with our Hibernian brothers across the state and across the river. The Heights data was combined with membership data from the IACES, and it was clear a division could be supported. Data does not make a division.

We held some break-out sessions with the assistance of Stix and Otis at Juice's on Mayfield Road, Juice and Kano's bar. It was there that we were able to talk to Mr. Kane and Mr. Murphy.

It was at Juice's that we discussed the AOH with musician and Hibernian Donal O'Shaughnessy. There was a plan: we were motivated, we were informed, and we had never undertaken such an endeavor.

Joe Casey was invaluable, as were our Boland-Berry Brothers. We cannot forget members of the state board and their support: Mike McKenzie, Denny Parks, Pete Chrystal, Kevin Hickey, Danny O, Ron Hagen, Bob Harper and Ed Brannan, to name a few.

Michel-Rolph Trouillot's seminal work, *Silencing the Past*, teaches us to connect to the past, or "pastness," and to make known our connection to history. It was decided to name the division Bluestone. The Blarney Stone is a block of bluestone.

In Northeast Ohio, it is also known as Euclid Bluestone; fine-grained, harder and less friable than Berea sandstone. It is the native substrate of Eastern Cuyahoga Co. and first quarried by an Irishman.

Duncan McFarland was born in Co. Tyrone in 1818. He immigrated to America in 1837 and worked along the Ohio & Erie Canal. In 1845, he went with his brother, Robert, to work the copper mines near Lake Superior.

Bluestone Village

In 1867, he opened a quarry on the east bank of Euclid Creek. His sons opened a second quarry on the west bank in 1871. In 1890, there were five quarries and immigrant laborers from Ireland, Canada, Sweden and Italy who mainly resided in Bluestone Village. The village was



home to 400 residents at its peak and had a general store, a post office, two saloons, a temperance hall, a church and boarding house.

One of the first railroads in Cleveland was the Quarry Railroad, which transported bluestone from top of Cedar Hill to East 101st and then to downtown Cleveland. Bluestone was used for exterior steps, foundations, tombstones, capstones and even billiard tables. It was occasionally used for exterior walls of buildings, including the old city halls in Cleveland Heights and Euclid.

In 1847, Duncan, Robert and their father James purchased 105 acres in what is today the South Chagrin Reservation. He married Margaret Whigham, also from Ireland, in 1848. Duncan McFarland passed away on September 17th, 1886.

Bluestone Village was incorporated into South Euclid in 1917. Juice's was in South Euclid, just down Mayfield from South Euclid's oldest bar, Black Forest. Founding member Father Albert Beltz painted the first rendition of our division logo, "A shovel and a pick," to venerate those Irish laborers who came before us, from the saying "A shovel and a pick, a wheelbarrow and a Mick, that's how you build a canal."

The shovel and pick are surrounded by three shamrocks: Bluestone is Cuyahoga division #3. It is the third station of the Cross where Jesus falls the first time, and on the third day he rose again. It was our goal to mobilize the Irish Catholic population on the Eastside. A division of the pews, named after none of us but named after all of us.

Joe Casey joined us at Skinny's for dinner before the Western Reserve's August meeting in 2013. Mickey McNally made the motion to have its members transfer to the new Bluestone Division. On the anniversary of Duncan

McFarland's death, the Bluestone Division officers were sworn in at our first meeting, September 17th, 2013: Francis McGarry, President, John Kane, Vice President, Tom Davis, Recording Secretary, Adam Dishong, Financial Secretary and Chuck Arth, Treasurer (and Black Forest regular).

Bluestone had the youngest division officers in the State of Ohio, even with Chuck. That is a title the division still holds to this day.

Our first brunch was September 22 that year, with the assistance of our division members and Koumbaros Catering. Those were a lot of work but good events. February 23, 2014 was our first division Mass at Immaculate Conception. Father Godic shared how the Fenians stashed their rifles in the basement of The Mac before invading Canada.

Mr. Fitzgerald, Hibernian of the Year 2020, introduced the division to Father Latcovich and Phil Guban at Borromeo Seminary and our relationship has grown.

The Bluestone Division today has 100 members. We are a division of the pews and it is our membership that allows us to contribute and live the motto. We thank Presidents Ben Neylon, Kevin McCluskey and our current President Bob Mullin for their guidance and leadership.

It is truly impressive to be surrounded by a group that knows what we do and how we do it. Our division co-sponsors four Hibernian Masses with the Eastside's new LAOH Deirfiúr of Charity Division. Deirfiúr will be at 100 members soon. Both divisions also support the Father Michael Wittman Ozanam Center at St. Philomena. Bluestone holds the Robert M. Fitzgerald Golf Outing and supports Catholic education and seminarians with scholarship donations.

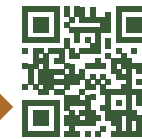
The Irish in Cleveland at one time had an annual picnic at Euclid Beach. The first picnic was in 1867, same as Duncan's quarry. Bluestone hosts an annual picnic - please feel free to join us in celebrating Bluestone's 10th Anniversary, on September 16th at the Rear Quarry Picnic Area in Euclid Creek. •

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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BLOWIN' IN

 @SueMangan

SUSAN MANGAN

Blackberry Season Redux

*"I open at the close."
(Harry Potter and the Deathly Hollows by J.K. Rowling)*

The last heat of summer settles atop blackberries bursting with barely contained juice. Hungry for one last taste of summer, bees swarm the fruit. Birds and beasts instinctively note the shift from summer to autumn. Moving ever closer to the earth, the hawk circles the sky looking for its prey. Food will not be as prevalent



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when fall turns cold. For now, the air is still heavy with humidity. My spaniel raises her head briefly to note squirrels burying acorns in the lawn. Even Lucy can smell the change in the air. Resolute for now, she drops her head between her paws, long ears sprawled on the cool grass. Most people refer to the month when summer bows to autumn as September, but for me this bittersweet time will always be blackberry season. It is a time of transition. Students of all ages embark on a new year. Whether it is primary school or law school, there will always be that pang of anxiety for both students and parents at the close of summer. Feelings of hopeful anticipation mix with fear. This year my oldest will be entering her last year of law school. It is hard to believe that she was only seven when I first began writing this column. In this seemingly infinite space, I have chased rainbows with my children and looked toward new tomorrows. I have watched turtles bask on the shores of Crooked Lake and sand hill cranes nest among the lily pads. I have



perused the shops in Notting Hill and viewed Degas' ballerinas forever frozen *en pointe*. I have taken an unexpected trip to Dublin and was gifted with the poetry of Seamus Heaney. I have watched the western light direct shadows upon Irish mountainsides and have heard the spring-call of the cuckoo at dawn; but I have never walked along an Irish lane during blackberry season. That is,

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until now. My daughter has traveled to Ireland during autumn. She was too busy, however, climbing mountains and exploring Atlantic caverns by kayak to stop and look at the blackberry vines that line every lane; so, she could not report back whether the blackberries were full to bursting. Perhaps when I arrive in Ireland at the start of fall, the berries will already have been spent. Still, I hold onto the hope, like that of a September student, that my dreams will be actualized, and the fruited brambles will indeed blaze violet. It has been five years this autumn since my mother has died. Her last words to me were of blackberries and her home in southern Missouri. So much has passed during this time. Both my mother and grandmother were world travelers and life-long learners. When on holiday, they were up at dawn, ready to explore museums and historic sites, to enjoy local foods and view fine art. Mom and Mim were both open to chance encounters and the possibility of meeting new friends from across the globe. My daughter, like her grandmother and great-grandmother before her, lives for her next travel adventure. During the fall of 2019, my daughter traveled to London for a semester study abroad program. In the space of four months, she visited seven European cities. Before my daughter left for London, she requested that I sketch a blackberry tattoo to grace her delicate wrist. I had to promise that I would bear an identical mark. In this way, my daughter kept my mother's spirit with her as she traveled abroad. New transitions can be unsettling, and so my daughter dealt with a bit of homesickness that lasted all of forty-eight hours when she first arrived in London. She took a chance at friendship and met her twin flame Julia at brunch one rainy morning in Notting Hill. Together, the girls navigated the grand boulevards of Paris and the discos of London's Shoreditch. To this day, the girls have remained close friends. Recently, Julia came to visit. Over lunch one day, the girls reminisced

about their time spent at the University of Westminster. We talked about Marylebone and the iconic BBC radio tower. The girls smiled at their memory of sharing earbuds and listening to the newest Harry Styles release while walking along the colorful streets of Notting Hill. Serendipity or fate, you decide, but I sense that my mother's spirit walked in step with the girls along their London adventure. And so, another blackberry season is upon us, and it is my time to travel abroad. I cannot help but think of the circle of time. Beginnings and endings. Much like a circle, an ending always has a

beginning, and the beginning, an ending. *Circulus orbis*. Five years have passed since my mother's death. Twenty years have passed since my father-in-law celebrated the twinning of his birth home on Achill Island and his forever home in Cleveland, Ohio before his death the following year. My husband and I will celebrate the twentieth anniversary of the Cleveland-Achill Twinning this September. It is for this reason that I will be given the opportunity to travel to Ireland during blackberry season. My hope is for moments of joy, of harmony. I do not expect closure as that implies a definitive ending; nor

do I truly expect that the blackberry brambles will weigh heavy with fruit, as that is most likely a metaphor of my own creation. I do not believe in endings, but rather live in hope of new beginnings that open at the close. • 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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 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! 

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iIRISH TRIVIA

BY TERRENCE J. KENNEALLY

The Eighties

1. What year was the Anglo-Irish Agreement was signed?

2. Who beat Ireland in the inaugural Rugby World Cup in 1987?

3. Who won the Tour de France in 1987?

4. What was the name of the movie released in 1986 that was based on a short story by William Trevor?

5. In what year did the Pogue's form?

6. By what name is singer Eithne Ní Bhraonaia better known ?

7. President Ronald Regan visited which Tipperary town in 1984?

8. Which Irish athlete was known as "Chairman of the Boards" because his success in indoor events?

9. Who was the first host of the children's TV show "The Den"?

10. What was the name of the double murderer whose arrest and conviction amounted to one of the most infamous political scandals in Irish history?

1. 1985

2. Australia

3. Stephen Roche

4. The Ballroom of Romance

5. 1982

6. Enya

7. Ballyporeen

8. Eamon Coghlan

9. Ian Dempsey

10. Malcolm Macarthur

20 we've always been green

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Convenient

Two leprechauns went to the convent and begged an audience with the Mother Superior. "Well, how can I help you little people?" asked Mother Superior.

The larger and more intelligent looking of the leprechauns asked, "Oh Mother Superior, would you be knowing of any midget nuns here at the convent?"

"No," says Mother Superior, "I don't have any midget nuns here at the convent."

"All right then, Mother Superior, would you be knowing of any midget nuns in all of Ireland then?"

"No, no," replied Mother Superior, "I don't know of any nuns who are also midgets in all of Ireland at all."

"Well then Mother Superior, in all of nundom, in the whole world of all the nuns, would you be knowing, then, of any midget nuns?"

"No, I would not; there are no midget nuns in the whole of the world!" replied Mother Superior, "and would you please tell me what this is all about!!?"

The asking leprechaun turned sadly to the other leprechaun and said "See, it's as I told you all along... you've been dating a penguin!"

Busy NYC

Paddy was in New York, patiently watching the traffic cop on a busy street crossing. The cop stopped the flow of traffic and shouted, "Okay pedestrians." Then he'd allow the traffic to pass.

He'd done this several times, and Paddy still stood on the sidewalk. After the cop had shouted "Pedestrians" for the 10th time, Paddy called over to him, "Is it not about time ye let the Catholics across?"

Opportunity Knocks

Mrs. Pete Monaghan came into the newspaper office to pay for her husband's death notice. She was told by the kindly newsman that it was a dollar per word, and he remembered Pete and wasn't it too bad about him passing away.

She thanked him for his kind words and bemoaned the fact that she only had two dollars. So, she wrote out the obituary, "Pete died."

The newsman took a look and said he thought old Pete deserved more and he'd give her three more words at no charge.

Mrs Pete Monaghan thanked him and changed it to: "Pete died. Boat for sale."

Two Fer

Reilly is walking through a graveyard when he comes across a headstone with the inscription, "Here lies a politician and an honest man."

Heavens now,' exclaims Reilly, 'I wonder how they got the two of them in one grave.'

Modesty

An Irish lass, a customer: 'Could I be trying on that dress in the window?'

Shopkeeper: 'I'd prefer that you use the dressing room.'

Happy Hour

The Doctor was puzzled, 'I'm very sorry Mr. O'Flaherty, but I can't diagnose your trouble. I think it must be the drink.'

'Don't worry about it, Dr. Cullen, I'll come back when you're sober,' said O'Flaherty.

Diagnosis

'What's wrong with Murphy?' asked Dr. Cullen.

'I don't know, Doctor. Yesterday he swallowed a spoon, and he hasn't stirred since,' said Mrs. Murphy.

Location, location, location

As he was leaving the pub, after lifting a few pints, Patrick spotted his friend Timothy down on his hands and knees under the streetlight, looking for something on the ground.

"What is it you lost Timothy?" Patrick asked.

"It's me watch. It fell off when I tripped over the pavement." So, Patrick joined in the search, but after looking for ages, they hadn't found any sign of Timothy's watch. "Whereabouts did you fall?" Patrick asked. "

It was about a block up the street." "So why are we looking here Timothy?"

Patrick asked, scratching his head. "Sure, the light's a lot better here."

Timing

McGillicuddy told O'Brien, "One thing I learned in my years of drinking is that if you ever go Christmas caroling, you should go with a group of people. And also go in December."

Speed Racer

Patrick, Murphy, and Seamus were making their way out of a pub in Dublin and flagged down a passing taxi. The taxi driver stopped and seeing that they were feeling good when they got in and probably weren't paying attention to what was happening, he decided to play a trick on them.

When the three of them finally managed to get into the taxi and sit down, the taxi driver just switched on the engine and then switched it off again.

He turned around and said to them, "We are here lads."

Patrick gave the driver the taxi fare, Murphy said thanks to him, but Seamus slapped him.

The taxi driver was stunned, because he had hoped that none of them would have realized the car didn't move as much as an inch.

"So, what was that for?" the taxi driver asked.

"Next time don't drive so fast" Seamus said.●

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ILLUMINATIONS

J. MICHAEL FINN



Gibbet Rath Massacre

“Charge and spare no rebel!”

The 1798 United Irish Rebellion was an insurrection launched by the United Irishmen, an underground republican society, composed of both Presbyterians (known as Dissenters) and Catholics aimed at severing the connection with England and establishing an Irish Republic based on the principles of the French Revolution.

The English have rarely been restrained in their efforts at suppressing Irish rebellions, and the actions of the crown forces during 1798 were a prime example. Public executions without trial of men, women, and Catholic religious were common for anyone suspected of participating in the rebellion or helping the rebels.

The United Irish rebellion was strongly supported in the County Kildare area, and it was on the Curragh of Kildare that the worst atrocities and suppression of the rising were witnessed. According to historian R. F. Foster, the 1798 rebellion was “probably the most concentrated episode of violence in Irish history.”

One of the more despicable actions during the 1798 Rebellion occurred in a place known as Gibbet Rath in the Curragh, which is about three miles southeast of the town of Kildare (*A gibbet is an English word meaning an upright post with a projecting arm for hanging the bodies of executed criminals. A rath is an Irish word meaning an ancient circular enclosure or fort surrounded by an earthen wall.*)



Kildare

The rebellion began in County Kildare as the rebels took over several towns in the Kildare area, where over 1,000 rebels held the government forces at bay for over a week. Eventually, the rebels were forced to surrender and sought terms from the British.

News of the outbreak of the rebellion in Kildare prompted General Sir James Duff, a ruthless British military commander in Limerick, to gather a force of about 600 men, mainly Dublin militia members, and set out on a march

to Dublin on May 27, 1798. His twin objectives were to restore communications between Kildare and Dublin and to crush any rebel resistance encountered on the way.

Meanwhile in Kildare, following the rebel defeat at the Battle of Kilcullen, the rebels had been forced to surrender at Knockaulin Hill on May 27. The terms offered by British General Sir Ralph Dundas, Commander of the Midland District Militia, were that the rebel force would cease hostilities, retreat to Gibbet Rath, and stack their weapons in return for a government amnesty.

The amnesty agreement would allow the surrendering rebels to return to their homes unharmed. The rebels accepted the offered terms and agreed to turn over their weapons at Gibbet Rath on the Curragh.

Slaughter the Croppies

Arriving in County Kildare, General Duff was unaware that the rebels were gathering to surrender on the Curragh plain. He reinforced his column and marched to the nearby town of Kildare. According to reports from Kildare town, several from Duff's Foxhunter Division, in a riotous and drunken state, marched through the streets with fixed bayonets swearing loudly, “we are the boys who will slaughter the croppies tomorrow at the Curragh” (croppies was a derogatory name for Catholics).

General Duff's force had by now grown to 700 militia, dragoons and yeomanry. The designated place of surrender, the ancient fort of Gibbet Rath, was a wide expanse of plain with little or no

cover for several miles around, but neither the rebels nor Duff's force had seemingly any reason to fear treachery, as a peaceful surrender had been accomplished without bloodshed.

By the time of Duff's arrival at Gibbet Rath on the morning of May 29, 1798, an army of roughly 2,000 rebels were waiting to surrender in return for the promised amnesty. Even though they had complied with the terms of the surrender by stacking their arms, they were subjected to an angry tirade for their treason by General Duff, who ordered his army to surround the rebels.

What happened next is still debated. General Duff claims that the rebels fired on his troops. This is unlikely as they were surrendering and turning in their weapons. Duff was overheard ordering his troops to “charge and spare no rebel.”

The resulting infantry and cavalry assault resulted in the death of about 350 unarmed rebels (some accounts say it was over 500). Hundreds were also wounded and many fled in panic.

General Duff redrafted his own official report of the engagement before submission to Dublin Castle. His final draft was transmitted without the references to his knowledge of the surrender preparations. It read: “We followed them (the rebels) with Dragoons. Unfortunately, some of them fired on the Troops; from that moment they were attacked on all sides, nothing could stop the rage of the troops.”

One of Duff's commanders wrote he left “500 rebels bleaching on the Curragh of Kildare” and that the “Curragh was strewn with the vile carcasses of popish rebels ...”

Far from being censured for the massacre, General Duff upon his arrival in Dublin was celebrated as a hero by the British establishment, who honored him with a victory parade. General Dundas, by contrast, was denounced for having shown clemency towards the rebels. However, as news of the massacre spread, rebels were discouraged from surrendering to British troops or militia.

Some of the rebels were buried in Kildangan and their names are

recorded there. Others were buried in the Grey Abby in Kildare and some in Nurney.

The statue of Saint Brigid at the Market Square of Kildare (pictured) is dedicated to the memory of the victims at Gibbet Rath. The inscription reads: “In memory of over 350 men from Kildare and district who gave their lives at Gibbet Rath, May 1798.” The statue was erected at the Market Square in 1976.●

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 and Life Member 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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September

8- Crawley and Sofranko

9- The New Barleycorn

15- RJ Chandler

16- Nathan Henry

22- Danny Christian

23- The Other Brothers

29- The Music Men

30- Smug Saints

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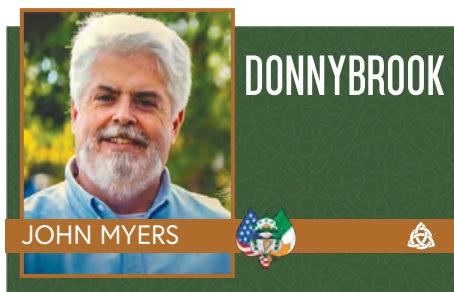
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Roots

Cleveland's Fr. Jim O'Donnell characterizes his visits back to Ireland as an opportunity to "water one's roots." It is a great characterization of the trip many have taken "back" to Ireland to visit family or see the townland one's ancestors hailed from.

Circumstances do not always allow one to be able to accomplish this voyage, but I have never heard anyone who has made this trip regret the choice.

Mike Kilbane, long time Fairview Park, Ohio Council President, made that trip last month, visiting with cousins who gathered at the family's home on Achill Island,



All Shraheens (Achill) Kilbane's back home for the Summer:
L to R: Tom (Newcastle, Galway); Michael (Fairview Park Council President/Grandson of Michael Ann Kilbane); Michael "Blondie" (Shraheens); Michael (London); James (Corcullen, Kildare); Seamus (Bearn, Galway); Mairtin (Dublin).

County Mayo. See the picture taken at Achill as cousins from near and far came together to celebrate and "water" their roots.

Kilbane, like many Greater Clevelanders family link back to Achill Island, the largest island in Ireland. For many Irish Americans,

they have lost touch with their extended family. With the help of the internet, it is much easier today to find one's personal family history.

However, links often get lost after just one or two generations, for those in that category, Achill Islanders are happy to adopt and welcome us all "home." Don't be shy, plan on attending the celebration of the 20th anniversary of the Cleveland Achill Twinning on Saturday, October 28th, 2023, at the West Side Irish American Club, and get to know your extended family. You will have someone to visit on your journey to the Emerald Isle.

True Crime

Fans may want to check out TheMissingPodcast.org. Season Five, Episode 9, was recently released and examines the unsolved disappearance of Sandra Collins on December 4, 2000. The twenty-eight-year-old went out for groceries in her hometown of Killala, County Mayo and never returned.

Killala sits on the River Moy, just north of Ballina. *The Western People* report that this True Crime podcast series has twice been shortlisted for 'Best True Crime' at the British Podcast Awards and has been nominated for Outstanding Episodic Series at the True Crime Awards 2023 recently.

Commodore Barry

In last month's *i/irish*, columnist Francis McGarry wrote of Commodore John Barry. I would add that long before half-way to St. Patrick's Day parties consumed the September calendar, large gatherings in the Irish American Community would be had to honor the anniversary of the death of Commodore Barry. The great pride The Irish community had in the American Revolutionary hero and founder of the American Navy could be seen in these celebrations.

Barry was born in Ireland's County Wexford during the era of the Penal Laws. His family was evicted from their family farm by virtue of the British landlord system. The Barry family moved to the port city of Rosslare, where Barry learned the life of the sea and left Ireland for Philadelphia at the young age of 15.

The Continental Congress recruited Barry to put his seaman skills to use on behalf of the fledgling republic. George Washington commissioned him as the first Naval Officer. Barry went on to do the serious block and tackle work of building a navy. Barry was at the very first and very last naval engagements with the vaunted British Navy.

When you are next in Washington, D.C. near the corner of 14th Street and K, one will find a large statue of Commodore Barry. The U.S. Congress commissioned the statue which was erected in 1914. The statue is in Franklin Park a few blocks from the White House; stop and pay your respects on your next trip to our nation's capitol.

Oratory

Cleveland's historic St. Malachi Parish, long time spiritual home to the local Irish American Catholic Community and the Historic Angle neighborhood will cease to be a parish under a proposal by Cleveland Bishop Malesic. The plan is to have neighboring St. Patrick's Parish, The Mother church of Cleveland's Irish Community, expand its footprint to include the current boundaries of St. Malachi Parish.

Fr. Michael K. Gurnick, the Pastor of St. Patrick's shared that, "The church of St. Malachi will become an oratory, a place for



regularly scheduled worship as well as funerals, weddings, and baptisms, under the pastoral and administrative care of Saint Patrick Parish and its pastor."

A special email address has been established to encourage feedback. If you would like to send thoughts, questions, or concerns, please e-mail them to parishcollaboration44113@gmail.com. It is not anticipated that this email address will send replies, but rather will be used as a vehicle to solicit and collect questions, concerns, etc.

St Malachi's was created as one of the earliest parishes within the Cleveland Diocese in 1865, c The current Church building was built in 1947 after a fire destroyed the 19th Century church in 1944. Pastor Gurnick cited the bishop's vision that all the ministries of charity present at Saint Malachi and Saint Patrick will continue to serve the needs of the local community, especially with regard to the hunger meals, food pantry services, and the partnerships both parishes have with other organizations (Malachi Center, Stella Maris and Saint Vincent de Paul Society).

Disability

It has been over 18 months since the Northern Ireland Assembly has met. While the real reason the Unionists are boycotting the Assembly is their inability to accept Sinn Fein's Michelle O'Neil in the role of First Minister, they continue to claim that they are boycotting

because of PM Boris Johnson and his Northern Ireland Brexit Protocols.

However, Boris Johnson is gone as Prime Minister and the Protocols have been superseded by PM Sunyak's Windsor Framework. While never stating what they are for, they are clear they are against whatever ruse they raise to avoid being in a government with Sinn Fein holding the mostly honorary title of First Minister.

The Unionists sense of victimhood knows no bounds. Chris Heaton-Harris, the Tory government's Northern Ireland Secretary, cheekily responded to a reporter's question about the Unionist ask by saying, "Identifying exactly what the ask was very difficult." The DUP cannot identify where the Windsor Framework falls short-it is just not "enough."

Meanwhile, these birds continue to collect a paycheck. If Westminster just cut the paycheck until they got back to work, they likely would be back in session the next day. But Westminster continues to do nothing to encourage/pressure the DUP to do their duty and return to Assembly.

London has been so missing-in- action that the usual "flaccid of spine" Dublin Government has recently criticized the Tory Government. Taoiseach Varadkar expressed a "pressing need" to restore the Assembly and further called out London for its "reluctance" to involve Dublin in Northern Ireland matters.

There is still hope that the Assembly will feel some pressures to be back in session before important Northern Ireland Investment Conferences this fall. External investment in the North will not be present if basic governmental functions such as meetings of the legislative assembly fail to happen. The DUP is in an awkward position, they have no clear move on the chessboard of politics, a quandary much of their own making, unfortunately they continue to wring their hands and hide. •

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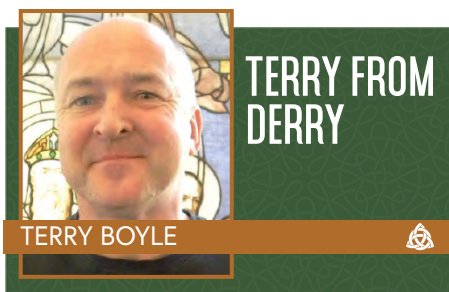
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A Eulogy

Let me be among the many who have paid tribute to the late Sinead O'Connor. She was a firebrand the likes of which we'll not see again for a very long time.

Among the praises heaped upon her will be those that Morrissey calls 'moronic', those people from the music industry who reviled her in life for her lack of conformity. Those who despised her for exposing what Joni Mitchell referred to as the 'star maker's machinery behind the popular song.'

O'Connor's music is the stuff of protest. It's unapologetic in its confrontation of political, social and clerical injustice. Having suffered abuse in own her life, O'Connor was particularly sensitive to the victimization and exploitation of others. Her crusade, if we can call it that, was an endeavor to put right some of the wrongs that society has turned a blind eye to.

Like the prophet Jeremiah, O'Connor aimed to dramatize her

resistance in a unique steam-punk manner. Tearing up the picture of the Pope in 1992 brought down an avalanche of criticism.

Actor Joe Pesci, responded

by saying he would've 'slapped' her. Frank Sinatra's response was no better 'This must be one stupid broad. I'd kick her in the ass if she were a guy. She must beat her kids to stay in shape.'

Joan of Arc

O'Connor's radicalism was a reminder to us that she was more than simply an entertainer. She was, as G.B Shaw said of Joan of Arc, a visionary 'who, seeing farther and probing deeper than other people, has a different set of ethical valuations from theirs, and has energy enough to give effect to this extra vision and its valuations in whatever manner best suits his or her specific talents.'

Joan defied the mores of the day. She dressed as a man. She claimed to hear God for herself. She refused to be intimidated by the male patriarchy. In all that she said and did, Joan was an inspirational non-conformist.

In the exposure of matters regarding clerical abuse, O'Connor was before her time. The power of the Church was keenly felt in the way that she was pilloried

for her honesty. Attacking the religious institution, from the music industry's standpoint, was tantamount to cutting your nose off to spite your face.

At a time when she was at the height of her fame, she raged against the religious institution and proved herself to be more than just another pop singer. And, as a consequence of being authentically herself, she was shunned. She became a pariah, an outsider when in fact she was remaining true to her own values.

In the words of her song The Emperor's New Clothes she writes; 'And there's millions of people/To offer advice and say how I should be/But they're twisted and they will never be/Any influence on me.'

In taking on the institutions of power; political, religious, and commercial, O'Connor suffered for her truth at the hands of the media. Every decision she made, whether it was ordination or

conversion to the Muslim faith, was ridiculed.

In the eyes of the media, her personal struggle with mental illness was treated as a topic of farce. Her very public cry for help was greeted as salacious gossip by

Luna

For Sinead O'Connor

Oh, daughter of rage whose tears find no joy,
whose blistering pain, lies hidden,
where we cannot see it,
troubling our souls with your disquieting protest.

We, the Troy you could not burn,
We, who scorned your simplicity with our appetite

for its sound without your demented fury.

Mother of sorrows, draped in unbridled anger,
whose fiery gentleness sears us with indignation,

you, the changeling,
more human than those who made you an outcast,
more fragile than those whose core changed none,
sing again to us, wound us with tragic vulnerability.

Gone now to sleep among the saints and angels,
the glimmering girl who touched our hearts,

whose mystery we could not shackle with reasoning,
the fire starter who creates life anew from ashes,
the fire starter whose sincerity consumes the righteous,
whose lonely torch-bearing we greet still with caution.

the vultures of journalism. Each personal tragedy she experienced was yet another reason to mock and demean her.

In choosing to battle with these institutions of power, she would find herself mortally wounded. The delight and relish with which these journalists derived in seeing her flounder was sickening.

Her musical talent soon became sidelined as the media continued to define her life as a freak show. In typical fashion, they deflected us away from her message and choose to concentrate on what they perceived as aberrations. Her sexuality, religious pursuits, and family life were reduced to being simply symptomatic of a mad woman.

The vile and malicious gossip-mongering surrounding O'Connor's life should make us angry at these tabloids. What was it they feared about this vulnerable yet strong-minded woman? What truth was she speaking that they wanted to distract us from?

O'Connor wasn't afraid to say what she felt needed to be said. Her bravery was not blindsided by a false sense of morality or pious self-righteousness. O'Connor's fearlessness was grounded in honesty. Asking questions that needed to be asked.

Nothing was taken at face value. If there was a hidden agenda, she believed it needed to be uncovered.

While we might not always agree on her methods, we cannot fault her insights. In staying true to herself, she resisted the temptation to sell her soul to the corporate devil. In her own words, 'I will live by my own policies/I will sleep with a clear conscience/I will sleep in peace/Maybe it sounds mean/But I really don't think so/You asked for the truth and I told you/Through their own words/They will be exposed.'

As a final tribute of my own, I wrote the following in appreciation of her gift and to commemorate the sad loss of a truly talented Irish singer. •

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Shut Your Mouth to Improve Your Health

If you are like most exercisers, you breathe through your mouth, especially as the intensity of the exercise increases. However, experts are learning that breathing through the mouth may not be as efficient, or effective, as breathing through the nose.

The nose is built with a specific purpose: to support our respiratory system. The primary purpose of the mouth, on the other hand, is to start the digestive process.

The nostrils, hair, and nasal passageways are designed to assist in filtering allergens and foreign bodies from entering the lungs. The nose also adds moisture and warmth to inhaled air for smoother entry to the lungs.

Nasal breathing, as opposed to mouth breathing, has another important advantage, especially for effective and efficient exercise: it can allow for more oxygen to get to active tissues. This is because breathing through the nose releases nitric oxide, which is necessary to increase carbon dioxide (CO₂) in the blood, which, in turn, is what releases oxygen. Mouth breathing does not effectively release nitric oxide, which means the cells are not getting as much oxygen as through nasal breathing, which could lead to fatigue and stress.

A recent study demonstrated

this. The study tested 10 runners, both male and female, who for six months had been utilizing nasal-only breathing while exercising. Participants were put through standardized testing, once with nasal breathing and then with mouth breathing, to compare their maximum oxygen intake rates. They were also tested for various other respiratory and exercise markers, including oxygen and carbon dioxide levels while exercising.

Their maximum rate of oxygen consumption did not change from nasal to mouth breathing. But the study found that the runners' respiratory rate, breaths per minute, and ratio of oxygen intake to carbon dioxide output decreased during nasal breathing. The researchers said this is probably because of the lower breath rate used during nasal breathing, which allows more time for oxygen to get to the bloodstream.

Hyperventilation

Hyperventilation through the mouth causes the body to offload more CO₂, making it harder to oxygenate our cells. In intense moments, nasal breathing is the ideal way to oxygenate our systems.

Nasal breathing also activates the part of the nervous system that supports rest, recovery, and digestion (parasympathetic), rather than the part of the nervous system that is responsible for survival or stress states (sympathetic). This means that, even if the body is in a stressful state of high-intensity exercise, nasal breathing can provide a sense of calm and allow us to function better.

As demands of physical activity increase, athletes may switch from breathing nasally to oronasal, or to breathing completely orally. Performance can, however, be inhibited by nasal breathing at the point when exertion becomes very intense. Oral breathing occurs in shallow, quick breaths in order to receive more oxygen (O₂) into the lungs and higher carbon dioxide (CO₂) into the body.

At higher intensities of physical activity, nasal breathing cannot

provide the volume of O₂ that oral breathing can, and less O₂ content will result in a decrease in athletic performance. On the other hand, while mouth breathing at high levels of exertion may result in hyperventilation, nasal breathing effectively reduces this state. The evidence, thus, still supports nasal breathing, even at higher levels of performance, as a more efficient mode, given that the same amount of mechanical work is completed at a lower metabolic cost compared with oral respiration.

The Physiological Mechanisms

Respiration is a fundamental physiological process and finding the most efficient breathing mode during exercise warrants further exploration. Breathing, or ventilation, is the process of gas exchange from the outside environment to the alveoli. For optimal athletic performance, the goal is to utilize oxygen (O₂) as efficiently as possible.

Mouth breathing syndrome (MBS) is characterized by inhaling and exhaling primarily through the mouth and is an abnormal respiratory function. MBS is a pathology that is associated with the obstruction of the upper airways and increased resistance of nasal breathing.

Prolonged mouth breathing can lead to muscular and postural alterations. Consequently, the habit of breathing through the mouth, even without obstruction, alters the balance of facial muscles and causes facial skeletal changes.

Many healthcare professionals are unaware of the negative effects of MBS and that MBS can lead to changes in tongue and head position. With MBS, the location of tongue is down and backwards instead of up and forward in the palate. The tongue position influences the palatal development and can cause a forward head position.

Every inch of forward head posture increases the weight of the head on the spine by approximately 10 pounds, creating an adverse load on the cervical joints, induced by poor spinal, cervical, and scapular postures.

Additionally, the forward head position may strain the deep postural-stabilizing muscles of the spine, reducing the performance of their functional postural-supporting role. A significant problem with MBS is the reduction of oxygen absorption leading to a downward spiraling effect on sleep, stamina, and energy levels.

Mouth breathing causes biochemical, physiological, and immunological disturbances. Among the biochemical and physiological disorders related to MBS are lower oxygen absorption (chronic hypoxemia), increased CO₂ concentration (hypercapnia), and changes in the acid-base balance, towards respiratory acidosis. Mouth breathing is also associated with increased water loss, and decreased energy.

Additionally, mouth breathing can cause changes in sleep patterns, which can contribute to a decrease in immune defense cells and an increase in humoral serum values related to inflammatory mediators, indicating the occurrence of oxidative stress and an altered systemic inflammatory state. A reduction in the quality (or quantity) of sleep can result in biological and cognitive imbalance, potentially decreasing physical performance and the recovery process after a workout.

The nose has numerous functions: olfaction, sensation, mucociliary clearance, filtration, and immunological functions. In addition, the nose has the function of regulating and humidifying the air during the nasal cycles of airflow dynamics. Nasal breathing cleans the air as it enters the body, produces nitric oxide (NO), and performs the same amount of work with less energy expended. Immunological functions of the nose produce mucus and secrete immunoglobulins.

Self-Defense

The nose has its own self-defense due to its coarse hairs and the secretions it creates. In addition, the nose protects the lungs from allergens and other bacteria through its immunologic

properties.

As ambient oxygen (O₂) passes through the sinuses, it diffuses across the nasal epithelium and can be used by the cells to produce NO. As the sinuses produce NO and air is continuously inhaled, NO reaches the lungs and is diffused into the capillaries of the surrounding alveoli, expanding vessels, and increasing O₂/CO₂ exchange. The powerful vasodilating effects of NO lead to increased oxygen uptake, a reduction in pulmonary vascular resistance, and arterial oxygenation.

The benefits of enhanced NO productivity include increased aerobic capacity, reduced hypertension, increased insulin sensitivity and glucose tolerance, capillarization and angiogenesis, and even long-term potentiation associated with cellular models for learning and memory. An additional benefit of enhanced NO productivity is neurogenesis, which is the process by which new neurons form in the brain.

Nitric oxide, through nasal breathing, regulates autonomic functions like heart rate, respiration, blood pressure, and digestion along with mood, sleep cycle, fluid balance, and reproduction. The increase of blood flow derived from NO synthesis may improve recovery processes as well.

So, if nasal breathing helps us stay relaxed and improves our athletic performance, how can we do more of it?

First, pay attention. Do you breathe through your nose or mouth more often during the day? What about while exercising, especially as the workouts get more difficult? Notice what is happening with the breath as well as what it feels like to pay attention to the breath.

Now consider practicing nasal breathing. Close your mouth and relax the tongue and jaw. Start by simply nasal breathing during warm-ups and cool downs with workouts. Then try experiencing daily life while breathing through

the nose. Some people who mouth breathe during sleep try "mouth taping," putting specially designed tape over their lips to assist with nasal breathing.

Once you have your groove and are consistently nasal breathing, check for potential differences in these areas:

Emotional state — Nasal breathing should lead to a more relaxed state. When life is stressful, and you note that you are mouth breathing, try switching to nasal breathing and inhaling slowly and deeply.

Exercise performance — At first, high-intensity exercise may feel more difficult with nasal breathing. The body needs to adapt to a different approach to the respiratory process, and if it is used to hyperventilation during exercise, nasal breathing may feel a bit slow at first. Things will shift. Be patient.

Exercise recovery — Because nasal breathing is more efficient, recovery should be smoother.

Immune system — Nasal

breathing is a major line of defense against airborne pathogens. The mouth has no defense system. You may experience improvements with overall breathing and decreasing allergies or colds.

"Our breath is the direct link to a calm, clear, mind and body." •

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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The Dullahan

This time of year, as the mornings grow cooler my thoughts turn to Halloween.

Truthfully, my one granddaughter and I start watching classic horror movies when summer begins. She is also becoming

interested in the books that inspired them.

One recent book I shared with her was Washington Irving's *"The Legend of Sleepy Hollow."* We can all relate a little bit to the fear that befalls poor Ichabod Crane in

that classic tale. Irving included that tale in a collection of short stories entitled, *"The Sketch Book of Geoffrey Crayon, Gent."*, published in 1820.

The story is set in upstate New York, and the characters are depicted to be of Dutch and German heritage. But, like a lot of these great American tales of the supernatural, you can find similar stories in Irish mythology and legends.

At a convention I attended last year, I was able to speak to an exhibitor who has been compiling stories of the supernatural in the Appalachian Mountain region. We found many similarities to Irish folklore, which wasn't too suprising considering the rich Irish and Scottish backgrounds of many of the early settlers of that area.

Dacre Stoker, great grandnephew of Bram Stoker, the creator of the best known vampire of all time, theorized that it's very possible Bram drew inspiration from the tales he heard growing up in Ireland as a child. There are



Dullahan, the headless horseman—Illustrated by W. H. Brooke, Croker, *Fairy Legends* (3rd ed., 1834)

many stories regarding vampire like creatures in Irish mythology and lore. For more information on Bram Stoker, see Cleveland Comhrá Oct.2021 and on Dacre, Cleveland Comhrá Oct. 2022.

Earlier this year, Speak Irish April 2023, I shared the story of the Osraí, the wolfmen of Ireland. Now it's very true you can find examples of these supernatural stories in almost every culture on earth, but I'm drawn to the tales from Ireland!

The Dullahan

Dúlachán, as the dullahan is called in Irish, translate to *"dark person."* Our headless rider is also referred to as Gan Ceann, *"without a head."* Sometimes the dullahan is portrayed as a headless rider on a black horse who carries his head in his hand or under his arm.

The dullahan can be male or female, in the tale of "The Good Woman," a man named Larry Dodd attempts to steal a kiss from a woman who he has offered a ride to. It is then that he discovers her to be a dullahan. He is tortured, and in the end, loses his horse to her.

Darby O'Gill

Other tales have the dullahan as a headless coachman, driving the Cóiste Gan Cheann, *"headless coach."*

That was how the dullahan appeared in *"Darby O'Gill and*

The Little People." The dullahan called out Darby's name in the place of his daughter and Darby climbed into the coach, but was saved by the king of the leprechauns.

In some of the stories, even the horses pulling the coach are headless. In most tales, the dullahan's head is the texture and color of moldy cheese; his eyes are huge and span from ear to ear, darting constantly in all directions.

He can put on his head or remove it and throw it to terrorize his victims. As a rider his massive black horse has flaming eyes and the dullahan using a whip made from the spine of a human corpse can flick out the eyes of those who dare to watch him. Open your window to see him ride by and might have a bucket of blood thrown in your face.

In Thomas Crofton Croker's *"Fairy Legends and Traditions of the South of Ireland,"* there is a story titled *"The Headless Horseman."* It tells the story of Charley Culnane, a fearless rider in the local races and his encounter with a dullahan, that defies everything I've told you.

In this tale, Charley is challenged to a race by the headless fairy, who is mounted on a white horse. Charley accepts, and the race is on in the dark and rain over difficult terrain.

Charley's mare is keeping up with the apparition and finally Charley is beseeched to stop by the dullahan who fears for Charley's safety.

He tells him it's been one hundred years since he and his horse broke their necks at the bottom of Kilcummer Hill, and he's been trying since then to get a man who would dare to ride with him. He tells Charley to always ride hard and he would never desert him. Charley's friends attributed the headless horseman and Charley's tale to the *"X water parliament"* he was fond of, but couldn't really explain his prowess in the saddle and the old mare's ability to win.

The Banshee

The bean sídhe is only one of the fairies that can foretell of impending death or misfortune, but is probably the best known. In another of my favorite books, *"True Irish Ghost Stories,"* compiled by St. John D. Seymour and Harry L. Neligan, a number of stories are told of *"Headless Coaches."* They make a distinction between headless coaches and phantom coaches.

The first being a harbinger of death and are usually connected to a single family. The second are more of a supernatural phenomena and don't always predict evil or death.

One story from Clare says that one night in April of 1821, two servants were waiting up, expecting one of the sons of the family. Cornelius O' Callaghan had travelled trying to better his health, but to no avail.

The servants had drifted off, but one of them was awakened by the heavy rumble of a coach.

The senior of the servants sent the other down the flight of steps to open the carriage door. He reached out his hand to open the door and saw a skeleton staring out at him; the servant collapsed in a heap. When he picked himself up there was no sign or sound of a coach at all. A little later, Cornelius arrived home. He was so exhausted he died suddenly the next morning. We are told that at the sight or sound of this coach, all gates should be thrown open, and then it will not stop at the house to call for a family member, but will only foretell of the death of some relative at a distance.

The classic monster movies are great, I've watched many of them numerous times over the years. But it is really cool to find a story from Irish lore or mythology that might have inspired some of them. As much as I love these stories, I really enjoy being able to share them with my grandchildren. Maybe someday they too will go to the book store and feel compelled to explain to the clerk the bizarre titles being purchased. •

Bob Carney is a student of Irish language and history 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 Ríán, Aisling and Draoi and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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COOKING UP A HOOLEY

KATIE GAGNE



Harvest Time

I have so many tomatoes in my garden, and I love it! I can eat tomatoes for breakfast, lunch, and dinner. Unless you are crazy about these colorful little beauties like I am, you'll often end up with more than you can eat.

Here is a great recipe that uses at least three pounds of sweet and savory tomatoes. I have seen quite a few recipes for tomato pies and tomato tarts. After quite a bit of experimenting, I came up with this delicious and simple dish that you can eat for any meal of the day.

Tomato Pie

Ingredients - approx 6 servings

1 9-inch pie crust. You can make your own or use a ready-made crust.
3-4 lbs. of tomatoes. You can use any size or variety. I use a combination of large heirloom and grape and cherry tomatoes. They come in so many colors and have such unique flavors that using a mixture of colors and varieties makes for a delicious dish.

3 tablespoons Kosher Salt
2 tablespoons Corn Meal
½ cup Mayonnaise
4 ounces Chevre Cheese Garlic and Herb
2 teaspoons Hot Sauce
2 Large Eggs



1 teaspoon Granulated Garlic
1 teaspoon Black Pepper
1 teaspoon Kosher Salt
3 ounces Crumbled Blue Cheese
8 ounces Shredded Farmer's Cheese
8 ounces Shredded Swiss Cheese

Another great part of this dish is you can customize for your own flavor preference or for what you happen to have on hand at home. Any type of shredded and crumbled cheese works well in this pie.

½ cup Finely Minced Herbs - I use a combination of fresh Basil, Lemon Thyme, Oregano, and Chives. You can use any combination you prefer.

Directions

Roll out your pie crust and place in a 9-inch pie plate. Make sure to crimp the edges for a pretty look. Set the crust in the refrigerator to chill while you prep the tomatoes and make the filling.

Slice all the tomatoes into ¼ inch slices and place on a large baking sheet lined with paper towels. Sprinkle with the 3 tablespoons of Kosher Salt and let sit. This both flavors the tomatoes and allows them to drain some of the moisture from them.

In a medium bowl, with a large spoon, combine the Chevre, Mayo, Hot Sauce, 1 Egg, Garlic, Salt, and Pepper. Stir until well combined. Add in all the cheeses and herbs and mix until combined.

Bring crust out and sprinkle the bottom with the Corn Meal.

Arrange 1/3 of the tomatoes in a single layer on the bottom of the crust. You can overlap the tomatoes slightly.



Spoon half of the cheese mixture over the top. This is thick so doing it in small spoonfuls works best.

Add another layer of tomatoes and then the rest of the mixture. You will finish with a third layer of tomatoes on top.

Use the remaining egg and scramble with a teaspoon of water.

With a pastry brush, brush the egg wash on the crust. This will help it have a shiny, golden color.

Place the pie in the oven and bake for 20 minutes.

Reduce the oven temperature to 375° and cover the pie loosely with foil to prevent the crust from browning too much. Continue to bake for approximately 30 more minutes, until the middle is set and not runny.

Remove from the oven and let sit

to cool for at least 1 hour.

You can garnish with more fresh herbs if you like.

This tomato pie works as a great breakfast or brunch item and pairs wonderfully with a salad for lunch or dinner. It is also a terrific vegetarian option. •

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.

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Sassy's Sweets

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AKRON IRISH

LISA O'ROURKE



Nothing Compares to Sinéad

A month ago, Sinéad O'Connor was living in her modest house in Bray. Certainly, living quietly, with what must have been severe depression. She had lost a son six months prior to suicide.

The striking protest singer of the late 80s had morphed into something else, depending on the viewer. Some saw her as a curiosity, a shadow of her former self, while others still recognized her heartbreakingly beautiful voice and incredible talent.

Shuhada Sadaqat, as she was going by in her latest incarnation, lived at the fringe of the carnival that is the music business. She started her musical career in 1987, with the release of her album, *The Lion and the Cobra*. In what was to be a trend in her career, being a little out-of-sync with the times, she surfaced looking like a punk a little after the fact.

She certainly acted the part. Her music and performances had all the defiance and edge of the earlier punk era. Her shaved head and seeming indifference to the male gaze cemented her rebel stance in her debut. Punk may have been her pose, but Sinéad had real issues on her mind.

Her rebellion was all about shining light on injustices and defending the underdog. She was a person who could not look the other way. As an Irish Catholic, she was on the crest of the tsunami of scandals that were just beginning to engulf the Catholic Church. She felt this one personally.

Sinéad and the Catholic Church
The Catholic Church abuse



revelations had just begun to surface in 1985 in the US, in a series of small, seemingly isolated cases. In Ireland, the stories that were surfacing were still the subject of private admonishments and rumors.

Saying that, many people on both sides of the ocean knew that certain members of the clergy had abused their power and were not dealt with appropriately. As the times were changing, the grasp of power that shamed people into silence was loosening and the rumors and accusations were rising.

It was in this spirit in 1992, a stunning but stone-faced Sinéad ripped up a photo of Pope John Paul II on Saturday Night Live. I don't think that she understood the storm that she summoned. She certainly knew that it was a controversial thing to do and that it would generate discussion, but the hate that was dumped on her was something else.

She had also refused to have the Star-Spangled Banner played before a concert in New Jersey. Frank Sinatra and MC Hammer were her most vocal critics then.

Think about that. I remember reading her comments at that time, and it seemed to me that she meant to draw attention to the institutions that she felt were not living up to their ideals and causing harm in some cases.

Honestly, I still can't understand the fury. What she did was express an opinion. In a country founded on the freedom to express opinions, we have some surprising reactions. In 2015, when several Muslims burst into the offices of the French paper Charlie Hebdo and killed several journalists for satirizing Muhammed,

we called it extreme.

Sinéad's career never fully recovered from that moment on Saturday Night Live. But she continued to sing and speak her mind. Her rendition of the Prince song, "Nothing Compares 2 U" will probably define her career. I love her performances on traditional ballads with bands like the Chieftains.

Her version of "Skibbereen" is enough to give any human goosebumps. She had an amazing ability to convey both a depth of sadness and endurance through her amazing voice.

My husband and some friends met her in London in the late 80s at a pizza place that she had some connection to on Portobello Road. They came home talking about her amazing beauty and that ethereal quality that she had.

She became romantically involved with a journalist from Castlereagh, my husband's hometown. It was an unlikely pairing and probably sparked some local binocular sales. They ended up having a child together, her only daughter.

It was a troubled, short relationship. Their ensuing custody battle dragged both of them through the mud in Ireland and did neither of them any favors. John Waters ended up making some headway in Irish law for paternal parenting rights, but he also lost a lot of credibility in what was an ugly fight.

Sinéad had so many wars to fight in her life. She fought for social causes and was always looking out for the underdog. One of the first things that I saw was that she advocated for rap music and a place at the table for black performers at the Grammy's, well before that was a popular cause.

She fought for religious freedom. She was a nun and a priest and finally, a Muslim. She fought for her mental health. She suffered from bipolar disorder for the better part of her life.

She fought for her children. She was a devoted mother who lost custody of one child and lost another to suicide. What she didn't do was sit still or sell-out. She continued singing, and performing, whatever the venue.

She performed with Glen Hansard at his annual Christmas busking for charity event on Grafton Street in Dublin. I recognized the strong

sad strain of her voice in the theme song in latest *Outlander* series that began just a few weeks ago. She could deliver something that no one else could.

And work is what she wanted to do. She was a self-professed protest singer. Sinéad never wanted all the fame and certainly not the notoriety that she received. She was in many respects, the pure drop.

Representing Ireland

Her voice and the emotion that poured out of it, had characteristics of both the old and new Ireland, innocent and irrepressible in a way. She understood Ireland and what it had been through, and she took it personally, maybe because it mirrored her own struggles. Her candor was certainly of modern Ireland too, not willing to look the other way while injustices happened around her.

Sinéad's ability to be both of the old and the new is why I think that her death has struck such a chord. I am sure that she would not believe that memorials are springing up outside of her home and vigils have been held in Dublin in her honor.

She was buried today with a cortège passing her home in Bray, no less than Irish President Michael D. Higgins in attendance. All the Irish radio stations played her song, "Nothing Compares 2 U" in her honor at 12:30 on the dot today.

It is hard not to think that she was taken for granted. She was quirky. But she was brave with a conscience to match. She was relentless in her fights for underdogs, especially the Irish and women.

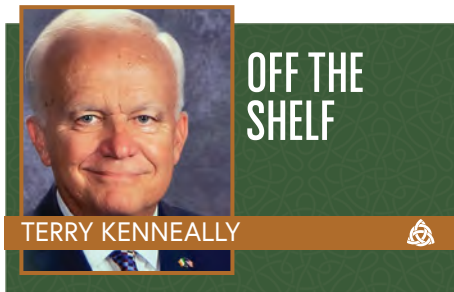
All of those qualities combined to make a fearless woman who called it as she saw it, and Ireland will never be the same. Godspeed Sinéad. •

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

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The Paper Man
By Billy O'Callaghan
Godine Publishing 5679785-6 228
pp. 2023

The Paper Man is the fourth book by Billie O'Callahan which this writer has read and the third reviewed in this column. O'Callaghan hails from Cork and deserves to be better read in the U. S. His writing is powerfully emotional and wholly captivating from page one.

The Paper Man slowly unveils a love story affected by pivotal world events. It weaves a compelling story in two-time frames brought together by one man's search for identity that spans two countries and leaves an impact on multiple generations.

It is 1980s Cork, Ireland, and Jack Shive, the stories protagonist, discovers a hidden cache of love letters in an old shoe box while clearing out things in preparation

for moving. The family home is being readied for sale. The letters open a secret past of a long dead Austrian immigrant. His mother sought refuge with distant relatives in the Irish port city of Cork in the spring of 1938. As a young mother she had fled Vienna on the cusp of World War II to be out of harms way. There in its tiny Jewish enclave, she gave birth to a son (Jack) and there she died of tuberculosis 10 years later, never having revealed the father's identity.

Now, 30 years have passed. Jack, who is a stevedore on the docks, is plunged into a crisis of confidence by these clues of an Austrian father he never knew of. The letters are written in German and addressed to his mother. "The one-sided nature of these letters, especially considered in total, only raise questions and deepens the sense of mystery."

Although he fears what the shoe box may reveal, something in him must know it's contents. Through the help of his nearby father-in-law, who speaks fluent German, Jack solicits his aid in translating

the letters.

It is the dawn of World War II in 1938. Vienna's Anschluss has just happened and an Austrian and German soccer team face off. It is the last day an Austrian

flag will fly over the stadium in front of 60,000 exuberant fans who have come to see Mathias Sindelar, the Austrian team player who is larger than life and regarded as the finest living soccer player; his moniker, the Paper Man, is aptly given. "When he runs, even at thirty-five, it is like watching a great dancer, that same godly elegance of power,

grace, and musicality... he glides and slaloms among them... every touch, pass, dribble becomes a small glory in and of itself, an exhibition in the purest sense."

With all eyes on him, he is unable to resist opportunity to snub his opponents, which consequently draws the gaze of the Gestapo, who are in the audience. Sindelar has a reputation of being a ladies' man, but his heart is captured by the young and innocent Rebekah and as their relationship evolves into something profound, so does tension over Germany's occupation of Austria. Jack is stunned to learn that his father was a bona fide hero, who retired rather than play for the conquering Germans.

The story informs and intrigues the most discerning reader of historical fiction and is a TOP SHELF read. •

Terrence Kenneally is an attorney and owner of The Kenneally Law Firm in Rocky River Ohio. He received his Master's Degree from John Carroll University in Irish Studies and has taught Irish history and literature.

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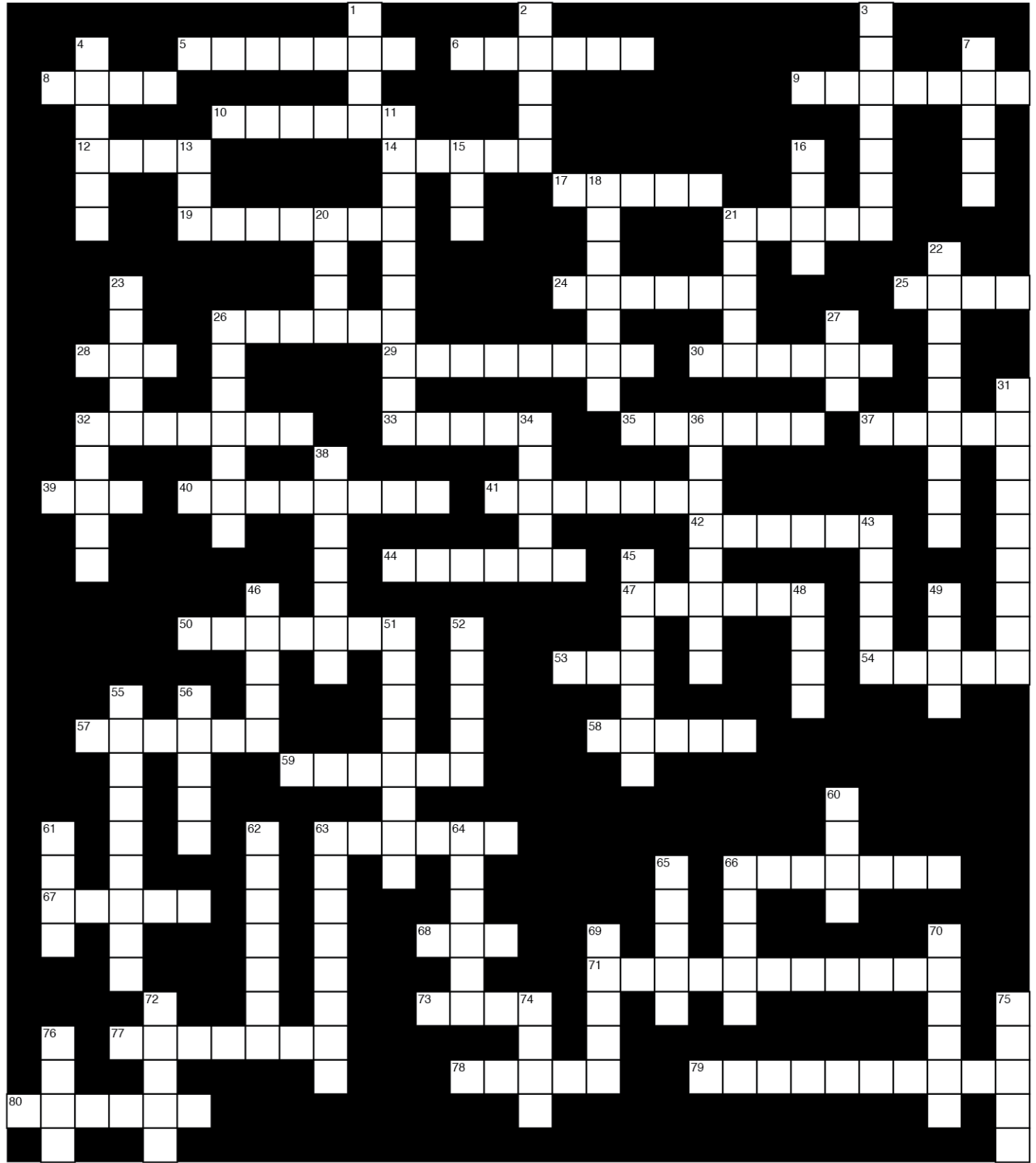
ACROSS
5 The Brixton _____
6 When _____ Isn't Murder
8 Men Behind the _____
9 _____ Danny
10 _____ Lives On
12 _____ Held in Chains
14 _____ Ambush,
17 O'Donnell _____
19 _____ Martyrs
21 _____ Connolly
24 _____ McIlwaine
25 _____ on Rockall
26 The Reverend _____
28 Danny _____
29 My Little _____
30 _____ Record Player
32 Lonesome Boatman
33 _____ to Kill
35 The Dying _____
37 The Black _____
39 The _____ Song
40 Johnston's _____
41 The Snipers _____
42 _____ Harvey and Gerard McGlynn
44 The Rebel of the _____
47 _____ Dubh/Mise Éire
50 City of _____
53 _____ Bye Ballymena!
54 The _____ Around Dunloy
57 Off to _____
58 _____ Home At Last
59 _____ Thompson
63 _____ of Bobby Sands

66 _____ Street
67 _____ Boota
68 _____ Day Will Come
71 The _____ song
73 _____ Me the Man
77 _____ a Single Banner
78 _____ Reid
79 (S) _____
80 _____ Hurson

DOWN
1 Tom Williams (_____ At Last)
2 _____, White and Gold
3 _____ of the Rock
4 Reversed _____
7 The Man from the _____ Mail
11 _____ Song
13 _____ reland
15 The _____ Brendans
16 The Patriot _____
18 _____ a Single Banner
20 Ballymena Bible _____
Blo _____ ckade
21 The Ballad of _____ Connolly
22 The _____
23 _____ Lullabye
26 _____ Martyrs
27 Glasgow Smashing of the _____
31 A Prisoner's _____
32 _____ and Tans
34 _____ Volunteers (Crowley, Carty and Loughran)
36 A Father's _____
38 _____ Convey
43 Sean _____
45 _____ Fighter's Medey
46 _____ McAnespie
48 _____ Plunkett O'boyle
49 _____ of Honour
51 The Ballad of Pat _____
52 Big John _____
55 _____ 57
56 Broad _____ Brimmer
60 Kieran's _____
61 _____ Me Home to Mayo,
62 Johnston's _____

The Irish Brigade Music

By Linda Fulton Burke



63 McElwee's Farewel (Farewell to _____)
64 The Drumnakilly _____
65 We're _____
66 An Irish _____ Dream
69 _____ Lullabye
70 Ireland _____
72 _____ Lycch
74 Freedom _____
75 _____ Up! Trousers Down!
76 _____ Larkin

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