

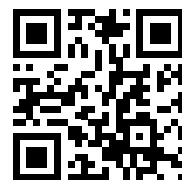


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November 2023 | Volume 17 - Issue 11

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JOHN O'BRIEN, JR.

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The Towering Stones of Cork's Mizen Head

Photo by John O'Brien

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COLUMBUS IRISH

ANDREW SHUMAN

Irish Road Bowling

Faugh A Ballagh (“Clear the Way”)

The cry of the Irish Brigade warns that a shot has been launched and people are coming through. About a mile and a quarter from home stands a lone participant. They have but one goal. To get a small

28 oz steel ball from one end of a predetermined course to the other in the fewest number of throws.

The task seems easy. But this bowler and his teammates standing along the road must make sure they successfully navigate the turns and slopes of a narrow road without losing their “bowl” (ball) in the weeds and ditches along the way.

What may seem a ridiculous event, made up after a few too many pints at the pub the night before, is an actual sport. Irish Road Bowling has been played in Central Ohio for nearly a decade. It was introduced by Travis McMahan, who immigrated from West Virginia.

Travis had played this sport in his native state and when he moved to Ohio wanted to see it taken up here. In West Virginia, they had been playing since 1995, when it was introduced at a local Irish festival



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by people who were familiar with its Ireland roots.

Like many sports, the origin is not well known. But like any good Irish tradition, it is rooted in story. One story is that the Dutch brought it to Ireland during the Williamite War in the late 1600s. Perhaps this is why it is so prevalent in the north in County Armagh. The other story is that after raiding an English encampment, the Irish rebels rolled the cannon balls home by the light of the moon. This seems a fitting history for its popularity in the Rebel County itself, County Cork.

In its local form, teams of four bowlers take turns rolling the bowl down the road. When the bowl goes off the road, a mark is made at that



spot using chalk and the number of that throw is recorded on the road. Teams roll in pairs and attempt to keep the bowls from careening off the road into some rather gnarly thickets. At \$10 a piece to rent the bowls, this can become a costly error.

Teams may use a shower, who stands up the road from the bowler and shows them the preferred line to take. Bowlers may also be directed by a clump of sod thrown in the roadway call the slop. Bowlers will attempt to keep it on that line by “splitting the sop.”

But bowlers beware, you do not want to “break butt” (i.e., cross the throwing line drawn where last bowl went off the road). This will cost you a throw and you will have to return to the location of your previous throw. Barring any

prolonged searches for lost bowls, the 1.5-mile course takes less than an hour and is usually a short stretch of legs on a fine fall morning in a State Park.

There are only two bowling events in Central Ohio. A spring event, hosted by the Patrick Pearse Division of the Ancient Order of Hibernians, and a fall event to raise money for the Greater Columbus Irish Cultural Foundation. In neighboring West Virginia, there is an entire season, with events scheduled at local festivals and their State Parks.

There are other groups around the United States as well. Last year national qualifier was held with one West Virginia bowlers becoming eligible for a championship in Ireland.

The season has ending for us in



Michael McConahay

Central Ohio, but I would encourage you to join us next year or look up the West Virginia Road Bowling Association to find their schedule. It is some great craic!

Around the Columbus

The October general meeting of the Shamrock Club marked the 50th and final Blood Drive for Michael McConahay. For 18 years, Michael has coordinated these events, which have collected 2502 pints of blood (Note: The Red Cross estimates that each pint can save three lives). Michael McConahay alone has donated over 473 times. We would like to thank Michael for his long service in this role.

A reminder that Judge Michael Mentel will be discussing his book *The 1981 Hunger Strike* on November 9 at the Shamrock Club in Columbus. Mentel researched his book from previously classified

documents. The book details the story of ten political prisoners in H-Block of Long Kesh prison and their protests against the British government’s denial of basic human rights. Copies of the book are available at Amazon and other locations. Visit michaelmentel.com for more information. •

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

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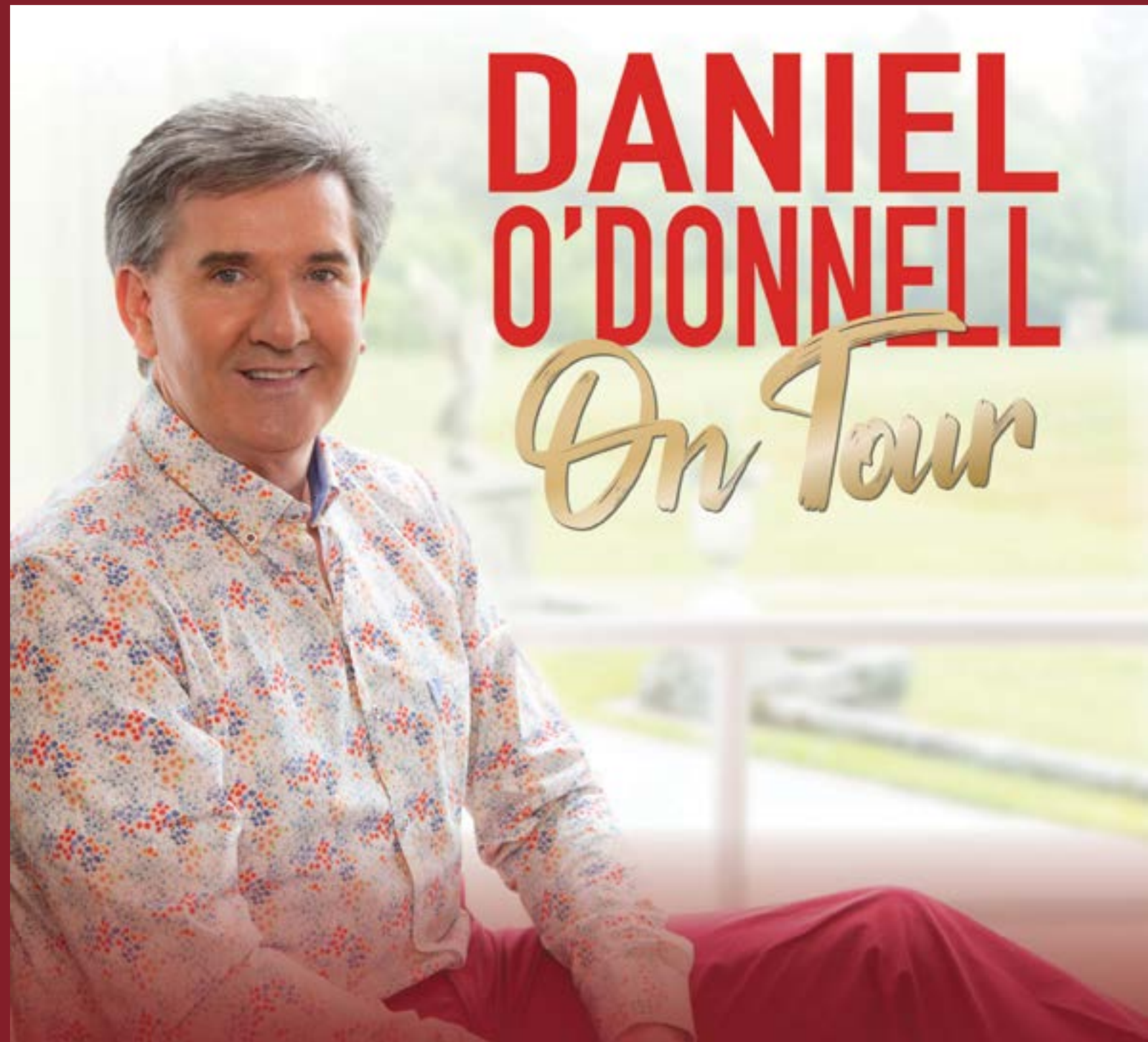
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Student Stories: Scoil Rois

By Carrie Ann Gobnait McKenna

My story begins in the quaint town of Carrickmacross, nestled in County Monaghan, also known as the “Farney County.” It was the year 1985 when my memorable journey at Scoil Rois commenced. This journey introduced me to the rich world of Gaelige, Gaelic football, Irish dancing, and even a wee bit of French. Scoil Rois was founded in 1985, ironically occupying what used to be a Protestant school, right across from the St. Louis convent. These two buildings were among the town’s oldest standing structures.

The school building had three floors, with two of them visible from the town’s main street. As a wee girl, it appeared massive and slightly intimidating with its winding stone steps and creaky wooden floors. I couldn’t fully appreciate the history and beauty within those walls at that time.

Beneath the building, hidden behind imposing wooden doors (which we were forbidden to enter, but my rebellious nature sometimes got the best of me), lay the remnants of the town’s once-bustling train tracks. My imagination would run wild, pondering how far those tracks might take me, even though the town’s train station had closed down in 1947.

Initially consisting of just four rooms, Scoil Rois expanded over the years with the addition of several prefabricated buildings. Our schoolyard was perpetually muddy, and we’d often leave with mud up to our knees. Thankfully, our uniforms were brown, YES BROWN! which seemed fitting given the schoolyard’s condition.

Scoil Rois was led by one teacher/principal, the man, the myth, the legend – Micheal MacSuibhne, also known as Maistir MacSuibhne. Hailing from Ballyvourney in the Gaeltacht region of southeast County Cork, Maistir had a thick Cork accent to match his thick jet-black mustache.

He was the heart and soul of the school, teaching us Gaelic football and Camogie/Hurling from the tender age of six. We played daily tournaments in the yard, with teams named after cities like Learpholl (Liverpool) and Manchain (Manchester) for soccer, and Gaelic football teams bearing names like Baile Atha Cliath, Muineachan, and Ard Mhacha. These playtimes were the highlight of my day, as I realized early on that I was more of an athlete than a scholar.

Winning the All-Ireland

After school, we’d engage in football matches wearing our maroon jerseys against other national schools in the county, including Latton, Aghnamullen, and Killany, to name a few. It was during one of these matches when I was around twelve that I was invited to try out for the Monaghan county under 14 team. Little did I know that this opportunity would lead to playing midfield for Monaghan and winning my first All-Ireland Title.

Our school trips were not your typical national school outings. On one occasion, three classes embarked on a journey to Ballyvourney, Co. Cork, lasting about three days. For those familiar with Ireland’s geography, this was quite a journey from Ulster before the motorways were built. Maistir MacSuibhne arranged for us to be hosted by local families, and we played football against the local bunscoil. We were just 32km from Beal Na Blath, where “The Big Fellow,” Michael Collins, was assassinated, and we had the opportunity to visit his memorial.

Maistir MacSuibhne had deep

roots in Ballyvourney and took immense pride in his village’s history. In fact, he was so passionate about the village’s heritage that he had several of his female students chose the name of its most famous

medieval resident as their Confirmation name. Saint Gobnait of the 6th century was the patron Saint of Bees and Iron Workers, with her feast day on February 11th. Many of us from Scoil Rois, including myself (Carrie Ann Gobnait McKenna), adopted her name.

Although the school expanded over the years, moving to a new modern building and changing its uniform, the memories of that older school remain irreplaceable. The trips we took, the friendships I forged, and the lessons I learned continue to bring a smile to my face and warm my heart.

Reflecting on those times now, I realize that, growing up in a border town, I was too young to grasp the significance of our heritage, language, and history. Some things that seemed so “normal” then hold deeper meaning for me now.

My parents would pack us into our Nissin Bluebird every Saturday morning and take us to the nearest swimming pool, which, back then, was across the “border” in Newry, or sometimes we’d venture further to the Olympic-size pool in Dungannon. At the “border,” our car would be stopped by the British army, and they’d search it for reasons I couldn’t fathom.

Living away from Ireland for as long as I have has deepened my connection to my homeland, even more so than some friends and family who never left. My humble beginnings in a small school in Carrickmacross seem distant now, but my gratitude for that time has grown immensely over the years. Memories of Maistir MacSuibhne and the history he taught in Gaelige (even though I’m pretty sure he thought I wasn’t listening) come



Carrie on far right.

back vividly more and more often. Many years have passed since my days at Scoil Rois, secondary school at Inver College, studying at DKIT, living in Madrid, and ending up in Pittsburgh. Despite all the changes, I often think back to my beginnings at Scoil Rois.

I’d happily return to those days in a heartbeat. I’d gladly go up to the blackboard to explain a math problem, even if I didn’t know the answer. I’d willingly ruin my new runners on a football pitch that was 99% mud. I wish every child could have as many happy memories of their school years as I do.

I continue to play Gaelic football, but now I’m the only Irish-born player on a team comprised of strong Irish-Americans and members of other ethnicities. The Pittsburgh Banshees represent my most cherished connection to the life I once had, and I take great pride in having won three national titles with this fantastic team of athletes.

I’ve built a life and a home for myself here in Pittsburgh, and I now have two beautiful daughters, Sienna, aged five, and Sadie, aged four. My greatest wish for them is to have a strong, influential teacher like Maistir MacSuibhne was to me, to attend a school as warm and welcoming as Scoil Rois, and to carry on our heritage by speaking our national language and playing our country’s sports.

Maistir MacSuibhne has since retired from teaching, leaving behind a thriving school. I write this as a tribute to a remarkable teacher and an exceptional individual who shaped generations of students, instilling in them a love for their heritage, language, and sports. ●

Carrie Ann Gobnait McKenna is originally from Carrickmacross, Co. Monaghan. She immigrated to Pittsburgh in 2003 through the Walsh Visa Program. With a background in hospitality management and airline fraud investigations, she has worked in the IT industry for the past 15 years.

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Indiana Stones and The Limerick Lion

For many centuries, testing the strength of men and even some women in Ireland, was done by picking up lifting stones. They varied in weight, with some reaching the four to five hundred pound range. These displays of strength often occurred at funerals in honor of the dead or at weddings to celebrate the

young couple's union. A man could also prove his worthiness in his quest to acquire work or simply to impress others.

In the 18th and 19th centuries, under British occupation, many aspects of Irish culture suffered, the practice of stone lifting among them. The stones remained in the places they were last lifted and became forgotten by many but a few became part of the local history and were remembered by the stories associated with them.

Indiana Stones

Forty-four year old David Keohan, a man they call "Indiana Stones," is one of Ireland's strongmen. He holds a kettlebell lifting world record and is a rising star in stone lifting as the ancient practice makes a resurgence in Ireland and other locals across the globe.

Keohan has been traveling around Ireland searching out the resting places of these giant stones and to date has located thirty of them. He has found them in church yards and cemeteries and half buried in the



Jeremy Swole

sand on the coast.

He suspects that there are easily another thirty to be found. It is his desire to uncover as many as possible and record the stories that accompany them so they are never forgotten. It is his way of recovering and preserving what he feels is an important part of Ireland's past for future generations.

People from across Ireland have been sending him tips and information about the location of these stones. He has "uncovered" stones that have been known locally for centuries, including a beheading stone that has the impression of the axes used and a druidic offering stone that was used as late as the seventh century. Of the thirty stones located, he has managed to lift all but two of them, but plans to attempt them again.

Keohan's journey started during the pandemic, when his gym closed. He turned to his own

garden and started to work out using the stones that were there and even added weight to them. He claims since starting this course of training he has never felt stronger. Soon he was walking the beaches near his home lifting whatever stones he came across.

The practice is growing worldwide, including the United States, as strongmen are finding the benefits that our ancestors knew about centuries ago. Stone lifting was not limited to the celts, it was practiced in many cultures throughout the world.

The Limerick Lion

I shared this story with a young friend of mine, local power-lifter and strongman Jeremy Swole, and he told me all about an Irishman known as the Limerick Lion. Pa O'Dwyer is a five-time Ireland's Strongest Man competitor, a World's Strongest Man competitor.

O'Dwyer grew up on a farm in Rathkeale, a small community in the southwest of Ireland. He

learned hard work lessons there and in his early twenties took a job working on the roads. It was a co-worker that introduced him to weight training. He was soon hooked and started adding muscle to his 6'2" frame along with considerable strength. Today he weighs in at 304lbs of solid muscle.

His first real success came at thirty-two years of age, when he competed in the U.K.'s Strongest Man Competition in 2017, where he placed third. A year later he won the competition. That same year he qualified for the World's Strongest Man event held in Brandenton, Florida, and finished fourth in his heat.

In 2021 he improved to fifth overall at both Europe's and Britain's Strongest Man. At the 2022 Britain's Strongest Man he placed second, delighting his growing number of fans. All of this experience improved his confidence and followers of the sport grew to love his humour as well as his physical abilities.

He is a natural entertainer, his interviews on television and

social media draw people to him. He is a practical joker and enjoys being the butt of his own jokes. Pa comes across as someone you would enjoy being around.

I was not able to speak to Pa O'Dwyer, but asked Jeremy Swole what it takes to compete at that level, and what made him such a fan:

"The amount of dedication, devotion and discipline that strongmen put into their daily lives is insane. They're training five to six hours a day and every competitor I've spoken to or listened to has said that the hardest part is diet. You need to consume upwards of ten thousand calories a day. That means eating every two to three hours. Waking up in the middle of the night, eat, and go back to sleep.

"What it takes is an unworldly amount of discipline to be able to get to where you want to be and maintain it. Pa, for instance weighs anywhere between 300 and 350lbs when he's competing, so the amount of fuel he needs to stay strong and energetic is incredible."

"When he was coming up, he

was just dominating the circuits in strongman competitions. No Irishman has won Ireland's Strongest Man five times in a row. He was the first Irishman to podium at Britain's Strongest Man. That was a great accomplishment, those competitions have some of the best athletes in the world and without a doubt, he is one of the world's top tier athletes."

"He had to withdraw from the 2022 and 2023 World competition due to injuries, that was right after placing second at Britain. There was just a competition in Glasgow for the Strongman Open; that's where you get your qualifiers to compete for the World Competition.

He pulled 880lb in the deadlift, not his best, and when he got some slack for it, he replied with his usual sense of humour. That's another thing that sets him apart, he likes to poke fun at himself and the other competitors. I hope to meet him in person someday and it's a dream of mine to workout with him and pick his mind to see what it's like to be one of the strongest men in the world."

Learning about these two strongmen and speaking to Jeremy, has inspired me. I think I'll head into the yard and find something to lift. Then again, maybe I'll make some popcorn and see what's on Netflix.

Special thanks to Jeremy Swole and Sheila Ives for their generous contribution to this month's column. •

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

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O'Casey, the Druid and Other Serious Things

"That's the Irish People all over - they treat a serious thing as a joke and a joke as a serious thing."

— Seán O'Casey, *The Shadow of a Gunman*

Comradaithe, I address you in the spirit of Sean O'Casey!

I hope many of you were able to see the Druid production of Sean O'Casey's Dublin Trilogy in either New York or Ann Arbor. It was another extraordinary accomplishment by the Galway-based theatre company, propitiously staged as the Decade of Centenaries commemorations draw to a close.

To see the plays together is to see how a master dramatic craftsman used all his tools and tricks --from musical ditties, off-stage action and sound; colloquial, lower-class Irish speech, tenement living rooms, run-down pubs, family bickering, and spousal arguments --to begin his plays with hilarity and end them in tragedy. Farce and futility, pretension and real loss: this is the arc of O'Casey's plays, enacted by characters who think they might control the bits and pieces of lives already stranded on the lowest rung of the economic ladder.

A case in point: Nora, the young wife in *Plough and the Stars*,



wants the lock to her tenement flat fixed so she can keep her nosy and critical neighbors out and her problematic relatives in, a goal that at first seems small and possible. Of course, it is 1916, and she cannot insulate her small domestic realm from the larger political one.

By the end, her husband has died in the uprising, the child she is carrying is stillborn, her Protestant neighbor is killed by a British soldier and the play has us wondering about who are the heroes and who are the victims in this liberatory struggle. In the great political movements--or even in domestic conversations--does anyone ask where is the real suffering?

O'Casey had a consistent answer: look at the poor, look at the tenement, look at the struggling women and dying children. See the contrast, and implicit rebuke, of a tenement flat inside a Georgian mansion. O'Casey called himself a 'flying wasp,' and his plays, however funny, pricked the conscience of the original audiences. They still do.

Garry Hynes, the Druid's Tony-award winning artistic director, took on the monumental and

unprecedented task of staging the three plays back-to-back in the chronological order of their subjects, not in the time of their composition or first performances. The three plays depict the three key events on which the modern Republic was founded -- the Easter Rising (*Plough and the Stars*), the War of Independence (*Shadow of a Gunman*), and the Civil War (*Juno and the Paycock*). The works have been staged individually with *Plough* and *Juno* becoming a staple of the Abbey repertoire as reliable box office draws. Now re-invigorated, *Druid O'Casey* is a seminal event for Irish theater in Ireland and North America.

Sean O'Casey

O'Casey had an insider's understanding of Dublin tenement life, as well as what early republicanism meant for its sometimes-fulsome advocates. He was one of thirteen children, of whom five survived, born to poor Protestant parents in Dublin in 1880. His father died when O'Casey was six, and O'Casey, left school at fourteen, barely able to read, in part due to terrible eyesight. His daughter, Shivaun recounts how he memorized the complete texts of four Shakespeare plays.

Scrapping for employment, he eventually worked for the railroad. He was excited by the Gaelic Revival and the Irish cause. He joined the Irish Revolutionary Brotherhood, took up the uilleann pipes, and Gaelicized his name.

Energized by the revolutionary socialism of Jim Larkin and James Connolly, O'Casey was one of the founders of the Irish Citizens Army, with the Starry Plough as its flag. The Abbey Theatre, founded as a national theater and thus advancing cultural nationalism as the corollary to political action, staged all three of his Dublin plays.

At that time, the deathrate in Dublin was very high, and nearly one third of Dubliners lived in crowded, unsanitary, even officially condemned, tenements. It was preferable, went one observation, to get a cot in Mountjoy prison. Among the many incarcerated were those convicted under the 1908 Children's Act, for neglecting their children--when massive unemployment rates raged.

Life treated women especially harshly: they coped with alcoholism, unemployed husbands, malnourished and ill children, and the extra relatives who moved in. They turned to becoming street sellers, laundresses, and prostitutes, afraid of the police and the clergy.

A National Archives website with photos from the early 1900s offers street-by-street accounts of tenement conditions. (http://www.census.nationalarchives.ie/exhibition/dublin/poverty_health.html). "Poverty was the preserve of no creed," the archivists state, with Protestants, Methodists, and Presbyterians living among the majority Catholics.

O'Casey depicts the unalleviated desperation in his Dublin trilogy, as even just a glance of the cast of characters reveals. Juno, especially, shoulders the care of her hunted son, pregnant daughter, and alcoholic husband, until it breaks her.

That these characters have no notion of how to address their crushing poverty, except through delusion or drink, is the source of their tragedy. They

grasp thin straws of hope, such as an unexpected inheritance in *Juno*, but however voluble, they cannot articulate how republican movements have failed them or how colonial powers have killed them.

Later in life, O'Casey wrote to his American publisher: "I've never written anything that didn't cause a dispute, a row, a difference of something." (<https://www.nytimes.com/1975/03/16/archives/the-letters-of-sean-ocasey-a-record-of-who-he-was-and-what-he-did.html>). Such was the case for his characters, comically arguing about the trivial while tragically failing to identify their British and Irish oppressors.

The Druid Theater Company

The brilliant Garry Hynes (Roscommon) co-founded the Druid Theatre in 1975 with her UCG (now University of Galway) classmates, Mick Lally (Mayo) and Marie Mullen (Sligo). Their ambition was to establish a specifically West of Ireland company. All three have had notable successes apart from Druid.

Lally, an Irish speaker, was part of *An Taibhdhearc*, the national Irish Language theatre, and of *Field Day*, the Northern Irish collective. Marie Mullen, won a Best Actress Tony Award for her role in Martin McDonagh's *The Beauty Queen of Leenane*, and was just seen in New York in *Savior*. Garry Hynes served as the artistic director of the Abbey Theater in the 1990s and directed works at The Royal Court and The Royal Shakespeare Company, as well as numerous theaters in New York. Her work has won over fifty awards. But it is to the Druid that they devoted time and passion.

In the Kennedy Center's "A Conversation with Garry Hynes," she explains the company's significant artistic relationships with Irish playwrights Tom Murphy and Martin McDonagh and talks about the 2005 decision to mount a comprehensive staging of John Millington Synge's six plays. *Druid Syne* thus anticipated the current production of *Druid O'Casey*. (See <https://>



Founders of Druid Theatre Garry Hynes Mick Lally and Marie Mullen.

www.kennedy-center.org/video/education/theater/a-conversation-with-garry-hynes-artistic-director-of-irelands-druid-theatre/.

Hynes has also directed two other cycles: *Druid Murphy* and *Druid Shakespeare*. In this effort, Hynes has established a powerful and unfolding legacy. These play cycles, requiring years-long preparation, valorize what are already significant cultural, artistic texts (perhaps becoming somewhat stale) to re-engage the social questions that prompted

their creation, and these questions --poverty, emigration, political authority -- persist, still relevant, still damaging.

Moreover, the cycles allow us spectators (read: community members, citizens) to grasp the plays' themes, achieving a more complex understanding, because Garry Hynes and her company have created throughlines of design, acting, and staging across the trilogies. For *Druid*, the plays are not crusty artefacts of past histories, but presentations of relevant, persistent issues. Certainly, Irish society needs these plays, and they need the *Druid*. So do we.

Free Play preview: <https://www.youtube.com/watch?v=4GmZJJaONiY>

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Irish Artist Kevin Drummond Leaves Behind a Twisted Irish Legacy

By Carol Drummond

He Did Knot Work

Creating Celtic-knot artwork had been an interest of Kevin's since he was young. As the first person in his father's family to be born in the U.S., he grew up surrounded by Celtic and Irish imagery.

Kevin's family remembers him as a child sitting for hours perfecting drawings. He created his first Celtic-knot designs in his high school art class in 1981. Because of this fascination with art, and in spite of all five of his siblings pursuing careers in science and medicine, Kevin went on to pursue a visual communications degree from the Art Institute of Pittsburgh.

After a long career as a technical illustrator, he reconnected with his love of Celtic-inspired artwork. It began with a simple idea – a one-of-a-kind drawing of his family surname, as a gift for his father, Patrick Drummond, from Dublin Ireland.

Kevin always admired the quiet man who spoke with a thick Dublin brogue. His Dad was not much of a talker, was not one to express his feelings outwardly, and since Kevin moved away from home in his twenties, he only saw him a few times a year during visits home.

Times spent with his dad growing up, doing things with him like

fixing the family's cars or caring for their horses, were cherished memories for Kevin. Thinking about an upcoming visit home in 2013, he wanted to find a way connect with his dad and pay tribute to his Irish roots.

In his free time, Kevin circled back to something he enjoyed doing as a teenager, exploring the patterns in Celtic-knot designs. Kevin had an idea to combine his illustration skills with his interest in Celtic knots, creating something unique for his dad that would celebrate his Irishness.

Knot Typical Irish Art

First Kevin carefully combed through historic fonts to find one that he could use as a starting point, to update and embellish the letter forms to match his vision. Next came the borders, this is what Kevin really liked to sink his teeth into.

All the lines of the Celtic knots had to have no beginning and no end, and they needed to find their way all around the page and back to the beginning of the design with no breaks. And just to make it even more complex, he added another border. All the lines in both borders had to maintain a consistent line weight on their never-ending journey in and around each other and around the subject, which was the family surname.

His new creation was a piece of



Kevin at the Cliffs of Moher, during a family trip to Ireland in 2014.

artwork that depicted his last name, Drummond, rendered in a modern, but historically-based, Gaelic font, embellished with a double Celtic-knot border and topped off with a curvy tree-of-life winding through the empty spaces on the page. Kevin created a unique visual style.

Rather than strictly adhering to the historic colors and imagery that is typical of Celtic designs, he used that style as inspiration and brought about a new, clean way of rendering the knots, fonts, and Celtic symbols. This resulted in precise, visual elements with bright, fresh colors. We called the new style of artwork, "Modern-Celtic Design."

When I saw what Kevin had created, I knew his dad would love it, and really, anyone with an Irish surname would feel the same way. The piece was beautifully rendered, depicted a fresh approach to a well-loved historic art form, and it was personal. I mean, what's more

personal than a name? When family and friends began to admire the piece, Kevin realized that there are many others that would enjoy celebrating their Irishness with a modern-Celtic design of their surname or place of family origin too.

That was in 2013. We decided to see what we could do with his idea together. We first assembled a list the ten most common Irish surnames, and Kevin got work. Murphy, Kelly, Byrne, Ryan, O'Brien, Walsh, O'Sullivan, O'Connor, Doyle, McCarthy – he created a unique modern-Celtic design for each with its own combination of Celtic knots, fresh colors, and tree of life configuration. Our new business venture, Kevin's Irish Art, was born.

Ten years later, in 2023, Kevin's collection included 610+ Irish surnames, 30+ Irish places, Gaelic



Kevin and Carol, and a happy customer, at the Kansas City Irish Festival in 2017.

greetings, Celtic symbols and a line of notecards with options in Gaelic and English. Kevin and I traveled across the country during this time to feature his artwork in the largest Irish festivals in the United States, while constantly updating the website to feature the growing collection.

While Kevin was creating a phenomenal collection of modern-Celtic designs, his magnum opus, his health was slowly declining. When he passed away in May, he left a massive legacy, a tremendous body of distinctive artwork, so Kevin's Irish Art could outlive him. I continue fill orders using Kevin's artwork, to make new designs using elements he created, for names and

places that were not done at the time of his death, and I plan to once again take Kevin's Irish Art back on the road to Irish festivals across the country in 2024.

Gone, But Knot Forgotten

Irish Artist Kevin Drummond, 3/5/1964-5/28/2023
Kevin's Irish Art adorns the walls of homes, businesses, Irish pubs and gift shops in all 50 states and in Ireland. You can see Kevin's modern-Celtic designs at kevinsIrishArt.com

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On this day in IRISH HISTORY NOVEMBER

BY TERRENCE J. KENNEALLY

1 November 1884 - The Gaelic Association was founded; seven men met in Hayes Hotel, Thurles, Co. Tipperary, with the intention of founding an organization "for the preservation and cultivation of our national pastimes." It became known as the Gaelic Athletic Association (GAA).

2 November 1847 - Major Dennis Mahon, a landlord with a 6,000-acre estate in Strokestown Co, Roscommon, was ambushed and shot dead. His killing occurred in the worst year of the Famine.

7 November 1990 - Mary Robinson became the first female President of Ireland in the tenth Irish presidential election ever held. She was nominated by the Labour Party and won with 51% of the vote.

12 November 1216 - Magna Carta Hiberniae, or Great Charter of Ireland, was issued in the name of Ireland. The original Magna Carta was drafted as a bill of rights in 1215.

15 November 1985 - The Anglo-Irish Agreement was signed by Margaret Thatcher and Dr. Garrett Fitzgerald at Hillsborough Castle, Co. Down. The agreement offered the Irish government a consultative role in Northern Ireland.

21 November 1920 - Bloody Sunday (Dublin); on this morning, fourteen men were shot dead on the orders of Michael Collins. In the afternoon, members of the Royal Irish Constabulary (RIC) Auxiliary Division opened fire at a Gaelic Football match in Croke Park in retaliation. The day became known as Bloody Sunday.

22 November 1963 - President John F. Kennedy was shot dead in Dallas, Texas.

24 November 1995 - Irish voters approved by referendum an amendment to the constitution that lifted the ban on divorce.

28 November 1920 - The Kilmichael Ambush, led by Tom Barry, commander of the 3rd West Cork Brigade Flying Column of the IRA, marked an escalation in the War of Independence.

HEALTH MATTERS

Here's What to Know About Alzheimer's Disease

By **Dr. Dhruv Patel**



Just like the rest of our bodies, our brains change as we age. As we get older, we can eventually notice some slowed thinking and occasional problems with

remembering certain things.

However, serious memory loss, confusion and other major changes to thinking patterns may be a sign that brain cells are failing. This can ultimately lead to dementia.

Around the world, many struggle with dementia, and 60-80% of those that are diagnosed have Alzheimer's disease. Neither of these diseases are normal ailments that come with aging.

Alzheimer's disease is a form of dementia which is a progressive, deadly brain disease. While there is no current cure, researchers are working to discover the root cause of the disease. It is believed to be caused by shrinking of the brain, causing brain cells to die and brain damage.

Alzheimer's Disease Symptoms

Symptoms usually start off mild and increase over time. Some of the most common symptoms include

memory loss, taking longer to complete daily tasks or initiatives, repeating questions, misplacing things, mood or personality changes, increased anxiety or aggression and difficulty with speech.

Those with memory loss or other symptoms of Alzheimer's may find it difficult to recognize their own signs, making it more common for family and close friends to notice memory loss signs or other symptoms of the disease. Because some of the earlier signs of the disease can mimic other common signs of aging, it can be hard to detect whether you or your loved one may have Alzheimer's disease. Regardless, if you or your family member are struggling to remember everyday things, it is important to schedule an appointment with a primary care physician.

During the appointment, your physician will discuss your full medical history, the signs and symptoms you're experiencing and perform a neurological exam. The neurological exam mainly tests reflexes, coordination and balance and muscle strength.

In addition to a neurological exam, other tests, such as blood tests, may be conducted to evaluate a patient's condition. In fact, a blood test could be used to rule out Alzheimer's disease, as it could uncover another condition with similar symptoms. A doctor may also order scans, such as an MRI, to see detailed images of the brain.

These scans may detect other brain conditions, such as a tumor, or indicate shrinkage in areas that have been affected by Alzheimer's disease. CT scans can also identify any strokes or head injuries, while a PET scan can be helpful in showing any areas of the brain that isn't working properly.

While there is no cure for Alzheimer's disease, there are steps you or your loved one can take to manage the disease and maintain cognitive or behavioral health as long as possible. To start, there

FDA-approved medications to help treat cognitive symptoms such as memory loss, thinking issues or confusion. For other issues such as anxiety or depression, anti-depressants may be helpful in treating those symptoms of Alzheimer's. It is important to consult your doctor about any possible treatments through medication.

In addition to medication, having a good exercise routine, a healthy diet, and a safe environment for you or your loved one can help manage the condition. By regularly exercising and eating well you can keep the body active to improve heart health and maintain overall health while avoiding other nutrition-related conditions. Furthermore, having a daily routine helps create stable and safe living environment for an Alzheimer's patient.

November is Alzheimer's Disease Awareness Month. More than six million Americans live with Alzheimer's and three million new cases are diagnosed every year. Sadly, Alzheimer's disease is so prevalent, many people know someone who has been impacted by the disease, whether it's touched your own family or a friend's loved one. This month, and all year long, take time to learn more about Alzheimer's disease and how you can recognize the signs and symptoms of the disease. •

Dhruv R Patel, MD, is the Medical Director of Mercy Health – Lorain's stroke program and is Board Certified in neurology, vascular neurology, neuromuscular medicine with certification in neurorehabilitation. Dr. Patel comes with 24 years of experience in providing high quality and compassionate care in many subspecialties in Neurology.

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COOKING UP A HOOLEY

KATIE GAGNE

Perfect French Toast for Holiday Brunches

I love putting unique twists on traditional favorites. Making French Toast using croissants is something you just have try. These make a wonderful brunch dish to serve with the holiday season fast approaching. I have my usual recipe for French Toast here but keep reading for some fun and festive ideas on how to make this typical dish a new favorite.

Croissant French Toast

Ingredients approximately 6 servings

- 6 large Croissants
- 6 large Eggs
- 1 cup Heavy Whipping Cream
- 1/2 cup Half and Half
- 2 tablespoons Cinnamon
- 2 tablespoons Granulated Sugar
- 2 tablespoons Vanilla
- 4 tablespoons Butter
- 2 tablespoons Confectioners Sugar (optional for dusting)

Directions

Prepare custard mixture to dip the croissants in: whisk eggs, heavy whipping cream, half and half, vanilla, sugar, and cinnamon together. Refrigerate for a few hours or overnight.

Cut croissants in half and let sit to become slightly stale for an hour or two. This helps them absorb the custard without getting too soggy.

Place croissants in a shallow dish or bowl and pour the custard mixture over and let sit for 5-6 minutes,

Place 1 tablespoon butter in a skillet and heat on medium.

Once the butter is melted, place several croissants in the pan and cook on each side for 1-3 minutes until golden brown.

Place on a plate or keep warm on a baking sheet in a low oven until ready to serve.

Repeat until all the croissants are cooked.

You can serve them the traditional way sprinkled with powdered sugar and served with butter and syrup.

Now here comes the fun part: you can serve these with different fruits or change the flavor profile.

Warm Apples

Slice Granny Smith (or your favorite variety) Apples and warm them in a medium saucepan with some sugar and cinnamon. Serve these with or on top of the French Toast Croissants.

You can do the same with peaches or blueberries.

Adult Versions:

Add 1/4 cup of Jameson Orange or Crown Apple to the apples as they



cook for a more adult version,

In a medium saucepan over low-medium heat stir a 1/4 cup of

Jameson Orange or Crown Apple and 1 cup of sugar and heat until a thick syrup forms and serve that over the croissants.

Make some homemade whipped cream by whisking 1/2 cup powdered sugar with 1 tablespoon of Baileys or Baileys Pumpkin Spice and 1 cup of heavy whipping cream.

Add 2 tablespoons of Baileys or Baileys Pumpkin Spice to the custard mixture used to coat the croissants.

You can create non-alcohol infused versions of these as well.

Add Pumpkin Pie Spice to the

custard or whipped cream.

Add 1/3 cup of Pumpkin Puree to the custard mixture.

Add Orange Juice or Apple Cider to flavor the cooked fruit or syrups. •

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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SUSAN MANGAN

All Paths Lead Home

She thinks these dark days of autumn rain are as beautiful as days can be. . . The desolate, deserted trees, The faded earth, the heavy sky, The beauties she so truly sees.

("My November Guest," by Robert Frost)



I traveled to Ireland during the end of blackberry season. The sun cast purple shadows on fields of blooming heather. Blackberries full

to bursting still hung on the vines, while the sun warmed the lanes. Every morning I took a long walk. My route was always the same: up and over the hills of Derrylaughan. Each day, the same pair of donkeys peered over a blue fence at me. Lazy mares would wander over the meadows as I passed. Even the border collie who enjoyed lounging in the rare September sun no longer barked at my presence, but rather raised his head briefly in acknowledgement. I was a benign visitor who, much like the curious animals in the fields, had nothing else to do but raise my nose to the fresh scent of sweet grass and wildflowers.

Our cousins thought that I must have been bored with the same sights, the same walk. I explained that the path may be the same, but the scene plays out differently with every hour, with every turn of light. Uncle Paddy agreed, "Sure, no truer words were spoken. Each day is new." As in life, some mornings dawn violet, while others spark red.

Thirty years ago, the lanes of Derrylaughan were flanked by towering hedges. On days when my husband helped his uncle with the



sheep on the mountainsides, his young cousin would accompany me on long walks. This young girl knew the natural variations in the hedges, the names of the farms, and the animals that we would encounter. I soaked in her knowledge. As a teacher, I knew that adults could learn much from the insights of a seven-year-old.

One day, I thought to set out on my journey alone. The little girl was worried for my safety: "Are ye' sure that you know the way?" "If you get lost, no one will know where to find you."

Why did I feel like a character from a fairytale? Surely, there were no wolves hiding behind the dense hedgerows of ivy and spent rhododendron. I assured my young field guide that I would be fine. I knew the loop; it was the same path that she and I traveled every day.

As I set out in my yellow raincoat, I raised my nose to the mineral scent of approaching rain. Mist began to descend from the hedges, and one towering bush of holly

began to look like the next. Ivy and holly, blackberry canes and tangled fuchsia rose like Jack's never-ending beanstalk. I was lost.

Rather than stay on the path that led me off course, I took to the hills and discovered a new route. As the magpie flies over bog and meadow, I eventually made my way back home.

Back home

Over the course of thirty years and ten visits to Ireland, the mountains and strands, fields and farms, have come to feel like home. I recently read that familiarity is a sure sign of home, no matter where your life's journey brings you.

My father is now into his 91st year. At times he has stepped on his life's path with sure-footed familiarity. On other occasions, he has been forced to take the road less traveled. As Robert Frost writes, "And that has made all the difference."

Upon their retirement, my father and mother took a chance and moved from Chicago to rural Indiana. After my mother died, we began to visit my Dad at his home



sun, rain and shadows.

On pristine autumn mornings, the flaxen lake grass and blazing orange foliage are mirrored in the blue of the lake. Sand Hill Cranes nest in this shelter. I never tire of watching them settle into their evening meal of insects and fish.

A sycamore tree grows at the edge of Crooked Lake. Its back is humped like a wise old man who has toiled from dawn until dusk. This autumn I watched the straw-colored leaves

on Crooked Lake nearly every weekend. I have looked out across the lake during seasons of snow and

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fall into the lake and settle among the clusters of yellowing lily pads. At the sound of the crane's trumpeting call, I looked away from my relaxed perch at the edge of the old dock.

When my vision once again settled on the water below my dangling feet, I saw two upturned sycamore leaves floating in a rattle the lake, but rather gently set the sycamore boats asail, each on a different path. At times, it seems that our journey implies a race to the finish; but perhaps, we are simply invited to navigate our course mindfully, with introspection and appreciation.

After I bid adieu to blackberry season in Ireland and returned home, I took a walk with my spaniel at dawn. The morning mist did not resonate with the essence of turf fires; the pond in our local park reeked of warm detritus rather than the sharp, salty scent of sea air; but it was my home, and I was glad to be on this path once again.

Our walk took us through black walnut and oak woods. The dawning world was still dark as

Lucy and I made our final turn around the pond, and then, all that was familiar became new once again.

The sun broke through a patch of old apple trees that probably had been growing on the edge of that pond for a hundred years. I had never noticed the red of the apples against the small hillside. Deer munched at the heavy fruit. A young buck with soft, burgeoning antlers looked at me peaceably.

When Lucy and I rounded the bend, we both raised our noses to the soft scent of sunrise. We inhaled the promise of the new day and looked forward to the possibilities that lie on our path home. •

Susan holds a Master's Degree in English Literature 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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Cleveland Irish: Oh, Say Can You See

To join the Society, of Cincinnati, you have to be a male and a descendent of an officer of the American Continental Army or the French forces who fought in the Revolutionary War. The society only takes one male per family at a time, similar to the right of primogeniture. It is named after Lucius

Quinctius Cincinnatus. He was a Roman statesman who has been attributed with selfless service to the republic in times of need and relinquishing his position as emperor in times of peace.

The city of Cincinnati was named after this society of over 4,400 members in the United States, France and in 25 over countries. Cincinnati residents in 1843 witnessed the removal of the last of the Wyandots, and de facto the last of all Native Americans, from Ohio. That historical moment occurred due to the efforts of members of The Society of Cincinnati. There were Irish folk on both sides of that historical moment.

Ohio Frontier

Alexander McKee was the second son of Ireland born Thomas McKee and Margaret Tecumseh Opeesa. It was just Mary on Thomas's death certificate; she was Shawnee.

Alexander married Edna Yellow Britches Rising Sun in 1739. Alex McKee was able to maintain relationships with the British and the Shawnee as well as other Native American groups. He assisted



Statue of Lucius Quinctius Cincinnatus, Cincinnati, Ohio

in trade, military alliances and diplomacy.

In 1794, Alexander was named Deputy Superintendent General of the British Indian Department. He sided with the British in the Revolutionary War, so no Skyline Chili, but part of a fascinating narrative of Ohio history and Irish blood. Please reference, A

Man of Distinction Among Them: Alexander McKee and the Ohio Country Frontier, 1754-1799 by Larry Nelson, for additional information.

On the other side, in various ways, was Hugh McGary. I was at Tradewinds discussing the family tree with my cousin Tom and his fiancée Amelia. Hugh ain't a McGarry. Hugh is the son of Sarah and John McGary. The family arrived in America from Ireland as indentured servants in 1750; Hugh was six years old. Major Hugh McGary had lost a stepson to the Shawnee. He was on the losing end at the Battle of Blue Licks, one of the last battles of the Revolutionary War and the last American defeat in the war. While Hugh was calling Daniel Boone a coward, Alexander McKee assisted leading Shawnees, Delawares, Mingos, Wyandots, Miamis, Ottawas, Ojibwas, Potawatomis, Canadians and British loyalists to victory.

It was four years later that Hugh put a hatchet through Shawnee leader Moluntha's head. Moluntha was, at the time, unarmed and an ally of the Americans. His death paved the way for Tecumseh and

his brother Tenskwatawa, also known as The Prophet, to create the largest confederation of indigenous groups that included thousands of warriors in the Great Lakes region. Tecumseh did not survive the War of 1812.

Fight for your Right

James Ligan survived the Revolutionary War, but did not survive the War of 1812, either. He was beaten to death in the Baltimore Riots of 1812. James was a supporter of the freedom of the press and was killed as he defended the *Baltimore Federal Republican* from a mob upset due to the publication of anti-war articles. He was an original member of the Society of Cincinnati and one of the first Americans to lose his life defending the right of free speech.

Robert Ross met his demise in Baltimore as well. He was born in County Down and attended Trinity College in Dublin. Robert joined the British army in 1789 and saw action in the Netherlands and Spain before arriving in America. Under his command, British troops won a victory at Bladensburg in 1814 and then captured Washington, DC. His troops, which were over 40% Ireland born, set fire to the White House and the United States Capitol building. Major General Ross was killed in action at the Battle of North Point by US sharpshooters Daniel Wells and Henry McComas soon thereafter.

Henry McComas was a descendent of Daniel Alexander McComas, Sr. who was captain of the guard at Edinburgh Castle. He was forced to flee, with a bounty on his head, to America for vowing to destroy the protestants. Daniel McComas settled in Maryland around 1687.

Over 5,000 British troops failed to capture Fort McHenry in Baltimore in September of 1814. James McHenry was born in Ballymena, County Antrim in 1753. He was Secretary of War for George Washington and John Adams. James was a physician by trade and the fort bearing his name was completed in 1803.

As you may know, Francis Scott Key wrote a song about the battle at Fort McHenry. As you may not know, Delia Foley's Pub is in Federal

Hill, just up the street from Fort McHenry. The Shepherd's Pie is good, but the Lump Crab Mac and Cheese is the game changer.

The Irish on Both Sides

This is just one example of how the Irish were on both sides of the fighting during the War of 1812 and in the Ohio Wars that preceded it. Charleston had an Irish Volunteers Company, founded in 1798, that fought in the Continental Army, as well as the Seminole War and the Mexican War. They fought for the Confederate army in the American Civil War.

Their founding in 1798 is an example of the presence of Irish Republicans who were forced to renew their battle with the British empire in North America. They fought a British army that was 250,000 soldiers strong by the end of the War of 1812 and over a third of those soldiers had Irish blood.

The stories of Alexander McKee, Hugh McGary, Robert Ross and James McHenry contribute to the collective narrative of the Irish in the Americas. McKees Rock, PA, and Evansville, IN, are part of their stories and are a reminder of the Irish contributions to the history of the Americas.

Fort McHenry is now maintained by the National Park Service and can be visited by water taxi in the Baltimore Harbor that once was full of British ships firing upon the fort. Next month we will focus on the Irish who defended Ohio from British attack, both on land and on Lake Erie. •

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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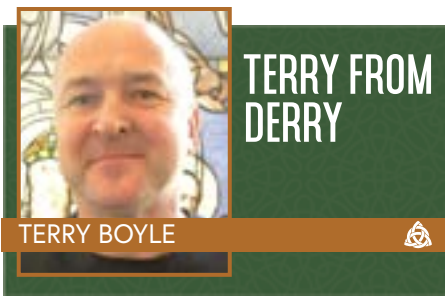
IRISH TRIVIA

BY TERRENCE J. KENNEALLY

Name the county where each of these extraordinary places are located

- Guinness Store house
- The Titanic Museum
- Lisdoonvarna
- Fota Wildlife Park
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- The Wishing Stone
- Mourne Mountains
- Lough Erne
- Kylemore Abbey
- Fungie

- | | |
|--------------|-----------|
| 10. Kerry | 5. Derry |
| 9. Galway | 4. Cork |
| 8. Fermanagh | 3. Clare |
| 7. Down | 2. Antrim |
| 6. Donegal | 1. Dublin |



Everything in Nature Changes

In May this year, I went back to Ireland. Since moving to Southern California, the trek back home has been significantly longer. When I lived in Chicago, the flight to Dublin could sometimes be less than six hours. With the wind behind, driving you forward, you could make the 3,500-plus miles in very good time. However, once you got to Dublin, the trek to Derry was not as easy.

It may only be 150 miles from Dublin to Derry, but if you travel by bus that trip can take up to five hours to complete the journey. I have many not-so-fond memories of every village or town we stopped at, wishing my suffering would come to an end. The trip from Southern California takes almost a whole day to complete. If I thought the bus

journey was tediously long, I was wrong. Now, it's three flights to get to Belfast, followed by a bus journey to Derry. Instead of making my life easier, I seem intent on making it harder.

I blame my Catholic need to do penance for such leanings. We're never happy with what we have until it changes, then we long for the old days again. Whatever we think, change is inevitable.

Our lives are full of changes. We age, we move house, family dynamics change, we lose people along the way, and generally, time evolves around us in interesting and unusual ways.

I noticed this sense of change most of all on my last trip back home. The Ireland I left in 2004 is so different today.

Yes, there are things that are still the same. Scratch the surface of any Northern Irish person, and you'll find the usual bias when it comes to political differences about the question of Northern Ireland's future. Those differences have been embedded into the minds of many generations and it will take huge changes in attitude to bring about a tolerable solution.

There are things that you hope won't change. For example, you can still count on the Irish love of wit. There's no community so capable of unmasking pretension with a humorous retort as the Irish. It's intrinsically part of our DNA. You can't read, watch, or listen to any form of Irish art without encountering the Irish love of satire.

The natural beauty of Ireland, particularly on the west coast, has managed to maintain its charm. While tourism has flourished, and there have been changes made to accommodate this industry, overall the countryside is still one of the prettiest places to be in the world.

You can immerse yourself in the wonder of ancients, as you visit the prehistoric sites of the Celts. Their stone fortresses, gravestones, and places of worship are still littered throughout the island. It's easy to see why artists have been so inspired to write about these places. They are great fodder for the imagination.

The changes I noticed on my last visit had more to do with the psychological than the physical landscape. When I was growing up in Ireland, the Catholic church dominated my worldview.

You'd still see those great cathedrals sitting on the highest place, looming over the people underneath. The sheer symbolism of its authority was a constant reminder of the power it wielded. From baptism through to adulthood, you were groomed into thinking that your salvation depended on loyalty to the church.

Changed Utterly
With its doctrine ingrained deeply into your mind, it was hard to see it as anything other than a dictatorial regime. With this amount of control over the Irish community, I never thought it would ever change but it has, as Yeats puts it, 'changed utterly'.

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Another change that has become more evident to me is the greater diversity in Ireland. As immigrants from other countries have settled in Ireland, the country has opened up to the rest of the world. Joining the E.U. has made us feel a part of a larger community and this has saved us from becoming insular.

Of course, there will be those who see this opening up of borders as a detrimental change to Irish society, as they do here in the United States, but I'm inclined to think that this mentality is the result of fearmongering. Other cultures can enrich our lives, widen our perspectives, and force us to question our own worldview. In this respect, change is never easy, but it's necessary if we are to grow beyond simple tribalism.

What's happening in Ireland is taking place throughout the world. We see communities struggling to come to terms with change. In some cases, the worst possible scenario becomes realized as the community becomes xenophobic, rejecting all outside influences to preserve the old way of life.

Such behaviour is simply a reflection of a community's insecurity. Change is part of nature, whether we like it or not. Historically, people have been moving from one country to another and bringing with them changes.

When the Vikings came to Ireland, it wasn't simply a matter of pillaging the monasteries. They introduced money. Settling in the Dublin area, they enriched the economy. They set up trade routes to England and Scandinavia and were credited with the first urban centre, Dublin.

Irish society, like most places today, is in a state of flux. Change creates uncertainty and none of us like to feel uncertain. With the loss of the familiar, we wonder what will become of us. Will we lose more than we gain?

There are no easy answers to any of the questions that arise as a result of change. We can only look at nature, or our past, and realize that change happens. We cannot stop it from happening, but we can choose to embrace it

and allow ourselves to evolve with those changes. It's consoling to read Ecclesiastes at such times to remind ourselves that change is all very natural.

'For everything, there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace.' (Ecclesiastes 3 1-8) •



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Thanksgiving

November is the month that we remember and give thanks. We start out the month with the Feasts of All Saints and All Souls.

We remember all those we have loved and have been Called Home to God.

November 6 is the Feast of All the Saints of Ireland. This is a prayer that I think is suitable to begin our month of November: All the Saints of Ireland Mary T. Dolan, ed Prayers of an Irish Mother Dublin 1934: "Thank God for loyal friends of ours, who guard us every day, when joys depart,

when sorrows come, when hope seems far away. When close to every path we walk are clouds of black despair, sure all the saints of Ireland, a shining band are there. They march with every faithful soul in gladness and in woe. They watch above our exiled ones, where're on earth they go; O, when we tread the road of death at ending of the day, may all the Saints of Ireland, be with us on the way!"

On Veterans Day, we gave thanks to all the veterans that have served our country and protected our freedoms. This Veterans Day, the Ladies Ancient Order of Hibernians will be meeting in Cleveland for their Interim Board Meeting, Testimonial Dinner and presentation of the Inaugural Constance Markievicz Award. To remember all our women veterans, let us say this prayer from the Invocation Women Veterans Forum: "We pause to acknowledge the strength of Our Nation, and women veterans who have given faithful service to build our country and to guard the freedoms each of us enjoy. Thank

you for the perseverance, tenacity and courage displayed by women veterans during peacetime and war. Their sacrifices were great. May their legacies of the many women who gave their lives during battle be remembered throughout every generation. God, we pray women veterans everywhere will find sources of consolation to facilitate healing for their visible and invisible wounds. We pray you will provide continuous protection and spiritual strength to the women currently serving."

This November, I have many things to be grateful for. The Ladies Ancient Order of Hibernians will be meeting in Cleveland on November 11. I am honored to be the National President of this wonderful organization of strong Irish Women who are committed to living our motto of Friendship, Unity and Christian Charity.

We as an organization have achieved much since the last National Convention held in Pittsburgh in 2022. We have created a Humanitarian Fund

that assisted with Hurricane Relief in Florida and assisted those affected by the Fires in Maui. Our members have been generous to all of our Appeals to help with the Columban Fathers and Sisters, Project St. Patrick and SOA R(Support Our Aging Religious) and Sr. Conchita's Order in Ireland.

Our Irish history is very important to us. We had a successful program of webinars Embracing Our Heritage. We sponsor the Irish and Irish American Award in the Junior Level at National History Day. Our own Irish History Contest is held annually.

The LAOH has a scholarship at Trinity College in Washington DC. Together with the Ancient Order of Hibernians, we have a special relationship with the University of Notre Dame. Since 1978, the Hibernians have helped with scholarships for 86 young men and women to attend the University. Each year, the Hibernian Lecture is held promoting Irish, Irish American and Catholic History, in addition to the Hibernian

Research Grants being awarded by the Cushwa Center.

Good Friday Agreement

We commemorated the 25th Anniversary of the Good Friday Agreement with our participation in an event held at the Cooper Union in New York, our 25th Anniversary Pin and the collaboration with Relatives for Justice with the publication of *Trasna na nTonnta Across the Waves Women's Reflection on the Good Friday Agreement*. We had a record year of donations to Freedom for All Ireland, which assists cross community groups in the North of Ireland. I was honored to travel to Ireland to present our donations and also to participate in the Global Irish Forum

The Constance Markievicz Award

The Ladies Ancient Order of Hibernians are proud to introduce *The Constance Markievicz Award*. This award will be bestowed biennially at the LAOH Interim Board Meeting to a woman who is outstanding, passionate, and shows a deep commitment in her endeavors, either professionally or in volunteer works.

The Constance Markievicz Award will be conferred without regard to the nominee's race, creed, religion, color or National origin. The nominee must be a woman who, in the spirit of unity and cross community relationships, has made significant and committed contributions to peace and justice, and/or the social and economic wellbeing of her community and/or the broader world in which we live. This includes, but is certainly not limited to, political activism, social justice, immigration and immigrant issues, political education, veteran affairs, and peace and reconciliation in Ireland.

The Ladies Ancient Order of Hibernians are proud to announce that Kathleen Savage of Massachusetts will be receiving the prestigious Constance Markievicz Award. Kathleen Savage has been a member of the LAOH since 1982. She has served in many offices on the Division and County levels, with

appointments on both State and National Boards.

Kathleen is currently her division and state chairperson for Freedom for All Ireland (FFAI), formerly holding this position on the national level, consistently promoting this initiative. In 1985, she joined the local chapter of Irish Northern Aid, and began writing Christmas and birthday cards to prisoners, enlisting many of her LAOH sisters to join her.

She has made more than 20 trips to Northern Ireland, witnessing firsthand the discrimination of the British Government against Irish families, visiting prisoners in Long Kesh, Crumlin and Maghaberry, becoming pen pals with several of the prisoners and eventually befriending their families. Many of these relationships continue to this day, and she is considered to be a member of their extended families.

We invite you to participate in the LAOH Testimonial weekend celebrations. Our weekend will conclude Saturday evening November 11, 2023, beginning with the Celebration of the Eucharist at 4:30PM, followed by dinner, entertainment and merriment, and the inaugural presentation of the Constance Markievicz Award.

Dinner: \$65.00 with a Cash Bar, Shake Rattle-n-Roll to the Music of Kennedy and Riley. West Side Irish American Club 8559 Jennings Road, Olmsted Township, Ohio 44138. Checks payable to LAOH. Sharon Kelty, 4606 West 158th Street, Cleveland, Ohio 44135 Forms and info: www.ladiesaoh.com. Looking Forward to Seeing All Of You! •

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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only*, 25th - Rover's Pig Roast, 30th - Patrick & the Jazz Guys. PJ McIntyre's is a Local 10 Union establishment. Home of the Celtic Supporter's Club and the GAA. Book Parties & Events in our Bridgie Ned's Irish Parlor Party Room. 17119 Lorain Road, 44111. pjmcintyres.com 216-941-9311.

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Otie's Tavern - Tuesdays 7-9. 5344 Center Street, Hilliard, OH 43206

Logan's Irish Pub - 3rd Wednesday of the month, 7:30 414 S. Main Street, Findlay, OH 45840

Plank Road - Thursdays 7-10. All ages and experience welcome 16719 Detroit Road, Lakewood, OH 44107

Spoon Market & Deli - every Thursday, 7-9 PM, all are welcome, 144 W Liberty St., Wooster, OH 44691

Dempsey's - Fridays: 8-10. 346 S. High Street Columbus, OH 43215

Irish Language Classes:

Introductory to intermediate level, Tuesdays, 6:15 -8 p.m. P.J. McIntyre's Irish Pub 17119 Lorain Road, Cleveland, OH 44111 jobrien@irish.us

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Election Day

November brings us Veteran's Day and Thanksgiving Day. It also brings Election Day in the United States. This year Election Day is on Tuesday, November 7th.

I am sure you have started to see election signs in yards around your neighborhood and countless commercials on the television. Some of you may be lucky enough to have the day off school because your building is used as a polling site!

Why Tuesday? It goes back to the farmers. In the 1800s, most citizens were farmers and lived very far from their polling place. It often took people at least a day to get to their polling place (remember, the car had not been invented yet), so lawmakers felt they needed to allow a two-day window for Election Day.

Sundays were church days and Wednesdays were market days for farmers. This is how Tuesday was decided. Americans have been voting on Tuesday since 1845, when a federal law was passed to make the first Tuesday following the first Monday Election Day. Before this law, states could hold elections any day they wanted if it was within a 34-day period before the first Wednesday in December.

And why November? Again, because of the farmers. Spring and early summer are the planting seasons, and late summer and early fall are when the crops are harvested. So early November was picked so that Election Day would be after the harvest but before the harsh winter weather.

Who is allowed to vote has changed several times during American history. At first, only white male landowners were allowed to vote and be elected to hold office. Since the first election in 1789, amendments

(changes) have been made to include more people in the voting process.

In the United States, you need to be 18 years old and a U.S. citizen to vote. It is so important to exercise your right to vote! It is a privilege that many others around the world do not have.

In The Republic of Ireland, voting is very simple. It chooses its leaders through a system called Proportional Representation with a Single Transferable Vote. Voters are handed a ballot with the names, faces, and political parties of all candidates running for election. The voter just puts a 1 next to their favorite, a 2 next to the next favorite, and continues down the ballot. It is fairer than how voting takes place in the United States.

Note: Last November, I wrote about Daylight Savings time. Unfortunately, the Sunshine Protection Act has not been passed, so we will keep changing our clocks in the fall and spring for the foreseeable future! •

Lardie's Laughs

Q: What happened when Ben Franklin told a joke to the Liberty Bell?

A: It cracked it up.

Q: What did they say when they saw Abraham Lincoln in line at the polling place?

A: You look great for your age!

Kids in the Kitchen

Loaded Baked Potato Soup



Ingredients

- 1/2 lb Bacon cut into bit sized pieces
- 2 large carrots diced
- 3 celery stalks diced
- 1 medium onion diced
- 1/3 cup butter
- 4 garlic cloves minced
- 1/3 cup flour
- 3 cups chicken stock
- 4 cups milk
- 8 ounces cream cheese cut into cubes
- 5 large Russet potatoes cut into small cubes
- 1 cup shredded cheddar cheese plus more for garnish
- salt and pepper to taste
- green onions

Directions

In a large pot on medium heat cook bacon until crispy, remove and drain on paper towels. Set aside for garnish

In the same pot, toss all but 1 tablespoon of bacon grease and add carrots, onions, and celery and cook for 5 minutes or just until softened.

Add butter and garlic and melt on low heat, add flour, and cook for 1 minute whisking constantly to cook the flour just a bit.

Stir in the chicken stock, milk, and cream cheese, and add the diced potatoes. Bring to a low simmer and cook for 30 minutes or until potatoes are tender.

Add in the cheddar cheese and add more salt for taste if needed. Serve hot and top with more cheese, bacon, and green onions. •

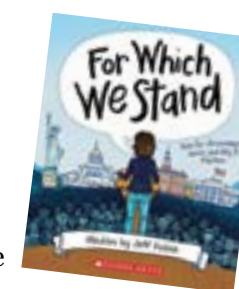
LITERATURE CORNER

For Which We Stand By Jeff Foster

If you have ever wanted a book that explains our government in a way that you can understand, give this a read. It answers all your questions like: What exactly is the Electoral College? Who can vote? What is the Constitution? Why was the Declaration of Independence written?

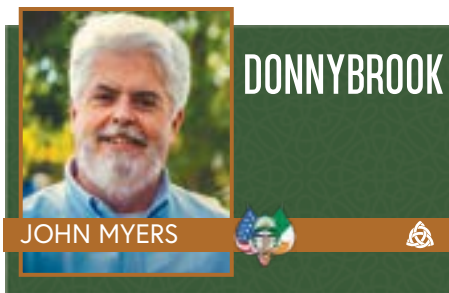
This book, written by a teacher, gives the complete backstory on how our government works and how people have worked with and protested our government to improve the lives of all American citizens. For ages 8-12.

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.



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Irishtown Bend Enters New Age

The Irishtown Bend Park project reached a new milestone in October, with approval of the final conceptual plan at a joint meeting of the Cleveland Planning Commission, Landmarks

Commission, and local Design Review for the Ohio City Neighborhood. Commission member Councilman Charlie Slife (Ward 17/Westpark) voiced his strong support with the reminder that the detailed plan must lead with the story of the Irish community, who called this place home as the vehicle to tell the larger story of immigration and migration to the shores of the Cuyahoga River.



Before it was a park project, it was the Irishtown Bend hill 'stabilization' project. Cuyahoga County Executive Chris Ronayne stated the importance of this first phase: "Shipping, business, and navigation does not happen if this slope is not stabilized."

It was jobs that brought the first Europeans to Cleveland and this stabilization project will protect thousands of shipping, steel and manufacturing jobs. Two centuries of tearing up the hillside to widen the river and for canals, railroads,

docks, businesses, and housing left Irishtown Bend in danger of land sliding into the river, shutting the vital commercial artery.

Sixty million dollars in Federal funding was secured for the Cleveland Cuyahoga Port Authority with the critical assistance of U.S. Senator Sherrod Brown. Sen. Brown shared at the groundbreaking that "Irishtown Bend is a historic site, and we are going to make it bigger and better." Mayor Bibb, City Council President Blaine Griffin and Ward 3 councilman Kerry McCormack voiced their strong support at the groundbreaking in August.

The stabilization project will take almost two years to complete. Once the basic hillside has been stabilized with new river bulk heads, removal of tons of dirt and the creation of multi-tiered levels, work on the 40 million dollar plus park can begin.

Design elements include an Irish Heritage Site, an archeological dig view, picnic site, an event lawn, walking trails, a waterfront promenade, bike paths, an interpretive site relating to the near presence of an Underground Railroad stop and Cleveland's history as Station Hope.

The park will be large, approximately 23 acres, located between W. 25th (old Pearl St.),

the river, and bounded on the north by The Veterans Memorial (Detroit/Superior) Bridge and on the south by the Columbus Road lift Bridge near Hooples. The Park will connect with the new Red Line Greenway trail, which takes you out to Zone Recreation Center across from St. Coleman's Church (W. 65th) and will be part of the Canal Ways Towpath trail.

Irishtown Bend will be the final link connecting Lake Erie with the southern end of the Trail, 101 miles away, in Zoar, Ohio. Planning for this park will be designed with the knowledge that it will serve not only as a neighborhood park, but remarkable enough to be a regional asset as well.

The park will fill a need to better link the Flats, Ohio City and Downtown. One can see work started with the demolition of several buildings along W. 25th, unveiling, brick by brick, the exciting new vista of downtown Cleveland and the Cuyahoga River.

Presentations of the plan were shared at the Irish American East Side last month and will be laid out at the West Side Irish American Club in November. Cleveland is blessed to have twin waterfronts. Cuyahoga Executive Chris Ronayne asked us to "love the River" as he reminded us that



"this is the place that has bound us together over all these years: our Cuyahoga River and our Great Lake Erie. Let's use this new park to continue to celebrate our home as the Fresh Water capital of the World."

McSport

Wow, those of you who watched the Ohio State v. Notre Dame football game were treated to a thriller. The game went down to the last second on the one-yard line. The underdog Fighting Irish took it to the Buckeyes, leading throughout the game.

But at the end of the day, lost a razor close game 17 to 14. The Fighting Irish won big early in the season against Navy, played at Aviva Stadium in Dublin, Ireland. Notre Dame won the Aer Lingus College Football Classic, 42-3 and a good time was had by all.

America is Ryderless

The American golfers took it on the chin in the 2023 Ryder Cup, played this fall at Marco Simone Golf & Country Club outside Rome, Italy. Irish golfers Rory McIlroy and Shane Lowrey led a dominant European Team that outshined the American team from beginning to end, final scoring 16.5 to 11.5.

The Americans will be looking to pay the Euro's back in two years when the game will be played on home turf at Beth Page State Park in Farmingdale, N.Y. The return to Europe in 2027 will be played in Eire at the beautiful Adare Manor in County Limerick. Start planning your trip now.

Electoral College Challenge

At a recent party gathering, Sinn Fein leader Mary Lou McDonald stated the theme of the likely Dail elections next year. "This is a time of generational change right across Ireland, we face into one of the most important periods in the history of Irish politics. We are on our mark for a general election that could happen at any time for local, European and Dail elections in June and a Westminster election that will follow shortly thereafter. These elections present us with an unprecedented opportunity to advance republican politics that puts workers, families and communities first, to expand the exciting conversation about uniting our Country.

"I am very pleased that An Taoiseach has finally acknowledged that we are, in fact, on the road to reunification. So, I call on him again to begin now the planning and the preparations for the democratic and peaceful, constitutional change by urgently establishing a citizen's assembly on Irish Unity. I believe this is the generation that will end partition, bring all of our people in common purpose and finish the journey to full Nationhood. ... At a time when people are crying out for real change the public appetite for fresh politics and for an energetic, modern leadership is growing every single day. ...Our people, North and South, want a new era in which government makes politics work for everyone. To seize with ambition, the immense opportunities for Ireland over the next decade. In the South, Fine Gael and Fianna Fail stand against that tide of positive progressive

change sweeping across Ireland. "They have shown that they are not up to the task of improving the everyday lives of ordinary people, not up to the job of building a better future. And there is one certainty, the longer Fine Gael and Fianna Fail are in government, the worse things will get. They are out of touch, out of ideas, and increasingly out of time. ... This is why we need a general election."

Flora and Son

Music in key. "Flora and Sun" was released last month to a sunny welcome. This movie, set in present-day Dublin, tells the story of a single mother and her teenage son. The film was directed by Irish film director John Carney. A feel-good movie with some vulgar language in parts, has Eve Hewson

as the leading actor; she is the daughter of U2's Bono. She does a heartfelt job in this role.

Last year she did a great job in the streaming, Irish based tv series, "Bad Sisters," check this out too, an appealing comedy about murder. Flora and Son has music at its core, many reviewers have compared it to "Once." Apple TV sponsored a viewing at the Rock-n-Roll Hall of Fame in Cleveland and the Cleveland Cinema group arranged to make tickets available for this preview. Well worth seeing at the Theatre or on your streaming platforms. ●

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SPEAK IRISH

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Tús Maith a Good Start

In the September issue of *ilrish*, we covered some of what we study in our beginner Speak Irish class (<https://ilrish.us/speak-irish-a-fresh-start/>). I'm happy to tell you that once again we have a number of new students and almost all of our former students have returned. I love that space is becoming an issue for us!

This month I would like to share a few things that I covered during the pandemic, when we did not have a printed edition. We'll also cover a tiny bit of grammar, but mostly continue with our blossoming conversational skills.

Vocabulary

The verb Tá Present Tense
Tá (*taw*) is/am/are
An bhfuil? (*un will*) question form is?/ am?/are?
Níl (*neel*) negative form is not/ am not/ are not
Nach bhfuil? (*noch will*) negative question form isn't/am not/ aren't
To answer questions posed with the tá in the present tense, you respond with tá (yes) or ní (no)
Past tense of tá
Bhí (*vee*) was
An raibh (*un riv*) was?
Ní raibh (*nee riv*) wasn't
Nach raibh (*noch riv*) wasn't?
To answer questions posed in the past tense you use bhí (yes) or ní raibh (no)
Future tense of tá
Beidh (*bay*) will be
An mbeidh? (*un may*) will be
Ní bheidh (*nee vay*) won't be
Nach mbeidh (*noch may*) won't be

To answer questions posed in the future tense you use beidh (yes) ní beidh (no)
Irish has no direct word for yes or no to cover all questions, instead you must use the appropriate version of the verb used in posing the question. If you would like to respond in Irish to a question posed in English, I would suggest you use sea (*shah*) for yes, and ní hea (*nee hah*) for no.
It is a good practice to use any Irish you have in day to day conversations in English. It helps you remember what you have learned if you use it regularly. I like to follow up by saying "I'm studying Irish and that means in English."
You may have noticed spelling and pronunciation differences in the examples above even though the meaning is the same. Words are changed due to grammatical rules that we don't need to get into at this time, just be aware that they exist. The main purpose of any language is communication, when we learned english as children we didn't know what a noun or verb was but still managed to express ourselves. As adults it can be difficult for us to grasp this approach, but it is better to stick to a building block method.

Pronouns

Mé (*may*) I
Tú (*too*) you
Sé (*shay*) he or it
Sí (*shee*) she or it
Muid (*muidj*) we
Sibh (*shiv*) y'all
Siad (*shee-ud*) they

Adjectives

Go maith (*guh mah*) good or well
Go breá (*guh braw*) fine
Go h-iontach (*guh hee-un tahk*) wonderful
Go dona (*guh daw-na*) bad or not well
Ceart go leor (*kyart guh lore*) right enough or ok
Basic Irish sentence structure has the verb first followed by the noun or pronoun, then the adjective. Tá mé go maith. (I am good) Nach bhfuil muid go h-iontach? (Aren't we wonderful?)
Now try building a few sentences on your own, pick a verb, then a pronoun and lastly your adjective. As you can see there are quite a few possibilities.
The weather is always a topic for conversation in Ireland and here, for

the next few months. With just a little new vocabulary we can really expand our conversational skills

Weather Vocabulary

An aimsir (*un am-sheer*) the weather
An lá (*un law*) the day
An oíche (*un ee-hah*) the night
Fuar (*foo-uhr*) cold
Te (*tcheh*) hot
Fliuch (*flyukh*) wet
Tirim (*tchih-ruhm*) dry
Scamallach (*skom-uh-lahk*) cloudy
Grianmhar (*gree-un-wer*) sunny
Agus (*ah-gus*) and
Ach (*ahk*) but
Inniu (*in-yoo*) today
Anocht (*uh-nocht*) tonight
Remembering our basic Irish sentence structure, verb- pronoun or noun -adjective, we can easily say Tá an lá go breá. The day is fine.

Examples

Tá an oíche fuar ach tirim. The night is cold but dry.
Nach bhfuil an aimsir fliuch agus scamallach? Isn't the weather wet and cloudy?
Níl an aimsir te inniu. The weather isn't hot today.
Tá an oíche fuar anocht. The night is cold tonight.

Once again you can see there are many possible combinations using only the vocabulary here. Combined with September's lesson a complete conversation is possible. If you recall, we talked about how you can ask someone how they are, using all three of the regional dialects. You can use those same phrases to inquire about the weather.
Cén chaoi a bhfuil tú? (*kay hee will too*) How are you? (Connacht)
Cén chaoi a bhfuil an aimsir? (*kay hee will un am-sheer*) How is the weather?
Conas atá tú? (*kun-us ah-taw too*) How are you? (Munster)
Conas atá an lá? (*kun-us ah-taw un law*) How is the day?
Cad é mar atá tú? (*kuh-jay mar ah-taw too*) How are you? (Ulster)
Cad é mar atá an aimsir anocht? (*kuh-jay mar ah-taw un am-sheer ah-nocht*) How is the weather tonight?
One very important tool in learning any language is hearing it. My phonetic spellings are my own interpretations of how I hear the words, and not necessarily the way another would. The on-line dictionary teanglann.ie is a free dictionary that includes an audio section where you can hear the word spoken in all three

regional dialects. Although I have numerous Irish dictionaries on my desk, *teanglann* is the one I use the most, it's on my phone's home screen and is always with me.
Between September's column and this one there is a lot of information, but take it a step at a time, learn a word or phrase or two and use it in your daily conversations, next day add another or two, you'll be amazed how quickly your new Irish vocabulary will grow.
"Í ndiaidh a chéile a thógtar na caisleán!" "Stone by stone builds the castle!" •

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 Wolfhounds and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rian, Aisling and Draoi, and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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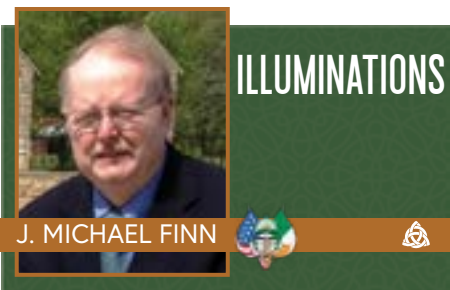
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ILLUMINATIONS

J. MICHAEL FINN

Captain William “Buckey” O’Neill

“Who would not die for a new star on the flag?”

The history of Irish-Americans serving in the U.S. military began with the birth of this nation and continues to this day.

In addition, Irish immigrants and first generation Irish have been recipients of the Medal of Honor more than any other ethnic group.

One of the many first generation Irish who served this country was Captain William Owen “Buckey” O’Neill. O’Neill was born in St. Louis, Missouri on February 2, 1860. He was the eldest of four children born to John Owen O’Neil and Mary (McMenimin) O’Neill. His father was an Irish immigrant who arrived in the United States during the 1850s.

When the American Civil War began, the elder O’Neill joined the 116th Pennsylvania Volunteers (Irish Brigade). On December 13, 1862, during the Battle of



Buckey O’Neil

Fredericksburg, John O’Neill was severely wounded.

There is some controversy surrounding William’s birthplace. On several occasions during his life William listed his birthplace as Ireland. His Irish birth is questionable since his parents had been in the United States since 1850 and were living in St. Louis in 1860.

In 1862, William along with his mother and brothers moved to Washington, D.C. He was educated at Gonzaga College High School, Georgetown Law School, and graduated from the National Law School in Washington, D.C.

At the age of 19, William responded to an item in the *Washington Star* calling for men to move to the Arizona Territory. He packed up and moved west to the Arizona Territory, arriving in Phoenix, riding a burro, in September 1879.

Upon his arrival in town he was hired as a printer at the *Phoenix Herald*. By late 1880, O’Neill became bored with this position and sought to experience the “real west” in the rowdy boomtown of Tombstone, Arizona. There, O’Neill took the opportunity to experience the local saloons, before taking a reporting job with the *Tombstone Epitaph*.

It was in Tombstone where William acquired the nickname “Buckey.” The card game *Faro* was popular in the Old West and William gambled often at the game. From *Faro* came the phrase, “bucking the tiger” or playing against the odds. William was well known for doing this. As a result, he was known by the nickname, “Buckey.”

His time in Tombstone was during the days when Wyatt Earp and his brothers provided law enforcement for the town, and the *Epitaph* was a pro-Earp newspaper. It may well have been Buckey who reported on the shootout we know today as the “Gunfight at the O.K. Corral.”

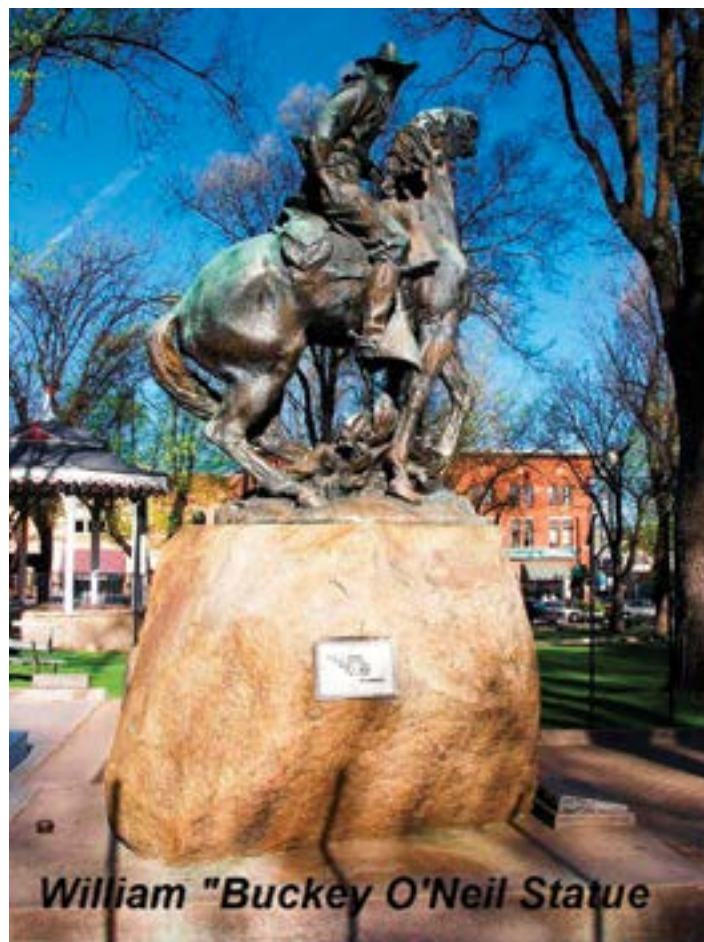
In early 1882, Buckey was back in Phoenix, working as a deputy to Marshal Henry Garfias. Several weeks later, O’Neill moved to Prescott, Arizona, his home for the next fifteen years. There he rapidly progressed in his journalistic career. Starting as a court reporter, he soon founded his own newspaper, *Hoof and Horn*, a paper for the livestock industry.

He became the editor of the *Arizona Miner* weekly newspaper in 1884 to February 1885. He also became captain of the Prescott Grays in 1886, the local unit of the

Arizona Militia.

On April 27, 1886, he married Pauline Schindler. They had a son, but he died shortly after his birth. In 1888, while serving as a Yavapai County, Arizona judge, he was elected county sheriff. After his term was up, O’Neill was elected unanimously as mayor of Prescott.

In 1898, war broke out between the United States and Spain. Buckey joined the military and enlisted in the “Rough Riders.” The “Rough Riders” was a nickname given to the 1st United States Volunteer Cavalry, one of three regiments raised in 1898 for the Spanish-American War and the only one to see combat. The first regimental commander was Colonel Leonard Wood. His second



William “Buckey” O’Neil Statue

in command was former Assistant Secretary of the Navy and future U.S. President, Lt. Colonel Theodore Roosevelt.

The original recruitment plan called for the regiment to be composed of frontiersmen from the Indian Territory, the New Mexico Territory, the Arizona Territory, and the Oklahoma Territory. However, after Roosevelt joined the ranks,



Lt. Colonel Theodore Roosevelt, Rough Riders

it also attracted a unique mixture of Ivy League athletes, Texas Rangers, African Americans and Native Americans. Buckey was appointed Captain of Troop A. Despite being a cavalry regiment, they ended up fighting in Cuba as infantry, since their horses were not sent there with them.

The Battle of Juan Hill

On July 1, 1898, at about 10:00 AM, the Rough Riders were stationed below Kettle Hill, near Santiago, Cuba. The Spanish Army was on top of the hill and poured heavy rifle fire down on the Americans. Although this battle occurred on Kettle Hill it is commonly known as the Battle of San Juan Hill. It was during the battle that Captain Buckey O’Neill was killed in action.

Theodore Roosevelt described the Captain’s death as follows: “As O’Neill moved to and fro, his men begged him to lie down, and one of the sergeants said, ‘Captain, a bullet is sure to hit you.’”

O’Neill took a cigarette out of his mouth and blowing out a cloud of smoke, laughed and said, ‘Sergeant, the Spanish bullet isn’t made that will kill me.’ Later as he turned on his heel a bullet struck him in the mouth and came out at the back of his head; so that even before he fell his wild and gallant soul had gone out into the darkness.”

Before the fighting was over, Buckey’s men buried him on the slope of nearby San Juan Hill. After the war, his family requested help from the War Department to find and recover his body. The body was exhumed and returned to the United States. He was buried at Arlington National Cemetery, in Arlington, Virginia.

The epitaph on Buckey’s gravestone reads, “Who would not die for a new star on the flag?” (Buckey was a longtime advocate of statehood for Arizona). That star was received on February 12, 1912, when Arizona became a state. It is speculated that, had he not been killed, Buckey likely would have become Arizona’s first governor.

On July 3, 1907, a monument depicting Buckey on horseback was dedicated in the courthouse square of Prescott, Arizona. Designed by sculptor Solon Borglum, it is dedicated to Buckey and the other Rough Riders. Seven thousand people gathered to witness the unveiling.

Theodore Roosevelt said of Buckey, “He was a wild, reckless fellow, soft spoken, and of dauntless courage and boundless ambition; he was stanchly loyal to his friends, and cared for his men in every way.”

Please remember to commemorate U.S. veterans of all nationalities on Veterans Day, November 11. They deserve our gratitude, honor and respect. Recognize them with a “Thank you for your service.” •

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

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Simple Weight Loss Tips

Is cutting carbs the best way to lose weight? What about certain “fat fighting” foods? Will a “cheat” meal ruin my progress? I am asked these questions often. The reality is, there are certain behaviors linked to long-term, healthy weight management.

Often, people lose weight, only to gain it back. Recently, researchers looked at nearly 5,000 participants who had lost over 20% body weight and maintained it long-term (defined as at least 3 years) along with a control group.

The results reported that, those who maintained their weight loss, followed a weight management strategy that included the following behaviors:

- Keeping low-calorie, healthy foods accessible
- Measuring and recording daily intake of calories (self-monitoring)
- Thinking about past weight loss successes to stay motivated, including keeping a graph of their weight progress.
- Staying positive rather than feeling defeated when they gained weight.

Willingness to ignore food cravings rather than give in to them.

These simple strategies resulted in “long-term weight loss success,” defined as those who kept the weight off for two years or more.

Why is it so hard to lose weight?

Weight loss is tough because it means changing how you behave, and the way you think (or feel) about food. Occasionally, issues such as thyroid function, or your gut microbiome, can contribute to weight gain and present challenges to losing those extra pounds. Sometimes your weakness is emotional eating. Additionally, certain medications and medical conditions can cause weight gain and fat accumulation.

While there are a host of diets out there: keto, paleo, alkaline... I am here to tell you one simple fact, for the most part, you can ignore these.

Weight loss success happens in two main ways:

When you avoid unhealthy foods, this automatically limits your choices. This can be considered a calorie-restricted approach.

When you make lifestyle changes, such as increasing physical activity, drinking more water, and limiting the time when you eat (such as intermittent fasting) you will automatically see a weight reduction.

Will I lose more weight by counting calories or carbs?

The best diet for losing weight, and keeping it off, is one that you can live with long-term. So, look for a weight loss program that offers plenty of good-tasting, healthy food choices and doesn't require expensive supplements. If something sounds too good to be true, it is a scam.

Ketogenic diets have gotten their reputation for weight loss because

the pounds will come off as soon as you stop eating carbs. However, this diet is not only impractical, but also unhealthy due to the high-fat requirements.

I personally promote the Mediterranean diet. This strategy shows strong evidence for a host of health benefits, such as heart health, brain health and overall longevity.

Can you lose weight without exercising?

Well, you could, but you shouldn't. Non-exercise weight loss is possible, but you don't want to lose muscle mass along with those pounds. Healthy weight loss includes maintaining your muscles with physical activity, be it moderate-intensity cardio work or strength training.

Besides keeping your muscular and skeletal systems in shape, physical activity is good for boosting your metabolism. This increases your energy expenditure and helps you achieve the calorie deficit you are aiming for.

What is the most scientifically proven way to lose weight?

Unfortunately, there is no magic bullet for weight loss, although many controlled trials have attempted to discover it. There are many ways to fight weight gain, and the best one for you might not be the best one for another.

The most important aspect is to be consistent and realistic. Pick a strategy of healthy eating habits that you can stick to and then do it. If you fall off the wagon, be kind to yourself and reframe your setback as a temporary slip on your journey. After all, it is your daily food choices and eating habits that matter, not a few “off” days.

Remember to incorporate physical activity. Not only is it good for your metabolic rate and physical health, but it also helps with your mental health. Staying upbeat and positive helps to keep your body weight goals on track.

Top 3 foods to avoid when losing weight

Ready to start your fat-burning journey? No matter what plan you choose, these foods are good ones to steer clear of:

Foods with added sugar. It's probably obvious that high-sugar foods like cupcakes, ice cream, and

candy are not the best choices for weight loss. What may be less obvious is that almost every processed food is sugar-sweetened, even salty, and non-sweet foods like bread and pretzels.

Processed meats. Even if you are following a high-fat keto diet, most nutritionists recommend against eating processed meats because of the salt and chemical preservatives found in them. Some even have hidden added sugar.

Late-night snacks. Want to get off that weight-loss plateau? Indulging those late-night cravings isn't the way to do it. Instead, drink some water or try eating a carrot or celery stick to curb your desire to snack late at night.

More weight loss tips

Want to enjoy the health benefits that losing weight can deliver? Try these strategies for healthy weight control that's long-lasting:

Have a plan. We've all heard the saying, “When you aim at nothing, you achieve it.” Set calorie and dietary goals before you begin. Some find meal planning for a week at a time to be helpful for avoiding unnecessary surprises and temptations.

Track your progress. The aforementioned research presented strong evidence for the importance of monitoring and recording your calorie intake in maintaining long-term weight loss.

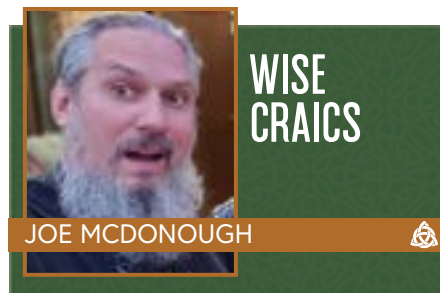
Consider nutrients. Limiting your food intake could result in nutritional deficiencies. Make an effort to get a broad range of healthy foods onto your plate and consider adding nutrients that you might be lacking.

Most important: stay positive. Don't let occasional overindulgences derail your plans. Keep your goals in mind and focus on the physical and mental health benefits you have enjoyed as you shed those pounds. ●

Dr. Peters is the founder of “The Fitness Doctor” (www.thefitnessdoctor.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.

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WISE CRAICS

JOE MCDONOUGH

After the examination, the doctor says to the Irishman, “You have some problems with your heart, but if you take these tablets, I think it will be okay.”

“So, the doctor gives the man the tablets, and the patient asks, “Do I have to take them every day?” No,” replies the doctor, “take one on a Monday, skip the Tuesday, take one on Wednesday, skip the Thursday and go on like that. “Two weeks later, the doctor walks down the street and sees the patient's wife.” Hello Mrs Murphy,” he says, “how's your husband?”

“Oh, he died of a heart attack,” says Mrs. Murphy.

“I'm very sorry to hear that,” says the doctor, “I thought if he took those tablets, he would be all right.” “Oh, the tablets were fine,” says Mrs. Murphy, “It was all the bloody skipping that killed him!”

Anatomy Lesson

An Irishman walks into a bar and asks for two beers. He then pulls a small green-skinned man out of his pocket and puts him on the counter.

As he's drinking one drink and the green man is drinking the other, an Englishman down the bar who has had too many drinks says, “Hey, what's that little green thing down there?”

The green man runs down the

bar and gives the Englishman a raspberry, “SPLBLBLBLT!,” right in the face and runs back to the Irishman.

The Englishman mops himself off and says to the Irishman, “Hey, what is that thing, anyway?” The Irishman replies, “Have some respect. He's a leprechaun.”

“Oh, all right.” the Englishman says sullenly. They all go back to drinking beer.

An hour or so later, the Englishman is plastered.

“Boy, that leprechaun sure is an ugly little rascal!” he says.

The leprechaun runs down the bar and gives the Englishman a raspberry again, “SPLBLBLBLBT!” This time the Englishman is really mad!

“Tell that leprechaun that if he does that again, I'll chop his willie right off, I will!” he shouts.

“You can't do that,” says the Irishman. “Leprechauns don't have willies.”

“How do they pee, then?” asks the Englishman.

“They don't,” says the Irishman. “They go SPLBLBLBLBT.”

Better of the Two

Old man Murphy and old man Sean were contemplating life, Where's the Bottle when Murphy asked, “If you had to get one or the other, would you instead get Parkinson's or Alzheimer's?”

“Sure, I rather have Parkinson's,” replied Sean.

“‘Tis better to spill a couple of ounces of whiskey than to forget where you keep the bottle!”

Flight Delay

Two Irishmen were sitting in a four-engine plane flying back from a shopping trip to Paris

when the captain's voice came over the loudspeaker. “Ladies and Gentlemen, one of the engines appear to have failed. There's nothing to worry about, but we will be 15 minutes late in landing at Gatwick.”

Five minutes later, he said, “Nothing to worry about, ladies and gentlemen, but one of the other engines has failed, and we will now be an hour late.”

A moment later, “Er...sorry about this, ladies and gentlemen, but the third engine has also given up, and we will now be two hours later than expected.”

One of the Irishmen tapped his friend on the shoulder. “Good heavens, Patrick, do you realize that if the other engine fails, we'll be here all night.”

For What It's Worth

Paddy drags a massive box to the Antiques Roadshow in Dublin. ‘Where did you get this?’ asks the expert. It's been in my loft for 40 years, to be sure,’ replies Paddy, ‘and I think it must be some kind of a family heirloom.’ I see,’ says the expert. ‘Tell me, do you have insurance?’

No,’ replies Paddy. ‘Do you think I should?’ Yeah,’ replies the expert. ‘It's your water tank.’

Ghost Story

Paddy and Joseph were walking home from Mulligans Irish bar on Halloween night. They decided to take a shortcut through the cemetery just for laughs. Right in the middle of the cemetery, they were startled by a tap-tap-tapping noise coming from the misty shadows.

Trembling with fear, they found an old man with a hammer and

chisel chipping away at one of the headstones. “Jaysus Man, ya frightened the life outa us”

Paddy called as he caught his breath. “You scared us half to death — we thought you were a ghost!”

What are you doing working here so late at night?” Joseph called. “My friends are such fools!” the old man grumbled. “They misspelt my name, and here I have to correct it!”

Not a Notre Dame

Murphy lost his eye in an accident and couldn't afford the price of a glass eye. So he carved one out of wood. But he was so self-conscious that he never left the house. Finally, his friend Paddy came over and forced him to go out.

“There's a dance over at the club,” he said.

“So what if one of your eyes is made out of wood?”

“All right,” said Murphy, “but if anybody makes fun of my eye I'm leaving.”

He went to the dance and stood around, trying to build up his courage.

And then he saw a woman standing alone in the corner. She was very attractive, but she had a hunchback.

“She's worse off than me,” Murphy thought. “The least I can do is ask her to dance.”

He walked across the crowded dance floor and approached the girl.

Would you care to dance? he asked.

Would I?!” she exclaimed. “That does it,” he shouted, “Hunchback! Hunchback!” ●

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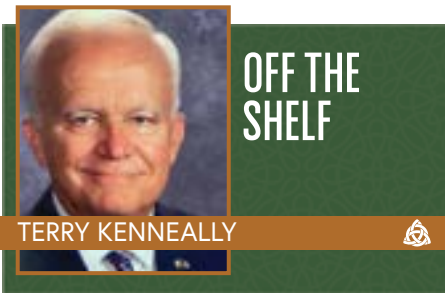
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OFF THE SHELF

TERRY KENNEALLY

So Late in the Day

By Claire Keegan
Faber & Faber Ltd. ISBN 978-0-571-38201-9 2023 47pp

Claire Keegan is one of those rare authors whose every work has won a major prize. *Foster* won the Davey Byrnes short-story award; *Small Things Like These* won the Orwell Prize for Political Fiction and the Irish Novel of the Year Award and *So Late in the Day*, is awarded the rare accolade of being published as a stand alone hardback.

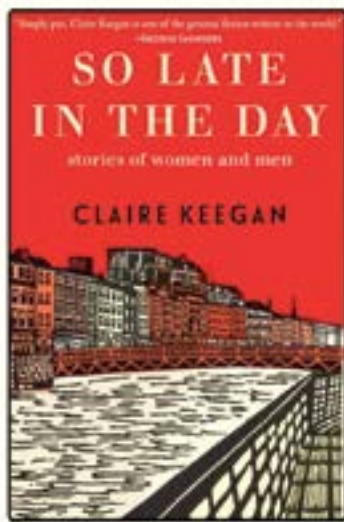
Her writing, not word count, is what matters. *So Late in the Day* is only 47 pages long. *Small Things*

Like These was the shortest ever to be shortlisted for the Booker Prize. In addition, two of her works have been adapted for the screen. An Cuilin Cuiin (*The Sweet Girl*), adapted from *Foster*, was nominated for an Oscar, while the film version of *Small Things Like These*, starring Cillian Murphy, will be released next year.

So Late in the Day is a character study of a man whose misogyny and meanness destroy what may be his best chance for happiness. As the story begins, we meet Cathal, the books protagonist at his desk as he goes about his usual workday, even staying a bit late to finish up some pending work.

After work, he takes a bus home. As the book follows Cathal through the day, and seemingly innocuous encounters with various women, he reflects on his relationship with his French fiancée, Sabine, and we gradually encounter the character flaws that led to his undoing.

Misogyny is not just a personal failing. Cathal's colleague, Cynthia, tells Sabine that for some Irish men, women are just c__ts, that she often hears men referring to women in this way and calling women whores and bitches.



Keegan grew up in an Ireland steeped in misogyny. Contraception was banned until 1985. Marital rape was legal until 1991. In Keegan's story, Cathal recalls his brother pulling the chair out from under his mother as she was sitting

down with her plate after serving their supper, causing her to fall to the floor. Her sons and husband laughed at her.

Keegan's writing, like her speech, is measured and precise, yet rich. Keegan's five books to date run to just 700 pages and some 140,000 words. Revered by critics and prize judges for the miraculous density of her short fiction, *So Late in the Day* is a TOP Shelf read. •

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CROSSWORD PUZZLE

@LindaBurke47

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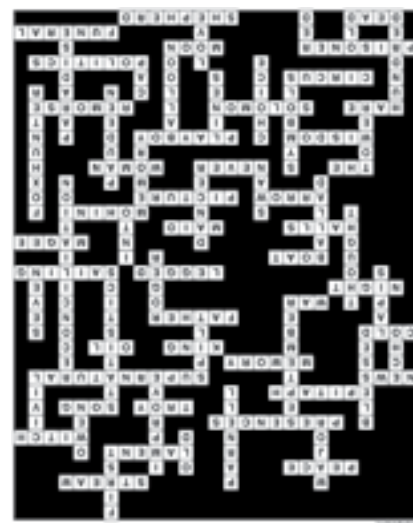
ACROSS

- 4 _____ and Sun at Glendalough
- 5 (P) _____
- 8 John Kinsella's _____ for Mrs. Mary Moore
- 10 Solomon and the _____
- 13 (P) _____
- 15 No Second _____
- 16 The Chambermaid's Second _____
- 17 Swift's _____
- 18 _____ for the Delphic Oracle
- 20 _____ (I to XII)
- 22 In _____ of Alfred Pollexfen
- 23 _____ and No King
- 24 _____ and Blood
- 25 The _____ Heaven
- 28 'The Ballad of _____ Gilligan
- 31 On Being Asked for a _____ Poem
- 32 That the _____ Come
- 33 Long-_____ Fly
- 34 _____ to Byzantium
- 35 The Cloak, the _____, and the Shoes
- 38 The Ballad of Moll _____
- 39 In Tara's _____
- 40 _____ Quiet
- 42 _____ Chatterjee
- 44 The _____
- 45 On a _____ of a Black Centaur by Edmund Dulac
- 47 _____ Apparitions
- 49 _____ Give All the Heart
- 50 On _____
- 51 The Coming of _____ with Time
- 53 On Those That Hated 'The _____ Pof the Western World,' 1907
- 57 The Collar-Bone of a _____
- 58 _____ to Sheba
- 59 _____ for Intemperate Speech
- 61 The _____ Animal's Desertion
- 63 (P) _____
- 64 On a Political _____
- 67 The Cat and the _____
- 68 Parnell's _____
- 69 Sixteen _____ Men

70 _____ and Goatherd

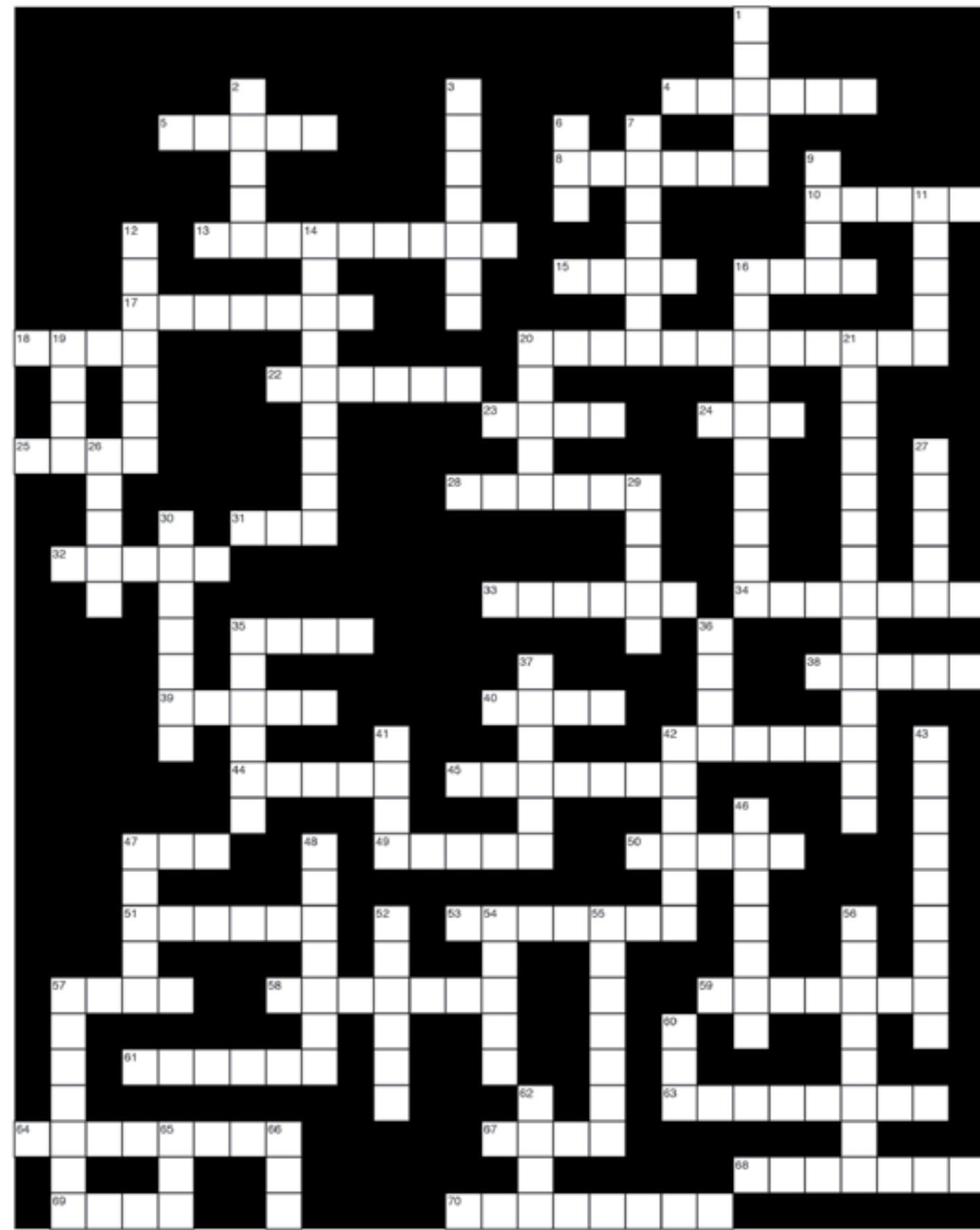
DOWN

- 1 The Chambermaid's _____ Song
- 2 In Memory of _____ Robert Gregory
- 3 (P) _____
- 6 _____ Memory
- 7 Men _____ with the Years
- 9 _____ Aherne and His Dancers
- 11 Meditations in Time of _____ War (I to VII)
- 12 The _____
- 14 _____ 1913
- 16 (S) _____
- 19 Man and the _____
- 20 _____ Milk
- 21 (R) _____
- 26 _____ Lazuli
- 27 In the _____ Woods
- 29 _____ Casement
- 30 Results of _____
- 35 The _____ of Father O'Hart
- 36 _____ the Twilight
- 37 Michael Robartes and the _____
- 41 Leda and the _____
- 42 (M) _____
- 43 The Ballad of the _____
- 46 (P) _____
- 47 The Black _____
- 48 (S) _____
- 52 The _____
- 54 _____ Written in Dejection
- 55 The _____ of the Mind
- 56 Running to _____
- 57 Nineteen _____ Nineteen
- 60 The _____ and Bells
- 62 O Do Not _____ Too Long
- 65 Quarrel in _____ Age
- 66 _____ Hanrahan's Song about Ireland



The Poems of William Butler Yeats, Pt. 2

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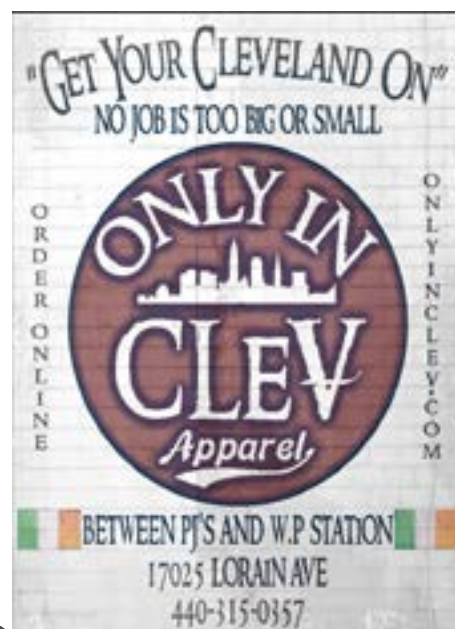
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