



Brushing Up on Being Irish

As you know, March is Irish Heritage Month. Have you heard the news today? The Irish Unity Summit takes place in New

York March 1st. I really do believe that we will see One Ireland in our lifetime. We couldn't have said that when we started iIrish in 2006.

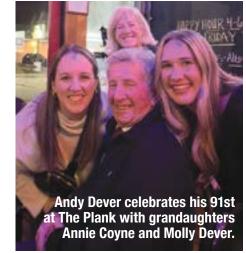
I am proud and hopeful that we can envision it now. One Day at a Time Sweet Jesus ... Give me the strength, to do every day, what I have to do...

The end of 2023 was a sigh of relief for many. Two other noteworthy events at the same time included the mighty Andy Dever's 91st Birthday Bash at The Plank in Lakewood and the Cleveland GAA 75th Anniversary Gala – pics and video of each accompany this story on www.ilrish.us and on our *i*Irish Facebook page.

Then we kicked of January with a new Speak Irish Cleveland 10-week session at P.J. McIntyre's. This is our 11th year partnering with P.J.'s to create and develop an Irish speaking community, small but mighty, here in Cleveland. 39 students attended the first class this year, on January 9th.

Many gather for dinner before the class, and the comradery carries over even when the class is over; Speak Irish Cleveland members continue to do things together: march in parades, volunteer at





community events, Irish and not, and support the Cleveland GAA teams. They have also started a book club, Cleveland Reads About Ireland Club (C.R.A.I.C.). You can find more details on iIrish.us, or copy and paste the link: https://iirish.us/join-our-new-irish-book-club/.

The next Speak Irish Cleveland 10-week session starts March 26th. See the ad on page 21 for more info, and registration.

Did you know there is more to the story? There are more stories and broader stories, with more content: word, picture and video, accompany many column's online version each month.

More video offers broader, different perspectives, and perhaps more illuminating coverage. You can also sign up for our eBulletin, which goes out to more than 15,500 opted-in subscribers every second

re you running for an elective office in 2024?

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Read What's the Craic?, and about many other great stories and events within. Then we turn our focus to Irish Heritage month, and highlighting the many Irishtown Heroes being honored this year around the St. Patrick's Day season. Organizations should send their honorees bio and pic to us by (not on or after) February 8th: jobrien@iirish.us.

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

Nuair a stapann an ceol, an damhsa déanann an amhlaidh (When the music stops, so does the dance)

John





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About Our Cover:

Photo by John O'Brien, Jr.

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Love Distilled

"When all the others were away at Mass

> I was all hers as we peeled potatoes. They broke the silence,

let fall one by one . . I remembered her breath in mine.

our fluent dipping knives

Never closer the whole rest of our lives."

(from "Clearances" by Seamus Heaney)

Tstood in the National Library **⊥**of Ireland in Dublin one grey April day. Silent tears streamed down my cheeks in wonder,

in relief, in thanksgiving. My daughter's unexpected diagnosis of ITP (Immune thrombocytopenia), a rare, but treatable, chronic blood disorder effected my journey to Dublin that spring.

Upon her release from the Irish hospital that unfortunately defined her spring holiday, my dear girl was practically transparent: her skin the color of ivory, her frame too delicate for words, but she was alive. At the time, we did not know what the future would hold, or how her body would respond to all the infusions and future course of medications.

The only thing that I could do at that moment was pray and feed her lavish food: seafood chowders infused with fresh Irish cream, artisanal cheeses, organic meats and greens. The half-Italian mother in me believes in long hugs and nourishing food as a curative for our ailments.

When I was satisfied that my girl would be okay for the afternoon in the competent care of her boyfriend, I boarded the city bus for the Seamus Heaney exhibit at the library. One of my favorite



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poets, Heaney writes of family, the earth, simple gifts, and love. And so. I stood in the darkened exhibit hall with verses to "The Tollund Man" etched at my feet, and Heaney's words from "Digging," By God, the old man could handle a spade, just like his old man, resounding in my ears.

I could not hold back the tears any longer. I cried over the beauty of Heaney's words. I cried for the blessing of family. I cried for my daughter. The burning tears fell at my feet as I stared at the image of the Tollund Man, a 5th century corpse preserved in a Scandinavian bog, and hid my emotion from the passing crowd.

It was then that the kind woman who helps run the exhibit gifted me with a handwritten note that held a passage from "Clearances" part of Heaney's eight-sonnet tribute to his mother.

Oftentimes, complete strangers tell me their stories, and I listen. This time, I was the one oversharing my stories with the curator as she stamped my entrance ticket. I told her

about my concern over my daughter's health, the story of my mother's final words to me about blackberries and how the essay that I wrote about Heaney's "Blackberry Picking" resonated with her girlhood memories, the blackberries that my daughter and I have etched on our outer wrists.

A spew of words. A spew of emotion.

The Distillation of Love

The curator sensed my need for comfort and gave me a precious gift. Her note illustrated our shared love for Heaney's art. She thought that one passage from Clearances would assuage the worry and grief in my heart.

The poem evokes the memory of a mother and son peeling potatoes. Despite the seeming simplicity of this moment, the image is a powerful metaphor for the distillation of love.

This past autumn my daughter and I walked through the city streets of her Chicago neighborhood. We ruminated on her journey and talked about the past. I tried to explain the almost ethereal connection between our familial ties.

I talked about fate and how a girl from southern Missouri married a boy from Chicago, and how a girl from Chicago married an Irish boy from Cleveland, and how that girl comes to love Ireland as much as her native home.

I tried to explain my awe at the interconnectedness of our journeys: how my father taught high school English to her Irish aunt's nephews, how multiple members of our combined families share birthdays, how my mother's spirit seems to follow my daughter on her life's adventures. I maintained that our courses almost seem fated. My daughter, the future lawyer, disagreed. She argued that life just directs you on various paths and ultimately it is your choice to live that dictates your fate, not something mystical or intangible.

At that moment, a cardinal landed on the tangled branches of the odd shrub that grew along the city sidewalks. I remarked, "Really? Mema seems to be accompanying us on yet another journey." My daughter shook her head in understanding as we walked toward the Addison L station.

Cardinals in shrubs, a handwritten letter, a time when the stars align. Our lives are filled with moments of grace when metaphors for real life, real pain, real love reveal themselves before our unsuspecting eyes.

This February, my mother would have turned ninety-one. She loved the bustle of the city as well as the birds and beasts in our natural world. When the night is starlit and biting cold, I like to walk with my dog through our neighborhood and into the small woods.

I can feel the warmth of my mother's memory when she appears laughing in my dreams, and in the silence of my thoughts when I am walking with Lucy on our familiar path. Last year, on what would have been the night of my mother's 90th birthday, an owl emerged from a tall pine and flew wide winged and humpbacked over my head. I could not imagine such remarkable fiction if I tried.

Earlier this winter when we were

visiting my dad at Crooked Lake, my holiday insomnia once again reared its weary head. Seeking fresh air, I stepped out onto the wintry lawn and looked at the skeletal branches of the sycamore tree. How my mother loved that tree as it bent crookedly toward the water of Crooked Lake.

Crooked Lake

A crooked tree on a crooked lake, I mused with fond remembrance. I looked up to the sky expecting to see my mother's face painted in the midnight air. In truth, constellations of stars were framed by the branches of her favorite tree.

We have often thought about cutting down that sycamore tree. It is the last to be graced with spring leaves and the first to lose its wide leaves. I have written about this tree in prose and verse. It is part of my narrative, one of the many symbols that tell the story of my mother and dad's journey.

At times I am glad for my midnight wanderings and the luxury of silence. If I were asleep, I would have missed vet another vision marked in the night sky. When December moved toward January, the sky was winter clear. Yet again, my spaniel and I were restless. I opened the screen door to step outside with Lucv into the cold darkness. A full moon hovered over the lake, and a shimmering path led from the moon across the gentle lapping waves toward the darkened silhouette of my spaniel beneath the old sycamore tree.

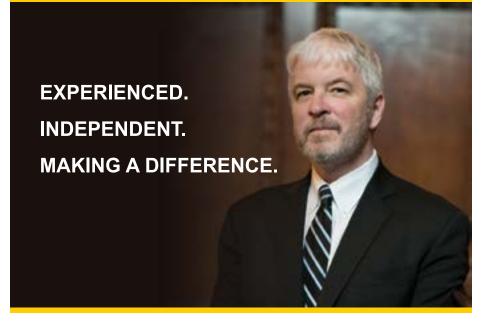
There is a simple truth to the struggle that sometimes paves our journey. Beauty is our reward as distillations of love manifest when life holds fast to light.●

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

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A Love Story?

n the Hook Peninsula in County Wexford, Ireland, is a manor house that Zo that the origi-

nal hall was built by the Redmond family during **8 YEARS** the Plague or "Black Death. 췭 ilrish

In 1650, it was given to the English landowners, the Loftus family,

and has retained the name Loftus Hall until today. The house had major renovations done between 1872 and 1879, in preparation for a visit from England's Queen Victoria. The visit never took place and the family was left with a huge debt. A decade later, the last surviving member of the family died, and the bankrupt

estate was sold.

Since then, the house has been a home for Benedictine nuns, a school for girls, run by the Sisters of Providence, and was even the Loftus Hotel for a brief time. The house sat vacant from the early 1900s until it was purchased by the Quigley family in 2011. After some much needed repairs, they opened it up to the public in 2012.

The Most Haunted House in Ireland

Even in its beginnings, the house was surrounded by death, disease and tragedy. Centuries before, the land the estate sits on was a significant spiritual site for the druids.

Stories of ghosts and supernatural occurrences predate the estate itself. Loftus Hall continued with that legacy and is considered the most haunted house in all of Ireland.

The strangest tale is a bizarre love story of sorts. The Tottenham family were residents of Loftus Hall in the 1700s. One night a ship wrecked on the peninsula during a storm. A rather handsome young man survived the wreck and made his way to nearby Loftus Hall seeking shelter and a reprieve from the weather.

The Tottenhams invited the young

sailor into their home and he remained as their guest for several weeks. The youngest daughter of the family, a pretty girl named Anne, became quite smitten with the young man. This was much to the dismay of her father, a sailor was definetly not marriage material for his aristocratic daughter. This did not stop Anne from growing closer and closer to her sailor, and the two of them spent all of their time together.

One evening, the couple were playing cards with some other guests, Anne dropped some of her cards, and when she bent to pick them up, she saw that in place of her new found love's feet were two cloven hooves. She screamed and the young man revealed he was the devil in disguise. To illustrate his point, he turned into a ball of fire and shot through the roof, leaving a smoking, gaping hole.

A good ghost story could end here, but it's said that Anne became both traumatized and heartbroken by the devil's departure. Her mental and emotional health spiraled out of control. She became so unstable that her father, embarrassed by her behavior, locked her away in her chambers

until her death, in 1775.

There are a couple of interesting alternate versions or theories of Anne's experience. Both of them still involve the shipwreck and the young sailor. In the first, the two fall in love and the young man asks Anne's father for her hand in marriage.

Tottenham rejects the young man and sends him away, leaving Anne brokenhearted. She eventually suffers a breakdown and becomes a shell of her former self, never to recover.

In the second one, Anne becomes pregnant by the sailor and her enraged father locks her away during her pregnancy; she dies during childbirth. The family then fabricates the story with the devil to save face and not bring shame on the family name.

Now, before you jump to any conclusions, there are a few other things that relate to Anne's story. During those renovations that took place in anticipation of the Queen's visit, the skeletal remains of an infant were uncovered in the wall in the room where Anne was locked away for so many years.

Officials were unable to determine if the infant had died before, during or after childbirth. It was also media and went viral. It has not been unclear if the child died of natural causes or as the result of a villianous act by a member of the Tottenham family.

Remember that hole the devil made in the ceiling? It never seems to stay repaired. The Tottenhams attempted to repair it many times but it fell through after every attempt. If you visit Loftus Hall today, you can easily see one portion of the ceiling offset from the rest.

From the early 1900s, the house sat vacant, and in 1983, the house was purchased to be used as a hotel once more. The new owner died in the hall shortly after taking over the estate, leaving it empty again.

Soon after, rumours circulated that satanists were gathering there for meetings and conducting rituals on the estate grounds. Locals avoided the hall and the estate for the next ten years or so.

The Quigley family was aware of Loftus Hall's paranormal reputation and has allowed ghost hunters and paranormal investigators access to the mansion. Professional and independent filmmakers have also worked at Loftus Hall.

Irish Ghost Hunters

In 2016, an episode of "Irish Ghost Hunters" was filmed there. In 2017 the Irish gothic horror film "The Lodgers" was released, it too was filmed on the estate grounds and in the mansion.

Visitors to the Hall report "spirits" that show up in photographs. Others have reported feeling uneasy or hearing strange sounds in and around the house. Throughout the history of the house, residents have reported many strange incidents that have been attributed to a number of ghosts and even the devil himself.

Many claim to hear horses inside and around the house when none are present. People have claimed to hear voices and have witnessed poltergeist activity.

In 2015, an Englishman named Thomas Beavis took a photo of the mansion, when he viewed it, the ghostly shape of younger woman with an older woman standing next to her appeared in it. At first he thought it was a reflection from somewhere, but after closer inspection, he discounted that idea.

The photo was shared on social

proven to be altered and is believed to be Anne and her mother, who also passed away in the house.

Maybe next Valentine's Day, a romantic visit to Loftus Hall would be in order. If you dare! You might just run into Anne!

For more stories like this, you might enjoy a book from Charles Rivers Editions, titled "The Ghosts of the British Isles: A Collection of Ghost Stories and Other Supernatural Tales From Britain and Ireland". •

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

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Gone to the Dogs

↑ lovely lady entered our home Arecently. Connie, with her beautiful auburn tresses, walked

in like the queen of the county she is named for, Connaught. And we let her, nothing is too good, best spot on the sofa, what can we do for you,

all of the trimmings of regal life at her paws.

Connie is an Irish Setter to be precise. What is it about dogs that makes us go so crazy? We spend a good deal of our disposable income, a shocking amount really, on our

pets, and we enjoy every second of it. They are a metaphor for love.

When Did Dogs Become Domesticated?

At what point did this happen for dogs? Primitive man was thinking way more about food and making his life easier when he domesticated animals. Companionship could not have been too high on the list of our ancestors' needs.

Even in the Victorian era dogs were hard-working. Little dogs ran on wheels that turned cooking spits and other dogs herded farm animals. Dogs' evolution from the primal campfire to the fireside pillow is a mark of their genius.

This summer, I got an insight into that evolution. I visited Edinburgh, a place I have been several times. Every time I go, I find myself in Grevfriars kirkvard. A kirkvard is the land around a church or a cemetery in Scotland.

Greyfriars kirkyard is as good a gothic Scottish cemetery as you could find, complete with moss and strange names, like Cruikshank. A more wholesome attraction is the grave of Edinburgh's most famous dog, Bobby, or Greyfriars Bobby as



he became.

One of the charming things about Edinburgh is that it has maintained its medieval look, at least in the old city. It is stony, hilly, winding, and dark in many places. It is peppered with little alleys called closes, that spike in and out of steep winding

In the 1850s, public safety was such that watchmen were asked to patrol the streets. Their job was to walk a beat to supplement the sparse gas lamp posts with handheld lamps, vetting the dark corners of the city. Dogs were seen as the best companion for these watchmen.

The story goes that a man, John Gray or "Auld Jock", was one of these watchmen and his companion dog was a sprightly Skye terrier named Bobby. Not big enough to scare more than vermin, Bobby compensated for his small stature by being vigilant and hard-working as the duo made their rounds around Greyfriars Kirkyard.

Several years passed with the companions walking the dark cobbled streets. Then, tragedy struck.

John was ill with and then died from tuberculosis. He was buried in Greyfriars in a simple grave. The kirkyard caretaker noticed the dog sleeping on the grave. That was not acceptable, no one wanted dogs

digging in the cemetery.

The caretaker shooed Bobby away, only to see him back again and again and again. Finally, the caretaker relented and let him sleep on Jock's grave. The dog walked the city by day but returned to the kirkyard to sleep. He could not be induced to stay inside any house for

Bobby's other striking habit involved his daily meal. Edinburgh Castle sounds a cannon at one o'clock each day to mark time. The boom cued Bobby's run to 6 Grevfriars Place to eat the dinner prepared for him by the admiring landlord.

Bobby had fans. People were noticing his behavior and sharing his story. Reporters from around Scotland came to write about the loyal little dog.

He almost lost his life to a cab. He was nursed back to health by the indulgent landlord. It only added to his myth. But it took a court case to make him a four-legged viral sensation in the Victorian era.

Edinburgh had passed a law in the 1860s to reduce the number of stray dogs. Dog owners had to pay a tax of a few shillings to show ownership of their dog. Who could pay for Bobby when the man to whom he showed allegiance was unable to pay for him?

First the landlord attempted to pay and then the caretaker, but the court found all of them wanting. A number of people in the city tried to support Bobby, since no one wanted him put down.

Eventually, the Lord Provost of Edinburgh paid his fees and bought him a collar. The publicity generated by the case brought more reporters and curiosity seekers from around Scotland and the UK. Crowds came to watch him run for his dinner at the one o'clock cannon.

The independent little dog found the attention too much. Queen Victoria, who had become piqued in Skye terriers, even took an interest in the story of the little dog. Bobby died at the age of sixteen, January 14, 1872. He had spent a little over two years with Auld Jock, and fourteen years sleeping on his grave.

Greyfriars Kirkyard

Edinburgh paid tribute to Bobby. He was buried in Grevfriars

Kirkvard, next to the caretaker and "Auld Jock" Gray. There is a statue of Bobby above a fountain, standing between a pub and the kirkyard. Good luck goes with the person who rubs the statue's nose, and it looks like he has blessed plenty of people.

The story above is the story that I have heard, read and watched the Disney movie about. I never judged it or gave it a critical glance. It is a lovely story, albeit a sentimental

In my reading, I found a group of cynics who believed the story was concocted by a media eager to satisfy sentimental Victorians. They claimed that the dog was an amalgamation of several cemetery dogs who sponged off the kindly kirkyard caretaker. Their theory was that the story was exaggerated by some canny Scot shopkeepers looking to draw tourists to their lonely part of castle hill.

If the internet has taught me anything, it has taught me that there are people out there who would throw shade at anything, literally anything. While I am not a fan of cynics or haters in general, the accusations made me think. What I have to wonder is, did those same people who gave us Santa, candy canes, i.e., "Christmas as we know it", start us down the road to doggie costumes and cat videos? Was this the tipping point for animal love?

I am generally dismissive of spoil sports who complain of the money and attention spent on pets as opposed to people. But there is a story about Queen Victoria during

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this time that draws the ire of every Irishman that I know. The story goes that Victoria gave more money to a dog charity at the height of the Potato Famine than she sent to Ireland. There are plenty of petloving Irish people who hate her for

We are nothing if not a mass of contradiction. As humans, we love each other, but it is complicated. Uncomplicated animals are pure love. Happiness is a warm puppy named Connie right now.

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/ Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge. She runs a Gaeilge study group through the AOH/Mark Heffernan Division. Lisa can be contacted at olisao7@ icloud.com.

Please send any Akron events to my email!

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What it Be

The War of 1812 gave America ▲ and Ohio heroes. As we have discussed in the preceding two articles, heroes with Irish blood.

9 YEARS

👸 ilrish

Those fellows have been honored and are still venerated today. Oliver Hazard Perry the victor of the Battle of Lake Erie, has an

elementary school that bears his name, just down the street

www.facebook.com/profile.

php?id=100079331951847



That would have been a few years after the War of 1812.

Some might know that VASJ is

The years immediately following the war continued to lay the foundation for Ohio and those who chose to immigrate to our state. Land was in high demand and paper money flooded the local economy. Population growth and the political approach of keeping power local were catalysts to the creation of new Ohio counties. The years from statehood, 1803, to 1813 witnessed 35 new counties in the state. In the ten years following,



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from Emma and Matthew. The Ohio created 28 additional students that attend O.H.Perry counties. In the 30 days from don't realize, vet, their school March 1st to April 1st in 1820, the is equidistant from Billy at state assembly added 15 counties. Muldoon's and Paulie at Cebar's.

Historians differ on the heuristic causality for that month, but an elite few submit it was in anticipation for the state's first St. Patrick's Day in Cleveland in 1842. Our people have always been ahead of our time.

Kelley's Heroes

The Village of Cleveland was granted its charter in 1814, and Alfred Kelly was elected its first president a year later, by the unanimous vote of all 15 voters. Kelley organized the Commercial Bank of Lake Erie, Cleveland's first bank. He served just past St. Patrick's Day (March 19th) in 1816.

He is known in Cleveland and Ohio history for his support of the Ohio and Erie Canal. His name is on the pay slips archived at the Western Reserve Historical Society. The canal has had a lasting historical influence on Cleveland and its socio-cultural milieu.

Kelley also served in the state assembly. He created and served as the first chair for the Ohio House Finance Committee. His first report to the House included the suggestion for property tax, which was not passed until 1846.

He was on the special committee to investigate fiduciary malfeasance of the Ohio State Treasurer, Hiram Curry, and his predecessor, William McFarland. The committee's report forced Curry to resign.

Kelley was less successful on his bills to eliminate jail time for debts and to allow African Americans the ability to testify in all court cases. He was later a leader and contributor to the Cleveland, Columbus and Cincinnati Railroad and the Cleveland, Painesville and Ashtabula Railroad.

As the State of Ohio was considerably focused on economics in the years following the war, the country was in a battle for the future. The Missouri Crisis in 1820-21 and Osborn v. Bank of the United States (1824) signified the growing pains of this still young nation. As Indiana,

Illinois and Missouri joined the Union as states, Ohioans sought to attract settlers, both foreign and domestic. Education and infrastructure were of importance on the local level, as was how to fund such endeavors.

Although Alfred Kelley could never be a Hibernian, as he was not Irish (probably) nor Catholic (no doubt), his commitment to the future gave the Irish reason to make Ohio and Cleveland a destination. To be fair, many an immigrant used his train lines to bypass our city.

In 1826, Our Lady of the Lakes was formed by Irish Catholic immigrants. In 1837, the parish purchased land, and held its first Mass at its church in 1839. Most know the church as St. Mary's on-the-Flats. It served as the cathedral until St. John's was finished in 1852.

Irish Immigration to Cleveland

As Ohio and Cleveland grew in population and in number of Irish, the causality for emigration increased in Ireland. The years following the War of 1812 witnessed the failure of banks in Waterford and Cork, and the founding of the Provincial Bank of Ireland in 1825.

The potato crop failed in 1821, one of over 20 failures in the previous 100 years. As a result of the War of 1812, the Napoleonic Wars and land policy, the potato became the primary food source for farmers and a staple for the Irish population. As we know, more crop failure was forthcoming.

Anthony Daly, leader of the na Buachaillí Bàna movement, was hanged in Galway. He and his brothers fought for the rights of Irish farmers and to destroy the very policies that were the structural support for the Famine. Commonly known as the Whiteboy movement, or Sadhbh Amhaltach, or Sheila Meskill, or Ghostly Sally, it is both a particular and common name given to agrarian secret societies in Ireland during that period in Irish history. Ribbonmen and the Hearts of Oak are additional examples of such organizations.

These groups were supported

by the Irish who were farmers, who were exploited, and who were Catholic. In 1820, the Cathedral of St. Mary and St. Anne in Cork was destroyed by arson.

Three years later, the Catholic Association was formed by Daniel O'Connell, which was outlawed in 1825. That same year, 1,800 Irish from Cork emigrated to Ontario, Canada. Those Corkians brought with them the same histories as those would made their way to Cleveland.

Those narratives and resistance contribute to the number of Irish who worked for Alfred Kelley, on both the canal and the railroad. Those narratives contributed to the founding of St. Mary's on-the-Flats. Those narratives led to the genesis of America's oldest and largest Irish Catholic organization, and eventually the inception of one of its divisions, the Bluestone Division of the Ancient Order of Hibernians.

Irishtown Bend

Alfred Kelley purchased the

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land in the Flats we know as Scranton Flats. Kelley sold the "peninsula" in 1833 to Joel Scranton. That parcel is just east, and over the river, to St. Mary's on-the-Flats. The Church assisted in serving the Catholic population of Irishtown Bend, until its last Mass, in 1886.

St. Malachi's was opened in 1865 (and the St. Malachi Run is March 16th). Today, our stories intersect with all of these narratives. Irishtown Bend Park on the west bank of the Flats is between Ryan and Dave at the Flat Iron and Norm at Hooples. It and History and a Masters is becoming an amazing 23-acre waterfront park that will connect our city and our histories.

The Irishtown Bend

Archeological District is within ITB Park and will venerate our brethren that came before us. The park will provide a space to celebrate our collective narrative just as our brethren celebrated their Irishness and their faith in that same space. It is what the Cleveland Irish will be.

Please visit <u>www.</u> irishtownbendpark.org •

Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, Education in Social Science from the

University of Chicago. He is the founder of Bluestone Hibernian Charities. 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 and a Member of the Board for the Irish American Archives Society and a member of the Planning Committee for the St. Malachi Run.

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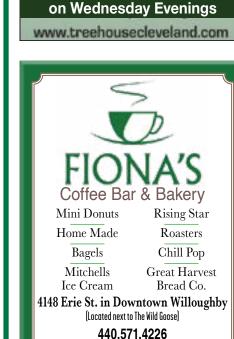




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- -- Scotland/Ireland Tour June, 2024 - SOLD OUT
- - Custom Tour of Ireland w/ the West Side Irish American Club June 28th - July 8th, 2024

Additional Information:

Ireland groups will travel on the Aer Lingus non-stop flight from Cleveland to Dublin.





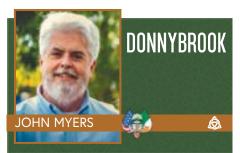


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D-Day Maureen

he Fate of the Western World may have hinged on a young woman working at the Irish Post

Office adjacent to Blacksod Lighthouse at **3 YEARS** Blacksod Point, County Mayo in the month of June 1944. Maureen Flavin Sweeney took

a job in a very remote part of the Belmullet Peninsula, County Mayo, at the entrance to Blacksod Bay, directly north, and in distant view of Achill Island.

The site is almost as far northwest as Ireland goes, reaching out into

the North Atlantic Ocean. One of Maureen's tasks was to take meteorological data every hour and transmit this information to Dublin.

While Ireland was officially neutral during WWII, it was a very one-sided neutrality in favor of The Allied efforts. Unbeknownst to Maureen, her weather reports were transmitted from Dublin to the chief weather forecasters of the Allied forces.

Operation Overlord

Operation Overlord was the code name for the Allied invasion plans of Hitler's fortress Europe; it had been in the planning for years. Allied planning had chosen June 5th, 1944, as D-Day, a day the presence of a full moon and good morning tides would maximize the landing efforts. Good weather was crucial to the hoped success of the invasion, calm seas for our soldiers to get ashore, and clear skies to allow Allied planes to provide air cover. Weather reporting is challenging for our local news in the twenty first century, even with all its electronic equipment; but in 1944, meteorology was very primitive. Each hour Maureen reported the

barometric pressure, temperature, wind direction, wind speed and cloud cover.

D-Dav

On June 3rd, Maureen reported a sudden drop in barometric pressure and heavy cloud cover, a likely

One Island

indication of foul weather. Other Allied weather stations were observing and predicting good weather for June 5th.

Allied weather HO called Maureen twice that morning to repeat her earlier observations. She double and triple One Ireland checked her data and reported so to the unknown voice calling her. She wondered why her report would attract two review calls.

Little did she know that Dwight Eisenhower, The Supreme Commander of the Allied war effort, was relying on Maureen's weather report to delay the storming of Normandy's beaches by one day. Ike received much push back, but relying on the early weather

warning, he gambled on moving the date on the overall biggest gamble of the war. As the invasion was a success, history sometimes forgets how this could have gone another

The weather on June 5th was very rough and may have

altered the outcome of the D-Day Invasion. June 6th weather was good enough. Any further delay would have pushed the invasion back further to late June, when Nazi forces were anticipating Allied action. It was not till years later that Maureen learned of the significance of her weather reporting.

Maureen recently died in Belmullet at age 100.

Time for Irish Unity

The Theme of the Cleveland St. Patrick's Day Parade this year will be the familiar 'One Island, One Nation.' But what does that mean?

A framing of the policy principles that Sinn Fein, Ireland's oldest political party, outline for Irish

Unity are as follows: "In 1998 the Good Friday Agreement set out the context for a referendum on unity. The Agreement asserts that it is for the people of the island of Ireland alone to shape our future and to exercise our right of selfdetermination on the "basis of consent, freely and concurrently given, North and South."

This democratic and peaceful mechanism to achieve Irish Unity is a game changer that was not available to previous generations. The Brexit crisis, and electoral, social and demographic changes in the North have increased discourse on Irish Unity. A new and united Ireland must be a place for all, if you are Irish, British or both or neither.

The Orange and British identity is important to a section of the community who share this island. It is therefore important to us all. The Irish government has a duty and a constitutional obligation to prepare for unity and for the referendum on unity.

This means the Irish government must: 1) Ensure the full implementation of the Good Friday Agreement, including the all-island institutions. 2) Establish a Joint Oireachtas Committee on Irish Unity. 3) Set up an all-island representative Citizens' Assembly or appropriate forum to discuss and plan for Irish Unity. 4) Publish a White Paper on Irish Unity. 5) Secure a referendum, north and south, on Irish Unity as set out in the Good Friday Agreement.

A referendum on Irish Unity is achievable and winnable. It's time to set a date for the referendum and to let the people have their say. Irish Unity is now a do-able project. The current government sitting in Dublin refuses to stand up to its obligations to fully implement the Good Friday accord and continue to fail to prepare the nation for a border poll and inevitable reunification.

Dead Man Walking

This should be the name of U.K. Prime Minister Rishi Sunyak; the polls consistently show little hope for his Tory government being reelected, unemployment is much higher than the United States, inflation is significantly higher than the rest of the E.U. and the

to look to relocate to Dublin. Amsterdam or Paris as the reality of She was a powerful Abbess of her Brexit slows the British economy. A general election was anticipated

in May of 2024, but Sunyak recently said more likely in the Fall, probably looking to extend his free lodging at No. 10 Downing Street for a few more months. Sunvak's Conservative Party continues to be divided by immigration and fiscal policy, leaving no interest or motivation to tackle the failure of their colleagues in Northern Ireland, the DUP, from entering government. Sunyak is so weak he cannot govern. This will likely mean the DUP will continue to avoid any consequences from its failure to represent its own voters, pathetic. We have failure of leadership in Dublin and London.

Feast of St. Brigid

February 1st is the feast day of St. Brigid, who, along with St. Columcille and St. Patrick, are the patron saints of Ireland. Brigid of Kildare was a contemporary of St. Patrick, and was ordained by St. Mel as the first woman Bishop in

U.S., financial institutions continue Ireland. This is why her picture is often shown with a Bishops Staff. monastery in Kildare.

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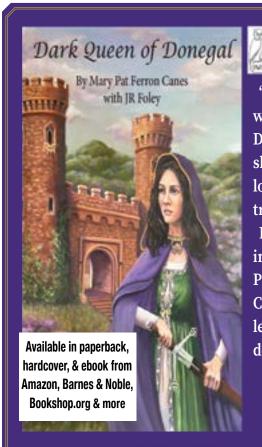


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Sessiúns: See What's the Craic on page XX for a new, updated list of March music, dance other great activities every month!

2nd - Sr. Marching Unit Dance @WSIA

7th thru 10th - GOAT (Greatest Irish Week of All Time) @West Side Irish American Club (www.wsia-club.org) Bands, Pipes, Dancers, Irish Radio and so much more.

10th - Daylight Savings Time Begins

13th - *i*Irish eBulletin Arrives in your Inbox. Free Signup: iIrish.us #iIrish

16th - St. Malachi Run

17th - St. Patrick's Day

19th - First Day of Spring / U.S. Primary Elections – Make Sure you VOTE!

21st - West Side Irish American Club (WSIA) Monthly Meeting

24th - Palm Sunday

26th - New 10-week session of Speak Irish Cleveland begins.

27th - iIrish eBulletin Arrives in your Inbox. Free Signup: iIrish.us #iIrish

29th - Good Friday

31st - Easter

4/3 - April Issue arrives / Cleveland International Film Festival Opening Night!





New for the New Year

This year for Christmas
I received several new

cookbooks. Now most people today get most of their new recipes online. I still love cookbooks and was thrilled with the ones I

received. My wonderful Motherin-Law, Karen gave a great one full of Irish recipes.

For the most part, I thought that I knew about and had eaten a good number of Irish dishes; there aren't too many I haven't tried. However, I came across one in this cookbook that I never heard of, Baked Stuffed Onions.

To say I was intrigued was an understatement. I loved the idea of how to cook these onions and that the filling could be so adaptable. So here is what I put together when I tried my version of this recipe.

Baked Stuffed Onions

Ingredients Makes 4 servings.

4 large White, Yellow, or Spanish Onions (whichever you prefer) 3 Tablespoons Olive oil

2 large Garlic Cloves – crushed2 cups Uncooked Dry Stuffing

Cubes (you can substitute any bread or even use croutons)

1 8 oz. jar Sundried Tomatoes in Oil - chopped

4 oz. Fresh Spinach Leaves

2 Tablespoons each – chopped Thyme, Oregano, and Basil (you can use fresh or dried)

½ cup Slivered Almonds or Pine Nuts

 $\frac{1}{2}$ Bell Pepper – any color - chopped

½ cup Chicken or Vegetable Broth/ Stock 1/2 cup Swiss Cheese finely shredded

1/2 cup Grated Parmesan Cheese Salt and Pepper to taste

Directions:

Peel the onions, leaving one side with the top intact for now. Scoop out the centers. Saving the shell. Chop the removed onions and place in a heavy skillet with 2 Tablespoons Olive Oil and sauté over medium heat until soft.

Add in the garlic, stuffing cubes, herbs, tomatoes, peppers, spinach, and nuts. Cook until soft and heated through.

Add in the broth/stock and bring to a light boil for about 15 minutes,

until most of the liquid is absorbed.

Cut the top off the onion and place in a baking dish, flattening the bottom so the will stand up.

Mix in the Swiss cheese to the filling and stuff each onion.

Place the tops on each, and drizzle with the remaining olive oil, salt, and pepper. Cover with foil and bake in a 350 * oven for approximately 30 minutes until the onions are soft.

Remove the foil and the tops and sprinkle with Parmesan Cheese and serve warm.

These make a great side dish or even an appetizer. The filling ingredients can

be customized to pretty much anything you like.

Most vegetables would work

well. You can change the spices to things like cloves and mint or ginger and allspice.

Raisins can be substituted for nuts. Any type of small, hearty grain like lentils or barley can replace the stuffing cubes. •

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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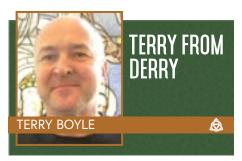


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Human **Condition**

Meditation

by Ezra Pound

When I carefully consider the curious habits of dogs I am compelled to conclude That man is the superior animal.

> When I consider the curious habits of man I confess, my friend, I am puzzled.

There is no doubt that the Listory of humankind is

puzzling. Our struggle to survive as a species **13 YEARS** has taken us to the brink of annihilation on our own extinction and somehow managed to come back from the edge.

Just what miracle of common sense prevailed when we looked into the abyss is still puzzling to me. For some, it could be interpreted as the grace of God, for others a matter of pure luck but for me, it's just downright puzzling.

If we were to believe the endless conspiracy theories on social media, we'd be consumed by despair. Our paranoia heightened to the point of distrusting everyone and everything, we would isolate ourselves from all reason and fact. The world of social media is littered with landmines of non-fact, designed to detonate and destroy our trust in any objective reality.

Those who perpetrate these erroneous ideas know the human psyche very well. They understand and prey on our uncertainty in order to destabilize our belief in democracy and belief in human goodness.

Ezra Pound, the author of Meditato, was something of a puzzle himself. Apart from his creative abilities as a poet, he inspired and encouraged a whole generation of literary artists, including James Joyce. He can be credited with

Yet, despite being a muse for modernists, he shared anti-Semitic sympathies and was a lover of the Italian dictator, Mussolini. There is much to despise about Pound's politics and yet he personifies the very puzzling thing about human nature that fascinates him, namely contradiction.

And, while his genius inspired many notable writers to radical experimentation (works that we now value as timeless classics), he also justified tyranny and prejudice. The irony of the *Meditatio* is that it is this contradiction in Pound's character that I find puzzling.

We don't need to look any further than our television screens or newsfeeds to hear the same contradiction being echoed in the mouths of politicians soliciting votes. They praise their agendas while denigrating anyone who opposes them.

This particular facet is part and parcel of the political debate, which I can accept, but when it comes to fear mongering, then I suspect something more nefarious is at work. When a politician starts promoting the white privilege agenda, you know they are attempting to engender a view of racial diversity that is almost

more than one occasion. pushing the boundaries of modern apocalyptic. We've faced the void of literature. The outcome of such rhetoric Published 12 Times Yearly, the first of each month An iIrish Subscription makes a great gift! First Class Delivery: One Year \$40 Two Years \$75 Three Years \$100 Please start the subscription the month of: __ For ADDITIONAL ORDERS, attach this same info on a separate piece of paper I also want to SUPPORT ADD ME to the FREE iIrish by being a patron. Twice a Month ebulletin! Contact: jobrien@ilrish.us or Mail to: 14615 Triskett Rd., Cleveland OH 44111-3123

On This day in IRISH HISTORU

BY TERRENCE J. KENNEALLY

2/02/1922 - Ulysses by James Joyce was published in Paris by Svlvia Beach on the writer's 40th birthday.

2/04/1992 - President Mary Robinson became the first Irish president to visit Belfast.

2/05/2013 - The McAleese report on the Magdalene laundries was published. It found significant state collusion in the administration of thousands of 'fallen women' into the institutions where they were abused and worked for nothing in conditions of slavery.

2/09/1923 - Brendan Behan. playwright and author, notably of Borstal Boy (1958), was born in Hollis Street hospital in Dublin's inner city.

2/11/1992 - Albert Reynolds was elected leader of the Fianna Fail.

18/02/1366 - The Statutes of Kilkenny were enacted. Marriage between the English and Irish was forbidden, as was the speaking of any language other then English by both England and Ireland.

02/22/1973 – Elizabeth Bowen (83), novelist and short story writer whose work included the bestseller, The Heat of the Day (1949) died.

02/26/1962 - IRA border campaign ends. The IRA's border campaign, code name Operation Harvest, officially came to an end 5 years after it had begun.

02/28/1979 – Charles Haughey: 'An Irish solution to an Irish problem' Haughey, Minister of Health, introduced a bill that allowed for the selling of contraceptives in chemist shops with a doctor's prescription.

02/28/1973 – The general election led to a Fine Gael/Labour coalition government with Liam Cosgrove as Taoiseach and Brendan Corish as Tánaiste.

usually results in acts of violence against racial minorities. Mosques, synagogues and other places of cultural difference become targets for this hatred.

Right to Bear Arms

What seems to work in tandem with this burgeoning bigotry is the fight 'to bear arms'. Even though gun violence continues to make this country a dangerous place to be, some ignore the facts and argue for even greater weapon power.

Children are not safe at school. They are not safe in their homes where guns are readily available, and yet the increasing number of deaths due to gun violence is brushed aside. It's a fact that there are more guns in this country than there are people.

It is also a recipe for disaster to have people so worried about their welfare that they have to go out and get a gun to protect themselves. By making it so easy to arm yourself, you also make it easy for the person who would use that weapon to cause

Reason would suggest that by having greater gun control you lessen the chances of gunrelated crimes. We only have to look at other countries that have implemented rigorous policies to know these measures work.

The greatest weapon is language. The language of those in power can either create unity and celebrate diversity or it can work to destabilize a society.

In recent years, we've seen the former president use language to create distrust, venerate blind obedience, undermine the judiciary, and encourage acts of violence. The words of one man in a place of power can do much more harm than a gun.

Years after inspiring an insurrection, we are still dealing with the fallout of his inflammatory language. He has created a cult based on fear, suspicion, and division. Unlike the poet Pound, this former president has done nothing to inspire anything good.

There is no contradiction in his practices. He has attempted to defraud on his taxes, and make money from gullible supporters, without offering anything meaningful to the country.

There are times in our history

when all hope was lost, and still, we continue. We have looked into the abyss and still crept away from the edge. I wonder if it will be so for us in the future.

I wonder how long it will take for us to see the light when it comes to climate change. Will we ever learn that our actions have global consequences? Can we change our behaviour before it's too late? Or, is it too late already?

I have lots of fears about where we as human beings are going. As the weather patterns change, and become more unpredictable. we are facing an unknown future. Against a tide of false information readily available on social media, we're seeing a greater polarization between fact and fiction.

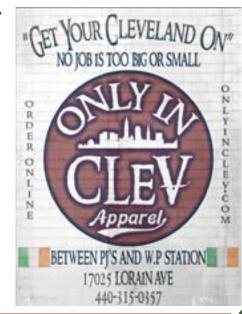
The language of the day decries the best in us and validates our worst traits. We've traded openness and honesty for xenophobia and fake news.

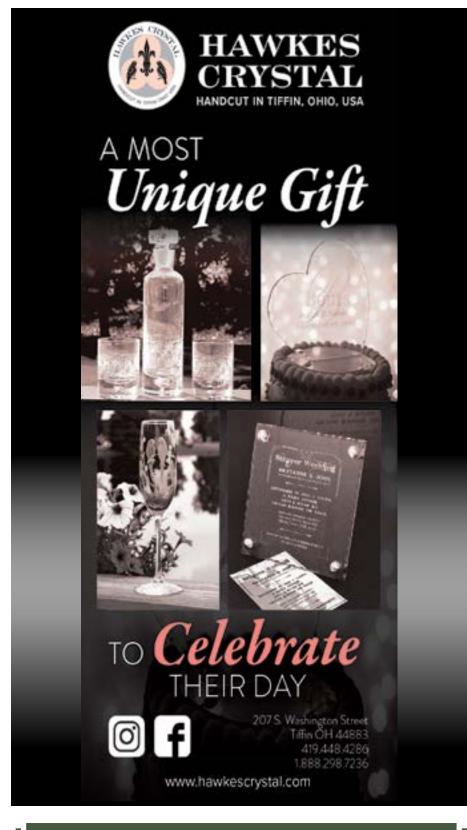
Grace at Rock Bottom

What saved us in the past from destroying ourselves, whether it be the grace of God or luck, I hope it will once again bring us back from the brink of destruction and offer us another opportunity to get it right. Maybe it might be a case of reaching our 'rock bottom' so that we can get along together and work towards a global sense of community that is not afraid of difference. •

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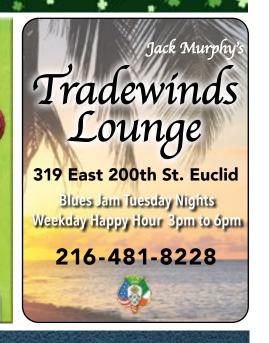
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Irish Arts and Crafts

American Arts and Crafts

Most of us can recognize the names and styles of the American Arts and Crafts artists: we know the mission style of Gustauv Stickley's furniture, with its clean, straight lines, simple but elegant craftsmanship, and the best of natural woods. Stickley's aesthetic and philosophical credo was "to the best if my ability" make craft furniture that was simple and honest in its construction and truthful to its medium.

Another example of arts and crafts design in the United States is the glasswork of Louis Comfort Tiffany. Like Stickley, Tiffany was leery of mass-produced furniture or art, as he believed that the artist should be involved from design to fabrication. Like Stickley, whose chairs and tables were often made of such heavy woods that they required a design that preserved the beauty of the wood but in a design structure that was at one with the material.

We might point to the work of Louis Comfort Tiffany, categorizing his stained-glass windows, lamps, and other decorative objects as "Art Nouveau." Tiffany's work is connected to the Arts and Crafts Movement by its own embrace of truthfulness to the medium.

He patented a new kind of glass production which produced opalescent glass. Able to offer a wider range of shades; it stood in contrast to glass that is painted on. Moreover, Tiffany believed the artist himself needed to be personally involved from the initial design to the fabrication.

Tiffany looked to nature for inspiration, but he always reminded onlookers of the primacy group split, and the Yeats sister

of craft. He called some of his glassworks "Favrile" or hand made. The Stickley and Tiffany's approach to materials, as well as the shared emphasis on individual craftsmanship, has endured in American architecture, glass, rugs, ceramics, and other items.

British Arts and Crafts

The Arts and Crafts Movement originated in Great Britain. where the art critic John Ruskin. concerned about the effects of industrialization, advocated a return to a Gothic or medieval sensibility, which favored a high level of craftsmanship. Ruskin's views were adopted by one of his students, William Morris.

"Have nothing in your houses that you do not know to be useful or believe to be beautiful" is Morris' famous dictum. He owned a shop in London, Morris and Company, which displayed his rugs, wallpaper, and fabrics. Many of these can now be seen in the Morris Collection in the Victoria and Albert Museum in London.

Morris also ventured into designing books, creating the typeface, the illustrations, and the decorative borders for books. including his own writings and poems. One of his books, News from the World, shows off his decorative style as he contemplates a future utopia. It can be purchased at the V&A: https://www.vam.ac.uk/ shop/books/all-books/news-fromnowhere-148503.html

Irish Arts and Crafts

William Morris was friends with the Yeats' family, sharing their commitment to art and political causes. Yeats had one brother, Jack, a painter, and two sisters, Elizabeth (Lolly) and Susan (Lily). While Yeats' political views grew more conservative as he aged, he participated in the Irish Literary Revival, which like the Arts and Craft Movement, saw artespecially painting and decorative arts—as part of the new social dispensation.

Susan spent time learning embroidery and working with May Morris until 1896. Later, the two sisters became part of Dun Emer, a craft house that they shared with Evelyn Gleeson. Eventually, the

established the Cuala Press and focused on hand-printed editions of important new Irish work.

Their contribution to cultural nationalism can't be minimized: they printed works by John Millington Synge, Lady Augusta Gregory, Ezra Pound, Oliver St. John Gogarty, Louis MacNeice, Patrick Kavanagh, and Elizabeth Bowen. They printed handsome editions of their brother's new poetry collections.

Much has been written about the different temperaments of the Yeats' family: William's interest in psychics and automatic writing, Lolly's hot temper and reliance on tarot cards, Lily's frequent poor health, Jack's friendship with Samuel Beckett. They were creative, lively, at times quarrelsome.

Less has been written about the Cuala Presses' contribution to the emerging role of women in Irish society. In *Ulysses*, Joyce mocks the

Yeats sisters by calling them, "the weird sisters," the "two designing women" who operated the "Druiddrum press." In fact, the Cuala Press was a landmark endeavor: a gendered publishing enterprise: one run by a woman, employing only women, and designed to create work and economic independence for Irish working girls" (Simone Murray 489). The best account I could find is Simone Murray's The Cuala Press: Women, Publishing, and the Conflicted Genealogies of Feminist Publishing," Women's Studies International Forum 27 (2004)489 - 506.

It is still possible to see the Cuala prints online as part of the Cuala Press project of Trinity College, Dublin. At the top right of this page is one of my favorites, from Yeats 1899 poem, "The Song of the Wandering Yeats." You can also purchase, as I have, Cuala Press prints that are hand colored. They vary in price from \$150 to \$750, and are sold on Etsy, Ebay, and by independent curators. Mine are at the right.

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LAKE ISLE OF INNISPREE







Cúpla Focal

The month of February, or Feabhra (*fyo-rah*) is upon us already. Even the hounds are tired



winter funk.

Rest easy we'll be complaining of the heat soon enough! In our Speak Irish Cleveland classes, Caitlin, my co-instructor, and I are constantly reminding everyone of the importance of hearing the language and using our cúpla focal (koo-pla

foe-kal) or few words as often as possible.

Hearing the language is easy today, in this era of smart phones and laptops. Here are some on-line sites and of course, if you're visiting Ireland this year, most people in a Gaeltacht (*gale-tahkt*) region (a region where Irish is the dominant language), are eager to speak with someone who is learning the language they love and to offer help if we need it.

TV and Radio

TG4: TG Caithair- TG4 is the national station for Irish language television. Most programs have English sub-titles. The site can be navigated in English or Gaeilge. www.tg4.ie/ga

Radio na Gaeltachta: RnaG is the national radio station for Irish language radio. www.rnag.ie or www.rte/ie/rnag

Raidio na Life: Dublin based radio station. www.raidionalife.ie

Youtube Searches

TG4: The television site has it's own voutube channel and contains clips of sports broadcasts, drama series, documentaries, music, children's programming and

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entertainment.

An Grá faoi Ghlas: "Love under Lock". Parody on reality tv produced by RTE for the educational series Turas Teanga. On youtube the provider is Fearceoil.

Yu Ming is Ainm Dom: A TG4 production, this is a short film with sub-titles. It's a cute story and an excellent way to hear Irish being spoken.

No Bearla: "No English" RTE documentary with English subtitles, it follows Manchán Magan* around Ireland, where he attempts to use the nation's official first language to get by, without any English.

The provider is Sean O'Briain. Magan has published a few books on Irish language, which are great for those just starting to study Irish or who have a mild interest in the language.

On-line Resources

Teanglann.ie: An on-line dictionary with the Irish/ English translation, examples of usage, grammar and an audio portion where you can listen and practice pronunciation in all three regional dialects. Free

Abair.tcd.ie: Phonetics and Speech Laboratory from Trinity College. It is an excellent aid to pronunciation with audio. Free

Multimedia

Buntús Cainte: This is good for individual study; each lesson introduces new vocabulary and conversation examples. It is available with CDs.

Now You're Talking (Irish): An RTE and BBC television series, the ook is available on Amazon and video can be viewed on YouTube. Ulster dialect.

Pinsleur: CD's only, although a partial transcript can be found online. Great for the car or working around the house.

Tús Maith: A self instructional course in Irish for adults with CDs by Risteard Mac Gabhann. Vocabulary, pronunciation and conversational skills are included.

Usina Irish

As far as using the language, that too is fairly easy. One thing I've heard way too often is, "I don't have anyone to speak it with." Even on

days when I'm out in the woods with the dogs, we encounter other people we interact with.

At home, our dogs and two cats are always close by. You don't have to wait for a fellow Irish speaker or student to use vour cúpla focal. By using Irish as a greeting, "Conas atá tú?" (kuhn-us ah-taw too) How are you?, or saying please, le do thoil (lay duh hoyl) or thank you, go raibh maith agat (guh rah mah *ah-aut*) in Irish and then following up with a quick, "I'm studying Irish" explanation and the English translation, you can use your Irish daily. If you have four-legged family members you can speak to them in Irish as well and they will never be annoyed with you, at least for that.

So, here are some examples you can use in speaking to others and your pets and also a few words and phrases appropriate for Valentine's

Yes and No

In Irish there is no singular words for yes or no. Like many European languages the positive or negative response to a question requires the use of the verb used in posing the question. But for the purpose of a conversation in English, where we're using a few Irish words or phrases, I would recommend using sea (shah) for yes and ní hea (nee hah) for no.

Dia duit (dee-uh qwit) God to you (hello)

Dia daoibh (dee-uh yeev) God to y'all

Dia's Muire duit (dee-us morra qwit) God and Mary to you (response)

Go raibh maith agat (*guh rah* mah ah-gut) May there be good at you (thank you)

Tá fáilte romhat (taw fahl-cha *roe-it*) You're welcome

Le do thoil (lau duh houl) With your will (please)

Gabh mo leithscéal (guh moh lesh-shkale) accept my half story (excuse me)

Conas atá tú? (kohn-us ah-taw *too*) How are you?

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

Cén scéal agat? (ken shkale ahgut) What's your story? (what's up) Tóg go bog é (tawg guh bog ay)

Take it easy

Speaking With Our Fourlegged Friends

Suigh (see) sit Suigh síos (see shees) sit down

Tar (tawr) come Tar anseo (tawr *ahn-sho*) come here

Fan (fahn) stay or wait Fan anseo (fahn ahn-sho) stay here Stad (stahd) stop Cuir faoi (kur fwee) settle down

Ciúnas (kue-ness) quiet Bí ciúin (bee kue-inn) be quiet

Fág é (fawg ay) leave it Imigh leat (ih-miq luat) away with you *

Ní bí dana (nee bee dahn-ah) Don't be bold (don't be bad)

*This is not always a polite thing to say, it can mean get out, or worse, depending on the context that it is used in.

Céard atá tú a dhéanamh? (kayrd ah-taw too ah jehnuv) What are you doing?

Céard atá agat? (kayrd ah-taw ah-gut) What have you got?

Cá bhfuil tú? (kaw will too) Where are you?

Ar mhaith leat spraoi? (er wah *lyat spree*) Do you want to play?

Praise for Pets

Maith thú (mah who) good job An-mhaith (ahn wah) very good Buachaill maith (boo-kel mah) good boy Cailín maith (kah-leen mah) good girl

Madra maith (mah-dra mah) good dog

Expressions of love

Grá (graw) love Grá geal (graw *gal*) sweetheart or darling

Croí (kree) heart Mo chroí (muh kree) my heart

Bean chéile (bahn kay-la) wife Fear céile (far kay-la) husband Tá grá agam duit (taw graw ah*gum gwit*) I love you

Anam cara (ah-num kara) soul friend or soul mate

An bhfuil grá agat dom? (ahn will *graw ah-gut dom*) do you love me? Mo mhíle grá (muh vee-la graw) my thousand loves

Mo rún (*muh ru-in*) my secret

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

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St. Brigid and **Her Influence** on the Members of the Ladies **Ancient Order** of Hibernians

Ct. Brigid is the Patron Saint of the Ladies Ancient Order of Hibernians. It is believed that St. Brigid was born around 453 A.D

in Faughart, County Louth, and died in 524. This year, Ireland will be commemorating Brigid 1500: Celebrating a Woman, a Life and

a Legacy. Please visit www. <u>brigid1500.ie</u> for more information on activities in Ireland. The Ladies Ancient Order of Hibernians have been honoring St. Brigid for the past 130 years at divisions across the country. In 1927, the organization gifted to the Basilica of the National Shrine of the Immaculate Conception in Washington D.C. the St. Brigid Chapel and Altar, which

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Madigan and Cronin Irish American Partnership Nollaig na mBan Breakfast.

was dedicated by Bishop Shahan on September 24. St. Brigid is a model of feminine strength and leadership, challenging traditional gender roles of her era. Following her example of establishing a double monastery for women and men in Kildare, the Ladies Ancient Order of Hibernians are in the developing stages of an initiative to help Priests, Brothers and Sisters who are in ministry.

This initiative is to Commemorate the 1500 Anniversary of her death. The program will be named *Brigid's Hearth* representing hospitality, warmth and the flame to light our way to help others.

St. Brigid is remembered as a leader with an inspiring legacy. She was a woman that advocated for the poor, a peacemaker and a role model for women today.

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Honorina Youna Men and Women Under 40

I think it is fitting that the *Irish* Echo recognizes Young Men and Women Under 40 during the same month as St. Brigid. The Ladies Ancient Order of Hibernians is honored that nine of our members are being recognized this year.

Bridget Linton



I would like to highlight one of our members who happens to live in Northern Ohio, is active in the community and also has the name of Bridget. I have been honored to know Bridget Linton most of her

live. Bridget is a member of a very dedicated Hibernian family.

In her bio for the Irish Echo, Bridget states, "My mother, Kathleen Linton, is the one who has shaped me into who I am today and who has helped instill my passion for my Irish heritage. My mother was the youngest National President for the Ladies Ancient Order of Hibernians in America. My grandfather also served as the Ohio State President of the Ancient Order of Hibernians in

"Following in my family's footsteps, I couldn't wait to join. I became a junior member at a young age and am now a proud member of the LAOH in Akron, Ohio." Bridget, like St. Brigid, is a model of feminine strength and leadership, challenging traditional gender roles in her professional career. She has worked with Fox Sports Ohio, ESPN, Cleveland Indians (sorry cannot use the new name) and currently on the sidelines for the Cleveland Browns.

In addition to her work with the NFL and the Browns, Bridget continues to host many major productions and events throughout the country. She enjoys and is fantastic with a microphone at sporting events, award ceremonies, pageants, corporate events, and charity galas. She has been recognized for her work as one of the 2019 Radio Inc. Top 30 Under 30 and one of the *Top 10 Clevelanders* to Watch in 2023. Her community involvement is remarkable. Quoting from Bridget, she "is dedicated to making a positive impact on my community, embodying the spirit of giving back and inspiring other to join in the journey of making the world a better place.'

Bridget is a passionate advocated for helping children with cancer. Watching her nephew Luke battle leukemia, she knew she wanted to help other children. With her involvement with the Children's Cancer Family Foundation, many families received financial assistance.

Bridget is a Board Member and a emcee for Make-A-Wish fundraiser events in Ohio, Kentucky, and Indiana. In the spirit of St. Brigid, Bridget Linton is a role model of how to give back to your community.

Irish Dance

Proud of her Irish heritage,

demonstrated by her love of Irish dance. Bridget danced with the Tim O'Hare School since the age of four. She competed all over North America and qualified for the World Championships.

"My love for Irish dance has given me the poise, discipline, confidence, and competitive spirit that has followed me throughout my life. It is not just the competitive side of Irish dance that brings me joy. I love to perform and embrace my Irish heritage through dance wherever there is a stage!

We are glad you have shared your talent of dance with us Bridget. Ohio is proud that you represented our state as the 2011 Ohio Rose of Tralee.

Describing that experience, Bridget stated, "I will cherish that year forever. It was a whirlwind of incredible opportunities to embrace my Irish heritage. One of the things that fascinates me about the Rose of Tralee is the friendships that are formed. It is remarkable how an unbreakable bond can form in a short amount of time together in Ireland that withstands the test of time and distance.

"It is the wonderful phenomenon that is the foundation of the link between Irish communities across the world. Being a member of the Rose family is an honor to the highest degree. I continue to encourage young women of Irish decent to join in this sisterhood and celebrate their Irish heritage."

Thank you, Bridget for being a proud representative of our Irish community, whether through your involvement with the LAOH, Ohio Rose of Tralee, or Cleveland Irish Network, working with Honorary Consul of Ireland Mark Owens. Congratulations as one of the Irish Echo 40 under 40 Honorees. •

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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The Hessians

The Hessians were German soldiers who served as auxiliaries to the British Army. The name "Hessian" is derived



from the fact that the majority of the German troops came from the states of Hesse-Cassel and Hesse-Hanau in Germany (at the time, Germany was not a

unified country, but a collection of individual states that shared a language and culture).

Most history books refer to the Hessians as "mercenaries," but the more correct term for them would be "auxiliaries." Mercenaries served a foreign government of their own accord, auxiliaries were soldiers hired out to a foreign party by their government, to which they remained in service. Like most auxiliaries, Hessians served with foreign armies as entire units, fighting under their own flags, commanded by their usual officers, and wearing their existing uniforms.

Soldiers were a major export for



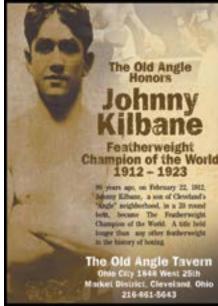
"Bringing a bit of Ireland to the 5 points" 3600 west park rd, cleveland, ohio 5pointscafe.com the German states. For example, by renting its army to the British, Hesse-Cassel took in an amount equal to about thirteen years worth of tax revenue.

When boys turned seven, they were registered for military service, and each year men ages sixteen to thirty had to present themselves for possible induction. Some men were exempted because their occupations were considered vital to the state. But others, such as school dropouts, bankrupts, servants without masters, idlers, and the unemployed, were deemed



"expendable people" and were forced into service. Over 5% of the population was in military service at any given time.

Life in the Hessian Army was





Hessian Dragoons in the Irish Rebellion of 1798.

harsh. The system aimed to instill iron discipline and the punishments could be brutal.

Hiring a foreign army was not an unusual practice for the British in the eighteenth century: twelve-thousand Hessians were hired by King George I of England in 1715 to combat the First Jacobite Rebellion in Scotland. In the midst of the 1744 War of Austrian Succession, 6,000 Hessians were fighting with the British army in Flanders.

American Revolution

The most significant use of Hessian troops was during the American Revolutionary War. Between 1776 and 1783, England hired an estimated 34,000 Hessian soldiers to fight in its war against the Americans. This represented 25% of the total number of British

troops in America.

Why was the British army short of troops? A contributing factor was that the army had stationed 21 regiments in Ireland to guard against an anticipated Irish rebellion. This necessitated the hiring of Hessians to increase the number of troops in America.

Although the Hessians took part in most of the major battles of the Revolution, the best known engagement was the Battle of Trenton, when George Washington's Continental Army made a surprise attack on the Hessians on December 26, 1776. In the battle, the Hessian force of 1,400 was quickly overwhelmed by the Continentals, with about 20 killed, 100 wounded, and 1,000 captured.

The Americans singled out the Hessians as a particularly

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merciless and violent enemy.
Looting by the Hessians was
also a major concern among
the Americans. As a result,
the Hessians were mentioned
among the 27 colonial grievances
enshrined in the Declaration of
Independence.

The grievance said of King George III: "He is at this time transporting large Armies of foreign mercenaries to complete the works of death, desolation and tyranny, already begun with circumstances of cruelty and perfidy scarcely paralleled in the most barbarous ages, and totally unworthy of the Head of a civilized nation."

During the war, Hessian plundering often pushed neutral or indifferent Americans to the Patriot side. Patriots urged Hessian soldiers to throw down their weapons, desert, or switch sides – and many did. After the war, almost six thousand German veterans chose to put down roots, betting their futures on the prospects of life, liberty, and the pursuit of happiness in the newly formed United States.

Washington Irving's fictional story, "The Legend of Sleepy Hollow" (1820), includes a celebrated figure known as the "Headless Horseman," who is "the ghost of a Hessian trooper, whose head had been carried away by a cannon-ball, in some nameless battle during the Revolutionary War."

The Hessians in Ireland

In 1798, the British rushed 1,000 Hessian forces to Ireland to deal with the suppression of the rebellion inspired by the Society of United Irishmen. Influenced by the American and French revolutions, its members began an armed campaign in 1798 against the British to seek independence for Ireland.

The government troops popularly referred to as 'Hessians' with both contempt and dread was Baron Hompesch's 2nd mounted Battalion of riflemen, that arrived on April 11, 1798, at the port of Cork. In addition, they were later joined by the Jäger (Hunter) 5th Battalion 60th regiment of foot

(Royal Americans).

Both Hessian units were specialist light infantry and armed with rifles. In fact, the new units would be the first all-rifle armed battalions in the regular British Army. The rifles were more accurate and deadly than the muzzle loading guns used by the rebels. They were in the action at the battles of Vinegar Hill and Foulksmills.

In 1798, the Hessians were notorious in Ireland for their atrocities and brutality toward the population of Wexford. A Hessian soldier wrote in his diary about the battle of Vinegar Hill, "All men with weapons in their hands scattered across the country were pursued, and those we apprehended were sent back to New-Ross, where a court martial was established at which they were judged without delay and hanged. That day, we killed or took about 700, rounded up by our mounted troops, which terrorized the whole county and made us formidable without further effort."

While the employment of "mercenary" armies had long been controversial among European rulers, by the late 18th century, public opinion, particularly in England, began to turn against the use of hired troops. The German states steadily lost its biggest customer.

In 1803, the Hessian states were amalgamated with the Holy Roman Empire and eventually fused to the Confederation of the Rhine. The days of the hired Hessians were over. •

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

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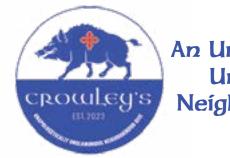
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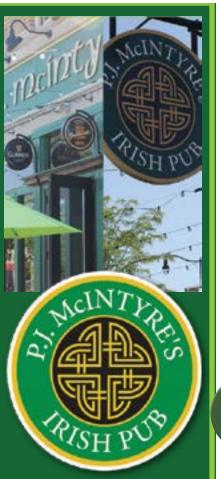
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Midwest Gaelic Athletic Association

USGAA News

The USGAA Finals were held just outside of Denver, Colorado, in a town called Longmont, over the August 18, 19, and 20 weekend.

6 YEARS

Representing the Midwest were: camogie – Pittsburgh Na Laochra (Jnr. B) and Cleveland Saints (Jnr. B); ladies' football – Pittsburgh Banshees (Jnr. A); men's football

Pittsburgh Celtics (Jnr. Premier), Celtics (Jnr. D), Cincinnati GAA (Jnr. D), Cleveland Saints (Jnr. C), Na Fianna (Jnr. C), and Detroit Wolfetones (Jnr. B); hurling – Roc City Gaelic (Jnr. C), Pittsburgh Pucas (Jnr. B), and Cleveland Saints (Jnr. D).

The quarter finals saw Roc City hurling fall to the Jersey Shore o-8 (8) to 2-13 (19); Pittsburgh Pucas fall to San Diego St. Peter's; and Cincinnati fall to Caymen Islands The Detroit Wolfetones defeated Donegal Boston 3-15 (24) to 2-4 (10), but would go on Saturday to lose to Éire Óg 4-21 (36) to 1-3 (6) at the Junior B men's football level

In Junior C men's football, Buffalo Na Fianna defeated Chicago James Joyce 6-10 (28) to 3-7 (16) in the quarter final, but fell in the semis to the Delco Gaels 2-9 (15) to 0-4 (4). In the new level of Junior A premier men's football, the Pittsburgh Celtics fell to the Austin Celtic Cowboys 2-7 (13) to 2-17 (23) on Saturday.

While Na Laochra defeated the Denver Gaels in their semi-final match, the Lady Saints defeated a familiar foe in the Trinity Gaels, 4-5 (17) to 0-6 (6), to set up a

championship match of Midwest versus Midwest. Na Laochra adjusted to the last matchups with Cleveland relying on a packed defense, long puc-out, and a couple of players in front to take points, open up the defense, and drive for goals at times. Congratulations to Pittsburgh Na Laochra on being national camogie champions.

On the ladies' football side, the Pittsburgh Banshees were successful (0-14 to 1-7) over Austin on Saturday to punch their ticket into the finals for a second straight year. Another meeting of familiar foes as the Banshees waged against Philadelphia Notre Dame. Pittsburgh lifted the cup once again, this time at the Junior A level – congratulations on being national football champions.

For the men, Cleveland defeated Philadelphia Na Toraidhe in Friday's quarter final of Junior D hurling. On Saturday, the Saints faced down Montana Thomas Meagher, but would not be denied their third national finals appearance in three years with an ending score of 7-15 (36) to 3-(6).

Could the lads get over the hump? Cleveland matched up against a feisty Raleigh Cú Chulainn team. Frees and sideline cuts saw to it that the Saints lift their first national hurling championship – congratulations

On the football side, the Cleveland men saw Raleigh Cú Chulainn much earlier in Friday's quarter final showdown, in which they won handily, 5-12 (27) to o-8 (8). In the semis, the Saints found themselves facing last year's opponent in the Denver Gaels. The Gaels played it tight, but fell to Cleveland 2-7 (13) to 3-7 (16).

The Saints were back in the finals for the first time in eight years. Joining them on the sideline

was legend John O'Brien, who provided the encouraging words to launch them into victory over an impressive all-American, Delco Gaels club. Congratulations to the Saints on being national football champions.

The Finals were impressive for the Midwest, seeing competitive matches, wins, and four trophies returning to the division.

In other USGAA news, the men's football USGAAA Junior A County team continues developing and two Midwesterners made it through the second round of cuts - congratulations to Ryan Dowd of Pittsburgh and Patrick Newell of Detroit. The men will face a final round of selections in January down in Florida before the County Team is finalized.

The GAA has set the semi-finals of the tournament for Friday, July 12th, with the Final quickly following on Sunday, July 14th, in Croke Park. If you wish to support the national team, there is sweepstakes you can enter with a donation - reach out to John Young of the county national team steering committee for details: chairperson.steering.usa@gaa.ie.

The GAA recently posted a job opening for Head of Operations and Games Development to assist the USGAA board in player and coach development, games administration, event logistics, and rules oversight. Our Midwest's own, Rob Tierney, secured the post with one heck of a resumé from club to divisional to national development and administration. Another congratulations to Rob.

Midwest News

It has been some time since 6th held at North Olmsted's Barton Bradley fields. The weekend was

enormously successful, thanks in large part to the Cleveland GAA Volunteer army and the rest of the Cleveland Irish community who welcomed in clubs from around the Midwest and Achill.

Honor Roll for the weekend includes Camogie champions Cleveland; Developmental Hurling champions Cleveland; Junior Hurling Champions Cleveland; Ladies' Football Champions Pittsburgh; Men's Developmental football champions Pittsburgh; and Men's Junior football champions Cleveland. Despite the results, there were more clubs at the Finals than just Cleveland and Pittsburgh.

Cincinnati and Albany both traveled long distances and competed in great games alongside Akron, Detroit, Buffalo Na Fianna, and Rochester. The youth teams of Detroit, Pittsburgh, and Cleveland also competed on Saturday of the Midwest Finals in their own roundrobin tournament at the U10 and U14 age groupings. The games were solid and fast paced.

The youth finished up the year with another successful Great Lakes Tournament in Detroit on September 23rd. Between Cleveland, Chicago Celtics, Chicago Limerick, Chicago St. Jarlath', Detroit, and Toronto, the tournament doubled in the number of players.

Five fields were packed the entire day for Gaelic football and hurling divided amongst teams of U8, U10, U12, U14/U16. These games have kicked off the coordination between these clubs for more games in 2024 (See below).

The Irish New Year

The Division held their annual general meeting in Erie, PA on Saturday, December 9th. The new board is: Chairperson Sean Stayduhar (Pittsburgh Pucas); Vice-Chair Matt Creed (Cincinnati); Secretary Kayla Caruso (Cleveland); Treasurer Shawn Milligan (Roc City); Public Relations Officer Kelly Goodrich (Pittsburgh Banshees); Registrar Keith Knott (Akron); Youth Officer Vincent Beach (Cleveland).

The Division also setup a Youth Board: Chair Vincent; Secretary Garrett O'Donohue (Detroit Harps); Public Relations Jenny

Scarry (Akron); and Administrator Phil White (Roc City). The adult clubs look to have their summer schedules out by March 17th.

The Youth Board has been organizing with clubs in Chicago and Toronto to have a circuit of tournaments to provide meaningful games. The first tournament will be May 19th in Cleveland, to coincide with the adult football Memorial 7's tournament.

The following month, Chicago will host, then clubs from around North American will converge on Boston for the Continental Youth Championships from July 11th through the 14th. The circuit

CLEVELAND, OHIO

T. PAT'S - ST. JARLATH'S GAA

continues on August 17th for Toronto's tournament, which teams already planned from Boston and Ottawa. The season will finish out in Detroit on September 21st. The youth tournaments include both football and hurling

Cleveland St. Pat's -St. Jarlath's GAA

for ages U8 through U16.

A gala was held at the Westside Irish American Club on Friday, December 29th, in honor of the 75th anniversary of the club, as St. Pat's was established in 1948. As the club has grown to amalgamate St. Jarlath's, then bring ladies' football, hurling, and camogie back to Cleveland in recent years (all since 2016), the celebration included all of the Cleveland Gaelic games and teams.

The crowd of two hundred heard about Henry Cavanagh's passion for the Gaelic football and the establishment of the North American County Board (NACB) with Croke Park from Henry's son, Henry. In attendance were several members of the Cavanagh family that made the night incredibly special.

John O'Brien, Sr. then delighted the crowd with his recollections of the club during the 1960s, including the travel, the teams that made up the league, and the experience of playing against the

1961 All Ireland Senior Football Champions, Down, on their tour of the United States – including a game in Cleveland in 1962.

Seán Gannon Jr. spoke of his father, who played alongside O'Brien on those great teams of the 1960s that were in eight national final games and won four of them, including the famous three-in-a-row. Seán Sr. would then go on to do great things in the development of junior Gaelic Games and the Labor Day weekend NACB Finals. When the WSIA moved out to Olmsted Township, Seán Sr. and volunteers willed the woods into a proper pitch for the first event at the new

club – the NACB Finals in 1989.

Marilyn Madigan shared her stories of the Emerald Camogie years and her pride in the new players of today

carrying women's Gaelic games. Al O'Leary also spoke and reminded the crowd that the GAA was formed nearly 140 years ago, just down the

road from his boyhood home in Tipperary, and those founders would be very proud of how far the association has grown today.

Jim Covne took the history from the 1970s Eire **Óg's** youth teams to the founding of St. Jarlath's in 1981 and their enormous success within the Midwest Division through the 80s and 90s, then nationally in the 2000s. Vincent Beach spoke of the 2000s St. Pat's teams and their renewed success in the early 2010s that eventually led to a national championship in 2015.

The following year, the two Cleveland clubs joined, brought ladies football back, added hurling and camogie, re-ignited men's football, and are here today to be thankful to all those volunteers, players, coaches, and officers who kept the club and the games going.

Following the history lesson, the 2023 club awards were dispersed and the national champion teams recognized. Ladies' football: Player of the Year Sarah Walsh; Rookie of the Year Kaitlin Payne; and Most Improved Aoife Zuercher;

Camogie: Player of the Year Clodagh O'Leary, Rookie of the Year Kayla Caruso, Most Improved Marcelina Sladewska: Hurling: Player of the Year Alan Hanley, Rookie of the Year Matt Ibos, Most Improved Matt Kusanke; Men's football: Player of the Year Sam Nortz, Rookie of the Year Jaret Lowry, Most Improved Jarlath Caldwell. The final award, Club Person of the Year, was presented to Michael Martin McNulty, who is the youth coach, builder of back nets, organizer of the GAA Achill-Cleveland connection, and volunteer extraordinaire for the 2023 Midwest Fest GAA Finals.

Go raibh míle maith agaibh. Thanks y'all, to our readers and

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

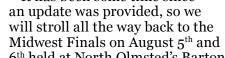
The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all ages.

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

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and emigrant of Michigan (GO BLUE!). He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA. His Irish is a cross of dialects from the University of Cincinnati and An Cheathrú Rua. With his wife, Michelle, he enjoys watching time absolutely fly by as their three children grow.

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28 We've always been green



kids craic

Laissez Les Bon Temps Rouler

et the Good Times Roll.... before Lent starts! I don't know about you, but by the time the Feast of the Epiphany (January 6) rolls around, I have had just

about enough celebrating! Centuries ago, Mardi Gras or Carnival celebrations began on either January 6th or

January 7th and lasted until Ash Wednesday. Today, it is celebrated mostly on one day, but several places around the world make a long week or weekend out of the celebration.

Mardi Gras

2 YEARS

Mardi Gras is a festival that takes



place before Lent begins. Mardi Gras is French for "Fat Tuesday," which refers to the practice of the last night of indulging in eating

kids in the kitchen

For the best homemade pancakes, try making these delicious pancakes on a cold winter morning or on a Snow Day (if you are lucky enough to get one)!

Ingredients:

- 2 cups all-purpose flour
- · 4 teaspoons baking powder
- 1/4 cup sugar
- 1 teaspoon salt · 2 large eggs
- 1½ cups milk, plus more if necessary
- 4 tablespoons unsalted butter, melted, slightly cooled, plus more for
- Vegetable oil, for cooking

Directions:

In a large bowl, whisk together the flour, baking powder, sugar and salt. In a medium bowl, whisk the eggs and milk until evenly combined.

Pour the milk/egg mixture and the melted butter into the dry ingredients and whisk until just combined. If the batter seems too thick, add 1 to 2 tablespoons more milk.

30 We've always been green



Heat a griddle or nonstick pan over medium heat: coat it lightly with vegetable oil and swirl in a thin pat of butter. Ladle or drop the batter onto the griddle, using approximately 1/4 cup for each pancake; cook until the first side is golden brown, or until the top surface bubbles and is dotted with holes. Flip and cook until the other side is golden brown.

This happens quickly so peek after 30 seconds and watch carefully! Adjust the heat setting if necessary. Wipe the griddle clean with a paper towel between batches. Serve immediately with maple syrup. •

rich, fatty foods before making sacrifices and fasting during the season of Lent.

Mardi Gras is also called Shrove Tuesday. Shrove comes from the word "shrive," which means to administer the sacrament of confession. Many people take time to reflect on what sacrifices they should make during Lent.

While not celebrated nationally in the United States, some historically ethnic French cities in the south have huge celebrations. Most people think of New Orleans, but Mobile, Alabama also has huge celebrations, as it was the first city to ever celebrate Mardi Gras in the US.

These celebrations often include parades and people in costumes. The costumes are much different than Halloween costumes and include the colors green, purple, and gold. People dress as fairies, animals, clowns, people from myths, various Medieval costumes, or as Native Americans.

Pancake Day

In Ireland, Mardi Gras is called Pancake Day. Up until recently, fatty foods such as eggs and dairy products were forbidden during Lent, so the day before Ash Wednesday was a perfect day to use up all eggs, butter, and sugar in the house.

In some parts of Ireland, in earlier times, single people were considered negligent and were encouraged to "match up" and get married before the beginning of Lent. In the towns of Blarney and Cobh, it was acceptable for men to tie up unmarried girls with rope and take them out to Skellig Michael, a small island, to get married. Thank goodness this is no longer a common practice, but Pancake Day is still a thing! •

Literature Corner

Who Got the Baby in the King Cake?

By Johnette Downing

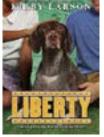


The king cake tradition is an homage to the Three Kings. A charm or a plastic baby is hidden inside the cake and whoever finds the treasure is then crowned king or queen for the

day. In addition to that honor, the winner is also expected to host the next king cake party! For ages 4-7, 32 pages.

Liberty

By Kirby Larson Set in 1940s New Orleans, two unlikely boys form a friendship that blurs racial lines and forms at the Higgins boatyard, as inventors unlock



secrets to help engineers build the crafts that might just end World War II. Ages 8-12, 240 pages. ●

Landie's Laughs

Q. What is a frog's favorite day of the year?

Leap Day! "

Q. What is the best music to listen to on Leap Day?

A doH diH

Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She may be reached at meganlardie126@outlook.com.

HEALTH MATTERS

Do You Have a Primary Care Provider?

By Bushra Siddiqui, MD



Tn the intricate web of health care, primary care physicians (PCPs) are the cornerstone of a patient's well-being. As a PCP myself. I know there's a

profound value that PCPs bring to the table, often acting as the navigators in the complex terrain of health care.

From physicals and well visits to treating stomach bugs or something more serious, a PCP is there to build relationships with patients to help them through their lifelong health journeys. Now the question is, do you have a PCP?

If not, now is the time to do some research and schedule an appointment. Here are four tips to help you find the PCP that's right for you:

#1 Continuous Comprehensive Care

A PCP is usually the front door to health care for patients, often serving as the first line of defense from friends or family, read and the key to a patient's longterm well-being. Unlike specialty physicians who may be consulted sporadically, the PCP serves as a constant, familiar face that knows the patient's medical history, lifestyle, and individual needs.

PCPs play a pivotal role in promoting healthy lifestyles, preventive screenings, and early interventions. Developing a rapport with a primary care doctor can help prevent health problems before they arise, and save patients money in the long run.

#2 The Human Factor

PCPs integrate the human touch with the precision of medical science. While advancements in diagnostics and treatments are crucial, the ability to interpret these technologies and translate

them into personalized care plans requires the discerning eve of PCPs. This human touch is irreplaceable in understanding the emotional and psychological aspects of a patient's health journey.

#3 Coordinated Care

PCPs coordinate with various specialists and health care professionals, ensuring that the patient receives cohesive and well-coordinated care. This collaboration is essential for managing chronic conditions, where a team approach often yields the best outcomes.

From a provider's perspective, the bond forged with patients over time is one of the most rewarding aspects of being a PCP. Witnessing the impact of preventive measures, celebrating victories over illnesses, and providing support during challenging times create a unique connection that goes beyond the clinical setting.

#4 Choosing a PCP

Choosing a PCP that is the best fit for you and your family is essential. Seek recommendations

gormlev's

online reviews, and consider insurance company ratings based on quality measures. In addition, you may want to choose a PCP based on location or hospital affiliation.

If you don't currently have a PCP, take time now to find one that you connect with. That way you can feel comfortable with them, and they can help guide you through your health care needs.

Finding a PCP can make all the difference in your overall health. As a PCP, it is my greatest joy and honor to care for my patients and walk through life with them. With these tips, I hope you'll find the PCP that is right for you.

Bushra Siddiqui, MD, is a primary care physician, caring for patients at Mercy Health – Sheffield Primary Care. Dr. Siddiqui is board certified in internal medicine. She is a graduate of Cleveland State University and Northeast Ohio Medical University and completed her residency with Summa Health System GME.

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- 1. What is the name of the famine ship in Dublin on the River Liffey?
- 2. What is the name of the parliament in Ireland?
- 3. Name the games played in Ireland that are almost as old as the Olympic Games?
- 4. What Leinster County was formally named Oueen's County by Queen Mary?
- 5. Who was the leader of the Irish Republican Army during the War of Independence?
- 6. The George Bernard Shaw play, Pygmalion, inspired what musical?
- 7. What is the name of the Irish playwright who wrote Juno and the Paycock and The Plough and the Stars?
- 8. What is the name of the knitted iumper that comes from Galway?
- 9. On 21 November 1920, known as Bloody Sunday, the British forces launched an attack in what sporting venue?
- 10. What is the name of the naughty fairy children who sometimes get swapped with human babies?

10. Changelings

9. Стоке Ратк

8. Aran Jumper

7. Sean O' Casey

6. My Fair Lady

5. Michael Collins

4. Co. Laois

3. Tailteann Games 5. Dáil Eireann

1. Jeanie Johnston





Can You Find Five Minutes Per Day This Year?

iven that over 80% of the U.S. workforce is exposed to long periods of sitting, you might wonde how that lack of movement could affect your health in the long run. An extensive amount of research has explored the downsides of prolonged sitting.

Some of these concerns include increased risk of sciatica, kyphosis, and even increased potential for

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mental health issues like anxiety and depression. Regardless, new studies continue to suggest that extra movement throughout the day can help you live a longer, happier and healthier life.

A new study was published in the European Heart Journal by researchers from University College London (UCL) to see just how that increased movement may specifically have benefits for overall health and healthy weight management.

The researchers at UCL collected information on over 15,000 people from six different international studies. For each set of data, participants wore heartmonitoring devices to measure their 24-hour daily activity. These activities included sedentary behavior such as sitting, or lying down outside of the sleep schedule, as well as sleep time itself and movement like standing, walking and exercise.

Using this data on daily activity researchers found that as little as five minutes of moderate-tovigorous activity per day, may

have a positive effect on health in the long term. For example, they predicted that the average 54-year-old participant with a BMI of 26.5 could achieve a 2.4-centimeter decrease in waist size and 3.6% decrease in A1c levels by replacing 30 minutes of daily sitting with moderate-tovigorous exercise.

What Constitutes Moderate and Vigorous Exercise?

Basically, any activity that raises your heart rate and makes you breathe faster, even for a minute or two. Here are some helpful tips on how you can incorporate this into your daily life right now:

Take the stairs instead of the elevator.

Rather than looking for the closest parking spot, look for the farthest one.

Spend a lot of time on the phone? Walk and talk!

Working from home? Place your laptop on the treadmill and walk very slowly.

The results of this study also suggested that small increases in movement may have significant, positive impacts on heart health and cardiovascular biomarkers. Though more research is needed, the link between cardiovascular health and increases in activity level is uncontested. This data adds to growing evidence that any movement (even standing at your work desk) is better than sitting, when feasible.

Given this evidence, and the easy methods I have suggested, can you afford to not spare five minutes per day this year to live a longer, healthier life? •

Dr. Peters is the founder of "The Fitness Doctor" (www. thefitnessdoctors.com) and a professor of Health & Human Performance. He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine.

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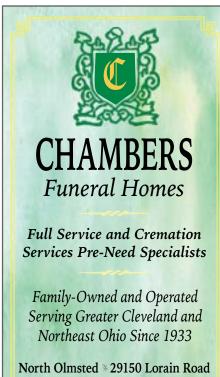
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Holy Cow

A pair of cows were talking in a Tipperary pasture. One says, "Have you heard about the mad cow disease that's going around?"

"Sure," the other cow says. "Makes me glad I'm a penguin."

Shrink Rap

Two of the fellas ran into each other at the door of their psychiatrist's office.

"Hello there," said the one. "Are you coming or going?"

"If I knew that," said the other, "I wouldn't be here."

Herbivorous Insect Humor

A grasshopper hops into a bar. The bar man looks at him and says, "Ya know, they named a drink after

"Really?" replies the grasshopper. "There's a drink named Thomas?"

Good Question

On an Aer Lingus Cleveland to Dublin flight was a lively young lad who nearly drove everyone out of their minds. He was running up and down the aisle when the flight attendant started serving coffee. He ran smack into her, knocking a cup of coffee out of her hand and onto the floor.

As he stood by watching her clean up the mess, she glanced up at the boy and said, "Look, why don't you go and play outside?"

Library Line

In the public library, a man with his new library card questioned the pretty librarian.

"Do you mean to say," he asked, "that with this card I may take out any book I want?"

"Yes," she answered.

"And may I take out record albums, too?"

"Yes, you may."

"May I take you out?" he ventured. Drawing herself up to her full height, she replied, "The librarians, sir, are for reference only."

Be Clear

Two hunters are out in the woods when one of them collapses. He's not breathing, and his eyes are glazed. The other man whips out his cell phone and calls for help.

"I think my good friend is dead!" he yells. "What can I do?"

The operator says, "Calm down. First, let's make sure he's dead."

There's a silence, then a shot. Back on the phone, he says, "That's done, now what?"

At Your Service

Mrs. McGilly was making final arrangements for an elaborate reception. "Nora," she said to her veteran servant, "for the first halfhour I want you to stand at the drawing-room door and call the guests' names as they arrive."

Nora's face lit up. "Thank you, ma'am," she replied. "I've been wanting to do that to some of your friends for the last 20 years."

Trust Me

When Paddy began his psychiatric practice, his first patient was a particularly good-looking young woman. Paddy motioned for her to lie down on the couch, but the

woman hesitated until he reassured borrow my iPad." her that it was part of the therapy procedure.

Once on the couch, she smoothed her dress around her legs and began to relax a bit.

"Now then," he asked, "how did vour troubles begin?"

"Just like this," she said.

Needs & Wants

"I wish I had enough money to buy me an elephant.

"Now what on earth do you be needing an elephant for?"

"I don't, I just need the money."

Complimentary

While the local Monsignor was making farewell visits before moving to a new parish, an elderly member of the congregation paid him the compliment of suggesting that his successor would not be as good as he had been.

"Nonsense," Monsignor replied, flattered.

"No, really," she insisted. "I've lived here under five different Monsignor's and each new one has been worse than the last."

Over It

The young father took a seat on the bus next to an elderly man and plopped his one-year-old on his lap, just as the little lad began to cry and

"The child is spoiled, isn't he?" the old man remarked.

"No," says the dad. "They all smell this way."

The Web

I was visiting my son the other night when I asked if I could borrow a newspaper.

"Dad, this is the 21st century," he said. "I don't waste my money on newspapers. But if you like, you can

I'll tell you this: The spider never knew what hit him.

Two Choices

"Hello, Reverend Flahavan? This is the Internal Revenue Service. Is John Devaney a member of your congregation?"

"He is."

"Did he donate \$10,000 to the church?"

"He will."

One from Aunt Gussie

Late one cold night, Jack Gallagher was busy working away with his brother Sean when he said, "I always feel a bit sad when I take down the Christmas lights. But they'll look much better on our house. (submitted by Alice Green)

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Neighborhood public house since 1936 Voted best burger in Cleveland (twice)

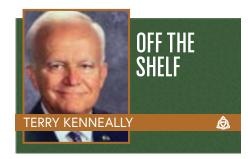
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Absolution

By Alice McDermott Farrar, Straus, and Giroux. ISBN 9780374610487 2023 324 pp.

↑ lice McDermott has long been Arecognized for her portraits of mid-20th-century life, with a



Americans. This writer first became familiar with her through her 1998 National Book Award for fiction,

<u>Charming Billy</u>, a study of the lies that bind and weight of familial love. Her fans may be startled then to find themselves plunged into 1963

Saigon at the start of her new novel,

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Patrice Campbell, LNHA

is Patricia Kelly (Tricia) and her

husband Peter, a naval intelligence Yorkers.

McDermott opens with an epigraph from The Quiet American, Graham Green's 1955 indictment of catastrophic blundering in postcolonial Vietnam. She delves into the lives and activities of the blunderer's wives during the last era in American life when being a "helpmate" was seen as a worthy fulfillment of feminine ambition.

The other woman whose life this story is about is Charlene, a practiced corporate spouse and mother of three, a talented hostess and determined altruist, on a mission to relieve the "wretchedness" she sees all around her in Saigon.

Tricia is a starry-eyed newlywed who, following a miscarriage, is swept up by Charlene into her cabal of other well-dressed do-gooder

American wives who descend on officer. They are Irish American New hospitals, orphanages, and a leper

Absolution

McDermott

colony, determined to relieve suffering no matter the cost.

The story is told n retrospect from a distance of 60 years in the form of letters between an older, widowed Patricia and Charlene's daughter, Rainey, long after Charlene's' early death. As the two relive their shared experience in Saigon, they are forced to come to terms with the way their own lives have been shaped and stunted by Charlene's

"inconsequential good."

The debacle of American involvement in Vietnam might easily have over determined McDermott's story and it is a measure of her skill that Absolution maintains an oblique relationship to the war. I rate this a TOP SHELF read. ●

Terrence J. Kenneally is an attorney and owner of Terrence J. Kenneally & Associates in Rocky River, Ohio. He received his Master's Degree from John Carroll University in Irish Studies and will teach Irish Literature and History at Elyria Catholic High School this semester.

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