

September 2022 • VOLUME 16 - ISSUE 9



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The Road Less Traveled

*Cleveland St. Pat's/St. Jarlath's Ladies Gaelic Football Club
Wins First U.S. National Championship*

ANNUAL CELTIC & IRISH FESTIVAL FOCUS ISSUE!

RETAIN



Judge Cornelius
O'Sullivan
COURT OF APPEALS



Judge Cornelius J. O'Sullivan, Jr.

Judge O'Sullivan is currently serving the people of Cuyahoga County as a Judge on the Eighth District Court of Appeals.

Judge O'Sullivan has more than 30 years of legal experience with over 25 years in civil litigation. He routinely handled large loss matters and has tried over 40 cases as the first chair attorney. His practice areas included catastrophic claims, general commercial liability, wrongful death, construction defect, professional liability, long term care, trucking and UM/UIM litigation. In 2015 he was named a Premier 100 Trial Attorney by the American Academy of Trial Attorneys. In 2020, Judge O'Sullivan was trained and certified by The Cleveland Mediation Center and became a Professional Mediator.

Judge O'Sullivan worked to establish the MacBride Principles in Cuyahoga County. He also served on the board of the Irish Music Academy of Cleveland.

Judge O'Sullivan currently serves as Director of the Flock Community Meals in Lakewood; an organization that prepares and serves 200 plus meals a month at two locations. He is a past-president of the Cleveland Association of Civil Trial Attorneys and was recognized by an international organization, DRI, for his exceptional service. In 2021, Judge O'Sullivan was named to the DRI Construction Law Steering Committee. The father of four Eagle Scouts, he is a Scout Leader in BSA Troop 287 in Lakewood, Ohio.

Judge O'Sullivan will be running in the November 2022 election and asks for your support!

In November, vote to retain Cornelius J. O'Sullivan, Jr. Judge for the 8th District Court of Appeals

Paid for by the Committee to Retain Judge O'Sullivan

AN HONOR ROLL

In 2016, twenty-three Americans drawn from a legacy of Irish-American activism were invited by John Dearie* to share their concerns for what Brexit might mean for Ireland. Since then, the ABC has worked to stimulate debate and to be a presence in awakening Americans to the damage of Brexit to Ireland's 32 counties. Our Brexit fears have been confirmed. The malevolence of the British Conservative Party, a subsidiary of the Ministry of Defense, is to secure garrison Ulster for the Crown for another 100 years. Hence, the importance of the criminal conspiracy bill in Parliament to bury the security services collusion killings and avoid the certain label of a 'State sponsor of terrorism.'

The ABC represents a small but select slice of Americans whose dedicated leadership in their respective organizations---Hibernians, Brehon's, Unity Conference, Irish Northern Aid, & Labor Coalition. They voluntarily shared their personal concerns and their good names to affirm that Britain is literally getting away with murder by undermining the Good Friday Agreement (GFA) and by damaging the Northern Ireland Protocol (NIP) of the EU-UK Treaty which has secured something for the six counties Britain has long denied - a measure of prosperity.

U. S. opposition to the colonial legacy that has crippled NI for decades has now produced a bi-partisan group of Members of Congress. They have publicly warned Britain their obstruction of N. I. democracy, their corruption of the rule of law and their systemic abuse of human rights and justice will have negative consequences for any prospect of a US-UK trade deal. Most of those at the initial formation of the ABC

will recall that was a point of leverage that all agreed might be used to show America meant business. President Biden has publicly supported the warnings to Britain and, importantly, another group, the Ad Hoc Committee to Protect the Good Friday Agreement, has formed with representatives from the political, economic, diplomatic and business world and has organized opinion in support of the GFA and EU principles.

At this time, the singular purpose for which the ABC was created has been achieved. Americans are 'woke' to British treachery and its public and private leadership are promising to do something about it. A final briefing will be held in NYC on a late weekend this November and all will be notified and invited.

Dearie's leadership involved most of those gathered. He inspired and enriched every part of America's response to British misrule. This included his demand for a Presidential Forum, the adoption of the MacBride Fair Employment Principles, a visa for Gerry Adams, the banning of the use of plastic bullets in NI, a Great Hunger curriculum option for schools in NYS and dozens of NYS Legislature Resolutions promoted by the NYS Irish-American Legislators Society that educated those far beyond the NYS as a call for action especially in extradition and deportation battles for victims of British cruelty...Pat Finucane and Rosemary Nelson, the 1981 Hunger Strikers, Joe Doherty, Malachy McAlister etc.

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Local Writers to Present Original Musical at West Side IA

Always the Horizon is the second work of musical theater written by Cleveland performing musicians Mike Shields and Terry McHale. The world premier of this show is being presented in conjunction with The West Side Irish American Club on Friday, September 30, 2022 at 8:00 pm in the main ballroom of the club at 8559 Jennings Road, Olmsted Falls, OH 44138.

The show, which is loosely based on Shields' family lore, tracks 16 years of post-Civil War travels of Nathan McHugh, the youngest son of an Indiana family of famine immigrants. It opens on an evening in May 1883 as Nathan, who left the family farm unannounced in November of 1866 on the day his father was buried, is returning to the homestead after almost 17 years with no family contact. His return is planned as he knows with absolute certainty that his mother will die on the following day. The story recounts how Nathan tells his older sister about his many experiences over the missing years. His travels have taken him to several historic events and

personalities, and one Cajun mystic who reveals a remarkable and peculiar truth about the McHugh family destiny.

To present the show, which the writers describe as Celtic Americana, Shields and McHale have enlisted a versatile group of familiar Cleveland area musicians who have made their reputations in a variety of area bands. These players include Rick Christyson, E B Michael, Brittany Reilly, Reed Simon and Ed Wheeler. The show narrator, playing the role of Nathan, is an accomplished and credited local and California acting talent, Brian Byers.

Tickets for the premier are \$15.00 and can be obtained at the West Side Irish American Club, online through Gordon Square's Artful Living Boutique (artful-livingboutique/store), or by contacting Terry McHale at ballinamick@hotmail.com. ●

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For JUDGE

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Court of Common Pleas,
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EDITOR'S CORNER

By John O'Brien, Jr.

@Jobjr

*In another younger day
I could dream the time away
In the universe inside my room
And the world was really mine from
June 'til September
And if it wasn't really so I was
lucky not to know
And I was lucky not to wonder why
Because the summer time
is all that I remember*

Summerfly, by Maura O'Connell



Rose Bridie and Colleen Conway

starts September 6th; Pittsburgh Irish Festival, at a brand new, fascinating location; Michigan Irish Music Fest; Bluestone AOH annual Picnic; The Mayo Ball; The Friel Sisters @Music Box; and Terry McHale's new book, *Always the Horizon* launch and talk at the West Side Irish American Club are just a few. Can we attend them all? Sounds like a challenge is being made ...

See the *What's the Craic?*, *Taking the Fields of Glory*, and the *Annual Festival Focus* pages within for all the craic. This is the last month of the Festival Focus series for the year – I hope you have gotten a good dose of the return to festifying, but September offers one last opportunity. There is so much going on worthy of your support and attendance, and so much more, with

the details, is inside.

In our leadup to the magnificent Mayo Ball, we inadvertently omitted Bridie Conway in our list of founding members of the society. Bridie has been a huge supporter of all the good things Irish in our community, and relentless in supporting *iIrish*; we are so blessed to have her in our corner, and so sorry for the omission!

iIrish is made in America with Irish roots. 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

The Irish in Action

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September 2022 Vol. 16 • Issue 9

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 - At Home Abroad
 - Behind the Hedge
 - Blowin' In
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 - Columbus Irish
 - Cooking Up a Hoooley
 - Crossword Puzzle
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iIrish is published monthly (12 issues a year) on the first day of each month. Subscription is by first class mail. 1 year \$36, 2 years at \$70, 3 years \$100. To subscribe go online at ilrish.us, or Email us at jobrien@ilrish.us, or call us at 216.647.1144 or mail to address below.

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CONTACT:
ilrish 216.647.1144
e-mail: jobrien@ilrish.us
or mail to: 14615 Triskett Rd Cleve OH 44111-3123
Subscriptions: jobrien@ilrish.us
On the Internet: www.ilrish.us
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PUBLISHERS STATEMENT
The opinions and statements expressed in this newspaper are entirely those of the authors, and do not reflect in any way the opinions of *iIrish*.

Circulation: 15,000 For a list of distribution points, go to www.ilrish.us and click on the word "Distribution."

LIVE MoreLife BE MoreiIrish

About Our Cover:
In only their 3rd year, the St. Pat's Ladies Gaelic Football Club has won their 1st GAA U.S. National Championship.
Photo by John O'Brien, Jr.




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Festival Focus 2022



20th Kansas City Irish Fest September 2 -4

Featuring: The Elders, Gaelic Storm, We Bajo 3, The Narrowbacks, Byrne & Kelly, Shane Hennessy, KCIF Mix Tape, Ashley Davis Band, Carswell & Hope, Seamus Kelleher, Aoife Scott, The Friel Sisters, Kian Burne, Eddie Delahunt,

Bob Reeder, Ella Harp, Gerald Trimble & Jamboroque, Calvin Arsenia, Tullamore, KC St Andrew Pipe & Drum, Eileen Gannon & Eimear Arkins, Jump 2 3's. Fans can follow the fest on Facebook, Instagram and Twitter. Crown Center Square – Downtown Kansas City: A complete list of performers and other info can be found on-line at www.kc-irishfest.com



31st Pittsburgh Irish Festival September 9-11, 2022

Featuring: The Bow Tides, Dennis Doyle, Enda Reilly, The Friel Sisters, Gaelic Storm, RUNA, The Screaming Orphans, Bastard Bearded Irishmen, Donnie Irish, The Low Kings, Wild Geese Reunion Show, Dancers, Pipe Bands and so much more.

Pittsburgh Irish Festival will be held at Carrie Blast Furnaces National Historic Landmark. "We could not be more excited to present this year's Festival at such a historic destination," said Mairin Petrone, Pittsburgh Irish Festival Executive Director. "The venue will provide a unique atmosphere where the region's only remaining non-operative blast furnaces will serve as the backdrop to the vibrancy of our annual Celtic Celebration."

The Carrie Furnace Company began operations in 1884, was acquired by Andrew Carnegie in 1898, and then purchased by J.P. Morgan in 1901, who created the U.S. Steel Corporation. It is currently owned by Allegheny County and managed by Rivers of Steel.

For more information on the Pittsburgh Irish Festival, to see photos, and watch video highlights, please visit www.pghirishfest.org. Visit

www.pghirishfest.org Facebook.com/ PittsburghIrishFestival Twitter: @pittsburghirish Instagram: @pghirishfest for info. Fun for the entire family.



21st Michigan Irish Music Festival September 15 -18

MIMF returns for its 21st year at the beautiful Heritage Landing in downtown Muskegon, Michigan on the shores of Muskegon Lake. The festival kicks off with a pub party on Thursday. Multiple stages and over twenty bands are planned for the weekend, featuring traditional, rock, and contemporary Irish music from local, regional, and Ireland-based acts.

Scythian, Old Blind Dogs, The Elders, Aoife Scott, Shane Hennessy, The Alt, Kittel & Co., Rory Makem, The Tossers, Friel Sisters, RUNA, Connla, The Irish Music All Stars, Blachthorn, The Moxie Strings, Kennedy's Kitchen, Enda Reilly Music,

Festival Focus 2022

Ian Gould, Crossbow, Conklin Ceili Band, The Barley Saints, Black Murray, Toby Bresnahan Music, Uneven Ground Traditional Celtic Music, and still more to come.

Plus: Irish food at the Celtic Kitchen, wee ones' activities, cultural workshops, dance stage, marketplace shopping, and craft beer/whiskey tastings. Thursday's pub preview party is a great value at only \$5, which features four bands on the pub stage.

Whiskey service will now be available at our three main bars and at an expanded craft beer area. MIMF will feature two cultural stages and the Irish Store and Marketplace return

for great "shopopportunities." Wee Ones' activities will be available, as well as a variety of food and Irish fare in our Celtic Kitchen. On Sunday, Catholic mass will be held at a new time, 11 a.m., and followed by a traditional Irish breakfast. For tickets and discounts (patrons save \$5 p/ticket online vs. the gate price), visit www.michiganirish.org. A four-day pass is also available online. Children aged 12 and under are free.

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Submit news, events, releases, memories, milestones, ads and pics for inclusion in the *ilrish* Out & About Monthly Events List, blurb features or the Coming Next Month Save the Dates List. **Due date is ALWAYS the 10th of this month, for the following month.**

Michigan Irish Music Festival
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We're Back

Sept. 15-18

One for the Foxes **The Tossers**
Aoife Scott Connla Shane Hennessy Moxie Strings
Scythian The Friel Sisters Rory Makem
Kittel and Co. **The Elders**
The Alt & Kevin Burke Old Blind Dogs
Runa Irish Music All Stars
and many more!

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OUT OF THE MAILBAG

By John O'Brien, Jr.

and choosing the peaceful alternative when offered choices, inspires me. His real facts educate me.

His new book, *This Will Be*, has just released. You can get it anywhere; I went online to Amazon, and it arrived less than a week later. Terry's perspective on this book and writing it, is in his own column, *Terry from Derry*, is on page 24. Always a great column, and well worth the truth and the insight every month, and, if you, like me, get the book.

"... *There are no easy answers in this work to our daily fears and struggles. If there is any truth to be found in this collection it is that while we can be self-destructive, we're more than simple lemmings looking for the nearest cliff,*" says Terry, in his back cover notes.

This Will Be

By Terry Boyle 2022. 45 poems, 64 Pages.

Terry Boyle has long been one of my favorite columnists, not just for iIrish, but for any publication. He has been there, through *The Troubles* and post, the faith, growing up in Derry and more. His perspective of trial by fire,



Terry's poems blend thought and action, perhaps taking responsibility for the result, as he centers to, and on, the desire to seek and be the light out of the darkness, for himself, certainly, but also for others in the same quest. Speaking to the reader, to God, to himself. "Dreaming it up" ... "in search of something more."

Introspective, wishful and wistful, full of hope, and weariness, and questions of it all, of not having overcome the wishes of the past tease and test throughout *This Will Be*.

Things at our core and other metaphors center around religion – not the rigid formal one, but the spiritual, self-improvement one in the desire to make this world a better one, for our having been here.

"... if you are looking for the truth It's inside of you These words point you back to yourself

The start and end of your journey happens right here."

"I saw myself clearly that day and, for once, didn't turn away."

I highly recommend *This Will Be* as a way to search yourself, but most of all, to realize others struggle as we do, and suffer, as we do, yet continue to seek

"A voice in the wilderness Crying our for ... " what we need.

"I've been writing a lot since the pandemic forced me to narrow down my world. Poetry as an art form has always been a favourite medium of mine.

"Throughout my undergraduate and postgraduate years, I've read and enjoyed some of the finest poets. Poetry can elevate our thoughts, bring comfort to our souls, and bring beauty to an otherwise stressful existence.

"I've always been attracted to language, and in this collection of poems, my aim has been to capture my feelings and thoughts in a changing world. The flavour of some of the poems, if not most, is spiritual in nature without trying to sound preachy. I believe in the uncertainty of faith."

COMING NEXT MONTH: OCTOBER 2022

Bringing you the movers, shakers and music makers in our community each month. Sessiúns: See *What's the Craic* for a new, updated list!

2nd - Shamrock Club of Columbus General Meeting

3rd - #iIrish eBulletin drops in your inbox at 3:10 p.m. Signup: [ilrish.us](https://www.ilrish.us) #iIrish #LiveMoreLifeBeMoreIrish #iIrishAmerican #Shenanigans

4th - Yom Kippur Begins at Sundown- 10th - Irish American Club East Side Monthly Meeting

17th - #iIrish eBulletin drops in your inbox at 3:10 p.m. Signup: [ilrish.us](https://www.ilrish.us) #iIrish #LiveMoreLifeBeMoreIrish #iIrishAmerican #Shenanigans

20th - West Side Irish American Club (WSIA) Monthly Meeting

26th - November issue of iIrish hits newsstands and online at www.ilrish.us

30th - Sully's 11th Annual Wake

Cleveland Author Dennis Hickey Launches



"Betwixt & Between a Night and a Dream"

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1. A value added tax applied to goods bought in Ireland.
2. Crough Patrick
3. Bird sanctuaries
4. Cork
5. Neutral
6. Christ Church Cathedral, Dublin.
7. Derry
8. Borstal Boy
9. Brian Friel
10. The Taylor and Ansty by Eric Cross, published in 1942.





By Megan Lardie

KIDS CRAIC

"Peace begins with a smile." - Mother Teresa

As September brings us back to school, it also brings International Day of Peace, which is recognized all over the world, including the United States and Ireland. It is always celebrated on September 21st.

Peace Day was started by the United Nations in 1981 as a day for nonviolence. The United Nations is an organization made up of several different countries from around the world. Its purpose is to maintain peace and security, have friendly relationships among countries, achieve international cooperation, and be a center for harmonizing the actions of all nations.

The United Nations was started after World War II and its goal was to prevent future wars. The United Nations also protects human rights, delivers humanitarian aid, such as food to people that are starving, promotes sustainable development, and upholds international law. When the United Nations was started it had fifty-one countries as part of its membership. South Sudan was added in 2011 and now there are one hundred ninety-three countries, which is almost all the countries in the world.

End Racism. Build Peace

The theme of International Peace Day for 2022 is, "End Racism. Build Peace." Racism is when people are treated differently because of their skin color, or gender, or background, or what they believe. This can be things like refusing to play or sit with someone who is different or making fun of their clothes or the way they look, or the way they act.

The United Nations is inviting everyone to join their efforts to build a world of peace and a world of compassion and empathy. This means understanding what another person is struggling with and wanting to help them in some way instead of making fun of them or leaving them left out on their own. Peace begins when you make a commitment to yourself to be non-violent, to help a person in trouble,



by letting others know how to feel calm, and by having faith that the world is a good place.

Inner Peace

In order to build a peaceful world around you, you need to find a way to have inner peace within you. With all that is going on in the world today, that sounds like a difficult task!

There are many ways you can learn to have inner peace. One of the easiest is to do some deep breathing. Another way is to do yoga. There are classes that you could sign up for around town or you could go to You Tube and find several yoga videos.

Taking some time to do some writing is also good for inner peace. You could keep a journal of all of your blessings, or a list of things to do that make you happy or write about how much you are loved and cherished.

Some other things to do to find inner peace could be to unplug from technology for a few hours or a few days, help a neighbor or family member without expecting anything in return, or spend some time in nature. Some of the bigger challenges of finding inner peace are to learn to be content with what you already have and stop thinking you need more, take responsibilities for your actions, and learn to accept things that you cannot control. The biggest and sometimes the hardest challenge to find inner peace is to love yourself. You are a wonderful person! ●



Kids in the Kitchen

Peanut Butter Chocolate Crunch Bars

Ingredients

- 1 cup peanut butter
- 1/3 cup maple syrup
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/4 tsp vanilla
- 3 cups rice cereal
- 1 bars of dark chocolate
- 1/2 tbsp coconut oil
- flakey salt (sea salt or kosher salt)

Directions

In a large bowl, combine the peanut butter and maple syrup.

Microwave them so they soften and combine easier with the rice cereal.

Add the salt, cinnamon, and vanilla to the peanut butter and maple syrup mixture.

Then add 3 cups of rice cereal. Combine well and transfer to a pan. Set aside.

In a new bowl, break apart your chocolate and add the coconut oil. Microwave until the chocolate melts. Then spread the chocolate over the rice crispy bar.

Refrigerate the bars until the chocolate hardens.

Then cut them up, sprinkle some flakey salt and enjoy! ●

Literature Corner



All People Are Beautiful

by Vincent Kelly

Children can see differences very early. In this book, kids are introduced to multicultural differences and can see what makes each person unique. By using creative rhymes and illustrations, children will delight in the many ways they learn to honor how being human brings us all together.

Children will learn that community is what brings us all together and will have the opportunity to practice through the many activities in the book. They can try speaking a different language, design their own character, and their own flag. For ages 4-8. 36 pages.

Megan is a Reading Intervention educator at Andrew J. Rickoff Elementary in the Cleveland Municipal School District. She holds a BA in Humanities from Hiram College and a BA+ in Early Childhood Education from Ashland University. She may be reached at meganlardie126@outlook.com

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MILESTONE & SWEET SNAPS



Happy 25th Anniversary to Maureen and Bob Graney.

Congratulations on John and Rita Lally's 55th Wedding Anniversary



ON THIS DAY IN IRISH HISTORY SEPTEMBER

3 September 1972 - Mary Peters of Belfast took the gold medal in the women's pentathlon at the Olympic Games in Munich with a world record 4,801 points.

9 September 1922 - The Third Dail Eireann assembled (until 9 August 1923). W.T. Cosgrave was elected president. Anti-Treaty deputies implemented a policy of abstentionism.

13 September 1819 - James Hack Tuke, Quaker, best remembered for his philanthropic work in Ireland during the Great Famine, was born in York.

14 September 1911 - Canon James McDyer, priest and community leader, associated with Glen-Colmcille, Co. Donegal, was born in Kilrainne Glenties, Co. Donegal.

20 September 1920 - Kevin Barry, 18, is captured during the ambush of a British army truck. He is sentenced to death; his execution on November 1 outraged public opinion in Ireland and throughout the world. He became a celebrated martyr and a ballad bearing his name is popular to this day.

23 September 1869 - Mary Mallon, also known as "Typhoid Mary," who is believed to have infected over fifty people (three of whom died) over the course of her career as a cook in New York, was born in Cookstown, Co. Tyrone.

24 September 1880 - Mayo landlord Captain Charles Boycott attempts to exploit workers on the land he manages and is sent to "Moral Coventry" (or boycotted) by the local rural community.

27 September 1662 - An "act for encouraging Protestant strangers and others to inhabit and plant in the Kingdom of Ireland" is passed in the Irish Parliament under Charles II.

29 September 1908 - Birth in Co. Down of Greer Garson, actress and Academy Award winner for her title role in Mrs. Minniver.

30 September 1893 - Birth in Ballinalee of Sean Mac Eoinn, politician and soldier, who came to prominence in the War of Independence.



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TAKING THE FIELDS OF GLORY

By Vincent Beach

Midwest Gaelic Athletic Association

Midwest News

Last month's issue included score updates through July 9th. July 16 - Cleveland hosted the Hurling blitz. Game 1 was Cleveland versus Buffalo, where the hosts were flying, 5-10 (25) to 0-5 (5). Akron then faced the Pucas of Pittsburgh, playing a tight opening to the game, but the Pucas were able to pull ahead 2-24 (30) to 1-1 (4). The final game saw Cleveland play Rochester. Cleveland again won, 4-9 (21) to 4-1 (13).

July 23 - it was Pittsburgh's turn to host the hurling and camogie blitzes, plus a ladies' football game. Na Laochra fell in the first match to the Lady Saints camogie team. The Pucas then paired off against Akron and won, 5-15 (30) to 3-10 (19). The ladies were then back on the field for football, and it was Cleveland again over Pittsburgh. The final match saw the Pucas back on to face Cleveland in hurling. The weather held all day until halftime of this game.

After an extended break, the lads were back on the pitch. The Pucas finished the season 5-0 after beating the visiting Saints, who fell to 4-1.

July 30 - Men's football closed out the season, with the Celtics playing Na Fianna in Buffalo and the Saints playing away to Cincinnati. It was a hard-fought match; Cincinnati bounced ahead early in the game, but Cleveland clawed back to finish 6-15 (33) to 3-15 (24). Up in Buffalo, Pittsburgh rolled on to finish the season unbeaten in the central pool.

Midwest Finals Results August 6-7.

Results from Rochester, NY.: Pittsburgh Celtics won the men's football



U13s Chicago-Cleveland - (Middle Row) Conal Gannon (center), Parker Kaylor (right) - Top Row (L-R) Liam Shea (2nd), Ambrose Beach (4th), Ashoka Kerns (6th), Andrew Kilbane (7th).

final over Detroit. The Celtics will go on to represent the Midwest Division at the Intermediate level and the Wolfetones will represent at Junior D for the USGAA Finals. In Sunday's consolation match, Cleveland beat Na Fianna to secure the men's Junior C spot for the USGAA Finals.

There was also a playoff for the Men's football developmental level, Junior D, where Pittsburgh Celtics beat Rochester Gaelic. For ladies' football, the Banshees had to first beat the Buffalo Fenians before beating Cleveland in the final. The Banshees will represent the MW at Junior B, while Cleveland will represent at Junior C.

In hurling, the Pittsburgh Pucas won again against the Cleveland Saints. The Pucas will represent at Junior C while Cleveland will continue to represent at Junior D. And, in camogie, Na Laochra beat the Saints to secure the Midwest title.

Both clubs will go on to play at the USGAA finals at the developmental level. The MW Finals were well attended and congratulations to all of the clubs on a great year. The division has come out of the pandemic stronger and more vibrant than ever before.

Continental Youth Championships, July 28-31

Cleveland and the Midwest represented well at the CYC's in Chicago. At the U9 level, Cleveland's Ewan Kerns,

Rose Kilbane, and Cedric Beach, along with Detroit Harps' Ronan Donohue joined up with the Toronto Chieftains. The amalgamated team went on to play in the shield championship on Sunday and won the first hardware.

At U11, Cleveland fielded a full team with Detroit Harps' Ronan and Cillian Donohue joining the attack. The U11's were able to pull off one win over Toronto and fought hard in two tight matches against Chicago Celtics.

At the U13 level, the Midwest boys joined with the Chicago Celtics - Cleveland's Ambrose Beach, Conall Gannon, Ashoka Kerns, Parker Kaylor, Andrew Kilbane, Detroit's Declan O'Connell, and Buffalo's Brendan Shea. Beach was a work horse up front while Shea provided shutdown defense and quality deliveries to the front line. The U13's were also competitive in a few games, but unable to secure hardware.

The U13 Midwest Ladies joined with Glenside and Chicago Celtics; Cleveland's Sarah Dysert, Bernadette Beach, and Amelia Dietz along with Detroit Harps' Aoife Donohue. The ladies made it to Sunday in a highly competitive game but fell short in the closing minutes.

At U15, the Midwest joined again with the Toronto Chieftains - the Midwest U13's played up along with Cleveland's Jackson Kaylor, Buffalo's Liam Shea, and Detroit Harps' Pdraig Donohue. The U15's played one of the most exciting games of the



U13s Sarah Dysert, Aoife Donohue, Mia Dietz, and Birdie Beach.

weekend in a back-and-forth match with Chicago Celtics on Saturday. Cleveland's Ambrose Beach broke out with three goals and a point in the win that secured the shield match position on Sunday. They went on to lose the final, but again played strong. The Midwest also had representatives at the higher grades with John Shea of Buffalo and Cormac Moloney of Detroit.

USGAA United States National Finals August 19-21

Go n-éirí leo - good luck to all the Midwest clubs.

October Sports

Akron will host their Al O'Leary Hurling and Camogie Tournament on October 1st. Cleveland will host their annual Golf Outing on October 15 - reach out for more information, to schedule a foursome, or to advertise.

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.

Vincent Thomas Francis Xavier Beach is a proud Greater Cleveland and emigrant of Michigan. He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA. His Irish is a cross of dialects from the University of Cincinnati and An Cheathrú Rua. With his wife, Michelle, he enjoys watching time absolutely fly by as their children, Ambrose (13), Bernadette (11), and Cedric (8), grow. His other hustles are coaching CYO basketball at St. Mary of Berea, coaching soccer in Olmsted TWP, teaching Construction Management at CWRU, and laying down some engineering skills on local water/wastewater projects.

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MADIGAN MUSES

By Marilyn Madigan

A Special Thank You to Pittsburgh

I would like to thank Denny Maher, Eileen O'Malley and the entire Pittsburgh Hibernian Convention Committee. This committee did an outstanding job with the 2022 National Hibernian Convention.

This was the first Convention since 2018. The Committee faced many challenges planning such an event during the worldwide pandemic of covid. The Committee worked very hard for over two years to make

sure that all their Brother and Sister Hibernians had a wonderful experience.

From the moment I arrived, the committee made me feel welcomed and that Pittsburgh was my home for the next week. The events planned were outstanding.

The Ice Breaker featured a Pittsburgh Tradition, the Cookie Table. I have been at other Pittsburgh events, but they really surpassed any previous cookie tables that I remember. The entertainment at all the events was spectacular. The Committee highlighted their city and demonstrated what a group of Hibernians can do united for a common cause.

On Thursday, my division, Our Lady of the Rosary Cleveland, and the LAOH Ohio State Board, with assistance from my Brothers of the Boland Berry Division, hosted a very successful Party to celebrate my election as national president. This party will be remembered for years.

A very special thank you to my good friend and Hibernian Sister, Patty Lavelle, for making all the

arrangements. Entertainment was provided by Mary Agnes Kennedy. My division is very lucky to have her, as she is always willing to share her musical talent.

Thank you to all my Sisters who provided the bakery. Again, our Brother and Sister Hibernians of Pittsburgh made Clevelanders feel welcome in their city. I cannot thank the Brothers and Sisters of Division 23 enough for opening their Hall for us to celebrate. The hospitality of Division 23 Pittsburgh will always hold a special place in my heart. ß

I would like to thank the Delegates at the Convention for electing me as the National President of, in my opinion, the greatest Irish organization of women dedicated to their faith and heritage. I am honored and humbled to serve the members of the Ladies Ancient Order of Hibernians. We are the heart of Irish America. Working together the members of the LAOH will make an impact on Irish America.

I am very honored to work with the LAOH National Board. Again, I would like to thank the Brother and Sisters

of Division 23 for opening their hall to the LAOH Board for a post convention event. They made us feel at home as we start our journey together in leading the LAOH. Special thanks to Kathleen Diulus for suggesting the Hall for the event.

The Brothers and Sisters of the Pittsburgh Convention demonstrated what Hibernians can do together. As National President, I and my Sister Hibernians look forward to working with the National Board of the AOH and all our Brother Hibernians. We are the Hibernian family; together in Friendship, Unity and Christian Charity. ●

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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TOLEDO IRISH

By Molly McHugh

Irish Boy Band Comes to Toledo

Have you ever heard of the saying, "It runs in the family"? Well musical and dancing talent exudes from the Byrne family, hailing from County Donegal. Between the three brothers and their father, who make up the Byrne Brothers band, the four of them bring the bodhran, whistle, banjo, mandolin, accordion, guitar, uilleann pipes, bagpipes, fiddle, vocals, and step dancing to life on stage.

I'm exhausted just writing that! However, I'm lucky to have had the pleasure of witnessing all of their show live in person at the Blarney Irish Pub in downtown Toledo.

The band is made up of three brothers, Luca 18, Finn 16, and Dempsey 12, along with their dad Tommy (who is 'ancient') according to their website. While the family is from Donegal, they moved to Orlando, Florida in 2018, and they have been part of the 'festival circuit' since then.

The Byrne Brothers have also won several awards, such as "Rising Stars of the Year 2021" and "Best CD Cover of 2021" for their album, Living the Dream," given by American Celtic Ra-



dio listeners, and "Young Artist Academy Award winners for Music Ensemble 2022" awarded from Hollywood.

The Byrne Brothers put on a fabulous show for Toledo, utilizing all their instruments and vocals, and they let their fun personalities shine through, each in their own way. Dempsey was quite the joker and filled the rooms with laughs. Luca impressed on the accordion, and dad Tommy took the lead on vocals.

Tommy Byrne joked that he was glad he could still be part of a 'Boy Band.' The joke came up in various capacities throughout the night, so much so, that Kelly Zawierucha, President of the

Toledo Irish American Club, presented them with a Byrne Brothers Boy Band poster at the end of the show. The crowd, and the Byrne Brothers, were in stitches.

Another crowd pleaser was performing the dance, "Siege of Ennis." Have you been to an Irish wedding? If so, you have probably danced this yourself in the wee hours of the night. The Siege of Ennis is a dance based on the town 'Ennis' in County Clare in Ireland.

It is known as a progressive dance, due to the dancers changing and forming a different line of dancers after each repetition of the sequence. The Byrne Brothers rounded

up eight audience members to dance, well actually teach, the Siege of Ennis to, and everyone did very well! I can still hear the words in my head now... in 2,3, in 2,3 back 2,3 back 2,3. It brought me right back to the many Irish weddings I attended.

If you are not able to see the Byrne Brothers live, check out their latest album, "Living the Dream." Finn is also a composer and wrote six of the tunes on the album. One of the songs they performed was Yvonne's Waltz, and the tune was so lovely. Speaking of weddings, it reminded me of a song you would hear a beautiful bride walking down the aisle to.

Due to the pandemic and all their festival engagements, the Byrne Brothers have not been back to Ireland since they moved to Florida, however, they are planning a return trip in April of 2023. The bonus is that the trip is an 'Irish Tour,' so you can go with them! Dates are April 23rd - April 30th, and the tour will stop in Dublin, Donegal, Galway, and Clare, with many adventures along the way. More information is available on their website.

Thank you to the Toledo Irish American Club for bringing the best Irish Boy Band to our city! ●

Molly McHugh is a Toledo native and holds her MSc in Strategy, Innovation and People Management from National University of Ireland, Galway. Molly can be reached at molly.mchugh16@gmail.com

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TOLEDO

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Contact Jobrien@ilrish.us for more information.



Gormley's Pub - 2nd Sunday of the month, 5 to 8. 19500 Center Ridge Road, Rocky River, OH 44116

The 1035 Club - 1st Saturday of the month 1-3. 1035 Bridge Street upstairs, Ashtabula, OH 44004

The Harp - 1st Friday of every month, 9pm 4408 Detroit, Cleveland 44113

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

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

Blarney Stone Tavern - Sundays: 6 - 9. Skill levels intermediate to advanced/professional, however all welcome. 2245 West Dublin-Granville Road Worthington, OH 43085

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

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

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SPEAK IRISH

By Bob Carney

@BobCarneyGTR

Regular Verbs

Cén chaoi a bhfuil sibh? Tá súil agam go bhfuil tú go maith. How are y'all? I hope you're doing well. Irish verbs start off in their root form or command form, which is how you say a verb when giving an order. Unlike English, Irish does not use an infinitive form such as "to do" or "to be", and you don't need to use any pronouns. There is a distinction between singular and plural, so different forms are used when giving commands to one person or more than one person.

Singular Irish Commands Plural Irish Commands

tóg (toeg) take tógaigí (toeg-uh-gee) y'all take
éist (aysht) listen éistigí (aysht-ih-gee) y'all listen
féach (fay-uk) look féachaigí (fay-uk-uh-gee) y'all look
siúil (shoo-ihl) walk siúlaigí (shool-uh-gee) y'all walk
rith (rih) run rithigí (rih-hih-gee) y'all run
labhair (lau-wer) speak labhraigí (lau-wruh-gee) y'all speak
scríobh (shkree-uv) write scríobhaigí (shkree-uv-uh-gee) y'all write
ól (oel) drink ólaigí (oel-uh-gee) y'all drink
ceannaigh (kya-nee) buy ceannaigí (kya-nuh-gee) y'all buy

When giving a command to more than one person, you add the endings "-igí" or "aigí" to the end of the root verb, sometimes the root verb will drop its ending or drop a vowel from its ending or sometimes even add a vowel. There are patterns to these changes and will be studied as you continue in your Irish language studies.

We can also make a command negative, like we do in English, "Don't be bad". All you need to do is put the

word "ná" in front of the command verb, you can use it for singular or plural. It does not cause any changes to the verb unless it starts with a vowel, then h- would precede the verb.

Negative Commands

Ná bí dána (naw bee dahn-ah) Don't be bold (don't be bad)
Ná siúil (naw shoo-il) Don't walk
Ná tógaigí (naw toeg-uh-gee) Don't take

Ná h-ól (naw hoel) Don't drink
Ná bí ag caint (naw bee ag kynt) Stop talking

Clarification is very important. When my boys were younger and living at home I had to be very specific. "Oh, you wanted us to shovel the walk today? Sorry, we thought we could do it next week."

Object Pronouns

É (ay) he or it
Í (ee) she or it
Iad (ee-ud) they

Time Vocabulary

Inniu (inn-yoo) today
Amárach (uh-mah-rahk) tomorrow
Anois (uh-nesh) now
Anois díreach (uh-nesh jee-rahk) right now
Níos déanaí (nees jee-nee) later

Specific Irish Commands

Tóg é anois díreach! (toeg ay uh-nesh jee-rahk) Take it right now!
Déan deifir anois (dane def-her uh-nesh) Hurry up now.
Ná h-ól an t-uisce inniu. (naw hoel un tish-ka inn-yoo) Don't drink the water today.

Ná tóg na boscaí amárach. (naw toeg naw bus-kee uh-mah-rahk) Don't take those boxes tomorrow.

We can say where we want something done. Location words would come right after the verb or the verb and noun. If you use a pronoun for it or they, the pronoun is pushed to the end of the sentence.

Tar isteach anseo. (tahr ish-tahk un-shuh) Come in here.

Féach faoin mbord. (fay-uk fween mord) Look under the table.

Ná siúil faoi. (naw shoo-il fwee) Don't walk under it.

Irish Commands for Pets

Suigh (see) sit
Suigh síos (see shees) sit down
Tar (tahr) come
Tar anseo (tahr 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 (cue-ness) quiet
Bí ciúin (bee cue-inn) be quiet

PRaise FOR PETS

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

Cailín maith (kuh-leen mah) good girl

Other Useful Irish Verbs and Phrases

Dún an doras (doon ahn dor-us) close the door

Éirigh (eye-rig) get up or rise
Ná bí dána (nah bee dahn-uh) don't be bold (bad)

Imigh leat (ih-mig lyat) go away (bugger off)

Fan liom (fahn lum) wait for me
Tabhair cabhair (taw-ur kaw-ur) help him

Tabhair dom an cupán sin (taw-ur dom ahn koo-pun shin) Give me that cup.

Seo dhuit (sho gwit) Here you are. I hope you will use some of these verbs on a daily basis. By adopting one or two at a time into your daily vocabulary, your familiarity with the language will grow. Remember you can use Irish no matter who you are speaking with, my dogs will back me up on that!

SLÁN GO FÓILL! ●

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

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ILLUMINATIONS

By J. Michael Finn

Battle of the Ford of the Biscuits

"He was the bulwark of valor and prowess, the shield of protection and shelter, the tower of support and defense"

The Battle of the Ford of the Biscuits began the Nine Years War in Ireland. The Nine Years War took place from 1594 to 1603, during the reign of Queen Elizabeth I. It was fought by an Irish alliance, led by Hugh O'Neill of Tyrone and Red Hugh O'Donnell of Tryconnell. Opposing them were the forces of

the English Crown led by a long line of failed commanders.

As part of the Tudor conquest of Ireland, a policy of "surrender and regrant" was introduced in Ireland. Gaelic chiefs were encouraged to surrender their lands to the king, and then have their lands regranted (returned) as freeholds, paying rent under royal charter if they swore loyalty to the Crown. In return for this they would be protected from attack. This strategy was the primary non-violent method for the English administration to subjugate Irish clan leaders.

Fermanagh

The Gaelic territory of Fermanagh had been made a county by direction of Queen Elizabeth I, and was under the jurisdiction of the English Lord Deputy, William Fitzwilliam. English law was imposed. Hugh Maquire, the hereditary Gaelic chief of Fermanagh, was opposed to the introduction of English law in his territory.

In the summer of 1593, Maguire launched a revolt by raiding lands held by the English. In response, the English sent a force under the Marshal of Ireland, Sir Henry Bagenal, to Fermanagh. The leading Gaelic lord of Ulster, Hugh O'Neil of Tyrone, reluctantly led a small



Enniskillen Castle, County Fermanagh

force into the field alongside his brother-in-law, Bagenal. They defeated some of Maguire's forces at the Battle of Belleek in October 1593.

Maguire's capital at Enniskillen was taken after a nine-day siege in February 1594 by an English force led by Captain John Dowdall. He massacred the 150 Irish occupants after they had surrendered.

The fall of Enniskillen enraged Maguire, who embarked on a larger campaign of raids, burnings and plunders against almost every English town or fort within reach. Irish nobles who had surrendered to the Crown were also targeted.

English troops and settlers found themselves cut off and hemmed in from the constant warfare. The territories of Fermanagh, Monaghan and large parts of Ulster were affected, with Hugh

O'Donnell and those O'Neill's loyal to Maguire joining in the attacks.

In late May, 1594, a force led by Hugh Maguire, Cormac MacBaron O'Neill (Hugh O'Neill's brother), and Red Hugh O'Donnell laid siege to Enniskillen. An English relief force was organized and sent to help the besieged garrison.

The English relief force was under the joint command of Sir Henry Duke and Sir Edward Herbert. The party also included John Dowdall, who was the commander of the force that had taken Enniskillen in February. The English force was made up of 600 infantry and forty-six horsemen. Duke and Herbert believed 646 men to be insufficient and wrote to the Lord Deputy Fitzwilliam that, "to go without a thousand men at the least, we shall dearly repent our going." No reinforcements were sent by Fitzwilliam.

Enniskillen

The column set out from Cavan on August 4, 1594. Transporting relief supplies, the army was expected to take four days to march the twenty-nine miles north to Enniskillen. It included pikemen, as well as soldiers armed with early firearms (musket and arquebus). When Maguire's forces surrounding Enniskillen learned of the relief column, they moved to intercept it with approximately 1,100 men, which included cavalry, light infantry, and Scottish mercenaries, known as Redshanks.

On the evening of August 6, 1594, the English column made camp five miles south of a ford on the River Arney. That night the English camp was harassed by Irish gunfire. As a result, the English troops were poorly rested when they set out on August 7 to relieve the garrison.

As the English column made its way north to the River Arney, it was harassed on both sides by Irish soldiers armed with javelins (spears). The English infantry escorting the supply wagons for Enniskillen marched straight into an ambush. At around 11:00 am, the head of the column reached the river ford. Without warning, intense Irish gunfire tore into it from hidden posi-

tions on the opposite bank. Maguire and MacBaron O'Neill then attacked the rear of the column with the bulk of their forces.

The rear body of English pikemen was hit by volleys of close-range gunfire, causing it to fall apart. The Irish pikemen and Scots mercenaries then charged the rear of the column. The English at the front charged into the River Arney. The rest of the column, including the relief wagons, hastily followed across the ford abandoning their supplies.

With most of the supplies now in the river, the English decided their only option was to retreat. However, their retreat to the ford was met with renewed gunfire. The disintegrating English army had to run along the river and cross at another ford, leaving behind their weapons and armor. These were quickly acquired by the Irish forces.

The Irish victory is known as the Battle of the Ford of the Biscuits. The unusual name came from the hard biscuits intended to be used to replenish the food supply of Enniskillen castle. The biscuits were dropped by the fleeing English in the River Arney. Drumane Ford across the Arney has been known as the Ford of the Biscuits

since the battle.

In the battle, fifty-six crown forces were killed and another sixty-nine injured, before the force retreated into County Sligo. Irish losses were minimal. When Enniskillen heard of the defeat of their relief column, they surrendered the castle back to Maguire's forces.

Some historians have suggested Maguire's rebellion served as a proxy-war to focus English attention and military strength in Fermanagh, while Hugh O'Neill strengthened his position elsewhere in Ulster, before breaking into open warfare against the English. Six months after the Battle of the Ford of the Biscuits, Hugh O'Neill's army, including Hugh Maguire, went into open rebellion, triggering the full outbreak of the Nine Years War, which lasted until the Irish defeat at the Battle of Kinsale in 1602.

Hugh Maguire, Lord of Fermanagh, served Hugh O'Neill as an important cavalry commander during the Nine Years War. He commanded the Irish cavalry at the Battle of Clontibret in 1595 and the Battle of the Yellow Ford in 1598.

On March 4, 1600, while scouting near Cork, Hugh Maguire encountered

the English soldier Sir Warham St. Leger. In the ensuing hand-to-hand skirmish, St. Leger shot Maguire, and Maguire fatally drove his lance into St. Leger's skull. Hugh Maguire later died of his wounds on March 13, 1600.

The Annals of the Four Masters

The *Annals of the Four Masters* (1630) eulogized Maguire as follows: "He was the bulwark of valor and prowess, the shield of protection and shelter, the tower of support and defense, and the pillar of the hospitality and achievements of the Oirghialla (a great Ulster clan) and of almost all the Irish of his time." ●

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 also Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on Irish and Irish-American history; Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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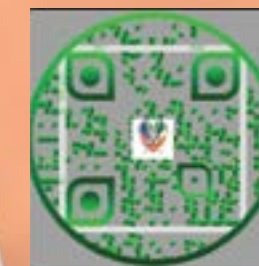
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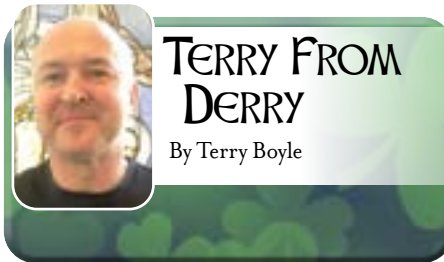




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TERRY FROM DERRY
By Terry Boyle

This Will Be

Over the past year, we have all had opportunities to reflect, hope despair and hope again. The world has appeared to right itself, then tilt off course, and back again. We've survived a pandemic, only to find ourselves with greater problems.

We now have a climate crisis that we could've averted but didn't. One virus of multiple strains has been met by another new virus. Much of what we thought was secure and immovable is no longer as steadfast.

In the Jewish calendar, there is a day, Tisha B'Av, which is a day of mourning. On this fast day, Jews call to mind the various atrocities they have had to face as a people, and in particular the destruction of the two temples. While this sort of recollection sounds depressing, it's an opportunity to remember that there is hope.

Hinduism

Hinduism celebrates the cycle of creation, sustaining and destroying in order to re-create. When I think of these ideas, I see the value of understanding that even in the middle of loss, there is reason to hope. When we were going through the worst of the pandemic, we lost much of what we took for granted. Some of us lost people who were close to us.

It's never easy to deal with the loss of a loved one, but when it comes to material things, they can be replaced. Losing material conveniences might not be a bad thing, and this is where the destruction of one thing can give us something more enriching. And, it has been these ideas that have led me to finally publish a book of my poems.

I've been writing a lot since the pandemic forced me to narrow down my world. Poetry as an art form has always been a favorite medium of mine. Throughout my undergraduate and postgraduate years, I've read and enjoyed some of the finest poets. Poetry can elevate our thoughts, bring comfort



to our souls, and bring beauty to an otherwise stressful existence.

I've always been attracted to language, and in this collection of poems, my aim has been to capture my feelings and thoughts in a changing world. The flavour of some of the poems, if not most, is spiritual in nature without trying to sound preachy. I believe in the uncertainty of faith.

When it comes to matters of faith, I'm at a loss to define what motivates me to believe, but I choose to hope that my faith is not redundant. If anything, the collection spotlights the struggle that believing requires. Like the biblical Jacob, we wrestle with things that we cannot fully understand and sometimes that hurts more than it should.

I'm always fascinated by what people believe in, whether it is a 10-step program or a religious practice. People find something that works for them, and while I marvel at their belief, I've never found anything that has been so neatly packaged that I've liked. I've listened to enough self-help philosophies, and new age dynamics to know that my skepticism refuses to be silenced these ideas.

I tend to think that there's a little bit of truth in all of these ideas, but nothing is ever completely true. The human experience can be a constant whiplash of contradictions. We would all like to think ourselves good but hate it when we're exposed as less than what we thought. And, it is for this reason that I use a number of conversation pieces between myself and Moses.

Of course, my Moses is not of the

Charlton Heston variety. No, he's a modern plodder like the rest of us who is trying to make sense of the world. In some ways, he's a mentor or a guide who doesn't provide any easy answers and sometimes no answers at all. What he does offer, which reflects the purpose of the collection, is to validate our doubts, fears and uncertainties as part of being human.

Irish Humor

And, while this all sounds pretty deep and heavy, I'd like to think it's also got that wink-of-the-eye humor that we Irish love so much. It's not beyond Moses, the wise sage, to take the Mickey out himself or indeed me. As a teenager, I was sometimes criticized for being too serious or I had my head in the clouds.

While these statements sound like criticisms, and at the time I thought that they were, I've come to see that being serious doesn't have to exclude humor. If we can't laugh at ourselves, we've lost something of the joy of life. As far as having my head in the clouds, that's probably still true today. It seems that I don't like the smog and the pollution of ground zero enough to live in it all the time.

The poems reflect an inner journey; no, not to find myself, that would be a lost cause. It is more of a journey to discover that what I think and feel is thought and felt by so many other people. We are not alone in this pilgrimage towards understanding. And that message in itself is worth putting into verse.

When it came to choosing reviewers for the collection, I chose people who would be fair and honest about the work. Among those reviewers, there is a retired Anglican Bishop, a scholar of English literature, a rabbi, and a good friend on who I modeled my character Moses. I'm hoping that this article doesn't sound like a shameless promotion, but more an invitation to find others who think and feel the way I do when it comes to spirituality.

You can hear some of the poems on YouTube (<https://www.youtube.com/channel/UCwP7ynN3Y2cKt5a-ue-I3VQ>) The collection entitled *This Will Be* is available from the publishers WIPF and Stock <https://wipfandstock.com/> and from Amazon. ●

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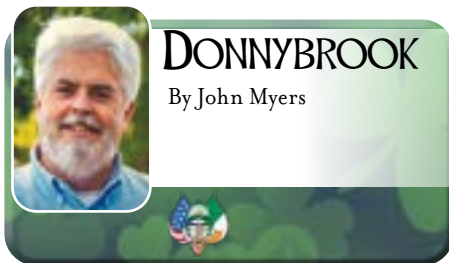


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DONNYBROOK

By John Myers

Diamonds, Blackjacks & Shamrocks

This month is the 75th anniversary (diamond) of one of the biggest armed robberies in Ohio history, according to Anthony Verdone, a third-generation proprietor of the La Vera Party Center on Chardon Road, in Willoughby Hills, Ohio. His grandparents, Larry and Vera Gaudio, bought the property from Thomas J. “BlackJack” McGinty in 1950, when the property was known as the Mounds Club, the swankiest night club and gambling operation between New York and Chicago.

Blackjack McGinty (1892-1970) was

second generation Irish growing up in Cleveland’s legendary Irish, Old Angle (St. Malachi & Cuyahoga River) neighborhood. He was a first-rate featherweight boxer and a contemporary of World Champion Boxer Johnny Kilbane.

McGinty’s boxing career was cut short in 1911 due to injury. He married Helen McGrew; they made West 69th Street home in Cleveland’s Detroit-Shoreway neighborhood. After his boxing career ended, he translated his fighting skills to other forms of entertainment, such as gambling.

He operated a cheat spot at 2077 West 25th Street, near the West Side Market (likely the site of new Truss Event Venue).

He had many a “visit” (i.e., raid) from Cleveland’s legendary Safety Director, Eliot Ness. Despite Ness’ work, McGinty rose in stature and became the Irish component of the Cleveland Syndicate. Eventually, he was one of the founders of modern-day Las Vegas.

Before Las Vegas, Blackjack built relationships with other Irish notables, such as James “Shimmey” Patton and with members of Cleveland’s Jewish Community, such as Maurice Kleinman, Moe Dalitz and Lou Rothkopf.



The original stage from the Mounds Club is still used at La Vera Party Center.

Blackjack expanded beyond West 25th and built a nightclub around 1930, just outside of the jurisdiction of Cuyahoga County, within a short mile into much smaller Lake County.

He was able to form more congenial

relationships with the smaller group of law enforcement in the then rural Lake County. Blackjack built the Mounds Club into a nationally known entertainment club for the silk-stock- ing crowd, with top notch talent of the



Original metal pill box used at the Mounds club provided slots for view and rifle to extend out.

day, such as Lena Horne, George Jessel, Sophie Tucker, etc.

The slot machines were bolted to the deck, which allowed the casino floor to be flipped on some type of pulley system to hide them in case of a law enforcement raid. Al Capone and friends were known clientele. Dean Martin, then known as Dino Crocetti from nearby Steubenville, Ohio worked as a blackjack dealer, washed dishes with some singing thrown in.

Martin married Elizabeth McDonald, born in Ridley, PA. who was living in Cleveland’s West Park neighborhood at the time of their marriage in 1941.

The young couple exchanged vows at St. Anne Church in Cleveland Heights.

The Mounds Club

The Mounds Club had high security, with an electric gate, armed pill boxes and the grounds were surrounded by an electrified fence. However, on the evening of September 29th, 1947 (75 years ago this month) The Mounds club was doing brisk business with a couple hundred elegant guests being entertained by the comedian/tv star/ movie star/actor Peter Lind Hayes and his singer wife, Mary, with the house orchestra as backup.

In the words of Hayes: “Our banter was interrupted by the sudden appearance of 14 masked men. Over their heads they wore dark stockings with eye slits. One was wearing a gray felt hat. A few of the men carried sub-machine guns. The rest held revolvers and wore Army fatigues and overseas caps. It just didn’t seem real—not in The Mounds. Was this some kind of a gag? One of the men leaped onto the stage, grabbed the mic from Mary and snarled into it, ‘This is a stickup! We’re not kidding.’

“Maybe Mary thought it was a gag too. She grabbed back the mic (never, never take a mike away from a performer). The thug pointed his sub-machine gun at the ceiling and sprayed it.

One man in the audience still thought it was a joke. He shouted, ‘Stop this nonsense. Get on with the show.’

“The leader rushed over to him, slammed his revolver against the man’s head. The man fell over the

table, stunned. ‘Anyone else?’ the man demanded. There was a deadly silence. The leader snapped quick orders to the others, positioning them around the room. No one was going to leave before the gunmen were through.

“I looked at Val, our band leader. His face was chalk white. The face of the other man at the table was just as white. Mine was probably whiter. I began mumbling, unaware at first that I was praying: Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come...”

—(Guideposts Magazine, October, 1968)

In all, it was estimated that the robbers netted more than a half of million dollars in cash, watches, furs, and jewelry; millions in today’s dollars. The loot was carted off in makeshift bags of tablecloths, the gang escaped in three stolen cars. Phone lines were cut.

The Lake County Sheriff’s office did not show up until the next morning. Unsurprisingly, the crime was never solved. Was it an inside job? Did McGinty use the loot to start the Desert Inn in Vegas?

Did the rival Mayfield Gang (mostly Italian) hit the Mic McGinty? Did the notorious Cleveland Gang seek one-night riches? Who the culprit of this donnybrook has been lost in the shadows of time.

Desert Inn

A few years later, McGinty was of the founders/investors in the legendary Desert Inn. Gambling was legal in parts of Nevada, but how to get folks to go to the middle of the desert? Using

the Mounds Club model of top-notch entertainment, coupled with the thrill of a full array of wagering and gambling, helped create the foundations of modern-day Las Vegas.

Virgil Peterson, the Chicago Crime Commissioner, testified before the U.S. Senate Kefauver hearings on organized crime in 1950. Peterson stated: “Thomas Jefferson McGinty, from Cleveland, is a stockholder in the Desert Inn. McGinty, together with Moe Davis, alias Moe Dalitz, Morris Kleinman, Lou Rothkopf and others, have long operated one of the most powerful gambling syndicates in the Nation. McGinty is known as the operator of the notorious Mounds Club near Cleveland. His gambling operations have extended to Florida as well as to Ohio and Kentucky.”

Irish America’s contributions to this nation has come in all shapes and sizes. Reportedly one of McGinty’s associates said, “While they were called criminals in Ohio, they were called entrepreneurs in Las Vegas.” ●

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COOKING UP A HOOLEY

By Katie Gagne

Quick and Delicious Appetizer

This summer, while it went much too quickly, was filled with lot of impromptu get togethers and even more so nights when I was looking for something satisfying to eat but did not want to be tied to the kitchen for hours. These appetizers are simple to prepare and can work great as a snack or a small meal.

Irish Potato Skins

Makes approximately 24 skins.

Ingredients

12 medium potatoes – Russet or Yukon Gold work great

- Cooking Spray
- 1 tablespoon Olive Oil
- 3 tablespoons Garlic Salt
- ½ pound sliced Corned Beef
- 8 ounces shredded Swiss Cheese
- 8 slices Swiss Cheese
- 1 12 oz package of Coleslaw Mix
- ½ teaspoon Celery Salt
- 2 cups Sour Cream
- 2 tablespoons Dill Pickle Juice
- 1 cup chopped Dill Pickles
- 1 teaspoon Black Pepper
- 1 teaspoon Kosher Salt
- ½ cup chopped fresh Chives

Directions

Microwave potatoes until tender. Let cool until easy to handle. Cut each potato in half length-wise and scoop out the inside to form a nice well but leaving a good amount of the potato on the bottom and side.

Place the potatoes on a baking sheet, spray with cooking spray, sprinkle with garlic salt and bake in a 400* oven for about 8 minutes until the edges start to get crispy.

In a sauté pan on medium heat add the olive oil and chopped corned beef and sauté until starting to crisp up. Put



on plate and set aside.

In the same pan, add the coleslaw mix and celery salt and sauté until wilted. Remove from heat and set aside.

Take potato skins out of the oven.

Put a small amount of the shredded Swiss cheese in each skin, top with the corned beef and a small amount of the coleslaw mix. Put the remaining shredded Swiss cheese on each skin and then top each skin with a quarter piece of the Swiss cheese slice.

Bake in the oven until bubbly and slightly golden.

Garnish with chives and serve with a dollop of Pickle Sour Cream.

Pickle Sour Cream

The twist on a typical potato skin topping has lots of flavor and blends well with the corned beef, coleslaw and Swiss. It has a fresh but slightly salty taste.

Mix together the sour cream,

chopped pickles, pickle juice, salt, and pepper. Serve immediately with the potato skins.

This keeps well refrigerated and can be made ahead of time.

With these skins you can easily adjust the recipe to make more or less of them. The ingredients are simple and do not require lots of time to prepare and any size or type of potato can work with this dish. ●

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 @sassysweetsandmore.

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HEALTH MATTERS

By Dr. Scott Reisinger

Preventing Suicide: The Importance of Keeping an Open Conversation about Mental Health

Every September, our nation observes Suicide Prevention Awareness Month. While this stigmatized topic may be difficult to discuss, and even considered taboo by some, it's critical to the public health of our communities that we promote an open dialogue about mental and behavioral health.

Suicide is the second leading cause of death for people between the ages of ten and thirty-four, and the overall rate of suicide has increased 35% over the last twenty-three years. Taking time to listen, offer help and eliminate stigmas around seeking mental health support can sometimes make all the difference in helping someone experiencing suicidal thoughts.

There is no special training needed to start a conversation about mental health and suicide prevention. Keeping lines of communication open with your family and friends can make it easier for them to discuss any difficult feelings they may be experiencing and recognize they're not alone.

We have all felt anxious, sad, depressed, grieved, angry or even lost at some time in our lives. However, sometimes these feelings can feel make a person feel like they are on an island. By offering a listening ear and platform for an understanding, supportive conversation, you can sometimes help soften those feelings of isolation.

One way to start the conversation about mental health and suicide is to pick an environment where your loved one will feel most comfortable. From there, you may share that you have noticed they don't seem like their usual self, and you may even describe the

changes you've noticed in their mood or behavior.

During these difficult conversations, comments such as "what happened next" or simply stating "I understand" can reinforce that you are actively listening to what they are saying. Using phrases like, "what can we do to make things better?" and "I'm here for you," as opposed to offering advice, can also be effective. Let your loved one know that you understand how hard it is to talk about their feelings and reassure them that conversations like these are a positive step forward.

IT IS IMPORTANT TO REMEMBER THAT YOUR LOVED ONE MAY FEEL ASHAMED TO ASK FOR HELP, OR MAY NOT KNOW WHERE TO START.

Mental Health Stigmas

These conversations are also essential to breaking down the stigmas that plague mental health and keep people from seeking help. While some can manage feelings of anxiety or depression and recover on their own, others may require additional assistance, using tools such as therapy or medications. Unfortunately, our society has stigmatized seeking help for mental illness when there's no reason why it should be viewed any differently than a medical illness.

It is important to remember that your loved one may feel ashamed to ask for help, or may not know where to start.



Any significant stressor, particularly one that is ongoing, will tax a person's resources and resiliency, especially if they are not properly caring for themselves.

This can exacerbate anxiety and depression in anyone. Understanding the underlying reason behind any harmful thoughts and feelings is essential to addressing them and developing healthy coping skills with the help of professionals.

Where to Seek Help

If you or a loved one are experiencing harmful thoughts and you don't know where to seek help, contact a behavioral health consultants or therapist in your area. They can assess if the individual will benefit from brief, solution-focused, skills-based intervention to address a multitude of concerns, in addition to anxiety and depression, or if the individual would be better served by referral to a provider in the community for more "traditional" counseling or psychotherapy.

The research is clear. Asking about and discussing depression and suicide does not increase risk of an individual attempting suicide. In fact, it may open

the door for the person to express how they are feeling and ask for the help they need. In fact, it reduces the risk overall.

If you or a loved one needs someone to talk to, you can call the National Suicide Prevention Lifeline 24/7, at 1-800-273-8255 (TALK) or you can dial 988. These calls offer free and confidential support to those in suicidal crisis or emotional distress. You can also reach to your health care provider to learn more about additional resources and help available to you and your loved ones. This month, and every month, let us continue to have open and honest conversations about mental and behavioral health. ●

Scott E Reisinger, PsyD, is a National Register credentialed Health Service Psychologist for Mercy Health. He has trained as a generalist, specialized in health psychology and is a graduate of the Georgia School of Professional Psychology.

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Always the Horizon is a work of original musical theater which recounts the 16 year post-Civil War rambles and escapades of Nathan McHugh, the youngest son of an Indiana family of Irish famine immigrants.

On his journey, Nathan witnesses a number of historical events, and encounters a variety of historical personalities - most notably one captivating, but unsettling Cajun mystic, who reveals a remarkable and peculiar truth about the destiny of the McHugh family.

Written by Mike Shields and Terry McHale, and presented in conjunction with The West Side Irish American Club, the show includes 19 original songs, connected by a narrator playing the role of Nathan. He has returned to the family farm in Indiana on a May day in 1883, after his unexplained 16 year absence, for what he alone knows will be the day of his Mother's passing.

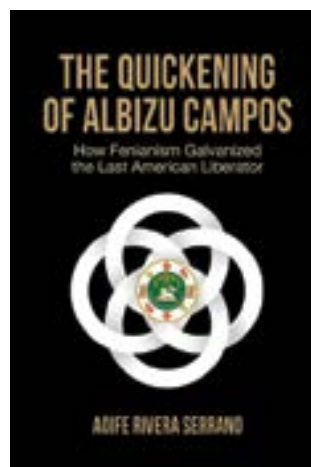
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THE QUICKENING OF ALBIZU CAMPOS

How Fenianism Galvanized the Last American Liberator

While the Puerto Rican leader, Pedro Albizu Campos, studied in the United States between 1912 and 1921 his milieu was colored primarily with people, events, and ideas with one thing in common: a free Ireland. During those years much of Irish America was preoccupied with Ireland's struggle for independence from Britain, and Albizu Campos was in the perfect spot—Cambridge, Massachusetts—to immerse himself in the history of the struggling Celtic island and the dreams of her revolutionary patriots.

In this brilliant retelling of Albizu's formative years in Harvard and beyond, the author sheds new light on the insurgent education he received from Irish nationalists known as Fenians, and how it seeded the nationalist revolution against the US occupation of Puerto Rico. If you ever wonder why Puerto Rico is not yet annexed as a state, this is the book to read.



“Nationalism and independence are messy business, often doomed to failure. Perhaps no communities know this better than the Irish and the Puerto Ricans. And no one was more familiar with that fact than Pedro Albizu Campos, the subject of Aoife Rivera Serrano's new work which draws the two cultures together. *The Quickening of Albizu Campos: How Fenianism Galvanized the Last American Liberator* draws a narrative out of a chaotic political landscape that is difficult for contemporary readers to imagine. Yet it is also a poignantly topical story . . . The struggle in which Campos was engaged, and which Serrano illustrates, is born of an intersection of class, race, religion, and nationalism—all of which are given their due in the work.

“It is tempting to silo history into neat categories: Irish, Latin American, Revolutionary. Serrano resists this temptation in favor of the complicated truth. This approach demands greater expertise from historians, bridging multiple fields. It also demands more from readers, making *The Quickening of Albizu Campos* more at home in a graduate syllabus than an undergrad one. Serrano reminds us of the global perspective, and the on-going work of independence. Latino connections to the Irish revolution are well-remembered in Latin America, but often a footnote in Irish Studies programs. Works like *The Quickening* are perhaps most valuable as reminders to Irish Studies scholars that Irish-Latino connections were important on both sides of the hyphen. Serrano and others have been working to address the gap in scholarship around these critically neglected connections . . .”

—DR. CATHAL PRATT, Fordham University

“. . . a well-written and well-documented journey . . . I devoured the book.”

—SUSANNE RAMIREZ DE ARELLANO, journalist and cultural critic

“The author of the great dream of the Puerto Rican people was Pedro Albizu Campos. He was an extraordinary man, scholar, soldier, statesman . . . From the perspective of the Irish his greatest contribution to humanity was his staunch commitment to the principle of self-determination of peoples . . . Pedro Albizu Campos' commitment to self-determination helped to carry the day for the Irish, and the Irish people are forever in his debt.”

—JEROME BOYLE, Brehon Law Society of Illinois

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CLEVELAND IRISH

By Francis McGarry

Moving on Up

The Eastside Hibernians volunteer at the Father Michael Wittman Ozanam Center, located at St. Philomena's Church (1903) in East Cleveland. The third Saturday of the month is our day, and we rotate months with the Knights of Columbus from Communion of Saints Parish, to assist with setup. Steps and tables are not fun for those who are listed in the 1950 Census. Me Ma and my uncle Dennis make their first census appearances in 1950.

Murray Hill

Setup does not require more than an hour or so and provides a great opportunity for coffee and donuts. It was Tim O'Brien who shared his wisdom, “The key to a volunteer event is donuts.”

This past Saturday, once setup concluded, we concurred on coffee and donuts. Exit the parking lot, north on Wellesley Avenue and left on Euclid Avenue. Take a left on 123rd and you arrive at Corbo's Bakery. That 1.5 mile drive passes Forest Hills Park and Lake View Cemetery.

John D. Rockefeller is buried in Lake View Cemetery. He purchased 700 acres in 1873 and donated the land for what is today Forest Hills Park, both the East Cleveland and Cleveland Heights sides. His ma was from the north of Ireland.

It was nice enough to sit outside of Corbo's and have coffee, two queens and one king. I went with the chocolate coconut bar, not really a donut, but donuts are kinda a new thing for Corbo's. Little Italy was already preparing for The Feast.

As we sat and discussed the superiority of Telly and ginger beer over Jamo and ginger from the gun, a young fellow exited the bakery and went to the adjacent apartments. He was all of twelve or thirteen years old, black pants and black shoes covered with flour. His white t-shirt and white apron only camouflaged the flour. A gold chain with a cross encircled his neck and his dark black hair reflected the sun, as if he was

Dally from the *Outsiders*.

Collectively we respected and admired the young fella being taught the business. He had been there since opening, long before we began our setup.

After a quick walk to Holy Rosary (1892), we went our separate ways to Euclid and Cleveland Heights, and not a highway in sight. Those are the same paths Clevelanders took from Glenville, Collinwood and East Cleveland in the 1950s and 1960s.

Irish Migration

In 1920 Euclid had 3,363 residents and Cleveland Heights had 15,236, compared to a Cleveland population of 796,841. By 1940 the populations had grown to 17,866 in Euclid, 54,992 in Cleveland Heights and 878,336 in the city of Cleveland.

We have discussed overpopulation and internal migration in previous articles and the 1950 Census provides us with the data. The physical area of each municipality did not increase from 1940 to 1950, however, the population of Euclid more than doubled to 41,396, Cleveland Heights increased to 59,141 and Cleveland increased by over 30,000 to 914,808.

John D. Rockefeller Standard Oil

John D. Rockefeller's Standard Oil was now making gasoline and the powers that be were lobbying for highways. If some of them had their way the heights would have a highway. There were seventeen proposed highways for Cleveland and it's first ring suburbs. The 1956 Federal Highway Act allocated twenty-five billion for 41,800 miles of highway to be completed in ten years. President Eisenhower and many Americans were concerned with a Russian attack and the need to mobilize American troops.

Cleveland Highways

Construction on the Innerbelt began on December 12th, 1954 and was completed in 1962. The Heights Highway through East Cleveland, Cleveland Heights, South Euclid and Lyndhurst did not have public support. The Central Highway which would have run adjacent to Cedar Road and the Clark Highway that was proposed to run along Shaker Lakes were also defeated by the citizens of Shaker and Cleveland Heights.

It was a group of garden clubs and civic organizations who founded the Nature Center at Shaker Lakes in 1966 that defeated the Clark Highway pro-

posal. “A bunch of old ladies,” as St. Louis and Regina grad Ann Meissner describes it.

Route 2 was authorized in 1957 and completed in 1962 and construction on I 90 began in 1952. Those projects and the Innerbelt contributed to the growth of the I-90 suburbs and Euclid's population, including a number of Irish whose families are still residents today. The Innerbelt also was the catalyst for the demolition of St. Columbkille Church on Superior and East 26th.

One of the early Irish parishes on the Eastside, it was founded in 1871 with Father James O'Reilly as pastor. St. Columbkille was the declared the diocesan center for the deaf and hearing impaired under Father Gallagher in 1933. The last Mass at the parish was Sept, 9th, 1957.

Transportation

Just as the first streetcar along Mayfield Road, up from Murray Hill, opened migration to newly formed Mayfield Heights in 1898, the construction of highways opened the migration to the eastern suburbs. Even if you build it, they cannot come without transportation.

Cleveland produced the most cars in America from 1896 to 1907, before that Ford guy. His people were from County Cork, at least since the 16th century when they migrated from England.

Ohio was home to C.R. Patterson & Sons, the first and only African American car company, founded in 1915. It was Mary Anderson who was granted the patent for the windshield wiper in 1903.

That year Oldsmobile built 4,000

cars, one-third of the total US production. None of those early Cleveland carmakers, or any other, choose to incorporate the windshield wiper. Cadillac was the first to make the windshield wiper standard in 1922.

Four million cars were produced worldwide in 1930, 2.4 million in the US. The seatbelt was developed in 1959, which made Dead Man's Curve slightly safer, or at least less deadly.


By 1950, forty million cars were in operation in the US and gas consumption was up 42% since 1945. That year Ford adopted the automatic transmission as American carmakers produced eight million automobiles.

It is in this historical context that the migration of the Irish communities and parishes on the Eastside of Cleveland are to be understood. It is clear that population growth was a major factor in migration, as was infrastructure and automobile production. It begins to explain why there is now a Corbo's in Mayfield Heights and why I still support Murray Hill and a young baker's apprentice. ●

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

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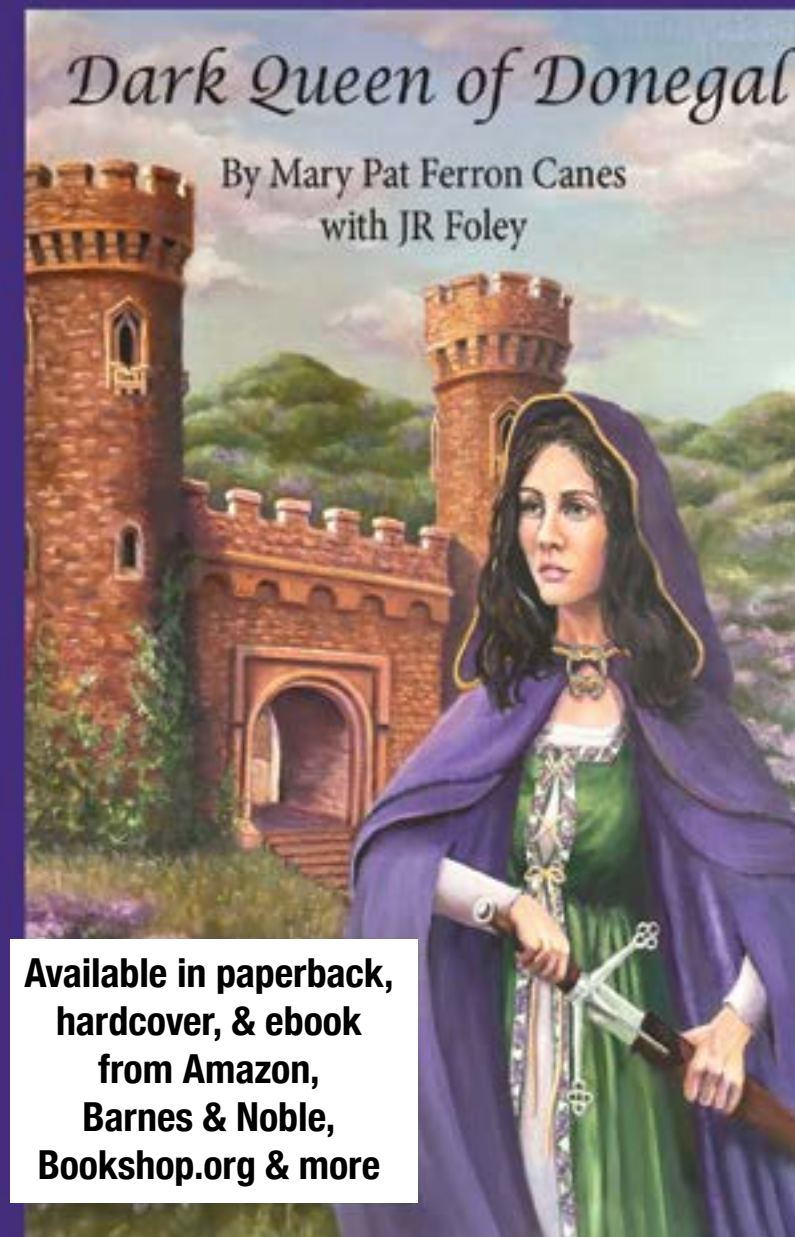
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Endurance Part II, On the Ice

Ernest Shackleton and the crew did their best to keep themselves busy and as comfortable as their circumstances would allow while they waited for the ice pack to break up. The sled dogs were exercised and competitions were devised among the teams.

Hunting for penguins and seals kept them in meat and blubber for fuel for their stoves. The men arranged their living quarters and passed their free time with reading, story-telling and even performances staged by members of the crew.

Shackleton was determined to keep

the morale of all as positive as possible, without saying anything of what he feared. It was only with his captain, Frank Worsley, that Shackleton confided in one night. "The ship can't live in this, Skipper... it may be a few months, and it may be only a question of weeks, or even days, but what the ice gets, the ice keeps."

Trapped on the Ice

The crew's nucleus had been hand-picked by Shackleton himself: Frank Wild, 1st Officer and second in command had been with Shackleton on his race to the Pole, and was loyal without question; Thomas Crean, a fellow Irishman, had a long history with the Royal Navy and followed his superior's every command was 2nd Officer; 3rd Officer Alfred Cheetham, Shackleton referred to as "the veteran of Antarctic." Cheetham had three expeditions behind him, including one with Shackleton.

All year the ship remained trapped and the ice pushed and squeezed at the hull. At times it's massive oak timbers screamed out in protest at the pressures the Endurance was being pummeled with. Shackleton and his officers had the crew prepare for the possibility of leaving the ship and drills were conducted as well as unloading as many of their



The crew of the Endurance

Photo courtesy of www.ernestshackleton.net

supplies on to the ice. It would be imperative to their survival that they saved as much as possible.

On October 27, 1915, a new wave of pressures pushed across the ice, lifting the stern of the Endurance and tearing off its rudder and keel, allowing the freezing water to pour in to the hull. "She's going boys," came the cry. "it's time to get off."

From the moment they became trapped in the ice ten months earlier, they had prepared for this possibility. The men removed their last remaining belongings on board and set up camp on the ice. Twenty-five days later, what remained of the Endurance convulsed violently one last time and slipped beneath the ice.

Shackleton, his crew of twenty-seven, sixty-nine sled dogs and one cat, named Mrs. Chippy, were now faced with a harsh reality. The crew had salvaged as much as possible, but now they needed to decide what would help them and what would be extra weight or consume their resources without adding value. Bibles, books, clothing, tools and personal items would be abandoned. Some of the younger dogs that would not be able to pull their weight, along with Mrs. Chippy, were shot.

The plan was to march across the ice to land, but after seven days and only seven and a half miles of grueling and dangerous work, Shackleton saw the folly in the endeavor. He decided to camp

once more on the floe and let the winds and current drift the ice to the north. When the ice broke, they would use the salvaged life boats to attempt a landing on Clarence or Elephant Island.

On April 7, the snow capped peaks of the islands were sighted, giving renewed hope to the men. They prepared to launch the boats and two days later the ice cracked and split beneath them.

Now they were at the mercy of the sea. Freezing spray soaked them through and frigid water washed over them. Their clothing, already worn and tattered, had not been chosen for these new conditions. The boots, gloves and coats were picked for a land expedition of dry but extreme cold. The clothing, much of it wool, retained the water they were exposed to and added to the difficulty and misery of life in the small boats.

Captain Worsley navigated through it all and after six days, estimated they were just thirty miles from the islands. The men were exhausted from rowing and bailing water from the three boats. Sleeping was almost impossible due to the water, their clothing and sleeping bags were soaked, never having an opportunity to dry. Sea-sickness and dysentery afflicted the majority of the crew, they had been on a diet of seal and penguin meat exclusively for far too long.

Frostbite had severely crippled a few of the men, all had suffered some form of it. But they kept on rowing and on April 15, they landed on Elephant Island. For the first time in 497, days

they were on land.

Shackleton knew that the odds of anyone ever coming across them was remote. He planned with Worsley and four others to take one of the lifeboats and make their way to South Georgia Island and the whaling station and return with a ship for the men that would stay behind. It would be a voyage of more than 800 miles across the open sea.

The six men rested and prepared the lifeboat, the James Caird, for the voyage. After nine days, they said their good-byes to those remaining and set out for South Georgia Island. For sixteen brutal days they fought against huge waves and gale force winds. Water had to be bailed from the little boat constantly and the ice broken off of the sails. The men were exhausted, cold and wet to the bone.

As they approached the island to land, the weather became even worse, the ship and the men were taking a beating. Twenty-four hours after their first attempt at a landing they made it on-shore.

The storms had pushed the James Caird off course and they found themselves on the opposite side of the island from the whaling station. Rather than risk anymore time on the sea, Shackleton, Tom Crean, and Captain Worsley decided to cross the island on foot. They climbed up and down mountains and slid down glaciers, they pushed for thirty-six hours before stumbling into the whaling station.

The men were a ghastly sight. Their beards and hair were greasy and matted, their tattered clothes were filthy. The soot from the blubber stoves had blackened their faces and the strain of the journey added to their dismal appearance.

They were taken to the manager of the station, who demanded, "Who the hell are you?". The man in the center of the three, very quietly replied, "My name is Shackleton."

The station manager turned his head and wept. The whalers quickly rescued the remaining crew of the James Caird, while Shackleton focused on acquiring a ship to return to Elephant Island. This soon proved to be as difficult as their entire ordeal.

The first ship Shackleton set out on had to turn back. It had run low on fuel trying to negotiate the ice pack. The government of Uruguay sent a vessel that came within a hundred miles of the marooned men before the ice and severe weather threatened the safety of that ship and its crew.

Elephant Island

On Elephant Island, Frank Wild had the men prepare to break camp every morning in anticipation of Shackleton's return. But many of the men had given up hope, the James Caird had set off on an impossible journey. No one spoke it, but many thought the sea had taken the little ship.

Shackleton acquired a third ship from Chile, and on August 30, 1916, the nightmare was over. Within one hour of the Yelcho being sighted by the stranded men, all were off the island and on their way to South Georgia. Twenty months after setting out for the Antarctic, all hands of the Endurance were alive and safe and on their way home.

Shackleton never did reach the South Pole or cross Antarctica. He did lead one more expedition, but veterans of the Endurance who joined him could not help but notice that their leader was weaker of body and spirit. On January 5, 1922, while his ship was docked at South Georgia, Sir Ernest Shackleton suffered a heart attack and died in his bunk. He was forty-seven years old.

"Fortitudine Vincimus"
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Get your Irish on - H2P

Fáilte ar ais- welcome back Summer is quiet for us at the University of Pittsburgh in the Irish department. The students take that well needed and deserved break (and teacher too!!) and we look towards the start of the FALL semester 2022.

I think it is safe to write now that we will be back in person after three years of remote/masks/zoom upscutle We made it work and for that I am so proud of my students, fellow colleagues (and my hairdresser for keeping me somewhat presentable!).

I look forward to a new school year- I have my very first Level 7 student, Margaret Gralinski, and will welcome

back over twelve students and a fellow FULBRIGHT Summer Scholarship awardee, Patrick Miller, returning from four weeks in the Gaeltacht of Ireland.

Maybe this is my year to allow the inmates to run the prison!! We also look forward to restarting our study abroad cultural experience to Ireland May 2023, hoping all will go well.

As we broach the new school year, we want to highlight the ways to which you can immerse yourself in the Irish culture here at the University, both with class opportunities with yours truly and with University approved outside organizations.

The Osher Lifelong Learning Institute (OLLI)

at the University of Pittsburgh is a thriving and vibrant membership-based community of adults, age 50 and better, who are passionate about learning. While there are no tests, no grades, and no degree requirements, I do encourage/expect them to participate alongside my students who are enrolled for credit. I have had many students pass through my classes through OSHER and have much respect for their determination and input during class. <https://www.oli.pitt.edu>

Club Cúla Búla, The Irish Club at the University of Pittsburgh

The Irish Club at the University of Pittsburgh has come a long way since it was founded in 2019. What started as a small group of students meeting weekly to share their mutual interest of Irish culture has developed into a club of over fifty members, led by a board of five dedicated students, with the goal of spreading awareness and nurturing appreciation for Irish media, sports, dance, language, and more.

We hold monthly events centered around Irish holidays and traditions, at which we encourage all attendees to take advantage of our educational resources to learn as much as possible about Ireland and the Irish community in Pittsburgh. In 2022, the club adopted our official logo and motto: *Faoin Ardeaglais, tuarfaimid an t-ádh*. "Under the Cathedral, we predict fortune."

It is a nod to both the location of Irish studies in the Less Commonly Taught Languages Department in the basement of the Cathedral of Learning at the University and to the fact that as students united by a common interest, we foresee exciting things in the future of our club. In the 2022-23 academic year, the club plans to continue its

monthly events, which are open to all who are interested and to strengthen its connection with the greater Pittsburgh Irish community. mag386@pitt.edu

The Pitt Hurling Club

Coming up on the club's tenth season, the Pitt Hurling team was founded in 2012 with the help of the Pittsburgh Pucas, the city's hurling team. The team competes under the National Collegiate Gaelic Athletic Association (NCGAA), where we have been fortunate enough to win the past three national championships (2019, 2020, and 2022 - 2021 was canceled for Covid).

The hurling team currently has twenty-five members, and is looking to expand to incorporate Gaelic Football within the next couple of seasons. If you or someone you know attends Pitt and would be interested in joining, please reach out to our team's Instagram @pantherhurling. Or contact us pantherhurling@gmail.com.

The Irish dancing Club- Rince Na gCathrach Cruach

Rince Na gCathrach Cruach, Gaelige for "Steel City Dance," is the official competitive Irish dance team at the University of Pittsburgh. Every Monday night, students come together to choreograph, learn, and teach each other the skills that they have learned over the course of their Irish dancing careers.

They are fortunate enough to dance in many shows for the University and compete in intercollegiate competitions such as the Villanova Intercollegiate Irish Dance Festival. With a team of eighteen dancers for the 2021-2022 school year, many continued to compete in the CLRG, competing at their Regional Oireachtas, North American Irish Dancing Championships, and the Oireachtas Rince na Cruinne, also known as the World Irish Dance Championships.

As of this past year, there were six World Qualifiers and eleven National Qualifiers amongst the team. While many of the dancers have competed and continue to compete at these national and international levels, all skill levels are welcomed and encouraged to participate in the organization.

All of these dancers are dedicated to practicing the craft of Irish dance and sharing Irish culture with the Pittsburgh community. The team plans on competing at the 2022 Villanova Intercollegiate Irish Dance Festival and cannot wait to share their journey with you over social media. You can find their Facebook and Instagram under the team name @rincenagcathrachcruach.

Irish Nationality Room

On the first floor of the Cathedral of Learning is the Irish room, one of thirty-one Nationality rooms within the Cathedral of Learning. In 1957, the Irish community in Pittsburgh banded together to fund and develop this project. It is a celebration of Irish heritage and a connection for us all to our homeland. IT is a must if you are visiting the University or Oakland.

Irish Academic Program

For the past sixteen years, I have been offering credited language classes to university students from Level 1 through to Level 7. Students studying with me can receive an Irish minor after four levels of the language - what better way to lay claim to our Island. *Tír gan teanga, Tír gan anam - a country without a language is a country without a soul.*

I also offer an Irish culture class in the Spring Semester. The link below will guide you to many things Irish at the University and throughout Pittsburgh <http://lclt.pitt.edu/languages/irish>

The University will hold an open to all activities fair August 27th, 12-3pm on the Cathedral Lawn. Please check back with us monthly, where Easca Peasca features personal stories from my students of their journey with the Irish language and culture

Scaip an scéal- spread the story. Tapaigh an deis - seize the opportunity ●

Please send any Pittsburgh area events to my email: youngmarie430@gmail.com

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Notes from an Irish Field

Staring into long shadows cast by the old Rowan tree, I thought so long that my tea went cold. Ruminating and pondering, tilling the soil of my mind while I plunged for that first seed. I attached myself to new growth: an aphid devouring a tender leaf discovering that all the blooms had disappeared, failing to notice how the light at midmorning begins to change.
("Morning" by Susan Mangan)

At the end of August, our friend is traveling to Ireland. He and his family have never visited this beautiful country and they are trying to put together a meaningful itinerary. My advice is quite simple: Stand in a field and breathe the fresh air. Linger by the sea until salt spray gives rise to goosebumps on your skin. Welcome the smell of a turf fire that permeates your clothes, your hair.

Travel can either evoke stress or relaxation. Expect that flights will be delayed and that much anticipated visits to restaurants or popular tourist sites will be crowded or underwhelming. This is all part of the turbulence of diving into a new destination. Education evolves from experience, and I have found that simplicity is the best teacher.

That being said, one should choose a historic spot in which to enjoy a guided tour or indulge in a posh dinner by candlelight; however, the traveler should not overbook his brief holiday. Oftentimes, the most memorable experiences arise from serendipitous stumbles into charming cafés or pop-up street fairs. Ireland is a wonderful holiday destination because a warming hearth fire or breathtaking vista lies around the turn in virtually every lane.

In life we spend so much time seeking perfection that we fail to see the beauty

that lies within seeming imperfection: that stone teeming with lichen, that fence in need of repair. In nature, wild roses cling to forgotten gates and birds leave behind traces of seed that bloom in unexpected places. It is here in the Irish meadow, quiet, except for the call of birds and bellow of farm animals that magic truly begins.

Over the course of two months this spring I traveled to Ireland twice, spending time in the east and then the west of Ireland. Each time I travel to Ireland, I am greeted by new surprises.

I have wandered down narrow roads in Dalkey blooming with early spring wisteria and peered into a secret meditation garden hidden from the street by towering pink bougainvillea. I have walked amid blankets of cowslip in untouched fields and heard the ubiquitous cry of the spring cuckoo bird.

My itinerary reads like an artist's scrapbook. A series of images marks my journey and stamps indelible memory upon my every sense.

As fall approaches, I am already anticipating the smell of woodsmoke. When the wind is just right, and dampness touches the air. My children, now adults, will even comment, "It smells like Ireland."

This memory emerges from Irish soil: a place where sheep wander and farmers toil. It is a place of family and fresh air, long summer nights and short winter days. It is a field in spring brimming with bluebells and lambs. It is a night in midsummer when bonfires blaze. It is a day of frost in December when not much matters except for a clove-scented hot whiskey and the laughter of family.

As I told my friend, in Ireland, that which is important is vast and that which is not is small. Be sure to notice how the light changes with the wind. Who needs a castle when one can enjoy the shadows on a hillside and the warmth of an Irish cottage trailing with ripe blackberries in early autumn?

Over the years, I have learned that that which is important is vast in Ireland and that which is not is small. Known for hospitality, the people of Ireland welcome visitors with open arms, a smile, and a joke. A cup of tea or a pint of Guinness will set the harried traveler at ease.

Shopkeepers and restaurant hosts will take the time to visit with their guests conversing about anything from the score of a local football match, the price of petrol, to the best place for an Irish fry. One of my favorite Irish expressions is "you are welcome." In America, this



expression follows an offering of thanks, while in Ireland, this expression means that "you are welcome, home." ●

Susan holds a Master's Degree in English from John Carroll University and a Master's Degree in Education from

Baldwin-Wallace University. She may be contacted at suemangan@yahoo.com.

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THE FITNESS DOCTOR

By Dr. Frederick Peters

Are You Sitting Too Much?

New research is adding further weight to the argument that prolonged sitting may be hazardous to your health. An international study surveying more than 100,000 individuals in twenty-one countries found that people who sat for six to eight hours a day had a 12-13% increased risk for early death and heart disease, while those who sat for more than eight hours daily increased that to a sobering 20%.

The study is published in the journal *Jama Cardiology*. Their research followed individuals over an average of eleven years and determined that high

amounts of sitting time were associated with increased risk of early death and cardiovascular disease. While sitting was problematic in all countries, it was especially so in low-income and lower-middle-income countries.

“The overarching message here is to minimize how much you sit. If you must sit, getting in more exercise during other times of the day will offset that risk.” Not surprising, those who sat the most and were the least active had the highest risk -- up to 50% -- while those who sat the most but were also the most active had a substantially lower risk of about 17%.

For those sitting more than four hours a day, replacing a half hour of sitting with exercise reduced the risk by two percent. With only one in four people meeting the activity guidelines, there’s a real opportunity for people to increase their activity and reduce their chances of early death and heart disease.

The study found a particular association in lower income countries, leading researchers to speculate that it may be because sitting in higher income countries is typically associated with higher socio-economic status and better paying jobs.

Clinicians should focus on less sitting and more activity as it’s a low-cost intervention that can have enormous benefit.

But while clinicians need to get the message out about countering sitting with activity, individuals need to better assess their lifestyles and take their health seriously. The study found that a combination of sitting, and inactivity, accounted for 8.8% of all deaths, which is close to the contribution of smoking (10.6%). It’s a global problem that has a remarkably simple fix. Scheduling time to get out of that chair is a great start.

Stand Up! It Could Also Help You Lose Weight

You might want to read this on your feet. A new study found that standing instead of sitting for six hours a day could prevent weight gain and help people to lose weight.

A 145 lb. person could lose five lbs per year by standing instead of sitting for six hours a day! Prolonged sitting has been linked to the obesity epidemic, cardiovascular disease, and diabetes. Americans sit for up to seven hours a day, and even physically active people may spend most of the day in a chair.

This research examined whether standing burns more calories than sitting. The researchers analyzed results from a total of fotty-six studies with 1,184 participants in all. Participants, on average, were thirty-three years old, 60% were men, and the average body mass index and weight were 24 kg/m2 and 65 kg, respectively.

The researchers found that standing burned 0.15 kcal per minute more than sitting. By substituting standing for sitting for six hours a day, a 65 kg person

would expend an extra 54 kcal a day. Assuming no increase in food intake, that would equate to 2.5 kg in one year and 10 kg in four years.

Senior author Professor Francisco Lopez-Jimenez, Chief of Preventive Cardiology at the Mayo Clinic in Rochester, US, said: “Standing not only burns more calories, but the additional muscle activity is also linked to lower rates of heart attacks, strokes, and diabetes, so the benefits of standing could go beyond weight control.”

The gap in energy expenditure between standing and sitting could be even greater than the study found. Participants were standing still, while in reality people make small movements while standing. “Our results might be an underestimate because when people stand, they tend to make spontaneous movements like shifting weight or swaying from one foot to another, taking small steps forward and back. People may even be more likely to walk to the filing cabinet or trash bin,” said Professor Lopez-Jimenez.

The authors concluded that replacing standing for sitting could be another behavior change to help reduce the risk of long-term weight gain. They suggest more research is needed to see whether such a strategy is effective and practical. Data is also needed, they say, on the long-term health implications of standing for extended periods.

Professor Lopez-Jimenez said, “It’s important to avoid sitting for hours at a time. Standing is a very good first step -- no pun intended -- to avoid this mindset of sitting interminably without moving. Who knows, it may also prompt some people to do a little more and take up some mild physical activity, which would be even more beneficial.”

And yes... as soon as I read this, I stood up. ●

Dr. Peters is the founder of “The Fitness Doctor” (www.thefitnessdoctors.com). He is also a Professor of Applied Exercise Science at Concordia University. He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. Dr. Peters was born and raised in the Cleveland area and is a graduate of St. Ignatius High School and John Carroll University. He can be reached at fred@thefitnessdoctors.com.

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AKRON IRISH

By Lisa O'Rourke

Southie Snapshot

Every trip to Boston is a trip to Southie for me, the Irish center of an Irish city. Our son lives there and has for years now. Over that time, we watched it evolve from a character rich, working-class neighborhood into a gentrified millennial enclave. And it is still evolving.

This last trip marked the first time that I stayed in that area. Arriving back in Southie very, very early on Saturday morning, we were greeted by a group of young men who were, in the Irish term, ossified.

My son chose not to beep at them as they wandered in front of the car and proceeded down the middle of the street, avoiding startling, or angering them. While this was not my first rodeo, this was beyond the pale. It didn't look fun.

Southie has become the weekend party central for the young crowd, and the young crowd is huge. The median age in Southie is thirty-two, and Boston is a city of students. These boisterous celebrations are causing the locals to go to other parts of the city, at least for the evening, or to just stay in.

Walking the streets in daylight, it doesn't look like that type of place. Most of the bars are restaurants too. In case you have not been, the main thoroughfare is Broadway. The subway stop is at the top of the street and walking down that street, there are any number of trendy shops and restaurants.

Tip O'Neill

In the midst of this, a few of the iconic spots remain. The first one you might pass is Amhrein's. While Southie never was a “lace-curtain” kind of place, this restaurant and bar has some old-school class, a little faded but it's there. The burgundy and brass dining room is named for a former mayor, James Curley, and features photos of hearty handshakes between himself and the



Amhrein's

late former Speaker of the House, Tip O'Neill.

It has an old Victorian vibe, complete with an ornate carved wooden bar, the oldest carved bar in Boston, and one of the oldest in the US. They serve a pretty typical family restaurant type of fare there now, breakfast to dinner, including a mean Irish breakfast.

What is iconic about Southie is its rough-and-tumble Irishness. It was the stomping ground of the infamous Whitey Bolger and that era's version of an Irish mafia. That type of thing doesn't work if the bad guys can't find a place to blend in. Southie never disappointed in that regard.

Croke Park and Murphy's Law

While they are getting rarer, the infamous places remain; the Croke Park and Murphy's Law are good examples. The Croke Park is a proud dive bar. Its nickname is Whitey's. We still haven't been in the place. The one night that we had planned on going in for a nightcap, we were met with every Boston emergency vehicle except a fire truck outside the place.

The online reviews range from “it's a great local dive, great people” to “I think that I would feel safer in a crack house,” so I guess that point-of-view plays a role here. I skipped it again this time, despite walking past and taking a picture.

We did spend a nice evening in Murphy's Law, another proud Southie dive with a similar reputation. It has been featured in movies and television, most notably the film, “Gone Baby Gone.” It was a Whitey Bolger hangout, but under a different name. It definitely has a veneer of danger, but our evening was quiet enough, talking to the barman and playing darts.

The first time that I went to Southie was around thirty years ago. My host at that time did not want to take me there, warning me that I was on my own if



Danny O'Rourke in front of Castle Island.

anyone started a fight. That sounds kind of over the top, but that was the reputation of the place. The area is located by the Dorchester harbor, so many of the Irish immigrants became dock workers and the like.

Tough work defines the people who live there. I have heard multiple people comment that they developed a fear of Irish people in general, based on encounters with residents of South Boston. That first time there, we saw the stock characters of many recent movies, like “The Fighter” and “Good Will Hunting,” think wife beater shirts, big hoop earrings, cigarettes dangling out of mouths.

This time, I was really looking for those Irish. Where have they gone? Sure, the local Korean nail salon is called Gaelic Spa and there is an import store which looks a little tired. There is even a building mural that looks straight out of Belfast, with the “English out of Ireland” slogan. Had the people who built this left?

My question was answered one day on another walk, heading down toward the harbor. I was seeing more tri-colors on doors and license plates. We ended up chatting with a few long-time residents, out on their stoop having a cigarette, and my faith was restored. There are some Paddies left, you just have to look harder.

Castle Island

We kept walking, heading down toward the Dorchester harbor to one of the coolest features of Southie, Castle Island. At the harbor, there is a hill with a cement and block fort on the top. On that hilltop, General Washington placed a cannon whose purpose was to drive the British out of that part of Boston in the War of Independence.

Castle Island is not really beautiful, but is pleasant, a nice and surprisingly easy escape from a day in the



The door of the Croke Park Bar

office. I was a little jealous that this was a twenty-minute walk for most of the residents. While there, you can get a burger at Sullivan's, a local institution, and picnic outside, looking at the water and fending off the hungry gulls.

Judging by the sidewalks, the Boston mounted police unit is also housed on Castle Island. That instantly made me think of the huge St. Patrick's Day parade marches on Broadway led by those mounted police. A local diner we visited was covered with photos of parade scenes. Just about anyone who was Irish was in them, from John and Jackie and the rest of the Kennedy clan, to so many other famous people and politicians who marched in that parade. It is a parade so big that it shuts down the neighborhood for the day, leaving nothing to do but enjoy it.

Gentrification has changed the area, but that is not always a bad thing. OK, it has pushed up rents, but it has also brought vitality to the area. Facades come and go, but so far, the kernel of something that settled that place and called it home still lives there. ●

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 Gaelic. She runs a Gaelic study group at the AOH/Marck Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music, and travel. She likes spending time with her dog, cats and fish. Lisa can be contacted at olisa07@icloud.com. Please send any Akron events to my email!

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A User's Guide to Sessions

Every once in a while, I like to refrain from my usual stream of consciousness and throw down a few words that some people might actually find useful. Not that the Romanian transit system isn't a very popular subject in some parts of the world (namely Romania ... actually, it's not even popular there), but this is an Irish publication after all.

And ho-ho dear reader, we've reached that time. If you've ever been intimidated by, nonplussed or generally curious about sessions, it's time to strap the seat belts onto your eyes, because I'm about to take them for a convoluted ride down Music Boulevard. I'll start with the most basic. A session—which in Irish is spelled seisiún—is a group of people playing instruments and/or singing in an informal setting. As you're reading an Irish periodical, I don't suspect I need to go any farther here.

Seisiún

Next, I'll break down sessions into two camps: instrumental and vocal. A lot of people refer to instrumental gatherings as trad sessions, a term I don't use because it seems to indicate that



From left: Peter Molloy, Michael Flatley and Matt Molloy. Hoo-boy.

singing isn't traditional, which it most certainly is. Likewise, some singing sessions are called pub song sessions, and I'm not a fan of that as I feel it minimizes the importance of songs in Irish culture.

And before I start to get hate mail about traditional singing being limited to sean-nós, I'll just mention that nobody in Ireland had ever heard of a bouzouki until the latter half of the twentieth century. It's folk music. It changes. If there were guitars around

in Ireland in the nineteenth century, they would have been utilized (and no, not for kindling, so stuff it).

There is also a rare form of session that combines equal amounts of both instrumental and vocal, and these are personally my favorite. These are sessions where both camps respect the

other, where the rhythm instruments know how to back up the tunes and the instrumentalists can back up the songs. I'll point out here that backing up songs is an artform to itself. Playing the tune behind the lyrics isn't the same as complementing the song.

Unfortunately, this type of session is usually not the case. Singers tend to think of tune players as diddley-dee boring and finger-in-the-ear arrogant, and tune players can look down on folksingers as being ignorant of Irish culture and lacking musical talent. In my opinion, both are right and wrong and can blind either side to the benefit of the other.

You're probably going to want to visit your local session before joining it to scope out the feel. Every session has its own personality. Are they more advanced players than you, and if so do they seem accepting of learners? There might be hierarchies or accepted rules.

Instrumental sessions tend to be free-for-alls, where anyone in the circle starts a tune, whereas oftentimes a singing session will go around in a circle with the next person encouraged to perform. (This isn't always the case, and if it isn't, take a tip and don't become a spotlight hog. It's good to have a little while between bursts to allow for some shyer participants to perform. Just because there's a lull doesn't mean you're required to fill it.)

Take note of the tunes and songs performed. There are some standards that everyone will know and some that will be more popular at your local session. You can always work on them back at home and come in more prepared when you first attend.

Introduce yourself to some of the session-goers at the end or if they're

grabbing a pint. I find they're a lot less intimidating when you talk to them rather than watching them play with dour faces aimed at the floor. They'll usually be honest as well about how accepting the group will be to learners.

Be forewarned, there can be open hostility to a novice inserting him or herself into a session of seasoned players. Not so much for the singing sessions.

I find there are three basic levels of tune players: the novice, who is intimidated by everyone, the amateur, who is superior to everyone, and the pro, who is supportive of everyone (this obviously isn't always the case. There are a lot of amateurs who are enthusiastic about newbies and there are jackass pros, but these are tendencies I've noticed).

Insights for Newcomers

- In general, when a song or a set of tunes ends, everyone takes a drink.
- During tune sessions, when the singer starts, the players use the opportunity to grab a pint or hit the loo. Don't take it personally (except in some cases, do).
- A fiddle is the same thing as a violin, but generally, someone playing classical music refers to it as a violin and someone playing Irish music calls it a fiddle.
- Uilleann pipes are the complicated-looking bagpipes that are played sitting down. When you refer to them, forget the "U" at the beginning. They're illin, like you're chillin'. Likewise, don't pronounce the "D" in bodhrán (the Irish drum).
- There were years where eyes would roll when someone brought a guitar into a tune session. Along with the bodhrán, it was seen as pedestrian, played by someone less than a trad musician. In my opinion, a man named John Doyle changed that, so guitars are welcome once again (insert rejoicing sounds).

• If you're a singer, you don't need to use all of the thirty verses ever written for a song. It's admirable that you researched it, but it gets a bit tedious.

• Poems and stories are underutilized in sessions. I wish that would change.

• You don't need to preface every song with its history or significance. Just sing the song. It should usually speak for itself.

• Lulls aren't the enemy. You don't need to jump in every time there are two consecutive seconds without music. Give someone else a chance.

• Sessions are often the best when they're not too planned.

• Hosting a session at your home? The higher the player to listener ratio, the better. A party that includes a session is not a session. It's a performance.

• Check out the internet for common tunes and songs. There are a lot of them. Also, get the flavor of the session. Some might include old Americana music or bluegrass. Some might welcome music that doesn't fit the mold, but some won't.

And finally, for the love of all that is holy, it's music. It's supposed to be enjoyable. Those with an attitude are wrong. Those trying to enjoy music are right. Anyway, that's just my opinion. ●

Conor Makem spent 22 years traveling and honing petty gripes as an Irish musician, and enjoyed a further 13 years of people not returning his calls as a journalist. Visit cbmakem.com or email contact@cbmakem.com.

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Mary Alice McNamara
May 22, 1935 - July 19, 2022



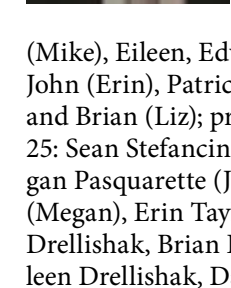
Mary Alice McNamara (nee Nevin), age 87, native of Inishbiggle, Co. Mayo, Ireland, beloved wife of the late Patrick; loving mother of Brian (Kathleen), Sheila Geoghegan, Michael (Jill), John and Patrick; proud grandmother of Mary Kate, Kevin, Anne, Sara, Shane, Liam,

Regan, Maddie, Katie, Megan, Dylan, Grace, Patrick, Bridget, Martin and great-grandmother of Aoife; daughter of the late Matilda (nee McGinty) and Patrick Nevin; sister of Bridget Munnely, Annie Cannon and the late Patrick, Michael, Martin, John and Thomas Nevin (all of Ireland); aunt and great-aunt of many. Passed away July 19, 2022. Memorial contributions are suggested to the Alzheimer's Association, 23215 Commerce Park, Suite 300, Beachwood, OH 44122.

Obituary courtesy of Chamber's Funeral Homes ●

John F. "Sean" Fox

Age 88, native of Gortacurra, Cross, County Mayo, Ireland. Beloved husband of 61 years to Agnes (nee McGrath); loving father of Ann Stefancin (Dan), Kathleen Drellishak (Dan), Maura Byrne



(Mike), Eileen, Edward (Ann Marie), John (Erin), Patricia Gompf (Jason) and Brian (Liz); proud Grandpa of 25: Sean Stefancin (Ling Ling), Megan Pasqualette (Jay), Sara Stefancin (Megan), Erin Taylor (Alex), Connor Drellishak, Brian Drellishak, Colleen Drellishak, Daniel Drellishak, Matthew Byrne (Maggie), Catherine Kolde (Nick), Patrick Fox, Michael Fox, Dermot Fox, Owen Fox, Clare Fox, Caitlin Fox, Maggie Fox, Tessie Fox, Madeline Gompf, Aidan Gompf, Kerri Gompf, Emma Fox, Luke Fox, Colin Fox and Ryan Fox and great-Grandpa of 3 Lily Agnes Pasqualette, Jack Daniel Pasqualette and Joseph John Kolde; brother of Luke (deceased), Padraig (deceased), Mary Rose Barrett, Breege Murphy (James, deceased), Kathleen O'Grady (deceased) (Maurice), Ann Farragher (deceased) (Brendan) and Edward (deceased); beloved uncle, great-uncle and dear friend of many. Retired 60-year member of Laborers

Local 310. U.S. Army veteran. Proud and active member of the West Side Irish-American Club. Friend of Bill W. and Dr. Bob for last 29 years. Passed away at home surrounded by his family August 15, 2022.

In lieu of flowers, memorial contributions are suggested to the Monastery of the Poor Clares, 3501 Rocky River Drive, Cleveland, OH 44111 or Alcoholics Anonymous, Cleveland District Office, 1557 St. Clair Avenue, Cleveland, OH 44114.

Obituary courtesy of Chamber's Funeral Homes ●

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OFF THE SHELF

By Terry Kenneally

Trespases

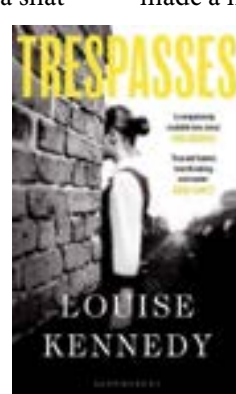
by Louise Kennedy
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LSBN 978-1-5266-2333-1 311 pp

Set in Northern Ireland during the

Troubles (1975), Trespases is a shattering novel about a young woman caught between allegiance to community and a dangerous passion.

Amid daily reports of violence, Cushla Lavery lives a quiet life with her mother in a small town near Belfast. By day she teaches at a parochial school, at night she fills in at her family pub.

There she meets Michael Agnew, a middle-aged, married, Protestant barrister who has



made a name for himself defending IRA members. Against her better judgement, Cushla lets herself get drawn in by him and his sophisticated world, and an affair ignites. Then the father of a student is savagely beaten, setting in motion a chain reaction that will threaten everything, and everyone Cushla wants to protect.

Louise Kennedy, a former Co. Down chef turned author's debut novel has made it onto a Waterstones hotlist of best debut novels. In Trespases, Kennedy sets herself the challenge of encapsulating the unspeakable times of the Troubles and the powerlessness felt by ordinary people caught in the crossfire of the times.

She does so with skill, combining unflinching authenticity with narrative dexterity and a flair for detail, all wrapped up in a moving love story with a surprising ending. It is a world where you're defined first and foremost by religious affiliation.

A TOP SHELF read. ●

Terrence J. Kenneally is an attorney and owner of The Kenneally Law Firm in Rocky River, Ohio. He received his Masters Degree from John Carroll University in Irish Studies and has taught Irish History and Literature in a local high school.

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CROSSWORD PUZZLE

By Linda Fulton Burke

@LindaBurke47

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- 30 79. _____ & Bettystown Meath
- 34 50. _____ Island Cork
- 35 21. Lough Erne Enniskillen, _____
- 36 42. Killarney (_____ Course) Kerry
- 40 10. County Sligo _____, Sligo
- 41 97. _____ bridge Wicklow
- 43 13. The _____ Club Brittas Bay, Wicklow
- 46 99. Kirkistown _____ Down
- 47 85. _____ (Old Course) Waterford
- 49 46. Headfort (New Course) _____
- 51 95. _____ Dublin
- 52 93. Moyola _____ Derry.
- 53 38. Royal Dublin _____ Island, Dublin
- 55 75. _____ Wicklow
- 59 62. Tullamore _____
- 60 11. Doonbeg Doonbeg, _____
- 61 60. Luttrellstown Castle _____
- 64 64. _____ Laoghaire Dublin
- 66 98. Druids _____ Wicklow
- 68 25. _____ Ballyconneely, Galway
- 69 36. Ardglass Ardglass, _____
- 72 94. Portarlinton _____
- 73 3. Portmarnock _____, Dublin
- 77 74. _____ Offaly

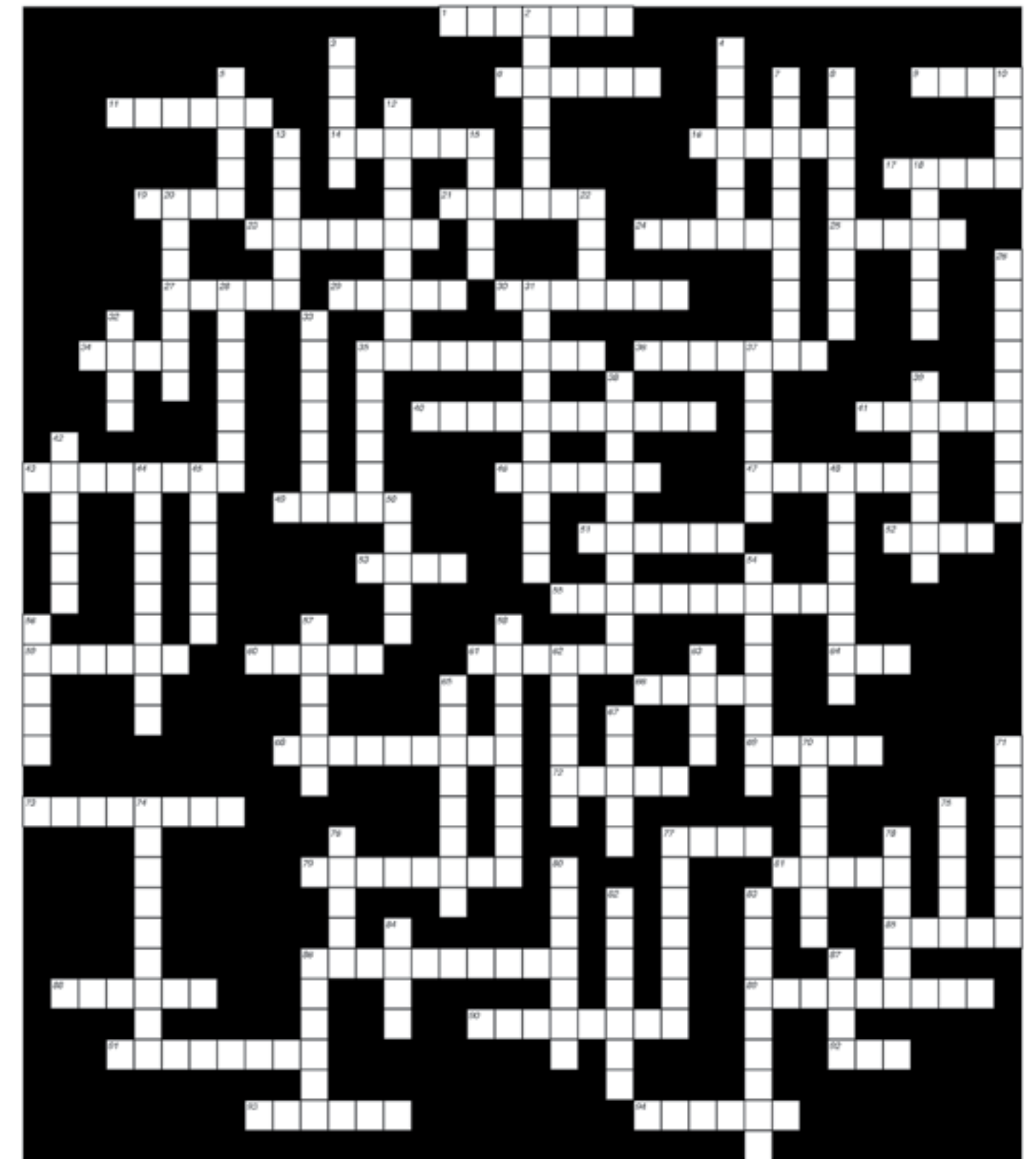
- 79 19. Rosapenna (Sandy Hills Course) _____, Donegal
- 81 17. Enniscrone Enniscrone, _____
- 85 33. _____ County Down (Annesley Course)
- 86 41. _____ Sligo
- 88 20. Portstewart (_____ Course) Portstewart, Derry
- 89 78. _____ Westmeath.
- 90 53. _____ Wexford
- 91 84. The _____ Laois
- 92 56. Dromoland _____ Clare
- 93 31. Royal Portrush (_____ Course) Portrush, Antrim
- 94 14. Tralee _____, Kerry

DOWN

- 2 51. _____ Castle Meath
- 3 39. _____ Island Kincasslagh, Donegal
- 4 69. Royal _____ Kildare
- 5 47. PGA National Ireland _____
- 7 86. _____ Mayo
- 8 1. Royal County Down (Championship Course) _____, Down
- 10 55. Clandeboye _____
- 12 5. Ballybunion (_____) Ballybunion, Kerry
- 13 28. _____ Glen Newtown Mount Kennedy, Wicklow
- 15 22. Castlerock (Mussenden Course) Castlerock, _____
- 18 45. Malone _____
- 20 15. _____ of Kinsale Kinsale, Cork
- 22 90. Powerscourt (_____) Wicklow
- 26 6. Lahinch (Old Course) _____ Bay, Clare
- 28 88. _____ Antrim
- 31 9. _____ Adare, Limerick
- 32 80. Castlemartyr _____
- 33 66. Carton House (O'Meara Course) _____
- 35 70. New _____ Westmeath
- 37 92. Farnham _____ Cavan
- 38 76. _____ Wicklow
- 39 29. _____ Murvagh, Donegal
- 42 23. Mount _____ Thomastown, Kilkenny
- 44 24. _____ Fanad, Donegal
- 45 87. St _____; Dublin
- 48 30. Portmarnock Links _____, Dublin
- 50 61. Palmerstown _____ Estate, Dublin
- 54 16. Ballyliffin (_____ Course) Ballyliffin, Donegal
- 56 89. Killarney (Mahony's _____) Kerry
- 57 44. _____ House (Montgomerie Course) Kildare.
- 58 77. _____ Wicklow.
- 62 37. Cork _____ Island, Cork

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- 63 82. Westport _____
- 65 63. _____ Louth
- 67 35. _____ Glenbeigh, Kerry
- 70 48. Macreddin _____
- 71 18. Ballyliffin (Old Course) Ballyliffin, _____
- 74 83. _____ Dublin
- 75 4. Waterville Waterville, _____
- 76 72. _____ Wolseley Carlow
- 77 8. County Louth _____, Louth
- 78 96. _____ Park Kilkenny
- 80 2. Royal Portrush (_____ Links)
- 82 65. _____ Castle Antrim.
- 83 12. Carne _____, Mayo
- 84 52. Belvoir _____ Antrim.
- 86 43. Ceann _____ Kerry
- 87 27. The K _____ (North Course) Straffan, Kildare

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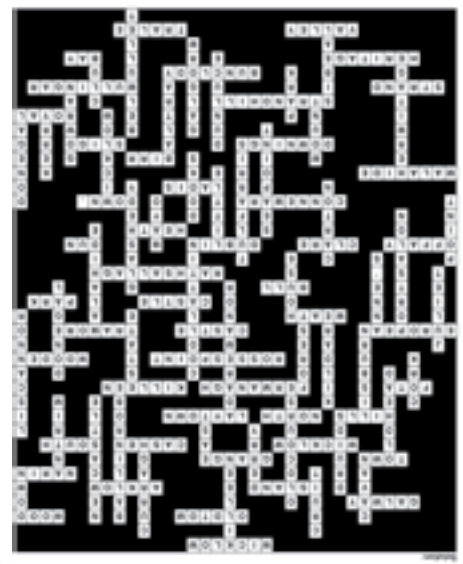
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