



**Cleveland Men's Football,
Ladies Football and Hurling Teams
Celebrate a Great Year at the
U. S. National Finals**



EDITOR'S CORNER

By John O'Brien, Jr.

by such silly things as time outs, penalty boxes or broken sticks. The game does stop for injuries, eventually. On YouTube (all over, but GAA.ie is a good place to start).

The annual Al O'Leary Tournament is Saturday October 2nd. Come on down to Akron, and see teams compete in Hurling, and the woman's version, called Camogie (no difference in the two games, so no idea why it is goes by a different name).

ClevelandGAA have a golf outing fundraiser on October 9th at Cop-pertop Golf Course in Valley City - check out @ClevelandGAA for details. Also coming up is the @Cincinnati-GAA Golf Outing, on October 15th, an annual fundraiser for the Cincinnati Gaelic Athletic Association. Cincinnati GAA is a bunch of good guys in Cincinnati trying to foster the Irish culture, keep it alive and make it thrive, without enough support: CincinnatiGAA@gmail.com

There are loads of other events, music, dance, sports and so much more coming this month. Check out Out & About iIrish within for gigs and gatherings to attend safely when you do your part and meet organizers 1/2 way. www.iIrish.us also has these listings, and much more.

Two new Pittsburgh Columnists join us this month; Diane Byrnes writes Pittsburgh Happenings, and Marie

Young (and her Irish Language students at the University of Pittsburgh) writes Éasca Péasca (Easy Peasy), on people, places and Irish language graces. Natalie Keller of Medina joined us last month, in Irish at Heart with great experience, tips and stories on moving to, living and working in Ireland. That brings us to twenty-four columnists from across the U.S.A. bringing you the movers, shakers and music makers each month.

627 locations now distribute iIrish each month, including Giant Eagle, CVS, Marcs and Leader Drug. If we are missing a location that you would like us to add, please let us know and we will check it out. The complete list of all locations is on the website: www.iIrish.us.

Last, but in no way least. Congratulations to The Treehouse, celebrating twenty-five years as a premier gathering and music place for the Irish and all of their friends. Paul Jones and crew are a tremendous asset to our community, with great staff, great food and some of the best music around.

Nuair a stadann an ceol, stadann an rince
(When the music stops, so does the dance)

John



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Cover Pic by John O'Brien, Jr.



CLEVELAND IRISH

By Francis McGarry

The Cleveland Milieu

Each March 17th, before I head into Mass, I text my friend Sergio to wish him a Happy St. Patrick's Day. He is one of the better bocce players in the area and 1st generation Italian American. Sergio helps manage Club Molisani, and we discuss ideas on occasion. On the beginning night of the Feast of the Assumption, he texts to wish me a Happy Feast.

Up Mayfield Road to the east, St. Constantine & Helen have their Greek Fest the weekend after the Feast, but no one texts me for that. Baklava and Hellenic Dancers are some of the highlights of the Greek Fest. Their parish also has a legit Lenten fish fry with baklava on the menu.

Head northwest from Murray Hill and you will find the Association of African American Cultural Garden, one of the newest Cultural Gardens to participate in One World Day. The east side has much to offer to the cultural milieu of Cleveland.

It is always refreshing to enjoy the many cultures of our city. Those who remain insular have the tendency to be ethnocentric and limited. Instead, we can embrace the collective fraternity of humanity, or at least of the multiple cultural expressions of humanity in Cleveland. It is joyous to respect and participate in those cultural expressions. As Paul VI discussed in Populorum Progressio, at the origin of injustice there is a lack of fraternity.

The attempt to understand, or at least to appreciate and respect, other cultures leads to communitas. Anthropologist Victor Turner denoted that people share feelings of togetherness and belonging in connection with rituals. In this column, we allow for the inclusion of festivals and cultural exchanges as rituals.

CULTURAL EXCHANGES

To be historically accurate, it was not uncommon at the Feast a few years back, when the Irish kids came down the Hill, for there to be some "cultural exchanges" with the Italian kids. Anyone with roots in Collinwood was not surprised. Today, not so much, although some of the old timers still decline to go the Feast.

My Aunt Irene would go to the Feast. She always wore something Irish just to let everybody know. She noticed, or more so made a comment, how diverse the Feast was compared to when she was growing up. She notices a lot, and shares her observations freely.

In her opinion, "We don't have parishes anymore." As I understand her, there is no more St. Joe Collinwood or St. Margaret Mary's, her parishes. She grew up in St. Joe Collinwood, Collinwood's first Catholic Church in 1877.

She lived right across the street in a four-unit apartment that was recently demolished. I have to admit I don't know the feeling of losing part, at least the physical part, of your history.

Aunt Irene was not against the formation of St. Mary's for the Slovenians and Holy Redeemer for the Italians. Priests in those parishes were able to hear confessions for parishioners who only spoke their native tongue. Holy Redeemer has had a procession and dinner for the Feast of the Assumption as well. There is an amazing photo of the congregation in the church, similar to the photo at St. Philomena.

My Grandma Grace developed more of an appreciation for the multiple cultural expressions found in Cleveland. She always liked Mirabile's on Ivanhoe, just up from Five Points. I still make it to Messina's just down the hill, recalling that Grace would go there for pizza after her typewriting class at Collinwood High School.

CATHOLIC SCHOOL NUMBERS

In Grace's time, there were more parishes, and they were neighborhood parishes. In 1950, those parishes supported over 10,000 schools. In Aunt Irene's time there were nearly 13,000 Catholic schools.

According to the National Catholic Educational Association (NCEA), there were 5,981 Catholic schools, 4,812 elementary and 1,169 secondary schools in the country, with a total enrollment of 1,626,291 in 2021. That is a decline of 439,581 students, or

21.3%, since 2011. In the past year 17 new schools were opened and 209 were consolidated or closed.

Locally, University of Notre Dame's Alliance for Catholic Education (ACE) will partner with St. Anthony's of Padua School in Akron and St. Augustine's in Barberton with an "emphasis on Catholic school culture, strong teaching and learning and operational vitality."

Conversely, the State of Ohio has seen a decline of roughly 22,000 Catholic school students since 2011. Cleveland accounts for almost 10,000 of those students and Cincinnati accounts for nearly 4,500 of those students.

As numbers of Catholic schools change, so do the numbers within those Catholic schools. In 2020-2021, 39.3% of Catholic school students were African-American, Asian American, Latino American Native American, Native Hawaiian or Pacific Islander, or multiethnic. If it were not for those students, even more Catholic schools would have been closed or consolidated.

Even though the total population of Catholic school students has declined, the benefits of Catholic school have not declined according to ACE and NCEA. Catholic schools boast a 99.1% graduation rate and 85% of those graduates attend a 4 year college or university. NCEA does not have data on those attending community college or trade school.

Almost 40% of Catholic schools have a waiting list. Latino and African American students who attend Catholic schools are more likely to graduate from high school and college compared to their public school peers. In general, the effects of socioeconomic status on educational achievement are significantly mitigated in Catholic schools. (ACE)

Therein lies the rub. Closures despite achievement. ACE includes "operational vitality" in their goals for a reason. A part of that is funding for students as well as for staff and administration, the structure that provides that education.

Many of us have had the benefits of a Catholic education that provided our families a quality learning environment and high standards for academic achievement. As a result of that education, we are hopefully able to invest in the next generation of Catholic

schools; a new generation with new challenges and new opportunities.

As Aunt Irene would ask, "Are you Irish Catholic or Irish and Catholic?" She does not hesitate to tell the story of how the Irish started Catholic schools in America. That history does not prevent her from embracing the contemporary fraternity of Cleveland, as well as all the present participants in Catholic education. Don't get me wrong. She always wears something Irish to Mass, just to let everybody know. ■

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 founder of Bluestone Hibernian Charities. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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October

- 1st - Guy Snowdon
- 2nd - Closed for our Scrambling Fore a Cause Charity Golf Outing
- 8th - The Island Doctor
- 9th - Smug Saints
- 15th - Crawley & Sofranko
- 16th - Parsons & Polk
- 22nd - Roadhouse Jr & Sr Acoustic Show
- 23rd - Nathan Henry
- 24th - Sully's 10th Annual Wake w/The New Barleycorn 1-4pm
- 30th - The Other Brothers

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AKRON IRISH

By Lisa O' Rourke

Nuns!

Upon encountering a roomful of nuns, many would do as Fr. Jack did in the iconic Irish sitcom, "Father Ted," and reverse rapidly out of the room. Unfortunately, a quick take on nuns, say a Family Feud style first three words, might generate nouns like "ruler," "teacher," and a verb like "smack." The stereotypical nun is an angry, head-to-toe in black and white teacher, ever ready with the old ruler, just lying in wait for a naïve young student to make a mistake.

They have to own it; like many stereotypes, there was more than one nun that fit that bill. But we can't paint them all with the same brush. I have met my fair share of mean teacher nuns, but I have also heard the stories of nuns like Mother Teresa and countless other missionary nuns who have given their lives to help better the human condition.

Unlike priests, nuns often have a career as part of their vocation. They are primarily nurses and teachers. There were periods of history when entering a convent was one, if not the only pathway, for a woman who wanted a career.

Entering a convent, a curious woman could evade the kitchen and the nursery and have a job free of domestic duties for the most part. Historically, convents had outside domestic help, just like the rectories. As an Irish woman said to me about the nuns, "they wouldn't know they were alive."

To some, the life of a nun looked like a pretty good deal. Sure, you had to make vows of poverty and chastity, but sometimes compared to the exhaustion of running a house and caring for a family, it could look good. Honestly, given the options that were available to women in Ireland,



it is a shock in some respects that the convents weren't bursting at capacity.

I have been in a few convents, and they are clean and well furnished. While you may not own what you use, you would not be wanting for much. You give up fashion, but that might not be a bad thing. Some vows go even further. One that would be out of my reach is contemplative silence.

One order that I know of that does make the vow of silence is The Poor Clares, who have had a convent in Galway for almost 400 years. Over the span of time that the Poor Clares have been in Galway, they have averaged fifteen nuns; women who have chosen to isolate themselves in one of the chattiest corners of the globe.

I first learned of them when my husband came home with some religious medals for me. He had spent the day with his friend Tim doing some electrical work in the convent. The nuns turned their backs to the men when they passed in the halls. Only the Reverend Mother spoke to them.

Tim still does some odd jobs around the convent. The last time we spoke, he told a funny story of a road trip to Clifden and the craic he had driving the Reverend Mother. OK, but craic, really? That stuck with me.

Then I saw an article in the Irish Times about that Reverend Mother, Sister Collette. The article is full of pictures of her before she took her vows. She was undeniably pretty, big 80s hair, think Molly Ringwald. Probably unlike Molly Ringwald, she went to Mass every day at that time. She was studying to be an accountant and going on dates, all the normal stuff.

On a trip to Medjugorje, she had a spiritual epiphany, and six whole years later, she was a Poor Clare. It takes nine years now. I always imagined that becoming a nun started on impulse after a poor choice or two, like the French Foreign Legion for women, and then where could a girl go with no hair?

They had you. But the process is longer and definitely more thoughtful than that with many opportunities to reverse the decision. The Poor Clares are a contemplative order, so prayer is at the heart of what they do. They garden and read and lead quiet lives.

The people of Galway have always supported them, dropping food and donations at the door. They have a legendary bell, which was supposed to be rung if they were ever in need. Now they ring it when they are formally praying together.

They will accept intentions from the community and now, even over the internet. They have a website where you can ask for their prayers and read their stories. Their numbers are down at the moment, at nine nuns, and the website even has a link where a lady could choose to go in and "have a cuppa" to discuss her options.

Nuns have been at the center of some horrifying stories in Ireland. The stories of the Magdalene laundries where the Sisters of Mercy housed unwed mothers and then gave or sold their babies to overseas parents; the Tuam scandal that involved the Bon Secours order allowing children and babies to die from neglect and dumping their bodies in unmarked graves, are all undeniably shameful. They do not compare to my "nun with a ruler in elementary school" story.

Yet the stories don't quite fit for me. It is hard to believe that so many

people sacrifice their lives because they are die-hard sadists. Surely there are easier ways to live your best life with that goal in mind. As I have read more about these stories, it looks like women who were deposited with some of the society's ills. This is not to oversimplify or excuse, but it feels to some extent, like these women inherited some societal problems that they were under-resourced to cope with and didn't know or couldn't do what was expected of them.

Bad behavior became part of the culture of certain convents, that is clear. But they also didn't impregnate anyone or drop off their daughters. The boiling of a frog analogy feels like it fits here; slowly and surely bad things happened that people stopped noticing.

This has been a year that shows us that people are people, regardless of their uniform. Police, priests, and nuns are all people that we look up to, but they are flawed humans, just like the rest of us. We know that, but it is uncomfortable and time-consuming to constantly have to consider it.

We all have bad days and do things we regret. Some people enter a vocation, and something goes horribly wrong for them. Others are doing exactly what they should be doing and have kept their mission statements intact.

We need to use our brains and our noses to detect what looks right or feels right. Far more often, one of them is a gem, and good craic too!

<https://poorclares.ie/home> ■

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge. She runs a Gaeilge study group at the AOH/Mark 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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COOKING UP A HOOLEY

By Katie Gagne

A "Little" Taste of Fall

The tastes and smells this time of year are undeniably the best. Cozy and comforting, these bite size treats capture the spice and warmth of autumn. Paired with a variety toppings and sauces, these little desserts make the perfect take-along to any gathering or binge-worthy snack to enjoy at home.

CINNAMON APPLE BITE-SIZE SCONES WITH CARAMEL

Adapted from A Years of Teas at the Elmwood Inn

- 2 cups AP Flour
- 2 teaspoons Baking Powder
- ½ teaspoon Salt
- ¼ teaspoon Baking Soda
- 2 teaspoons Cinnamon
- 6 tablespoons of very cold Unsalted Butter
- ½ cup Buttermilk
- 1 large Egg
- ½ cup peeled, chopped Gala or Granny Smith Apples
- 1 tablespoon cream
- 1 tablespoon white granulated sugar

1. Sift all dry ingredients together in large mixing bowl
2. Cut butter in to small diced pieces

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- and cut into the dry mixture until coarse crumbs form
3. Whisk egg and buttermilk together
4. Add to dry mixture and mix by hand with spoon until soft dough forms.
5. Add in the chopped apples
6. Turn out onto floured board and shape into small mounds approx. ¾ - 1 inch in diameter
7. Place on Silpat or parchment covered baking sheet
8. Brush with cream and sprinkle with sugar
9. Bake at 400* for 10-15 minutes until golden brown
10. Cool/Optional: Mix 1 cup of powdered sugar and water until smooth drizzle forms and drizzle over the scones. Let set until dry and serve.

This recipe makes approximately 18-24 mini scones. This recipe doubles very easily to make a larger quantity.

These scones are delicious by themselves or with some Irish Butter. For a great seasonal twist, you can serve with a side of warm caramel sauce to dip the scones in. Create a drizzle for the scones by combining 3 tablespoons of caramel sauce with ½ cup of Powdered Sugar.

My favorite way to serve these scones is with easy Homemade Caramel Butter.

HOMEMADE CARAMEL BUTTER

- 1 stick softened Unsalted Butter
 - ¼ cup Brown Sugar
 - 1 cup Powdered Sugar
 - 1 teaspoon Kosher Salt
 - 2 teaspoons Cinnamon
 - 3 tablespoons Caramel Sauce
- Combine all ingredients together by hand with a large spoon or with a



hand mixer.

The caramel butter will be soft – almost like a frosting consistency.

Spread on warm or room-temperature mini scones. ■

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](https://www.facebook.com/sassysweetsandmore).

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Children of the Night

"Listen to them, the children of the night. What music they make!"

This is the only time of year I pay attention to programming schedules for television, mostly movies broadcast on TCM. I've enjoyed the older horror movies since I was young and have seen many of them multiple times. The one I like the most is Dracula, with Bela Lugosi, released in 1931. There are many scarier films out there, but this is what set the path for all the others to come.

The earliest written stories concerning the undead can be found in Greek

mythology, but versions of the undead preying on the living can be found in almost every culture and on every continent.

In old Norse mythology, a drauger attacks and drinks the blood of the living. One legend from Madagascar tells of a being that drinks the blood and eats the nail clippings of nobles to survive (more gross than scary!).

In French-African voodoo culture, there is a blood sucking werewolf type of creature, that turns up in tales from Trinidad, Chile and New Orleans. The Aztecs had a version of a vampire. In Asia, different names and legends are attributed to a similar being in the Phillipines, China, Japan, India and Malaysia.

During the seventeenth and eighteenth centuries in the Slavic and Russian communities in Eastern Europe, the belief in the existence of vampires was so entrenched, that government officials often engaged in the hunting and killing of vampires. Although you have to wonder if the practice was also a convenient way to rid yourself of your enemies.

In America, the belief in vampires was widespread in New England during



Bela Lugosi as Count Dracula in the 1931 film Dracula. [Wikipedia.org](#)

the late eighteenth and early nineteenth centuries. Vampiric people have been part of the occult societies in England for centuries and has spread into the American sub-culture as well.

IRISH MYTHOLOGY

Irish mythology is rich with tales of those refusing to stay in their graves after death. Others, like the *sídhe*, were a supernatural race that lived in a parallel universe but walked among the living populace of Ireland, feeding on their victim's blood to survive.

In Donegal, a psychotic, dwarf chieftan named Abhartach was killed by a rival neighboring chieftan, Cathán. After his death, Abhartach emerged from his tomb to terrorize his and Cathán's subjects.

Cathán consulted a druid for advice on dealing with Abhartach. The druid explained Abhartach was a *dearg-dililat*, a drinker of human blood. He instructed Cathán to kill the dwarf again, this time with a sword fashioned from yew wood; to bury him face down and cover him with ashes and thorns; and finally place a heavy stone atop him. The stone must never be moved, or Abhartach will walk the earth again.

In the book *"Fairy Legends and Traditions of the South of Ireland"* by Thomas Crofton Croker, we are told the story of a beautiful woman in Waterford City who dies of mysterious

circumstances. On the anniversary of her death, she emerges from her grave to seduce the men from the surrounding area. With her beauty and her sensual dancing she would put the men into a trance like state before pouncing on them and feeding on their blood.

LORD BYRON

During the summer of 1816, Lord Byron hosted a party. When the weather turned sour, he proposed that his guests each write a horror story. One of the guests, Mary Shelley, came up with "Frankenstein." Lord Byron penned the beginning and outline of a "Vampyre," but soon lost interest. Another guest saw merit in the story, and with Lord Byron's blessing,

he picked up where his host left off. Dr. John Polidori published the novel "The Vampyre" in 1819.

BRAM STOKER

Abraham Stoker was born in Dublin in 1847, the third of seven children. Later in life, Bram, as he was called from childhood, would become the stage manager for the actor Sir Henry Irving. After Irving's death, he wrote "Personal Reminiscences of Henry Irving."

His earliest writing started after graduating from Trinity College, contributing to The Dublin Evening Mail as a theater critic. It was in that role that his relationship with Irving started.

That friendship with one of the greatest actors of the time was good for the young man; Irving not only made him his personal assistant, but also the business manager of the Lyceum Theater, that Irving owned. In 1879, Bram married the beautiful Florence Balcombe, after competing with Oscar Wilde for her affection.

Bram's writing was varied and, although prolific, he is mostly remembered for his work in the horror genre. At the time of his death, he was mostly remembered for his association with Sir Henry.

Bram published a collection of fairy tales, "Under the Sunset," in 1881; a political novel, "The Snakes Pass," in

1890; and "Snowbound", short stories set in the world of the theater, in 1908. His second most read book today is another horror story, "The Lair of the White Worm", published in 1911.

DRACULA

Stoker began research for "Dracula" in 1890, and while much of the novel takes place in Transylvania, he did not travel there. That summer, he visited the Subscription Library in Whitby, England, and asked to see a book that was not made available to the public, "The Accounts of Principalities of Wallachia and Moldavia". Under the supervision of the librarian, he opened the book to a specific section, made some notes and returned the book to the librarian. Next, he visited the Whitby Museum and with the help of the maps there, he plotted a route from the center of London to a remote mountaintop in Romania, the longitude and latitude recorded in his journal.

After the museum, Stoker went to the Whitby Harbor and interviewed members of the Royal Coast Guard, looking for details about a sailing ship that ran aground there a few years before, with only a handful

of it's crew members still aboard. The ship had sailed from Varna, an Eastern European port with a strange cargo, crates of earth. As workers were investigating the damaged vessel, they reported a large black dog that sprang out of the hull and ran up the hill to the graveyard at St. Mary's Church.

Dracula in the Wallachian language means devil. There is a rumour that Stoker's inspiration for the name comes from the Irish *droch fola* (*drawhk foe-la*), evil blood, but his journal does not support that.

NONFICTION

When the manuscript was completed, almost seven years later, he did not submit it to his editor as fiction. He claimed that the events actually took place as he presented them and that the people were real, saying that the Harkers and Dr. Seward were his friends and that he had no reason to doubt their statements and recollections.

Archibald Constable and Company returned the manuscript, refusing to publish it in its original writing. There were a series of unsolved grisly murders in Whitechapel, and the company

was afraid of escalating the panic in the city. Stoker was told to make some changes and they would publish it as fiction or not at all.

When it was finally published, the first one hundred and one pages were omitted and numerous changes were made to the text. The epilogue was shortened and Dracula's and his castle's fate was altered. It's been estimated that tens of thousands of words were eliminated.

The book that we have is a collection of journal entries, letters between the characters and publications. It isn't until the end that Jonathon Harker tells us that he had saved all of those papers relating to the events of several years before, putting them in order that others might be able to follow and be forewarned, adding that they could not expect anyone to believe so wild a story.

DID STOKER REALLY BELIEVE?

Dacre Stoker, great-grandnephew of Bram, co-author of the 2018 nov-

el Dracul and manager of the Bram Stoker Estate, believes that Bram was a master at making readers feel as if he believed the events were actual and points to a couple of lines in the book, "I want you to believe, believe in things which you know to be untrue," and "There are mysteries which men can only guess at, which age by age they may solve only in part." I found the book Dracul to be a gripping thriller and highly recommend it. ■

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

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PITTSBURGH HAPPENINGS
By Diane Byrnes

Hello iIrish Readers!

This is my first column for iIrish this season, which will prove to be a sought-after publication. My plans are to introduce you to some of the activities, events and news happening in the Pittsburgh region, along with a few personalities.

We are an active community, with music & dance and non-profit Irish organizations who work their magic by helping to ease many folks' hardships. We have a few different Irish sports teams: Gaelic Football – men's, juniors, and women's, and Hurling. We have a world class Theatre Company. We also have Irish Pubs, Irish import shops, Irish language classes, an Irish Festival and a St. Patrick's Day Parade. We have a lot of community life here.

October is a time when many organizations begin their season. We have seven Ancient Order of Hibernian Divisions (AOH) that are situated in the four corners of Allegheny County, and one Division in Westmoreland / Indiana County. AOH Division 1 in the South

Hills; AOH Division 4 in the North Hills; AOH Division 9 in Oakland; AOH Division 17 in Monroeville; AOH Division 21 in Garfield; AOH Division 23 in Lawrenceville and AOH Division 32 in Carnegie. Plus, there is the AOH Allegheny County Board that incorporates all of the divisions. No matter where a man lives there is an accessible AOH.

The Ladies Ancient Order of Hibernians has five Divisions plus a Junior Division at Division 23; there is Division 7 in Monroeville, Division 11 in Oakland, Division 21 in the South Hills, Division 23 in Lawrenceville and their Junior Division, Division 32 in Carnegie and Division 1 in Monongahela, Washington County. They are all very viable and

active groups working together for the common good.

One event coming up is AOH St. Patrick Division 4 in the North Hills, hosting their annual *Irish Heritage Golf Classic* at Shadow Lakes Golf Club on Friday, October 1, 2021. Registration is at 7:30a.m., and a shotgun start at 9:00a.m.

Sponsors and golfers are welcome. For more information, contact the division at www.aohdiv4.org or call Bob Parry at 412.370.4262. The proceeds benefit tuition assistance to Catholic elementary schools in the North Side / North Hills.

PICT CLASSIC THEATRE

This year, PICT Classic Theatre will

be celebrating 25 years of performing in the Pittsburgh region and beyond. PICT is an internationally recognized, non-profit theatre company committed to presenting the highest quality productions for the widest audience.

The productions feature innovative, minimalist design, and examine current social issues through the lens of classic text. With over 110 productions in a 25-year history, PICT continues to bring beloved works to the stage to approximately 10,000 patrons each season.

PICT is the resident theatre company of the Fred Roger's Studio at WQED, the birthplace of Mr. Rogers Neighborhood. PICT has received a variety of awards over the years, quite prestigious. The productions celebrate the artistry of classic text through the craft of modern performance and the employment of local talent.

All of the employees here are hired from the talent pool in Pittsburgh. Plus, PICT is in the local community, invested in partnerships, collaborations and business relationships.

They also present educational webinars every Friday at 2p.m. on YouTube and are archived on the website. These interactive webinars are hosted by Alan Stanford, Artistic and Executive Director, and guest artists. New for the 24th season were two world-premier audio events: *The Strange Case of Dr. Jekyll* and Charles Dickens' *A Christmas Carol*. They were a huge success! Beginning this month, the 25th An-



niversary Season presents, *As You Like It*, adapted and directed by Alan Stanford. February 2022 PICT presents Samuel Beckett's *Endgame*. There will be many more events sponsored by PICT and I will keep you informed. In the meantime, you can check out their website: www.picttheatre.org.

PITTSBURGH CEILI CLUB

PCC begins their 2021-2022 Season with a Ceili at the Aspinwall American Legion Club, Post #15. The dancing begins at 7:30pm with the 'Usual Suspects'. Members pay \$5.00, non-Members pay \$10. For additional information, contact President Bill Jamison at wjam3699@aol.com. The Ceili Club has been operating since 1990 and continues to promote the Ceili dancing of Ireland with weekly Ceili's at Mullaney's Harp & Fiddle, along with a variety of events throughout the year that always include a Ceili.

ST. PATRICK'S DAY PARADE

Because of Covid, Pittsburgh, like every other city, had to postpone our St. Patrick's Day Parade the past two Marches. However, we did have a Halfway to St. Patrick's Day Parade this past September. It was a wonderful sight! There were several marching bands, Irish dancers, other groups & organizations, and a host of Irish-heritage groups.

Pittsburgh's Parade celebrates Pittsburgh's Irish heritage and is normally attended by 200,000-plus people, all "Irish for the day." The parade has occurred non-stop since 1950.

Many Pittsburghers remember that not even a blizzard in 1993 was

able to keep Pittsburgh's Irish from marching on. The parade is one of the largest St. Patrick's Day Parades in the nation.

ECHOES OF ERIN

The format for the radio show includes airing a wide variety of Irish, Scottish, and sometimes American music by an Irish artist. There is a live news segment, called The Ireland Report, where I call four different cities throughout the month, Donegal, Galway, Dublin, and Belfast. Each news correspondent offers a perspective of the happenings in Ireland from their 'window'.

In the *Top of the Hour Moment*, we feature a cultural, historical, or motivational piece, then air a couple of songs. The final special segment is *Dateline Irish*, which is the calendar of events. These dates can go from today to several months out; the goal is to help you save the date and make plans in the future.

All of these segments are sponsored by a group, organization, business, or an individual, and they all help pay for the programming. ■

Diane V. Byrnes is the Producer & Host of Echoes of Erin, in her 34th year. It airs on WEDO 810AM on Sundays at 12:30pm and is online at www.kdwradio.com on Wednesdays @ 1:30pm (then click on Listen Live). Email Diane at: diane.byrnes@verizon.net

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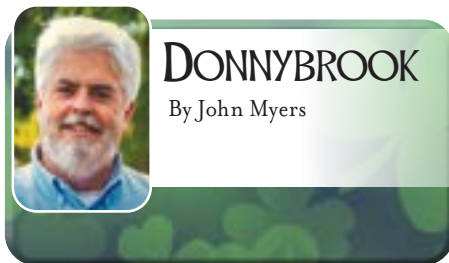
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DONNYBROOK

By John Myers

Grace Gone

SAUSAGES, KIPPERS AND BISCUITS

The government of United Kingdom (UK) unilaterally postponed an October 1st deadline for a Brexit “grace” period. Under the Northern Ireland Protocol, ie, a trade border established in the Irish Sea rather than a hard land border with the Six Counties, there was a delay to full implementation of EU trade law for goods headed to the North of Ireland from Britain.

This grace period was agreed upon between the UK and the European Union (EU) to ease the transition to the new realities of Brexit. Bumps are still being presented as traditional supply lines, especially for food products has been disrupted due to the British exit from the EU (“Brexit”).

The largest challenges relate to new paperwork and some British food items which were traditionally on the shelves in the Six Counties, but now are harder to acquire. Essentially some British prepared foods have not found an easy path through the chaos of Brexit and into the North of Ireland marketplace.

No one is going without food, it is just that some particular British brands of sausages, kippers and biscuits have been stopped or delayed. The loyalist community misses some traditional brands of royal sausages and other prepared foods.

On a recent visit to the Six Counties, the Vice President of the EU reminded the UK that the Northern Ireland Protocol is part of the international treaty that the government of PM Boris Johnson negotiated, and the UK cannot unilaterally ignore parts that now are more challenging. The markets will straighten themselves out once supply and demand catch up with the new paperwork, the real issue is that the Loyalist (Orange) community is screaming like an indulged child about the existence of the Irish Sea trade Border.

For a century, since the creation of

the artificial statelet of Northern Ireland, the Loyalists have been a privileged community. Any matter, however small, such as sausages and kippers, challenges their imperious expression of self-identity.

The extension of any grace period should not be a big deal, but the problem is that an extended grace period does not solve the underlying issue, that of the loyalists screaming and crying about the unexpected impact of Brexit – a Brexit the Loyalist community campaigned for and voted for, resulting in a treaty negotiated by their conservative Tory and Loyalist Party.

The Loyalist Community is screaming as they did not think through the unintended consequences of what they campaigned and asked for. It echoes one hundred years ago, when the loyalist community threatened violence to avoid being part of an all-Ireland parliament, based in Dublin, while still under the British Crown. This threat of violence by the Loyalists Community in 1921 was the basis for the artificially created statelet known as Northern Ireland.

Time will tell whether London continues to indulge and maintain Loyalist privilege. This unilateral extension of the October 1st grace period is unfortunate evidence that Westminster may yet ignore logic and practicality and ignore fairness, equity, and justice. However, there is hope, this is not 1921 and the matter of the Six Counties has the attention of the European Continent and an American President with bi-partisan Congressional support.

FIRST ANNUAL RUN

Last month saw the inauguration of the Pete Leneghan Entrepreneurship Foundation Run. Hundreds participated in the First Annual 5K Run/Walk in the Detroit-Shoreway/Edgewater Park Neighborhood of Cleveland. The race commenced and finished at an Irish



Stone Mad Leneghan Foundation.

American landmark, Stone Mad Pub. Stone Mad Pub and Restaurant was created and built by Pete Leneghan. Pete, a standout soccer player and serial entrepreneur, lost his life to cancer last year. To honor and remember Pete and his love of the community, his family and friends created the Foundation. The 5k Run/Walk was the Foundations first public event.

At a young age, Pete had his own horse-drawn carriage business in NYC, but eventually returned to his great lakes home in Cleveland and created, with his brothers, The Treehouse Pub, in Cleveland’s Tremont neighborhood, over twenty-five years ago. This visionary investment laid a solid foundation for the renaissance of new business’ building in Tremont.

Over a decade ago, Pete was one of the first new hospitality businesses to invest in Cleveland’s Detroit Shoreway Neighborhood, building Stone Mad and creating a sense of place, hospitality, and respite on West 65th Street. Pete’s gift of hospitality continues through the work of The Foundation, through his business partner, Eileen Salmon, and his nephew, Brian Leneghan, who has stepped in to carry on this great tradition.

OHIO AT CENTER OF IRISH ART WORLD

In September, Cincinnati, Ohio was front and center in the Irish Art World. Two of Paul Henry’s paintings were auctioned through the Caza Sikes Gallery and Auction House on behalf of an Ohio



Paul Henry Painting

family. The two prints fetched a total over \$400,000.00.

Paul Henry was arguably the best-known 20th century Irish artist, painting in a post-Impressionist style. The Belfast born artist was well loved for his beautiful West of Ireland landscapes. Henry and his family spent over a decade of his life living on Achill Island, County Mayo.

Achill247.com writes that Henry was close friends with “Johnny Tom Owen McNamara” as well as a local cobbler and Land League founder, Michael Mangan.

While not documented, it is likely that descendants of these two Henry friends live in Ohio today. Henry was attracted to the remarkable beauty of Achill and its people. Inspired by the work of writer J.M. Synge (“Riders to the Sea”), Henry expressed through his art median of painting, a motivation, similar to Synge, to “express a life that had never found expression.” Two of his more famous paintings include, “The Potato Diggers,” and “Launching the Currach,” which are part of the National Gallery of Ireland collection.

An interesting sub-text to this sale was that the Ohio family had these paintings in their storage shed, thinking they had no value. The Daily ArtNews reports that the paintings were in the Kane family for generations, and they had handed storage items over to be sold at an estate sale.

Thankfully an estate employee with a good eye recognized the dusty paintings for what they were. The family’s great-grandfather, Patrick McGovern, who emigrated from Ireland in 1891 and later became a successful structural engineer, is thought to have purchased the original oil paintings in Ireland or at a gallery in NYC. At least one of the paintings will be returning to Ireland. ■

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BLOWIN’ IN

By Susan Mangan

@SueMangan

An American in Ireland

*I wish I had it back again
The urge to sip from every
mountain stream
Where every season promises
A host of golden, open-ended dreams
And every morning’s joyful
With the prospect of the days and
nights to come . . .*

(Saw Doctors “Wisdom of Youth”)

The plane leaves a day early due to a change in circumstances. Steel-nose glitters in the last light of day, rising higher and higher through cumulus clouds. Images of Roman goddesses, hump-backed camels, and ordinary garden tools casually float by the vision of a young lady. Her eyes are the shade of a forgotten Irish stream; twin mood stones, they fill with tears of joy and sadness as readily as the rain falls in autumn.

The young lady rests comfortably in her window seat where she can peer out at the blank darkness that blots out the sky at 35,000 feet above the Atlantic; here she can dream and wonder, plan and hope. The hours pass in moments, as an abbreviated night lightens into a new dawn, and the plane descends through a riot of clouds. The movement jars the girl out of her reverie, while the plane soars over a patchwork of green pastures and myriad pools of blue water.

As the young lady lands, she is unaware that the airport she left in New Jersey closed. Torrential floods cast a pall over the plans of hundreds of travelers. Cars are left stranded amid apocalyptic highway scenes. The young lady was spared these events in an act of serendipity.

She feels the familiar thrum of expectation as the plane lands onto the runway in Dublin. Unhindered by fear or doubt, the young lady has chosen to live for the moment. Seemingly, the fates approve of her spontaneous spirit and grace coats her path.

Stepping out of the commuter train, she hears the cry of seagulls and breathes salt deep of the Irish Sea.

Her passport resembles the worn leather of a seasoned traveler’s trunk stamped with tales of journeys to Barcelona, Prague, Copenhagen, London, and Edinburgh. This young lady is as at home in the baths of Budapest as she is in a Covent Garden tearoom. Her spirit matches the energy of a swarm of strangers who move with intent, boredom, or longing, traversing the underground trains that snake beneath cities like New York and London. She has left pieces of her heart across the Alps and over the seas.

In profile, her chestnut hair sweeps away from her delicate bone structure. Comfortable with the spray of sea water on her face, the young lady was once a girl with long dark hair. She could swim with the fluidness of a seal, and her hair would hang selkie-like along the curve of her back. Now, her hair is cut to the shoulder and touched with golden highlights – a more sophisticated look for her post graduate studies. She is no longer a child playing in the sand with cousins on the Mulranny strand in the West of Ireland. All of 22 years, she has lived and loved more than others have at the age of 52.

Her gaze is soft as she listens to the Irish children call for their morning buns with sausage; a fine morning for a picnic she thinks to herself, perhaps I will take lunch onto the beach.

As she turns, we realize our traveler will not be alone. She raises a welcoming wave to a young man who regards her with fondness and shakes his head in wonder at the sight of this young lady. They lock

hands and move away from the train station poised on the Irish Sea.

Together, the couple wanders the strand, each content in the moment. The biggest decision they have is where they should eat in the city. Do they long for mussels, a pint, and a pub or the secret elegance of a garden rooftop serving oysters and crisp, white wine? The young couple will only share a few stolen days together, but to their young hearts, this time appears infinite.

Family from the West invite the girl and her handsome companion to pass a day or two. To them, she is still a girl, and they welcome her like a lamb to the flock. After laughter, tea, and toast the couple embarks on a mountain climb.

Intermittent clouds and sun lend softness to the autumn sky. Beneath their feet, the ground is hard, but cushioned by sturdy wildflowers that paint the terrain in bright shades of yellow and muted violet. As they ascend the mountain, sea aster and samphire rise from rocky cliffs, breaking the monotony of grey stone and green moss.

Atop the summit, the young lady listens to her companion laugh with the cousins.

Alone in her thoughts, she recalls the stories her grandfather told of the cliffs

above Keem Bay. *How wonderful that I am standing at this ancient summit, the scene of my grandfather’s lore, while my past and future entwine?*

Before the clouds cover the dimming rays of sun, the girl looks into the brown warmth of her companion’s eyes. It is time to leave this magical place.

Together they descend, melting into the side of the remote mountain. Their present has become the past. The mountain has absorbed the beauty of this moment in time. Like a strong and loving grandfather, the mountain has witnessed the girl’s heart.

A hidden lake lies at the base of the mountain. Here the young man takes the young lady’s hand once again, and they discuss their prospects for an evening meal. ■

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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A New Diagnosis of Breast Cancer



By **Dr. Mita Patel**

You have breast cancer. Four words you never want to hear, and yet are heard far too often. Each year, 200,000 women and nearly 2,000 men in the United States are diagnosed. It is so

prevalent that you would be hard pressed to find someone who hasn't been affected – whether directly or through someone they know. For that reason, breast cancer is one of the better-known and more talked about cancers. Every October, towns across the country are painted pink to raise awareness. And yet, there is still a lot of misinformation circulating. For starters, many patients who end up in my office are shocked to be facing a diagnosis for a disease that does not run in their family. In truth, only about 5-10% of breast cancers would be defined as a hereditary cancer, one passed down from generation to generation. That means most people who get breast cancer carry additional risk factors, outside of family history, that may be linked to breast cancer. While there are certain risk factors, such as growing older or simply being a woman, it's often hard to pinpoint the exact reason one person's healthy breast cells mutate into cancer cells while another's do not. Many speculate about what causes breast cancer - wearing a bra, carrying your cell phone in your bra, using underarm antiperspirant, and eating too much sugar being some of the more popular myths. There is one thing all these claims have in common. None of them are proven facts that can be backed up with hard evidence. Still, these rumors often lead to guilt for those who do receive a cancer diagnosis – wondering if their own actions are to blame and if doing things differently would have spared them this challenging pathway. I have seen patients spiral into a cycle of shame and blame, but feeling responsible is, in itself, a myth. The fact is anyone can get cancer. There are so many examples of people who do everything right and still get breast cancer. The good news? The outlook for people who are diagnosed with cancer is better than ever before. Surgery, radiation therapy, and chemotherapy are just some of the potential treatment options that have proven effective, though each person's treatment plan may be different based on his or her needs. Breast cancer isn't just one disease. There are many different types, and the causes are likely the result of multiple factors. That means they don't all respond to the same treatments; a lot depends on the size, stage, and grade of cancer. The cancer's location and sensitivity to hormones can also play a role.

Having worked with many breast cancer survivors in their year-round fight against this disease, I am reminded often of the importance of early detection. Finding breast cancer in its earlier stages often means patients are less likely to need an aggressive treatment and are more likely to be cured. The Centers for Disease Control (CDC) reports that nearly 99% of women who are diagnosed in the earliest stage live for five years or more, compared to about 27% of those diagnosed at the most advanced stage. So, take a moment to own your health. Simply put, breast awareness is knowing your own body. Regularly do self-exams and pay attention to any unusual changes in your breasts but know this isn't a substitute for regular screening with mammography. Breast cancer doesn't always cause a lump, and by the time it does, the cancer may have already progressed into the lymph nodes. Knowing that early detection can mean the difference between life and death, I also feel compelled to note that we cannot let the pandemic stop us from making our health a priority. Mercy Health, like many health facilities across the country, is taking extra precautions to protect patients including, but not limited to, masking, social distancing, and more stringent environmental cleaning and disinfection. If you are due (or overdue) for a mammogram, call and get it scheduled today. Don't wait. October is Breast Cancer Awareness Month, but the threat of breast cancer doesn't have a timeline. So, spend every month doing everything you can to be aware, vigilant, informed, and empowered. Remember, while breast cancer prevention may be a tricky matter, being

proactive has proven successful in saving countless lives. ■

Dr. Mita Patel is a Breast Surgical Oncologist and Medical Director of the Nationally Accredited Breast Center at Mercy Health. Her previous experiences include Cleveland Clinic Physician, Assistant Professor of Surgery at the Cleveland Clinic Lerner College of Medicine, and Case Western Reserve University. Dr. Patel is actively involved with the community and lives in Cleveland with her husband and three children.



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Men Get Breast Cancer Too



By **Dr. Richard B. White**

It's October – a time for consuming all things pumpkin spice, an excuse for watching scary movies as we count down to the year's spookiest holiday, and an opportunity to raise awareness for the most common cancer in the world. The World Health Organization says breast cancer accounts for 12% of all new annual cancer cases globally. So, it's fitting that Breast Cancer Awareness Month is perhaps the most widely recognized health awareness month of the year. There's just one problem. Breast cancer does not discriminate – a fact that may be drowned out by the parade of pink that rolls out every October, spotlighting what many consider to be a woman's disease. You may be surprised to learn that about 2,650 men are expected to be diagnosed with breast cancer in the United States this year alone. Granted, breast cancer is a rare occurrence in men; they make up less than 1% of all cases. However, that may be the very reason why awareness is so crucial. Screening for male breast cancer is not routinely recommended, and many men aren't even aware they can get breast cancer, so they ignore the tell-tale signs.

The result is a diagnosis that comes at a much later stage of the disease. That's why, despite being far less prevalent among men, this disease is far more likely to kill them than their female counterparts. Let's face it – men are already reluctant to go to the doctor. Society often typecasts males from an early age by insinuating they need to be tough, brave, strong, and self-reliant. In that line of thinking, illness or injury is often seen as a sign of weakness. Add on the layer of embarrassment that may stem from a breast cancer diagnosis and it's no wonder men are dying from this disease at a much higher rate than women. While you may not think of men as having breasts, everyone has breast tissue. The difference is women have high estrogen levels – the hormone that stimulates the growth of that tissue into full breasts, while men's tissue typically stays flat and small. Several things can lead to a man having abnormal hormone levels and an elevated risk of getting breast cancer: taking hormonal medicines, being overweight, drinking excessive amounts of alcohol, and even being exposed to estrogens in the environment such as through hormones fed to fatten up beef cattle. Growing older and having a family history of breast cancer are also risk factors for men.

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We Didn't Start the Fire?

Since moving to Southern California a couple of years ago, I have been asked a lot about the wildfires. Fortunately, at least with respect to wildfires, living in the desert means there's precious little to burn. The sparsely populated landscape here makes it hard for fire to travel. However, it doesn't mean that we're not affected by the fires. In the mountains that surround us are small communities for whom the fear of losing their homes is a reality. Last summer, the fires were close enough for us to smell and see the smoke in the air. Still, it was over there somewhere, and I suppose that's how most of us feel when we hear the news about the latest wildfire. We pity those whose lives are constantly under threat and thank God it's not us in their shoes. Apart from those whose properties and lives are at risk, there are also animals at risk of losing habitat and life. We may never know the death toll of the hundreds if not thousands of animals who have lost their lives to

and increasing education about the risk and symptoms are critical to a man's survival. ■

Dr. Richard White is a primary care physician at Mercy Health – Oak Point Primary and Specialty Care in Lorain, Ohio. He has been practicing family medicine for more than twenty-six years, helping put together individualized health plans to improve the well-being of his patients.

With more research and more public awareness, men will learn they are not alone, that it's ok to talk about their health, and there's nothing to be embarrassed about. Reducing the stigma

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wildfires.

Instead, we hear about the stupidity of those who are responsible for some of the devastation. A gender reveals party, a deliberate act of arson, or negligence. The one group of people we don't think too much about are those who put their lives in danger in order to preserve life, the firefighters. Thousands of men and women work tirelessly to try and contain widespread destruction. Sadly, in the state of California, their work is grossly underfunded. As of April, only half of the fire engines were fully staffed and prepared for seven days a week. In July, Pewtrust.org reported that more than 142,447 acres of California land have burned up. PEW states that in the west in 2021, over two million acres have burned, as opposed to 1.6 million acres last year. Governor Gavin Newsom reportedly said that 'California is in the midst of an existential crisis.'

When such a national disaster is happening, you would think that our federal government would support the efforts of these brave men and women who fight fire on our behalf. Given that the cost of the devastation in terms of human and animal life is so great, we should expect that this problem should be addressed with the proper resources, but this isn't the case. Firefighters are expected to put their lives in danger for low pay and long deployments. This disgraceful treatment of those who bravely go where none of us want to go is shameful. The lack of financial support means it's hard to recruit

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enough people to effectively carry out the job of containing the growing number of wildfires. Some of the best firefighters of the nation are, to use a bad pun, 'burnt out'. They have tirelessly put their lives on the frontline only to be demeaned and demoralized by inadequate income. Fire is not the only enemy these firefighters face. Two studies carried out by the National Institute of Occupational Safety and Health concluded that firefighters are 9% more likely to get a cancer diagnosis and women at the frontline of firefighting have an increased risk of breast cancer. Firefighters must sometimes work fourteen hours a day, and camp near to the fire, exposing themselves to increased smoke inhalation, which can lead to lung cancer and heart disease. These are not things we think about when it comes to the health and safety of firefighters, and given the results of these studies, it is something we should consider when it comes to rewarding them for their service. Firefighting equipment is good but doesn't guarantee absolute protection. The heavy N95 masks that we all are used to seeing on television are not suitable for wildfires. They reduce visibility and are too cumbersome to use in the wild. Those who are fighting fires in the wild use cloth masks and risk inhaling smoke particles. And, considering the density of the smoke created by these fires, we can only imagine what damage it is doing to their lungs. If this is painting a gloomy picture of the life of a firefighter, we might wonder why anyone in their right mind would want to do it? Idealism in any profession can last only so long. A person might have all the passion and zeal for firefighting

but it's bound to wear thin once they're faced with the lack of financial incentive and support. Retention becomes almost impossible once people realize their efforts are not valued by the society that they live in. President Biden has promised to implement one-time raises and bonuses for federal wildland firefighters, but this is still something to be passed through Congress. It may be too little too late for men and women who have given so much for so little in return. None of us can imagine what it's like to be 'chewing' smoke hours on end. We cannot imagine the sheer psychological trauma of watching homes disappear, watch as humans and animals are displaced or destroyed by fire, all the while, not knowing if you are going to survive the experience. The effect of such an experience is almost apocalyptic. One firefighter is reported to have said that he felt as if 'the world is going to end.' When firefighters describe their thoughts and feelings during a wildfire, they are depicting a war zone. So, we should not simply think about the physical cost these people bear, but also consider the psychological effects of such cataclysmic events on the human mind. The increase in wildfires is directly related to climate change. We may not literally set the fire alight in these places, but we've metaphorically lit the fire by our refusal to listen to the scientists. And as such, we need to shoulder our responsibility to those who are having to deal with the effects of our collective irresponsibility. ■

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AT HOME, ABROAD

By Regina Costello

Story time! Who knew?

Working at the Buckeye public library in Medina County has introduced me to the world of story time. And it truly is a world. It is an innovative and enjoyable route to unlocking a child's imagination and opening a mind to an exciting unlimited universe.

Children are brought to story time for any number of reasons - perhaps to add structure to their day, or introduce an activity, teach them to socialize with other toddlers, or simply relax and enjoy a story. The reason is not that important, but the benefits of story time

are both complex and abounding for both babies and toddlers. I am learning that the best story times are those that appear to be seamlessly strung together that funnily enough, require a significant amount of planning, time and effort.

For generations, long before the existence of empirical evidence, parents around the globe have been reading to their children. It seemed to be innately understood to be a worthwhile endeavor and a fruitful use of time with children where language introduces a world of stories and fantasies that allows a child's imagination to develop. That still holds true today but is strongly supported by numerous studies and publications that outline positive benefits of reading to very young children.

Data indicates that children must first learn to listen before they can speak. Story time is an ideal interactive and playful way to accommodate that development in a library, or at home, or with a play date. It can be a better and more productive alternative to handing a small child a phone at a restaurant, doctor's office or anywhere else - of

which we are all guilty.

Producing a successful story time event at a public library requires certain markers to be met that touch upon several areas, including early literacy and numbers and songs, using not only books, but also other resources, including crafts, puppets and alphabet letters. Physical activity is an important aspect that is required and can be accomplished using dance, finger play and playtime.

As a parent, you do not need to get bogged down in these details. Most importantly, this should be an enjoyable time for you and your child. Get comfortable with your child on a favorite sofa with a soft blanket and turn off electronic devices.

Starting off with the same song each time sets the stage. Ensure you have a big picture book. Let your child touch or chew the book. It can be a cloth book, popup book or flannel book - any kind of book that engages your child.

Point to the pictures, intonate your voice. Ask a toddler questions during the story. A preschooler child can perhaps guess what happens next.

Make time for play afterwards. With older children, more complex questions and interactions can take place and children can be encouraged to make up their own stories or provide an alternative ending to the story at hand. The art of reading and learning language is not confined to story time.

Popping a book on tape in the car is another avenue for a child to actively listen. Listening to books on tape develops the additional skills of concentration and self-discipline that also builds memory retention.

The world is your oyster when it comes to choosing a topic, book, or book on tape. It is an ideal way to introduce your Irish heritage to your child or grandchild. Our history is steeped in mythology and folklore that provides a fantastical avenue for a child's imagination that can be used as story time.

Trips to the dollar store can be met with success by picking up items around St. Patrick's Day and can be used to supplement the story telling. Listening to Irish publications on tape with Irish accents might provide entertainment and curiosity for your

child. Some of these are also available on YouTube.

Establishing a routine story time with a child has the lasting benefits of teaching a child the skills of communication patience, empathy and literacy, while simultaneously growing curiosity and memory. There are lots of books to choose from. Don't feel overwhelmed. Choose a book that feels right for you and your child.

Choosing an Irish topic may be the perfect starting point because the four green fields are never far from our minds. At home abroad, story time can be the introduction of the land of leprechauns and rainbows to your child or grandchild, and the beginning of a shared interest and hobby for you both.

I love this quote that I stumbled upon recently from Anna Quindlen. I hope you do too. "Books are the plane, and the train, and the road. They are the destination, and the journey. They are home." ■

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Regina is a postgraduate from the National University of Ireland Dublin - School of Library and Information Science. Former Curator with the Irish American Archives Society; Executive Director of the Soldiers' and Sailors' Monument Commission. She is currently working as a library professional at the Buckeye branch of the Medina Public Library District and is a Director on the Boards of the Mayo Society of Greater Cleveland and The Irish American Charitable Foundation. She would love to hear from you and can be reached at rcostello@ameritech.net.

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ÉASCA, PÉASCA

By Marie Young

Fáilte ó mBaile Phitt

Greetings from Pittsburgh. I am happy to join you and the community here with the introduction of this easy, peasy monthly column. We will greet you each month highlighting students of mine who are currently studying Irish language here at the University of Pittsburgh.

Hailing from Dublin's fair city, I have been teaching 4 credit classes at the University of Pittsburgh since 2006. I currently instruct six levels of Irish (Gaeilge) language, along with offering a Spring Irish Culture Class through the Less Commonly Taught Languages (LCTL) department.

In 2016, I chaperoned the maiden voyage of the study abroad Cultural program through the University of Pittsburgh, which has been offered

every year since. My students join my class for the most part with an ancestral background from Ireland. Others join because they enjoy the music and poetry of Ireland. Some join if they will learn how to speak with an Irish accent!! (and quickly realize it is a little more involved)!!

The Irish language is in no way connected to English and is not written as read. It comes from the Celtic branch of Indo-European languages. Learning this language takes patience and practice.

EISCÍOCHTAÍ

There are many exceptions to EVERY rule - EISCÍOCHTAÍ is the first word I mention Day 1 - exceptions. Adult learners are very curious to the workings of Gaeilge - why do we say it this way etc. Over the years I have learned so much from the students' perceptions, comments, and insights into a language I took for granted growing up.

As an instructor, nothing pleases me more than after a month of learning, seeing the lightbulb go on for most students, and it starts to gel together. Through games, stories, writing and reading, I bring the students through what I like to call Survival Gaeilge - that Irish that will get them a pint in a local pub, will get them meeting the Irish stranger, soon to be friend, along the bóthar,



JOHN MULLE

will help them navigate those Irish road sign trí Ghaeilge.

I credit my grandfather, John Mullen, with fostering my love of Gaeilge - "Ní as an ghaoth a tháinig sé"! (It is not from the wind it came). Living in Tuam, Co. Galway, he spent many days sitting in the parlor wading through the O Domhnaill dictionary, rewriting idioms and phrases right up to his 98th year of life. Ar Dheis De go raibh a anam (His soul was at the right hand of God).

I spent my summers and many weekends listening to Danda, his

scéalta, his phrases, his piseoganna (superstitions), and though at times my eyes rolled, my understanding waning, craving to go outside and play on their farm I hold dear, those memories now fill my heart.

Danda instilled a beauty of a language within me, a connection to my heritage, my family, and friends that I hold strong and proud today. He also taught me how putting ice-cream on carrots can make them quite edible (sin scéal eile - another story!!) Little did we know that I would honor him daily and his grá for Gaeilge from inside the walls of the Cathedral of Learning here in Pittsburgh 110 years later!!

Is Fearr Gaeilge Bhriste ná Béarla cliste - It is better to have broken Irish than clever English.

Tír gan Teanga, Tír gan anam - A country without a language is a country without a soul. ■

Marie Young is a native of Dublin, moving to Pittsburgh in 2001. She is the Irish language instructor for The LCTL Department at the University of Pittsburgh. She is married to a fellow Irish man John and has 3 children, Jack (22), Ronan (14), and Tiernan (8).

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ON THIS DAY IN IRISH HISTORY OCTOBER

1 October 1911 - The Parnell monument by Dublin-born sculptor Augustus Saint-Gauden, featuring an eight-foot statue of the nationalist leader in a heroic pose and wearing two coats, as was his custom, was unveiled before a massive crowd in Sackville Street by John Redmond.

2 October 1852 - Birth of William O'Brien, Irish Party MP, associated with the campaign for land reform, which would force landlords to reduce exorbitant rents.

3 October 1971 - Death of Sean O'Riada, founder, composer and arranger for The Chieftains.

4 October 1959 - Direct telephone dialing is launched in Ireland.

5 October 1995 - Seamus Heaney, Harvard professor and Irish poet, wins the Nobel Prize for Literature.

6 October 1962 - Sylvia Beach, publisher of James Joyce's *Ulysses*, died.

10 October 1922 - The Catholic hierarchy issued a pastoral condemning Republican resistance to the Free State - 'a republic without popular recognition behind it is a contradiction in terms.'

23 October 1921 - 'This is the nest of singing birds. They chirp mightily one to the other- and there's the falseness of it all, because no one trusts the Other'- Michael Collins in a letter to John O'Kane on early moves in the Treaty negotiations.

25 October 2002 - Richard Harris (72), actor and Oscar nominee for *This Sporting Life* (1963) and *The Field* (1990), died.

30 October 1987 - The Eksund, carrying 150 tons of armaments for the IRA, is seized by French customs authorities.

Ancient Order of Hibernians Add New Division, in Stark County

By Joe Casey

On Monday, July 19, 2021, the State of Ohio Ancient Order of Hibernians (AOH) grew by one division; the Stark County Division #1 formed at St. Joseph's Parish Hall in Canton, with a combined nineteen new members and transferees. This has been a long road that was made worse because of the pandemic.

The National Chaplain, Fr. John Keehner (also Ohio State Chaplain), is a charter member and was very instru-

mental in getting the division formed. The Shamrock Degree was conferred, elections were held, and officers were installed. They are President, Tom Fickes; Vice President, Joe Harrison; Recording Secretary, Erik Keenan; Financial Secretary, Bill Keenan and Treasurer, Tom Wolf. Fr. John Sheridan accepted the appointment of division chaplain. ■

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Moving to Ireland: A Step-by-Step Guide

Last month, I wrote an overview of the Working Holiday Visa, which enables recent college grads to live in Ireland for one year. But once the visa is in your hand, what comes next? Let's delve into the logistics of moving abroad and provide a guide for those interested in the program. When considering all the details, finances, and bureaucracy involved, it's easy to feel overwhelmed — but by taking it one step at a time, the impossible becomes achievable, and you'll be well on your way to making a home in the Emerald Isle.

BRING A FRIEND

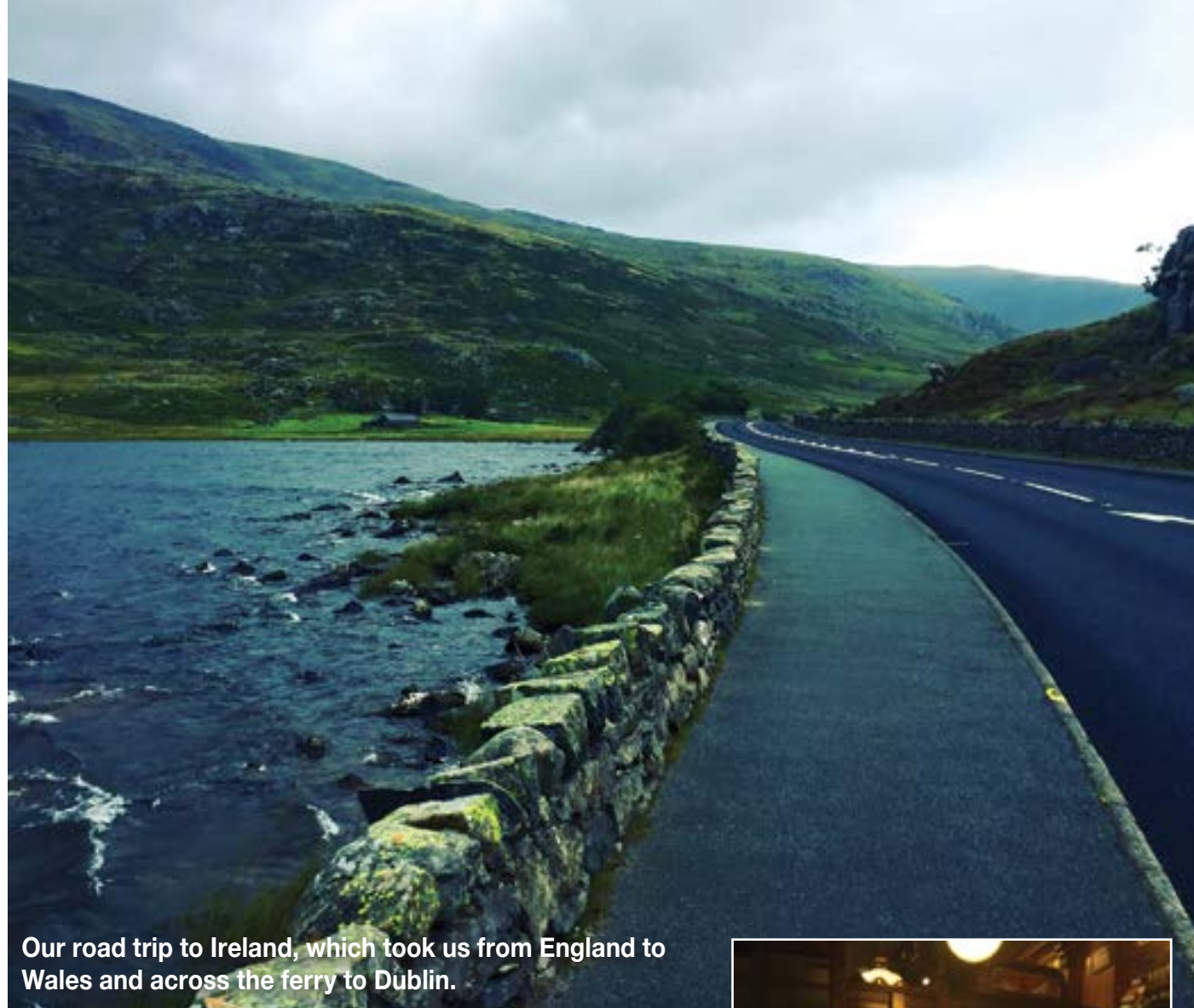
While it's possible and courageous to move abroad alone, the process feels much more manageable alongside someone else, whether that be a friend or romantic partner — and I had both. When moving to a foreign country, it's normal to feel out of place, but a friend can provide emotional support during this time of transition.

Moreover, you'll have an instant roommate in Ireland, which will halve living costs. Over time, you'll make Irish friends, but it's helpful to have a companion from the very beginning.

FINDING AN APARTMENT IN IRELAND

This tip applies everywhere, whether you're searching at home or abroad: visit before you sign a lease. There are many scams out there, which prey on students and foreigners in need of housing.

So, if you find a deal online that seems too good to be true, it probably



Our road trip to Ireland, which took us from England to Wales and across the ferry to Dublin.

is. That means you'll need to wait until you land in Ireland to look for housing; that can seem daunting!

Our strategy was to stay in an Airbnb while we searched for a long-term apartment. In the end, we needed two weeks to secure our living arrangements, so plan to book a short-term stay for a few weeks.

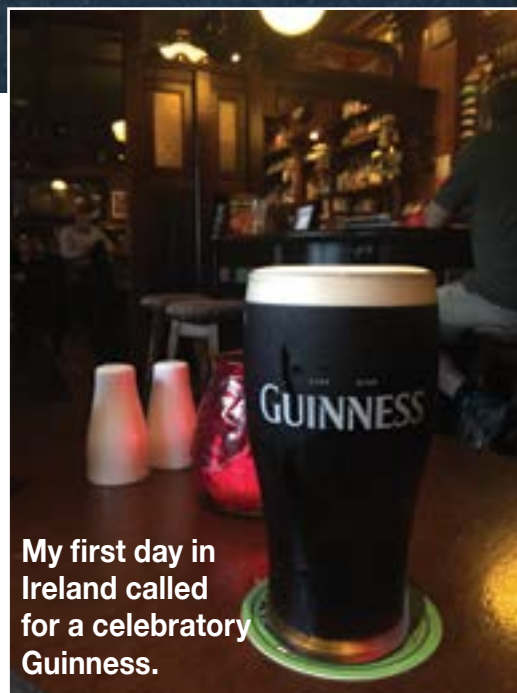
You'll find most listings online, and our preferred websites were Daft.ie and Rent.ie. When it comes to accommodation in popular areas like Dublin and Galway, the early bird gets the worm. Check multiple times a day and be among the first to submit queries to landlords and schedule visits.

During the application process, you'll need to submit letters of recommendation, which can be tricky to come by if you've never rented before. You can fill these gaps with employer references and letters from the Student Accommodation office of your university, stating that you

were a responsible member of campus. You will also need an Irish phone number for your applications, so visit a phone company like Vodafone or Virgin Mobile to buy a SIM card or a new phone with cellular service.

While this process may sound difficult, perseverance pays off. We couldn't have been happier with the house we rented outside Merlin Woods in Galway, which was just as enchanting as it sounds.

Our landlord was a kind, elderly man who brought us frequent bags of homegrown apples from his tree - a true fairytale! Knowing we were foreigners, he was keen to help us arrange our phone and internet, utilities, and trash and recycling, all of which lay far outside his landlord duties. This was the first of countless interactions we had with



My first day in Ireland called for a celebratory Guinness.

locals who were exceptionally warm, welcoming, and supportive.

SECURING A JOB IN IRELAND

This should happen in conjunction with apartment hunting because you'll want to start earning an



Our apartment in Doughiska, which felt like home the moment we stepped inside

income as soon as possible. Have a polished resume and letters of recommendation ready before you arrive in Ireland, so you can hit the ground running.

I did attempt to secure a job before leaving America, but that proved almost impossible, as employers are hesitant to hire someone who isn't present in the country. Thus, it's best to conserve your efforts until you're there in person.

Though you'll have a college degree at this point, it will be difficult to secure a long-term job within your field. After all, your visa only lasts twelve months. Thus, it is easier to secure temporary employment in retail or secretarial positions.

Temp agencies, which connect companies to workers for short-term job assignments, are a fantastic resource. Jobs.ie and Irishjobs.ie are also great places to look.

My first job in Ireland was a month-long secretary position for a government agency, where I happened to meet my best Irish friend! I also worked as a grocer and a receptionist for a car dealership.

I didn't mind temporary jobs because I considered this experience a

“gap year” between my formal education and future career. These jobs put food on the table and traveling money in my pocket, so that I could enjoy countless adventures in Ireland. Moreover, these positions will introduce you to social spheres where you'll meet locals and form lasting friendships.

REGISTERING IN IRELAND

Now that you have a job and an apartment, it's time to tackle some bureaucracy. That means a lot of forms, registrations, and appointments, but hang in there! Once this is all finished, you

can properly settle into your new life.

Schedule an appointment at a Garda Naturalisation and Immigration Bureau (GNIB) office before you arrive in Ireland, as appointment slots can fill up quickly. You have ninety days following your arrival to register with Immigration, so this is a top priority and legal requirement. You will need to present your GNIB card anytime you leave and return to Ireland during the length of your visa.

Next up is a PPS number, which you'll need for tax purposes after securing a job. Register with the Department of Social Protection and present your passport, proof of address and employment, and GNIB card.

At this point, you've probably been paying for everything with an American credit card and retrieving funds from your American bank account. I recommend using a credit card without foreign transaction fees, such as the Capital One Journey card. You'll still lose some money in the conversion process, so eventually you're going to want an Irish bank account to pay for your rent, groceries, and other expenses in Euros.

There are numerous banks to choose from; I had a good experience with Bank of Ireland. You will need to make an appointment and bring along your PPS number and proof of address.

IRISH PUBLIC TRANSPORT

Now that you have a job, you need a way to get around! Luckily, Ireland has an extensive public transportation network. Get to know your local public transport and buy a commuter pass, which will save you money in the long run.

Congratulations! You now have the tools you need to live abroad in Ireland. Though it takes commitment, planning, and hard work, the pay-off is immeasurable. As the Irish like to say, you'll be grande!

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Natalie Keller is a graduate of Kenyon College and a former resident of Galway, Ireland. Her poetry and fiction have appeared in various online platforms, and she is currently editing a novel, much of which is set in the Emerald Isle. She loves to hear from readers at nataliekeller.writer@gmail.com.

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Samhain

As I was researching my Cleveland Comhrá column the last few weeks, I found myself reading stories and tales written in English, but most likely were originally spoken in Irish. The seanchai, (shan-kee) was a traditional storyteller and historian. Often he travelled, telling his tales from village to village. He was an important source of entertainment and news.

Today we may not get to experience a visit from a seanchai, but we do have some of their stories in print. In many

books these stories have a few words in Irish, even though translated into English.

In my own experiences, encountering words from an unfamiliar language when I'm reading, I tend to approximate what I think the word might sound like in case I run across it again later in the text. Ninety-nine percent of the time, I'm probably pronouncing it incorrectly in my head.

Using our pronunciation guide from last month and a little vocabulary relating to some of the stranger tales told this time of year, maybe we can avoid the mistakes I make and encounter Irish words more amicably. I hope everyone that enjoys Irish mythology will find this helpful.

IRISH MYTHOLOGY

Teanglann .ie, the free online dictionary, is very helpful for pronunciation, type in the word, and you can hear the pronunciation in all three regional dialects.

Asarlaí (ass-ur-lee) a wizard or sorcerer

Bibseach (bib-sha) to kill or put someone to death twice
Cailleach (kayell-ach) a witch or hag
Cailderu (call-de-roo) cauldron
Cendail (ken-del) the heads of decapitated enemies
Ciorrbhadh (ker-woo) destruction by witchcraft

Cómhla bhreac (kola wrahka) a magic door to fairy dwellings
Creatlach (krat-luhk) skeleton
Cro (krah) witchcraft
Cró (krow) death, a flock
Dalbhdha (dalv-da) sorcery
Dearg-dililat (jer-ug dil-ih-laht) a drinker of blood
Dearg Due or Dearg Dur (jer-ug doo or jer-ug der) the name of the female vampire in Waterford*

Digla (dig-la) evil
Dricc (drik) angry or a dragon
Éadtrú (ayd-troo) one who is not doomed
Fuil dhragain (fuhl grah-ahn) dragon's blood

Geanncanach (gyann-ka-noch) one of the lower and more vicious types of fairies

Ifne (if-na) worms that come out of the bones of corpses
Púca (poo-ka) a hobgoblin
Saighead (sy-id) an arrow head used as an amulet
Scuab chaillí (skoo-ab hall-ee) a witch's broom
Torathar (tahr-a-har) ogre or monster
Tuaithe (too-uh-eh) witchcraft or sorcery. ■

In Dacre Stoker and J.D.Barker's novel Dracul, which is predominantly set in and around Dublin in the mid 1800s, one of the characters is based on the Waterford legend. There are many stories of vampires in Ireland and the Waterford vampire is as intriguing as Bram Stoker's Count Dracula. Read more in Bob's Cleveland Comhra Children of the Night Column on page 6.

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Remembering Our History

The Ladies Ancient Order of Hibernians (LAOH) have been sponsoring an Irish History Contest for over 100 Years. The purpose of sponsoring this contest is to encourage the study of our proud Irish and Irish American history. The contest is open to all students and the student does not have to be Irish to participate.

We encourage all to learn our history. Cleveland is proud that one of our own,

Maeve Lavelle, placed 2nd in Level 1 on the National Level last year.

The same topic is used for both Levels and the following formats can be used: written (word), a Powerpoint presentation or a documentary film. This year, the topic is "The 40th Anniversary of the Hunger Strike 1981: What was the impact on Irish History."

Level 1 is for students in grades 6, 7, and 8. Level 2 is for students in grades 9,10, 11 and 12. Prizes are awarded at the Division, State and National Levels. For more information, please contact LAOH Our Lady of the Rosary Division Historian Mary Agnes Kennedy at maryagnes@mindspring.com and visit our website at www.ladiesaoh.com.

In 2021, we need to remember the many historical events that occurred 100 years ago that still are having an effect on the Irish and Ireland today. The Government of Ireland Act in May

1921 partitioned Ireland under British law, which created Northern Ireland.

The War of Independence was being fought and a ceasefire began on July 11, 1921. The Anglo-Irish Treaty was signed on December 6, 1921.

In 1971, Internment without Trial was occurring in Northern Ireland and the Ballymurphy Massacre happened on August 9-11. The Freedom for All Ireland Committee of the Ancient Order of Hibernians and Ladies Ancient Order of Hibernians hosted Carmel Quinn here in Ohio to speak about the Ballymurphy Massacre as a

family member of one of the victims. Just recently the Victims of the Ballymurphy Massacre were found innocent. This month on October 3, 1981, the Hunger Strike ended after 10 men died.

When we look back at the past century, I think of this quote from Cathy



Gorn, PhD, Executive Director of National History Day: "Remember it is not just what happened. Not just how it happened. But it is what resulted because it happened." Let us look at the events of the present and act on them so history does not repeat. Speak up for injustices and work for peace. In conclusion, let us live this quote by Pope John Paul II, "Do not be afraid to take a chance on peace, to teach peace, to live peace. Peace will be the last word of history." ■

Marilyn Madigan is the National Vice 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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By Megan Lardie

KIDS CRAIC

Happy Halloween!

Did you know that Halloween first started in Ireland? It was not celebrated the way it is today though. Halloween began almost 2,000 years ago as part of the ancient Celtic festival of Samhain (pronounced sow-in). Samhain was celebrated on the last day of October to mark the end of summer and the harvest, and the beginning of the dark, cold winter.

The cold winter often came with death and the Celtic people believed that on this night, ghosts of the dead returned to earth. People started dressing up as spirits and devils to

avoid being taken away by the ghosts at the end of the night.

TRICK OR TREAT

Did you know "Trick or Treating" started in Ireland too? It was called "Souling" and children who were poor went door to door to sing songs and offer prayers for the dead. They then would be given a fruit filled flatbread that was called 'soul cake'.

I don't know about you, but I prefer the candy that is passed out today! The trick part was added in the early 20th century when a child would perform a trick if they did not get any treat.

HALLOWEEN IN IRELAND TODAY

Ireland celebrates Halloween with festivities and costume parties like we have in the United States, and even some pranks. People decorate their houses with vampires, witches and

ghosts. They even have a Halloween tree, which is a black Christmas tree decked with creepy and gory creatures. How do you celebrate Halloween? Did those traditions begin in Ireland too?

COLBY JACK-O-LANTERNS

Try these for a fun and quick dinner before you run out the door to Trick or Treat!



INGREDIENTS:

- Whole wheat sandwich thins
- Colby Jack Cheese (or any cheese you prefer)
- Butter or margarine

Directions: Preheat oven to 350°. Split the sandwich thins in half. Butter one side and place butter side down on a baking sheet and then layer cheese on top of them. Cut out jack-o-lantern

faces on the other slices. Bake for 10-12 minutes. Remove from oven and place jack-o-lantern faces on top of the other half of the sandwiches. Enjoy!

Literature Corner



The Most Frightening Story Ever Told by Philip Kerr

Billy Shivers is a shy boy without a lot of friends. He spends most of his days at the Hitchcock Public Library. When he hears about a competition to spend the night in the Haunted House of Books, he sets his mind to prove that he is the strongest boy in town! The Haunted House of Books is a cross between a bookstore and a booby trap and its crabby owner only adds to the mystery.

The frights of the store are nothing compared to the ghastly stories it holds. Can Billy stay the entire night and win the competition? Note: Probably NOT a bedtime book!

No Such Thing by Ella Bailey

Do you think there is no such thing as ghosts? You might change your mind after reading *No Such Thing*. Georgia starts noticing things moving or going missing around the house as Halloween gets closer. Georgia refuses to believe that ghosts are real and is determined to find the source of her missing items.



Gab in Gaelic

Trick or Treat = Tabhair féirín dom nó buailfidh mé bob ort!
(pron. tour ferr-een dum no booligg bob urt)

LARDIE'S LAUGHS

Q: Why do witches fly on broomsticks?

A. Because vacuums are too heavy!

Q: Why did the witch flunk out of school?

A. She couldn't spell!

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 resides in Avon Lake with her husband, Joe, and their five children. Megan enjoys being part of the Brady Campbell Adult Ceili team, trying new restaurants, and traveling. She may be reached at meganlardiel26@outlook.com

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The Colours of Ireland Monthly Coloring Contest

Age Divisions:

Ages 7, 8, 9 • Ages 10, 11 & 12

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Official Rules and Regs: One entry per child

One winner in each age group. Participant must color page without assistance.

Participant may use crayons, markers, or paint.
Use your imagination!

Coloring page is also printable from: www.ilrish.us

Submitting Your Entry:

Color the picture on this page, or download and color it.

Entry and entry info (Name, age, city and Parents Name and Phone Number) must be dropped off to PJ McIntyre's or the /Irish or scanned and emailed to jobrien@ilrish.us

Or mailed to: 14615 Triskett Road, Cleveland, Ohio 44111-3123 by the 15th of the following Month (December 15th, for the November Contest).

Participants name and contact information will not be displayed during judging, but first name and age will be noted after judging for public view.

Winners will be showcased in /Irish.





National Finals Results

The 2021 USGAA Finals took place in Canton, Massachusetts (Boston) starting on Friday, August 20, and finishing on Sunday, August 22. The Midwest Division was well represented:

Pittsburgh Celtics (Men's Intermediate Football), Cleveland Saints (Men's Junior C Football), Buffalo Na Fianna (Men's Junior D), Pittsburgh Banshees (Ladies' Junior B), Cleveland Saints (Ladies' Junior C), Pittsburgh Pucas (Hurling Junior C), and Cleveland Saints (Hurling Junior D).

The Men's Football and Hurling Junior D level, and the Ladies' Football Junior C level are reserved for new teams less than three years old (developmental bracket). Nevertheless, the quantity of clubs and competitiveness at the developmental level continues to grow.

In chronological order, on Friday the Cleveland Saints faced off against Charlotte James Connolly from the Southeast Division in the Men's Junior C bracket. The Cleveland men fell behind by halftime but battled back early in the second half with a couple of quick goals. The surge was too little

too late as James Connolly's advanced finishing 2-9 to 2-4. Connolly's went on to lose to eventual champions, Delco Gaels, who faired very well in their Philadelphia Divisional games and easily took the national title.

The Lady Saints were warming up by the time the Cleveland Men stepped off the field. Cleveland faced the Raleigh Cú Chulainn Ladies and held them scoreless. Scoring five goals and twelve points, it was the first Cleveland Ladies' USGAA playoff win in history.

The Cleveland faithful were not finished on the day yet, as the hurlers warmed-up for their match against Jersey Shore (Philadelphia Division), while the ladies final whistle sounded. The Saints with Sticks were introduced to a very physical style of play and in

the last quarter of the game pulled ahead of the central Jersey club. The inaugural Saints won in exciting fashion 2-11 to 2-8.

Next up were the Junior B Ladies, Pittsburgh Banshees. Due to the pandemic and some travel restrictions still in place, clubs from Toronto and the Cayman Islands were unable to travel, thus limiting some of the bracket sizes. Such was the case for the Ladies Junior B bracket, where three teams were drawn for a unique format.

The Friday winner of the Banshees and Notre Dames (Philadelphia Division) would go onto the final, while the loser would play-off on Saturday against Charlotte James Connolly's. The Notre Dames stretched out a win by the score of 2-11 to 3-5.

Later Friday, the Midwest Junior C Hurlers, Pittsburgh Pucas, earned lottery draw against the Denver Gaels of the Southwest Division. The Pucas fell to the eventual tournament champions



Cleveland St. Pat's GFC on the bus @USGAA National Championships.

in a high-scoring game with the final tally, 4-12 to 6-22.

SEMI-FINAL RESULTS

Going into their first game on Saturday were the Celtics and Na Fianna. But first, early Saturday morning, the Lady Saints fell to the eventual tournament champion Delco Gaels (Philadelphia Division) by the score of 0-5 to 6-11. The Banshees faced the Charlotte Ladies at the same time, pushing the game into overtime. Charlotte went on to win by the score of 5-5 to 4-6.

At the Men's Junior D level, Buffalo Na Fianna faced the Tacoma Rangers and handily disposed of them; 0-2 to 7-18, in their inaugural year. The Cleveland Hurlers were next-up, facing the 2020 Philadelphia representative, South Jersey Rebels. The Rebels tallied scores back and forth with Cleveland, but the Saints eventually pulled away in the fourth quarter of the match. Final score was 3-4 to 4-9.

The Celtics competed at the Intermediate level after winning the 2019 Junior A championship. On Saturday afternoon, they faced Aiden McAnespie's (Northeast Division). Like so

many times during the tournament, the Midwest team fell to the eventual tournament champion. Final score was 2-5 to 3-18.

As Saturday evening set-in, clubs and officials awaited the final schedule to be posted as Hurricane Henri approached the East Coast. By 7PM, the decision was made, and schedules posted for the championships. There would be no shield matches.

FINAL RESULTS

For the Midwest, the Buffalo Na Fianna club were first up in their Junior D Final against the Delco Gaels; two youth clubs turned adult went head-to-head. Buffalo controlled the game early and did not look back. Final score was 3-7 to 2-3. *Comhghairdeas* (congratulations), Buffalo on the national title.

Next, the Cleveland Hurlers faced the Charlotte Hurlers at 10AM. Charlotte rolled through their bracket, scoring 8-38 to 2-10 in their two matches. The Saints held them much tighter but gave away several frees as the James Connolly's raised the cup after scoring 1-14 to 1-4. The Saints fought well to the end with numerous goal mouth scrambles

being denied by Charlotte in the waning minutes. Overall, the Midwest represented well at the Finals. Next year's championship will be in Chicago.

Al O'Leary Tournament: The annual tournament will be held by the Akron Celtic Guards on October 2. Reach out to Akron for more details on this great hurling and camogie tournament.

Cleveland GAA Golf Outing: Cleveland will be back out whacking in the annual golf outing on October 9th at Copper Top in Valley City. Check the Club website (ClevelandGAA.com) or social media for more details on the scramble and dinner special. This year's sponsor is Ward & Burke Construction - a global leader in microtunneling as well as water and wastewater infrastructure specialists.

Cleveland Adults: Several rookie-friendly sessions are planned throughout the fall and winter for football, hurling, and camogie. Reach out to the club if you are interested in trying a Gaelic sport ahead of next year's competitive season.

Go raibh mile maith agaibh (thanks y'all) to our readers and supporters. We need your help and involvement but

would most like to share the fun of Irish sport and our 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 2020 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.

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8th – Ladies Only Reverse Raffle,
info 216-251-4075

14th – Forever Young Mtg 1:00

21st – General Meeting

23rd – Steak Shoot

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THE FITNESS DOCTOR

By Dr. Frederick Peters

It's Never Too Late to Get Active

A study of more than 30,000 patients with cardiovascular disease shows that becoming active later in life can be nearly as beneficial to survival as continued activity. These encouraging findings highlight how patients with coronary heart disease may benefit by preserving or adopting a physically active lifestyle.

Regular physical activity is advised for patients with heart disease, but recommendations are largely based on studies that used either a single assessment or an average of activity levels assessed over time. However, patients may modify the amount of exercise they do, and it remains unclear whether these changes are related to survival.

This study investigated activity levels over time and their relationship to the risk of death in patients with heart disease. The researchers examined the

risks of all-cause death and death from cardiovascular disease according to the four groups. Compared to patients who were inactive over time, the risk of all-cause death was 50% lower in those who were active over time, 45% lower in those who were inactive but became active, and 20% lower in those who had been active but became inactive.

Similar results were observed for death due to cardiovascular disease. Compared to those who remained inactive, the risk for cardiovascular mortality was 51% lower among those who remained active and 27% lower for those whose activity increased. Cardiovascular mortality was not statistically different for those whose activity decreased over time, compared to those who remained inactive.

These results show that continuing an active lifestyle over the years is associated with the greatest longevity. However, patients with heart disease can overcome prior years of inactivity and obtain survival benefits by taking up exercise later in life.

On the other hand, the benefits of activity can be weakened or even lost if activity is not maintained. The findings illustrate the benefits to heart patients of being physically active, regardless of their previous habits.

IMPROVING FITNESS

Moderate-vigorous physical activity is the most efficient at improving fitness. In the largest study performed to date to understand the relationship between habitual physical activity and physical fitness, researchers from Boston University School of Medicine



(BUSM) have found that higher amount of time spent performing exercise (moderate-vigorous physical activity) and low-moderate level activity (steps) and less time spent sedentary, translated to greater physical fitness.

“By establishing the relationship between different forms of habitual physical activity and detailed fitness measures, we hope that our study will provide important information that can ultimately be used to improve physical fitness and overall health across the life course,” explained corresponding author Matthew Naylor, MD, MPH, assistant professor of medicine at BUSM.

He and his team studied approximately 2,000 participants from the community-based Framingham Heart Study who underwent comprehensive cardiopulmonary exercise tests (CPET) for the “gold standard” measurement of physical fitness. Physical fitness measurements were associated with physical activity data obtained through accelerometers (device that measures frequency and intensity of

human movement) that were worn for one week around the time of CPET and approximately eight years earlier.

They found dedicated exercise (moderate-vigorous physical activity) was the most efficient at improving fitness. Specifically, exercise was three times more efficient than walking alone and more than fourteen times more efficient than reducing the time spent sedentary. Additionally, they found that the greater time spent exercising and higher steps/day could partially offset the negative effects of being sedentary in terms of physical fitness.

According to the researchers, while the study was focused on the relationship of physical activity and fitness specifically (rather than any health-related outcomes), fitness has a powerful influence on health and is associated with lower risk of cardiovascular disease, diabetes, cancer, and premature death.

Before you get started with a new

exercise plan and diet, you’ll need the following:

A clean bill of health from your doctor if you’ve had an injury, illness or medical condition

30-60 minutes of time, 4-5 days a week (splitting it up if necessary)

A commitment to follow a healthy diet most days of the week

Access to free weights, resistance bands or machines

CARDIOVASCULAR PROGRAM

The foundation of any good weight loss or fitness program is cardiovascular exercise. This is your foundation for burning calories and conditioning your heart and lungs. Use these tips and guidelines for setting up your cardio program:

Start where you are. Assess your fitness level and start with what’s comfortable for you. If you haven’t worked out in ages, you might start with 15-20 minutes 3-4 days a week and gradually add time

and frequency.

Split your workouts. If you don’t have time for long workouts, try doing short bouts of exercise throughout the day (this is just as effective as continuous workouts).

Choose activities you enjoy. You’ll be more motivated to stick with your workouts when you like what you’re doing.

Vary the intensity, duration, and type of activity. Try short, intense workouts mixed with longer, slower workouts for variety. You can also try interval training once or twice a week to burn extra calories and boost your endurance.

STRENGTH TRAINING PROGRAM

The second part of your program will be strength training to build lean muscle and increase your metabolism. To burn the most calories, stick with compound movements (i.e., movements that target more than one muscle group). Examples would be squats, lunges, pushups, and pull-ups.

A FEW GUIDELINES:

Target all your muscle groups at least twice a week, with a day or two of rest

in between workouts.

Keep your reps between 8-12 to build muscle, 12-16 for endurance and 4-8 to build strength. Use different rep ranges regularly to challenge your body in new ways.

Don’t be afraid to lift heavy (women included)

Choose 1-2 exercises for each body part. ■

Dr. Peters is the founder of “The Fitness Doctor” (www.thefitnessdoctors.com).

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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MILESTONES & SWEET SNAPS



Michael "Mickey" Coyne, at a reception honoring his 50 years as a Funeral Director.



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COLUMBUS IRISH

By Molly Truex

Irish Community Wake and Mass

The past year and a half stole a lot from us: our social lives, some freedoms, but most importantly our chance to celebrate with family and friends, the lives of the loved ones lost. As restrictions have eased, the Bereavement Committee at the Shamrock Club of Columbus decided to have an Irish community wake to celebrate all those beautiful souls sent home either by the virus or other circumstances.

Mass was held outside in the shelter house on a perfect day and presided over by Club Chaplain Monsignor John Kelly Cody. Vice President Karen Komatsu provided a beautiful voice for hymns while other members and officers provided the readings for the service. Towards the end of service families were invited to light a candle in the name of their loss before closing prayers and the singing of The Parting Glass.



Karen Fahy lights a candle for her sister Ann Mary Hamilton.

Eternal Rest Grant Unto Them O'Lord

Tim Buehler	Harbert Larkin
Susan Berkemer	Ft. Raymond Lawrence
Ft. Thomas Brannon	William R. Larkin (WHL Bill)
Karen Browning	John Long
Don Buehler	Henny Callahan Leece
Joe Byrne	Maggie Maloney
Maureen Cain	Michael Maloney
Brian J. Campbell	Bark Marshall Mangoni
Sharon Campbell	Michael Moran
Patty Duffy Cifranis	Dominic McConahay
Mrs. Carl Claggett	William McLoughlin
Mary Theresa Hennes Clark	Steven Lewis Miller
Jeff Connor	David Mulholland
Jimmy Corbett	Megan Mountain
Kathy Cross	William Moushey
Dennis Distler	Vera Matthea
Robert Donnelly	Anne Mae Mullins
Sister Mary Owen (Dandy)	Patty Murphy
Ronald Andrew Eaton	Mrs. Robert Moran
Eddie T. Edwards	Beanda O'Brien
Ft. Richard Engle	Marian Ogden
Col. Eugene Patrick Flanagan	Jim O'Connor
Michael Fox	Ms. Ellen Scappi Pagano
John C. Golden	Michael J. Pavle
Lela M. Golden	Patty Raffel
Mrs. Richard Guastella	Ft. Justin Reis
Ann Mary Hamilton	Peggy Rigg
Gregory Joseph Hankins	Mike Ryan
Nicky Hayes	John Schmitt
Kathi Hess	Jacqueline Bernadette Schmitt
Fat Isenmann	Sara Scully
Dan Kasperman	Fawn Serrita
	Mrs. David Strickland
	Cecilia Strickland

Until We Meet Again, May God Hold Them In The Palm of His Hand

After Mass, food donated by members was served to all the families and their guests. Families were set up in groups all around the grounds displaying pictures of their passed loved ones. As things wound down, I took a moment to speak to a few of the families.

Marian Devlin Ogden passed away in February 2021 and was one of the founding members of the Daughters of Erin. She left behind a large legacy of over 100 children, grandchildren, and great-grandchildren. Not all the lineage

was there to celebrate her wonderful life, but a large part of them were. Lots of laughs, smiles and fun memories were shared, her spirit was certainly celebrated that day.

Greg Hankins passed away in October of 2020. His friend and bandmate since 1979, Pat Mogan, was there with his wife Mary and Greg's daughter Kelsey Valazquez to celebrate his influence on the Columbus Irish Music scene and his generosity to those all around him. Greg and Pat were both members of The Irish Brigade and the first Irish Trad band in Central Ohio. Greg has been instrumental in influencing almost every Irish band that has formed here in Columbus in the years after.

Susan Berkemer was one of the friendly faces you saw at every event at the Shamrock Club. Her kindness and smile were infectious, someone you loved being around. When I talked to her daughter Beth, she expressed a deep gratitude to the bereavement committee for giving her and all the families that attended an opportunity to process the losses, share the memories and ease the grief they as a family have been

carrying since November of 2020. Her husband Fred had many pictures of Susan on display and shared them with a heartfelt smile, explaining them and where they fell in the timeline of her life.

The Columbus Irish Community is very grateful to Mary Grady Strickland and all the members and volunteers of the Shamrock Club of Columbus Bereavement Committee for giving our extended family an opportunity to celebrate those that were and are still so loved among us. ■

Molly lives on the east side of Columbus with her family and two difficult dogs. She has been a member of the Shamrock Club for the past six years.

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Jim and Bill Devlin with a picture of their sister Marian.



LOOKING FOR IRISH NEWS & EVENTS IN...

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TREEHOUSE

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1st - Crawley & Sofranko, 9th - Mossy Moran, 15th - Wide Eyed Prophet (Classic Rock), 22nd - Crawley & Sofranko, 23rd - The New Barleycorn, 30th - Pat Shepard (Halloween Party). Don't forget T-Shirt Tues: wear any PJs T-Shirt get 15% off bill! Whiskey Wed: ½ off every whiskey in the house. Thurs - Craft Beer \$2.50. PJ McIntyre's is a Local 10 Union establishment. Home of the Celtic Supporter's Club and the GAA. Book Parties & Events in our Bridgie Ned's Irish Parlor Party Room. 17119 Lorain Road, 44111. pjmcintyres.com 216-941-9311.

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EUCLID

IRISH AMERICAN CLUB EAST SIDE

2nd - Clam Bake w Blues DeVille, 6th - Meeting to discuss formation of new Ladies Ancient Order of Hibernians Division or joining Lady of the Rosary Division, 23rd - Kid's Halloween Party 11am, The Adults Halloween Party. 7:30 pm PUB: 7:30 - 10:30. IACES 22770 Lake Shore Blvd. Euclid, 44123. 216.731.4003 eastsideirish.org

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MEDINA / MONTROSE

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1st- Guy Snowdon, 2nd- Closed for our Scrambling Fore a Cause Charity Golf Outing, 8th- The Island Doctor, 9th- Smug Saints, 15th- Crawley & Sofranko, 16th- Parsons & Polk, 22nd- Roadhouse Jr & Sr Acoustic Show, 23rd- Nathan Henry, 24th- Sully's 10th Annual Wake w The New Barleycorn 1-4pm, 30th- The Other Brothers. 117 West Liberty Medina, 44256 sullysmolina.com.

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- Sign-ups 12:00-1:00pm, Tournery starts @ 1:30pm

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15-Cocktail Johnny, 16-Light of 2 Moons, 22-Flannel Planet, 29-Big in Japan (Hooleyween party). 7861 Reynolds Rd Mentor 1funpub.com (440) 942-6611.

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WEST SIDE

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Shepard, 21st - The New Barleycorn, 22nd - Mike Kovach, 23rd - Paul & Tim of the Sellouts, 29th - Samantha McNamara & Nikki Custy, 30th - Katy & OC. Cigar & Whiskey Every 1st Monday & 3rd Wednesday, 7p.m., Upper Deck. 19500 Center Ridge Rd, Rocky River, OH 44116 (440) 990-7468 GormleysPub.com

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WESTLAKE

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COLUMBUS

SHAMROCK CLUB EVENTS

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- Tara Hall -Traditional Irish music w General Guinness Band & Friends 2nd Friday 8:00 - 11:00pm. 274 E. Innis Ave. Columbus, 43207 614.444.5949.
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AN Eejit ABROAD

By Conor Makem

I Didn't Order a Milk

People ask me all the time, "Is sleeping on the sidewalk outside a busy train station as wonderful as it sounds?" The short answer is no, and I normally tell interrogators this with a hearty laugh and a pat on the arm. But there's a more thorough answer:

I turned twenty in 1988, and celebrated with a trip across Europe, a good friend named Jim accompanying me in the endeavor. It was a month-long excursion, an experience I felt sure I would repeat many times (Advice to younger folks: take the trip whilst you can. Life has a way of crushing all of your hopes, plans and dreams).

We hadn't planned it much. We knew the areas we wanted to hit, and some of the sights we wanted to see. But we wanted freedom, so things were left loose.

Okay, may I just say one thing? Who am I asking? Of course, I can.

Going back over the memories, the old instamatic cameras were absolute crap. My photos from the trip are dark and lifeless, fuzzy and indistinct. So, all

you young people out there, appreciate what you have on your smartphone. Hold a tissue in front of the lens the next time you snap a photo. That's how these things used to look.

Anyhoo, we started our journey in London, where we hit some of the favorites, like Abbey Road and the Changing of the Gordon's Dry Gin spokesmen. Near the end of that bit of skylarking, I found a cheap flight to Ireland (yes, we actually read a slip of paper in a window and booked it that way. Crazy, right?).

All of my cards on the table, Jim didn't want to visit Ireland. He figured we were heading in the wrong direction and was anxious to steele the mainland. I would not acquiesce. And so, we went.

I don't need to tell you, dear reader, that he fell in love with the country.

At one point, in the small townland of Derrynoose, which contains more Makems per square foot than any place on earth, we decided to walk into town, which consisted of a church and a post office/shop. Along the way, a single tractor lumbered past, with a pipe-smoking farmer at the helm.

"Hello boys," the man said as he took to the passing lane.

We waved back and Jim consequently asked who the man was. "I dunno," I replied.

"No, come on," says Jim, "who is he?" "I don't know."

"Come on, quit kidding around, who was that guy?"

"I told you, Jim, I've never seen the man."

"So, you're telling me that guy just said 'hi' for no reason?"

"That's what I'm saying, Jim. We're in



The flash Jim, turn on the flash! This is the Eiffel Tower and a miniature of the Statue of Liberty and an ilrish columnist, though you wouldn't be able to tell.

a village that could probably fit on a bus and we're the only three people likely to pass each other."

PIZZA IN IRELAND

And that was that. Jim loved Ireland. His first hope was to move there and set up a pizza delivery business, which I informed him wouldn't work in Ireland (Don't send me mad emails, this was 1988 and what you got at the time was meat, veg and two forms of potato).

Then he decided just to move over and get a job. I shot that one down too, it still being 1988 and him not being Irish and all that and the country being pretty adamant about bestowing any available jobs to the Irish, many of whom were quite looking for one.

So, after a swell time on the ould sod, we caught a ferry to France, saw Paris and what it had to offer, and then booked an eight-hour train ride to Amsterdam. Now, we had Eurail passes, providing fairly good travel across the continent, but we had heard that the trip from Paris to Amsterdam was standing room only and if we didn't want to be perpendicular for eight hours, we were well off throwing down a few shekels for a booked seat. We happily complied.

Here was the first real flaw in the otherwise perfect Persian rug that was our vacation. For although our seats were occupied when we arrived at them, there was a cheeky young man in Jim's seat and a weary, old dozing biddy

in mine. Jim's seat was easy enough to clear. He showed the man his ticket and that was that. But what was I to do, kick a frail and sleeping granny out into the aisle?

So, for eight hours, Jim sat happy as a clam as I meandered through the throngs, leaning on seats and generally yawning at an alarming rate.

(Amsterdam is not for a family publication.) (Nor is Germany.)

Italy was fun. I should mention that in an alley in Rome, we ran into the kid from the train-who was sitting in Jim's seat-and who we also joined for some festivities in Amsterdam.

Then we returned to France, Nice to be exact. We left our belongings in a locker at the train station, passports, wallets and all. Then we headed out to explore the city.

MCDONALD'S BEER

I had heard that McDonald's sold beer in France, so we being two twenty-year olds ... well, you know. Having had nine years of French at Catholic schools, I approached the cashier and said, "Donnez-moi un bier, s'il-vous-plait."

She uttered something that left a blank look on my face. Recognizing how terrible my accent was, she responded in clear English. "Is that for here or to go?"

"Ah yes, very good. To go, then." "Beer needs to stay on the premises."

"Right-e-o, I'll have it for here." "Is that all?" "Oui," said I. "You can't order just beer. You need to order food with it."

"I see. Well, okay, I'll have a beer and a small fry." I paid her and she left, returning with a small fry and a carton of milk. So that turned into a whole thing, which ended up with me sulking over a plastic cup of beer and a small fry in a McDonald's in Nice, France, while Jim complained that it cost money for the packets of ketchup.

Yes, this McDonald's episode actually happened.

When we returned to the train station for our belongings so that we could secure some bedding for the night, we-along with several other young men-were surprised to see that the train station was closed at 6 p.m. and that everything was locked up.

We tried our hand at sleeping on the beach, but to be honest it was comprised of rocks and not comfortable in any way, shape or form. Plus, we were

wearing our summer gear, which was shorts and tee-shirts and it was pretty darned cold. And on top of it all, there was a noisy brawl on the boardwalk above us, which put us at unease, so we returned to the station and slept on the sidewalk outside, waiting for doors to reopen.

I will say this once and for all. Sleeping on the sidewalk outside a busy train station is not enjoyable, even in Nice, France. Give it a try, if you must, but be prepared for disappointment. ■

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

Visit cbmakem.com or email contact@cbmakem.com.

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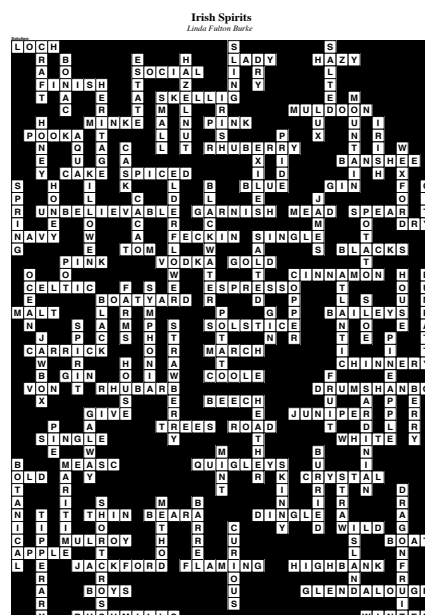

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TOLEDO IRISH

By Molly McHugh

The Solheim Cup and Ireland's Leona Maguire take over Toledo!

Toledo was all the rage over Labor Day weekend! The highly anticipated transatlantic biannual Solheim Cup golf tournament made its way to the Glass City and drew in a record setting 130,000 attendees to Inverness Country Club. On top of bringing world-class



Leona Maguire

golf to our city, the event filled the streets of downtown Toledo with music, food, fun and, most importantly, an electric atmosphere.

The Solheim Cup is based on a team match-play competition between the US and Europe. Both the US and Europe select their twelve best players. European players are selected from the Ladies European Tour (LET), and the US players are selected from the Ladies Professional Golf Association (LPGA) to compete in the three-day tournament.

Throughout the three days, there are two rounds of foursomes, two rounds of fourball, and one round of singles matches. Teams are awarded points after each match based on their scores.

As per SolheimCup.com, the tournament “combines the tradition and prestige of the game of golf with passion for one’s country and continent, and the event has grown into the most highly coveted trophy in women’s professional golf team competition.”

Coming into the 2021 tournament, the US held a 10-6 lead on the Europeans overall, but it was the Europeans who retained the Waterford Crystal Solheim Cup with a 15-13 victory over

the US. It was clear the Europeans had won when chants of “Ole, Ole, Ole” started to ring out loud and proud on the 18th hole at the end of the day on Monday.

IRELAND'S LEONA MAGUIRE

One of the stars of the European team was 26-year-old rookie, Leona Maguire, from Co. Cavan, Ireland. Leona began her amateur golf career in 2005 at the age of ten, and she escalated through the ranks holding the coveted title of No. 1 in the world on the Women’s Amateur Golf Ranking from May 2015 through May 2016 and then again from August 2016 through February 2018. This length of 135 weeks at the top has been the longest in history. During her time at the top of the amateurs in 2015, Leona left Ireland and started her NCAA career at Duke University. She later turned professional in June of 2018.

Leona made history again as the first Irish woman selected to play in the Solheim Cup. Although a “Captains Pick” Leona stunned the world with her performance throughout the weekend. She was the only player on either side to play all five match-

es, and she didn’t lose one!

Only eight out of the twelve team members from each side compete in the foursomes and fourball match play on Days 1 and 2 of the tournament. On Day 1, Leona was paired with veteran golfer Mel Reid from the UK, where they beat the Korda sisters of the US in the first round of their foursome’s match. Nelly Korda had just come off an Olympic Gold Medal win in Tokyo and is currently ranked No. 1 in the world.

This win was a huge triumph for Maguire and Reid. As they proved to be a solid pairing, Maguire and Reid played together in the next day’s foursomes and fourball matches, where they won the foursomes and took a draw on the last round of fourball. Maguire also played with Georgia Hall in the Day 1 fourball match, and they won that competition. Consequently, Maguire entered singles play riding a winning streak.

The singles matches were held on Monday, September 6, Labor Day. Leona had an incredible performance again, where she crushed US rookie, Jennifer Kupcho, 5 and 4. This win led to Leona’s four and a half points on the board for the European team; only three other players in Solheim Cup history have added more than four points to the scoreboard.

“I’ve given it my absolute all this week. I couldn’t have given it anything more. I couldn’t have asked for a better week. I’ve been having a great year since June, since MEDHEAL. I just tried to carry that through,” Leona was quoted as saying after her weekend triumph.

The Solheim Cup will travel back to Europe in 2023, but the city of Toledo will not forget this special weekend. I hope everyone enjoyed watching the tournament as I enjoyed living it! Cheers to Ireland for being the home of the MVP of the 2021 Solheim Cup! ■

Molly McHugh is a Toledo native, Co-Host of ‘Echoes of Ireland’ radio show, 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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ILLUMINATIONS

By J. Michael Finn

The Glimmer Man

Ireland remained neutral during World War II. From 1939 until 1945 the war years were referred to in Ireland as *The Emergency*, or Ré na Práinne in Irish (pron: ree na prahn). The war years proved significantly challenging for the Irish, but like most periods of crisis, the Irish found various ways of coping.

Months before the war began, on February 19, 1939, and with broad public support behind him, Taoiseach Éamon de Valera announced the 26-county portion of Ireland, known officially as Éire (pron: air-ah), would be neutral if war broke out.

The United Kingdom declared war on Germany on September 3, 1939, just two days after Germany had invaded Poland. De Valera spoke again to the Irish people on the same day, reaffirming Ireland’s policy of “friendly neutrality.” He said that neutrality was to be kept “by addressing ourselves to the practical questions that we do not want to get involved in this war, and we merely want to keep our people safe from such consequences as would be involved by being in the war.”

The Emergency was proclaimed by Dáil Éireann on September 2, 1939, allowing the passage of the *Emergency Powers Act of 1939* the following day. This gave sweeping powers to the government, including internment, censorship of the press and private correspondence, and control of the economy. The war years were known as *The Emergency* because of the wording of the constitutional article employed to suspend normal government of the country.

Irish neutrality presented a real national emergency. The country was dependent on Britain for just about every commodity from coal and oil to tea and



Vehicle converted to run on coal-gas 1940

candles. Strategies had to be developed for the acquisition and transportation of necessary commodities. In addition, a process for rationing many items had to be developed.

Fortunately, de Valera wisely appointed the “practical and pragmatic” Sean F. Lemass as Minister for Supplies. Ireland had to achieve an unprecedented degree of self-sufficiency and it was his difficult task to organize what little resources existed.

In 1941, he established the Irish Shipping Limited, Ireland’s first merchant marine operation, to keep vital supplies coming into the country. A variety of ships were acquired. Most of the ships were used and were purchased from a variety of countries, including America; a few had been abandoned by their owners; and most were in need of repair.

Due to Ireland’s neutrality, Irish merchant ships were not permitted to travel in convoys across the Atlantic to avoid German U-Boats. Despite being well marked (tricolors and ‘EIRE’ were painted in large letters on the ship’s sides and floodlighting at night), sixteen Irish merchant ships were sunk; 149 merchant sailors were killed and thirty-two wounded due to belligerent action. On November 16, 1942, thirty-three deaths occurred aboard the SS Irish Pine when it was torpedoed in the North Atlantic, south of Cape Breton Island, Canada, with the loss of its entire crew.

COAL AND GAS

On the home front, Ireland also encountered shortages of coal and gas. While Ireland had a few coal mines, they did not produce the quantity needed for the entire country. The city of Dublin alone required over 750,000

tons of coal each day.

Various attempts were made to utilize Irish turf to replace coal. Turf was not a good replacement as it generated considerably less heat than coal, so more tonnage of turf was required to produce the same amount of heat.

In its natural state, turf is 95% water and must be thoroughly dried before it will burn. Despite its drawbacks as a source of

heat, turf was harvested at a frantic rate during the war. The main avenue of the Phoenix Park was eventually flanked on both sides by ton upon ton of turf destined for the fires of the people of Dublin.

The avenue was soon christened The New Bog Road. The use of turf as a fuel source during The Emergency reinforced the government’s commitment to develop Ireland’s bogs as an indigenous source of energy.

Coal-gas is a flammable gaseous fuel made from coal and supplied to the user via a piped distribution system. Due to the coal shortage, it also was in short supply. It was known in Ireland as town-gas, and was used for cooking, to provide street lighting, and was also used for lighting in homes.

Because gas (i.e., petrol) for vehicles was in short supply, private vehicles were often converted to run on town-gas by using a large, rubberized bag that held the town-gas supply and was attached to the top of the car. This practice ended later in the war, when only essential vehicles were allowed to be on the roads, causing many to revert to bicycles and horse drawn carriages to get around.

THE GLIMMER MAN

In order to ration the limited supply of town-gas, its use was confined to certain times of the day. Town-gas could only be used during two periods of the day. Dubliners soon discovered that a “glimmer” of gas remained in the pipes after the supply had been cut off and that this could be used to heat a can of soup, boil water for a pot of tea or warm a baby’s bottle. A children’s rhyme of the time went: “Keep it boiling on the glimmer, if you don’t, you get no dinner.” As a result of this glimmer of

gas, a new profession was born – The Glimmer Man.

The dreaded Glimmer Man was an official employed by the gas company to snoop around, spying on the citizens who may be using the last glimmer of gas that remained in the pipes. The Glimmer Man had extraordinary powers: he could legally enter your house and check for recent illegal usage of gas. Guilty parties could be fined and have their gas disconnected (the term Glimmer Man is now applied to any perceived intrusion into individual privacy, especially of a bureaucratic nature).

The press was censored during war years as part of the Emergency Powers Act. They could not print anything about the war, about Irish citizens who had joined the British military, or any information that would favor one side of the conflict or the other.

Newspapers had to submit their daily copy to the censorship office, whose decision was final. Editors became skilled at disguising war news to avoid the censor’s pen.

Robert Smyllie, editor of the Irish Times, would list the cause of death for Irishmen killed in the war as “dying of lead poisoning.” A former reporter of the paper was aboard the RMS Prince of Wales when it was sunk by the Japanese somewhere off Singapore. Smyllie reported: “The many friends of Mr. John A. Robinson, who was involved in a recent boating accident, will be pleased to hear that he is alive and well.”

If you would like to read more regarding The Emergency, an excellent book is *The Lost Years: The Emergency in Ireland 1939-1945*, by Tony Gray, Little, Brown Book Group, U.K., 1998. It covers many more details regarding the period by someone who lived in Ireland during the war. ■

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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OFF THE SHELF

By Terry Kenneally

@TerryKenneally

The Coffin Ship: Life and Death at Sea During the Great Irish Famine
Cian T. McMahon
New York University Press ISBN 9781479808762 2021 315 pp.

Between 1845 and 1855, over 2 million people fled Ireland to escape the Great Famine and begin new lives abroad. The so-called "coffin ships" that they embarked on have since become the infamous icon of nineteenth-century migration.

The standard story of the exodus during Ireland's "an Gorta Mor" (the great hunger) is one of tired clichés, half-truths, and dry statistics. Cian McMahon's book uses the letters and diaries of the emigrants themselves to paint a vivid, new portrait of Ireland's Great Hunger exodus.

From John Behan's impressive National Famine Monument at the foot of Croagh Patrick to Joseph O'Connor's wildly successful novel, *Star of the Sea*, the 'coffin ship' has long been the emblematic of the Great Famine. It's ubiquity as a symbol makes it difficult to develop "a true understanding of the voyage."

The Coffin Ship not only examines regular emigrant vessels sailing for North America and Australia, but also includes convict ships. Citing the work of historians, Cormac O'Grada and Joel Mokyr, McMahon shows that more than ninety-seven per cent of passengers survived the voyage. With the tragic exception of the crossings to Quebec in 1847 that

have come to define the memory of the Famine-era, migration, mortality rates rarely deviated from European averages.

The entire arc of the voyages is covered in five chapters: Preparation, Embarkation, Life, Death, and Survival. McMahon adroitly weaves together a wide range of sources, including letters, diaries, journals, shipping notices, guidebooks, tickets, and official reports and, correspondence, all primary source materials to tell her story.

In her chapter on Death, she demonstrates that the Famine-era emigrant voyage was a relatively dangerous and frightening experience in ways that mere statistics fail to capture. At the same time, there was more to these vessels than one-dimensional "coffin ships."

The popularity of that phrase undoubtedly rests, to some degree, on the fact that those two simple words ("coffin" and "ship") neatly encapsulate excess mortality and mass migration, those twin pillars of popular memory surrounding the Famine.

My great, great grandparents likely traveled from Liverpool, England to America on one such ship in 1852, which added to my enjoyment of this fascinating, original and beautifully written study of the process by which more than a million Irish famine refugees made their way to North America and Australia' and made this book a TOP SHELF read.

joyment of this fascinating, original and beautifully written study of the process by which more than a million Irish famine refugees made their way to North America and Australia' and made this book a TOP SHELF read.

Terrence J Kenneally is an attorney and owner of Terrence J. Kenneally & Associates in Rocky River, Ohio. He received his Master's Degree in Irish Studies from John Carroll University. He can be contacted at terry@tjkenneally.com.

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CROSSWORD PUZZLE

By Linda Fulton Burke

ACROSS

- 1 _____ Measc Gin
- 8 Ballykeefe _____ Desart Gin
- 10 Kinsale _____ Summer Mead
- 11 Stillgarden _____ Gin
- 12 Glendalough Sherry _____ Poitin
- 14 _____ Six18 Gin
- 17 _____ Irish Whiskey Liqueur
- 20 _____ Irish Vodka
- 21 Bonac _____ Gin
- 23 The _____ Blend No 1 Irish Poitin
- 27 Copeland _____ Gin
- 30 _____ Legend Liqueur
- 31 Gaslamp Xmas _____ Gin
- 33 Ballykeefe _____ Irish Moonshine
- 38 Ruby _____ Small Batch Potato Vodka
- 39 Aiteal Irish _____
- 43 Feckin _____ Irish Vodka
- 44 _____ Island Gin
- 45 Bunratty _____
- 46 ilver _____ Irish Gin
- 48 Mór London _____ Gin
- 49 Bertha's Revenge _____ Strength Gin
- 50 _____ Unbelievable Irish Gin
- 51 Cooley _____ Pot Still Poitin
- 52 Boatyard Old _____ Gin
- 53 _____ Irish Gin
- 54 DV8 _____ Gin Cream Liqueur
- 55 Assaranca Irish Craft _____
- 56 DV8 _____ Cream Liqueur
- 58 Baileys Vanilla _____
- 62 _____ Honey Liqueur
- 65 Baileys _____ Creme Irish Cream
- 66 _____ Double Gin
- 68 Kalak Peat Cask Single _____ Vodka
- 71 _____ Strawberries & Cream
- 74 Boatyard Winter _____ Gin
- 77 Old _____ Mill Gin
- 78 Mad _____ Hare Poitin
- 80 _____ Gin
- 81 Minke Irish _____
- 82 _____ Swan Liqueur
- 84 _____ Hallers Gin
- 85 Ha'Penny _____ Gin

Irish Spirits

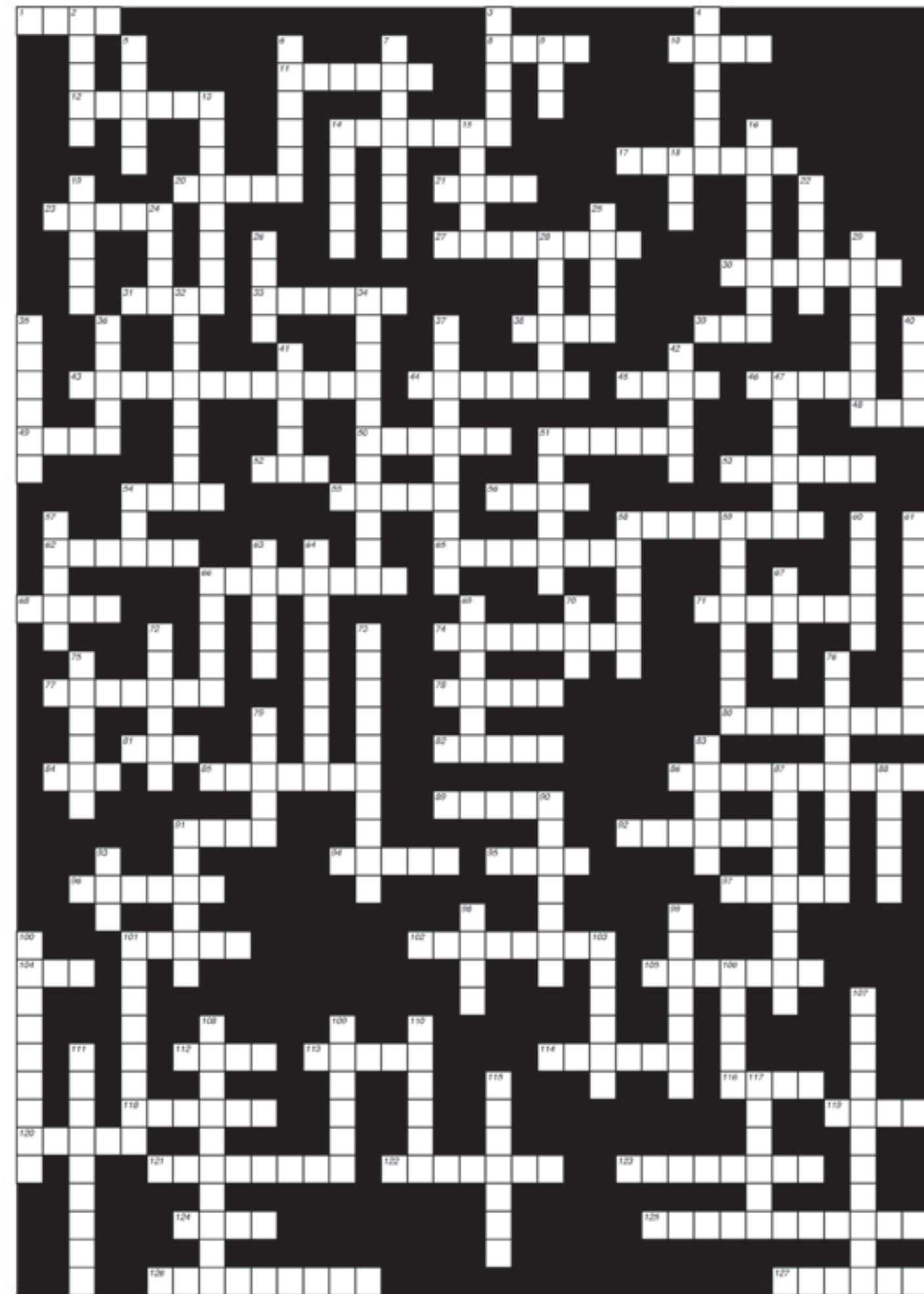
By Linda Fulton Burke

- 86 _____ Gunpowder Gin
- 89 Glendalough _____ Leaf Gin
- 91 Stillgarden _____ & Take
- 92 Blackwater _____ Cask Gin
- 94 Two _____ Gin
- 95 Coast _____ Gin
- 96 Ornabak _____ Malt Gin
- 97 Merrys _____ Chocolate Cream Liqueur
- 101 Loch _____ Vodka
- 102 _____ Irish Gin Liqueur
- 104 Gaslamp _____ Tom Gin
- 105 Highbank Organic _____ Irisx
- 112 _____ Gin
- 113 _____ Ocean Pink Gin
- 114 _____ Gin
- 116 Kinsale _____ Red Mead
- 118 _____ Bay Irish Poitin
- 119 Boatyard Sloe _____ Gin
- 120 Symphonia No.2 _____ Gin
- 121 _____ Irish Potato Gin
- 122 _____ Pig Spiced Irish Liqueur
- 123 _____ Irish Orchard Spirit Liqueur
- 124 Straw _____ Irish Vodka
- 125 _____ Autumn Gin
- 126 _____ Irish Honey
- 127 Glendalough _____ Gin

DOWN

- 2 Muff Liqueur Company _____ Vodka
- 3 _____ Shot Irish Gin
- 4 Baileys _____ Caramel Irish Cream Liqueur
- 5 _____ 24 Gin
- 6 Echlinville Single _____ Irish Pot Still Gin
- 7 The Pooka _____ Irish Poitin
- 9 Cork _____ Gin
- 13 Micil _____ Edition Poitin
- 14 Listoke 1777 Irish _____ Batch Gin
- 15 Moore's _____ Gin
- 16 Glendalough _____ Strength Poitin
- 18 Baileys Chocolat _____ Irish Cream
- 19 Old Carrick Mill _____ Dew Gin
- 22 Sixling _____ Gin
- 24 _____ Vitae
- 25 Mor _____ Gin
- 26 Connucillin _____ Aged Irish Gin
- 28 The _____ Irish Gin

- 29 Blackwater _____ Strawberry Gin
- 32 _____ Poitin
- 34 St Patrick's _____ Gin
- 35 Glendalough _____ Gin
- 36 St Patrick's Sloe & _____ Gin
- 37 _____ Hedgerow Gin
- 40 Dublin _____ Gin
- 41 Listoke _____ & Raspberry Gin
- 42 _____ Joyce Gin
- 47 Muff Liqueur Company _____ Gin
- 51 Merrys _____ Caramel Liqueur
- 54 Ha'penny _____ Still Gin
- 57 Beara _____ Gin
- 58 Blackwater _____ Pot Still Vodka
- 59 Kinsale _____ Dry Mead
- 60 Brennans Old _____ Irish Gin
- 61 _____ Potcheen
- 63 Five _____ Irish Cream Liqueur
- 64 _____ No.1 Dry Gin
- 66 Curious Still Double _____ Hopped Vodka
- 67 Glendalough _____ Gin
- 69 St Patrick's _____ Vodka
- 70 Glendalough Summer _____
- 72 Teeling _____ of Dublin Poitin
- 73 Merrys _____ Irish Cream Liqueur
- 75 _____ Classic Dry Gin
- 76 Mór _____ Gin
- 79 Longueville _____ Apple Brandy
- 83 Symphonia No.3 Summer _____ Cup Gin
- 87 Drumshanbo Gunpowder _____ Citrus Irish Gin
- 88 Stillgarden Berrissimo Irish _____ Aperitif
- 90 Glendalough Wild Blackberry & Mountain _____ Gin
- 91 _____ Gin
- 93 Baileys Apple _____ Irish Cream
- 98 Copeland Raspberry & _____ Gin
- 99 Ban Poitin Barrel and _____ - Peated Cask 640
- 100 Glendalough Wild Autumn _____ Gin
- 101 An Dúlaman Irish _____ Gin
- 103 _____ Moo Peanut Butter Cream Liqueur
- 106 _____ Boys Poitin
- 107 Maolog Irish Gin _____ Flavour
- 108 _____ Bartenders S1 Gin
- 109 _____ & Madness Gin
- 110 Ruby Blue Whiskey _____ Aged Vodka
- 111 _____ Boutique Distillery Gin
- 115 _____ Still Irish Poteen
- 117 Valentia _____ Vermouth





We Banjo 3

December 5

WE BANJO 3 songs carry the listener along until, at the perfect moment, the band crescendos into catchy choruses with pitch perfect harmonies. They deliver their music with such palpable rapport, stunning precision, and infectious energy, it's impossible to pigeonhole what kind of listener might suddenly consider themselves a WB3 fan.

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